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Program Coordinator

Kelly Hickman
*Marketing & Communications Coordinator /
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Carla Orlando
Spiritual Direction Services

A REFLECTION FROM THE INTERIM EXECUTIVE DIRECTOR

We finish this Ignatian Year with deep gratitude for all of you who share in our mission. We pray that we all continue to “see things new in Christ.”

Where have you found God this summer? Perhaps in sunshine, in laughter, in a round of golf, in watching the joy of children plunging into cool water, in simply sitting and admiring a blossom or a bird—or perhaps with ice cream or air conditioning! We glimpse the Holy in the small moments and the large. We trust the words of the wonderful Jesuit poet Gerard Manley Hopkins that, “the world is charged with the grandeur of God,” most particularly this time of year. And even if we have no name for it, we know—we believe—that our God of surprises is at work.



At our recent ISC Board, Staff and Program Council social, we reflected on what we love about Ignatian Spirituality. Our answers— “a sense of belonging together,” “finding God in all things,” “the magis”—connected us in a beautiful circle of gratitude. For me, it was deeply consoling to hear how Ignatian Spirituality is working uniquely in the lives of each person. Ignatian Spirituality challenges us to give more (the magis), while deeply caring for each and every person (cura personalis). What do you love about Ignatian Spirituality?

We do belong together. At the ISC, we hope to spark conversations that will draw us even more deeply into community and into our individual sense of mission as God’s beloved.

In this time, more than ever, we are being called to know who and what we belong to and to make those connections ever stronger. We are being called to thoughtful conversations with good friends. We are being called to celebration of all that is good, and hard, with people we love. I love these lines from T.S. Eliot: “What life have we, if we have not life together? There is no life not lived in community, and no community not lived in celebration and praise!”

What communities are you are part of? Am I a part of? Are we a part of? What can we do to strengthen our connections with those communities?

As we transition into this time of harvest abundance, it is good to reflect on the abundance of care and love and beauty in our lives. It is inspiring to lean into the blessing of the wonderful people God has given us to love and be loved by. Even as we continue to work to heal a broken world, it is important to see and to remember the beautiful and whole parts of it. As people of faith, we believe that there is hope in transition. Every step of our life’s journey is a transition and a call to trust. Where do you see the fullness of God’s work around you?

We are excited about our year ahead at the ISC. As a new interim Executive Director, I am grateful for our seasoned staff who bring heart and hope to this work. We are grateful for Carla Orlando, who has matched so many folks in our Seek and Find service, and the beautiful formation she does with spiritual directors. Katharine Chapman helps keep our foundation strong in her support of our finances and programming. Maria Ochoa Vazquez brings phenomenal organizational skills to her work with the program council to bring a variety of programs this year to help us deepen our individual and communal spirituality. The wonderful Kelly Hickman is also responsible for this newsletter, and communications and marketing, AND coordinating Contemplative Leaders in Action.

We look forward to connecting with many of you this year, and hope that you are able to join us in some of our wonderful programming.

Peace and joy in this beautiful season of transition.



Kathy Collins

Located at:
 St. Joseph Parish Center
 732 18th Ave E
 Seattle, WA 98112
 (206) 329-4824
 www.ignatiancenter.org

ISC COMINGS & GOINGS

We share and celebrate with gratitude ...

In July, the ISC saw two of our beloved staff members move on to new endeavors.

Emily Jendzejec stepped down as the Executive Director after two years in this role. In her role as the ED, Emily shared her gifts of collaborative leadership, managerial wisdom, and her creative and energetic enthusiasm for Ignatian Spirituality and the ISC's mission. Under her leadership the ISC survived the many pivots and shifts of the COVID-19 pandemic, committed to new strategic directions and plan, hired new staff, and thrived. Emily continues her commitment to Ignatian spirituality as Assistant Professor of Pastoral Studies at Loyola University New Orleans, teaching Practical Theology and Pastoral Leadership and Organization. She is also helping support a new initiative, "F.I.E.L.D.: Faithful Innovation through Encountering, Listening, and Discerning: Practicing Synodality in Ministry with Young Adults," which helps parishes around the country engage with young adults in their communities. We wish Emily all the best in these new endeavors!

As the Regional Coordinator for Contemplative Leaders in Action (CLA) in Seattle, **Amy Sytsma** beautifully recruited and led the current cohort, CLA7. In this role, Amy offered her leadership skills as facilitator and guide, while also bringing her deep spirituality and musical talent to our staff, programming, and June fundraiser. Amy and her husband decided to move closer to family in Michigan, where their young son, Smith, will have a gaggle of cousins to grow with. We thank Amy for her time at the ISC and send lots of love to Michigan!

