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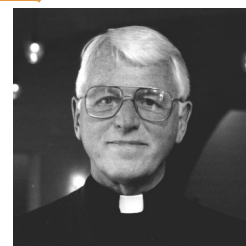
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Coordinator of Spiritual Direction Services

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Now is a time of transition – here at the ISC as we seek to hire a new full-time Executive Director, and in our world as we move closer to a post-pandemic life. We are emerging in this threshold time with renewed gratitude for our various communities – family, work, and places of worship. Inspired by these times, this issue of our newsletter lifts up stories of the role of Ignatian spirituality amid transition in the lives of the people who are part of the ISC community – participants, partners, presenters, staff, and friends.

Humble, Gracious and True: Remembering Pat O’Leary, SJ

The Ignatian Spirituality Center (ISC) lost a beloved friend this winter, Patrick Boyle O’Leary, SJ, co-founder of the ISC and partner in this ministry for 30 years, marking a significant transition for us and for our extended Ignatian family.



Fr. Pat’s 75 years as a Jesuit took him to Gonzaga University, Gonzaga Prep, St. Joseph parish, and Seattle University where he discovered a special call as its chaplain. Fr. Pat shared Ignatian spirituality in lay partnership throughout the region, serving on countless retreat teams, providing thousands of hours of spiritual direction, and forming hundreds of spiritual directors to offer the Spiritual Exercises.

Fr. Pat served as Novice Master where he is remembered as “the epitome of those in that Province who were ignited by Vatican II and by all that came after,” recounted John Whitney, SJ, former pastor of St. Joseph parish in Seattle. “He loved the mission of the Society [and the] great growth of joint Jesuit and lay ministry that emerged. He had a heart filled with compassion and passion, with love for God and joy in God’s people.”

In addition to co-founding the ISC with Cissy McClane, Fr. Pat became partners with ISC friends and partners in ministry. “He was filled with joy and play,” recounts Joe Orlando, a former ISC board member. “He had trust in the Spirit, that God is at work in each one of us. His Ignatian wisdom freed us to trust in the Spirit, too, and to share our gifts more freely in the world.”

“*‘Mysticism is graceful familiarity with God.’* I have quoted him on that so, so often,” says Jennifer Kelly, a Novena presenter, community partner, and musician. “Pat made it clear that it’s a birthright of every child of God to be a mystic, to be an intimate friend of God.”

“Always, always humble, gracious, and true,” said Lisa Dennison of our ISC spiritual directors pool. “He lived Christ’s mission of love and justice with joy.”

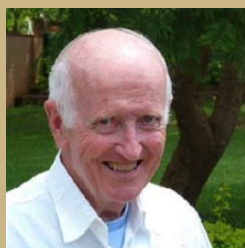
“I was touched right up until the end by Pat’s humility,” recalls Steve Donaldson, our colleague in ministry. “He had a way of making everyone feel listened to—no matter the depth of your relationship, he made himself present to your story.”

“He was our compass in all things Ignatian,” said Mary Sepulveda, St. Joseph’s parishioner and ISC participant. “He lives on.”

Brother Jesuit and dear friend, Peter Byrne, SJ, celebrant at Fr. Pat’s funeral Mass, spoke about his deep belief, what he taught and practiced himself: that all is gift. “There is nothing for us to do,” said Fr. Byrne, “but to remember, receive and give back.” He closed Fr. Pat’s funeral with a blessing and quoted Shakespeare: “Now cracks a noble, beautiful heart. Good night sweet Prince and flights of angels sing thee to thy rest.”

