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[www.ignatiancenter.org](http://www.ignatiancenter.org)

### RETREATING TOWARD FREEDOM

The goal of Ignatius' *Spiritual Exercises* is freedom. Not freedom from external obligations and commitments, but rather an internal freedom *for*. In "The First Principle and Foundation," Ignatius explains that our goal in life is to live with God forever, and that to attain this freedom *for* God, we have to be free of those desires and fears that get in our way. In our culture, these desires are often for wealth, power, and fame. Our fears are often about things and people we don't understand – immigrants, the poor, those who are different from us.

This past July, 58 retreatants moved closer to this interior freedom at ISC's annual Summer Ignatian Retreat. Our gifted presenters – Fr. Eric Watson, SJ; Carla Orlando; and John Hickman – led us through the movements of Ignatius' *Spiritual Exercises*. The result was, as one retreatant noted, "a renewed spirit and a deeper understanding of God's love for me." Fr. Eric began the retreat by talking about prayer. He noted that effective prayer moves us from our head to our heart because it's in our heart that we take action on our experience of God. He pointed out that "insights are a consolation prize; what God wants is transformation."



After reflecting on a number of points for prayer, Eric, Carla, and John presented different images of God that can draw us closer to the divine. Eric presented a talk about the "Joyful Way of Jesus." He distinguished between surface happiness and that deep-felt sense of joy that we can feel both in stillness and consolation and also in despair. One of his most powerful points was that joy is "the most infallible sign of the Holy Spirit." Carla reminded us that God is love, a familiar concept but one that Carla beautifully presented fresh and new. She playfully reminded us, "You can't underestimate that love thing" and ended with a beautiful reminder to all of us: "you are made from love, of love, and for love." And John helped us remember that God is a God of loving mercy, actively desiring to forgive and embrace us. He also talked about Jesus' availability and desire to be our best friend. At one point on the retreat, I had a vivid image of Jesus sitting at the foot of my bed, waking me up, and exclaiming, "Wake up, sleepy head, because you and I are going to be best friends." At any other time, this image could be terrifying; because of this retreat, it was and is an image of comfort, inspiration, invitation, and joy.

**"The God of Surprises  
did surprise me in a  
wonderful and totally  
unexpected way."**

The retreat was an incredible experience. One retreatant said, "The God of Surprises did surprise me in a wonderful and totally unexpected way." Another gushed, "This has been a tremendous step in my friendship with Jesus."

Looking forward, the Ignatian Spirituality Center would like to invite you to participate in our programs this year, all designed to help move each of us toward interior freedom. To learn more about Ignatian Spirituality, for example, you might consider coming to our "Ignatian Spirituality 101" session. To understand how Ignatian Spirituality can help us make a real difference for those most in need in our world, you might want to join our morning of reflection with Fr. Gary Smith, a Jesuit who's worked with the poor for almost 40 years. Or, to experience Ignatian prayer, you may want to be a part of our four week "First Spiritual Exercises" retreat. Information about these and other programs can be found on our website at [www.ignatiancenter.org](http://www.ignatiancenter.org).

## CONTEMPLATIVE LEADERS IN ACTION

### ISC WELCOMES LEADERSHIP PROGRAM FOR YOUNG ADULTS

This fall, the Ignatian Spirituality Center will be including a new program under its roster of young adult (20's & 30's) programming. *Contemplative Leaders in Action* (CLA) is a two-year faith formation and leadership development program for young professionals that is rooted in the *Spiritual Exercises* of St. Ignatius of Loyola. CLA started in New York ten years ago and has since expanded to Baltimore, Boston, Philadelphia, St. Louis, Washington, D.C., Detroit, and Seattle. CLA Seattle has already served over 125 young professionals in the area. The ISC is excited to add CLA to their roster of young adult offerings, and to welcome a new cohort of 18 emerging leaders who will begin in September 2018. ISC executive director Matt Barmore shares: "I'm excited about ISC's involvement in this unique program that builds leadership skills within the context of an active faith life. And the support from those who've already been through the program is remarkable."



