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Located at
St. Joseph Parish Center
732 18th Ave E
Seattle WA 98112

(206) 329-4824
www.ignatiancenter.org

NOVENA OF GRACE 2019

In reflecting on the current situation in the Church and world, this year's Novena presenters—**Matt Holland, SJ, JoAnn Lopez, and Ross Hays**—noted that many are yearning for a new vision of God and church that gives reassurance during this muddled time.

In praying with the daily readings for the Novena, our presenters recognized that like us, our friends in scripture knew the experience of feeling far from God. Yet God desired a covenant relationship with them and their people. Moses said to the people, "Today you are making this agreement with the Lord: he is to be your God and you are to walk in his ways... and you will be a people sacred to the Lord." (Deut 26: 17-19). God's people are called into a mutual relationship of love and fidelity.



There is a word in Spanish—*encuentro*—that translates to the English word "encounter," but connotes more a "mutual meeting between equals." What if we as individuals, as a church and world were to live more into the spirit of *encuentro*—a vision of walking together with equal dignity—in our relationships with one other, with the poor and with creation?

In reflecting on this year's theme, **God Walking with Us**, our presenters will explore how God walked with our ancestors in faith during times of doubt and fear, and how their stories can inspire us to live in right relationship with God and others, bearing witness to hope today.

This Lent, we invite you to take one hour a day for this nine-day retreat in daily life. At 12:30 pm at the Chapel of St. Ignatius, the Novena will continue to be in the context of daily Eucharist. New this year at 6:30 pm at St. Joseph Church will be a contemplative prayer service. The shorter evening liturgy will retain the elements of music, daily readings, petitions, and prayer with relics. However, instead of Communion, there will be a period of individual reflection with guiding questions, images, and music. At both liturgies, you will discover a supportive community where you can offer up your deepest desires and ask for God's grace. Join us for any or all of the days at either location, or make the retreat online.

Can't make the retreat in person? Follow us online at www.ignatiancenter.org/novenaofgrace or on our Facebook page at www.facebook.com/ignatiancenter for prayer resources, as well as audio and written version of talks given by our retreat team.

To learn more about our retreat presenters, please see bios located on page 2.

LIVING WITH AN OPEN HEART:

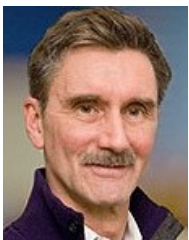
PETER FAVRE AWARD GIVEN TO DEACON STEVE WODZANOWSKI

Each year, the Ignatian Spirituality Center recognizes a person 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 Steve Wodzanowski, Deacon at St. Joseph’s Parish. As a person of generosity, energy, humility, and courage, Steve has been a wonderful advocate for those in need and role model for how to help since his arrival in Seattle in 1982.

Peter Favre once said, “Take care never to close your heart to anyone.” Steve has taken that sentiment a step further, opening his heart to so many – to immigrants and refugees who arrived in the region, to those who landed on St. Joseph’s doorstep in need, and most recently, to those in prison at Monroe. But Steve was not selected to receive the Peter Favre Award because of what he’s done. Rather, he was selected because of the selfless life he’s chosen to live and the many people he’s influenced.

Steve’s commitment to those in need was evident in his acceptance speech. About the recent church sex abuse scandal, Steve said, “We need to have the courage and faith and hope to call for a reform of our own church – a church I deeply love.” Steve did not dwell in the darkness of the scandal, instead urging people to “put our trust not only in the Holy Spirit but in the priesthood of believers, all of us together.” This recognition of the darkness and call to purge it are characteristic of the open heart and willingness to serve that are so characteristic of Steve.

Steve Wodzanowski’s ability to both open his heart to those in need and shepherd others toward that same openness is a unique gift. Perhaps Mary Hartrich – former Executive Director at the ISC – said it best when, in presenting the Peter Favre Award, she proclaimed, “Peter Favre, St. Ignatius, and Jesus himself are smiling in agreement with our choice to bestow the Peter Favre Award on Steve.”



NOVENA OF GRACE 2019 (*cont.*): MEET THE TEAM

Ross Hays, MD, has been part of the Spiritual Exercises in Everyday Life (SEEL) community as a retreatant, director and board member. He is a professor at the UW School of Medicine, Director of the Pediatric Palliative Care Program at Seattle Children’s Hospital, and the medical director for the Stepping Stones Pediatric Program for Providence Hospice of Seattle. He is a parishioner at St. James Cathedral.



