



# IGNATIANT SPIRITUALITY CENTER

Nurturing compassion, healing and justice in the Ignatian tradition and vision.

## Free Our Hearts NOVENA OF GRACE — MARCH 4-12, 2010

This year's theme is  
**Free Our Hearts**

and will include three movements over the 9 days:  
*What are we freed from? ❖ Who frees us?  
What are we freed for?*



### Novena Presenters:

John Whitney, SJ, Patty Repikoff, and Joe Orlando

*"The Novena demonstrates each year that God is with us all the time; we just need to come together to share openly our needs and ask for God's help in our lives, and of course give thanks for God's many blessings."* -Charlie Pollnow

*"The Novena gives me the opportunity to pray with a community seeking God's grace and assistance to deal with the difficulties of life. I know firsthand that prayers are answered."*  
-Jim Hoover

*"The Novena provides an oasis of time for reflection, and an opportunity to pray intentionally in a way that doesn't necessarily happen in our busy lives."* -Eleanor Pollnow



Novena Graphic  
Courtesy of Jan Richardson  
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Our dynamic team has been meeting regularly since September to plan for and pray with this experience:

**John D. Whitney, SJ** is currently pastor at St. Joseph Parish in Seattle. In his 27 years as a Jesuit, John has taught philosophy at Seattle University, religion and English at Seattle Preparatory, and served as Jesuit Provincial from 2002-2008. He began at St. Joseph in 2009, where he indulges his great loves: prayer and discerning service.

**Patty Repikoff**, a NW native, has served as an Ecclesial Lay Minister for 39 years as Teacher, Pastoral Associate for Faith Formation, Liturgy and Sacraments, Spiritual Director, and Pastoral Life Director for St. Therese and Christ the King parishes. Currently she serves as the Coordinator of Hispanic Ministry for the 14 parishes of the Eastside Deanery of the Seattle Archdiocese.

**Joe Orlando** has been a minister and educator at Seattle University since 1990, and currently serves as Assistant Vice President for Mission & Ministry. He has directed Ignatian retreats for students, faculty, and staff throughout that period of time, along with international immersion experiences. Joe is married to Carla and is the proud father of eleven year-old twin daughters, Josephine and Sophia.

\* See Newsletter Centerfold for Novena Mass Schedule \*

# Reflecting on the Gifts of Recent Months



## *Exposed on the Cliffs of the Heart*

On November 7th, ISC held a fundraising event at Town Hall addressing the connections between ecology, the scriptures, and the power of literature to ignite our care and compassion. Our four speakers included Dr. Terry McGonigal, Dr. Mary Ruckelshaus, David James Duncan, and Sherman Alexie. The evening was described as a rich, thought-provoking, and entertaining feast of insights.

## *Praying the Gospel of John*

This winter we began a new series inviting participants into an intimate encounter with John's Gospel.

*"This program has been beyond my hopes and expectations. I wanted to learn more about Jesus and hoped the program would open up the Gospel of John's insight into who Jesus is. Instead **I have received a total encounter with Jesus**, rooted in the Spiritual Exercises, and deep prayer. My heart has been moved and my relationship with Jesus is on a path to a whole new level. I recommend this program to anyone on the journey of Christian discipleship."* -John Hickman

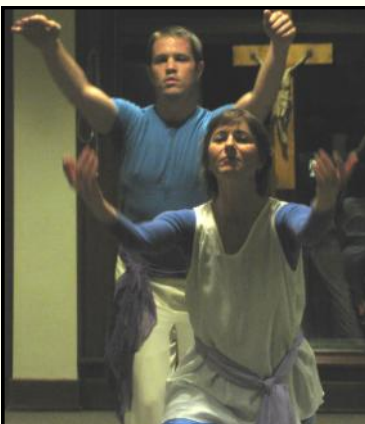


## *Advent Evening of Prayer*

In December we gathered for an Advent evening of prayer on the theme of the "Word Made Flesh" with Betsey Beckman and Matt Henley beautifully dancing the creation story and sharing their gifts of embodied prayer.

