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- Maria Ochoa Vazquez  
*Program Coordinator*
- Kelly Hickman  
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- Carla Orlando  
*Spiritual Direction Services*
- Amy Sytsma  
*Regional Coordinator, CLA*

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

**A REFLECTION FROM THE EXECUTIVE DIRECTOR**



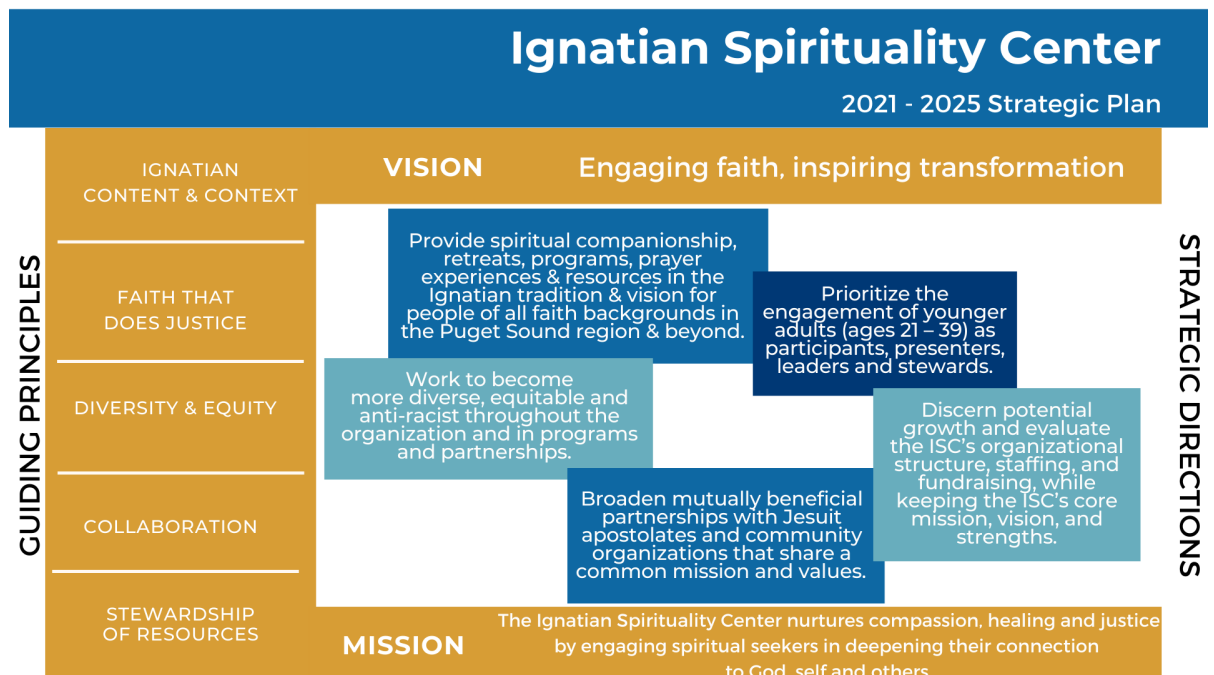
Emily Jendzejec

May 20, 2021, marked the 500th anniversary of the day a Spanish soldier, Íñigo López de Loyola, was struck by a cannonball, shattering his leg, and gravely injuring him. This seemingly catastrophic event led to his conversion into Ignatius the pilgrim. To honor this momentous anniversary, Superior General of the Society of Jesus, Fr. Arturo Sosa S.J., has called for an “Ignatian Year” to celebrate the life of St. Ignatius Loyola, the founder of the Jesuits. This year offers an occasion for us all to reflect on the cannonball moments in our lives and how God’s grace continues to come about in unexpected ways. As we remain in a time of uncertainty, exhaustion, and unknowing, we might welcome the invitation to pray and engage with this concept of “cannonball” moments. Who could have ever predicted the events of the past

two years, and how are we to respond and act, as people of faith, in the face of the profound societal and global challenges that we are grappling with?