We give thanks to **David Uhl** for his dedicated service as board chair. In his tenure David helped oversee the finalization of our strategic plan, guided a leadership transition and served on nearly every committee, often in leadership roles. We are grateful David will continue to serve on the Board.

We express our deepest gratitude and bid farewell to the ISC Board and Program Council members who transitioned from their service this summer. **Leigh Floyd** and **Kathy Collins** (now serving as interim ED) concluded their service to the Board. **Greg Celio, SJ, Leonetta Elaiho, JoAnn Lopez, Corinne Pann, Ryan Rallanka, SJ** and **Samantha Yanity**, ended their service to the Program Council. We are excited welcome on to the Board: **Dave Spicer** and **Matthew Manobianco**; and to the Program Council: **Megan Kush, Ross Hays, Jody DeGroot, and Linda Zaugg**. The ISC is blessed by their YES and will be enriched by each of their diverse gifts and passions that they bring to the Board and Program Council!

A Message from our Board Chair

One of my favorite sacred spaces in Seattle is the Chapel of St. Ignatius on the Seattle University campus.

Enclosed within its structure, light and darkness work together to create a space that invites reflection and presence. This interplay of light and dark within a stone box is a beautiful metaphor for our lives. Walking through the chapel's heavy cedar doors is a portal into one's own inner life. You can become present to all your experiences of light and darkness, consolation and desolation, and see it as a luminous whole.

The work of the ISC is invitational in the same way. Its offerings create a generous entry point for contemplative awakening in the Ignatian tradition. The staff of the ISC have created an 'architectural marvel' in their offerings—a glorious stone box if you will. But it is animated and illuminated by each and every one of you in this community. Through your presence and contributions of time, talent, treasure and testimony—you are the vessels of light that make this organization alive and we are so grateful.

The year ahead will be one of reflection, continued growth, and transition as the ISC continues to implement the strategic plan and will launch a search for our next Executive Director. In the interim, we are beyond blessed to have Kathy Collins serve in that role.

Leonetta Elaiho is the ISC Board Chair for the upcoming 2022-2023 year. Leonetta brings a wealth of experience from the non-profit and philanthropic sector. She is a spiritual director and is committed to work at the intersection of racial justice and spiritual formation. She has a deep appreciation for Ignatian spirituality, and is a graduate of Seattle University.



SPIRITUAL DIRECTION SERVICES UPDATE



From Transition to Transition

In her book *The Other Side of Chaos*, Ignatian spiritual director and author, Margaret Silf, describes a time in transitions when almost every aspect of our life can be disrupted, when our old habits and comfort zones – our old home, our old job, or the old “me” – may be disappearing altogether.

In the midst of it is a mystery, says Silf. Something is breaking through and creating a new order. She reminds us that the Holy Spirit is at work.

In transitions, our faith is not the kind that “knows all the answers and has mapped out the right and proper paths, but the faith that says simply, ‘I don’t know, but I trust.’” Silf suggests that we ask, “*What is that essential core of who I am that remains through all this upheaval?*”

At the edge of uncertainty is the new stage of growth and transformation. We could be developing new skills or personal qualities or drawing on inner resources we never knew we had. We may become more resilient or patient; more empathetic or creative. We may discover a sense of humor, broadened perspective, deepened sense of gratitude.

Our Ignatian approach to our lives of faith is to trust God when life is breaking down and to see our messes not as something to be rescued from, but as something that will help us break through to a place where God makes all things new.

Ignatian Spiritual Direction is rooted in the Spiritual Exercises, affirming the goodness of the world. It attempts to uncover the deepest desires of the human heart, the new choices for spiritual growth and fruitful service. It helps to identify inner movements and reflect on them, understand where they come from and where they lead us. Spiritual direction is not a program but opens up new horizons of self-knowledge, compassion, and deeper relationship with the Spirit of God.

To learn more about spiritual direction, please contact Carla Orlando, coordinator of Spiritual Direction Services, through our ISC Seek and Find spiritual direction service: ignatiancenter.org/spiritual-direction-see-find-service

Spiritual Directors Fall Gathering

Friday, October 14, 2022, 10:00am-12:00pm, St Joseph’s Church (Mother Theresa Room), Seattle

A time for making connections, sharing resources, and conversation. For spiritual directors, chaplains, and pastoral care providers.

Praying with Poetry: A Morning Retreat with Fr. Pat Twohy, SJ

Friday, February 3, 2023, 10:00am-12:00pm, Online via Zoom

A spacious morning of silence and prayer, gently guided by the quiet wisdom of our special retreat leaders. For spiritual directors, chaplains and pastoral leaders.