*"The Advent Evening of Prayer was a wonderful, prayerful preparation for the celebration of Incarnation to which we are all called. It helped me bodily express how I needed to be to **live more fully the Mystery.**"*

-Clare Lentz, SP



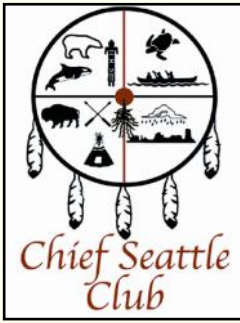
## **New this Spring!**

# ∞ Ignatian Eco-Spirituality Series ∞

Join us for a **brand new 5-week series** exploring the relationship between **spirituality and creation** through the four elements of water, wind, earth, and fire. Rooted in Christian scriptures, wisdom of the mystics, and Ignatian prayer practices we will engage in prayer, learning, and sharing.

Facilitated by Joseph Carver, SJ and our Program Coordinator, Christine Paintner, whose book ***Water, Wind, Earth, and Fire: The Christian Practice of Praying with the Elements*** will be published by Ave Maria Press in March 2010. Meets on Thursdays—April 22-May 20, 2010.

# ISC PROGRAM OUTREACH *Ministry in the Margins*



## **Listening to the Spirit with Our Hearts:**

Weekly Prayer Experience at  
Chief Seattle Club

*"This is totally real life and  
has so much to teach us."*

-Steve, volunteer facilitator



*"I've been waiting for years for this healing message."*

-Recovery Café Member Cora, on "How Big is Your God"

*"Thank you for providing me this book. I'd never be able to  
read it because I have to spend my money on food and rent."*

- RC Participant in 2009 Book series

*"All day long I have been looking for  
one minute of peace. Coming here tonight  
I have received a whole evening of peace."*

-RC Member Chelsea at ISC event



Fr. Pepe, SJ, Pedro, Anna, and Petul from the Jesuit Mission in Bachajon, Mexico, created a Catholic Tselal Mayan altar for the November retreat.

## ***Seasons of the Heart Retreat***

with delegation from Chiapas, Mexico, Nov. 7th  
2009. Some comments from participants:

*"I was deeply moved by praying in the Tselal way. It felt like a fountain of grace flowing from God."*

*"It was freeing and healing to pray with the members of the Chiapas delegation. Their love of Jesus is so real."*

*"The Mayan altar represented God's abundance in the most natural of things, really in everything."*

# ISC Spring & Summer

## SEYA “Spirituality on Tap” Gatherings

Opportunities for spiritual growth & community for young adults ages 21-35

### KING County Upcoming Events

#### “DIVING INTO THE MYSTERY OF GOD”

Thursday, February 18<sup>th</sup> 6:45pm

(6-6:45 Potluck)

St. Patrick’s Social Hall

2702 Broadway Ave E, Seattle

Facilitator: Jack Peterson,

President of Bellarmine Prep

Co-sponsored with St. Patrick Parish

#### “Justice Café: A Conversation on Peace and Non-Violence”

Thursday, April 15<sup>th</sup>, 7pm

Coffeehouse location TBA

Co-Sponsored with Intercommunity  
Peace and Justice Center



#### “Ecumenical Social Gathering”

May—Time & location TBA

### PIERCE County Upcoming Events

#### “Lenten Fish & Bowling”

Friday, February 26<sup>th</sup> , 6:45-8:30pm

#### “At Table”

Sunday, March 7<sup>th</sup>, 6:45-8:30pm

For details about SEYA events visit [www.ignatiancenter.org](http://www.ignatiancenter.org) or email [deb@ignatiancenter.org](mailto:deb@ignatiancenter.org)

## PETER MAYER in CONCERT: An ISC Benefit for SEYA



March 19<sup>th</sup> — 8:00 p.m. ❖ St Ignatius Chapel at Seattle University



Tickets: \$20 in advance/\$25 at the door ❖ [www.ignatiancenter.org](http://www.ignatiancenter.org)

## Summer Day of Reflection

Saturday, June 19<sup>th</sup>, 9:00 a.m.—3:00p.m.

at St. Joseph Parish Center

❖ Please visit our website [www.ignatiancenter.org](http://www.ignatiancenter.org)  
You can email us at [info@ignatiancenter.org](mailto:info@ignatiancenter.org) or call us at (206) 322-3222