For more on the life and ministry of Fr Pat O’Leary, SJ, please see:
<https://www.seattleu.edu/newsroom/stories/2023/remembering-patrick-oleary-sj.html>

2023 PETER FAVRE AWARD CELEBRATES PETER HENRIOT, SJ AND PATRICK TWOHY, SJ



Peter Henriot, SJ



Pat Twohy, SJ

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 2023 Peter Favre award honors co-recipients Peter Henriot, SJ and Pat Twohy, SJ.** It is fitting that these remarkable men are honored together as their paths first crossed when they were both in the novitiate. Fr. Twohy shared, "Our roads took different turns, but we were one heart in our journeys." **We look forward to celebrating Fr. Pete and Fr. Pat at our spring benefit planned for April 29 at Seattle Prep!**

When asked to share a few words about why Fr. Henriot deserves this award, Joe Orlando offered, "Fr. Peter Henriot's life as a Jesuit is characterized by an exceptional spirit of service, trust, humility, and generosity, the kinds of qualities that are attributed to St. Peter Favre. He has always placed his gifts in service to those on the margins, such as through his leadership of centers for social analysis in both Washington, D.C., and in Zambia, which are dedicated to standing with the poor through persuasive economic and policy advocacy. He has authored several books and articles, often focusing on Catholic Social Teaching, which has helped innumerable readers to discover the powerful call to help build a more just and peaceful society. He has planted many seeds for the future both through his years as a teacher and through his successful efforts to establish a Jesuit school in Malawi, which he now tirelessly supports through fundraising. Throughout his years of ministry, Fr. Pete has actively shared his love of Ignatian spirituality and invited others into their own deeper spiritual journey through his service as a pastor, priest, retreat leader, and spiritual director in many different settings."

Joe also shared this about Fr. Twohy, "Fr. Pat Twohy is an inspiring, prophetic, and poetic voice among us who is a living expression of Ignatian spirituality in action, and in this way an ideal recipient of the Peter Favre Award. A Jesuit who has dedicated his life to walking with and learning from the First Peoples in the Northwest with deep respect and humility, Fr. Pat has built profound bridges of understanding and has helped to call all of us to learn how to be brothers and sisters in one human family. His poetry inspires and illuminates the movement of the spirit in our lives and helps to propel us forward in hope and generosity. Fr. Pat demonstrates what an Ignatian spirit can look like in humble service."

Tricia and Steve Trainer provided this reflection about Fr. Twohy.

"Fr. Pat is a generous man. 'Take Lord, receive all I have and possess.' People say he lives the Native Way. But Fr. Pat has found where the way of Jesus and Ignatian Spirituality, and the Native Way, are really one and the same. Love of the beloved. Generosity. Love of the earth. Humility. Partnership with the marginalized. Fr. Pat recognizes hope for the world, living in the way of indigenous people."

Fr. Twohy and Fr. Henriot are gifts to those who know them, and blessings to those they serve. The Ignatian Spirituality Center is proud to honor them as co-recipients of the 2023 Peter Favre Award.



SPIRITUAL DIRECTION SERVICES REFLECTIONS

ROOTS AND WINGS by Sharon Spence-Wilcox



Sharon Spence-Wilcox

Roots...

A devout Catholic mother and my piano playing skills led to my first ministry as a teenage church organist in Montego Bay, then folk Mass at college in Miami. As a young adult, I drifted from religion until a friend asked about Catholicism. I devoured books by Jesuit writers and found community in a multicultural parish where attending young adult retreats and leading children's liturgies rekindled my spirit.

Wings...

To Seattle and St. Therese where soulful preaching and spirited gospel music said, "Welcome!" The choir led to marriage and children, then a new call to serve as Lay Presider; what a privilege to nurture gifts of listening, discernment, and hospitality in this ministry. I yearned for more time to discover and recover God in all things, but as a busy working mother, was limited to a presentation here, a day of reflection there, then ISC-sponsored (silent) retreats, the Examen, and Jesuit prayer apps.

Some months into the pandemic, I finally accepted Carla's gentle, insistent invitation to consider spiritual companionship with other women of color. Our monthly learning sessions enrich and encourage, opening my heart to receive and offer, question and listen, observe and support. The highlight so far: co-facilitating an Advent retreat with whole-body prayer, and reflection on the Visitation story and our own of pregnancy and parenting. On that snowy morning, we embraced each other as the sun warmed our faces and hearts. And as we journey into this new year, I am filled with hope for the precious encounters in spiritual companionship that lie ahead.

Sharon Spence-Wilcox (she/her) Black, Caribbean immigrant, woman | cradle Catholic | (grand)daughter, sister, niece, wife, mother, godparent, aunt, friend | lifelong learner, librarian, educator, flawed/faithful lay minister | lover of sun, sea, sand | seeker of peace, love, joy | motto: Humankind, be both.

