

## Spiritual Exercises in Everyday Life (S.E.E.L.) 14 Retreat

**Opening Session:** Saturday, Sept. 11, 9 a.m.–3 p.m.

**Monthly Sessions:** Saturdays; Oct. 9, Nov. 13, Dec. 4, Jan. 8, Feb. 5, March 12 & April 9; 9 a.m.–1 p.m.

**Closing Session:** Saturday, May 14, 9 a.m.–3 p.m.

**Facilitators:** Rev. Rose Blank; Ann Jackson, PBVM; & Lucille Winnike, FSPA

*“Spiritual Exercises in Everyday Life offers a way to reflect and sift through life’s experiences and to discover in them the leading thread of God’s longing and desire to make us a holy people who are given in service to others.”*

—Carol Ann Smith & Eugene F. Merz,  
*Moment to Moment: A Retreat in Everyday Life*

Do you long for GOD? Do you desire time to reflect on your spiritual path and the movement of the Spirit within your life? Do you wish to enrich your spiritual experience through prayer and reflection? Would you like a framework in which to explore and pray your “heart’s desire”? Join us for a nine-month retreat based on the spiritual exercises of St. Ignatius of Loyola. Retreatants in S.E.E.L. become increasingly

aware of the presence of God in all things. They learn to discern the movement of God in their lives and in the world and to integrate meditation, contemplation and action. We invite you to commit to one hour of daily prayer, a monthly meeting with a spiritual director, and nine monthly Saturday sessions.



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## About the Facilitators

*Rev. Rose Blank's* love and concern for God's creation and being a companion to others on the spiritual journey have been woven throughout her ministry in the United Methodist Church (retired in 2017).

*Ann Jackson, PBVM*, is Prairiewoods' coordinator of spiritual services. Blending love of nature, literature, leadership and spirituality, she delights in listening with others to the energy of Spirit stirring creativity, passion, discernment and service. She enjoys offering spiritual direction and retreat and group facilitation.

*Lucille Winnike, FSPA*, a founding board member of Prairiewoods, has offered retreats and spiritual direction at Prairiewoods since its inception. Well versed in scripture, theology, cosmology and spirituality, Sister Lucille enjoys walking with the diversity of people, creatures, plants and trees and all that each contributes to the spiritual journey.

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**Commuter Fee:** \$450 (payable in Sept. 2021 or in monthly installments of \$50) plus monthly spiritual direction sessions paid separately (usually \$45 per hour)

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Prairiewoods is an ecospirituality retreat and conference center sponsored by Franciscan Sisters of Perpetual Adoration.

ecospirit@prairiewoods.org  
[www.Prairiewoods.org](http://www.Prairiewoods.org)

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