The inspired genius of the Spiritual Exercises of Ignatius of Loyola is that it was meant to be adapted to a changing world and diverse contexts. As we honor the conversion of St. Ignatius this year, let us examine how the Spiritual Exercises continue to provide a relevant pathway for so many to become closer to God and ask the timeless questions - *How do we take time to recognize God’s presence and God’s call in our lives? And then once we’re aware of that presence and that call, how do we act on it?* That is why it has been such a vital resource for so many throughout 500 years and remains fresh and applicable today. Ignatius’s tools within the Spiritual Exercises, including **prayer, contemplation, spiritual direction, discernment and the examen of consciousness**, continue to offer meaningful pathways for spiritual growth and transformation. As a staff at the Ignatian Spirituality Center, we are continually reminded in our encounters and work of the power, relevance, and wisdom that Ignatian spirituality can offer and how it can address the spiritual hunger in our world today.

It is fitting that the Ignatian Spirituality Center’s leadership will begin to implement our new strategic plan during this, the Ignatian year. This past year the ISC leadership embarked on a discernment to create our next five-year strategic plan. The intentional process was one of prayer, listening, conversation, and possibility. We approached the process with abundant gratitude for our 27-year history and finished in hopeful anticipation of the bright future that lies ahead. I am delighted to share with you the ISC’s new five-year strategic plan:



## ISC COMINGS & GOINGS

### *We share and celebrate with gratitude ...*

In July, **Andrea Fontana**, stepped down as Program Coordinator after eleven years in this role. Andrea brought many gifts to the ISC including her compassion, spiritual depth and skillful facilitation. She guided us beautifully and created spaces and sacred moments for thousands of people who attended ISC programs during her tenure to grow, feel consoled, and closer to God. Andrea began her role as Assistant Director of the Center for Jesuit Education at Seattle University on September 1<sup>st</sup>. We wish Andrea all the best in her new role and are so grateful that she won't be too far away!

**Maria Ochoa Vazquez** began as Program Coordinator in July. Maria leads program development for the ISC, helping to bring alive the practices of Ignatian spirituality for seekers of all types. For the last 16 years, Maria has served in many roles focused on providing spiritual formation and leadership development in the Ignatian tradition through programs, retreats, and spiritual direction, including Assistant Director for the Magis Alumni Ministry at Seattle University, and Regional Coordinator of the Contemplative Leaders in Action (CLA) program in Seattle.



**Kelly Hickman** began in July as the Marketing/Communications Coordinator. Kelly coordinates Marketing & Communications, assisting staff in relationship-building with existing and new audiences through the Ignatian Spirituality Center's programs, events, and other offerings. She has facilitated several ISC programs and thrives in communications-rich roles. Kelly is passionate about advancing social justice and undoing institutionalized racism, and deeply believes in ISC's mission to nurture compassion, healing and justice in our world.

We give thanks to **Kathy Collins** for her two years of dedicated service as board chair, as she transitioned out of this role this past spring. In her tenure she helped oversee the transition of an Executive Director, navigation to online programming due to the pandemic, and the formation of a new strategic plan. Kathy will remain on the board for this coming year.

We express our deepest gratitude and bid farewell to the following ISC board members who transitioned off the board this summer: **Vince Herberholt, Shaun Bell, Terry Mayberg and Rachel Ford**. We are excited welcome on to the board: **Barbara Henderson, Erin Luby and Paula Fitzgerald Boos**. The ISC is blessed by their YES and will be enriched by each of their diverse gifts and passions that they bring to board!

### *A Message from our Board Chair*

My name is **David Uhl**, the new chair of the board. Over the summer, an image keeps coming into my life. It is an image of pilgrimage. In St. Ignatius's autobiography, he refers to himself as a pilgrim, trusting God to help bring a spirituality that discovers God in all things to the world.



I invite us to see ourselves as pilgrims like St. Ignatius. ISC recently adopted a new strategic plan after careful discernment. Connecting each strategic goal is our vision: Engaging faith, inspiring transformation. We are on a pilgrimage together to bring this document to life. We may not know the exact path, or we may need to pause at times to discern, but we are pilgrims on this journey together to live out our strategic plan. I hope you will join us in our pilgrimage.

