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Located at
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732 18th Ave E
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(206) 329-4824
www.ignatiancenter.org

CELEBRATING 25 YEARS IN THE MAKING

A little over 25 years ago, the Oregon Province sponsored a gathering called “Companions 2000,” the focus of which was to explore and foster collaboration between the Jesuits of the Oregon Province and lay people steeped in the Ignatian charism. One of the first and most powerful examples of this collaboration unfolded here in Seattle when a group of spiritual directors from the local SEEL (Spiritual Exercises in Everyday Life) program met with members of the Province to explore how best to meet the spiritual needs of its directors.



Cissy McLane &
Fr. Pat O'Leary, SJ

The result of this rich collaboration between lay and Jesuits was the birth of the *Resource Center: Ignatian Spirituality* – later known as the *Ignatian Resource Center* and known today as the *Ignatian Spirituality Center*. As the ISC celebrates its 25th year, we are both mindful of and thankful for those who were instrumental in our beginning.

In a recent conversation with Cissy McLane, the *Resource Center's* first Director, she emphasized the support of the Jesuits in the formation of the center. She explained that Fr. Steve Sundborg, SJ, then the Provincial of the Oregon Province, and Fr. Pat O'Leary, SJ, co-founder of the center with Cissy, supported the center's drive to continually ask, “How are we being called together in a new way?” As lay and Jesuit collaborators discerned how best to respond to this question, what emerged was a resource center whose early focus was on supporting those involved in spiritual direction.

But Cissy also noted that the center continued to discern how to best respond to the spiritual needs of those we serve. As a result, what began as primarily a resource for spiritual directors soon evolved into an organization that served a wider variety of people by offering retreats and ultimately other spiritual opportunities like the Novena of Grace.

And today, though our program lineup has changed, the *Ignatian Spirituality Center* is enlivened by the same spirit that characterized the founding of the *Resource Center: Ignatian Spirituality* 25 years ago. Our Ignatian roots challenge us to respond to the ways we are being “called together in a new way,” and the tremendous network of Jesuit works in Seattle provide us with wonderful partners to collaborate with as we live out this response.

Our current programs and services reveal the ways we've attempted to live out this response. Of course, we still offer the Novena of Grace, retreats, and programs aimed at serving the spiritual needs of those in the region. We also provide “Spiritual Direction Connections” - a service to link people who are in search of spiritual direction with a director. But our programs also reflect the Society of Jesus' focus on a faith that does justice. For example, each year we put on “This Ignatian Life,” a series of programs designed to explore issues such as immigration, racism, and sexism through the lens of Ignatian Spirituality. Similarly, in a world desperate for spiritual and social dialogue, we take seriously our call to be more ecumenical, as evidenced by our Advent Evening of Prayer sponsored together with Seattle First Baptist. And finally, we try to engage and respond to the unique needs of young adults through programs like our two-year “Contemplative Leaders in Action” leadership program.

As we look to celebrate our 25 years as a source of spiritual enrichment in the Seattle area, the ISC is extremely proud of our rich history and the tremendous Jesuit and lay leaders who collaborated to make our ministry possible. We hope you will take the time to join us this year as we celebrate our rich and spirit-filled beginnings.

ISC CELEBRATES YOUNG IGNATIAN LEADERS

In the fall of 2018, the ISC formed its first cohort of young adult leaders as part of the Contemplative Leaders in Action (CLA) program. This past year the ISC has been supporting a bright and enthusiastic group of fifteen leaders in their 20's and 30's in developing their spirituality and leadership capacities. After a well-deserved summer break, the group recently gathered for their opening retreat to kick off the second year of the two-year program. They are excited to get back to work learning and growing in their small community!

One significant dimension of Year Two will include work on a Capstone Project. This aspect of the program encourages participants to develop a project which addresses a need, whether that be in their workplace, faith or local community, or other sphere of influence, and put their leadership skills into action. Another important aspect of Year Two is that the cohort will be joined by a small group of dynamic mentors (all Ignatian leaders in their own professions) who will guide and support them throughout the year as they share their own stories of faith, challenge, and growth in leadership.



