



## CENTER FOR SPIRITUALITY AND ACTION

### 2026-2027 Cohort Application

Please review the following questions to apply for inclusion in the next Center for Spirituality and Action (CSA) cohort. Final applications must be submitted through the [online form here](#); if you need technological accommodations for the application, email [csadirector@saintmarks.org](mailto:csadirector@saintmarks.org).

Your application is not complete until you pay the \$50 non-refundable deposit. Pay the fee [online here](#), via Venmo to @SaintMarksCathedralSeattle, or by sending a check to Saint Mark's Cathedral, c/o Center for Spirituality and Action, 1245 Tenth Ave.E, Seattle, WA 98102.

**Application deadline: August 1, 2026**

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

#### **Application Part I: Personal Narrative**

*After prayerfully considering the information about CSA on the website, and the attributes desired noted below, please provide essays describing 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).*

#### **Candidate Characteristics**

This program serves individuals who are searching for spiritual renewal, mutual support, and compassionate solidarity at this critical moment in history. Participants gain a sense of knowing themselves and being known by others, as they become grounded in prayer and leave equipped and supported to pursue their faith through further practice. Participants are not required to be members of Saint Mark's.

**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 committing to these elements and practices.*

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

1. We recognize daily practice of contemplative prayer is integral to a balanced Christian life, rooted in ancient monastic wisdom.
2. We affirm the value of silence as a portal for “luminous seeing.” We resist the impulse to force our spiritual learnings and explorations into “either-or” 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 acknowledge that spiritual healing is important work (e.g., woundedness, addiction, recovery, and injustices), and we center the deep work of seeking union with the divine.
6. We embrace monastic models of prayer and action while teaching practices oriented to the world in which we live and to prepare for action.
7. While we acknowledge the suffering and complexity of the world, we are dedicated to cultivating joy and wonder in our 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.*

### **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 events and offerings, prioritizing these over other demands in my life.*

- **Retreats & Practice Days:**
  - *Organizing Retreat:* September 4, 2026 , 6:30 – 8:30 p.m. and September 5, 2026, 9:30 a.m. – 3 p.m.
  - *Practice Day:* September 26, 2026, 9:30 a.m. – 2:30 p.m.
  - *Retreat Days in Advent and Lent:* December 5, 2026 and February 27, 2027, 9 a.m. – 12:30 p.m.
  - *Practice Days:* January 23, 2027 and April 17, 2027, 9 a.m. – 12:30 p.m.
- **Weekly Zoom gathering** as community (day and time determined by cohort)
- **Individual meeting with a spiritual director** (every 4 to 6 weeks) during the CSA period
- **In-person gatherings** as community (frequency, day, and time determined by cohort)
- **Closing eucharist** and potluck June 12, 2027, 5 – 8 p.m.