YOUNG ADULT PROGRAMS UPDATE



After a wonderful first year of connection, growth and community, Seattle’s seventh Contemplative Leaders in Action (CLA) cohort are eager to begin their second year together. With facilitator Kelly Hickman, the ten cohort members will kick things off this September at their Day of Reflection. This day sets a framework for Movement III of the CLA journey, which focuses on leadership in service to mission. Through the inspiration of Catholic Social Teaching, the Universal Apostolic Preferences, and the Ignatian tradition, they will continue to explore what it means to be a faith-filled leader committed to justice.

Then in January, Movement IV will invite participants to integrate their learning and development in cultivating a practice of contemplative and active leadership in their workplaces, churches, and the communities in which they live. The cohort participants will be asked to develop a leadership praxis in response to the needs of the world and the signs of the times. This final phase of CLA emphasizes the outward movement of their experience and formation as Ignatian leaders.

The year will wrap up with a Closing Retreat in May 2023 where these leaders will be commissioned to engage in ongoing service to their local community – and the world! Please keep CLA7 in your prayers.

We will be recruiting for the 2023-2025 cohort this spring! Learn more about CLA at ignatiancenter.org/young-adults.

I hope that summer was a time of joyful rest and ease! As we embrace the change in season, a new program year begins. The staff of the ISC and I invite you to join us for a program or two in-person or online and discover a new way to grow and learn through your spiritual practice. Ignatius teaches us that we will be met where we are at in life – we do not need to be perfect or have figured out how to walk the spiritual path, we only need an openness and willingness to show up to ourselves and God. And we do not do this alone – in community (whether in-person or online) is the way we grow and learn together.

I look forward to a year full of rich, faith-filled exploration!

Maria Ochoa Vazquez
Program Coordinator



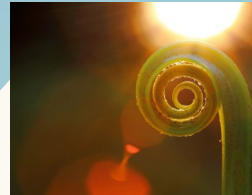
God in All Things: An Intro to Ignatian Spirituality

Tuesday, September 20, 2022
7:00-8:30 pm PDT | Online via Zoom
Fr. Mike Bayard, Kathy Collins &
Maria Ochoa Vazquez, Presenters

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.

This is an introductory program for people new to or somewhat familiar with Ignatian spirituality. If you have experience with Ignatian spirituality and would like a refresher, we welcome you to attend!



Ignatian Discernment: An Unfolding Story A Six-Week Discernment Practice Series

Thursday, October 6, 13, 20, 27, November 3, 10, 2022
6:30 – 8:45 pm PDT | In-person
Seattle Location TBA
Marilyn Nash, Presenter

In this experiential discernment series, we will explore various ways to listen to the Spirit's movement in our lives, choices, and communities. Through prayer, reimagined presentations, meaningful, creative reflection, and conversation in community, we will consider Ignatian discernment and discuss how it applies in the midst of our current cultural, social, racial and personal contexts. Together, we will learn to cultivate and embody these principles in our everyday lives.

This program is for anyone interested in learning about and integrating Ignatian Discernment as a spiritual practice. Newcomers, as well as those seeking to deepen their understanding, are encouraged to participate.

Stay in Touch with the ISC!

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



Register for the monthly
e-newsletter at:
ignatiancenter.org/newsletter



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**Jesuit Alumni & Friends
Morning of Reflection
*Companions on the
Journey: Reimagining
Connection & Community***

**Saturday, November 12, 2022
9:30 – 11:30 am PDT | Online via Zoom
Elise Gower, Presenter
Alumni Panelists TBA**

Join us for a morning of reflection for Jesuit alumni and friends to listen, share, and pray together as a community.

Presenter Elise Gower of Contemplative Leaders in Action 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!

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.



Advent Evening of Prayer

Before the busyness of the winter and holiday season begins, let us gather as one community to ground ourselves in the story and gifts 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.

Sign up for our eNewsletter and check our website for more details as they become available!

**Early December 2022
7:00 – 8:00 pm PDT | In-person & Livestreamed
Seattle First Baptist Church
Presenters TBA**



IGNATIAN FAMILY HANDBOOK



The Ignatian Family Handbook is an online resource for parents, caregivers, and families to explore Ignatian spirituality and how to incorporate it into family life.

You will find topics such as prayer, discernment, story times and interviews with authors, as well as provide practical resources and tools to use at home.

The handbook currently features a story time with author and spiritual director MaryEllen Weber and her book *Finding God in All I See, Finding God in You and Me*, as well as a special Family Examen and more!

Visit ignatiancenter.org/ignatianfamily to register and access the handbook.

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

Visit: ignatiancenter.org

Email: info@ignatiancenter.org

Call: (206) 329-4824

Thank you to all who participated in our 2021-2022 programs!

A Prayer for Times of Transition

Patient Trust by Pierre Teilhard de Chardin, SJ

Above all, trust in the slow work of God.