The beauty of retreats is that they provide us an entry into rest, reflection, and renewal. Ignite invites adults in

their 20's and 30's for 3-hour evening retreats in the midst of daily life. Join us and bring a friend!

**Finding God in the Workplace:  
Integrating Spiritual & Professional Lives**

Thursday, October 4, 2018

6-9 PM at St. Joseph Parish Center, Seattle

**Behold God Beholding You:  
Living Your Authentic Self**

Thursday, January 17, 2019

6-9 PM at St. Joseph Parish Center, Seattle

**Longing for Community: Moving Through  
Loneliness & Connecting with Others**

Thursday, April 4, 2019

6-9 PM at St. Joseph Parish Center, Seattle

To learn more about ISC Ignite offerings, email [maria@ignatiancenter.org](mailto:maria@ignatiancenter.org) or call (206) 329-4824.

While CLA nurtures individual growth, it also strives to develop a cohort of leaders who can bring the dynamics of faith and justice to lead their families, co-workers and communities. Cohorts consist of participants from various walks of life and meet monthly with a focus on growth in self-awareness, faith, leadership and professional skills, all while being part of a supportive community. This approach to leadership is grounded in what author and founder of CLA Christopher Lowney calls the four pillars of *self-awareness*, *ingenuity*, *love*, and *heroism*. He proposes that:

- "We're all leaders and we're leading all the time, well or poorly."
- "Leadership springs from within. It's about who [we are] as much as what [we] do."
- "Leadership is not an act. It is [our] life, a way of living."
- "[We] never complete the task of becoming a leader. It is an on-going process."

In CLA, cohort members learn tools for personal and communal transformation. They strive to grow in self-knowledge; cultivate a healthy indifference which allows him/her to adapt confidently; loves those he/she serves and leads; and humbly works with others in shaping an inspiring future. CLA alum Rand Lutomski had this to say about his experience: "The program helped me better understand the role that Ignatian leadership plays and should continue to play in both my personal and professional life. I came away from CLA with new friends, an expanded understanding of spirituality in my life and work as well as a new found appreciation for how I can activate Ignatian principles in my professional life to make me a more well

rounded leader." Through creating a safe environment, participants can explore and question the relevance of Ignatian values in the context of professional life and are able to learn and practice the skills and qualities needed to become a loving leader in the face of many challenges—personal, communal, and global. To learn more about CLA, visit [www.contemplativeleaders.org](http://www.contemplativeleaders.org).

## SPIRITUAL DIRECTION

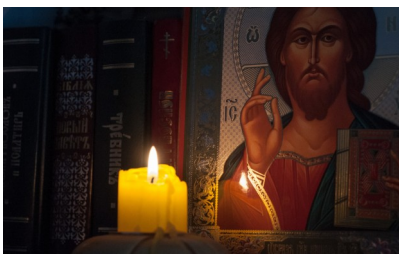
### COMPANIONSHIP FOR THE JOURNEY

Spiritual direction is an ongoing relationship in which a person who desires to be attentive to his or her spiritual journey regularly meets with a spiritual director (usually once a month) for the purpose of becoming more attuned to the presence of God's spirit in all of life. A spiritual director is someone who, with you, pays attention to your interior life, who cares about your deeper self and your heart's desires, who helps you interpret your ongoing experiences and learn the art of discernment (the knack of knowing which inner voices to trust and which to greet with suspicion), and who listens to, encourages and challenges you on your spiritual journey.

The Spiritual Direction Connection Service at the ISC is intended for anyone sincerely committed to praying regularly and willing to share that experience in confidence with another believer experienced in these matters. Through the service, you will meet with the coordinator to discuss your needs and preferences based on your spirituality, prayer style, life issues and experiences. After the meeting, you will be sent information about how to contact a spiritual director who meets your preferences and is available at this time.

