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Beginning in May 2021, the Ignatian Year marks the 500th anniversary of the conversion of St. Ignatius of Loyola in which Ignatius the soldier became Ignatius the pilgrim. Inspired by this jubilee year, this issue of the Ignatian Spirituality Center's (ISC) Newsletter lifts up stories of transformation in the lives of the people who are part of the ISC family – staff, partners, presenters, participants and friends. May their stories of transformation with Ignatian Spirituality offer inspiration and nourishment to you, pilgrim. In peace, the ISC staff.

The Way of Love by JoAnn Lopez, M.Div., Program Council Chair



It was a sweltering Seattle summer day some years ago, on the ISC Summer Retreat at the Palisades Retreat Center. I sat, contemplating the large crucifix that hangs by the staircase.

It had been a tough year—grief had touched my life profoundly, and I was feeling the weight of carrying my own pain while accompanying others as a minister. I was worried, angry, heartbroken, and wrestling with God. Following God's call in my life had led me to pursue ministry and brought me to Seattle, but after a few years here I was disappointed that I had yet to find community. I wasn't sure why I was even on retreat! I was afraid to have a conversation with God— "What if God is just going to keep calling me to suffer?"

I had just lamented all these woes and worries to my retreat director, who had gently asked: "What if God is not calling you to suffer but to something beautiful?" So, I plopped myself down to stare at that cross, wondering where the beauty was.

My gaze shifted to the left: I saw the wall sculpture depicting Jesus' Baptism. I considered the scriptures recounting the moment: Jesus experiencing God's deep, abiding love for him, being named as the beloved child of God. I know that same voice calls us each beloved. I found myself talking with Jesus, asking whether he would have just said "no thanks!" to God's proclamation of love, if he knew it led to the cross. The answer was clear: no, he would (he did) gladly, joyfully, follow the liberating path that flows from the love he experienced. Because the cross was never the primary call—love is. "So what if suffering comes?" I imagined Jesus saying, "It cannot overpower the joy that comes from following love in this world."

Looking back, perhaps this was a "cannonball moment." I found my armored heart opening anew to God's love. The same love that had called me to ministry, that led me to Seattle, was still speaking love to me and calling me to respond. I wanted to continue following that love wherever it led.

Over the next few years I began asking "what is the next, best, loving thing?" This Ignatian discernment question hasn't changed the context of my life but transformed how I live on the path. And yes, sometimes the answer has led to pain, loneliness, and suffering. But there's also been joy, community, courage, trust, invitations, unexpected graces, and so much growth! Best of all, I have always encountered God, who loves me and is brokenhearted alongside me in the face of the world's (and my) suffering. I am no longer afraid of the pain that might come on the journey of loving with God. Because ultimately, I've learned, love leads to more love.

Ignatian spirituality, and the ISC especially, has given me so many opportunities to ground myself in God's abundant love for me, and to discern my own loving response. As I prepare to depart Seattle this summer and begin a new chapter of my life, I pray for the grace to keep listening to that voice of love, and to courageously follow wherever it leads.

JoAnn enjoys listening deeply to stories, co-creating opportunities for reflection, and finding the perfect song or gif for any occasion. She grew up in Asia, where she learned the importance of hospitality, diversity, and good food. JoAnn is a Campus Minister at Seattle U, and currently chairs ISC's Program Council. **The ISC gives thanks for JoAnn's service and friendship over the years and offers blessings on her next endeavors!**

Located at:

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

2021 PETER FAVRE AWARD CELEBRATES VINCE HERBERHOLT

Peter Favre's life exemplified ISC's core values of compassion, healing and justice. The Ignatian Spirituality Center bestows this award on people who also embody these values and inspire *others* to live them more fully. **The 2021 Peter Favre award was awarded to Vince Herberholt.** We look forward to celebrating Vince at our spring benefit planned for June 5th!

In Vince's own words:

How has Ignatian spirituality inspired transformation in your life?

I came late to the Jesuit experience. Until college at Gonzaga, I had no experience with Jesuits – not in parish life, not in school, not in my family. And I can't explain why I wound up at a Jesuit University in the 70's. What a fortunate accident, or was it? My years at Gonzaga, a trusted professor, and a "Search" retreat set the stage for the rest of my life. The spirit of Ignatius was seeping into my consciousness. I owe part of the credit for this to my wife Cathy who grew up near St. Joe's (Seattle), worked in the rectory, and like me attended Gonzaga. Surprise, she was a theology major. I saw something spiritual in Cathy that I longed for in my life.

