



Spiritual Exercises in Everyday Life
A 9 Month Retreat in Everyday Life
SEEL Portland Retreat Application 2025-2026

Name: _____

Pronouns: _____

Address: _____

Mobile phone number: _____

Email address: _____

Denomination: _____

Information for Scheduling Interview/Meetings with Spiritual Director
Check all that apply:

_____ I prefer morning meetings

_____ I prefer afternoon meetings

_____ I prefer evening meetings

_____ I have a flexible schedule; I can meet whenever it is most convenient for my spiritual companion

_____ I am comfortable meeting virtually if necessary (inclement weather, illness, etc.)

Additional information that would help with scheduling (i.e. I have school-age children, I work weekends, etc.):

Orientation Meeting at Loyola Jesuit Center, 6:30-8:00 PM
August 25, 2025

Retreat dates 2025 at Loyola Jesuit Center, 9-noon:
September 20, October 18, November 15, December 20

Retreat dates 2026 at Loyola Jesuit Center, 9-noon:
January 17, February 21, March 21, April 18, May 16

SEEL Financial Agreement

Tuition only covers about 25% of the actual cost. Some costs of offering the retreat include, but are not limited to rent, insurance, costs related to an online presence, fees, etc.

2025-2026 Retreat fee options:

Option #1: Mail a check - Payment in full of \$500.00 **between July 1 and September 1, 2025**

Mail check payable to SEEL Portland at the address below.

Option #2: Use PayPal and the donate button on the SEEL website - Payment in full of \$520.00 **between July 1 and September 1, 2025** (extra charge to cover PayPal and bookkeeping fees)

Use the donate button on the SEEL Website:

<https://seelportland.org/> - <https://seelportland.org/donate/>

Option #3: If you need financial assistance, please contact Jeanette to arrange a monthly payment plan

No one will be refused the retreat because of the cost.
Contact Jeanette if you need to arrange financial assistance.

Mailing Address: Spiritual Exercises in Everyday Life
Attn: Jeanette Grimaldi
3400 SE 43rd Avenue Portland, OR 97206
SpiritualExercises.SEELPDX@gmail.com
503-730-8870

If you would like to help SEEL provide financial assistance to retreatants who cannot afford the full cost, please consider a donation using the donate button on the SEEL Website: <https://seelportland.org/> - <https://seelportland.org/donate/>

Thank you so much.



It is vital to the retreat experience to attend all retreat mornings, barring illness or emergencies.

Please calendar retreat dates:

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These retreat dates involve meeting with all the seekers, spiritual companions, alumni, and Discerners. We meet for fellowship at 9 am. During the retreat morning, there will be a reflection on one of the Exercises, prayer, time for reflection and sacred listening. The retreat morning concludes at 12 noon. Arrive with an open heart, a willing spirit, a journal and a pen, and a travel mug as we try to respect the earth by limiting paper products. Our usual meeting place is at the Loyola Jesuit Center, 3220 SE 43rd Avenue, Portland, OR 97206.

Pause, Ponder, and Pray with the statements below before continuing this application:

I am open to prayer, reflection, and a better understanding of my relationship with God. I am open to growing in friendship with Jesus. I am open to walking with a spiritual companion as I seek to deepen my spiritual and interior life. I am open to new ways of prayer. I am open to new ways of integrating my spiritual life into my every day. I desire spiritual freedom. I desire to "...act justly, and to love mercy, and to walk humbly with God." Micah 6:8

Lord, grant that I may see thee more clearly, love thee more dearly, follow thee more nearly.

-Spiritual Exercises 104

Please take time for prayer and reflection with the following questions and answer with as complete information as possible at this time. There are no right or wrong answers! Your answers assist us in understanding your needs and help us prepare for your interview.

You may want to pray with the Examen – Life Story and/or the poem "Tourist or Pilgrim" before completing the application questions.

Examen – My Life's Story (written by Eric A. Clayton, the deputy director of communications for the Jesuit Conference of Canada and the United States)

Thanksgiving

I pause in gratitude to God, whose Holy Spirit has been at work in every moment of my story. I place my trust in God, who has brought me to this moment and will bring me to the next. I imagine God's Spirit hovering over me, now, last week, in two months, whispering, "This is my beloved, with whom I am well pleased."

Light

I ask the Holy Spirit to illuminate my life's story. Help me see clearly the unique insights, experiences, culture, connections, values, and wisdom I bring to this moment, to every moment, to moments yet to come. Help me, too, not to shy away from those places in my life that are raw, tender, and in need of compassion and nurture.

Detail

In the presence of the Holy Spirit, I look at my life's story. Perhaps I review just the past year or a year of particular significance. I look for the successes, moments of joy and companionship. What did I learn about myself? What did I learn about who I am and whose I am? How might these learnings be helpful as I become the person I am called to be, for and with others?

I look, too, for the moments of challenge, sorrow, and frustration. What did I learn through those? How did these difficult moments illuminate in me something of God's dream for the world? Am I being called to reconciliation and mending relationships? Am I being invited to self-improvement through taking a long, hard, loving look at my own missteps?