Here are some thoughts from people who have connected with a spiritual director through the ISC Connection Services:

- "Such an enriching experience with my director. She 'follows' me well, receiving, guiding, affirming."
- "Absolutely wonderful. My director is an attentive listener, easy to talk to, warm and hospitable."
- "My director guided the conversation with such ease and kindness that I felt enriched and inspired every time I left our time together."
- "My director is a trustworthy accompanier and joyous to be around."
- "I love the combination of wisdom and earthiness that my director brings to the direction experience. A perfect fit for me."
- "I'm grateful to receive this kind of support at a price I can afford."



There are several well-qualified spiritual directors in our resource pool who are experienced in Ignatian and other spiritualities, have training and experience in spiritual direction, and are people of prayer and ongoing formation. Visit our website at [www.ignatiancenter.org/connections](http://www.ignatiancenter.org/connections) to learn more about the matching process.

**Questions about spiritual direction or want to set up an appointment to be connected with a spiritual companion?** Contact Carolyn at 206-329-4824 or [carolyn@ignatiancenter.org](mailto:carolyn@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!

*Contact us if you are interested in  
connecting with a spiritual director.*

Carolyn Hickman  
[carolyn@ignatiancenter.org](mailto:carolyn@ignatiancenter.org)  
206.329.4824

### Interested in receiving ISC's monthly eNewsletter for the most up-to-date information?

Visit our website at  
[www.ignatiancenter.org/newsletter](http://www.ignatiancenter.org/newsletter)  
and sign up today!

Questions? Email us at  
[info@ignatiancenter.org](mailto:info@ignatiancenter.org)





## Recovery Café: Leading Lives of Compassion

The ISC and the Recovery Café continue collaborating as we offer another book series this Fall. We will be reading *“Compassion: A Reflection on the Christian Life”* by Henri Nouwen, Donald McNeill, and Douglas Morrison. *Compassion* is a book that says no to a compassion of guilt and failure and yes to a compassionate love that pervades our spirit and moves us to action. The Café members continue to inspire us and each other with their commitment to healing and compassion for one another.

*Starting Thursday, September 20, 2018 | 12:45pm  
Recovery Café, Seattle*



## Ignatian Spirituality 101: An Introduction to Ignatian Prayer and Spirituality

Heard of Ignatian spirituality but not sure exactly what it's about? Join us for an interactive evening introduction to some key characteristics of the spirituality emerging from the life and vision of St. Ignatius, experience Ignatian prayer, and discover how enriching it could be for your life!

*Thursday, September 27, 2018 | 6:45-8:45 pm  
St. Joseph Parish Center, Seattle  
ISC Staff and Partners, Presenters*



## Inner Peace in Darkness & Light: A New Retreat from the “First Spiritual Exercises”

In his book *The First Spiritual Exercises*, Australian Jesuit Michael Hansen, SJ presents the *Spiritual Exercises* in the form of four-week retreats accessible to anyone without getting away from ordinary life. Each highly structured retreat involves 50 minutes of daily prayer four days a week and weekend spiritual exercises. Gather weekly with other ISC participants for guidance, sacred listening, spiritual conversation, and discernment. Join us for a new retreat from the book—“Inner Peace in Darkness and Light”—designed to bring us into deeper intimacy with God who leads us from darkness into light.

*5 Mondays, October 29 - November 26, 2018 | 7:00-8:45 pm  
Adelphia Memorial Hall, Seattle Preparatory School  
Matt Barmore, Retreat Giver*



## This Ignatian Life Series

Now in its third year, our *This Ignatian Life* series consists of “acts” that help us look at daily life, culture and relevant issues of our time through an Ignatian lens. Come to this or to our spring event to prayerfully reflect on this Ignatian life of ours!

### Act I: An Authentic Spirituality of Kinship for our Time—A Morning of Reflection with Gary Smith SJ

*Saturday, November 3, 2018  
9:00 am Social | 9:30-11:30 am Program  
St. Joseph Parish Center, Seattle  
Fr. Gary Smith, SJ, Presenter*



## Ignatian Spirituality for Men Series

Our times call us to respond with compassion to the injustices facing those on the margins of society.

