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— MARY HARTRICH RECEIVES ISC's PETER FAVRE AWARD

In a society that places a high value on accomplishments, it's nice every once in a while to stop and recognize someone, not just for what she's accomplished, but for the kind of person she is. At our Local Harvest celebration this past October, we did just that when we bestowed the Peter Favre Award on Mary Hartrich, former Executive Director of the ISC. The award is named after Peter Favre, one of Ignatius' early companions, because he so clearly exemplified ISC's core values of compassion, healing, and justice. Mary Hartrich has embodied these same characteristics.



Mary came to the Northwest as a Jesuit volunteer. Shortly after her arrival, she co-founded and became Director of what is now Thomas Edison High School, a school in Portland serving students with special learning needs. She eventually moved to Seattle and served as the first lay minister at St. Joseph Parish for 22 years. For the past 10 years, Mary has led the ISC as its Executive Director. Finally, for the past 30 years, Mary has helped more than 1300 couples prepare for marriage.

Mary's commitment to Ignatian Spirituality, her care for others, her strength of character, and her innate goodness are remarkable. She's had a profound impact on the people she's met and the organizations she's been a part of.

NINE DAYS OF GRACE: NOVENA 2017



*All together, then, we ask the Lord: "Launch us on the adventure of mercy!
Launch us on the adventure of building bridges..."*

—Pope Francis (Opening of World Youth Day, Krakow)

During a time that appears to have accentuated what separates and divides us, the act of building bridges, as our Pontiff suggests, is more important than ever. However, many may wonder what hope there is of finding common ground and

healing divisions. Though it may seem as if this situation is unique to our time, this year's retreat team for the Nine Days of Grace— **Kent Hickey, Lisa Dennison and Fr. Pat Kelly, SJ**— recognize that stories throughout scripture tell of broken people struggling similarly in their relationships with one another, and with God.

Yet scripture also tells us that what God is about in the world is reconciliation. Through Jesus, God shows us the way through love, compassion, and solidarity with one another, the friend and the stranger. God walks with us, and in that we can find hope. Perhaps we, in turn, can walk with one another a little more closely. Perhaps we can emulate the relationship between St. Francis Xavier and St. Ignatius, who remained close companions despite the distance between them. Perhaps through relationships, we can together nurture hope, as tender as it may feel during this time.

This Lent, we gather with others who long to restore relationships and renew hope at this year's **Nine Days of Grace: Novena** entitled, **"Building Bridges, Building Hope"** on **March 8-16**. We invite you to join people from a variety of faith backgrounds and ages for this nine-day retreat in everyday life, to be inspired by three presenters steeped in the Ignatian tradition and vision, and to lift up your inmost prayers for God's grace, all within the context of the Eucharist, and a supportive faith-filled community. We hope you will join us for one, some, or all of the Nine Days, or make the retreat online. Let's beg God for the building of bridges and of hope! (*see p. 6 for biographies of our Novena presenters...*)

NEW! Discernment 101:

An overview of Ignatian principles for prayerful decision-making



Discover or rediscover a unique gift of Ignatian spirituality— St. Ignatius’ time-tested guidelines for the discernment of spirits. Join presenter Marilyn Nash (Seattle University Campus Minister for Ignatian Spirituality) and others to better understand the basics of Ignatian discernment, so that you might see more clearly what God is calling you to do in the big & small decisions of life.

Monday, January 23, 2017 | 7:00-8:30 pm
St. Joseph Parish Center, Seattle
Marilyn Nash, presenter



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

Vince Herberholt, facilitator

Men of all ages and faith backgrounds are invited this Winter to one, two, or all three offerings of Ignatian spirituality just for men. The series theme this year is “The Search for Enough.” Modern American culture today seems to urge men to do more, be more, produce more, consume more, read more, etc. *When is enough?* What if we were to relook at our relationship to time, our money and possessions, and our commitments? How can we discern between these goods? And how can we live more simply, so that others can simply live? Join other men interested in being Ignatian “contemplatives in action.”

Event I: “The Search for Enough”:

A Day of Reflection for Men

Saturday, January 28, 2017 | 9:00 am-3:00 pm

St. James Pastoral Outreach Center, Seattle

Mike Schut, presenter

Event II: “Choosing Enough”

Thursday, February 23, 2017

6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

John Hickman, presenter

Event III: “Living with Enough”

Thursday, March 30, 2017

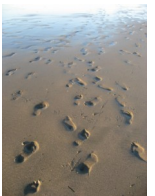
6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

Gerry Scully and Michael Stuart, presenters

NEW! Ignatian Companions in Discernment
Small group spiritual direction for those pondering life’s decisions

Pondering what God may be calling you to do about a next step in life? Or looking to better discern God’s will in choices you make every day? Led by Marilyn Nash, these small groups of companions will help you apply principles of Ignatian discernment to your life decisions, developing a deeper practice of discernment.