Members of CLA Cohort 6, Facilitator Maria L. Ochoa, and CLA Chaplain Fr. Natch Ohno, SJ



CLA alums Liz Van Hoy (CLA1 and Regional Advisory Council member), Hailey Keller (CLA1 and owner of event sponsor Peddler Brewing Company), and Alexis Jonson (CLA3)

The CLA experience also goes beyond the walls of the classroom as alumni invest back to CLA through their roles as Regional Advisory Council members, speakers, and mentors. One of these leaders is CLA alum Hailey Keller, owner of Peddler Brewing Company, who was a sponsor for the first ever *Discerning Spirits* fundraiser last May. Hailey shared her vocation story about following a call to leave her work as a teacher and opening a brewery while she was in the program. The ISC is grateful to her and the steadfast work of the CLA Regional Advisory Council who helped to make the event successful and surpass the fundraising goal!

Looking ahead, the CLA Regional Advisory Council will begin their planning for 2019-2020, including opportunities for the CLA alumni community to gather, as well as build on the success of the first-ever fundraiser. CLA Seattle anticipates another great year of reflection, prayer, and learning together!

To learn more about CLA, visit www.contemplativeleaders.org or contact Regional Coordinator Maria Ochoa at mchoha@contemplativeleaders.org.



Want to help lead other Young Adults with the ISC?

We are grateful for the contributions of the young adults serving on our Program Council who have been providing leadership through their ideas and energies this past year! **We are looking for a small group of young adult leaders who would be willing to organize and plan two Ignite programs for the year**—perhaps an Ignatian Speaker Series or retreat. If you are interested in learning more about this opportunity, please email Maria Ochoa, Ignite Coordinator, at maria@ignatiancenter.org or call (206) 329-4824.

Jesuit Alumni & Friends Mass and Social

One exciting new program we are offering this fall is a Jesuit Alumni & Friends Mass and Social, geared at inviting graduates of Jesuit/Ignatian programs (i.e. high school, college, parish, volunteer or leadership program) to come and learn more about what the ISC has to offer adults in their 20's and 30's. Across the U.S. there have been similar opportunities to gather young adults and reconnect them with their experience of all things Jesuit. We hope to continue offering this opportunity in the years to come, so be on the lookout for future events!

“Fall Song”

*Another year gone, leaving everywhere
its rich spiced residues: vines, leaves,*

*the uneaten fruits crumbling damply
in the shadows, unmaterring back*

*from the particular island
of this summer, this NOW, that now is no-
where*

*except underfoot, moldering
in that black subterranean castle*

*of unobservable mysteries - roots and sealed
seeds
and the wanderings of water. This*

*I try to remember when time's measure
painfully chafes, for instance when autumn*

*flares out at the last, boisterous and like us
longing
to stay - how everything lives, shifting*

*from one bright vision to another, forever
in these momentary pastures.*

-Mary Oliver

Fall has come with flashes of light this year, a kind of bright and boisterous autumn that Oliver describes. In the autumn of a spiritual journey, the black subterranean castle can also stir underfoot. Like it did for St. Ignatius, it shifts a vision and produces a harvest of ripe fruits. That God is active within us as in all of Creation, like the moldering in our sealed seeds and wandering water. We can reflect on and recognize the Divine in the spiced residues of our everyday lives. And with spiritual companions, we can share the NOW of our momentary pastures, where everything lives forever.

At the ISC, we share the deep roots and wide welcome of the early spiritual directors and extend ourselves to all who seek a companion for their journey. Our ISC spiritual directors come from rich and diverse backgrounds. They are trained, experienced and trusted companions, people that lead a deep life with the Spirit while helping others to see and sort through the “unobservable mysteries” in their own lives.