COMPANIONSHIP AND THE LOVE OF GOD by Mercy Lazo



Mercy Lazo

As the youngest in a brood of eight, I was always accompanied by someone from my family, whether I was going to school, going to church, or attending social events. As I got older, I found myself being a companion to my family, friends, and sometimes strangers who became my friends.

These days, living in a world amidst COVID-19, I find myself, increasingly, accompanying people: being a companion to someone who was recently diagnosed with cancer; being present to another who is suffering from mental illness; accompanying an elder on her last few hours in this world; being there to celebrate 100 years of being alive.

As a healthcare professional, I find it humbling to walk with patients as they navigate the world of healthcare. In my mind, I think about being of help or giving some sort of assistance to them. At the end of the day as I reflect, I find myself at the receiving end of these patients' generosity and wisdom.

Most recently I joined a community of women of color, co-led by Carla Orlando and Cezanne Hardy. We started this journey of becoming companions to people of color. This experience has been truly enlightening and uplifting. What a gift to walk with each other as we grow to be able to accompany others on their journeys.

There is a great need for companionship these days. And it is truly humbling for me to be able to be that for another human being – to be a companion. Whether it is only for a few precious moments or for a longer term, being a companion to another human being is such a gift. And in my heart, I have come to know that surely this is made possible with the love of God.

Mercy Lazo is an Ilokana mom who moved to this country about 30 years ago. At present, she is a healthcare worker in supportive housing. She considers St. Therese Church her spiritual home.

Seekers matched with a spiritual director through ISC's Seek & Find Service

FY20



85 seekers

FY21



103 seekers

FY22



123 seekers

FY23 to date (7/1/2022 - 2/28/2023): 70 seekers



Contemplative Leaders in Action (CLA) is an Ignatian spirituality and leadership program for young adults (24 to 39). It offers a welcoming and inclusive community experience to 1) deepen their spiritual life, 2) grow as inspired leaders in service to the world, and 3) learn discernment. Participants explore their vocation and discern how best to integrate their gifts into their workplaces, faith communities, and neighborhoods.

Recruitment for Seattle's eighth CLA cohort will be underway this spring! Hear from two members of the CLA community—an alum and a mentor—who share about the transformative power of this Ignatian leadership program.

CLA ALUM REFLECTION by DuWayne Andrews, Jr., CLA 3 2014-2016

My time in CLA 3 proved pivotal in my walk of life. When I started the program, it was in the fall of 2014. I was in a place in my life where I felt stuck. I was working a couple of part-time jobs that weren't fulfilling for me and wasn't doing any theatre at that time. In my final year in the CLA program, my mentor, Ariel Rosemond, encouraged me to follow my passion to be a performer in musical theater, even if it meant losing a day job. It was his support, along with others at CLA, that allowed me to continue to live a life of purpose, filled with passion and reflection, while also pursuing my love for the arts.

I recently met with Ariel back in December for an Advent CLA gathering, and he reminded me of the impact I have on other people, including him and his family. It is these affirmations that continue to remind me of having a purpose in life while being open to what God has planned for me. CLA continues to be a group of support I can count on to this day.

DuWayne Andrews, Jr. is a Seattle native and CLA 3 alum. He graduated from Seattle University, majoring in both Political Science and Humanities. After graduation, he became the Youth Choir Director at Mt. Zion Baptist Church in Seattle. He has developed a career as a performer in both musical theater and opera. Since 2018, he has been a member of the Seattle Opera Chorus, appearing in nine Seattle Opera productions.



DuWayne Andrews, Jr.

MEANING AND PURPOSE by Ariel Rosemond, CLA mentor

In Monika K. Hellwig's *Finding God in All Things: A Spirituality for Today*, we are reminded that Ignatian spirituality is grounded in intense gratitude and reverence. It begins with and continually reverts to the awareness of the presence and power and care of God everywhere, for everyone, at all times. As part of the CLA community, we are encouraged to make deliberate efforts to cultivate a personal intimacy with God and to discern the ultimate meaning and purpose of our lives.

