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FR. PAUL FITTERER RECEIVES ISC's PETER FAVRE AWARD

Each year, the Ignatian Spirituality Center recognizes someone who lives out our mission of compassion, healing, and justice with the **Peter Favre Award** – an award named after one of St. Ignatius' close friends and early companions. This year, we were honored to bestow the award on Fr. Paul Fitterer, SJ. Paul's leadership and "ministry of presence" have been a gift to the Jesuit works in the region for over 60 years.

Fr. Paul has had many roles at many places over these past several years. He was a pioneer in Jesuit-lay collaboration in the Oregon Province in his role with the Secondary School Commission. He taught at Seattle University and Gonzaga Prep. And most recently, he was at Seattle Prep for over 20 years, most of that time as the mainstay of the Campus Ministry program. And of course, he's been a terrific friend to the ISC, having been a presenter for our Novena of Grace program three different times.

But Paul wasn't selected as the recipient of the Peter Favre Award because of where he's been or what he's accomplished. Rather, he is most deserving of the award because of the way he's influenced so many lives. Whether it's been working with young couples and officiating at their weddings, guiding individuals or retreatants in spiritual direction, or sleeping on a high school gym floor when it's transformed into a homeless shelter, Paul's care for and sense of presence to those he works with is remarkable. Peter Favre once said, "Take care, take care, never to close your heart to anyone." Fr. Paul lived by that adage, and we feel blessed to have celebrated with him at Local Harvest.



NINE DAYS OF GRACE: NOVENA 2018



*"And this is the verdict, that the light came into the world,  
but people preferred darkness to light...  
But whoever lives the truth comes to the light..."*

—John 3:19, 21

We are living in a time when "fake news" seems to blur the line between truth and fiction, when our differences seem to blind us to the possibility of learning from one another, and when hope is being overshadowed by discouragement. In the midst of this "darkness," which can be awfully attractive, we easily lose sight of a deeper reality and truth—that the Light has come into the world and continues to be at work in our hearts, in our face-to-face relationships, in our local communities, in people of good will working toward justice, and in the world over the long arc of history.

Inspired by the scripture readings for the Nine Days of Grace, this year's retreat team—**Fr. Trung Pham, SJ, Victoria Ries and Joe Hastings**—recognized that if we let our eyes be opened, we can come to see God's face in these glimpses of light and hints of the kingdom present here and now. This Lent, we hope you will join us to pray, "Open our Eyes, Show us Your Face" — the theme for this year's **Nine Days of Grace: Novena on March 7-15.**

We invite you to take just one hour a day for some or all of the Nine Days of Grace in person or online. Bring your deepest desires to this Lenten retreat in the midst of daily life. Be inspired by three presenters steeped in the Ignatian tradition and vision. Lift up your prayers for God's grace, all within the context of the Eucharist, and a supportive faith-filled community. Let's pray with hope that God will open our eyes and show us God's face! (see p. 6 for biographies of our Novena presenters...)



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

Have you heard of Ignatian spirituality but aren't exactly sure what it's about? Join us for an interactive evening introduction to some key characteristics of the spirituality emerging from the life and vision of St. Ignatius, experience Ignatian prayer, and discover how relevant it can be for your life.

Thursday, January 18, 2018 | 7:00 pm

St. Joseph Parish Center, Seattle

**Matt Barmore, Maria Ochoa, Lisa Dennison, presenters**

**Immersion in Ignatian Prayer:  
Prayer Practices for Life**



Could your prayer life use a jump start or a revival? It may help to have some new prayer forms upon which to draw. Learn about and immerse yourself in experiences of up to five unique forms of prayer from the Ignatian tradition - 1) *Prayer: A Sacred Conversation (incl. Lectio Divina)*; \*2) *Examen: Finding God in your Life*; \*3) *Igniting the Imagination in Prayer*; \*4) *Applying all the Senses in Prayer*; and 5) *Contemplatio: Meditating on God's Love*. Each session includes a presentation, immersion into the prayer form, and reflection on the prayer experience.

3 Sundays from 10:10-11:00 am

January 21, 28 and February 4, 2018

St. Margaret's Episcopal Church, Bellevue

**Steve Wodzanowski, Carla Orlando, Sue Patrick, presenters**

(\*This 3-part series is part of St. Margaret's Sunday Morning Adult Education. Each session is open to anyone who would like to attend.)

OR

5 Tuesdays from 6:30-8:45 pm

January 30, February 6, 13, 20 and 27, 2018

Seattle Preparatory School (Adelphia Memorial Hall)

**John Hickman, Steve Wodzanowski, Carla Orlando,  
Trung Pham SJ, and Lisa Dennison, presenters**

(Join a small prayer group for the whole series  
OR visit individual sessions of your choice.)

