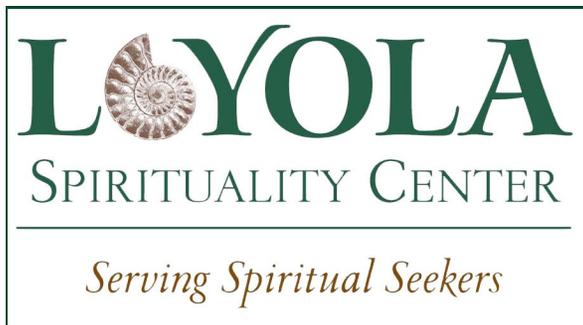


Loyola Newsletter

Spring 2017

- Spiritual Director Reflections
 - Practices to Consider
- Upcoming Events and Programs
 - News from the Staff

Loyola's 40th Anniversary Year



*Serving the Twin Cities Spiritual Community
1977-2017 and on...*

Our Mission

Loyola Spirituality Center is a community of spiritual directors grounded in the Ignatian tradition that invites spiritual seekers to listen and respond to the everyday presence of the Sacred.

Our Vision

As each person is awakened to the sacred in all life,
the world is transformed.

What is Spiritual Direction?

Spiritual direction is an ongoing relationship that gives us the time and space to notice our unique spiritual growth, the slow work of God, in our lives. When we take the time to explore and really listen, with a trusted companion, we open ourselves to wisdom, healing and growth.

Spiritual direction has been part of the Christian tradition since people sought the wisdom of the desert monastics in the 3rd and 4th centuries. Today, people from many spiritual traditions come to Loyola, as well as those from no tradition. We welcome all.

For more information:

Please visit our website: www.loyolaspiritualitycenter.org

Or contact Kristen Kidder our Office Manager at:

Email: info@loyolaspiritualitycenter.org Phone: 651-641-0008

Our Spiritual Directors:

Tom Allen.....651-641-0008 ext 20
JoAnn Campbell-Rice.....651-641-0008 ext 25
Joanne Dehmer SSND.....651-641-0008 ext 12
Mary Noble Garcia.....651-641-0008 ext 21
Liz Kerwin CSJ.....651-641-0008 ext 17
Barbara Leonard.....651-641-0008 ext 15
Nancy Loyd.....651-641-0008 ext 24
David Rothstein.....651-641-0008 ext 11
Rev. Karen Treat.....651-641-0008 ext 19
Kay Vander Vort.....651-641-0008 ext 14

**Find these blogs, along with others, written by
Loyola's Spiritual Directors on our website at:**

www.loyolaspiritualitycenter.org/blog

**“What can I bring to Spiritual Direction?”
by JoAnn Campbell-Rice**



At a recent poetry workshop with Naomi Shihab Nye, I became aware of what I love so much about this artist—she finds poetry everywhere, and she shares it enthusiastically with her audience.

It's enlivening being in her presence.

So too, as spiritual seekers, we can find the sacred in everything, and sharing the discoveries can be transformative...

**Springtime of the Soul
by Liz Kerwin**



Lent is called the Springtime of the Soul and although Lent is over, spring is just getting a good start. In spring we experience increasing light. Plants and trees are beginning to sprout with new life. We think of planting seeds. We also might think of spring housecleaning.

What does any of this have to do with our soul? ...

“Cultivating Joy” by Nancy Loyd



I have been thinking a lot about joy lately. Specifically, how to cultivate joy in a time in history that I find to be at best uncertain, and at worst, terrifying. I believe the world needs each of us to intentionally cultivate joy in order to not just survive, but to be able to stand firm into a chaotic time. In The Book of Joy, Archbishop Desmond Tutu states, “Joy is much bigger than happiness....”

“Christ Comes in a Time of Division”

by David Rothstein



Yesterday a Muslim teen on a New York subway train was verbally attacked by 3 white men. . .

No one on the train said a word as this happened. .

. . As a Christian, I stand with Jesus who in his own life learned that the Kingdom of God must of course be wide and inclusive. He accepted the outsider and sinner, the Canaanite woman, the lepers, the Roman soldier, tax collector, harlot, thief, and yes, the Samaritan who stopped to help a man who was beaten and robbed...

Have you considered Group Spiritual Direction?

In group spiritual direction, 3-5 people, along with a spiritual director, gather together to companion one another in an ongoing awareness of God in their lives. As they gather on a regular basis, they seek and find support for their responsiveness to God.

Group process includes prayerful listening and response. This requires a more contemplative approach toward oneself, God and each other. Each is given time to share their own story and time to respond to the other. It is not a time for giving advice but to listen to the Holy Spirit and what God may be intending.

Group spiritual direction is a very sacred the time. In the presence of others, we become more open to our own spiritual journey. It is encouraging to recognize we are not alone in our journey. We are together with God and with one another. A blessing for all.

Contact **Karen Treat** if you are interested
in joining a spiritual direction group:

karen@loyolaspiritualitycenter.org 651-641-0008

Jubilee: A Season Of Celebration

By Joanne Dehmer, SSND



In the book of Leviticus, a Jubilee year is mentioned every 50th year. It was a time of joy, a time to reflect on the past and celebrate God's presence. The tradition of celebrating Jubilees grew in Christianity and today we as women religious celebrate Jubilees at significant times such as 25, 50, 65 years of vowed life in community. Jubilees are Anniversaries. This year, Liz Kerwin celebrates her 65th Jubilee and I am celebrating my 50th Jubilee. I was invited to reflect in writing about my 50th Jubilee. As I share with you my story, you might reflect on your own story, and ask yourself:

What is the anniversary I celebrate?

