

# Spiritual Exercises of St. Ignatius in Daily Life



RETREAT APPLICATION: 2023-2024

Application Deadline: *July 31, 2023*

All responses will be kept confidential.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Preferred Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

How do you prefer to be contacted? \_\_\_\_\_

Will you be attending Faith Sharing Conferences in-person (in San Pedro, CA) or virtually?

In-Person     Virtual

Do you prefer in-person or virtual weekly meetings with your facilitator?

In-Person     Virtual

1. What types of retreats have you been on in the past?

30-day Spiritual Exercises: Year(s): \_\_\_\_\_

19<sup>th</sup> Annotation: Year(s): \_\_\_\_\_

Week-long silent, directed

Week-long preached

Weekend silent and/or directed

Weekend preached

Other: \_\_\_\_\_

2. What has been most meaningful about your retreat experiences?

3. What prayer forms are you currently using?

Rosary

Divine Office (Morning and Evening Prayer)

Centering Prayer

Lectio Divina

Ignatian Prayer

Other: \_\_\_\_\_

4. How often do you currently pray?

at least one hour daily

at least 15-30 minutes daily

several times per week

several times per month

5. Are you currently in ongoing spiritual direction?

Yes

No

6. How long have you been receiving spiritual direction? \_\_\_\_\_

7. If you are NOT currently in spiritual direction, have you been in spiritual direction before?

Yes

No

If yes, when and for how long were you in that spiritual direction relationship?

8. How has spiritual direction been helpful to you?

9. Are you involved in any ministries? Please Describe.

10. What is prompting you to want to make the Exercises at this particular time in your life? What are you hoping for from the Exercises?

11. The commitment for the Retreat in Daily Life consists of a total of 60-75 minutes of prayer and 15-30 minutes of journaling each day, a weekly face-to-face meeting with a retreat director, and attendance at a one-day commuter retreat, a faith sharing conference every 5-6 weeks (please see dates), and a half-day ending retreat. Are there any circumstances that may interfere with you making and keeping this commitment (e.g, work, travel, children/grandchildren, caregiving, physical/medical conditions, etc.)?

Yes     No

If yes, please explain:

12. Are you currently or have you been in psychotherapy? When, for how long, reason and was it helpful?

13. Please submit two (2) letters of recommendation from people who know you and your spiritual journey well. (Letters may be sent directly or emailed to the address below.)

Recommendation #1: (Name and email address/phone number)

Recommendation #2 (Name and email address/phone number)

Please complete and return application to:

Tammy Ichinotsubo-Ezzi  
Enkindling the Heart/Take, Lord, Receive  
3655 Torrance Blvd., PMB#328  
Torrance, CA 90503

or return by secure email to: [tammyiezzi@enkindlingtheheart.com](mailto:tammyiezzi@enkindlingtheheart.com)

You will be contacted to schedule a one-hour discernment interview after your application is received.

Additional information can be found on our websites:

[www.enkindlingtheheart.com](http://www.enkindlingtheheart.com) and [www.takelordreceive.com](http://www.takelordreceive.com)

If you have any questions or concerns contact us at [tammyiezzi@enkindlingtheheart.com](mailto:tammyiezzi@enkindlingtheheart.com)

or call (424) 305-0607.