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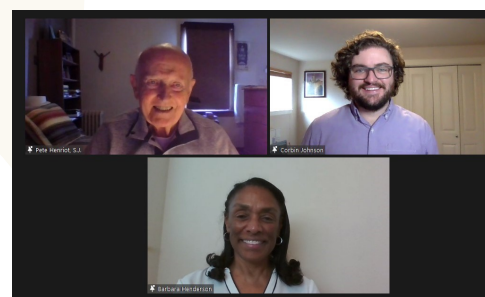
Carla Orlando  
*Spiritual Direction Services Coordinator*

**NOVENA OF GRACE 2021: “HEAL OUR HEARTS FOR A MISSION OF MERCY”**

*We never cease to be in need of renewed conversion, deeper contemplation and greater love... Nothing unites us to God more than an act of mercy – for it is by mercy that the Lord forgives our sins and gives us the grace to practice acts of mercy in [God’s] name.*

—Pope Francis (2 June 2016)

This year’s Novena team—**Fr. Peter Henriot, S.J., Barbara Henderson and Corbin Johnson**—met the morning of Wednesday, January 6. Unbeknownst to us, we engaged in discerning the theme for this year’s retreat—**“Heal our Hearts for a Mission of Mercy”**— at the very time that rioters stormed our nation’s Capitol. Upon reflection, it seems as if our prayer for healing and mercy could not have been more timely or needed. This past year has revealed many crises in addition to the deadly divisions in our politics—in the areas of health, poverty, racism, our economy, ecology, and more. This past year we experienced deep loss, grief and suffering due to the pandemic. This is why we are called to not only receive God’s healing and mercy in our own hearts, but also to manifest them in the heart of the world.



For Pope Francis, the face of God is mercy. We can recognize God in the gifts of mercy — forgiveness, kindness and compassion—that God offers freely to us “loved sinners.” In the challenges of life, it is easy to forget, turn away from, or even harden our hearts to these daily gifts. The scriptures for this year’s Novena remind us to open our hearts instead to God’s mercy, a loving kindness that brings healing “like spring rains that water the earth.” (Hosea 6:3)

*[The online Novena] came this year at such an important time with the pandemic mandating isolation and adapting to a new way of life. The reflections by each presenter were stimulating and helpful. The reflection questions at the end of each session have given me food for thought for a long time, including seriously considering how my life could change in serving others.*

— Jim McGinley, Newcastle, WA (March 21, 2020)

Furthermore, as Fr. Peter Henriot, S.J. said, “A mission of mercy recognizes that we are not only to be recipients of grace and glory, but we are called to spread it to others.” And we don’t do this alone. As a body of the faithful, we are called to prayer and action together. So this Lent, we invite you to join our Novena of Grace, a nine-day Lenten retreat, open to persons of any spiritual

background. The Novena affords time for prayer, reflection, intercession, opening oneself to God’s Spirit, and experiencing the grace that transforms lives. We invite you to join this welcoming, faith-filled community to pray for our hearts to be healed for a mission of mercy — for an increase of dignity, hope, courage and justice in the world.

*Join us March 9-17, for one hour a day on any or all of the nine days. Join us on weekdays at 6:30 pm and/or Saturday/Sunday at 11:00 am PST for contemplative prayer services on Zoom (webinar format). **Can’t make the retreat in person?** Follow us online at [www.ignatiancenter.org/novenaofgrace](http://www.ignatiancenter.org/novenaofgrace) or at [www.facebook.com/ignatiancenter](https://www.facebook.com/ignatiancenter) for prayer resources, as well as recordings of each Novena prayer service. To learn more about the Novena retreat presenters, please see bios located on page 6.*

*Located at:*

St. Joseph Parish Center  
732 18th Ave E  
Seattle WA 98112  
(206) 329-4824  
[www.ignatiancenter.org](http://www.ignatiancenter.org)

## PETER FAVRE AWARD CELEBRATES TRICIA & STEVE TRAINER



The Peter Favre Award is given annually to a person(s) during our Local Harvest event in the fall. Peter Favre was one of St. Ignatius' original and closest companions. Because of his deep spirituality, his humility, and his ability to authentically dialogue with anyone, Favre is beloved by Jesuits, Pope Francis and us here at the ISC! His life exemplified ISC's core values of compassion, healing and justice. The Ignatian Spirituality Center bestows our Peter Favre award on people who also embody these values and inspire *others* to live them more fully.

