

Board of Directors

Kathy Collins, *Chair*

Shaun Bell

Michael Bayard, SJ

Gretchen Brennan

Deanne Calvert

Leigh Floyd

Rachel Ford

Vince Herberholt

Leo Lyons

Terry Mayberg

Cindy O'Brien

Joe Orlando

David Uhl

Steve Wodzanowski

Staff

Matt Barmore

Executive Director

Katharine Chapman

*Administrative & Financial
Assistant*

Andrea Fontana

Program Coordinator

Maria Ochoa

*Marketing & Ignite Program
Coordinator*

Carla Orlando

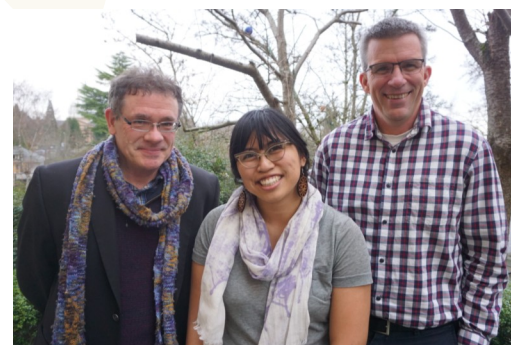
*Spiritual Direction Services
Coordinator*

NOVENA OF GRACE 2020: TURN TO THE WATERS OF LIFE

*They shall be like a tree planted by water, sending out its roots by the stream.
It shall not fear when heat comes, and its leaves shall stay green;
in the year of drought it is not anxious, and it does not cease to bear fruit.
—Jeremiah 17:8*

The current polarization and deep divisions in our country's political landscape might lead us to feel as if we are living in a period "of drought" like the prophet Jeremiah describes above. There might be a corresponding dryness in our interior landscapes as well—a sense of numbness, disengagement, or even hopelessness in our desire for something that feels unreachable.

It is in this thirst that God comes to nourish us. When our Novena team—**Gerry Scully, Mary Pauline Diaz-Frasene, and Fr. Mike Bayard, S.J.**—reflected on this and other scripture passages for the nine days, they recognized the importance of staying close to God "like a tree planted by water," perhaps now more than ever. Jeremiah's passage raises important questions for our prayer and reflection: *How do we stay close to God in our daily lives? By what waters do we plant ourselves in order to "stay green" and "bear fruit"? Who or what gives us life?*



Our presenters also recognized how intentional we need to be in discerning and turning to these "waters of life." Beginning with Adam and Eve, God has given human beings places of nourishment as gifts. However, the scriptures show that through our mishandling of them, they often become places of division. The very act of turning to face someone or something involves turning our backs on another—another opportunity, another reality, another person. The characters in the scripture stories this Lent ring all too familiar—there are "insiders" and "outsiders," those with privilege and those without. This begs more questions for prayer and reflection: *Who is included in our life? Who is excluded? Who's at the center of our vision? Who is at the periphery?*

There is a certain humility involved in turning. It requires changing our way of being, seeing and thinking; and an openness to something new. While God is always turning toward us, we have to make a conscious choice to turn—*Do we turn to God as we would turn to a friend? How can we re-turn to who and what nourishes us? Will we "turn to the waters of life"?*

This Lent, we invite you to ponder these questions by turning toward an inclusive faith-filled community of prayer in this year's Novena of Grace. This nine-day Lenten retreat, open to persons of any spiritual background, affords time for prayer, reflection, intercession, opening oneself to God's Spirit, and experiencing the grace that transforms our lives. We hope that this year's Novena - with the theme of "**Turn to the Waters of Life**" - will help you stay close to your sources of nourishment, renewal and hope.

Join us March 10-18 one hour a day for any or all of the nine days. Choose either the 12:30 pm Eucharist at Seattle University or the 6:30 pm Contemplative Evening Prayer at St. Joseph Church. **Can't make the retreat in person?** Follow us online at www.ignatiancenter.org/novenaofgrace or at www.facebook.com/ignatiancenter for prayer resources, as well as the talks given by our retreat team.