*David Uhl was unanimously and enthusiastically voted in as ISC Board Chair this spring for the upcoming 2021-2022 year. David brings with him a wealth of experience in non-profit management and support from his work at Recovery Cafe and now as Executive Director of Feeding Washington. David has a deep personal commitment to Ignatian spirituality, as a graduate of Gonzaga University, a former Jesuit Volunteer and alum of the CLA program.*

## Stay in Touch with the ISC!

Interested in getting the most up-to-date information about ISC programs & events?



Register for the monthly e-newsletter at:

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



Follow us on Facebook:

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

### *What is a spiritual director and how do I find one?*

A spiritual director is a companion who helps guide us in our spiritual life. A director meets us where we are in our journey and grounds us in love, helps us grow aware of God's presence in our lives and supports us in discerning our next steps and direction.

Interested in learning more? **Our Seek & Find Service can get you started!**

1. Submit a Seek & Find interest form, found on our website:  
[www.ignatiancenter.org/spiritual-direction-seek-find-service](http://www.ignatiancenter.org/spiritual-direction-seek-find-service)
2. We will then arrange for a 1:1 conversation so you can share more about your faith journey and your interest in spiritual direction.
3. We'll help you connect with a director who is a "good fit" for you, someone you sense could be a good helper for you at this time.



### **Fall Gathering for Spiritual Directors Friday, October 22, 10am- 12pm**

In this Ignatian Year, and in the spirit of St. Ignatius and his belief in spiritual companionship, the ISC continues its long-standing commitment to spiritual direction in our region, providing our spiritual directors with formation programs, community gatherings, and connections to those who are seeking a spiritual companion through our Seek & Find Service.

Our **Fall Gathering for Spiritual Directors** builds a community of support among our directors. Directors listen in a deep and skillful way at our gatherings, staying present to one another and open to the Spirit at work. Directors are invited to share from their hearts, to offer a recent experience from their own spiritual journey, something to celebrate in their ministry, a suggestion, idea, or helpful resource for others.

*Our gatherings are open to all ISC spiritual directors. For the Zoom link to our Fall Gathering, or for more information about being an ISC spiritual director, please contact Carla Orlando at [carla@ignatiancenter.org](mailto:carla@ignatiancenter.org).*

## YOUNG ADULT PROGRAMS UPDATE



After a year-long pause on Contemplative Leaders in Action (CLA) programming, the ISC will welcome a new cohort of young adults in their 20s and 30s this fall to embark on the 18-month journey toward deepening spirituality, developing leadership, and connecting with community. **Amy Sytsma**, the new Regional Coordinator will facilitate the program.

Amy started in her role in March, 2021 and has been recruiting, interviewing, and inviting the cohort to form. She comes to the ISC from Seattle University where she was shaped by Ignatian Spirituality and a Jesuit approach to community development. In August, Amy met with the other Regional Coordinators in Boston for 4 days as an orientation to the CLA program. Seattle joins 8 other cities in hosting CLA this year: Baltimore, Boston, Charlotte, Washington D.C., Detroit, NYC, Philadelphia, and (our first ever) virtual cohort.

The CLA program has undergone some innovative changes in its fallow year: the curriculum is revamped with new voices on Ignatian spirituality and leadership, a more streamlined approach has been adopted across all CLA regional programs, and some program elements are being re-shaped based on feedback from past CLA participants. It's an exciting time for the program and Amy is eager to implement these thoughtful updates.

There are 10 CLA participants in the cohort. The first gathering will be in September for the opening retreat. Throughout the interviews with participants, the application review committee heard a deep desire for spiritual community and eagerness to develop into values-driven leaders. The Spirit has been at work inviting these participants — many said something like, "I've heard about this program for years, but this year finally felt right to apply." Looking forward to learning together, Amy is hopeful that this will be a meaningful experience for all the cohort members.



**Amy Sytsma,**  
Regional Coordinator, CLA

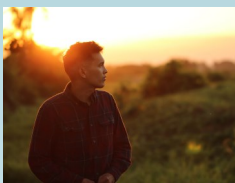
*Learn more about CLA at [www.contemplativeleaders.org](http://www.contemplativeleaders.org).*



Welcome back to a new program year! So many transitions have happened this year, and we are excited to continue providing you with enriching opportunities for reflection and prayer in the Ignatian tradition. The Ignatian Spirituality Center will be offering some perennial favorites, as well as provide some new programs and retreat experiences. Given the ongoing realities of COVID, we will continue to discern as a staff how we can gather safely as an Ignatian community.