**The 2020 Peter Favre award was awarded to Tricia and Steve Trainer.** Tricia and Steve have been tremendous supporters of Catholic and Jesuit endeavors throughout the Seattle region. Their support and their active

participation have provided energy and leadership in Ignatian spirituality for a number of Jesuit works and initiatives. Their commitment to social justice is evident in their long-time involvement with the Chief Seattle Club. Steve and Tricia remain active in SEEL and programs of the ISC.

### In Tricia and Steve's own words:

#### How has Ignatian spirituality been active in our lives?

Steve and I are grandparents. It pleases us to see our grandchildren, aged 4 to 10, practice the Examen around the dinner table. They often look back at their days, sharing "what was the best part of my day? what was the worst part of my day?" This nightly ritual brings their families closer. And it may allow them to reframe these simple questions someday to include a growing awareness of God's presence in their days.

In retirement, Tricia has had numerous health problems. One challenge for her is to believe deeply that she isn't a drag on Steve and her family, to believe that their love for her could be so unconditional. Tricia knows that they are stand-ins for believing that God loves her unconditionally, the very foundation of the Exercises.

Fortunately, Steve has his health; but he struggles daily to leave time for just being. His lists of things to do are different from when he was working, but they are relentless in keeping him busy — a good thing, but even a good thing can take a bad turn if practiced without discernment.

These basic premises of the Spiritual Exercises help us to follow Jesus more closely on our life journey. The Exercises have shaped us, bringing order to our disorder, offering us community for the long haul, and giving us hope in times of trouble.



## A SPIRITUALITY “TO HELP PEOPLE”

By Carla Orlando, *Spiritual Direction Services*

Howard Gray, S.J., recognized as a great teacher of Ignatian spirituality and who died in 2018, said that “spirituality is what liberates our energies in life so that we can help people.” Gray described spirituality as a tradition that builds on a very human experience. “It’s what you do every day. The only ‘Ignatian twist’ is to help people.” says Gray. “It begins with our first breath and ends with our last breath, a journey through life that teaches us how to cherish the world, what marks our lives as being important as a woman or man, and pass along the values to others.”

Ignatius of Loyola was drawn to the expression, “to help people.” After his many years, of study, trial, and error, Ignatius learned what the phrase meant, how best to help people and that we all have the power to help. Ignatius believed that what comes from God is helpful in moving us towards love or life. What is unhelpful and distracts us away from love or life, is not of God.

Ignatius believed in spiritual directors, those who are rooted in their power to help and can help us sift through the movements of our hearts, what moves us towards or away from God. According to Gray, Ignatian spiritual directors help us:

- ◆ **To know that God is love.** From the beginning of our life, we have had the power to believe, to hope, and to love. Spiritual direction helps us to look back at the specific moments of our spiritual story that taught us how to be loving and hopeful people.
- ◆ **To learn how love can enter into our lives in a basic way.** Spiritual direction can help us become more aware of loving in ways that give support and freedom. We reflect on our lives in order to identify and celebrate the people who defined us with their love.
- ◆ **To encounter some kind of reconciliation.** We sometimes come to spiritual direction to talk about how we’re angry at a relative, unhappy about where our life has gone, or struggling at being not as good as we could be. Spiritual direction can help us find a way of being at home with who we are in the world.
- ◆ **To receive education of the mind and the heart.** The way that God comes into our lives and connects our minds and hearts as people is what Gray calls the “ministry of the word”: preaching and teaching, personal counseling, spiritual direction, and conversation. Spiritual directors can help us look at the things that we hold dear, that bring our tears or make us laugh.

With a spiritual director, we can expect to be helped to grow more loving and hopeful as people. Spiritual directors help us reflect back on our spiritual stories and to celebrate the people and moments that have taught us about love. In spiritual direction, we can be helped in becoming more at peace in ourselves or at home with who we are in the world. Spiritual direction helps us discover the depths of our hearts and the movements that draw us away from and closer to God.