Though we may sincerely desire to act, it may be difficult to discern what to do. Join other men for one, two, or all three parts of this year's men's spirituality series entitled “**From Separation to Solidarity.**” We will use an Ignatian lens to discern with whom we are called to be in closer relationship and how we might take some further first steps from separation to solidarity with those most in need.

### Event I: Living Out an Authentic Spirituality of Kinship—A Lunch Conversation with Gary Smith, SJ

*Saturday, November 3, 2018 | 12:00-1:00 pm Lunch  
St. Joseph Parish Center, Seattle  
Vince Herberholt, Facilitator*

*The Morning of Reflection (above) will be followed by this lunch conversation for men only. For more info about this year's series for men, please email [andrea@ignatiancenter.org](mailto:andrea@ignatiancenter.org) or call (206) 329-4824.*



## The Way of Companionship: Training for Companions of Those in the Margins

This morning will offer a clear language and compassionate approach to companionship. Together we will explore 5 core practices anyone can apply to support individuals on the road to healing, recovery and wholeness. Anyone working with or considering a closer connection with people in society's margins will benefit from this day.

*Saturday, November 10, 2018 | 9:00 am-12:00 pm  
St. Joseph Parish Center, Seattle  
Carolyn Hickman, Presenter*



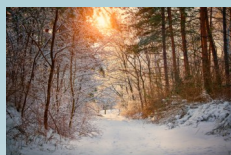
## An Advent Evening of Prayer

Enter more fully into the rich meanings of the Advent season by joining us for this year's contemplative ecumenical Advent Evening of Prayer. Allow yourself to let go of some of the stress and "shoulds" of the holiday season; simply rest in prayer, word, art, music, imagination and silence.

*Wednesday, December 5, 2018 | 7:00 pm*

*Seattle First Baptist Church*

*Rev. Tim Phillips and Carla Orlando, Presenters*



## Examen at the Turn of the Year: A Winter Day of Reflection

When the hectic holiday season dies down, we invite you to join us at the turn of the calendar year for a day of reflection.

This quiet personal mini-retreat includes presentations leading you through four movements of an Examen, reflection questions, and abundant time for prayer and journaling—all designed to help you reflect back on the previous year and look ahead to the new year with hope.

*Saturday, December 29, 2018 | 9:00 am–3:00 pm*

*St. Joseph Parish Center, Seattle*

*Jennifer Kelly, Presenter*

## Companions for the Journey: Spiritual Direction for Jesuit and Service Volunteers

The ISC will continue to offer support to the **Jesuit Volunteers** in Seattle by providing them the option of being connected with spiritual directors during their year of service in the Seattle area. We will also offer our connection service to members of **Encorps** (JVE), volunteers over the age of 50 who serve people living in society's margins. For the first time, ISC will also be providing the **Episcopal Seattle Service** Corps members the opportunity to walk with a spiritual director while serving in Seattle.

## WINTER 2019 PREVIEW...

### Discernment 101:

**An evening introduction to Ignatian decision-making**

*Monday, January 14 | 6:45–8:45 pm*

*St. Joseph Parish Center, Seattle*

### Cultivating a Life of Discernment:

**A series on the Ignatian way of making prayerful decisions**

*6 Thursdays, January 24–February 28 | 6:30–9:00 pm*

*St. Joseph Parish Center, Seattle*

### Dialogue through Differences:

**The gift of Ignatian dialogue for our time**

*Saturday, February 2 | 8:30 am Social, 9:00 am–noon Program*

*Peace and Spirituality Center, Bellevue*

### IGNATIAN SPIRITUALITY FOR MEN SERIES

**Event II: Islamic & Ignatian Spirituality—**

**Interfaith dialogue and kinship with our Muslim neighbors**

*Saturday, February 23 | 8:30 am Social, 9:00–noon Program*

*Location TBD*

### Nine Days of Grace: Novena 2019

*Tuesday, March 12—Wednesday, March 20*

*12:30 pm at the Chapel of St. Ignatius, Seattle University*

*and \*6:30 pm at St. Joseph Church, Seattle*

*\*note new time*

For more info or to register for a  
program or retreat

Visit: [www.ignatiancenter.org](http://www.ignatiancenter.org)