Transformation didn't happen overnight, but the seed was planted. It took years of cultivation as we raised our family, chose St. Joe's as our church home and our boys' schooling, and attended grad school at Seattle University. The momentum for transformation was built in years of parish life and attendance at the ISC's Novena and various programs. Real change came when I enrolled in SEEL (Spiritual Exercises in Everyday Life), joined the board of the ISC, and was invited to coordinate ISC's men's ministry. This was my retirement strategy and it worked. I spent 8 years on the board and roughly the same amount of time with men's ministry. That led to a cascade of grace colored by discernment, spiritual direction and the MAGIS. Like Chardin and in humility, I "trust in the slow work of God."



SPIRITUAL NOURISHMENT by Leigh Floyd, Board Member

When I think of Ignatian spirituality, I contemplate my struggle with the Catholic church and how much I love the Christ-centered, love-filled, inclusive programs offered by the Ignatian Spirituality Center. Although I no longer have a home church, I have a desire for spiritual nourishment.

This past fall I joined staff members Emily and Kelly in taking a six-week Fundraising for Nonprofits course to help support the mission of the ISC. Through this course we learned to better articulate the theory of change we hope to see because of the work of the ISC. I want to share it with you, as it greatly resonates with my own experience of how the ISC has impacted my life and my spirituality:



Church affiliation in the Pacific Northwest continues to decrease, but there is a growing desire for spiritual nourishment. If we provide experiences in the Ignatian tradition that are responsive to the signs of the time then spiritual seekers will feel closer to God, self and others, and gain tools for leading a more contemplative and integrated life because we believe that engaging faith inspires transformation.

The ISC experiences in the Ignatian tradition – sharing stories and wisdom with time for reflection – offer the chance to integrate faith filled insights that lead to transformations. My favorite ISC programs have been the Silent three-day Summer Retreat and the Silent Winter Day of Reflection because I enjoy the wisdom shared by the presenters, "praying in community", Spiritual Direction and the SILENCE. In silence and solitude, I can more easily hear the voice of God. When I think about how the ISC offers moments of transformation I think of offerings like these that create welcoming opportunities for a deeper connection to God.

Leigh is a Conflict Resolution Conciliator for the City of Bellevue and has been an ISC board member for three years. She is the mother of three Seattle Prep alumni, one of whom graduated from Gonzaga University. When not in Bellevue, Leigh enjoys spending time on Whidbey Island.

A GIFT THAT KEEPS GIVING by Maggie Finley, Spiritual Director

I remember the mid-Eighties with gratitude. These years, though not without heartfelt struggle, were suffused with consolation: grace, spiritual awakening and fruitfulness. My conversion wasn't limited to one cannonball event, but rather a constellation of aha moments, forever changing the interior landscape and trajectory of my life.

In 1984, I left the toxicity of 2 ½ years' residence in Atlantic City's casinos in my rear-view. While headlining at two of Trump's Casinos, I developed a chronic skin allergy. The serious reaction to chemicals in fountains throughout that environment were also symptomatic of my disillusionment [i.e. desolation] with the lifestyle. Treatment, convalescence and recovery with my family in New Jersey, was followed by a Mercy retreat that provided me the space to discern the next step.

I reunited with a jazz combo performing in St. Louis' Chase Park Plaza Hotel, near St. Louis University's St. Francis Xavier Church. Once, after the Saturday vigil, Laurence E. Walsh, S.J. introduced himself by saying he couldn't help but notice my singing voice, as well as be intrigued by my stage makeup and evening attire. During our exchange, he invited me into Spiritual Direction! I accepted. Our spiritual relationship lasted until his death in 1992. Gratefully, I visited his bedside just two days before.

Father Larry was a spiritual father to me—his gentle, healing presence “loved me into myself.” He helped me name incarnational spirituality, engage my prayerful/playful imagination reading scripture and always seek God's faithful and creative presence in all things. Through Larry's direction I learned to appreciate “all things Jesuit,” and this most memorable of cannonballs is still seminal in my life. It was certainly prologue to all the good that's come to me since.

Fast-forward to the spring of 2003 and moving to Seattle where my husband took a maritime job after his former was job eliminated. Fortunately, I was chosen for CPE (chaplain) residency at Harborview, with my newly minted MAPS degree from Loyola Chicago in hand. In response to our shared yes, the doors opened, and the stars aligned. It didn't take long for us to gravitate toward Seattle U's worshipping community and with that came an awareness of the Ignatian Spirituality Center.