What is my story of call?

I am a native Minnesotan, having grown up in a small rural town, St. Michael. My twin brother and I are the youngest in a family of six children. Living a faithful and loving life was important in our family. As a child I enjoyed the many aspects of my life. In approaching my young adult years I considered more seriously a life of service. As time passed, my desire to commit my life in service in the Church deepened in me. I discerned if this would be in marriage or religious life. Through my years of dating and falling in love, the call remained. Then after much prayer and dialogue my discernment led me to enter the community without ever expecting the personal growth and deepening of my faith and the wide ranging pastoral experiences in parishes and retreat settings that would be mine.

My community saw in me and called forth in me gifts that I had not known. I was given an education and skills needed for each ministry to which I have been called, as teacher, pastoral care director, and spiritual director. Being creative, imaginative and artistic are important to me as a part of all ministry. For over forty years I have been engaged in spiritual direction ministry, and am currently serving at Loyola Spirituality Center where I have been for over twenty years.

I remain grateful for the experiences and relationships I have as I journey with individuals and families living with illness and facing end of life questions, struggling to find hope and meaning, discerning major life decisions, grieving the loss of a loved one or broken relationship, desiring to deepen their awareness of the Holy, of God in their life—these profound encounters touch my life and have helped me to grow.

Living a vowed life in a faith community has blessed me and deepened all that I am and all that I do. I have learned in community that God is the center of my life, that there is gift in diversity and the sharing of life and ministry. As our document states, “community is a giving and a receiving of love and respect, a living together in trust, openness, sincerity, and forgiveness.” “Our community, like every Christian community, is missionary. We are called and sent to deepen communion with God and among people wherever we are—in every place, in every time, in every situation.”

With all my heart I am forever grateful for my community, the School Sisters of Notre Dame, for calling forth from me more than I could have ever asked or imagined.

STAFF NEWS:

- *Congratulations to **Joanne Dehmer** and **Liz Kerwin** on their Jubilee Celebrations! (see article above)*
- *Welcome back to our Office Manager, **Kristen Kidder**! She says “Thank You, Thank You, Thank You” for all the support and prayers sent her way during her recent leave to care for her husband who underwent a successful stem cell transplant at the Mayo Clinic in March.*
- *Thank you and farewell to our temporary Office Assistant, **Whitney Heesch**, who did a great job keeping things in order while Kristen was away!*

The Contemplative Practice of Centering Prayer

Thomas Merton, Thomas Keating, and John Main—well known Christian contemplatives—recognized meditation not as a newfangled innovation, let alone the grafting onto Christianity of an Eastern practice, but rather, as something that had originally been at the very center of Christian practice and had become lost.

It could be said that in Centering Prayer your intention is "to be totally open to God:" totally available, all the way down to that innermost point of your being; deeper than your thinking, feelings, memories, and desires.

The practice of Centering Prayer as taught by Thomas Keating is here offered as a simplified practice by Cynthia Bourgeault. Try it and stay with it for a while!

1. Choose a sacred word as a symbol of your intention to consent to God's presence and action within.

2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.

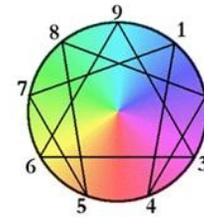
3. When engaged with your thoughts (including body sensations, feelings, images, and reflections), return ever so gently to the sacred word.

4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

EVENTS AND PROGRAMS:

October 21, 2017:
9:00 am—3:30 pm

ENNEAGRAM BASICS WORKSHOP
with Kay Vander Vort



The Enneagram is a system of thought which combines psychology and spirituality for the purpose of personal transformation. The Enneagram points directly to our unhealthy and destructive life responses while providing ways of changing thinking and behaving to achieve better balance. Studying the Enneagram leads to the understanding and acceptance of others, and improved relationships with family, friends, and co-workers. *You may find it particularly helpful in deepening understanding and communication with your partner or spouse.*

Register online at www.loyolaspirtualitycenter.org - or call 651-641-0008

November 10-11, 2017
Friday 6:30 pm
—Saturday 4:00 pm

A TIME TO REMEMBER: A Retreat for Women whose Mothers have Died
with Sister Joanne Dehmer SSND



"We mourn the death of our mother all the days of our life." Whether our mother died this year or thirty years ago, we grieve. Some of us grieve what we had and some of us grieve what never was in our relationship with our mother. This retreat offers women an opportunity to explore the significance of mother loss.

To discuss registration,
please call Joanne Dehmer at 651-641-0008 ext 3

November 12-17, 2017

PRIESTS RETREAT

Sunday 7:30 pm
Through brunch Friday



This retreat for priests and deacons has evolved over the years to meet the need for both silent reflection, prayer, conversation and community. It includes morning prayer with a reflective conference, evening prayer, and Liturgy and a centering prayer session each day. There is conversation at noon and evening meals, the rest of the time is silent.

Register online at www.loyolaspirtualitycenter.org
Or call 651-641-0008