

732 18th Avenue East
Seattle, WA 98112

www.ignatiancenter.org

What's Inside

- Peter Favre Award Winners
- Honoring Kathy Collins
- Stories of Impact
- Resting in Gratitude Prayer

MARK YOUR CALENDAR!

Novena of Grace: I am the Beloved!

March 7-15
Weekdays: 12:30-1:30 pm
Weekends: 11:00 am-12 pm
Chapel of St. Ignatius
Seattle University

No registration required

Men's Retreat

Saturday, May 4
9 am-12 pm
St. Joseph Parish Center

Seasons of Possibility: A Contemplative Nature Encounter

Saturday, April 27
2-5 pm
Bellevue Botanical Gardens

I Have Much More to Tell You: LGBTQIA+ Voices in the Spirit

Saturday, May 18
9 am-12 pm
Center for Urban Horticulture, Seattle

Learn more and register at ignatiancenter.org/programs-retreats

30 years of engaging faith & inspiring transformation.

SPRING 2024

AN UNEXPECTED TRANSFORMATION

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When travel agency manager Rufo Calvo was invited by his partner Curtis to join him for ISC's three-day Summer Ignatian Retreat, Calvo was leery. "I was a little concerned," he said. "As a gay couple, would we be accepted? That was the big thing." But it wasn't the only thing.

While his partner Curtis had made many Ignatian retreats over the years, Calvo's own experience with the Spiritual Exercises was more limited.



Rufo Calvo

Arriving to the United States from Guam in the late 1960s, Calvo learned about prayer by watching his mother, who prayed to God and the Blessed Mother in hymns, songs and formal prayers like the Rosary. He had never considered that prayer could be conversational, one person talking to God as with a friend.

A self-described "chatterbox," Rufo wasn't sure about the silent aspects of the retreat, or surviving long stretches without his phone. Nevertheless, he decided he would go, even if he felt that real spiritual formation might be unlikely. "Going into that retreat I felt like the oddball. I don't have this kind of relationship with Jesus." But that's exactly the kind of relationship he found.

At the retreat, Rufo's spiritual advisor suggested that Rufo could with Jesus as a friend. "That resonated big time," said Rufo.

This invitation to an unexpected friendship with Jesus has broadened Rufo's understanding of prayer. "It's a work in progress," Rufo said. "It's casual. I feel like I can talk to him if I need to."

"I look forward to learning more, and getting a closer relationship with him. But I've liked the casualness of it. My mom taught us that you have to be very serious when you pray, very focused. I feel like, with Jesus, he understands if I'm not 100% focused, he gets it, you know."

Rufo is looking forward to more opportunities to expand and deepen his spiritual formation in the coming year, both at ISC and at his local parish, where he recently joined the choir.

FROM THE EXECUTIVE DIRECTOR

As we celebrate our 30th year of the Ignatian Spirituality Center, I find myself in a space of deep gratitude. Recently Mary Hartrich, founding Board member and former Executive Director of the ISC, shared some of the deeper history of the ISC with me. How blessed the ISC is to have had such visionary founders, executive directors, and Board and staff members over the last three decades.



Corinne Pann

While many people have played key roles in ISC's history, I am particularly grateful today for Kathy Collins and John and Carolyn Hickman. As many of you know, Kathy Collins, a beloved member of the ISC and Ignatian community, joined our Father in heaven in January. She was such a gift to the ISC. You'll see a tribute to Kathy and how we are honoring her in these pages.

I'm thrilled to share that Carolyn and John Hickman are our **2024 Peter Favre Award** recipients for their tireless service to both the ISC and the Ignatian community for 25 years. We are looking forward to honoring Carolyn, John and Kathy at our 30th Anniversary Hearts on Fire Benefit Dinner on April 20. I hope you will join us!

While we celebrate the past 30 years, we also look forward to what we aspire to be. We have always labored to provide a welcoming, safe space to those we serve, and we desire to invite an even broader array of diverse individuals and partners to join us.

Finally, **thank you** to those who donated to our fall campaign. We are grateful for your generosity. We didn't quite hit our goal, so if you would like to support the transformative work of the ISC, we welcome your donation at [ignatiancenter.org/support](https://www.ignatiancenter.org/support).

HONORING KATHY COLLINS

Kathy Collins Spirit of Service Award



Kathy Collins

Kathy Collins, our beloved sister in faith, died peacefully at home on January 19th surrounded by her loving family.

