

Ignatian spirituality helps people discover God working in our daily lives. It invites us in to deeper knowledge of God's love for us and into greater freedom to follow God's call. The gift of Ignatian spirituality is to find ourselves more engaged in the world in a prayerful way.

For those who desire to learn more about the Spiritual Exercises or who want an introductory experience of Ignatian methods of prayer, SEEL offers a 4-week class in the evenings.

To receive announcements about these or other future programs, please phone, e-mail or send your contact information to SEEL.

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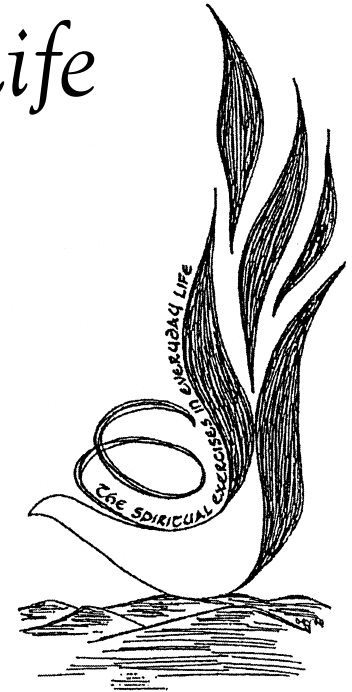
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Spiritual Exercises in Everyday Life
2918 SE 66th Avenue
Portland, Oregon 97206

Growing in a Relationship with Jesus

Spiritual Exercises in Everyday Life



Portland, Oregon

What are the Spiritual Exercises?

St. Ignatius of Loyola, founder of the Jesuit order, developed his Spiritual Exercises so that people could retreat for 30 days of prayer and silence to grow in their relationship with God and learn to listen for the voice of the Spirit in their lives. Eventually he also adapted these Exercises for people who could not, for various reasons, go away for 30 days. This adaptation, called the 19th Annotation, is the basis of the SEEL retreat, and it invites people to go through the Exercises with the guidance of a spiritual director over a period of nine months, while continuing to live their daily lives.

Graces of the retreat

Retreatants will be invited to:

1. Encounter the living God and God's presence in creation, their personal life stories and current life circumstances;
2. better discern their deepest desires to understand God's call and presence in their lives and in the world; and
3. become Contemplatives in Action; experiencing and grasping more deeply the Ignatian vision of *Finding God in All Things*.

"The Spiritual Exercises brought me into deeper relationship with God and changed my life. The retreat drew me into healing, awakening, and a profound love for Christ that continues to be my greatest joy today."

(SEEL retreatant)

Who will benefit from the Spiritual Exercises?

- Women and men serious about their Christian life and who desire to grow in their relationship with Christ.
- Lay persons, religious, priests, Christians from any tradition.
- Those who have important decisions to make about their life.
- The young who have a desire to live life at a deeper level.
- The middle-aged who want to discern the next step in their life.
- Elders who seek to understand the path their lives have taken.
- Men and women who are in transition.
- Women and men in leadership positions.
- Those in Christian formation programs as part of a community or volunteer organization.

Participants

Those who make The Spiritual Exercises are diverse in age, gender, ethnicity and Christian perspective. An application process helps determine one's readiness for this experience. By asking for a spiritual autobiography, this process seeks to discover if a person is sufficiently free of issues which might be more appropriately dealt with in another forum.

What are the requirements?

SEEL is best suited for people who wish to enter into a deeper relationship with God and who have established a discipline of personal prayer. The retreat begins in September and ends in mid-May.

Participants are expected to pray daily, meet with a spiritual director regularly (twice a month is the norm) and meet one Saturday a month for a three hour mini-retreat with the other participants.

Who are the directors? What do they do?

The directors are men and women who have made the Spiritual Exercises themselves and have been prepared to walk with others in this experience. These are people who know that it is God who truly directs. The director helps the retreatant discover how to pray best, how God prays in them, and where God is leading them.

What is the cost?

The total cost for the retreat is \$375, including the registration fee. No one will be refused the retreat because of cost. There is financial aid available. (The \$375 fee covers about 25% of the actual cost.)

How to apply?

- Complete an application form.
- Submit a faith autobiography.
- Send the \$50 registration fee.

Call 503-771-7172 ext. # and 2 or
e-mail PortlandSEEL@msn.com
to request an application packet.