1st Monday of the month | February-June 2017
6:30-9:00 pm | St. Joseph Parish Center, Seattle
Marilyn Nash, presenter and small group facilitator
Michaela Kearns, young adult small group facilitator



NEW! This Ignatian Life:
A Series on Ignatian Spirituality in Daily Life and Culture

This Ignatian Life is a reference to Ira Glass’ “This American Life” on National Public Radio. This annual series will consist of several “acts”, or evenings, throughout the year, unified by the common theme of integrating Ignatian spirituality with daily life & culture. We hope that this series will respond with timeliness and relevance to the “signs of the times,” and that people will benefit from viewing these current issues through an Ignatian lens. Come to one, some, or all evenings to reflect on *this Ignatian life* of ours!

Act II: “It’s About Relationships”:

Ignatian Spirituality and Discernment in Engaging Technology

Thursday, February 9, 2017

6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

Randy Novak and Maria Ochoa, presenters

Act III: “Redefining Success:

Making Faithful Choices in a Complex World

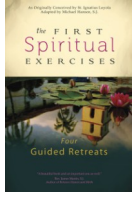
Monday, April 24, 2017

6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

Brooke Rufo Hill and Don Manning, presenters

**NEW! Inner Peace in Divine Love:
A Guided Retreat from
“The First Spiritual Exercises”**



In the *Spiritual Exercises*, St. Ignatius Loyola gave instructions to give his Exercises in two ways: the Full Spiritual Exercises (30 days or 30 weeks) and the First Spiritual Exercises. In his radically innovative book *The First Spiritual Exercises*, renowned Jesuit retreat director Michael Hansen, SJ, presents the First Spiritual Exercises in the form of retreats on inner peace accessible to anyone without getting away from ordinary life or meeting daily with a spiritual director. This four-week retreat (plus a closing session) involves daily prayer and spiritual exercises, and weekly meetings for sacred listening, spiritual conversation, and discernment. Join us for the retreat, “Inner Peace in Divine Love,” created for the gift of inner peace, and for those with a desire to experience divine love.

5 Tuesdays, March 28—April 25, 2017 | 7:00-8:30 pm
Seattle Preparatory School
Eric Watson, SJ, retreat giver

**A Mid-Year Examen:
A Summer Day of Reflection**

We live busy lives, but may not always allow the time and space to slow down, or step back, to prayerfully “examine” our lives. 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 17, 2017 | 9:00 am-3:00 pm
St. Joseph Parish Center, Seattle
Rosanne Michaels, facilitator

Summer Ignatian Retreat



Take 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 Eucharist.

2:00 pm Friday, July 7—2:00 pm Sunday, July 9, 2017
Archbishop Brunett Retreat Center at the Palisades, Federal Way

ISC OUTREACH

Accompanying Those in the Margins: The Way of Companionship

On October 8th the ISC offered a half day workshop on Companionship facilitated by Carolyn Hickman using materials developed by Craig Rennebohm from the Mental Health Chaplaincy. Attendees from several different faith communities and service organizations joined us for an insightful morning on mutuality and compassion., recognizing our shared experiences with those we serve. 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.

Recovery Café

The ISC continues its involvement at the **Recovery Café**. We have recently completed another book series, using “**The Art of Affirmation**” by Robert Furey. The author reminded us that affirmation is a universal need that is essential for human growth and happiness. Our group shared experiences of affirming and being affirmed, and the impact these encounters had on us and those we affirmed. ISC will facilitate another book group in the spring.

Solidarity in Service—A Morning of Reflection : “The Gift of a Broken Heart”



ISC will be offering a morning of reflection for anyone working with folks in the margins. This is a day offered to enrich and support those serving people in the margins. Come together with other volunteers for an opportunity to connect faith, spirituality, hospitality, and a shared sense of mission, using the lens of Ignatian Spirituality. The day will include time for reflection, sharing, and fellowship. **February 4, 2017, 9am—12pm at St. Joseph Parish Center. Dave Shull**, facilitator. Suggested donation \$20.