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

PETER FAVRE AWARD CELEBRATES THE FOUNDERS OF THE ISC



Each year, the ISC presents the Peter Favre Award to a person who lives out our mission of “nurturing compassion, healing, and justice in the Ignatian tradition and vision.” This year’s award was bestowed on the two people who founded the ISC 25 years ago – **Cissy McLane and Pat O’Leary, S.J.** Cissy and Pat not only helped identify the ISC’s mission, they’ve lived their lives exemplifying it. Their courage in responding to the spiritual needs of the Seattle area 25 years ago, their commitment to Ignatian spirituality, their groundbreaking work in Jesuit/lay collaboration, and their effective yet gentle leadership styles make them ideal recipients for the award.

Peter Favre, one of the original Jesuits, was best known for his work in directing people in the Spiritual Exercises. Cissy and Pat are both steeped in Ignatian spirituality and initially founded the ISC as a resource for spiritual directors. They recognized a need to foster the spiritual needs of those providing spiritual direction and responded to it. And Cissy’s and Pat’s work to discern and respond to the spiritual needs of people in the region has served as a model for how the ISC operates today.



Perhaps just as importantly, Cissy and Pat formed a partnership that embodied a commitment the province had made to develop and value lay leadership. That Cissy, a layperson, more specifically a lay woman, was the first executive director of the ISC was groundbreaking. Cissy’s leadership and Pat’s support for that leadership wonderfully illustrated how Jesuit/lay collaboration could enrich Jesuit works. Their work together helped open doors for lay people to take meaningful leadership roles in Jesuit works – as retreat directors, spiritual directors, heads of schools, and leaders of other Jesuit-sponsored organizations.

At a time when the Society of Jesus started to talk about the importance of Jesuit/lay collaboration, Cissy and Pat showed just how such a partnership, imbued with the Holy Spirit, could thrive. Like Peter Favre and the early Jesuits, Cissy and Pat were trailblazers in their holy work. Inspired by their leadership, we look forward to discerning how the next 25 years will play out at the ISC.

NOVENA OF GRACE 2020 (cont.): MEET THE TEAM



Mike Bayard SJ is the Provincial Assistant for Mission Integration and the Liaison to Social Ministries for Jesuits West. Prior to that, he served as the Socius and as the Provincial Assistant for Parish and Spirituality Ministries. Before leaving for the Province offices, Fr. Mike served at Seattle University as coordinator of Ignatian retreats, co-founder and Director of *Magis: Alumni Living the Mission*, and Director of Campus Ministry. Fr. Mike entered the Society of Jesus in 1987 and was ordained a priest in 1998. His first assignment was as Associate Pastor at Gesu Parish in Milwaukee.



Mary Pauline Diaz-Frasene is a first-generation Pilipina-American born in Colorado. She serves as a Pastoral Mission Coordinator with Catholic Community Services, partnering with South Seattle parishes to serve people struggling with poverty and oppression and to work for justice in the broader community. Formed by Ignatian tradition at Regis Jesuit High School and Seattle University, she is pursuing an M.A. in Theology & Culture at the Seattle School of Theology and Psychology. Mary Pauline and her husband are parishioners at St. Therese.



Gerry Scully is currently the Executive Director of L’Arche Seattle, having carried several roles in L’Arche, including Regional Coordinator of the US/Canada Western region. Originally from Dublin, Gerry is a Gonzaga University graduate who came to the United States as a Jesuit Scholastic of the Irish Province. He returned to Ireland to teach religion and philosophy at his Jesuit alma mater high school. After deciding not to pursue ordination, he returned to the U.S. a layman and married his wife, Jennifer Kelly, with whom he has one son. He has been a parishioner at St. Joseph Parish for 32 years.

SAYING GOODBYE TO A FRIEND: FAREWELL TO FR. PAT HOWELL, S.J.

In December, the ISC joined others in sharing in a sudden and unexpected goodbye to our dear friend and colleague, Fr. Pat Howell, S.J.



At Fr. Pat's vigil, Fr. Steve Sundborg, S.J. invited everyone to call out single words for Pat which immediately filled the Chapel of St. Ignatius: "inspiration," "visionary," "healer," "good priest," "encourager," "future-thinking," "kindness," "generous." At his funeral, Pat's sister described his love of books, family, travel, and being a Jesuit. To Fr. Peter Byrne, S.J., Pat was a lover of flowers, a pragmatic North Dakotan, and a fearless speaker of truth. His life was a "resurrection conspiracy."