My relationship with ISC has come full circle since I initially asked to be referred for my own Spiritual Director. I've consistently taken advantage of the spiritual resources ISC offers since then. So when a deteriorating spine forced my early retirement from Providence Hospice in 2010, I didn't ignore the nudge from the Holy Spirit compelling me to revisit prior invitations to become a Spiritual Director myself. Nor could I overlook those individuals asking me for spiritual companionship. By 2011, supported by both Carolyn Hickman and Andrea Fontana in my discernment process, I joined the ranks of Spiritual Directors with the ISC. A “gift that keeps on giving”—my ISC connection continues to support my lifelong learning and formation, as well as nurturing my spiritual practice and professional growth.



Maggie is a Spiritual Director in the ISC pool. She also spent two years as a mentor to the Contemplative Leaders in Action (CLA). She is Chaplain Emeritus, an appointed member of the Editorial Advisory Group for the National Association of Catholic Chaplains, as well as chaplain board member, adjunct faculty and consult to Harborview's Clinical Pastoral Education Program. Maggie and her husband recently moved to Issaquah where she started her new volunteer position at Swedish Hospital's Issaquah campus in January 2022. Maggie is also a committed Associate of the Institute of Mercy Sisters, and she co-facilitates the Seattle area Associates group.

IGNATIAN NOTICING

by Brian Ednter,
Spiritual Directee

It is easy not to notice. Between the pandemic and having high school kids, the days seem to be both endless and accelerating all at once. Days and holidays and events and people seem to pass by in a blur. I was not raised in the Catholic tradition and am relatively new to the ISC and Ignatian practices. But one of the things that draws me toward Ignatian spiritual writers and practices such as the Examen is the focus on noticing—or, perhaps more technically, the practice of finding God in all things. I'm probably not the first person to discover the Jesuits and the Examen through the writings of Father James Martin. An observation he made stuck with me about recognizing that, sometimes, a tug or pull of emotion—positive or negative—can be from God. It's one of the ways He can communicate with you. And the spiritual practices in the Ignatian tradition help to develop the habit of paying more attention to those moments and feelings, whether because they point to something beautiful or because you feel something isn't just or because the person you encounter needs something you can offer. I have always had difficulty with making prayer a habit—I still do. But when I have taken the time to go through the Examen, I have felt more at peace and, importantly, was more attentive to looking and listening for God the following day. That feeling drew me to attend a few of the programs with the ISC over the last year and, more recently, to seek out spiritual direction services from the ISC, which is new for me. My sense is that God wants me to start paying more attention—to notice more. And then to act more on what I notice. That is my challenge for this New Year.

Brian lives in Ballard with his wife and twin teenage sons and enjoys taking road trips with the family, skiing and learning to play the guitar.





In the first quarter of the Contemplative Leaders in Action (CLA) program, participants explore three main topics: cultivating a contemplative spirituality, practicing discernment, and unearthing one's vocation. As an exercise in the third topic, each participant was invited to create a statement that embodied their vocation. Each participant went about this in a different way, some with storytelling, some with short statements, others in images, and another with a poem. This activity served not only to clarify each participant's vocational calling but also helped the CLA community to know each member in a deeper way. Here are examples from two participants.

LIKE THE TREES *by Alisha Isensee, CLA 2021-2023*

The ten of us sat in a wide circle outside in the September evening sun, making small talk about what we did for work, where we had gone to school, what made us want to join an 18-month-long cohort where we would look closely and deeply at ourselves as leaders, contemplatives, and members of a larger human family. As an introvert, I felt nervous for what the next 18 months would hold. But we started the retreat with a simple check in, a simple question: how are you showing up here, right now? As each of us shared the emotions we were feeling, I felt the nervousness slowly subsiding. One person shared how she didn't really want to come this weekend, but she's glad she did. Another shared about a parent going through a challenging time and that they were showing up with worry and vulnerability. Yet another shared about feeling frustrated with work and their career. I shared about the worry I was feeling about potential judgment from others.

I see now, after nearly five months into the CLA program, that this experience was and is nothing to be nervous about. How rare it is to find spaces where you can show up as you are, safe to be and share your authentic self – your beautifully broken and unique self. This past quarter, we have discussed vocation. How do we show up in our lives and to those closest to us? How do we show up for ourselves? For me, it's through the trees that I have discovered how I show up.



