

SEEL Spokane Retreat
The Spiritual Exercises of St. Ignatius Loyola in Everyday Life

Application 2023

Name: _____

Address: _____

Cell phone: _____

Email: _____

How did you learn about the SEEL Retreat?

Have you worked with a spiritual director? (If Yes, please explain)

What characteristics of a spiritual director might be helpful for you?

What are your current prayer practices? How would you describe your prayer?

Have you ever made an Ignatian retreat before? If yes, where and when.

Why do you want to make the SEEL Retreat? Why now?

Who is God to you? Who are you to God?

What do you hope for your SEEL Retreat?

Who will support you in your commitment to the SEEL Retreat?

What do you want your spiritual director to know about you?

What life circumstances may affect your retreat commitment? Are you willing to dedicate, to the best of your ability, time for daily prayer (30 minutes - 1 hour), regular direction and monthly SEEL retreat evenings?

Is there anything not covered in your responses above that may be helpful for your spiritual director to know about you, or in discerning the choice of your spiritual director?