Need for God

What feelings arise in me as I consider the details of my life story? Turmoil? Anxiety? Fear? Freedom? Awe? Joy? Happiness? Lightness? Anticipation? Creativity? Humor? Grief? Do these feelings lead me deeper into the God who delights in my story or someplace else? What disposition might I assume to make myself more available to God's love in my life? How might I turn toward God, my God who is always turning toward me in love and mercy? How might that renewed disposition better enable me to share that love with others?

Moving Forward

I recognize that making sense of my life story - the details and the destinations—is an ongoing journey. I ask God for the grace to continue this discernment and to accompany others in their own stories of self. I recognize that my story is a pilgrim story and that I am moving ever onward into the mystery of God's creation.

Tourist or Pilgrim? From *Seasons of the Heart 1991* by Macrina Wiederkehr

I stand on the edge of myself and wonder,
Where is home?
Oh, where is the place
where beauty will last?
When will I be safe?
And where?

My tourist heart is wearing me out
I am so tired of seeking
for treasures that tarnish.
How much longer, Lord?
Oh, which way is home?
My luggage is heavy
It is weighing me down.
I am hungry for the holy ground of home.

Then suddenly, overpowering me
with the truth, a voice within me
gentles me, and says:

There is a power in you, a truth in you
that has not yet been tapped.
You are blinded
with a blindness that is deep
for you've not loved the pilgrim in you yet.

There is a road
that runs straight through your heart.
Walk on it.

To be a pilgrim means
to be on the move, slowly
to notice your luggage becoming lighter
to be seeking for treasures that do not rust
to be comfortable with your heart's questions
to be moving toward the holy ground of home
with empty hands and bare feet.

And yet, you cannot reach that home
until you've loved the pilgrim in you
One must be comfortable
with pilgrimhood
before one's feet can touch the homeland.

Do you want to go home?
There's a road that runs
straight through your heart.
Walk on it.

Application Questions

These questions are a means of determining the best way we can help you move with some ease into and through the retreat. Your answers serve as a tool for matching retreatants with directors. Your application will be reviewed by the applications committee and, if you are accepted, shared with your director. *Please return the application as soon as possible – space is limited.*

***Application deadline – August 1, 2025
Space is limited so please apply as soon as possible!***

1. How did you learn about the Spiritual Exercises in Everyday Life?
2. What has been your experience of spiritual direction (e.g., within a directed retreat setting, ongoing direction, etc.)? What do you find helpful in a spiritual director? If you have no experience, what do you expect you would find helpful?
3. What is your experience with sacred listening/faith sharing? Have you been in a faith sharing group? If so, how do you differentiate between faith sharing and bible study discussion groups?
4. Describe your current experience of prayer. How do you define prayer? How do you pray? How long have you been praying this way? How open are you to putting aside your prayer routine to focus on the Exercises and on Ignatian prayer during the long retreat?
5. Do you own a bible? If yes, what version are you using? How familiar are you with scripture? With the Old Testament? With the New Testament? Are you open to praying with Scripture? How does scripture inform your image of God?
6. What is your image of God? Who is God for you? Who are you for God?
7. What are the significant experiences, people, events that have led you into a deeper relationship with God? How has the following influenced your relationship with God: family of origin: parents, birth, gender, culture/ethnicity, etc.?
8. What has been created in you? What are some personal qualities that you particularly like about yourself? What are some qualities you do not particularly like about yourself?

9. When have you experienced God being most present and absent? How did you respond? -When have you been most present or absent to God? What is your experience of how God responded?
10. How did you learn about this retreat? What has brought you to this point, to this retreat?
11. What kind of support system do you have? (Family, Friends, Co-Workers) Do they understand this commitment, and will they give you what you need from them in terms of time and space?
12. Are there any special considerations in your life that might affect your retreat, factors that would not necessarily but could become obstacles to your retreat process (e.g., situations that require your full energy at this time)?
13. Are you truly able to make this commitment? An hour of daily personal prayer? The monthly Saturday morning retreat days? Meeting with your director? What are your other commitments? Is this the right time for you to begin this retreat? SEEL cannot be just another involvement. It may mean setting aside other involvements for this year. Do you need to prayerfully discern what takes priority?
14. Do you feel you have enough interior freedom to move out of the retreat if the timing or the retreat itself proves not right for you, if it seems inappropriate for you?
15. Do you have any further questions about SEEL that have not yet been answered?

Completed SEEL application checklist:

- _____Application questions and responses
- _____Retreat fee option #1– due September 1, 2025
- _____Retreat fee option #2– due September 1, 2025
- _____Retreat fee option #3– contact Jeanette at 503-730-8870

Once your application is received, Jeanette will contact you to arrange an interview (usually via zoom) before the retreat begins.

The sole purpose of this interview is to get to know you better so we can appropriately match you with one of our Spiritual Directors who will be your companion during the entire retreat.

Application must be received before an interview can be scheduled.

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