Kathy was a shining example of giving, loving, and living. An abiding friend to the ISC and the entire Ignatian community, Kathy touched the lives of countless others and gave selflessly and joyfully in her daily life. Kathy woke each morning with the question, "Who needs love today?"

Kathy's husband, Bill, shared, "In Gabarin's lovely song, *Lord, When You Came to the Seashore*, we find this verse: 'Lord, have you need of my labor? Hands for service, a heart made for loving? My arms for lifting the poor and broken?' Kathy said 'Yes!' to all these questions, and drew us together, leading by example."

Kathy also said "Yes!" to the ISC, dedicating her time and talents to its mission and ministry. As a retreat presenter, spiritual director, Board member, Board chair, and Interim Executive Director, Kathy led with a deep commitment to the ISC mission, a passionate heart, a joy-filled faith, and a radiant smile.

To honor Kathy and her years of service, we are introducing the **Kathy Collins Spirit of Service Award** to be granted annually at the ISC Hearts on Fire Benefit Dinner. The first award will be granted to Kathy in memoriam this spring.

2024 PETER FAVRE AWARD RECIPIENTS: JOHN AND CAROLYN HICKMAN

St. Peter Favre was one of St. Ignatius' closest friends, trusted for his deep understanding of the Spiritual Exercises and heart for Ignatian spirituality. Favre lived his life with open-heartedness, purity, simplicity, and humbleness. Each year, the ISC presents the Peter Favre Award to a person or persons who embody these values and inspire others to live them more fully. The ISC is proud to present the 2024 Peter Favre Award to John and Carolyn Hickman.

When asked why Ignatian spirituality is so important to her, Carolyn shared, "Ignatian spirituality has provided a framework for my faith life that includes reflection, freedom, and guidance. It is practical and mystical all at the same time."

Carolyn and John's devotion to Ignatian spirituality spans decades. In 1999, John and Carolyn participated in the Spiritual Exercises in Everyday Life (SEEL). And they were hooked.

They have played integral roles for the Ignatian Spirituality Center. Carolyn was instrumental in the ISC's growth during her 20-year career matching seekers with spiritual directors and leading administrative efforts. John has served on the ISC Board twice as well as the Program Council. "One of the great blessings was being a presenter for the Novena of Grace," John said.

Their service runs deep in the Ignatian community and beyond. The Hickman's have been spiritual directors with SEEL for more than 20 years. John is involved with the Intercommunity Peace and Justice Center and Catholic Community Services, and previously served on the Board of Seattle Prep. Carolyn is a long-time volunteer with Recovery Café. In the past both John and Carolyn have been involved in Just Faith, Engaging Spirituality and several service immersion trips to El Salvador. Carolyn also made a pilgrimage to Chiapas, Mexico to visit a Jesuit parish that supports the surrounding indigenous communities.

Beyond their many acts of ministry and service, the Hickman's are models of humility, warm hearts, kindness, and deep faith—and truly deserving of the Peter Favre Award.



John and Carolyn Hickman



Hearts on Fire

30th Anniversary Celebration & Benefit Dinner

Saturday, April 20
6-9 pm

Seattle Preparatory School Merlino Center

Register now at [tinyurl.com/ISC-Hearts-on-Fire](https://www.tinyurl.com/ISC-Hearts-on-Fire)

ignatian spirituality center **ISC** | 30 YEARS

FROM THE PRAGMATIC TO THE POETIC

Jonathan Went came to the Ignatian Spirituality Center for *Seek and Find* spiritual direction services last spring, looking for guidance while in the middle of a big decision. The Dartmoor School teacher was considering undertaking a PhD program in English and wanted to know whether God was truly calling him to it. According to Jonathan, ISC's Carla Orlando provided him with a perfect match for spiritual direction.

"I started crying during our first initial interview," Jonathan recalled. "What started as a discernment process about his schooling, soon went to a very different place. It became apparent that I was really set on finding the holiness of God and my own relationship to his presence. There was this deepening movement within my soul."

Raised Catholic, Jonathan experienced stages of atheism and rebellion, explored Protestantism, and had more recently been drawn back to his Catholic heritage. He described it as coming full circle.

As a result of the spiritual direction, Jonathan found his practice of writing poetry had become something more. Instead of pursuing the PhD, Jonathan started writing a daily haiku, a chance to practice "presence" in nature, finding glimpses of the divine. "It shifted from me just using art as a practice to this deeper knowing and longing that I had in my soul. That was surprising, because here I was being very pragmatic—should I go for a doctoral program—and then there's this deeper undercurrent of being struck by the holiness of God and who I'm called to be."