Blessings on this fall season ahead,

Maria Ochoa Vazquez  
Program Coordinator  
Ignatian Spirituality Center



## God in All Things: An Intro to Ignatian Spirituality

Are you looking for spiritual tools that can help you to renew your prayer life, as well as equip you for the challenges of this time? Are you curious about Ignatian spirituality and what it may have to offer you and your faith journey?

Join the Ignatian Spirituality Center for an introductory evening to learn the basics about Ignatian spirituality and prayer. Learn about the practice of discernment, Ignatian tools for reflection, as well as the art of finding God in All Things. Explore how the inspiring life of founder St. Ignatius and key characteristics of Ignatian spirituality can help you discern God's presence and invitation in your life.

*Thursday, September 23, 2021*

*7:00-8:30 pm PDT | Online via Zoom*

*Ignatian Spirituality Center Staff & Board, Presenters*

**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



## Immersion in Ignatian Prayer

Feeling a nudge to develop a contemplative prayer practice – one that “sticks”? Looking for creative ways to stay engaged actively in prayer? Curious by how your senses can play a role in prayer? If so, join us for a three-part series and together we will explore a variety of Ignatian prayer forms that you can integrate into your daily life.

Learn and be immersed in practical prayer experiences common in Ignatian spirituality. Each virtual session includes a presentation, immersion into the prayer form, and reflection on the prayer experience as a community. Together, let's discover a new way to pray:

*Tuesdays, October 5, 12 & 19, 2021*

*6:30 - 8:00 pm PDT | Online via Zoom*

*Megan Kush, Carla Orlando, Trung Pham, SJ, Presenters*



## Alive! ¡Fe Viva! Young Adult Retreat

As seekers, sometimes we get burned out or come to a plateau in our faith journey. How do we keep the flame ALIVE? How do we stay grounded and alive in our faith? Do we give ourselves the chance and space to be renewed and to grow?

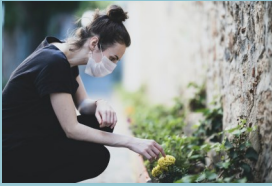
Come reflect with others about life in the journey of faith, our obstacles and struggles, and ways to renew our call to missionary discipleship. Join us on this team-led retreat for young adults with English and Spanish tracks.

Co-sponsored with: Maryknoll, the Intercommunity Peace and Justice Center, United Praise, La Red de Pastoral Juvenil, and the Office of Young Adult Ministry.

*Friday, October 15, 2021 6:00 pm—*

*Sunday, October 17, 2021 12:00 pm PDT*

*Archbishop Brunett Retreat Center, Federal Way*



**Jesuit Alumni & Friends  
Morning of Reflection  
*Cura Personalis: Care for  
the Whole Person in the  
time of Covid***

Through this experience of a world-wide pandemic, we have been called into a new reality where rest and care for our whole selves has become essential. As alums and friends of Jesuit universities and institutions, how might we be called into developing our awareness and practice of the Jesuit maxim of *Cura Personalis* (Care for the Whole Person) in our daily lives – with ourselves, our friends and families, our work and communities?

Presenter Andy Otto of GodInAllThings.com will share opening remarks to begin our morning, followed by an opportunity for individual reflection and an alumni panel who will share their responses, as well as a chance for small group conversation and prayer. Let us gather for a nourishing morning together!

*Saturday, November 20, 2021  
9:30 am- 11:30 am PST | Online via Zoom  
Andy Otto, Presenter; Alumni Presenters TBD  
Maria Ochoa Vazquez, Facilitator*



**Advent Evening of Prayer**

As winter approaches, and before we rush into the busyness of the holiday season, let us gather as one community to ground ourselves in the gifts and purpose of Advent. Join

the Ignatian Spirituality Center and Seattle First Baptist for the annual Advent Evening of Prayer – a contemplative evening of ecumenical prayer, poetry, music, reflection, and silence.