One's grasp on meaning and purpose can be shaken in times of transition, a terrifying reality I experienced all too recently. At the university, I remember facilitating an online conversation on executive leadership while thousands of my community members protested ongoing police brutality, shouting "I can't breathe!," desperately hoping someone in power would finally listen. As a mentor to our CLA Cohort participants, I've had the privilege of observing many efforts to cultivate a personal intimacy with God and gratefully accepted invitations to walk with those listening for the whispers of meaning and purpose.

It is in these searching moments I am most grateful to be in the company of humble seekers, learners, and guides, each of us trusting in our shared reverence for the exercise of discernment. I've learned to make mine a learning, welcoming space, where the questions are as valuable as any answers we happen upon. One where the lessons are grounded in a steady presence, power, and care for those still enough to receive them.

Ariel Rosemond serves as Director of Executive Leadership Programs at the Albers School of Business and Economics' Center for Leadership Formation at Seattle University. He has served as a mentor for cohorts of CLA students and on the advisory board of CLA-Seattle.



Ariel Rosemond

DuWayne (left) and Ariel (right) at Optimism Brewing Company in December, 2022, prior to the ISC Advent Evening of Prayer.



PRESENTER REFLECTION

TRANSITION, TRANSFORMATION & COMMUNITY by Fumi Tosu

As we confront the various challenges of life in 2023 including war, climate chaos, and poverty, many of us find that the pandemic has robbed us of a source of strength: community. We are personally more isolated and disconnected, while our churches and other civic organizations struggle to regain vitality.

The challenges we face are systemic, and isolation is a key tactic of the forces of oppression. After all, it is easier for Amazon to compel us to buy more and more if we don't share; it is easier to ignore the rape of the earth through industrial mining if we feel no connection to trees, dirt, and water; it is easier to exploit the minimum-wage worker if we do not know their name.

A key question as we emerge from the worst of the pandemic, then, is how to (re-)create community, not only to nourish our own sense of belonging but to find the wisdom and courage to act in these times. In community, we come to know one another's pain as well as the pain of the earth. In community, we fall in love and find the courage to defend what we love. In community, we build power and gain the strength to resist the destruction of life.

For those of us formed by Ignatian spirituality, building a community of joy and resistance is also the call of Christ. In that pivotal meditation in the Spiritual Exercises on the Two Standards, we are asked to meditate not on abstract principles of justice, but on joining a gathering, a movement, a community of followers committed to Christ's vision of justice and peace.

Six months ago, I left my nonprofit job to embark on a community-building project in Portland, Oregon, and Dandelion House Catholic Worker was born. At Dandelion House, we house individuals transitioning from houselessness; we grow food and share it with our neighbors; we cook a weekly hot meal for the houseless community. It is a tiny operation, and we make barely a dent in the issues we confront. Yet, we cling to the promise of the Gospel that the mustard seed will grow into a large bush, the yeast will leaven the entire batch of dough, and that our tiny efforts at enacting community will explode into the Reign of God, yielding a harvest of justice 30-, 60-, and 100-fold.

This is our challenge: as many of us transition jobs, schools, and cities, how can we align our personal transitions with the larger transformation needed in this moment of history? Can our personal transition engender social transformation?

Fumi Tosu served on the alumni panel at the Jesuit Alumni & Friends Morning of Reflection in November 2022. He is an educator, storyteller, community builder, and founder and director of Dandelion House Catholic Worker in Portland, Oregon. He is a former Jesuit Volunteer and teacher at a Jesuit high school and is a spiritual director in the Ignatian tradition. He received his Master of Divinity degree from the Jesuit School of Theology.



Fumi Tosu

NOVENA OF GRACE UPDATE

As previously announced, the Novena of Grace will not be presented during Lent 2023. We have formed a discernment committee to plan for the future. We will be listening to our community through conversations and a survey you can take at <https://bit.ly/NovenaSurvey>. We hope to hear from as many of you as possible so that our process is well informed with how the Spirit is guiding us.

Please visit our website for programs and resources to enhance your Lenten prayers.