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress that it is made by passing through some stages of instability – and that it may take a very long time.

And so, I think it is with you; your ideas mature gradually – let them grow, let them shape themselves, without undue haste.

Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.

Only God could say what this new spirit gradually forming within you will be.

Give Our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.

Pierre Teilhard de Chardin (1881-1955) was a French philosopher and Jesuit priest. He knew something about transitions.

In a time of transition, it can be helpful to create a space for reflection. We invite you to find a space with quiet, where you can rest your body with ease and openness to reflect prayerfully on these questions:

- As you slowly move from one season to another, what do you perceive as transitions ahead? What are your feelings and thoughts about those changes? How do they feel in your body? How might God be a constant presence of support to you in the midst of this change or changes?
- How have you experienced the slow work of God in your life?
- How might you allow God to lead you through your current experiences or challenges? Where are you open or closed off to God's love?
- What in your life are you experiencing with ease or joy? What in your life are you experiencing with instability or impatience? Hold these not in judgment or with the need to change these realities, but with tenderness and acceptance.
- What new spirit is forming within you at this time?
- What might you ask of God today to help support you in your acceptance, patience, or trust?
- What grace do you long for in the days, weeks, months ahead?



Photo by Denys Nevozhai on Unsplash

Thank You to Our ISC Contributors in 2021-2022

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.



INDIVIDUALS

Anonymous (9)	Carol Donahue & Steve Donaldson	Rich Lappenbusch	Claire Pfister	Richard Weyls
Deborah Adams	Joanne Donohue	Thomas Larsen	Evan Pham	Pete & Karen Wickstrand
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Mary Pauline Diaz-Frasene	Megan Kush	Andrew Perez	Dennis West & Margaret Kineke	
Kathleen Ditcharo	Beatrice LaFramboise	Jim & Lanette Peterson	Clare Wey-Driscoll & James Driscoll	

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Archbishop Brunett Retreat Center at the Palisades
 Arrupe Jesuit Community
 Bellarmine Preparatory School
 Faber Jesuit Community
 Institute for Catholic Thought and Culture
 Intercommunity Peace and Justice Center
 Jesuits Restorative Justice Initiative NW
 Jesuits West Province
 JVC-NW/ JV Encorps
 Lakeside Industries
 St. James Cathedral
 St. Joseph's Parish & School
 St. Leo Parish
 Seattle First Baptist Church
 Seattle Nativity School
 Seattle Preparatory School
 Seattle University
 Seattle University Alumni Association
 Seattle University Campus Ministry
 Seattle University Center for Jesuit Education
 Sisters of the Holy Names
 Sisters of Providence
 Society of Jesus, West Coast Province
 Spiritual Exercises in Everyday Life (SEEL)



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What's Happening at ISC ...

- ISC Comings & Goings
- 2022-23 Program Calendar
- A Prayer for Times of Transition
- Thank You ISC Supporters

THE IGNATIAN SPIRITUALITY CENTER INVITES YOU TO



**IGNATIAN DISCERNMENT:
AN UNFOLDING STORY**
A SIX-SESSION DISCERNMENT
PRACTICE SERIES

In this experiential discernment series, we will explore various ways to listen to the Spirit's movement in our lives, choices, and communities. Through prayer, reimagined presentations, meaningful, creative reflection, and conversation in community, we will consider Ignatian discernment and discuss how it applies in the midst of our current cultural, social, racial and personal contexts. Together, we will learn to cultivate and embody these principles in our everyday lives.

This program is for anyone interested in learning about and integrating Ignatian Discernment as a spiritual practice – newcomers, as well as those seeking to deepen their understanding, are encouraged to participate. All are welcome!

THURSDAYS: OCTOBER 6, 13, 20, 27, NOVEMBER 3, 10, 2022
6:30 - 8:45PM PDT | IN-PERSON
SEATTLE LOCATION, TBA
MARILYN NASH, PRESENTER

For more information and to register, visit
www.ignatiancenter.org/discernment-series
Please register by September 20



Questions?
maria@ignatiancenter.org
(206) 329-4824

THE IGNATIAN SPIRITUALITY CENTER INVITES YOU TO



JESUIT ALUMNI & FRIENDS MORNING OF REFLECTION
Companions on the Journey:
Reimagining Connection & Community

Join us for a morning of reflection for Jesuit alumni and friends to listen, share, and pray together as a community.

Presenter Elise Gower of Contemplative Leaders in Action 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!

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 12, 2022
9:30 - 11:30AM PST | ONLINE VIA ZOOM
ELISE GOWER, PRESENTER

For more information and to register, visit
www.ignatiancenter.org/jesuit-alumni-friends
Please register by September 20



Questions?
maria@ignatiancenter.org
(206) 329-4824