*For more information about Spiritual Direction Services, or to find a Spiritual Director for yourself, please contact Carla Orlando at [carla@ignatiancenter.org](mailto:carla@ignatiancenter.org).*

## 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](mailto:carla@ignatiancenter.org)  
(206) 329-4824  
[www.ignatiancenter.org/spiritual-  
direction](http://www.ignatiancenter.org/spiritual-direction)

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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)



## Discernment to Heal Myself & Transform the World

*A Morning of Reflection with  
Peter Henriot, S.J.*

As we begin a new year looking ahead to what life might be like after the pandemic, we find ourselves in a pivotal moment in history to re-imagine our society and to discern our part in it. Join presenter Peter Henriot, S.J. (internationally respected Jesuit researcher, speaker and writer on social justice, globalization and Africa) for a morning of reflection on using social analysis and Ignatian discernment to heal and transform ourselves, so that we can work for peace, justice and systemic change in the world. This morning of prayer, presentation, individual reflection and group conversation will be a time to name and ask for the graces we need to act on our faith, responding to God's invitation to work for justice.

*Saturday, February 27, 2021*

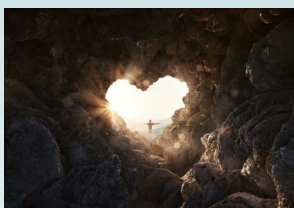
*9:30—11:45 am PST*

*Online via Zoom*

*Peter Henriot, S.J., presenter | John Hickman, facilitator*

*This will be followed by a second event on Discernment in May. If you would like to receive more information on this follow up event, please contact [andrea@ignatiancenter.org](mailto:andrea@ignatiancenter.org) or (206) 329-4824.*

## Novena of Grace: Heal our Hearts for a Mission of Mercy



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 contemplative prayer service. Discover a welcoming, supportive and faith-filled community where you can offer up your deepest desires in prayer and ask for God's graces of healing and mercy. For a Zoom webinar link, Novena resources and/or recordings, visit [www.ignatiancenter.org/novenaofgrace](http://www.ignatiancenter.org/novenaofgrace)

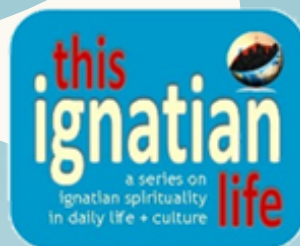
*Tuesday, March 9—Wednesday, March 17*

*Weekdays 6:30—7:30 pm PST*

*Saturday & Sunday 11:00 am—12:00 pm PST*

*Online via Zoom*

*Peter Henriot, SJ, Barbara Henderson,  
and Corbin Johnson, presenters*



## This Ignatian Life Series

We invite you to attend the second morning 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, we continue the theme of "Reimagining" - reimagining new paths forward through the complexities of 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.

### "Reimagining Care for Creation"

*Saturday, April 17 or 24, 2021 (TBD)*

*9:30 am—12:00 pm PST*

*Online via Zoom*

*Anna Johnson and co-presenter (TBD)*

*If you would like to receive more information on the exact date and / or be placed on a notification list for registration, please contact [andrea@ignatiancenter.org](mailto:andrea@ignatiancenter.org) or (206) 329-4824.*

## 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 19, 2021*

*9:00 am—3:00 pm PST*

*Online via Zoom*

*Jennifer Kelly, presenter*

## Summer Ignatian Retreat

Take the time this summer to rest, renew your soul, and soak in silence with this rich and meaningful Summer Ignatian Retreat. This retreat will offer morning prayer, stirring and relevant presentations based on the *Spiritual Exercises* of St. Ignatius, and abundant time for guided reflection and prayer.

One of the following options will be offered, depending on the COVID-19 health guidelines:

**EITHER a virtual 4-day retreat in everyday life:**

Monday, July 26—Thursday, July 29  
Online via Zoom

**OR a 3-day retreat in person:**

Friday, July 23—Sunday July 25  
Palisades Retreat Center, Federal Way

If you have questions about the retreat and/or would like to be placed on a notification list for registration, please contact [andrea@ignatiancenter.org](mailto:andrea@ignatiancenter.org) or (206) 329-4824.