Alisha lives on Mercer Island with her partner Michael and cat Panda. She works for Salesforce and is really enjoying her time in CLA discovering her inner spirituality more deeply. She loves hiking (she thru-hiked the Pacific Crest Trail in 2019) reading (her favorite author is Roxane Gay), and drinking local ciders (current favorite is FinnRiver).

Help support the unique work of the Ignatian Spirituality Center!

We believe that engaging spiritual seekers in deepening their connection to God, self and others will inspire transformation in people, communities and the world.

Donate online at [ignatiancenter.org/support](https://www.ignatiancenter.org/support) or by using the QR code at right.

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 732 18th Ave E
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Like the Trees

Like the Lodgepole Pines in Railroad Creek Valley that release their seeds only when exposed to fire, I can find beauty and new life in times of challenge and fear.

Like the two old Beech trees in Germany's Eifel Mountains who grow next to each other and share sunlight and intertwine their roots, I know that I can rely on my most beloved friends who will support me in my own growth.

Like the oldest and biggest Mother trees who divert water to younger saplings, I seek to care for the more vulnerable.

Like Douglas Firs in the Pacific Northwest who recognize and pay special attention to their kin, I understand that connections between families are not worth sacrificing.

Like the alpine Larches in the North Cascades that begin to change color at differing times each year, I believe that the seasons in my life will be different and unique with their own gifts and challenges.

Like the tallest Giant Redwoods of California and the smallest Dwarf Willows in the Arctic show me, I know that every creature and being is unique and worthy of love and respect.

Like the Sequoias in the Sierra Nevada that sheltered me on my long Pacific Crest Trail journey remind me, I am grateful for the many homes I have had in my life.

Like the trees, I am constantly growing and bending, always yearning toward the sky.

ALWAYS CHOOSE LOVE by Isabelle Gomez, CLA 2021-2023

Entering the CLA program has been a truly life-changing experience for me. Although I was born and raised Catholic, I have never sought out a bible study group, a youth group, or any other activity outside of attending church or Sunday school. Now, I am so glad I applied for CLA. It is so beautiful to be able to be vulnerable with peers, to be completely supported by them, to be able to talk about the Divine and to be our authentic selves.

I really appreciated how directly we talked about vocational discernment; how difficult it is to ask yourself what your life's purpose is! At my age, I think about my purpose in life constantly. It became apparent that my peers were figuring out the same things I was. In our in-person meeting and after posting our statements on principle and foundation, we shared compassion and support as we all vocalized our callings, raw thoughts, and at times, uncertainty. My heart and mind were opened to how I can be better about listening to God and listening to my soul's deepest desires.



Hi, I'm **Isabelle** (she/her). Here in Seattle, WA, I live with my partner Olin and cat named Simon and work as a UX Designer at a corporate publishing media company. I identify as Catholic, Filipino American, daughter, sister, diversity + inclusion advocate, justice-seeker, and ambivert.

My calling, what I hear now, is to always choose love.

To lead with love.

To remember that to love is to understand and accept.

With love, I want to strive to listen to all others - to see all my siblings in God.

Everyone I meet, all the lives that intertwine with my own -

I want them to feel seen and heard and cared for.

With love, I want to advocate for diversity, equity, and inclusion.

Whatever form this takes, this is a fire I will never want to quench.

With love, I want to be a mom. I want to watch my kids grow and thrive.

I want my partner and I to be a team, to cultivate our own special version of life as a family.

In love, there is God.

God is love, and I want to fall deeper and deeper for the rest of my life.

My deepest desires are God's deepest desires for me.

If I always choose love, I will never lose my way.



JESUIT PARTNER STORY: JESUIT VOLUNTEER CORPS NORTHWEST by Greg Carpinello

Rugged individualism isn't just a phrase of the secular culture around us. In my role as Executive Director at Jesuit Volunteer Corps Northwest, I often reflect on how we can more deeply pursue our mission to serve local community needs while forming volunteers to be people for others, who live simply and in intentional community, who pursue social and ecological justice, and who flourish spiritually. And in that pursuit, I often catch myself operating from a starting point of that vaunted American virtue: independence. Even in the not-for-profit world that Jesuit ministries swim, I fight against the Western culture's temptation of figuring out our challenges from a space of competitiveness and individualism.