WINTER 2017

Discernment 101:

An overview of Ignatian principles for prayerful decision-making

Monday, January 23

7:00 pm at St. Joseph Parish Center, Seattle
Marilyn Nash, facilitator

IN THE STEPS OF IGNATIUS:

IGNATIAN SPIRITUALITY FOR MEN EVENT I

“The Search for Enough”:

A Day of Reflection for Men

Saturday, January 28 | 9:00 am-3:00 pm

St. James Pastoral Outreach Center, Seattle
Mike Schut, presenter

Solidarity in Service—Morning of Reflection

The Gift of a Broken Heart

Saturday, February 4

9:00 am-2:00 pm at St. Joseph Parish Center, Seattle
Dave Shull, facilitator

Ignatian Companions in Discernment

Small Group Spiritual Direction

1st Monday of the month | February-June

6:30-9:00 pm at St. Joseph Parish Center, Seattle
Marilyn Nash and Michaela Kearns, facilitators

THIS IGNATIAN LIFE: A SERIES ON IGNATIAN SPIRITUALITY AND CULTURE—ACT II

“It’s About Relationships”:

Ignatian Spirituality and Discernment in Engaging Technology

Thursday, February 9

6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

Randy Novak and Maria Ochoa, presenters

Dream Work & Spiritual Direction

Integrating Dreams and Spirituality

Friday, February 10

9:00 am-3:00 pm at St. Joseph Parish Center, Seattle

Dr. Steve Reed, presenter

IGNATIAN SPIRITUALITY FOR MEN EVENT II

“Choosing Enough”

Thursday, February 23

6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

John Hickman, presenter

Young Adult Lenten Retreat

Saturday, February 18– Sunday, February 19

Time & Location TBA



Nine Days of Grace: Novena 2017
A Lenten Retreat in the Midst of Daily Life
Wednesday, March 8—Thursday, March 16
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)

Boundaries in Spiritual Direction
Workshop for Spiritual Companions
Friday, April 28
9:00am-12:00pm at St. Joseph Parish Center, Seattle
Amy Delaney, facilitator

IgNite: Young Adult Evening Retreat in
Everyday Life
Late April
Time & Location TBA

SPRING 2017

Inner Peace in Divine Love:
A Guided Retreat from
“The First Spiritual Exercises”
5 Tuesdays, March 28—April 25
7:00-8:30 pm at Seattle Preparatory School
Eric Watson, SJ, retreat giver

IGNATIAN SPIRITUALITY FOR MEN EVENT III
“Living with Enough”
Thursday, March 30
6:30 pm Social | 7:00 pm Program
St. Joseph Parish Center, Seattle
Gerry Scully and Michael Stuart, presenters

THIS IGNATIAN LIFE: A SERIES ON IGNATIAN
SPIRITUALITY AND CULTURE—ACT III
“Redefining Success:
Making Faithful Choices in a Complex World
Monday, April 24
6:30 pm Social | 7:00 pm Program
St. Joseph Parish Center, Seattle
Brooke Rufo Hill and Don Manning, presenters

SUMMER 2017

Summer Day of Reflection:
Examen of Life in the Middle of the Year
Saturday, June 18
9:00 am-3:00 pm at St. Joseph Parish Center, Seattle

IgNite: Young Adult Evening Retreat in
Everyday Life
Early June
Time & Location TBA

Summer Ignatian Retreat
2:00 pm Friday, July 7—2:00 pm Sunday, July 9
Palisades Retreat Center, Federal Way

*For more details and registration information,
visit www.ignatiancenter.org or call (206) 329-4824*



IgNite

Ignatian Nights
For Young Adults

IgNite Calendar of Events

January Meet & Greet before Discernment 101 - January 23 | **February** Lenten Retreat - February 18 & 19 | **March** Nine Days of Grace - March 8-16 | **April** Evening Retreat in Everyday Life - Stay tuned! | **April/May** Book Group Opportunity - Tuesdays evenings - Stay tuned! | **June** Evening Retreat in Everyday Life - Stay tuned!

Email Maria at maria@ignatiancenter.org for more info

IgNite provides Young Adults (ages 21-35) experiences which integrate Ignatian Spirituality with everyday life. From contemplative encounters, guided meditations, and dynamic conversations... to creativity and the arts, immersions in nature, and evening retreats, Ignite has a new experience awaiting you.



The ISC is pleased to introduce Maria L. Ochoa as our new IgNite coordinator. Maria previously served as the chair of the ISC Program Council, and as a volunteer since 2004. She recently comes from Seattle University, having worked as assistant director for the Magis Alumni Program (an Ignatian ministry which supports Jesuit alums in their spiritual and leadership formation) for the last nine years. Maria is a retreat leader, spiritual director, and Ignatian leadership educator; and is a graduate of Gonzaga University and Seattle University, where she completed a masters in Transforming Spirituality. Maria is also an intern with SEEL (Spiritual Exercises in Everyday Life). She is married, and mother to a baby boy. Welcome Maria!

PRESENTERS FOR THE NINE DAYS OF GRACE (from pg. 1)



Lisa Dennison is the Executive Director of SEEL (Spiritual Exercises in Everyday Life), and has done spiritual direction for over fifteen years. She also works with and teaches many of the classes for Cabrini Ministry Training, a program which forms lay pastoral care ministers. Lisa arrived in Seattle as a Jesuit Volunteer in 1981 and continued her work with hunger and homelessness for the next fourteen years. Lisa is married and has two adult daughters.