# Upcoming Programs

## NOVENA OF GRACE

### "Free Our Hearts"

**MARCH 4-12, 2010**

**Presenters:** John Whitney, SJ, Patty Repikoff, and Joe Orlando

**Weekdays:** Noon at SU Chapel, 7:00 PM at St. Joseph Church

**Saturday:** 1:00 p.m. at St. Joseph Church

**Sunday:** 1:00 p.m. at SU Chapel, 5:30 p.m. at St. Joseph Church

Attend once a day ❖ All are welcome ❖ No Registration Necessary ❖ Goodwill Offering

### Lenten Book Series:

#### "My Life with the Saints"

by James Martin

Wednesdays, Feb. 24<sup>th</sup> - March 24<sup>th</sup>

3:30-5:00 p.m.

Recovery Café at 2022 Boren Ave

**Facilitators:** Carolyn Hickman  
& Cathy Beckley, SNJM

### Eco-Spirituality Series

5 Thursday Sessions

April 22<sup>nd</sup> - May 20<sup>th</sup>

7:00-9:00 p.m. at St. Joseph Parish Center

**Presenters:**

Christine Paintner & Joseph Carver, SJ

**Program Fee:** \$125

### Feast of St. Ignatius Celebration

*Expanded through Week of July 25<sup>th</sup> –August 1st*

**Sunday, July 25th 4p.m.-9p.m.** - St. Joseph Church

Presentation, Celebration of Eucharist, & Potluck Barbeque with Live Music  
(Midweek events will include films, an "Evening Walk with Ignatius the Pilgrim,"  
Service Project, and Ignatian Networking Opportunities)

### Summer Ignatian Retreat

**Friday, July 30th—Sunday, August 1st**

Held at the Palisades Retreat Center in Federal Way, WA

g for calendar updates and registration forms ❖  
9-4824 to receive regular updates through our email newsletter

# SEYA

## SEYA KING COUNTY

During recent months, "Spirituality on Tap" has offered several opportunities for "meaningful encounter". In September an exploration of the underlying spiritual wisdom of the Green Movement was led by Jeanie Robinson, and stirred meaningful conversation about our relationship to creation and how our everyday decisions impact this relationship. The following month, at Picora's Pizza, Joseph Carver, SJ shared his easy to remember 5-fingered Examen in his entertaining yet sincere manner. In preparation for Thanksgiving a half day art-retreat, "Expanding the Heart through Gratitude," was offered by Christine Paintner, after which one young adult commented, *"I LOVED the range of art incorporated from poetry to nature to collage. The facilitator (Christine) was excellent at eliciting creativity through the imagination."*

The contemplative Advent gathering at the Mosaic Coffeehouse in Wallingford facilitated by Marilyn Nash drawing out the rich sharing of deep stirrings. Liz Coz, a Jesuit Volunteer shared,

*"It's great to be in a room with others who name similar stirrings that can be hard to articulate alone. Actually **taking time to name what is going on in my spiritual life** or lack thereof helped to refocus my prayer practice during this Advent season of, as Marilyn (Nash) put it, 'awaiting'. Thanks for inviting us."*

*"Spirituality on Tap is a place where I know that I will have a meaningful encounter with God. It is a sacred, purpose-filled space of trusted teachers and like minded people to enter into reflection of **how faith is pertinent in the world today.** During these gatherings I always learn new and fresh ways to relate to God like using art as a prayer form, or meditating on the Examen. **These practices keep my own walk with God growing strong.** I appreciate the intention to create a place that is so much more intimate than church and can speak to me in an individual way while dwelling in a community. **In many ways, Spirituality on Tap makes messages of the church more accessible for my generation.**"*

-Michelle Desmond



## Spiritual Enrichment for Young Adults

PETER MAYER SEYA BENEFIT CONCERT  
Friday, March 19, 2010  
at Seattle University's Chapel of St. Ignatius.

## SEYA PIERCE COUNTY

In September, SEYA Pierce County kicked the year off with "Rooted in Gratitude: Giving Thanks" at St. Leo's in Tacoma facilitated by Fr. Jim Harbaugh S.J., and through scripture and practices of gratitude, reminded all to look for the gifts of God in each day.