We know that the whole of our lives is the place to meet God. And we assume that God is *the* director, already present to us, everywhere, all of the time. A spiritual director can help us to find our way through our full lives, pointing us to where we can draw closer to the presence of God. We invite you to consider a spiritual director this fall. Perhaps you are busy and find little time for reflection and engrossed in your world of life, work or relationships. You may be facing tensions and pressures of daily life or decision-making. Or, you could simply be curious about your spiritual life and finding yourself asking persistent, important questions of, “*Who am I? Where am I going? and Why?*” You might sense a “ripeness,” a readiness or season, to share your NOW with a companion.

Please contact me if I can help you find a spiritual director. May you receive the fruits of God’s grace at this harvest time!

Carla Erickson Orlando, *Spiritual Direction Services*

Upcoming Spiritual Direction Formation Events:

- **Fall Gathering and Winter Pilot Program: Peer Supervision Group** - Open to all ISC spiritual directors. For more information, or to RSVP, please contact Carla at carla@ignatiancenter.org or call (206) 329-4824.
- **Wisdom Woman, Mystic Man** - A Spring morning retreat which will explore and engage the ancient wisdom of the feminine and masculine. It will be open to all in our ISC community and beyond. Please look for more information in our ISC Winter Newsletter, 2020.

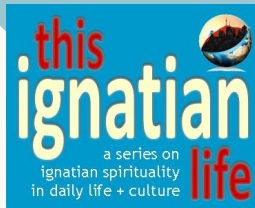


Carla Erickson Orlando coordinates the *Spiritual Direction Services* for ISC and serves as a spiritual director for the *Jesuit Restorative Justice Initiative*. She has formerly served as *Seattle Lead Director* for *SEEL (Spiritual Exercises in Everyday Life) Puget Sound*, where she provided overall coordination to the *Seattle 19th annotation retreat* and on-going formation for *SEEL* spiritual directors.

Carla serves as a *Vocational Discernment Counselor and Instructor* at *Seattle Pacific University*, and coaches graduate students in the *MA in Transformational Leadership* program at *Seattle University*. She is also faculty at the *Grunewald Guild* for art and faith. Carla enjoys art, writing, and the beauty of the *Pacific Northwest*, life with her husband, Joe, and their college-age daughters, Sophia and Josephine.

If you would like to learn more about our *Spiritual Direction Services* or connect with Carla, please email her at carla@ignatiancenter.org or call (206) 329-4824.

This Ignatian Life Series 2019-2020



We invite you to attend one or any of the three mornings of reflection in this year's "This Ignatian Life" series - a series that explores the intersection of Ignatian spirituality with daily life and culture. This year's theme is "Reimagining"- reimagining

new paths forward through the complexities of immigration, systemic racism and climate change. Come learn from our presenters, be inspired by stories of people who have envisioned another way, and join a community of people that desires to be grounded in Ignatian imagination and prayer that renews hope and courage to act for a better world.

Act I: "Reimagining Immigration"

Saturday, October 12, 2019

9:00 am Social | 9:30-noon Program

St. Joseph Parish Center, Seattle

with Christopher Koehler and Sarah Riggio

If you would like to be notified about future events in this series, please email andrea@ignatiancenter.org or call 206-329-4824.

Ignatian Spirituality for Men



"The place God calls you to is the place where your deep gladness and the world's deep hunger meet."

-Frederick Buechner

Buechner's definition of calling prompts the questions "What is my deep gladness?" and "What is the world's deep hunger?" Buechner invites us not only to reflect on what our deepest personal desires are, but also to consider what the world's greatest needs are; and furthermore, to ask whether our truest selves meet those needs. In this year's "Ignatian Spirituality for Men" series, we will consider the world's hungers, envision how the world could be different, and reflect on whether or not we are living our lives in alignment with that vision.

In the first morning of reflection in this year's "Ignatian Spirituality for Men" series, we will consider the world's hungers and envision how the world could be different. Using the tools of Ignatian spirituality and the framework of the *Spiritual Exercises*, presenter **John Hickman** will lead you and

other men in a morning of reflection on God's dream for the world, Jesus' vision of the kingdom, and what both may mean for your own calling in life. Join us for one or both opportunities to connect with other men who enjoy reflecting on life through an Ignatian lens!