For more information or to register for a program or retreat, visit [www.ignatiancenter.org/programs-retreats](http://www.ignatiancenter.org/programs-retreats)

**Questions?**

Email us at [info@ignatiancenter.org](mailto:info@ignatiancenter.org) or call (206) 329-4824



ISC Staff, Board, and Program Council members masked and socially distanced as they prepared to host the Local Harvest Virtual Benefit in support of the ISC. Thank you to all who participated and contributed!

*From left to right:*

*Fr. Ryan Rallanka, SJ, Kathy Collins, Rachel Ford, Matt Barmore, Stephanie Ragland, Andrea Fontana and Emily Jendzejec*

## UPDATES ON ISC CONNECTIONS WITH JESUITS WEST

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### JESUITS WEST COLLABORATIVE



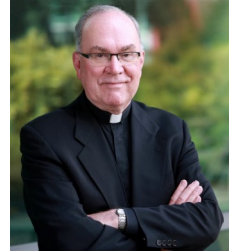
### ORGANIZING FOR RACIAL EQUITY

### Jesuits West CORE (Collaborative Organizing for Racial Equity)

Over the course of many months of deep listening, prayer and organizing among staff, faculty, students, alumni, and benefactors of Jesuit ministries in the West, Jesuits West Province has formed CORE (Collaborative Organizing for Racial Equity) as an initiative to address the root causes and impacts of racism in our faith/learning communities and beyond. The ISC, as a ministry of Jesuits West, is a proud collaborator in this initiative. Stay tuned for programming and opportunities to participate in this important work of faith and justice. Visit <https://www.jesuitswestcore.org/> to learn more about the toolkit and ways to act.

### Seattle University President Stephen V. Sundborg, S.J. to Retire

In 2020 Fr. Stephen Sundborg, S.J. announced he would be stepping down in June 2021 as president of Seattle University after 24 years of leading the Jesuit Catholic university. Fr. Steve has been a longtime friend and generous partner of the ISC, and we are grateful for his institutional support and collaboration over the years. In his departure, we welcome the university's first lay and Latino president, Eduardo M. Peñalver, who will begin his term in July 2021.



### Fr. Sean O. Carroll, S.J. Named Next Provincial for Jesuits West Province

The ISC would like to congratulate Fr. Sean O. Carroll, SJ who has been named the next provincial for Jesuits West Province. Fr. Carroll currently serves as the Executive Director of the Kino Border Initiative (KBI), which provides humanitarian assistance to migrants on the border of Arizona/Mexico (<https://www.kinoborderinitiative.org/>). The ISC is looking forward to welcoming Fr. Carroll as he leads the 10-state province beginning July 31, 2021, the Feast of St. Ignatius. We also give gratitude for Fr. Scott Santarosa, S.J., who has been a steadfast servant as provincial since 2014.

## NOVENA OF GRACE 2021 (cont.): MEET THE TEAM

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**Peter Henriot, SJ**, is a “Tacoma boy” and graduate of Bellarmine Prep. After joining the Jesuits and ordination, he worked at the Center of Concern in Washington, DC. In 1988, he transferred to the Zambia-Malawi Province to serve at the Jesuit Centre for Theological Reflection in Lusaka and the Loyola Jesuit Secondary School in Kasungu. Since returning to Tacoma in 2016, he has been the Director of Development for the Loyola Jesuit Secondary School in addition to serving as an ICE Detention Center chaplain, a SEEL spiritual director, and assisting in local parishes. Trained in political science, Fr. Pete’s work besides pastoral service has been in social justice, development and education.



**Barbara Henderson** is a graduate of Bellarmine Preparatory School in Tacoma and of Seattle University. She has a Master’s degree in Human Development. She worked in the criminal justice system for over twenty years, and was a librarian and Language Arts teacher at St. Therese Parish in Seattle. Most recently, she returned to her *alma mater*, Bellarmine Prep, to teach English and serve as Director of Diversity, Equity and Inclusion. She speaks in classrooms about cultural differences to raise students' awareness and help them find a reverence for each person. She considers herself a cultural custodian and carrier of Catholic faith.