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

2017-2018 series: "Bursting our Bubbles"

Vince Herberholt, facilitator



Photo by Brad Reynolds, SJ

Responding to today's culture of polarization, lack of respectful civic discourse, relative isolation from people with different worldviews, and failure to reach practical solutions, this year's men's spirituality series is focused on the Ignatian charism of dialogue. Join other men for one or both of the dialogues this Winter and Spring with men with whom you may be called to encounter, "bursting your bubble" for personal transformation and for the common good.

**II: Muslim and Ignatian Spirituality:**

**A Dialogue with Men from High Point Mosque**

Thursday, February 8, 2018 | 6:30-9:00 pm (tentative)

Location TBD

Co-sponsored by Our Lady of Guadalupe Parish, W. Seattle

**III: A Dialogue with Men Experiencing  
Homelessness**

Thursday, March 22, 2018 | 6:30-9:00 pm (tentative)

St. Joseph Parish Center, Seattle

If you would like to be placed on a list to be notified when these events are confirmed, contact [andrea@ignatiancenter.org](mailto:andrea@ignatiancenter.org) or (206) 329-4824.



**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 a stimulating evening to reflect on *this Ignatian life* of ours!

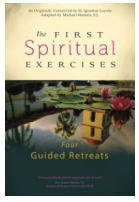
**Act II: "Ignatian Reflections on Race"**

Thursday, April 26, 2018

6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

**Lucas Sharma, SJ, facilitator; others TBD**



**Inner Peace in Friendship with Jesus:  
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 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 40-50 minutes of daily prayer four days a week, weekend spiritual exercises, and weekly meetings for sacred listening, spiritual conversation, and discernment. Join us for the retreat, “Inner Peace in Friendship with Jesus,” created for the gift of a friendship with Jesus that gives meaning, deep inner peace, and real joy in life.

*5 Mondays, April 9—May 7, 2018 | 7:00-8:30 pm*  
*Seattle Preparatory School*  
**Matt Barmore**, 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 quiet guided 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 16, 2018 | 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.

*Friday, July 27 at 2:30 pm — Sunday, July 29, 2018 at 2:00 pm*  
*Archbishop Brunett Retreat Center at the Palisades, Federal Way*

**ISC OUTREACH**

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

On November 4th the ISC collaborated with Our Lady of the Lake Parish to offer a half day workshop on Companionship. The day was facilitated by Shawna McMahon from the Mental Health Chaplaincy using materials developed by Craig Rennebohm. Practical tools were presented and meaningful dialogue was shared. The day provided grounding for being a companion 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 “**Sleeping with Bread**.” The authors present a creative simplification of the Ignatian examination of conscience as a way to find daily direction, experience emotional and spiritual growth, and grow closer to both God and one's inner self. The group practiced the daily Examen and shared the fruits with each other. ISC will facilitate another book group in the spring.

**Solidarity in Service: “Keeping it Real with Grit and Grace”**



ISC will be offering a morning of reflection to enrich and support those serving people in the margins. Come together with others 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 3, 2018, 9am—12pm at St. Joseph Parish Center.** **Stephanie Ragland**, facilitator. Suggested donation \$20.

### WINTER 2018

#### **Ignatian Spirituality 101:**

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

Thursday, January 18

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

*Matt Barmore, Maria Ochoa, Lisa Dennison, presenters*

#### **Immersion in Ignatian Prayer:**

##### **Prayer Practices for Life**

3 Sundays, January 21, 28 and February 4

10:10–11:00 am at St. Margaret's Episcopal, Bellevue

*Steve Wodzanowski, Carla Orlando and Sue Patrick, presenters*

OR

5 Tuesdays, January 30, February 6, 13, 20, and 27

6:30-8:45 pm at Seattle Preparatory School, Seattle

*John Hickman, Steve Wodzanowski, Carla Orlando, Fr.*

*Trung Pham, SJ, and Lisa Dennison, presenters;*

*Michaela Kearns, series facilitator*

#### **Solidarity in Service—Morning of Reflection**

##### **Keeping it Real with Grit and Grace**

Saturday, February 3

9:00 am-12:00 pm at St. Joseph Parish Center, Seattle

*Stephanie Ragland, facilitator*

#### IN THE STEPS OF IGNATIUS:

##### IGNATIAN SPIRITUALITY FOR MEN EVENT II

##### **Muslim and Ignatian Spirituality:**

##### **A Dialogue with Men from High Point Mosque**

Thursday, February 8 (tentative)

