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**FROM THE EXECUTIVE DIRECTOR**

I hope your summer was full of God's many blessings that surround us – the sun and warmth (sometimes too much!), family, exploring new places, ice cream, beautiful gardens, cool lakes, and stunning mountains. School has started again, and our days are growing shorter as we move from summer into fall. Just as we transition seasons, the Ignatian Spirituality Center (ISC) has been through its own transitions in the last year and is now emerging with renewed energy and purpose for the year – and years – to come.



Corinne Pann

This year, we celebrate the ISC's 30th anniversary! We are blessed to have a rich history of transforming lives by engaging people in faith through the Ignatian spiritual tradition. We look back with gratitude for the many leaders, staff, board members, volunteers, donors, presenters, and participants who have played a vital role in making the ISC what it is today. As we take our next steps on the ISC journey, we are inspired by St. Ignatius and his friends who served "souls" by reaching out to people in all places of society, particularly the furthest margins. We welcome all spiritual seekers and hope to bring them closer to God through our ISC community and programming.

While we invite more multigenerational, multicultural, and ecumenical participants and partners, we will continue to bring a full slate of spirit-filled programs and retreats to you, starting with **The First Spiritual Exercises** that begins at the end of September (see page 2). And I'm thrilled to share that the **Novena of Grace** will be back next spring. What an outpouring of love we had for this special tradition.

I have enjoyed meeting several of you in my first few months as Executive Director and look forward to connecting with many more of you to learn what you love about the ISC and what you would like to see in the years to come.

Wishing you abundant blessings and gratitude in this fall season.



**NOVENA OF GRACE RETURNS NEXT SPRING**

After several months of thoughtful and prayerful discernment, the Ignatian Spirituality Center is pleased to announce the return of the Novena of Grace in March 2024 in partnership with Seattle University.

John Hickman led the Novena Discernment Committee in exploring the future of the program.

The team of eight committee

members engaged in a discernment process to reflect on the impact of the Novena of Grace on our community and the ISC staff, and to better understand needs and desires for the program moving forward.

A significant part of the process was listening to the community, including participants, non-participants, former presenters, and numerous stakeholders. The online survey received responses from 187 people, indicating the community care for this program.

Support for the continuation of the program was consistent and positive.

The ISC would like to thank the members of the Novena Discernment Committee for their prayerful leadership through the process: John Hickman (chair), Catherine Punsalan-Manlimos, David Spicer, Sarah Pericich-Lopez, Ross Hayes, Mike Bayard, SJ, and ISC staff Maria Ochoa Vazquez and Corinne Pann.

Stay tuned to learn more about the Novena in the months to come!

## 2023-2024 PROGRAM CALENDAR

We have a rich calendar of programs and retreats planned for you!  
Visit [ignatiancenter.org/programs-retreats](https://www.ignatiancenter.org/programs-retreats) to learn more and register.

### MARK YOUR CALENDAR!

#### The First Spiritual Exercises: A Retreat of Inner Peace in Divine Love

5 Mondays: September 25, October 2, 9, 16, 23  
Presenter:  
Eric Watson, SJ

The First Spiritual Exercises is a guided retreat based on Michael Hansen, SJ's adaptation of the Spiritual Exercises of St. Ignatius, combining the exercises, daily prayer, and small group sharing.

#### Ignatian Spirituality and Stories of Grief, Hope & Transformation

Saturday, October 28  
Presenter:  
Steve Reed & Guest Panelists

Conversation on personal stories of grief, loss, and transition that have turned into hope and transformation. Learn how Ignatian spirituality and contemporary psychology can bring you hope and transformation.

#### Nourish & Be Nourished: A Morning Retreat for Parents & Caregivers

Saturday, November 11  
Presenter:  
Cameron Bellm

Caring for children is both a wonderful gift and a large responsibility, one that sometimes leaves us feeling depleted. Join us for a gentle and nourishing morning of prayer, reflection, and renewal in community.

