

## Board of Directors

David Rothrock, *Chair*

Matt Barmore

Vince Herberholt

Sheila Evoy Mallahan

Jim McGinley

Thomas Morton

Randy Novak

Cindy O'Brien

Carla Erickson Orlando

Jay Schwartz

Kristine Sweeney

Jennifer Tilghman-Havens

## Staff

Mary Hartrich, MM

*Executive Director*

Carolyn Hickman

*Spiritual Direction Services  
and Program Outreach*

Andrea Fontana, M Div

*Program Coordinator*

Michaela Kearns

*Program Marketing and  
Young Adult Programs*

Charlene Collora, MTS

*Administrative Support*

Located at

St. Joseph Parish Center

732 18th Ave E

Seattle WA 98112

(206) 329-4824

[www.ignatiancenter.org](http://www.ignatiancenter.org)

## ISC PRESENTS FIRST PETER FAVRE AWARD

Some of you may know that Pope Francis had one of his most beloved brother Jesuits, Peter Favre, canonized on his very first birthday as pope, December 17<sup>th</sup>, 2013. **Peter Favre** was one of St. Ignatius' original and closest companions. He and Francis Xavier were dorm mates with Ignatius when they were students at the University of Paris during the Renaissance and Reformation. This little trio came to know themselves as Companions of Jesus, later formed as the Society of Jesus, which we know today as the Jesuits. Because of his deep spirituality, his humility, and his ability to authentically dialogue with anyone, Pierre Favre is beloved by Jesuits, Pope Francis and us here, for his life so exemplified ISC's core values of compassion, healing and justice.



The Ignatian Spirituality Center wanted to bestow our very first **Peter Favre Award** on a person, who, likewise embodies these values.... and inspires *others* to live them more fully with "*open hearts and with hearts on fire*": **Fr. Jack O'Leary, SJ**.

Fr. Jack is perhaps best described as generous, humble and beloved. He spent the majority of his priestly life on the African Mission in Zambia and Malawi. Upon returning, he served as a parish priest at St. Augustine's in Oak Harbor, and at Saint Leo's in Tacoma. He then ministered to the Native Americans on the Spokane Indian Mission, before coming to St. Joseph's Parish in 2008 during the "big snow". He is currently living in the Regis Jesuit Community in Spokane.

He generously said yes to helping the ISC when we began our outreach at the Chief Seattle Club a few years back. He has been a participant and a leader in our programs, and continues to be a cherished member of our summer Ignatian retreat teams, during which his gifts for preaching and spiritual direction are appreciated by all. Fr. Jack has been a continuous inspiration to all of us, and it was our great privilege and delight to present him with ISC's very first Peter Favre Award.

## NOVENA 2015: NINE DAYS OF GRACE

*"I think we too are the people who, on the one hand, want to listen to Jesus, but on the other hand, at times, like to find a stick to beat others with, to condemn others. And Jesus has this message for us: mercy. I think — and I say it with humility — that this is the Lord's most powerful message:*

*mercy."* Pope Francis, from a homily on March 17, 2013



Inspired by Pope Francis' example and call for us to be renewed by God's mercy, this year's incredible Novena team—**Deacon Steve Wodzanowski, Carla Orlando and Fr. Tom Lucas, SJ**—discerned that the theme of this year's nine-day Lenten retreat in everyday life will be **"Surprised by Mercy."** (see p. 6 for presenter biographies). Our team

recognized that there are certainly many dark places—in our hearts, in our communities, and in our world—that are in need of the light of God's healing mercy. And as Pope Francis said, we often ignore or turn away from the voice of Jesus who constantly invites to pay attention to these difficult places. Yet in the scripture readings this Lent, Jesus reminds us that when we return to God, who patiently waits for us, God's mercy will come to us often when we least expect it, holding us as we face and bring light into the darkness.

Young adults and adults of all faith backgrounds are welcome to join us for this nine-day Lenten retreat in everyday life, to be inspired by three wise presenters steeped in the Ignatian tradition, to lift up our inmost desires and prayer intentions, and to pray with St. Francis Xavier and a supportive faith community for God's graces, all within the context of the Mass. Whether you are new to this retreat, or have experienced it before, we hope you will join us to receive the good news of God's surprising mercy this Lent!



