

“Come and see...” Is Christ calling you?

You are invited to participate in a 9-month retreat experience of *The Spiritual Exercises of St. Ignatius of Loyola*. **The Spiritual Exercises for Everyday Life (SEEL) Retreat** begins in September and concludes in May, 2024.



The retreat is an opportunity to deepen one’s relationship with Christ using one of the most noted spiritual formation programs in the history of the Catholic Church. Spiritual Directors will accompany a retreatant in weekly meetings of 45-60 minutes as they reflect on the Scriptures and their own relationship with Christ.

While some retreats can be conducted in person, many are facilitated through Zoom. Persons interested in SEEL are encouraged to have had a prior regular daily practice of prayer and be open to continuing daily prayer for 30-60 minutes a day during the 9-month period of the retreat. During the retreat participants also have the option of meeting monthly with other retreatants in a SEEL fellowship gathering to share your experience.

The retreat is conducted in partnership with the Spirituality Center at Santa Monica Catholic Community in Santa Monica, California. **Applications are due by Monday, July 31.** Applicants will be contacted for a Zoom interview and will be notified by Friday, September 8 if they have been accepted for the SEEL Retreat.

Applications are accepted on a first come, first-serve basis with a fee of \$600 per retreatant. Partial scholarships are available. Contact spirit@stmonica.net to inquire.

For more information: Katie Hodsdon, 858-682-1118, katekellyhodsdon@gmail.com.

To apply directly, go to stmonica.net/sc-210812-seel