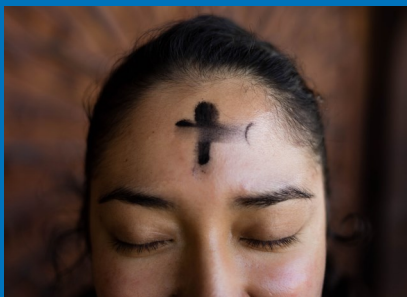


Photo by Annika Gordon on Unsplash

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At 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.

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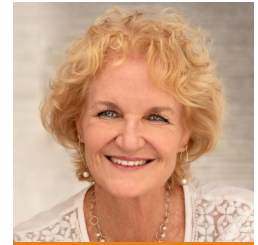
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BOARD REFLECTION

LIFE IS IN THE TRANSITIONS *by Paula Fitzgerald Boos*



**Paula
Fitzgerald Boos**

Transitions are part of every life. They have been the focus of my life's work for 30+ years. I call myself an expert in transitions. I have been alongside thousands of people in the change process, studied all the theories, models, and concepts, and been through so many myself. Yet change is rarely easy.

Who knew that the Ignatian Spirituality Center (ISC) & the Spiritual Exercise in Everyday Life (SEEL) would provide the perfect support during a year of what the author Bruce Feiler calls a lifequake? It was a tough year when we were impacted by a Ponzi scheme that led to a move from our family home. Two of six kids were in college, our youngest was a freshman at Holy Names, and my husband had a surprise layoff.

Around this time, I recall walking with my colleague Joe Orlando from the Chapel of St. Ignatius at Seattle University and asking him about the Spiritual Exercises. I had heard about SEEL and was motivated to deepen my own spiritual practices. God works in amazing ways. If you know me, you have heard me say that "I found my people" at Seattle U, the community there, and the programs of the ISC. Later that year during the Lenten Novena of Grace, the homily moved me in such a way that I felt my mother's reassuring presence that all would be well.

Science proves that mindfulness, prayer, and social supports improve health, well-being, and longevity. During that tough year, I learned to deepen my prayer and expand my experience of God's presence in my life. My Ignatian community held me during those hard times and helped me discover how to access a new kind of peace.

The ISC is experiencing transition as it seeks its first full-time Executive Director to implement its 2021-2025 Strategic Plan. As a board member, my hope for the ISC is that this year of change will enrich our mission of compassion, healing, and justice.

Paula Fitzgerald Boos has served as an ISC board member since 2021. She walks with people through life's changes. She feels blessed to have found her calling as a coach and to be alongside her clients as they choose the change they want to be/see as professionals, leaders, and 50+ year-olds designing lives anchored in meaning and purpose.

JESUIT PARTNER HIGHLIGHT: SEATTLE UNIVERSITY *by Catherine Punsalan-Manlimos*

The longest I have ever lived in one place is fifteen years. That's why my family and I call Seattle (really, Renton) home. The first big move my family made was when I was seven. My mother, sister, and I left a province in the Philippines to join my father in Norfolk, Virginia. As the years passed, we returned to the Philippines, I moved to Manila for school, lived in Virginia, and then South Bend, Indiana for six years before moving to Seattle via Los Angeles to take a teaching position at Seattle University. My family and I lived in the area for fifteen years before I took a position at Detroit Mercy, a position I held for three years before returning to our Seattle home.

My life has been filled with many moments of transition. Leaving home to start anew is never easy. Yet, both the decisions to leave Seattle U and to return had a sense of rightness about them that came through the process of discernment that led to each decision.

I continue to be surprised by how the Spirit moves. I have been fortunate to have so many Ignatian companions on my journey who help me pay attention to my desires and to listen deeply to how God is moving in my life. What I have found greatly consoling is how each community that I have had to leave has been so instrumental in giving me the courage to know that it is time to go to the next thing to which God is calling me.

After three years away, I am excited to re-engage with the Ignatian Spirituality Center. I am especially grateful for ISC and the opportunities it has given me to deepen my faith journey and expand my community of spiritual companions. In my new role leading mission integration work at Seattle U, I know that the ISC will be a key partner in the work, and a resource for staff, faculty, and alumni through its offerings.

Catherine Punsalan-Manlimos is the inaugural Vice President for Mission Integration and Professor in Theology and Religious Studies at Seattle University, a formal partner of the ISC. She has been a director with Spiritual Exercises in Everyday Life (SEEL)—Seattle.