6:30-9:00 pm at location TBD

*Vince Herberholt, facilitator*

##### **Ignite Young Adult (20's & 30's) Evening Retreat**

##### **Finding God in Silence**

Thursday, February 22

6:00-9:00 pm at St. Joseph Parish Center, Seattle

##### **Nine Days of Grace: Novena 2018**

##### **A Lenten Retreat in the Midst of Daily Life**

Wednesday, March 7—Thursday, March 15

##### WEEKDAYS:

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

7:00 pm at St. Joseph Church, Seattle

SATURDAY: 1:00 pm at St. Joseph Church

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

*Fr. Trung Pham, SJ, Victoria Ries, and Joe Hastings,*

*presenters*

#### IN THE STEPS OF IGNATIUS:

##### IGNATIAN SPIRITUALITY FOR MEN EVENT III

##### **A Dialogue with Men Experiencing Homelessness**

Thursday, March 22

6:30-9:00 pm at St. Joseph Parish Center, Seattle

*Vince Herberholt, facilitator*



## SPRING 2018

### *Inner Peace in Friendship with Jesus*

#### **A Guided Retreat from “The First Spiritual Exercises”**

5 Mondays, April 9–May 7

7:00-8:30 pm at Seattle Preparatory School

*Matt Barmore, retreat giver*

THIS IGNATIAN LIFE:

A SERIES ON IGNATIAN SPIRITUALITY IN DAILY LIFE  
AND CULTURE—ACT III

### ***Ignatian Reflections on Race***

Thursday, April 26

6:30 pm Social | 7:00 pm Program

St. Joseph Parish Center, Seattle

*Lucas Sharma, SJ, facilitator; others TBD*

### **Ignite Young Adult (20's & 30's) Evening Retreat**

#### **Finding God through Imagination & Creativity**

Thursday, May 24

6:00-9:00 pm at St. Joseph Parish Center, Seattle

## SUMMER 2018

### ***A Mid-Year Examen:***

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

Saturday, June 16

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

*Rosanne Michaels, presenter*

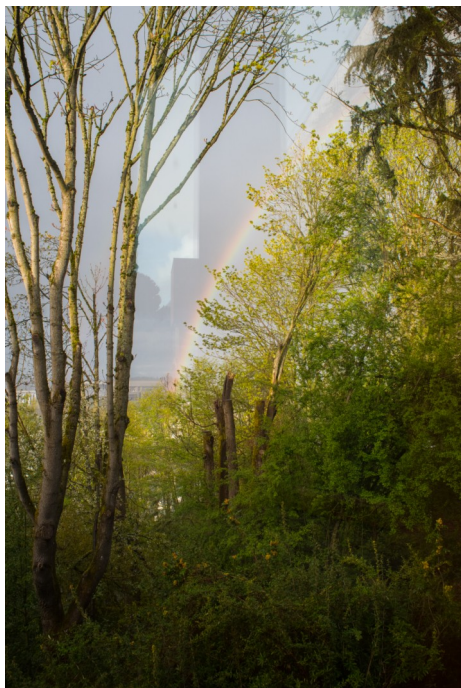
### ***A Pilgrimage of the Heart:***

#### **Summer Ignatian Retreat**

2:30 pm Friday, July 27–2:00 pm Sunday, July 29

Palisades Retreat Center, Federal Way

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





*IgNite provides Young Adults (ages 21-35) experiences which integrate Ignatian Spirituality with everyday life.*

The beauty of retreats is that they provide us an entry into rest, reflection, and renewal. Sometimes when we are most busy or overwhelmed is when we need to step away the most, yet find it hard to do. This year, Ignite invites and encourages adults in their 20's and 30's to join us for 3-hour evening retreats in the midst of daily life. This format is accessible, and easy to schedule even during the work or school week. Join us and bring a friend!

**Finding God in Silence** Thursday, February 22, 2018, 6-9 pm at St. Joseph Parish Center, Seattle

**Finding God through Imagination & Creativity** Thursday, May 24, 2018, 6-9 pm at St. Joseph Parish Center, Seattle

*Questions? Email Maria at [maria@ignatiancenter.org](mailto:maria@ignatiancenter.org) for more info.*



## 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](mailto:carolyn@ignatiancenter.org)  
 (206) 329-4824

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



**Joe Hastings** has been serving in the Seattle area for over 25 years, working with the homeless, organizing parish social ministry, and teaching adult education and ministry formation. For 9 years he worked with Catholic Relief Services, connecting Catholics in the Western US with people in need around the world. He recently returned from serving as a Maryknoll Lay Missioner in El Salvador and is currently the Director of Faith Formation at St. Leo Parish in Tacoma.