Jonathan Went

GROW AND GLOW: WOMEN COMPANIONS OF COLOR

By Cézanne Hardy

With pandemic-era roots and sponsorship by the Ignatian Spirituality Center, a small but mighty group, Women Companions of Color, has discerned and developed a Spirit-led ministry model of shared leadership and spiritual companionship that seeks to be compassionate witness and welcome to nontraditional voices and cultures, and to facilitate community building experiences for all. I am humbled by the gentleness of our processes we have grown over time, the recognition and honor given to our respective and collective gifts, and the impact our work has on the community as we step into providing retreat leadership and host other sessions that foster safe harbors for creative engagement and personal reflection, as well as small and large group sharing.

I am grateful for Carla Orlando's earliest vision and invitation to each of six of us to expand what it means to provide spiritual companionship beyond the educational rigor of spiritual direction with an aim to model Spirit-led leadership in its purest sense to all in witness and service. Women Companions of Color are a particular mirror to that end that together identify and grow our natural gifts while responding to the needs of the community. We are flexible in who, how, and where we serve and look forward to journeying with the ISC to both grow and glow our ministry of presence. Reception to our offerings thus far has been a thirsty welcome with invitations to do more. At a steady, considered pace, we are indeed growing our ministry.



Cézanne is a certified Spiritual Director, Advance Practice Board Certified Chaplain, visual artist, educator, and member of St Therese Parish and Shades of Praise Choir. Expressive arts, trauma-informed care, and transformational healing guide her work to inspire mind, body, soul, and spirit integration.

FROM RETREATANT TO RETREAT LEADER

By Cameron Bellm

When my family first moved to Seattle in 2017, I couldn't believe my luck that the Ignatian Spirituality Center was right in my backyard. I was fairly new to Ignatian spirituality and so hungry to learn more. I jumped right in, attending several retreats, including the annual one at Palisades Retreat Center, which was a beautiful time of getting in touch with my own sense of purpose in the midst of parenting two small children. I loved getting to be part of an ISC book club and attending a contemplative parenting retreat with my husband.

As Covid hit, I continued to enjoy ISC programs via Zoom, often from my closet, the only truly quiet place in our house! As my vocation as a writer and retreat leader developed, I was honored to be able to contribute to the Ignatian Family Handbook and lead a parenting retreat myself. It was a delight to work on both of those projects with Maria Ochoa Vazquez.

As my work continues to grow, I'm so grateful to have the ISC as a guiding presence in my life, always bringing me back to the fundamentals of finding God in all things and listening to the call of the Divine through my own desires.

After completing her PhD in Russian literature, Cameron Bellm traded the academic life for the contemplative life. Her poems, prayers, and prose can be found at the intersection of mysticism and activism, linking our modern lives with our ancient faith. Cameron's work has been featured in *America Magazine*, *National Catholic Reporter*, *Jesuit Media Lab*, and *Catholic Women Preach*.



SPIRIT OF DISCERNMENT AT ST. LEO PARISH

By Mary Gorman

Don't you love it when a plan comes together? Last spring, the St. Leo Faith Formation Commission sought to add adult formation content to the calendar. The volunteer committee was unsure what to offer and how to present without a dedicated staff person to plan. Then we heard that the Ignatian Spirituality Center was looking for a place to offer Ignatian Discernment: An Unfolding Story of Love series presented by Marilyn Nash in the South Sound. We had our answer!

With Marilyn's creative approach, participants explored ways to listen to the spirit in their lives. Through prayer, reflection, and conversations, all were able to consider everyday life examples of inviting God into decisions, large and small. As a Jesuit parish, learning the practices of St. Ignatius in more depth was helpful in matching intuitive senses to actual practices.

What wasn't on the syllabus was the sense of community the parish was thirsty for after the long stretch of Covid. The parish had fallen out of practice of gathering kindred spirits. The 30-plus participants of primarily St. Leo parishioners enjoyed the social aspects of gathering, including food, milestones, travels, and personal challenges. Person-to-person contact only enhanced the experience offered by the ISC.

Mary Gorman is a member of St. Leo's Parish in Tacoma, Washington and serves on the Faith Formation Commission. She is also the Lead Spiritual Director for Puget Sound SEEL – Tacoma/online community. And she is a big fan of collaboration!