JoAnn Lopez, MDiv, is currently the Campus Minister for Liturgy at Seattle University. She grew up in India and Singapore, where she learned how to live in an multifaith and multicultural world. She has been immersed in Jesuit formation through her experiences at Saint Joseph’s University, Boston College, Jesuit Volunteer Corps, and now Seattle University. She marvels at unity in diversity in the church, and is passionate about ritual, prayer, the global church and social justice.



Rev. Matthew R. Holland, SJ, is currently the Pastor of St. Leo Parish in Tacoma. A native of Seattle, he attended Bellarmine Prep, and earned degrees in history from Gonzaga and Saint Louis Universities. He spent six months in Guatemala learning Spanish before going to Bogotá, Colombia for theological studies. He returned to the Jesuit School of Theology in Berkeley, helping with the Spanish liturgies as a deacon. After ordination, Fr. Holland has served in parish ministry.

FAREWELL TO BELOVED COLLEAGUE

CAROLYN HICKMAN



After 18 years of dedicated, spirit-filled service to the Ignatian Spirituality Center and the people we serve, Carolyn Hickman is retiring in March of this year. Carolyn has worn many hats in her time at the ISC, all of them well. She's run our Program Outreach, she's coordinated our Spiritual Direction Services, and behind the scenes, she's overseen our book-keeping needs. The selfless grace Carolyn has brought to her work over all these years has served as a daily reminder of our mission to "nurture compassion, healing, and justice in the Ignatian tradition and vision."

Carolyn's outreach programming had included a number of organizations – One Equal Heart, Chief Seattle Club...– but her focus over the past 10 years has been at Recovery Café, where she has run a tremendously successful book group. And though she will no longer be at the ISC after March, Carolyn plans to continue to facilitate this group even in retirement. As Executive Director of Recovery Café, David Coffey shared "Carolyn's book group at Recovery Cafe has been a great gift. Many of our Members have greatly benefited from this incredible resource. It has been a place of authentic sharing, healing and hope. We so appreciate Carolyn's faithfulness to this work; it has been transformative for many people here."

Among Carolyn's most valuable contributions has been her steadfast strengthening of ISC's Spiritual Direction Connection Services over the past 15 years. Carolyn has shepherded ISC's diverse "pool" of about 60 trained spiritual directors, providing enrichment gatherings, opportunities for networking, and formation experiences for them each year. She has come to know each director's strengths and does an excellent job of matching directors with those seeking direction. Carolyn has treated each person who comes to her seeking a connection with tremendous reverence, and more than a few have felt that their hour or so spent with Carolyn was even more than what they could have hoped for in actual spiritual direction session.

Comments from those Carolyn has met with and placed with spiritual directors:

"I felt comfortable and free to share openly. Carolyn is very professional and respectful. I felt like my story was heard and held in reverence."

"Carolyn asked really good, thought provoking questions; our conversation had the feel of a spiritual direction session itself."

"I really appreciate the service Carolyn provides. I wouldn't have a clue how I would find a spiritual director who I could trust without it."

"Carolyn did a great job of making me feel comfortable."

"I felt not only listened to, but validated and heard."

"Please keep doing what you're doing because it is a great help to so many."

"Carolyn made me feel heard, witnessed."

"Carolyn's way of walking me through the process was 'very welcoming.'"

We wish Carolyn the best as she and her husband John embark on their exciting journey into retirement. We are so grateful for the gifts, dedication, laughter, and presence she has shared with so many in her time at the ISC.

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!

*Contact us if you are interested in
connecting with a spiritual director.*

info@ignatiancenter.org
206.329.4824

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ISC's monthly
eNewsletter
for the most up-to-date
information?**

Visit our website at
www.ignatiancenter.org/newsletter
and sign up today!

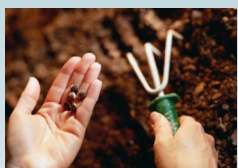
Questions? Email us at
info@ignatiancenter.org



Discernment 101: An overview of Ignatian principles for prayerful decision-making

Facing an important life choice? Or looking for a way to make prayerful decisions? Discover a unique gift of Ignatian spirituality—St. Ignatius' time-tested guidelines for the discernment of spirits! Join presenter Marilyn Nash (Seattle University Campus Minister) and others to understand the basics of Ignatian discernment, so that you might see more clearly what God is calling you to do in the big and small decisions of life.