Co-sponsored with Seattle First Baptist.

*Wednesday, December 8, 2021  
7:00 - 8:15 pm PST | Location TBA*

**WINTER/SPRING 2022 PREVIEW**

**Examen at the Turn of the Year:  
A Winter Day of Reflection**  
*January 2022  
Date, Time and Location TBA*

**The Spiritual Work of Racial Justice  
Conversation Circle**  
*February 2022  
Date & Time TBA  
Online via Zoom*

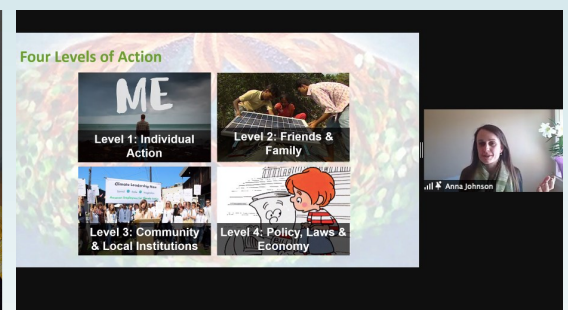
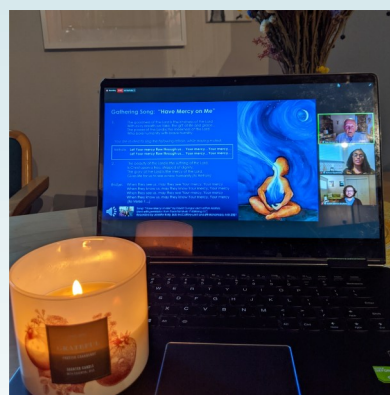
**Novena of Grace**  
*Tuesday, March 8 – Wednesday, March 16, 2022  
Time & Location TBA*

**Ignatian Family Workshop**  
*Spring 2022  
Date & Time TBA  
Online via Zoom*



Photo by Annie Spratt on Unsplash.

**Thank you to all who  
participated in our  
2020-2021 programs!**



## A Prayer for the Ignatian Year

*A prayer to celebrate the Ignatian Year from the Jesuit Conference of Canada and the United States .*

### God of all people,

**Y**ou were there when the cannonball shattered the leg of St. Ignatius, shattered his dreams, and shattered what he assumed his life would be. Even in a moment of pain and uncertainty, doubt and darkness, you spoke to Ignatius a word of peace and light. You showed him the path to you and the person he might become.

We may not be soldiers, standing in the path of a literal cannonball. And yet, we've been hit all the same. Cannonballs shatter our own hopes and dreams and expectations. Like Ignatius, may we hear the compassionate voice of your Son in the aftermath of these cannonball blasts. May we seek the face of Christ even when our dreams are shattered. May we turn and follow Jesus with the courage it takes to change and grow.

As we journey through this Ignatian Year, may we be shown the path to you, God of all people, and live out our vocation, becoming the person you have invited us to be. Give us the grace to work for reconciliation every day: with you, with others and with your creation. Open our eyes so we might see all things new in Christ.