In the last two years, a blossoming relationship between JVC Northwest and ISC has been a glowing reminder for me of what is possible when we think collectively with other Jesuit ministries about our related missions and visions. ISC has been an invaluable partner as we help our current and former volunteers find opportunities to continue to grow in their spiritual journeys through program offerings for former volunteers and inviting current volunteers to participate in ISC virtual programs at no cost. ISC staff have also helped create meaningful spaces of reflection for JVC NW staff, such as presenting on Ignatian spirituality at our fall retreat.

Collaboration between ISC and JVC Northwest programmatically and connections between our staffs have benefitted both organizations mutually – and we've only just begun. I'm reminded of a proverb: if we want to go fast, go alone. If you want to go far, go together. May all our Jesuit ministries find ways to go far together.

Greg is the Executive Director of JVC Northwest. A native Cincinnati, he now calls Portland and the Pacific Northwest home. He and his wife and three sons are committed to living simply, in community with others, and finding ways to live out a faith that does justice. Greg attended Xavier University and Boston College.



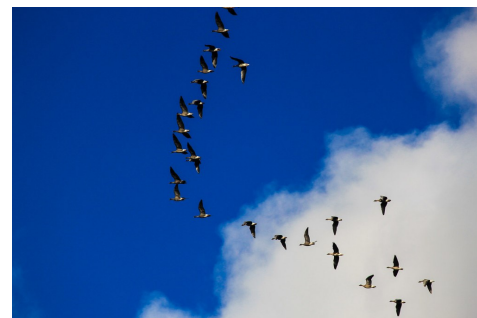
NOVENA OF GRACE: A PRAYERFUL EXPERIENCE RENEWED

by Maria Ochoa Vazquez, Program Coordinator

The Novena of Grace, a nine-day contemplative retreat in everyday life, has been a signature program of the Ignatian Spirituality Center for over two decades. The retreat has provided healing and transformation for many who participate. Its origins date back to 1633, when tradition says St. Francis Xavier appeared to a priest in a healing vision and promised that all who would earnestly ask his intercession with God for nine days would experience profound grace. The Novena survives today as a tradition which embodies the ISC's vision of *Engaging Faith, Inspiring Transformation*.

As I reflect on the history of the Novena of Grace and prepare for this year's retreat, I cannot help but think of the sense of community and transformation that I've personally experienced. I wonder: how has the Novena been for others? I recently caught up with local spiritual director and Director of Jesuit Restorative Justice Initiative Northwest, Jennifer Kelly, who has participated in the Novena each year since 1998. She has also served as a presenter and musician for the Novena several times over the years. Knowing Jennifer has experienced the Novena of Grace from differing vantage points, I reached out to learn more about what the Novena has meant to her. I was moved by her response:

*"When I think of powerful prayer experiences like the Novena, I often think of the experience of watching flocks of geese fly overhead in formation, and learning that there is a certain type of aerodynamic lift that the formation provides, so that if any bird gets tired or weak, they are carried on the lift created by the flock flying together... I think the Novena is like that. **Praying alone is one thing (and is an important part of who we are as human beings), but praying in a community, in a powerful formation created by the experience of a mutual longing for God, well there's a lift in that experience that is powerful and sustaining and, at times, can even carry us when we're in need of being carried. And if we're not in need of being carried, it's an incredible privilege to be part of the formation that perhaps offers that lift to others, even if we aren't aware of providing that.**"*



This experience of communal unity that Jennifer describes is one of the aspects of the Novena we on staff know is so special. The "lift" she describes is the type of support that so many of us are yearning for, especially in times like these. That is why we at the ISC have chosen this year's theme as **Renew Us in Your Spirit**.

Many of us are feeling ongoing weariness due to the pandemic and other larger, systemic wounds that have continued to fester. Through the Novena, we will pray for a steadfast spirit to keep us turning towards God for hope and healing during this trying time, and for resilience to support us in the process. As a Lenten practice, we will pray for renewal in our hearts and minds to set us free from old ways and to heed a call to conversion in this journey we all walk together.

Traditionally, the ISC has offered the retreat twice a day in-person and led by three-person retreat team who lead the community in prayer over nine days. It is the container that people have come to know over the years, however, it poses some challenges for today's pandemic context. Due to the ongoing reality and everchanging landscape of the pandemic, we on staff are adapting with nimbleness. As Jennifer said:

"Over the years it's been beautiful the way the ISC staff is sensitive to and adapts the Novena to changing times and needs, like having a prayer service in the evening that's not a mass, or pivoting to online... The Novena has been nimble in adapting and being a meaningful and accessible experience in changing times."