#### Advent Evening of Prayer: A Weary World Rejoices

Tuesday, December 5  
Presenter:  
Trung Pham, SJ and TBD

A contemplative and ecumenical prayer service to help us pause, reflect, pray and be renewed in the spirit of the Advent season.

#### Winter Day of Reflection

Saturday, January 27, 2024

A one-day guided silent retreat based on the Examen prayer to reflect personally and prayerfully on the previous year and look toward the year ahead.

#### Novena of Grace

March 7-15, 2024

#### Summer Day of Reflection

June 2024

#### Summer Ignatian Retreat

July 28-30, 2024

## HAVE YOU CONSIDERED SPIRITUAL DIRECTION?

**Spiritual direction** is the opportunity to meet with another to share about what is happening in your religious or prayer life and in your ordinary, ongoing, everyday relationship with God. A spiritual director helps to lead you to deeper faith and to respond to God's invitation to become more loving and more generous in service to others and the world.

Are you interested in learning more about spiritual direction or finding a spiritual director for yourself? Reach out to **Carla Orlando**, coordinator of our Seek and Find Spiritual Direction Service, for more information by filling out the form on our spiritual direction webpage <https://tinyurl.com/ISCSpiritualDirection>.

## SPIRITUAL DIRECTORS!

Mark your calendars for our fall and spring gatherings, an opportunity to reflect on your practice, make connections, share resources, and enjoy conversation. All spiritual directors, chaplains, and pastoral care providers are welcome.

**Fall Gathering**  
Friday, October 27

**Spring Gathering**  
Friday, April 26

Both will be held from 10 am-12 pm at St. Joseph Parish Center.





## A PRAYER FOR A NEW SEASON

Anthony de Mello, SJ, (1931-1987) was an East Indian Jesuit, internationally acclaimed author, spiritual guide, and retreat leader, who begins his *Wellsprings: A Book of Spiritual Exercises*, with "Conclusion," a creative alternative to the Examination of Conscience prayer.

We invite you to begin your year with the ISC by writing your own conclusion. Take time to be alone and consider de Mello's points. Choose the ones that seem to hold the most meaning for you. Ponder these and take notes, including small events as well as any deeply significant moments.

Photo credit:  
Aaron Burden on Unsplash

**These things I have loved in life: Things I have tasted...looked at... smelled... heard... touched...**

**These experiences I have cherished...**

**These ideas have brought me liberation...**

**These beliefs I have outgrown...**

**These convictions I have lived by....**

**These things I have lived for...**

**These insights I have gained in the school of life: insights into God... the world... human nature... Jesus... love... religion... prayer**

**These risks I took... these dangers I have courted...**

**These lessons life has taught me...**

**These influences have shaped my life (persons, occupations, books, events)...**

**These scripture texts have lit my path...**

**These things I regret about my life...**

**These people are enshrined within my heart...**

**These are my unfulfilled desires...**

**Closing my prayer...** I choose an ending: a poem (my own or someone else's), a prayer, a sketch, a picture from a magazine, a scripture text, or anything that helps me conclude this prayer exercise. Afterwards, I express my feelings to Jesus.



## HEARTFELT GRATITUDE TO OUR DONORS

Many thanks to each of our donors for your support and generosity. Your belief in our mission and love for Ignatian spirituality has inspired our community to deeper trust, hope and faith. Without you, all that we do would not be possible.

When I think of the graces our participants received at our Summer Ignatian Retreat – transformation, nourishment, resting in the beauty, connecting more closely with God, and being in community, to name a few – I recognize the role you play in making this type of opportunity available to them.

Your donations, no matter the size, create transformational experiences for all we serve. Thank you!

## What's Inside

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# *Celebrating 30 Years*

**Please join the celebration!**

**30th Anniversary Hearts on Fire Dinner**  
**Saturday, April 20, 2024**

**MARK YOUR CALENDARS!**

In 2024, we celebrate three decades of nurturing compassion, healing, and justice in the Ignatian spiritual tradition.