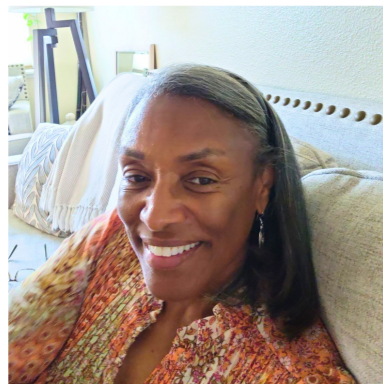
GROWING AND HEALING WITH ISC

By Barbara Henderson

Serving as a presenter at the Novena of Grace: Healing Our Hearts for a Mission of Mercy in 2021 was a blessing for me. Those nine days of inspiring music, reflecting on God's word, and community was contemplative prayer at its best, a much-needed balm in a world of isolation during the pandemic. This is just one example of how ISC has helped me grow and been a place of healing.

For the past 20 years, ISC programs and workshops have helped me see God in all things and been a pathway to a place of deeper understanding. As a member of the Board, I appreciate the planned intentionality of retreats and programs that grow spirituality and practice, especially in community with others. I appreciate that ISC has a long-standing history of spiritual practice, contemplative prayer, and spiritual direction. The staff work tirelessly and are passionate about guiding others.

As we celebrate the ISC's 30th anniversary, I believe Ignatian spirituality crosses all cultural boundaries and is a function of daily life. The ISC understands the changing landscape of the Church and the world and seeks to invite all people, including more young people, people of color, and multifaith participants and partners in this work. I hope to be a part of this transformational change that empowers future leaders.



Barbara Henderson is the Director of Diversity, Equity and Inclusion at Bellarmine Preparatory School in Tacoma, Washington. Barbara is a member of the Black Catholic Advisory Circle and a parishioner at St. Leo Catholic Church. She is a member of the ISC Board. She attended Seattle University and received her Masters in Human Development from Pacific Oaks College.

NOVENA OF GRACE RETURNS

During this Lenten season, ISC is pleased to offer the Novena of Grace, a nine-day retreat amid daily life, **March 7-15**. We will gather midday for an hour of prayer and reflection, music, and inspiring preaching, coming together as a faith-filled community to pray for God's healing and mercy upon our lives.

Since 1998, the ISC has hosted the Novena. Although a specifically Catholic Ignatian tradition, the Novena offers people of diverse faith backgrounds a space for healing and hope.

Leading the Novena will be Malcolm Xavier Nelson, Principal of St. Therese Catholic Academy; Fr. Matthew Pyc, SJ, Parochial Vicar of St. Joseph Parish, and; Sarah Pericich-Lopez, Faith Communities Organizer for Intercommunity Peace & Justice Center. This year's theme is "I Am the Beloved!"

We are grateful to Seattle University for their partnership and hosting the Novena at the beautiful Chapel of St. Ignatius on the Seattle U campus.

See back page for times.

RESTING WITH GRATITUDE

At our recent Winter Day of Reflection, presenter Taiga Guterres, M.A., M.S.W. led us through a beautiful Examen prayer of the last year. The second movement focused on gratitude. We invite you to use this excerpt of the retreat to look back at 2023 with a grateful heart.

I thank God for getting me through this day, this evening, this entire day [and this entire year]. I thank God for having created me, for gifting me with my memory and imagination, intellect and will, and for my talents.

What else can I thank God for today?

-Joan Roccasalvo, C.S.J., Prayer for Finding God in All Things



**Taiga Guterres,
M.A., M.S.W.**



Pray with one of the following passages:

Philippians 1:3-11 "I thank my God every time I remember you..."

Philippians 4:6-9 "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Luke 1: 46-56 "For the Mighty One has done great things for me, and holy is God's name."

"People from a planet without flowers would think we must be mad with joy the whole time to have such things about us." -Iris Murdoch

Reflect with any or all of the following questions:

- You might briefly go on an imaginative prayerful walk down memory lane, almost as if you are walking with God, or a loving friend, passing by moments of the past year. As you walk past January, February, and so on, maybe God points to things now and then with loving attention—maybe with a word of comfort, a gentle presence, a high five, a loving embrace. What is being pointed to? What is stirring within you?
- What or who has been a source of nourishment this past year?
- At this time in your life, in your unique circumstances, for what are you most grateful?
- We take much for granted. Can you name and give thanks for graces received or shared?

Thank you to Taiga Guterres for sharing this reflection with us. To learn more about programs like this one, visit [ignatiancenter.org/programs-retreats](https://www.ignatiancenter.org/programs-retreats).