### ***Ignatian Spirituality 101: An Introduction to Ignatian Prayer and Spirituality***

Pope Francis, the first Jesuit Pope, is grounded in Ignatian spirituality, but some may not know fully what that means. What is Ignatian spirituality all about? How might I incorporate Ignatian prayer and spirituality into *my* life? If you would like to know more, this evening introduction to the basics of Ignatian prayer and spirituality is for you! Come learn more about the life of St. Ignatius and key elements of Ignatian spirituality, experience Ignatian prayer, and learn how this rich spiritual tradition is being kept alive locally. If you are already familiar with Ignatian spirituality, we encourage you to think of others to invite!

*Thursday, January 15, 2015  
7:00-9:00 pm at St. Joseph Parish Center, Seattle  
ISC Staff and Partners, presenters  
Co-sponsored by Magis, SEEL, and CLC*

### ***Under an Ignatian Influence: Jesuit Values for Life***



**W**hat would it mean to live in an Ignatian way? What do the Jesuits name as their core values? And how might you incorporate them into your own way of living? It turns out that the Jesuits have indeed named eight *Characteristics of our Ways of Proceeding*—certain attitudes and patterns of behavior born in the life of St. Ignatius, shared by his companions and recently resurrected by the Jesuits in their worldwide congregations. Together these Ignatian Characteristics form a challenging and deeply grounding “way of proceeding”, an Ignatian approach that is highly relevant and meaningful today for both Jesuits and lay people alike. The evenings will include a stimulating personal reflection by either a Jesuit, lay man or lay woman on how a particular Characteristics is lived out in his/her life; and time for prayer and shared reflection. This is an excellent opportunity to deepen your understanding of what it means to be Ignatian, and engage with others interested in the Jesuit charism.

*9 Tuesday evenings, January 20-March 24, 2015  
7:00-9:00 pm at St. Joseph Parish Center, Seattle  
Peter Ely, SJ, Marilyn Nash, Steve Wodzanowski,  
Pat Twohy, SJ, Joe Orlando, Patty Repikoff,  
Kathy Collins and others, presenters  
ISC Staff, facilitators*

### ***In the Steps of Ignatius: Ignatian Spirituality for Men***



Photo by Brad Reynolds, SJ

**M**en of all ages and all faith backgrounds are invited this year to one or both offerings of Ignatian spirituality just for men. Following the example of Pope Francis, ***this year's exciting series will focus on the call to simplicity*** in various aspects of daily life in today's increasingly complex world. Each gathering will include social time, prayer, interesting presentations, and meaningful time to reflect individually and with others. Join other men interested in living an “integrated life” informed by Ignatian prayer and spirituality!

**SIMPLY CONNECTING**  
***Discerning the Place of Technology in our Lives***  
*Wednesday, February 11, 2015 | 6:30—9:00 pm  
St. Anne House of Prayer, Seattle  
Randy Novak and Paul Peterhans, presenters  
Vince Herberholt, facilitator*

**SIMPLY LIVING**  
***Redefining “Success”***  
*Saturday, April 11, 2015 | 9:30 am—12 noon  
St. James Outreach Center, Seattle  
Denny Duffell and Don Manning, presenters  
Vince Herberholt, facilitator*

### ***Discernment in Daily Life: For Those Pondering Life's Decisions***

**A**re you looking for guidance at this time in making a prayerful life decision, such as discerning your calling, staying in a relationship, determining what to do in retirement, or another life question? Or are you searching for tools for making your choices in daily life with prayerful intentionality? If so, join a group of people with similar questions. Through prayer, presentations and small group reflection, you will learn a process to integrate listening for God's presence in your life decisions, prayerfully consider guidelines for discernment taught by St. Ignatius, and experience meaningful group support.



*6 Thursday evenings, April 16—May 21, 2015 | 6:30-9:00 pm  
St. Joseph Parish Center, Seattle*

## *Examen of Life in the Middle of the Year:*

### **A Summer Day of Reflection**

**W**e live busy lives, but may not always allow the time and space to slow down or step back to prayerfully “examine” our lives. This summer, we invite you to join us for a peaceful day of reflection to allow your soul to savor time for quiet listening, to ponder the important matters in your life, and to consider possible next steps in your life and service of the Gospel.

This daylong mini-retreat includes brief presentations leading you through four movements of an Examen on the first half of the year, reflection questions, and abundant time for personal prayer, journaling and reflection.