Kent Hickey serves as President of Seattle Preparatory School, where he also teaches theology and coaches soccer. Kent moved to Seattle from Milwaukee eighteen years ago. He served as a pastoral director and retreat director for youth and adult retreats, and practiced law in Wisconsin before going into teaching. Kent earned a Bachelor of Arts degree in History and Theology, and a law degree from Marquette University. Kent is married and has three children.



Fr. Pat Kelly SJ is an Associate Professor of Theology and Religious Studies at Seattle University, where he teaches courses such as Ignatian Spirituality, Sport and Spirituality, Religion and Sport in a Global Context, and Spiritual Discernment and Decision Making. He is an international lecturer, author of *Catholic Perspectives on Sports: From Medieval to Modern Times*, and the editor of *Youth Sport and Spirituality: Catholic Perspectives*. Fr. Kelly is a Jesuit of the Chicago/Detroit Province.

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

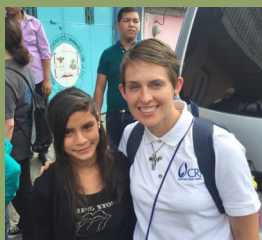
*Interested in receiving ISC's
monthly e-newsletter for the
most up-to-date information?*

Visit
www.ignatiancenter.org
or email Maria at
maria@ignatiancenter.org



In Their Words

Nine Days of Grace: Novena Experiences



"I've made the Novena of Grace many times, and it's become a necessary piece of my Lenten practice. The reflections from the leaders bring me into God's silence, invite me to consider what privileges I may be fasting from, and challenge me to live more boldly into God's vision for our world."

Kelly Hickman is the assistant director for the Missions Office of the Archdiocese of Seattle, as well as an alum of Seattle Prep ('01), Boston College ('05) and SU's School of Theology and Ministry ('10).

"Each year I joyfully and expectantly await the Novena of Grace as my favorite harbinger of Spring, a crocus blooming in my heart. This year will be my 20th consecutive Novena, and each one has been a source of light and hope. The unique privilege of sharing nine days of prayer with a community of deep faith, people with suffering and longings, just like you and me, is best experienced. Join us!"



Jennifer Kelly has been a member of the Seattle L'Arche Community for 33 years. She is also a retreat and spiritual director, liturgical musician and singer songwriter who is currently enjoying a new ministry of bringing Ignatian retreats to prisons.



"The Novena presenters form a prayerful community, sharing heart-messages. The participants enlarge that community and carry one another, including me, along. I am called from me-centered worries to Other-oriented life, from scornful rushes to peaceful presence."

Le Xuan Hy is an Associate Professor in Religion and Psychology at Seattle University.

Visit our website at www.ignatiancenter.org for more info on the Nine Days of Grace: Novena 2017.



What's Happening at ISC ...

- ISC gives Peter Favre Award
- Nine Days of Grace: Novena 2017
- Upcoming Programs and Events
- ISC Outreach
- Calendar of Events
- IgNite: Young Adult Program Update
- Experiences of the Nine Days of Grace

The Ignatian Spirituality Center invites you to

nine days of grace: novena 2017

“building bridges, building hope”



march 8-16

WEEKDAYS:

12:30 pm @ Chapel of St. Ignatius, Seattle U
or 7:00 pm @ St. Joseph Church, Seattle

SATURDAY: 1:00 pm @ St. Joseph Church

SUNDAY: 1:00 pm @ Chapel of St. Ignatius



PRESENTERS:

Kent Hickey
Lisa Dennison
Fr. Pat Kelly, S.J.



Join us for some
or all of the Masses
or make retreat online
For more info,
206-329-4824 or visit
www.ignatiancenter.org

the Ignatian Spirituality Center INVITES YOU TO JOIN

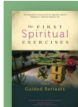
the FIRST Spiritual EXERCISES



A Retreat of Inner Peace in Divine Love

As originally conceived by St. Ignatius Loyola | Adapted by Michael Hansen, SJ

5 Tuesdays, Mar 28-Apr 25 | 7:00-8:30 pm | Seattle Prep



What are the First Spiritual Exercises?

- A form of the *Spiritual Exercises* of St. Ignatius, newly presented by Australian Jesuit Michael Hansen SJ in his innovative book, *The First Spiritual Exercises*.
- A four-week retreat (plus a closing session) involving daily prayer and spiritual exercises, and weekly meetings for sacred listening, spiritual conversation and discernment.

Join us for this retreat, for the gift of inner peace
& for those who desire to experience divine love.

INFO: contact (206) 329-4824 or visit www.ignatiancenter.org

Retreat Giver

Eric Watson SJ
is an ordained
Jesuit & Assoc.
Professor of Chemistry at
Seattle U. He recently
worked with the author to
give *The First Spiritual
Exercises* in Australia.

