

Spiritual Exercises in Everyday Life

invites you to DRAW NEARER TO GOD!



The Spiritual Exercises in Everyday Life (SEEL) Puget Sound is a nine month retreat following the Spiritual Exercises of St. Ignatius, with retreat communities in Seattle, Tacoma and online.

The SEEL retreat starts in September and continues through May. It is a powerful, life-changing program of prayer and spiritual direction that can be done by busy people in the midst of their daily lives.

SEEL is accepting applications now for the retreat starting in September 2025. There are options to choose mostly Zoom or mostly in-person (or a hybrid).

To learn more about SEEL and schedule options visit www.seelpugetsound.org

Questions? 206-721-3518