Event I: "On Earth as it is in Heaven"

Saturday, November 2, 2019

8:30 am Social | 9:00 am-12:00 pm Program

St. Joseph Parish Center, Seattle

John Hickman, Presenter

Vince Herberholt, Series Facilitator

If you would like to be notified about the other events in this series, please email andrea@ignatiancenter.org or call 206-329-4824.

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 4, 2019 | 7:00 pm

Seattle First Baptist Church

Rev. Anita Peebles and Fr. Arturo Araujo, SJ

**For more info or to register for a
program or retreat**

Visit: www.ignatiancenter.org

Email: info@ignatiancenter.org

Call: (206) 329-4824

WINTER 2020 PREVIEW

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

Saturday, January 4, 2020 | 9:00 am-3:00 pm
St. Joseph Parish Center, Seattle
Mary Hartrich, Presenter

Ignatian Spirituality 101: An Introduction to Ignatian Prayer and Spirituality

Thursday, January 16, 2020 | 6:45-8:45 pm
St. Joseph Parish Center, Seattle
ISC and SEEL Staff, Presenters

Immersion in Ignatian Prayer: Prayer Practices for Life

4 Tuesdays, January 28—February 18, 2020 | 6:30-8:45 pm
Seattle Preparatory School

This Ignatian Life Series Act II: Reimagining Racial Justice

Saturday, February 8, 2020
9:00 am Social, 9:30-noon Program
Seattle Preparatory School, Seattle

Parenting in an Ignatian Spirit: A Mini-Retreat

Sunday, February 23, 2020 | 1:00-4:00 pm
St. Joseph Parish Center, Seattle
Jennifer Kelly and Jennifer Tilghman-Havens, Presenters

Novena of Grace

Tuesday, March 10—Wednesday, March 18, 2020
12:30 pm at the Chapel of St. Ignatius, Seattle University
and 6:30 pm at St. Joseph Church, Seattle

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.

Carla Orlando

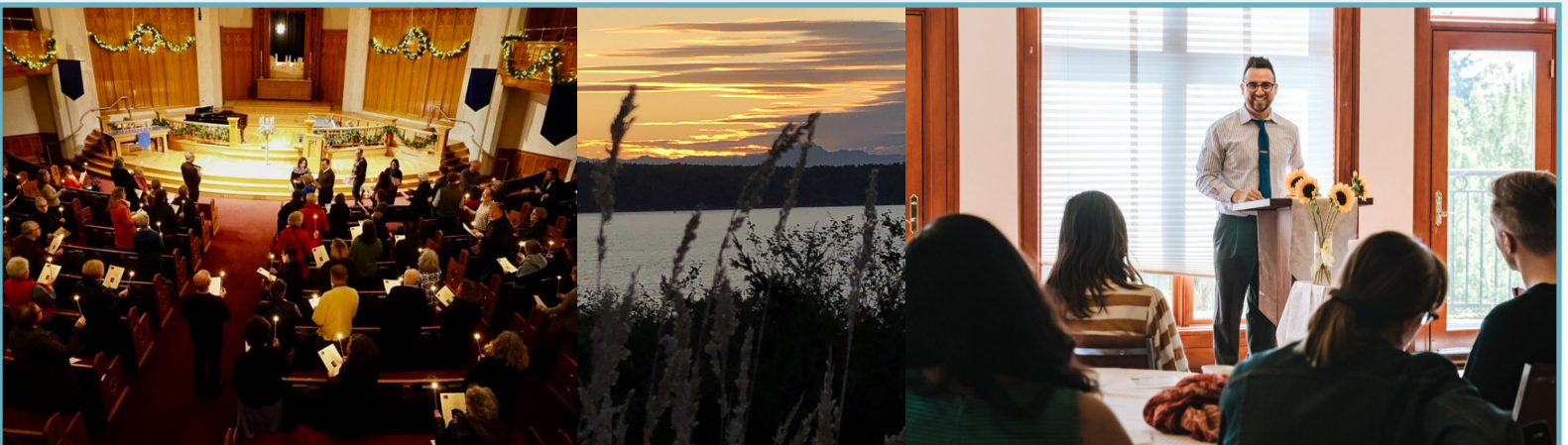
carla@ignatiancenter.org

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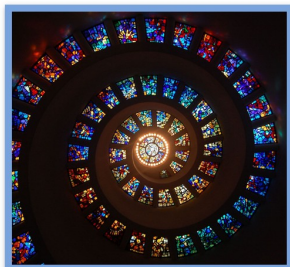


