

Date of Application:

Welcome to the *Spiritual Exercises*! We are delighted that you are interested in applying. The Exercises are a spiritually transforming experience and often life changing.

Applicants for the Exercises should be engaged in Spiritual Direction for a year and be comfortable praying with Scripture. You should be comfortable speaking about your experiences in prayer with a director. In choosing the 30-week format (19th Annotation) you must be committed to praying an hour each day for 30 weeks, as well as a weekly one-hour meeting with your director.

The Spiritual Exercises may be experienced in several formats. Currently, we only offer the 30-week format whereby one maintains their everyday life patterns and employment. We initiate the journey in September as the Exercises follow the flow of the liturgical year.

The fee for the Exercises is used to compensate your spiritual director and to support the abbey. We offer the 19th annotation on a sliding scale of \$1200 -\$1500 permitting you to contribute according to your circumstances. We strive to accommodate everyone. If you feel called to participate in the Spiritual Exercises at this time in your life and your application is accepted, we want you to be with us regardless of whatever offering you are able to afford.

The application consists of four parts; the application form itself, the spiritual autobiography, two letters of reference and a personal interview. The interview will be scheduled once all your written application materials are reviewed. Applicants will be informed of the decision regarding their application shortly after the interview.

God is delighted you are responding to His desire to grow closer to you. What we can promise you is that your relationship with God will never be the same.

Sincerely,

The Spiritual Direction Staff at Daylesford Abbey

APPLICATION

This document is confidential. Only those making the determination about your acceptance will read it. If you are accepted, the spiritual director who will be working with you will also be provided with a copy. Do not feel limited by the space provided with your responses. If you are uncomfortable writing your responses to a particular question simply indicate you would prefer to respond to the question during your interview.

“For I know the plans I have in mind for you says the Lord; plans for your welfare, not your woe, plans to give you a future full of hope. When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me.” Jeremiah 29: 11-13

Name _____ Female _____ Male _____

Address _____

City _____ State _____ Zip _____

Best Phone to Reach You _____ 2nd Best Phone Line _____

E-mail _____

Date of Birth _____ Religious Affiliation _____

Single _____ Married _____ Divorced _____ Separated _____ Widow(er) _____

Religious Sister/Brother/Priest _____ Diocesan Priest _____ Deacon _____ Seminarian _____

Minister _____ Lay Ministry _____

EMERGENCY CONTACT

Name _____ Relationship _____

Best Phone to Reach Them _____ 2nd Best Phone Line _____

ABOUT YOU

What is your family or community or single living situation like for you?

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Briefly describe the work/ministry you are currently involved in. How is it going for you?

How would you describe your present situation in life? Are there any serious issues or questions you are addressing now?

How would you describe your support system?

Have there ever been any significant events or challenges in your life?

YOUR HEALTH

How is your general health?

Are you currently seeing a therapist or have you seen someone in the past? If you are currently meeting with a therapist, have you spoken with your counselor about making the Spiritual Exercises? What were your therapist's comments about undertaking this?

YOUR READINESS

The Spiritual Exercises are called exercises because they require commitment and stamina. Do you have any concerns or hesitation in observing the requirements according to the format options presented in the introduction? Are there any other commitments that might interfere and interrupt the experience? Your own health? The health of someone close to you? Professional demands? Travel plans? Will you have any hesitation in maintaining a journal of your prayer experiences?

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Is it difficult for you to recognize and talk about your feelings? Are you willing to share such feelings openly with your director? What kinds of things do you find difficult to share?

RETREAT EXPERIENCE

List your retreat experience in the past 5 years. When? Where? Silent? Guided?

SPIRITUAL DIRECTION

Are you working with a spiritual director and if so, for how long? How often do you meet?

Please identify one or two things that you have learned from your experience of spiritual direction.

SPIRITUAL EXERCISES

Have you ever made the Spiritual Exercises before? When? Where? In what form did you experience the Spiritual Exercises? How would you describe the effect of the Spiritual Exercises on you?

EXPERIENCE OF GOD

How was God presented to you in your youth? How were you taught about God?

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How do you imagine or experience God? Who is God for you?

What does God seem to be saying or doing with you recently?

How would you say God sees you?

Please describe an experience in your life when you felt especially close to God.

Was there a time when God felt very distant?

PRAYER

How do you connect with God?

When and how often do you pray? How long do you pray?

What are your private prayer practices vs. communal prayer? Scripture? Meditation? Nature?

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What are some of your favorite scriptural passages and what moves you about them?

MINISTRY

Do you have a ministry to others? In the Church? In the community?

JOURNEY

What in your current spiritual journey prompts you to undertake the Spiritual Exercises now?

What are your hopes and desires in making this retreat?

SPIRITUAL DIRECTOR

Are there any characteristics or qualities you would prefer in a director? Male/female?
Religious/Lay?

What days of the week and times would you be able to meet with your director?

SPIRITUAL AUTOBIOGRAPHY

Please prepare a brief spiritual autobiography. This is not intended to be an onerous, laborious process. Simply describe any pivotal spiritual experiences and understandings you have come to realize as one of God's beloved children. Here are some suggestions to guide, but not limit you.

Writing your spiritual autobiography is a rare opportunity to reflect on your awareness of God and how that awareness has developed in you and who you have become. It is best to reflect on this journey prior to writing. You might consider: What was your first awareness of God? Where did it take place? How did your family of origin and its practices affect your spiritual

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life? How did gender and ethnicity influence your experience of God? Can you describe a time when you sensed that God was leading you in life? What was the result? As you reflect how has your understanding of God changed or remained the same throughout your life?

RECOMMENDATIONS

People around us often see grace operating in our life that we might overlook. Please provide the following form to two individuals who know you well.

If you have any questions, please do not hesitate to contact Jim Garvey, O. Praem. Please mail your completed application and spiritual autobiography to:

Daylesford Abbey
220 S. Valley Road Paoli, PA 19301
spiritualdirector@daylesford.org 610.647.2530 x1020

May God's grace that is calling you to this journey provide you with peace.

RECOMMENDATION FORM

APPLICANT: _____

We are requesting your participation in this candidate’s application to experience the Spiritual Exercises at Daylesford Abbey. The applicant has selected you as a reference. If you are not familiar with the *Spiritual Exercises* we recommend you learn more about them before completing this recommendation by going to our website: daylesfordabbey.org Please use additional space as necessary.

Please describe your relationship with the applicant and how long you have known him/her?

Would you consider the applicant emotionally stable, personally mature and willing to express feelings?

Being familiar with the Spiritual Exercises, do you believe the applicant is ready to participate? What signs of readiness do you see? Are you aware of any limitations the applicant may have in making the Spiritual Exercises?

Thank you for your valuable assistance.

Completed by _____ Signature _____

Address _____

Best Phone to Contact you if Necessary _____

If you have any questions, please do not hesitate to contact spiritualdirector@daylesford.org, or at 610.647.2530 x1020. Please mail your completed recommendation to: Spiritual Directors, Daylesford Abbey 220 S. Valley Road Paoli, PA 19301