For many of ISC spiritual directors, Fr. Pat was the finest of teachers who shared his in-depth knowledge of psycho-spirituality alongside his expertise of the Spiritual Exercises and Ignatian Spirituality. Pat was a model for empowering lay people as leaders, allying ecumenical Christians, advocating for women in the church, and befriending the mentally ill. He lived and freely shared with us his own, deep vulnerability. Pat recruited important faculty to Seattle University's School of Theology & Ministry who expanded our lives of faith and companioned us over time, helping to cultivate our skills for companioning others.

We love you and will miss you, Fr. Pat, our pastor, teacher, mentor, friend.

SPIRITUAL DIRECTION FORMATION PROGRAMS



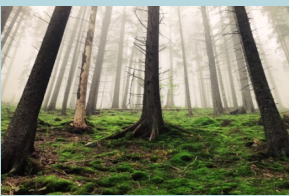
Peer Supervision Group: A Pilot Program

3 Fridays, January 17, February 21, March 20, 2020

10:00 am—12:00 pm

St. Joseph Parish Center

Seeking the support of peers in supervision has a long tradition in our region. This winter, the ISC will continue that tradition by offering a way for directors to renew their commitment and practice of peer supervision, further developing our lives and skills of spiritual companioning others. If you are a spiritual director who is interested in beginning a new peer supervision group, please register for this new series!



Cultivating a Deep Spirit: A Morning Retreat with Alexandra Kovats, C.S.J.P. & Pat Twohy, S.J.

Friday, April 17, 2020

9:00 am—12:00 pm

St. Joseph Parish Center, Seattle

Please join us for this special morning with retreat masters, Alexandra Kovats, CSJP, and Patrick Twohy, SJ. We will gather for refreshments before our time of deep listening, followed by sharing a space for silence and personal prayer. Time in small groups will be provided as an option for participants. We will close our day with a ritual for all. All are welcome!

To register, contact Carla Orlando, Spiritual Direction Services Coordinator, at carla@ignatiancenter.org or call (206) 329-4824

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.

carla@ignatiancenter.org
(206) 329-4824

Interested in receiving
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



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 four unique forms of prayer from the Ignatian tradition - 1) Prayer & *Lectio Divina*: A Sacred Conversation; 2) Examen: Finding God in your Life; 3) Igniting the Imagination in Prayer; and 4) Applying all the Senses in Prayer. Each session includes a presentation, immersion into the prayer form, and reflection on the prayer experience. Join a small prayer group for the whole series OR visit individual sessions of your choice.

*4 Tuesdays, January 28, February 4, 11, and 18, 2020
from 6:30-8:45 pm*

Seattle Preparatory School, Seattle

*Joe Orlando, Maria Ochoa, Carla Orlando,
and Trung Pham SJ, presenters; Michaela Kearns, facilitator*

Ignatian Spirituality for Men Series



*"The place God calls you to is the place where
your deep gladness and the world's deep
hunger meet."*

- Frederick Buechner

Buechner's definition of calling prompts the questions "What is my deep gladness?" and "What is the world's deep hunger?" In this year's "Ignatian Spirituality for Men" series, entitled "On Earth as it is in Heaven," we will consider the world's hungers, envision how the world could be different, and reflect on whether or not we are living our lives in alignment with that vision. We invite you to join us for a discussion group this Winter, or a morning of reflection this Spring to consider how to overcome the obstacles that stand in the way of conversion, action and change.

II: "On Earth as it is in Heaven" Discussion Group

Thursday, February 6, 2020

7:00-8:30 pm

St. Joseph Parish Center, Seattle

John Hickman and Vince Herberholt, facilitators

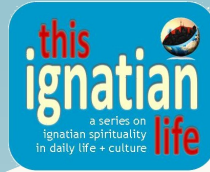
III: "On Earth as it is in Heaven" Morning of Reflection

Saturday, April 4, 2020

8:30 am Social | 9:00 am-12:00 pm Program

St. Joseph Parish Center, Seattle

Glen Butterworth, SJ, presenter



This Ignatian Life Series

We invite you to attend one or both of the remaining mornings of reflection in this year's "This Ignatian Life" series - a series that explores the intersection of Ignatian spirituality with daily life and culture. This year's theme is "Reimagining"- reimagining new paths forward through the complexities of immigration, systemic racism and the climate crisis. Come learn from our presenters, be inspired by stories of people who have envisioned another way, and join a community of people that desire to be grounded in Ignatian imagination and prayer that renews hope and courage to act for a better world.