*Monday, January 14 | 6:45-8:45 pm
St. Joseph Parish Center, Seattle
Marilyn Nash, Presenter*



Cultivating a Life of Discernment: A series on the Ignatian way to make prayerful decisions

In this experiential discernment series, we will explore various ways to listen to the Spirit's movement in our lives and choices. Through prayer, presentations, meaningful reflection and conversation in community, we will consider St. Ignatius' guidelines for discernment and discuss how they apply in the midst of our current cultural, social and personal contexts. Together, we will learn to integrate these principles into our everyday lives. Come learn how to cultivate a life that facilitates discernment! **Young Adults (20's and 30's):** If there is interest, there will be a young adult group.

*6 Thursdays, January 24—February 28 | 6:30-9:00 pm
St. Joseph Parish Center, Seattle
Marilyn Nash, Presenter*



This Ignatian Life Series

Act II—Dialogue Through Differences: An Ignatian Approach to Dealing with Conflict

In today's climate of polarization and the increasing gulf between "us and them," it's more important than ever that we learn how to interact with people who have opinions different from our own. Join presenter Matt Barmore for a

Program Calendar 2019

workshop on how an Ignatian approach to dialogue can help us effectively interact with people with whom we disagree.

*Saturday, February 2
8:30 am Social, 9:00 am-12:30 pm Program
Peace and Spirituality Center, Bellevue
Matt Barmore, Presenter*

Act III—Listening to Voices in the Silence: Gender, Sexuality & Power

*Saturday, May 4 | 9:00 am Social, 9:30 am-12:00 pm Program
Location & presenter/s TBD*



Ignatian Spirituality for Men Series

Our times call us to respond with compassion to the injustices facing those on the margins of society.

Though we may sincerely desire to act, it may be difficult to discern what to do. Join other men for one or both events remaining in this year's men's spirituality series entitled **"From Separation to Solidarity."** We will use an Ignatian lens to discern with whom we are called to be in closer relationship and how we might take some further first steps from separation to solidarity with those most in need.

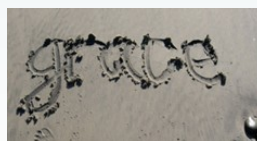
Islamic & Ignatian Spirituality—Interfaith dialogue and kinship with our Muslim neighbors

*Saturday, February 23 | 8:30 am Social, 9:00 am- noon Program
St. Joseph Parish Center
Imam Adam Jamal and Tim Malone, Presenters
Vince Herberholt, Facilitator*

"Barking to the Choir"—An Ignatian Book Group

Curtis Leighton will lead a breakout small group for men only. This book group will culminate in a dinner and attendance at Greg Boyle's lecture on "Spiritual Practices & Work on the Margins" at Seattle University on Thursday, May 9 at 7 pm.

*5 Tuesdays, April 2-30 | 7:00—8:45 pm
Seattle Preparatory School
Curtis Leighton & Kelly Hickman, Facilitators*



All Around Us is Grace: Finding Hope in the Messiness of Service

This morning will include stories of service, and a chance for personal reflection about finding hope in your own stories of service. This is a time of renewal and reflection for anyone who volunteers or works with those most in need.

*Saturday, March 2 | 9:00 am-12:00 pm
St. Joseph Parish Center
Kathy Collins, Presenter*



The Soul's Slow Ripening: Celtic Practices for Seeking the Sacred

In this workshop we will be diving into the richness of the Celtic spiritual tradition and considering what gifts it has to offer to our world today. In particular, we will focus our time on exploring three Celtic spiritual practices – thresholds, blessing each moment, and seasonal cycles – and how they might enrich our practice of listening to the sacred call of our lives.

Saturday, March 9 | 9:00 am—3:00 pm

St. Joseph Parish Center

Christine Valters Paintner & Betsy Beckmann, Presenters



Novena of Grace 2019 God Walking with Us

This Lent, we invite you to take one hour a day for a retreat in the midst of daily life. Join us for any or all of the nine days of song, scripture, inspiring preaching, and heartfelt prayers within the context of a liturgy. Discover a supportive community where you can offer up your deepest desires in prayer and ask for God's grace. Join us for any or all of the days at either location, or make the retreat online at www.ignatiancenter.org/novenaofgrace

Tuesday, March 12—Wednesday, March 20

Matt Holland SJ, JoAnn Lopez and Ross Hays, Presenters

WEEKDAYS:

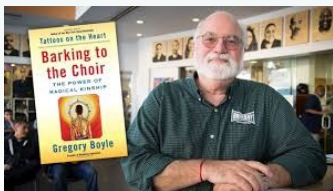
12:30 pm at the Chapel of St. Ignatius, Seattle U (Eucharist)

**6:30 pm at St. Joseph Church, Seattle (+Contemplative Prayer Service without Eucharist)*

SATURDAY: *1:00 pm at St. Joseph Church (Eucharist)*

SUNDAY: *1:00 pm at Seattle U (Eucharist)*

**note new time +note new format*



"Barking to the Choir" An Ignatian Book Group

Join us to pray, reflect and discuss the second book by Greg Boyle SJ, author of *Tattoos on the Heart* and founder of Homeboy Industries. In a moving example of unconditional love in difficult times, Fr. Boyle shares what working with gang members in Los Angeles has taught him about faith, compassion, and the enduring power of kinship. Gently and humorously, *Barking to the Choir* invites us to find kinship with one another and re-convinces us all of

our own goodness.

5 Tuesdays, April 2-30 | 7:00—8:45 pm

Seattle Preparatory School

Curtis Leighton & Kelly Hickman, Facilitators



A Mid-Year Examen: Summer Day of Reflection

We invite you to join us in the middle of the calendar year for a day of reflection. This silent personal mini-retreat includes presentations leading you through four movements of an Examen, reflection questions, and abundant time for prayer and journaling—all designed to help you reflect back on the first half of the year and look ahead to the rest of the year with hope.

Saturday, June 8 | 9:00 am—3:00 pm

St. Joseph Parish Center, Seattle

Mary Hartrich, 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 26—2:00 pm Sunday, July 28

Archbishop Brunett Retreat Center at the Palisades, Federal Way

Ryan Rallanka SJ, Rosanne Michaels, Matt Barmore, Presenters

**For more info or to register for a
program or retreat,
Visit www.ignatiancenter.org
Email info@ignatiancenter.org
Call (206) 329-4824**



The sixth cohort of CLA-Seattle kicked off last September with an opening retreat at Dumas Bay Retreat Centre. The group of 18 is a fresh mix of young adults in their 20's & 30's with diverse life experiences. The group comprises of folks working in a variety of industries, including law, education, healthcare, human services, social work, military, and tech. Natch Ohno, SJ accompanies the cohort and larger CLA alumni community as the community chaplain, and lends a pastoral support and Ignatian lens to the conversations. Regional Coordinator, Maria Ochoa, facilitates the group to help establish a supportive spiritual community where they can bring the content of their professional lives and reflect on their personal spiritual development as a leader. So far the group has explored topics such as Ignatian discernment, self-awareness, and leadership style, and will be learning about the Enneagram personality types. Stay tuned for more updates on this dynamic group of leaders!

Are you a young adult leader, parish administrator, and/or does your organization serves young adults (20's & 30's), and looking for ways to expand on your program offerings?

If so, contact Ignite Coordinator Maria Ochoa at maria@ignatiancenter.org or call (206) 329-4824 to learn more about partnership opportunities. **The Ignite program is looking to introduce new partnerships with young adult communities in the Puget Sound region.**

Some topics we have presented on include:

- *Ignatian Discernment*
- *Integrating Reflection & Prayer*
- *Spirituality in the Workplace*
- *Building Community*
- *Ignatian Leadership*

The ISC is Hiring!

The Ignatian Spirituality Center is seeking a collaborative and committed **Administrative & Financial Assistant** to help support the Center as a thriving ministry in the region.

For inquiries about this position, please contact Matt Barmore, Executive Director of the ISC, at matt@ignatiancenter.org.

Learn more about the position at www.ignatiancenter.org/staff/



A MOMENT TO PRAY: DIALOGUE THROUGH DIFFERENCES

By Matt Barmore, ISC Executive Director



After a recent Seattle shooting incident, I found myself in a group in which someone asked with disgust, “When are we going to stop making it so easy for people to kill each other?” As you might imagine, some people responded with excitement, offering their support for tougher gun control laws. Others vehemently objected to the incident being reduced to solely a gun control issue. But most in the group looked for reasons to leave and quickly walked away, hoping to avoid the unpleasant interaction that was sure to follow. Increasingly, we live in a society that simply does not know how to discuss difficult, emotionally charged topics. Part of that, for me, is that I don’t approach the topic or the people I’m talking to with the respect and reverence they deserve. Instead, I set out (often passionately) to ‘prove’ I am right. I want to win, regardless of who else is in the conversation or what they’re saying. In short, I mirror the 21st century, American culture to which I belong.