**Corbin Johnson** is a Board and Program Council member for the Ignatian Spirituality Center. He is a student and educator at the University of Washington where his research is focused on understanding how being part of a social group affects our immune system. Corbin studied Irish language and literature and biological sciences at the University of Notre Dame and earned a Master’s degree in teaching from the University of Portland. Corbin's participation in events at the ISC, parish life at Saint Joseph Parish in Seattle, and the SEEL program have made Ignatian spirituality an essential part of his faith journey.

## A MOMENT TO PRAY:

### AN EXAMEN OF LIFE IN THE PANDEMIC

Adapted from Fr. Matthew Pyrc, S.J.'s presentation for *Gratitude, Grief, Grace and Grit: Four Examen's for Life Today* on October 13, 2020



#### INVITE GOD'S PRESENCE AND LIGHT

These have been difficult and trying times. Much has happened since March 2020. Our understanding of COVID-19 has grown and what we can and cannot do has changed too. In this Examen some strong feelings may come up. Know you are looking at them from God's eyes. If you aren't able to examine these feelings yet, that is OK. Just acknowledge their presence in you and present them to God. Ask God to give you the grace you need.

Begin by acknowledging God's presence...God who is always with us. Take a couple of slow deep breaths. If something is distracting your thoughts at the moment, imagine it going out with your breath. With a deep breath, inhale - imagine divine light filling you as you breathe in. As you exhale release any tension you may be holding. Ask God to give you insight, to let you see as God sees. Ask to see yourself with the "spiritual eyes" of God's love.



#### REVIEW WITH GRATITUDE

*Make a review of the past year noticing what you are thankful for.*

In the past year...have you experienced any pleasant surprises? Have you received any insights or learned something new? Perhaps you communicate with someone in a new or more meaningful manner?

Maybe you have had to juggle working, educating your children, and running your home; in that busyness has there been moments that have surprised you with joy? Or perhaps you live alone. When have you found grace in solitude?

Identify when in the last year you have felt peaceful or content, a moment or moments of love, of faith, or of hope. Tell God "thank you," and hold onto that grace, that consolation.

#### REVIEW THE CHALLENGES

*Feeling the consolations you just named, holding that grace, look at your last year again.*

In the past year was there a time when you were not your best self?

What has been difficult? What have you been struggling with?

Is there some hurt or pain you are holding on to?

If so, don't relive its details. Name it and give it to God. Tell God you are sorry for any harm you may have participated in.

Maybe there is a strong emotion residing in you. Can you name it? Don't judge it or over analyze it. Ask God what to do with it.

#### LOOK AHEAD

God, who is love, created us from love, with the purpose to love. Imagine God loving you. In reflecting on the review of your past year's joys and challenges...

Can you imagine how this loving God sees you?

What little promptings does your heart feel?

What graces do you need to live in the days ahead?

Ask God for the graces you need to enter tomorrow with.

Take a slow deep breath and return.

Reflect on your prayer experience by speaking to God/Jesus, journaling, etc...



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### What's Happening at ISC ...

- Peter Favre Award Celebrates Tricia & Steve Trainer
- Novena of Grace 2021
- Upcoming Programs
- A Moment to Pray: An Examen of Life in the Pandemic

The Ignatian Spirituality Center invites you to a

## NOVENA OF GRACE

A Lenten retreat in everyday life

*"Heal our Hearts  
for a Mission of Mercy"*



**Presenters:**

Fr. Peter Henriot, S.J.,  
Barbara Henderson,  
and Corbin Johnson

**March 9-17, 2021**

Attend any or all nine days  
Weekdays at 6:30 pm PST  
Sat & Sun at 11 am PST

For a Zoom webinar link & more information, visit  
[www.ignatiancenter.org/novenaofgrace](http://www.ignatiancenter.org/novenaofgrace)



# CLA

Contemplative  
Leaders  
in Action

Are you in your 20's or  
30's and searching  
for a community of  
peers who strive to be  
faith-filled leaders?



CLA is an Ignatian spirituality and leadership program for young adults (20's and 30's). Over a year and half, CLA participants are formed in **Ignatian spirituality**, practice the art of **Ignatian discernment**, and study Ignatian leadership.

*Applications are now being accepted for the  
2021-2023 cohort*

[www.contemplativeleaders.org/about-cla](http://www.contemplativeleaders.org/about-cla)

Sponsored by the Ignatian Spirituality Center