Act II: "Reimagining Racial Justice"

Saturday, March 28, 2020

9:00 am Social | 9:30-12:00 pm Program

Seattle Preparatory School, Seattle

Act III: "Reimagining the Climate Conversation"

Saturday, May 2, 2020

9:00 am Social | 9:30-12:00 pm Program

St. Joseph Parish Center, Seattle



Renewing Your Spirit for Parenting: An Ignatian Mini-Retreat for Parents

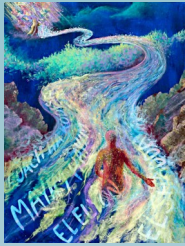
The life of a parent can be exhausting and life-giving, messy and wonderful. In the midst of parenting, it can be challenging to discern where God is in it all. This mini-retreat will give you the time and space to pause, be nourished, and reflect on God's desires for you as a parent, and your desires for your children. Through Ignatian-inspired prayer, presentations, and personal and communal reflection with other parents, facilitators Jennifer Kelly and Jennifer Tilghman-Havens will help you deepen your sense of yourself as a parent, reflect on the spiritual foundations of parenting, and develop prayer practices that can be integrated into your daily parenting and family life.

Sunday, February 23, 2020

1:00-4:00 pm

St. Joseph Parish Center, Seattle

Jennifer Kelly and Jennifer Tilghman-Havens, presenters



Novena of Grace: Turn to the Waters of Life

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 and healing. Join us for any or all of the days at either location, or make the retreat online at www.ignatiancenter.org/novenaofgrace

Tuesday, March 10—Wednesday, March 18, 2020

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)*

*Mike Bayard, SJ, Mary Pauline Diaz-Frasene,
and Gerry Scully, presenters*



Inner Peace in the Service of God: 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 21-day retreat 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 the Service of God,” created to bring you the peace that comes from knowing your work with Jesus in a particular service is deeply right to who you are.

5 Mondays, April 20—May 18, 2020

6:30–8:15 pm

*Seattle Preparatory School, Seattle
Matt Barmore, retreat giver*

A 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 20, 2020

9:00 am—3:00 pm

St. Joseph Parish Center, Seattle

Rosanne Michaels, presenter



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 24—Sunday, July 26, 2020

Archbishop Brunett Retreat Center at the Palisades, Federal Way

**For more information or to register
for a program or retreat, visit
www.ignatiancenter.org**

Questions?

**Email us at info@ignatiancenter.org
or call (206) 329-4824**



God at Work

Young Adults Practicing
Ignatian Spirituality in the Workplace

Join us for a retreat-like evening filled with conversation, prayer, reflection, and community as we listen to a panel of fellow young adults talk about their experiences practicing Ignatian Spirituality & how it helps them to live with purpose and lead with values in their work.

Tuesday, March 31, 2020 | 6:30 - 9:00 pm
Seattle Preparatory School, Seattle

For more information, visit
www.ignatiancenter.org/ignite-retreats or contact
Ignite Coordinator Maria Ochoa at
maria@ignatiancenter.org or call (206) 329-4824

CLA-Seattle Welcomes Mentors

Our current cohort, CLA6, welcomed three mentors to the cohort community this past fall. **Ariel Rosemond** (Seattle University Center for Leadership Formation), **Bill Hallerman** (Catholic Community Services of Western WA), and **Sarah Thomson** (University of Washington School of Medicine) are all top-notch professionals with deep hearts for Ignatian Spirituality. Welcome mentors!

CLA Alumni Reflect Together

This past November, members of CLA community gathered for a Morning of Reflection. Retired Chaplain and CLA Mentor **Maggie Finley** led a group of 10 alums in a beautiful and nourishing reflection on the change of seasons and our call to slow down and pause.