**Amen.**

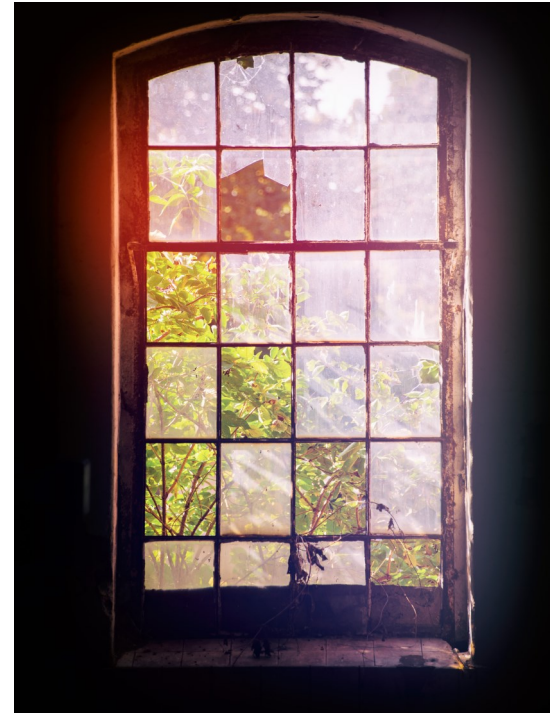
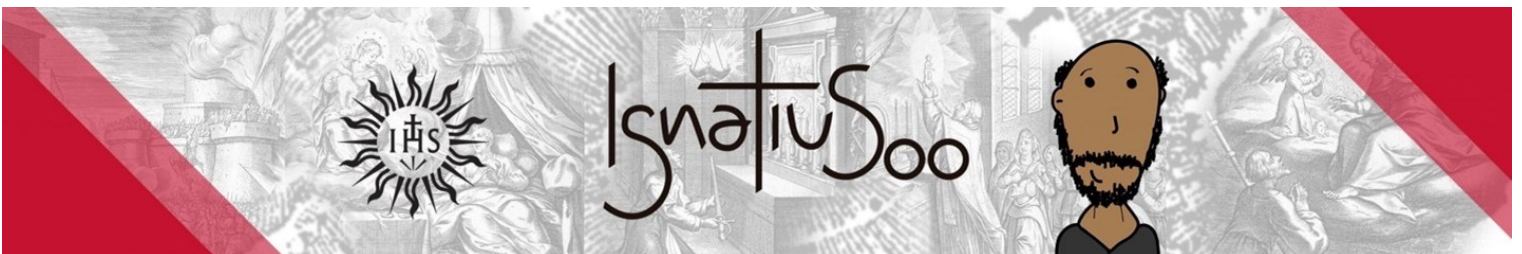


Photo by Denny Müller on Unsplash

### Questions for reflection:

- What dreams or assumptions in my life have been shattered?
- How did I perceive God in these moments? What helped me to sense God's spirit?
- What has given me courage, inspiration, or resilience to take one step forward in a new direction?
- How has my "cannonball" moment helped me to see life or my calling in a new way?
- How can I use this Ignatian year as an opportunity to draw nearer to God, through both the cannonball moments and the everyday moments of my life?
- How can I make time and space to better hear the compassionate voice of Jesus in my daily life?
- How am I being called to more closely follow Jesus, with the courage it takes to change and grow?



More resources on the Ignatian Year:

[www.jesuits.org/spirituality/ignatian-year](http://www.jesuits.org/spirituality/ignatian-year)

[www.jesuitswest.org/the-ignatian-year](http://www.jesuitswest.org/the-ignatian-year)



# Thank You to Our ISC Contributors in 2020-2021

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

## What's Happening at ISC ...

- ISC Comings & Goings
- 2021-22 Program Calendar
- A Prayer for the Ignatian Year
- Thank You ISC Supporters

### JESUIT ALUMNI & FRIENDS MORNING OF REFLECTION



**CURA PERSONALIS**  
CARE FOR THE  
WHOLE PERSON IN  
THE TIME OF COVID

A morning of reflection for Jesuit alumni and friends to listen, share, and pray on the Jesuit maxim of *Cura Personalis* (Care for the Whole Person) and the call to rest and spiritual care in these times.

*This program is for anyone who has graduated or been formed by a Jesuit university, high school, volunteer program, formational program, parish, and/or has an appreciation for all things Jesuit. All are welcome!*

**Saturday, November 20, 2021**  
9:30am - 11:30am PST



Online via Zoom  
Andy Otto, Presenter  
and Alumni Panelists

For more information and to register, visit:  
[www.ignatiancenter.org/jesuit-alumni-friends](http://www.ignatiancenter.org/jesuit-alumni-friends)  
*Please register by November 15th*



Questions? Contact  
[maria@ignatiancenter.org](mailto:maria@ignatiancenter.org)  
(206) 329-4824



**SAVE THE DATE**

**ADVENT EVENING**  
of  
**PRAYER**

Co-Sponsored with  
Seattle First Baptist

**WEDNESDAY, DECEMBER 8TH**  
7:00 - 8:30PM

More info available soon at  
[www.ignatiancenter.org](http://www.ignatiancenter.org)