In this spirit, we are pleased to announce that **we have made updates to the Novena of Grace** which we hope will reflect the desires of the community and be sustainable for our staff and presenters. This renewed approach will include:

- **An in-person prayer service only once a day** at St. Joseph Church in Capitol Hill (weekday evenings from 6:30 – 7:30 pm, weekend days from 1:00 – 2:00 pm. Mass will be celebrated on Wednesday, March 9th and on Sunday, March 13th).
- **An audio recording of each day's presentation** made available online so those who are unable to join in-person can do so from the convenience of their homes.
- **A diverse team of nine presenters**, one for each day. Each presenter has been invited to offer their unique voice and perspective to the retreat theme.

More information will be coming in the weeks ahead. In the meantime, to learn more about the dynamic group of presenters, theme, and other details for how to participate, visit our website at [ignatiancenter.org/novena](https://www.ignatiancenter.org/novena). We look forward to praying with you!

A PRAYER FOR CURA PERSONALIS

In November, the ISC hosted a morning retreat on the theme of *Cura Personalis: Care for the Whole Person in the time of Covid*. It was a rich morning facilitated by Andy Otto, creator of the podcast: *GodInAllThings.com*. We shared in small group conversations and were treated to meaningful reflections from a three-person panel with alumni of Jesuit organizations: Hilda Cruz Guiao, Natch Ohno, SJ and Claire Mugavin Pfister. This reflection was adapted from our morning retreat.

Cura Personalis, meaning *care for the whole person*, is a charism important in Ignatian spirituality. Andy reflected to us that this charism is a call to rest, a call to continually restoring our human dignity, and a call to community and love of neighbor.

We invite you to spend some time in prayerful reflection:

◆ Call to mind God's presence. Notice your breath and invite awareness of how you are feeling in this moment.

◆ Spend some time with the scripture verses:

"Come to me all who labor and are burden, and I will give you rest" - Matthew 11:28-30

◆ What are you noticing in you? How are you feeling? What is this scripture prompting in you to share with God?

◆ What are the impediments to your own rest? What needs to be freed and lightened?

◆ How can you make *Cura Personalis* central to your own lived faith (at work, at home, in the world)?

◆ How can you invite others to live out *Cura Personalis* more fully?

◆ Close in Prayer:

***God of Rest, God of Love,
help me to deepen my own commitment to Cura Personalis.***

***May I be mindful of how I can allow space
and opportunity***

for those around me to rest

and feel your loving presence in their lives.

Amen.



Photo by engin akyurt on Unsplash.

Upcoming Offerings

February

Art of Spiritual
Direction Part I

March

Novena
of Grace

April

Art of Spiritual
Direction Part II

May

Ignatian Family
Workshop

June

Summer Day
of Reflection

July

Summer
Ignatian Retreat

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What's Happening at ISC ...

- Stories from the ISC Community
- Peter Favre Award
- Novena of Grace 2022
- A Prayer for *Cura Personalis*

Novena of Grace 2022

Renew Us in Your Spirit



Bel Bernal



Leonetta Elaiho



Anna Johnson



Fr. Ryan
Rallanka, SJ



Jeanette
Rodriguez, PhD



Will Rutt



Fr. Greg Cello, SJ



Bill Hallerman



Tammy Liddell

March 8 - 16, 2022
Weekdays at 6:30pm PST
Sat & Sun at 1:00pm PST

Led by a team of nine presenters:

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(mask required)
- Listen online with audio prompts and worship aid. Visit ignatiancenter.org/novena



THE ART OF SPIRITUAL DIRECTION

AN ANCIENT PRACTICE FOR CONTEMPORARY TIMES

FRIDAY FEBRUARY 25, 2022 PART I
FRIDAY APRIL 22, 2022 PART II
9:30AM - 11:00AM PST
ONLINE VIA ZOOM

PAT KELLY SJ & SHEILA BARNES, PRESENTERS
CARLA ORLANDO, FACILITATOR
with **MARY PAULINE DIAZ-FRASENE (Feb. 25)**
and **JOE CUSSEN (Apr. 22)**



Hear how presenters share examples from their own lives of being helpers or seeking help from spiritual direction. Our panel conversation will be in two-parts:

Part I: Laying the Foundation for Spiritual Direction (February 25th)

Part II: Spiritual Direction: Applications and Experiences (April 22nd)

Visit ignatiancenter.org/art-of-spiritual-direction
Questions? Call (206) 3294824
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