A MOMENT TO PRAY: Universal Apostolic Preferences

The Ignatian Spirituality Center will be offering a 5-week series this Fall for nominated Ignatian leaders from regional Jesuit institutions who wish to enter more deeply into the journey of renewal offered by the Society of Jesus' new Universal Apostolic Preferences. The Society of Jesus is committed to paying special attention to these Preferences over the next ten years and have invited ALL their partners in mission to do the same. We offer you an overview of these Preferences and a way to pray with the first one.

Overview

The Preferences are the fruit of a process of discernment by Jesuits and their mission partners that lasted almost two years and culminated with confirmation from Pope Francis in a special meeting with Fr. General Arturo Sosa. The Preferences give a point of reference to the whole Society of Jesus and their partners, and are meant to capture our imaginations, awaken our desires, and unite us in mission. The new Preferences direct us toward four areas vital for our world today –



Showing the way to God

Show the way to God through the Spiritual Exercises and discernment



Walking with the Excluded

Walk with the poor, the outcasts of the world, those whose dignity has been violated, in a mission of reconciliation and justice



Journeying with Youth

Accompany young people in the creation of a hope-filled future



Caring for our Common Home

Collaborate, with Gospel depth, for the protection and renewal of God's Creation

Praying with the First Preference: "Pilgrims who show the way to God"

The Spiritual Exercises and discernment are instruments for a renewed apostolic zeal in the service of the faith, particularly in a context of growing and more widespread secularization. By following more intently the way of Christ, we are called to show Christ as the Way.

1. As I begin my prayer, I ask for the Grace of being an ever more effective instrument to bring others to God.
2. I am inspired by the example of John the Baptist, who leads others to Jesus.

The next day John was there again with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus. (John 1:35-37)

4. I let myself be challenged by the desires expressed in the first UAP.

"We resolve to collaborate with the Church in experiencing secular society as a sign of the times that affords us the opportunity to renew our presence in the heart of human history."

"We want to invite all people to follow the path opened up by Jesus of Nazareth, a path on which we ourselves are walking, following in his footsteps, encouraged by his Spirit."

"We want to share with others the most fundamental discovery of our lives, namely, that discernment and the Spiritual Exercises of Saint Ignatius show the way to God. We need to follow the call to deepen our knowledge and experience of Ignatian spirituality, and we want to do so out of a living faith that is incarnate and consistent, a faith nourished by familiarity with God that is the fruit of a life of prayer, a faith that enters into dialogue with other religions and with all cultures. Our faith is manifested in works of justice and reconciliation..."

5. I consider these questions and talk about them with the Lord.

- How do I live my life as a pathway to God?
- How may we use Ignatian spirituality to respond to secular society as an opportunity to bring others to God?

Want to continue to explore the
Universal Apostolic Preferences?

Visit our website:

<https://www.ignatiancenter.org/praying-with-the-preferences>

Thank You to Our ISC Contributors in 2018-2019

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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What's Happening at ISC ...

- Contemplative Leaders in Action
- Spiritual Direction Services
- 2019-20 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 5, 2019 6:00-9:00 pm
Seattle Preparatory School
Navone Great Room
2400 11th Avenue East

Learn more, buy tickets, and show your support at:

www.ignatiancenter.org/local-harvest

*Artwork by Shannon Curtin

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



"Seeds of Contemplation" by Arturo Araujo, S.J.

Advent Evening of Prayer

Weds
Dec 4
7 pm

Contemplate...Wonder...Listen...Rest...



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