Email: [info@ignatiancenter.org](mailto:info@ignatiancenter.org)

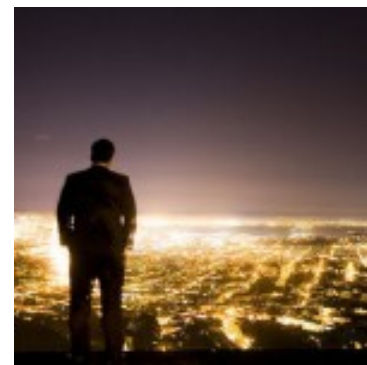
Call: (206) 329-4824

## A MOMENT TO PRAY

### CONTEMPLATION & DISCERNMENT “FOR SUCH A TIME AS THIS”

In recent years, ISC has attempted to contribute to the greater good and to the greater glory of God by offering programs in the Ignatian tradition and vision that respond to the “signs of the times.” As we enter a potentially contentious midterm election season, these times continue to urge us to be grounded in prayer and people “for others.”

Though we may have a sincere desire to act, many of us still find it difficult to discern how exactly we are being called to respond to those in need. Below is a powerful discernment exercise written by **Patty Bowman** (Executive Director, Intercommunity Peace and Justice Center) who presented these reflection questions at our Fall 2017 *This Ignatian Life* event entitled *Contemplation and Discernment “For Such a Time as This.”* We hope that this prayer exercise and the offerings of the ISC provide you with opportunities to discern how best to respond to the needs of our world.



- **How do you describe the “times” that we are living in?** As you take a look around you, what do you see? What has been your emotional reaction to these times? How have those emotions informed your discernment of how to respond to these times?
- **Who are you in response to these times?** How would you describe yourself – your gifts, talents, skills, interests, passions? How might God be working in and through those gifts to call you to respond to the needs of the world?
- **What communities are you a part of?** How can those communities be agents of change to create justice?
- **What issue or issues call to you today?** How do they call to you – through personal experience or story, through abstract ideals, or in other ways? Are there any obvious connections between those issues and your identified gifts and talents? If not, are you being called to stretch?
- **How do you feel called to respond?** Through direct service? Advocacy? Education and awareness? Prayer?
- **How do you maintain your spiritual grounding?** What are your practices of silence, prayer, and restoration that help you to sustain yourself in times like these?



### Want to continue to explore Ignatian contemplation and action?

Visit our website at [www.ignatiancenter.org](http://www.ignatiancenter.org) or call (206) 329-4824 to learn more about our *This Ignatian Life* and *Ignatian Spirituality for Men* series, as well as our other programs and retreats.

## Thank You to Our ISC Contributors in 2017-2018

*We are so grateful to each and all of you! Without your support, the work of the ISC would not continue. Please let us know if we have inadvertently left your name off this list.*

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*Ad Majorem Dei  
Gloriam!*

*To God Be The Glory!*





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### What's Happening at ISC ...

- Contemplative Leaders in Action
- Spiritual Direction Services
- 2018-19 Program Calendar
- A Moment to Pray
- Thank You ISC Supporters

PLEASE JOIN US FOR A FESTIVE EVENING  
IN SUPPORT OF THE IGNATIAN SPIRITUALITY CENTER

## LOCAL HARVEST



Saturday, October 13, 2018  
6:00-9:00 pm  
Seattle Preparatory School  
Navone Great Room  
2400 11th Avenue East

\$75 per person

[www.ignatiancenter.org](http://www.ignatiancenter.org)  
by September 30, 2018

Space is limited

\*ARTWORK BY ANNIE BENTLEY

The Ignatian Spirituality Center & Seattle First Baptist  
invite you to an

## Advent Evening of Prayer

Rest

Listen

Wonder

Rejoice

Wednesday  
December 5  
7:00 pm



Seattle First Baptist

1111 Harvard Avenue, 98122

Free parking & free will offering | [www.ignatiancenter.org](http://www.ignatiancenter.org)