During Advent, as the days continued to get shorter and darkness seemed to surround us, an evening retreat called those attending out of the darkness to look for the light. Held in the Bellarmine Preparatory School Chapel, John Fuchs S. J. gifted the young adults with reflection time to see deep into their hearts and discover the hopes and longings there, reminding us that our deepest desires are also what God wills and desires for us.

**Do YOU know any Young Adults (21-35) thirsty for some spiritual nourishment and community? If so, please contact Deb Lucas at [deb@ignatiancenter.org](mailto:deb@ignatiancenter.org) or (206) 329-4824. For event info see the newsletter calendar and visit [www.ignatiancenter.org](http://www.ignatiancenter.org).**

# Spiritual Direction Services— Encouraging a Closer Relationship with God

**Longing for a more conscious experience of God's presence and love?**

Spiritual direction can help. The ISC offers a unique service that makes connecting with a spiritual director comfortable and easy. Here are some comments from people who have experienced our connection process:

*It was so nice to find you and talk with you and get on the road to increasing support for my faith journey. -Catherine*



*I enjoyed the discussion and it started me on a path of clarifying my thoughts and goals. - Lisa*

*And to think that I connected with my spiritual director by googling "Spiritual Directors Seattle-Tacoma" and came to your ministry. What more to say than "Thank you!" -Scott*

*Thank you for this process. Chatting one on one gives me confidence that I will connect well with a spiritual director to walk with me. -Francesco*

**For more information about Spiritual Direction Services contact Carolyn Hickman at [carolyn@ignatiancenter.org](mailto:carolyn@ignatiancenter.org) or (206) 329-4824**

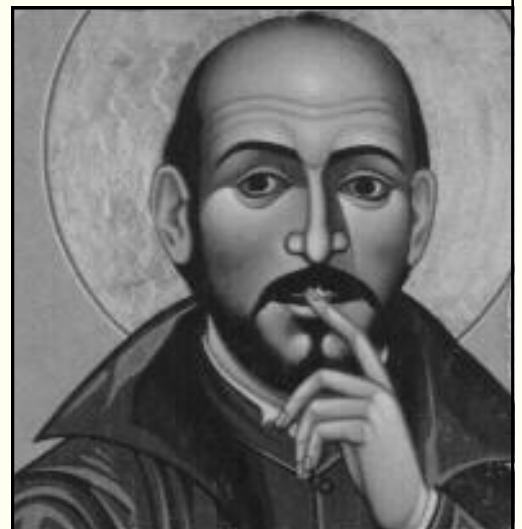
## “EXPANDED” CELEBRATION OF THE FEAST OF ST. IGNATIUS

This summer **ISC** will coordinate with the various Jesuit Works in the Northwest to offer several special events to commemorate the **July 31<sup>st</sup> Feast of St. Ignatius**.

On **Sunday, July 25<sup>th</sup>**, a 4:00 pm presentation upholding the life and legacy of St. Ignatius will be followed by the 5:30 pm Celebration of Eucharist at St. Joseph's Church, and a 6:30 potluck barbeque with live music.

Throughout the week, there will be various unique formational opportunities.

**Friday, July 30<sup>th</sup>—Sunday, August 1<sup>st</sup>**  
a **3-Day Ignatian Retreat** will be held at the Palisades Retreat Center in Federal Way.



Watch for details in the mail and on our website!!!

**IGNATIAN SPIRITUALITY CENTER**  
Located at: St. Joseph's Parish Center  
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Phone: (206) 329-4824  
[www.ignatiancenter.org](http://www.ignatiancenter.org)

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**IMPORTANT:** Please send us your email address  
to receive regular program updates

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Deb Lucas — SEYA Coordinator  
Christine Valters Paintner, PhD—  
Program Coordinator



**PETER MAYER in CONCERT**

With Jennifer Kelly

An ISC Benefit for SEYA

**Friday, March 19<sup>th</sup>, 8pm**

St. Ignatius Chapel at Seattle University

**Tickets: \$20 in advance / \$25 at the door**

(available on the ISC Website—[www.ignatiancenter.org](http://www.ignatiancenter.org))

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