*Saturday, June 20, 2015 | 9 am—3 pm  
St. Joseph Parish Center, Seattle*

## **Summer Ignatian Retreat**



**T**ake the time this summer to rest, renew your soul, and soak in silence on the shores of Puget Sound with this rich and meaningful three-day Summer Ignatian Retreat. This **silent** retreat will offer stirring and relevant presentations based on the Spiritual Exercises of St. Ignatius, followed by abundant time for silent reflection and prayer; opportunities for individual spiritual direction; evening prayer and sharing in the Eucharist. People of all ages, faith traditions and spiritual backgrounds are welcome, especially those with an openness to deepening one’s experience of prayer in the Ignatian tradition.

*2 pm Friday, July 24—2 pm Sunday, July 26, 2015  
Archbishop Brunett Retreat Center at the Palisades, Federal Way*

## **PROGRAM OUTREACH**

### **Accompanying Those in the Margins: The Way of Companionship**

On November 8th the ISC offered a half day workshop on Companionship facilitated by Kae Eaton and Craig Rennebohm from the Mental Health Chaplaincy. Over 55 attendees from 35 different communities and organizations joined us for an insightful morning on mutuality and compassion. Practical tools were presented and meaningful dialogue was shared. The day provided grounding for companioning and reminders of our connection to one another. ISC will continue to sponsor this event annually.

**Companionship Support Groups** ISC and the Mental Health Chaplaincy will be facilitating small groups for volunteers and professionals who work with folks in the margins. The groups follow up on the Way of Companionship training and are designed to support and nourish participants. Our hope is that members of the groups will take the process back to their communities to share. We will meet monthly starting in January and conclude with a half day retreat in May. For more info email [carolyn@ignatiancenter.org](mailto:carolyn@ignatiancenter.org).

**A Morning of Reflection for Overnight Shelter Volunteers** ISC is collaborating with the parishes that offer Overnight Shelter to men through St. Martin de Porres to provide a half day retreat for the shelter volunteers. Stephanie Ragland will facilitate the day. The morning is designed to support them in their important work of service and solidarity with the men they serve. January 31, 2015 at St. Joseph Parish Center.

**Recovery Café** The ISC continues its involvement at the **Recovery Café**. We have just completed another book series, using “The Four Steps to Spiritual Freedom” by Thomas Ryan, CSP. It uses the four major themes of the Spiritual Exercises as steps along the journey to spiritual freedom. We found it both accessible and profound. As one participant said, “This is the best book we have read together.” Both members and facilitators were nourished and inspired by our time together. ISC will facilitate another book group in the Spring.





WINTER 2015

**IgNite: Ignatian Nights for Young Adults**

***Spiritual Values in the Workplace***

Thursday, January 8

7:00-9:00 pm Location TBD

Brian Meza and Kathleen Hosfeld, facilitators

**Companionship Small Groups**

***Supporting Those Who Work in the Margins***

4 Thursdays, Jan. 8, Feb. 5, March 5, April 9

5:30pm - 7:00 pm at St. Mark's Carriage House

Half Day Retreat May 9th

**Ignatian Spirituality 101:**

***Introduction to Ignatian Prayer & Spirituality***

Thursday, January 15

7:00-9:00 PM at St. Joseph Parish Center, Seattle

ISC Staff and Partners, presenters

**Under An Ignatian Influence:**

***Jesuit Values for Life***

9 Tuesday Evenings, January 20—March 24

7:00-9:00 PM at St. Joseph Parish Center, Seattle

**In the Steps of Ignatius:**

***Ignatian Spirituality for Men***

***Discerning the Place of Technology in our Lives***

Wednesday, February 11 | 6:30—9:00 pm

St. Anne House of Prayer, Seattle

Randy Novak and Paul Peterhans, presenters

**IgNite: Ignatian Nights for Young Adults**

***Prayer Made Flesh: How We Pray with our Bodies***

Thursday, February 12

7:00—9:00 pm - Location TBD

Marilyn Nash, facilitator

**Novena 2015: Nine Days of Grace**

***A Lenten Retreat in Everyday Life***

Wednesday, March 4—Thursday, March 12

12:30 pm at Chapel of St. Ignatius, Seattle University

7:00 pm at St. Joseph Church, Seattle

(1:00 pm only on Saturday and Sunday)