**Fr. Trung Pham, SJ** is a Vietnamese-born, Seattle-based artist, educator and ordained Jesuit priest. Soon after graduating from UCLA in Chemical Engineering, he joined the Jesuit order and pursued a career in the arts, earning a MFA in drawing and painting at the Pratt Institute. He received his MDiv and STL in Theological Aesthetics from the Jesuit School of Theology in Berkeley. Pham's immigrant experience and religious devotion have profoundly influenced his artistic practice. Fr. Pham is an Assistant Professor of Fine Arts at Seattle University.



**Victoria Ries** has served in the Seattle Archdiocese for close to 40 years. She worked in Campus and Young Adult Ministry in Tacoma, as Pastoral Associate at St. George Parish, Seattle, and as the Pastoral Coordinator appointed by the Archbishop to provide leadership and pastoral care at St. Patrick and St. Catherine of Siena, both in Seattle. She has a PhD in Theology from the University of Chicago. She has been married for 42 years, has two children, and two grandchildren. She continues to serve by providing spiritual direction, retreat ministry, and presentations in parishes.

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 eNewsletter for the most  
 up-to-date information?**

Visit our website at  
[www.ignatiancenter.org/newsletter](http://www.ignatiancenter.org/newsletter) and  
 sign up today!

Questions? Email us at  
[info@ignatiancenter.org](mailto:info@ignatiancenter.org)

## The Lost Art of (Sacred) Listening

One need only turn on the news or engage in a heated conversation about a hot political or social issue to realize that our culture neither values nor models good listening habits. Instead, we tend to be quick to judge, quick to defend our beliefs, and quick to dismiss another's if it differs from our own. Conversely, Ignatian Spirituality is dependent on good listening habits – habits rooted in the belief that **there is value in both the people and ideas we disagree with.**

Below are 10 components of “Sacred Listening” from Michael Hansen, SJ’s *The First Spiritual Exercises*. As you review these guidelines, imagine how dialogue and debate would be transformed if we committed to employing them in our daily lives.

**1. Listen before speaking.**

Allow the person who is speaking time to complete their thought; wait a few seconds before responding. Ask “Is there anything else?”

**2. Listen to yourself.**

Be in touch with your inner voice. Ask “What wants to be said next?”

**3. Listen with an open mind.**

Be curious and appreciative of what you are listening to. Listen for new ideas instead of judging and evaluating.

**4. Listen for understanding.**

You do not have to agree with what you hear, or even believe it, to listen to understand the other person.

**5. Listen with empathy and compassion.**

Put your agenda aside for the moment. Put yourself in their shoes.



**6. Listen with patience and presence.**

Listening well takes time and your full “listening presence.”

**7. Listen in relationship.**

Let the speaker know that you are listening. Use body language: nodding, facial expressions.

**8. Listen with reverence to the Divine in the other.**

Every person is created in the image of God. Listen with humility.

**9. Listen for the Spirit at work in the other.**

Listen for the Spirit who touches the soul of the other “gently, lightly, and sweetly, like a drop of water going into a sponge.”

**10. Listen for Jesus who may seek me through the other.**

The friendship Jesus offers is communal—one vine but many branches. Jesus may speak to me through the graces of another.

Want to learn more about the *First Spiritual Exercises* retreat this coming spring?

Visit our website at [www.ignatiancenter.org/the-first-spiritual-exercises](http://www.ignatiancenter.org/the-first-spiritual-exercises) to read more and register!

## What's Happening at ISC ...

- ISC gives Peter Favre Award
- Nine Days of Grace: Novena 2018
- Upcoming Programs and Events
- ISC Outreach
- Calendar of Events
- IgNite: Young Adult Program Update
- A Moment to Pray: The (Lost) Art of Sacred Listening

The Ignatian Spirituality Center invites you to a Lenten retreat in the midst of daily life

## Nine Days of Grace: Novena 2018



“Open our Eyes, Show us Your Face”

### March 7-15

Join us for one, some or all of the days; or make the retreat online!

For more info,  
206-329-4824  
or visit

www.ignatiancenter.org



**Presenters:**  
Trung Pham, S.J.  
Victoria Ries  
Joe Hastings



the Ignatian Spirituality Center INVITES YOU TO JOIN

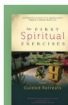
## the FIRST Spiritual EXERCISES



### *Inner Peace in Friendship with Jesus*

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

**5 Mondays, Apr 9—May 7 | 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.
- A four-week retreat (plus a closing session) involving 40-50 minutes of daily prayer four days a week, weekend spiritual exercises, and weekly meetings for sacred listening, spiritual conversation and discernment.

#### Retreat Giver

**Matt Barmore** is the Executive Director of the ISC. He also works part-time at Seattle Prep as an English teacher and the Director of Ignatian Formation.



Join us for this retreat, for the gift of friendship with Jesus that gives meaning and real joy in life.

INFO: contact (206) 329-4824 or visit [www.ignatiancenter.org](http://www.ignatiancenter.org)

