

# APPLICATION

*You may either:*

1. print a copy of the form and fill it out by hand, then submit the completed form to the cathedral office (by mail or in person), or
2. fill out the form electronically and submit your completed form by email to:  
[CSAdirector@saintmarks.org](mailto:CSAdirector@saintmarks.org)

Deadline to Apply: August 1, 2026

## *Application to Join a Cohort in the Center for Spirituality and Action*

Who might be called into this way of being?

We seek to gather and equip individuals who have the desire and openness to embrace:

1. **Spiritual Renewal.** Embody the wisdom of the Christian contemplative traditions as a source of transformation.
2. **A Rule of Life.** Develop a rhythm of daily contemplative practices, study, service and action that opens us to the experience of union with the Divine.
3. **Mutual Accountability.** Commit to forming intentional community with others, gathering regularly for worship, spiritual formation and occasional retreats, and engaging regular spiritual direction.
4. **Compassionate Solidarity.** Embody the Spirit of Christ in the world at this critical moment in human history through activism rooted in Presence.

*Guided by the broad capacity of the Christian mystic tradition to hold tension and honor all people, we welcome a diversity of age, gender, orientation, race, wealth, religious belief, cultural and political perspectives.*

Participant Fee: \$495 which includes 50% discounts for registration charges for all Wisdom School events in the 2026-2027 program year (excepting the icon workshop), speakers' and retreat leaders' fees, one retreat stay (up to five days/four nights) in the Cathedral Retreat in Leffler House (excepting a spiritual direction session), and resource materials for the intentional community's gatherings. Spiritual Direction fees are not included, and run about \$100 an hour. Partial Scholarships for CSA tuition, books, and spiritual direction are available (inquire of the CSA Director).

**Complete and submit your application (three parts) along with \$50 non-refundable deposit by August 1, 2026 to join a group forming in September 2026:**

*Center for Spirituality and Action  
c/o The Rev. Carol Westpfahl  
Saint Mark's Cathedral  
1245 10<sup>th</sup> Avenue East  
Seattle, WA 98102*

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**Application Part I:  
Personal Narrative**

*After prayerfully considering the information about the Center for Spirituality and Action (CSA), and the attributes desired above, please provide written essays that share insights to your reasons for applying to join this intentional community at this time. Each essay is word-limited as noted (brevity encourages clarity of thought and response).*

**Essay 1 :** What leads you to apply to CSA now? How do you desire your involvement in CSA to impact your spiritual journey? How do you desire your involvement in CSA to impact your engagement in the world? [500 words]

**Essay 2:** Describe an experience of failure and what it taught you about yourself. [150 words]

**Essay 3:** Describe one or more spiritual practices to which you are committed and how those practices have changed you internally and externally. How long have you been engaged in this practice(s) with intention? (A practice is any act habitually entered into with your whole heart that takes you to a deeper place.) [150 words]

**Essay 4:** Where do you find God most alive in your life currently? What leads you to choose this answer? [150 words]

**Application Part II:  
Commitment to the  
Foundational Elements and Practices  
for the Center for Spirituality and Action**

*Please give prayerful thought and consideration before signing this commitment form.*

**Those forming intentional community in Fall 2026 will embrace and commit to these foundational elements and practices:**

1. Daily practice of contemplative prayer as a fundamental part of the rhythms of the spiritual life.
2. Commitment to reading and meditation on the Christian mystical tradition, which affirms the value of silence as portal for “luminous seeing.” We resist the modern impulse to address our spiritual inquiries primarily through cognitive patterns that beset us with binaries and contentious “over-against” paradigms.
3. Regular participation in spiritual direction (roughly every month – 6 weeks).
4. We privilege the radically consciousness-transforming teachings of Jesus.
5. We honor and acknowledge that spiritual healing of what is broken is important work (e.g., woundedness, addiction, recovery, injustices, etc.), and we orient to the unfolding call to seek union with the divine.
6. We embrace traditional monastic models of prayer and action without withdrawing from daily life and its complex realities. Our practices are designed to orient to the world in which we live, and to prepare for action there.
7. While we acknowledge the suffering and complexity of our current times, we are dedicated to cultivating joy and wonder in our daily experience together.

*Should I be accepted into a September 2026 cohort, I am willing and able to embrace and commit to these foundational elements and practices.*

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Print Name

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Signature

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Date Signed

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**Application Part III:  
Commitment to Specific Events  
for the Center for Spirituality and Action**

*While we know that life's circumstances can change, and illness or other conditions may intervene upon our best laid plans, it is important to prioritize these commitments and to guard them carefully amidst the other demands of life.*

*Please give prayerful thought and consideration before signing this commitment form.*

*Should I be accepted into the September 2026 cohort, I am willing and able to embrace and commit to these gatherings:*

1. Opening Organizing Retreat for Intentional Community, and Practice Days/Retreats
  - a. Organizing Retreat – Sept. 4 (6:30 – 8:30 pm) and Sept. 5 (9:30 am – 3 pm)
  - b. Practice Day – Sept. 26 (9:30 am – 2:30 pm)
  - c. Retreat Days in Advent and Lent—December 5 & February 27, 9 am-12:30 pm
  - d. Practice Days – Jan. 23 and April 17, 9 am – 12:30 pm
2. Weekly Zoom gathering as community (day and time TBD by group that forms)
3. Individual meeting with a spiritual director (every month to 6 weeks) during the CSA period
4. In-person gatherings as community (how frequently, day and time TBD by group that forms)
5. Closing eucharist and potluck June 12, 2027, 5 pm – 8 pm

*Should I be accepted into a September 2026 cohort, I am willing and able to embrace and commit to participating in these events and offerings, prioritizing these over other demands in my life.*

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Print Name

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Signature

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Date Signed

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Email

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Phone

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