Steve Wodzanowski, Carla Orlando, Tom Lucas, SJ, presenters

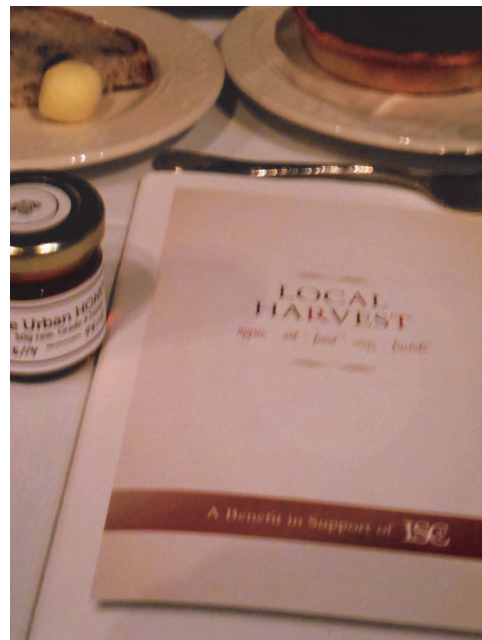
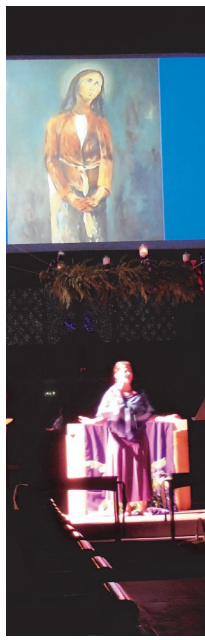
**IgNite: Ignatian Nights for Young Adults**

***Social following the Novena***

Wednesday, March 4 8:00 pm (following Novena)

Liberty Bar - 517 15th Ave E

*For more details and registration information,  
visit [www.ignatiancenter.org](http://www.ignatiancenter.org)  
or call 206.329.4824*





## SPRING 2015

### **In the Steps of Ignatius: *Ignatian Spirituality for Men* Redefining "Success"**

Saturday, April 11 | 9:30 am—noon  
St. James Outreach Center, Seattle  
Denny Duffell and Don Manning, presenters

### **Discernment in Daily Life *For those pondering life's decisions***

6 Thursdays, April 16—May 21  
6:30-9:00 pm at St. Joseph Parish Center, Seattle

### **An Enrichment Day for Spiritual Directors *Nature and the Arts as Wise Companions for the Journey* (Day is open to all)**

Friday, April 24th  
9:30am—3:00 pm at St. Joseph Parish Center, Seattle

## SUMMER 2015

### **Summer Day of Reflection:**

***Examen of Life in the Middle of the Year***  
Saturday, June 20  
9:00 am-3:00 pm at St. Joseph Parish Center, Seattle

### **Summer Ignatian Retreat**

2:00 pm Friday, July 24—2:00 pm Sunday, July 26  
Palisades Retreat Center, Federal Way




## Nature and the Arts

### *Wise Companions for the Journey*

April 24, 2015 9:30 am—3:00 pm

*Facilitated by* Christine Valters Painter

Registration fee: \$50 (includes art supplies)  
Register online: [www.ignatiancenter.org](http://www.ignatiancenter.org)  
Or call Carolyn 206 3294824 for more info





# IgNite

## IGNATIAN NIGHTS FOR YOUNG ADULTS 2014 - 2015

*Young adults yearn to live life fully and intentionally, and to contribute to the well-being of their immediate community and the world at large. In the hope of strengthening encounters with God's palpable grace, our IgNite program offers young adults the opportunity to reflect on their life experience in community with others.*

We began our IgNite programming this year with a fabulous evening on *Storytelling as Spiritual Practice* facilitated by storyteller and minister Tad Monroe. Tad led us through an exploration of the art and creativity of storytelling. We talked about how and why story works and why it is such an important spiritual practice – particularly in the context of Ignatian spirituality. This evening was such a hit that we offered it again in November in Tacoma at St. Leo's Parish.

In October, Maria Ochoa (Assistant Director of Magis), led an evening on *Connecting Deeply in a Tech-Fueled World*. This was an evening of incredibly relevant discussion and reflection on the challenges and blessings of technology today. We explored how technology can hinder as well as help our connections with God, others, and ourselves.

Our November topic was *Ethics: What's Discernment Got to Do with It?* Our speaker was Carroll College professor Brian Matz. He engaged everyone present in a conversation around ethical decision making while incorporating Ignatian spirituality and principles.

We wrapped up 2014 by joining the rest of the ISC community at our Annual Advent Evening of Prayer. Young adults gathered afterward at Hopvine for food, drinks, and great conversation. We will enter into 2015 with opportunities to explore spirituality and the workplace, praying with our bodies and much more.