But there’s another way to approach controversial, emotionally charged conversations, a way that values, respects, and understands divergent thoughts and perspectives. It’s a way rooted in an Ignatian world view.

I invite you to take a moment to look at the contrasting world views outlined below, put yourself in the situation described above (or another, similarly polarizing situation), and imagine what kind of conversation would ensue if you (and others) responded using the Ignatian World View.

Current World View in the United States:

- Heightened distrust/anxiety of people of other cultures, races, and religions,
- Polarization
- Lack of respectful civic discourse
- Basic lack of respect for people (especially those people who disagree with us)
- Relative isolation from individuals who are different from us
- Failure to look for practical solutions for the common good
- Disordered/Inordinate attachment to ‘being right’ and ‘winning’

Ignatian World View:

- God exists in all things – the people with whom we disagree, the viewpoint that is different from my own, the uncomfortable process of trying to understand.
- Ignatian Presupposition: Always interpret another’s actions/words in a light most favorable to that person.
- Seek to understand rather than win.
- Meaningful dialogue requires time. It’s not simple; it’s not quick; it’s not easy.
- Acknowledge the shortcomings in both myself and the point I’m advocating.



Want to continue to explore this topic?

This Ignatian Life Series—Dialogue Through Differences: An Ignatian Approach to Conflict, will take place on **Saturday, February 2, 2019**. The day will be hosted at the beautiful Peace & Spirituality Center in Bellevue. Learn how Ignatius offered to his companions a set of guidelines for dialogue that are remarkably timely and relevant to our situation today. Practice applying these principles of Ignatian dialogue to real-life cases of conflict that show up in our relationships and world today. Visit our website at www.ignatiancenter.org or call (206) 329-4824 to learn more and to register.



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What's Happening at ISC ...

- ISC gives Peter Favre Award
- Novena of Grace 2019
- Upcoming Programs
- A Moment to Pray: Dialogue Through Differences

The Ignatian Spirituality Center presents

The Soul's Slow Ripening

12 CELTIC PRACTICES
for
SEEKING THE SACRED

Saturday
March 9
9am – 3pm



Retreat Facilitators:
Christine Valters Painter, PhD
&
Betsey Beckman



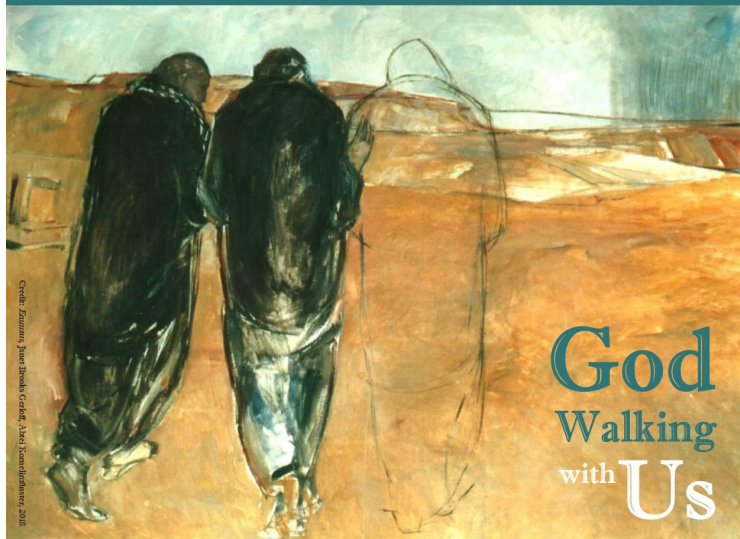
St. Joseph Parish Center
732 18th Avenue East, Seattle

Register at www.ignatiancenter.org



The Ignatian Spirituality Center invites you to join us
for a nine-day Lenten retreat in the midst of daily life

Novena of Grace 2019



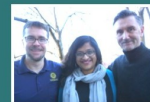
March 12-20

12:30 pm Seattle U Chapel of St. Ignatius (Eucharist)
*6:30 pm St. Joseph Church (+Contemplative Prayer)
[Weekends at 1:00 pm (Eucharist)]

* Note new time + Note new format

Join us for any or all of the 9 days

at either location, or make the retreat online...www.ignatiancenter.org



PRESENTERS

Rev. Matt Holland SJ,
JoAnn Lopez, Ross Hays