Seeking Young Adults for a New CLA Cohort in Fall 2020

We are excited to be welcoming a new cohort in fall 2020... perhaps it's you that is being called! If you are a young adult in your 20's or 30's, and are seeking a dedicated way to grow in your faith and leadership, then consider applying. The online application will be available in the weeks to come. Stay tuned!

For more information, visit
www.contemplativeleaders.org or contact
Maria Ochoa, Regional Coordinator at
mochoa@contemplativeleaders.org



A MOMENT TO PRAY: PRAYING WITH OUR IMAGINATIONS

By Matt Barmore, Executive Director of ISC



Have you ever used your imagination when you pray? For example, have you ever placed yourself in the scene of a gospel narrative and tried to recreate it, to experience the scene first-hand? If you're like me, you probably most often engage in either rote prayer or 'thought-centered' conversations with God – conversations in which we give thanks or ask for something we need.



But the imagination can be a powerful tool in prayer. Ignatian contemplation, for example, is a form of prayer in which I'm invited to let go of the 'thinking' part of my brain, recreate a scene so as to have a lived experience in my mind, and then reflect on that experience as a way to see God at work in my life. It's a way of letting go and allowing God to work through our creativity. Engaging in Ignatian contemplation can be fruitful, but it takes practice. If, for example, you choose to reflect on John's account of Jesus' first miracle at the Wedding at Cana, you would read the passage a few times and then insert yourself into the story.

Maybe you'd choose to be Jesus? Maybe one of the disciples? Maybe the wine steward? Place yourself concretely in the scene using your senses. What do you hear? What do you smell? What are you wearing? And then allow the narrative to play out in your mind, noting what happens and how what happens affects you.

I find that when I use my imagination to pray, I am often surprised – by something that happens, something someone says, something I'm reminded of, or simply how the scene makes me feel. These surprises often become sources of wonderful, prayerful reflection. I learn things about myself and my relationship with God that I would not have otherwise learned if I used my usual 'thinking-based' methods of prayer.

Using the imagination to pray can be difficult; it's not always easy for our minds to stop thinking so we can experience something more creatively. But I invite you to give it a try. I find it a refreshing form of prayer that often leads me to a deeper understanding about both myself and my relationship with God.

Want to continue to explore this topic?



We invite you to attend one or both of the remaining mornings of reflection in this year's "This Ignatian Life" series - a series that explores the intersection of Ignatian spirituality with daily life and culture. This year's theme is "Reimagining"- reimagining new paths forward through the complexities of immigration, systemic racism and the climate crisis. Come learn from our presenters, be inspired by stories of people who have envisioned another way, and join a community of people that desires to be grounded in Ignatian imagination and prayer that renews hope and courage to act for a better world. Visit www.ignatiancenter.org/this-ignatian-life to learn more!



732 18th Avenue East
Seattle, WA 98112
www.ignatiancenter.org

Nonprofit Org.
US Postage
PAID
Permit #02125
Seattle, WA

What's Happening at ISC ...

- Peter Favre Award Celebrates Founders of the ISC
- Novena of Grace 2020
- Upcoming Programs
- A Moment to Pray: Praying with our Imaginations

The Ignatian Spirituality Center invites you to a

NOVENA OF GRACE
A Lenten retreat in everyday life

"Turn to the Waters of Life"

Deep Calls to Deep by Priscilla Williams (deepcalling.com). Used with permission.

March 10-18, 2020

12:30 pm Seattle U Chapel of St. Ignatius (Eucharist)
OR 6:30 pm St. Joseph Church (Contemplative Prayer)
SATURDAY: 1:00 pm at St. Joseph Church (Eucharist)
SUNDAY: 1:00 pm at Seattle U (Eucharist)



Presenters:

Gerry Scully, Mike Bayard, S.J.
and Mary Pauline Diaz-Frasene

www.ignatiancenter.org

Attend any or all of the 9 days at either location, or make the retreat online



Cultivating a Deep Spirit

A Morning Retreat with
Alexandra Kovats, CSJP &
Pat Twohy, SJ



Friday, April 17, 2020
9:00 am—12:00 pm
St. Joseph Parish Center, Seattle



To register, visit www.ignatiancenter.org/spiritual-director-workshops or contact
Carla Orlando,
ISC Spiritual Direction Services
Coordinator, at carla@ignatiancenter.org or
(206) 329-4824