**Catherine
Punsalan-Manlimos**

A PRAYER FOR THE BLESSING OF COMMUNITY

St. Ignatius of Loyola was a person of community. While it's true he spent time in solitude practicing contemplative prayer, he more often surrounded himself with companions. In fact, he was so enamored with community that he founded the Society of Jesus, a community dedicated to the "greater glory of God" and the common good. So, it is fitting that community, and thereby accompaniment, are foundational themes of Ignatian spirituality. Whether it's through communal discernment, spiritual direction conversations, praying the Examen with family, or engaging the invitation of finding God in all things, the rich Ignatian tradition is a relational one. As the ISC mission states, we seek to deepen connections with God, with ourselves, *and* with others.

What might community as a practice look like?

After reading the reflections in this newsletter, we invite you to find space for contemplation on the theme of community: *

- ◇ How do you define community and what helps you feel "connected" to that community?
- ◇ What challenges or drains your sense of connection to community?
- ◇ In what ways has your experience of community & connection changed (or evolved) in recent years (amidst Covid, racism and violence, political division, life changes, etc.)?
- ◇ Our imaginations are a powerful tool to help us visualize a rebuilding and rebirth of community. What do rebuilding and rebirth look like to you?

Close in prayer:

When We Breathe Together

This is the blessing
we cannot speak
by ourselves.

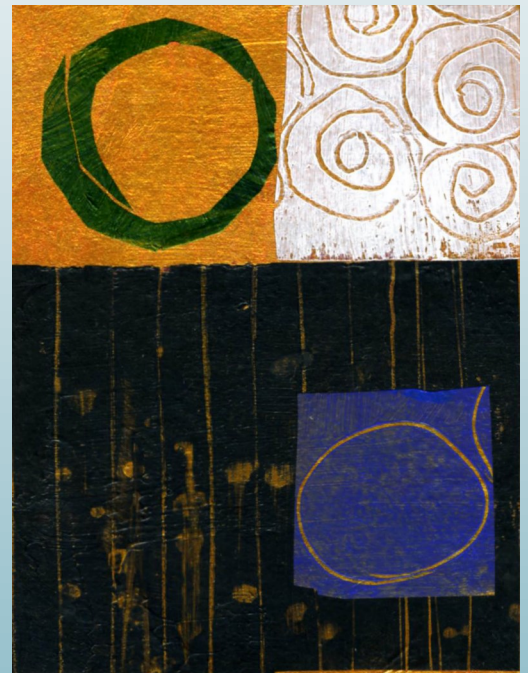
when we gather
together
when we turn
toward one another.

This is the blessing
we cannot summon
by our own devices,
cannot shape
to our purpose,
cannot bend
to our will.

This is the blessing
that blazes among us
when we speak
the words
strange to our ears

This is the blessing
that comes
when we leave behind
our aloneness

when we finally listen
into the chaos
when we breathe together
at last.



"When We Breathe Together" © Jan Richardson from *Circle of Grace: A Book of Blessings for the Seasons*. Used by permission. janrichardson.com. Artwork: *Knocking from the Inside* © Jan Richardson. janrichardson.com

*Questions adapted from the ISC November 2022 Jesuit Alumni & Friends Morning of Reflection, *Companions on the Journey: Reimagining Connection and Community*, presented by Elise Gower of Contemplative Leaders in Action.

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What's Happening at ISC ...

- Remembering Pat O'Leary, SJ
- Peter Favre Awardees
- Stories from the ISC Community
- Novena of Grace Update
- A Prayer for the Blessing of Community

Upcoming ISC Events

April

Hearts on Fire ISC Annual Fundraiser
Saturday, April 29, 2023
6 - 9 pm at Seattle Prep
ignatiancenter.org/hearts-on-fire-dinner

May

Ignatian Family Retreat
with Cameron Bellm

June

Summer Day of Reflection
at St. Joseph Parish, Seattle

July

Summer Ignatian Retreat
Friday, July 28 - Sunday, July 30, 2023
Archbishop Brunnett Retreat Center
Federal Way