

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 courage 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, regular study, service and action that open 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. **Prophetic Witness.** Embody the Spirit of Christ in compassionate action in the world in this critical moment in human history.

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 fees to all Wisdom School events in the 2026-2027 program year (as listed in the Wisdom School brochure), speakers' and retreat leaders' fees, one guided spiritual retreat (up to five days/four nights) in the Leffler Retreat House, and resource materials for the intentional community's gatherings. Partial Scholarships are available (submit inquiry to Dean Thomason).

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 Very Rev. Steven L. Thomason
Saint Mark's Cathedral
1245 10th Avenue East
Seattle, WA 98102*

Deadline to apply: August 1, 2026

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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 at this time? 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 with intention? (A practice is any act habitually entered into with your whole heart that takes you to a deeper place.) [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 an integral part of the daily rhythms of Benedictine 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. We privilege the radically consciousness-transforming teachings of Jesus.
4. We affirm the primacy of Scriptures, Tradition, and Reason as sources of theological Revelation, while seeking inspiration from diverse postcolonial and non-Christian voices.
5. We engage a Teilhardian [incarnational cosmology](#), grounded in trinitarian theology, evolutionary science, and non-binary thinking.
6. 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 deep work of seeking union with the divine.
7. We embrace traditional monastic models of prayer and action without withdrawing from the world and its complex realities. Our practices are designed to orient to the world in which we live, and to prepare for action in the world.
8. While we acknowledge the suffering and complexity of the world, 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.

Print Name

Signature

Date Signed

Deadline to Apply: August 1, 2026

**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 circumstances 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 special gatherings:

1. Early September (dates TBA) Organizing Retreat for Intentional Community
 - a. Wisdom Practice Day in Advent and Lent—dates TBA, 9am-12:30pm
2. *Weekly Zoom gathering as community (day and time TBD by group that forms)*
3. *Monthly in-person gatherings as community (day and time TBD by group that forms)*

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.

Print Name

Signature

Date Signed

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