## 2015 NOVENA OF GRACE PRESENTERS (cont'd from Pg. 1)



**Fr. Thomas Lucas S.J.**, is currently the Rector of the Arrupe Jesuit Community at Seattle U. Before coming to Seattle, he was a Professor of Art+Architecture at USF. Fr. Tom is an internationally recognized expert in Jesuit art history, as well as a liturgical artist with an international portfolio.



**Carla Erickson Orlando** is a teacher and vocational discernment counselor at SPU's Center for Career and Calling. Carla draws upon her years in higher education, SEEL Puget Sound and retreat ministry, Catechesis of the Good Shepherd, and PRH International School for adult formation.



**Steve Wodzanowski**, Former Jesuit Volunteer, is a Spiritual Director and Pastoral Associate at St. Joseph's Catholic Church in Seattle. He was ordained to the Permanent Diaconate in 2003. Steve is married to his wife of 30 years, Cyndy, and has two young adult children, Danielle and Aaron.

## SPIRITUAL DIRECTION SERVICES



### *Encouraging a Closer Relationship with God*

Longing for a more conscious  
experience of God's  
presence and love?  
Spiritual direction can help!

*If you are interested in  
connecting with a spiritual director, contact*

Carolyn Hickman  
carolyn@ignatiancenter.org  
(206) 329-4824

*Interested in receiving ISC's  
monthly e-newsletter for the  
most up-to-date information?*

Go to our website  
[www.ignatiancenter.org](http://www.ignatiancenter.org)

Or call Michaela  
at (206) 329-4824.



## What Folks Are Saying about ISC

“Excellent – so much creativity, thought and wisdom went into the presentations”

The Advent service you hosted last week at St. Joseph's was the very most peace-filled, restful and contemplative service I've ever been a part of.

“ The Spiritual Direction Connection Service made the process so comfortable and easy. I am so grateful for this service and so excited to start!”

“Presentations done with love, honesty and beautiful insights. This is an experience that I will take home with me and savor.

I felt that I had been cracked open and my sorrow spilled out  
to be replaced by God's love and light

I appreciated the authentic hospitality and gentle approach to introducing a subject and concept which can truly take a lifetime to comprehend and accept.  
This was a safe place to share

### From our IgNite Participants:

Would you recommend? “Heck yes! This is a great way to connect with people my age in a capacity that I don't typically make time for.”

“I like Ignatian Spirituality and I always come away with nuggets of wisdom from ISC events.”

“You know, I didn't want to come in the first place,  
but this ended up being everything I needed right now”



## What's Happening at ISC ...

- ISC Gives First Peter Favre Award
- 2015 Novena of Grace
- Upcoming Program Highlights
- Program Outreach
- IgNite Highlights
- Calendar of Events
- What Folks Are Saying About ISC



*deep personal love of Jesus Christ*  
*contemplative in action partnership with others*  
*apostolic body in the church*  
*in solidarity with those most in need*  
*available for new missions called to learned ministry*  
*ever searching for the magis*

### *under an ignatian influence:* **JESUIT VALUES FOR LIFE**

**9 Tuesday evenings, January 20-March 24, 2015**  
**7:00-9:00 pm at St. Joseph Parish Center, Seattle**

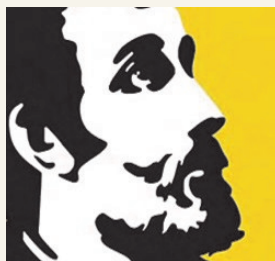
What do the Jesuits name as their core values, and how might you incorporate them into your own way of life? Deepen your understanding of what it means to be Ignatian, and engage with others interested in the Jesuit charism.



**COST:** \$130 (partial work scholarships available)  
**REGISTER:** online by Thursday, January 15, 2015  
**INFO:** andrea@ignatiancenter.org or (206) 329-4824

www.ignatiancenter.org

A Lenten retreat in everyday life.



## **SURPRISED BY MERCY** **NINE DAYS OF GRACE** **NOVENA 2015**

### PRESENTERS

Fr. Thomas Lucas S.J.,



Carla Erickson Orlando



Steve Wodzanowski



**MARCH 4-12, 2015**

### WEEKDAYS

**12:30 pm at**  
**SU Chapel of St. Ignatius**

**7:00 pm at**  
**St. Joseph Church, Seattle**

**SATURDAY, MARCH 7**  
**1:00 pm St. Joseph Church,**

**SUNDAY, MARCH 8**  
**1:00 pm | Chapel of St. Ignatius**



WWW. IGNATIANCENTER.ORG

Free will offering. No registration necessary.

Info? andrea@ignatiancenter.org or (206) 329-4824