

BELLARMINE BROADCAST



news, stories, and photos from Bellarmine Jesuit Retreat House

SUMMER 2016, VOLUME 52, NO. 2



What is Ignatian Spirituality?

By Ministry Team Member,
Fr. Michael Sparough, SJ

There are lots of answers to the question: *What is Ignatian Spirituality?* I'll summarize ten key points from a great online source: IgnatianSpirituality.com.

1. It begins with a wounded soldier daydreaming on his sickbed. Ignatian Spirituality is the pathway to holiness as taught by St. Ignatius Loyola (1491-1556). He was a Spanish soldier, wounded in battle, who began to learn in his convalescence how to pay attention to his interior experience. This continued throughout his lifetime. His *Spiritual Exercises*, his autobiography, the *Constitutions of the Society of Jesus*, and his voluminous correspondence are the primary documents that we have for understanding his experience of God.

2. "The world is charged with the grandeur of God." Jesuit poet Gerard Manley Hopkins captures well the spirit of Ignatius. God is constantly at work within the world. Nothing is profane, but all reality has the potential for revealing God's grace for those who have eyes to see and ears to hear.

3. It's about call and response. God calls us, and our task is to respond. It's like the sheep recognizing the voice of the shepherd and following where he leads. Ignatius teaches us how to discern the voice of the One Shepherd from the voice of the wolf, however disguised that thief is.

4. "The heart has its reasons of which the mind knows nothing." Ignatius is at once extremely organized and systematic but at the same time imaginative and affective. It's a spirituality that integrates head and heart, reason and emotion, analysis and imagination.

5. Free at last. Everything in this life is a means to one end – deeper union with God. That's the foundation. We live a "Purpose Driven Life." The *Spiritual Exercises* help us grow in the interior freedom to know what to hold on to and what to let go.

6. "Sum up at night what thou hast done by day." The go-to essential daily prayer for Ignatius is *The Examen*. It's taking 15 minutes once or twice a day to reflect on our choices: What's brought me closer to the Lord? What's pulled me away? Practiced faithfully, it leads to great spiritual growth.



7. A practical spirituality. Pope Francis' recent apostolic discourse on the family is rooted in a very Ignatian approach to spirituality. One size doesn't fit all. We need to respect that God is at work differently through a person's individual, unique experience.

8. Don't do it alone. Ignatius gathered companions around him, and they worked together toward common goals. Even our deep interior experience does well to be submitted to a spiritual director or religious superior for confirmation. The goal is not simply individual sanctification but collaboration in the great Mission of Christ.

9. "Contemplatives in action." In our active engagement in the world, we strive to discover the presence of Christ in the face of a child or at the end of a telescope contemplating the expanse of the universe. Our contemplation doesn't separate us from the world but helps us engage in it. And our engagement draws us back to contemplation and reflection on our experience. This is the Ignatian paradigm.

10. "Men and women for others." This is who we are called to become - as Father Arrupe, a former Superior General of the Jesuits, put it. Ignatius taught us to pray to keep growing in generosity, asking: "What have I done for Christ? What am I doing for Christ? What will I do for Christ?" ✠



Finding God in All Things

By Development Director,
Kathy Caudill

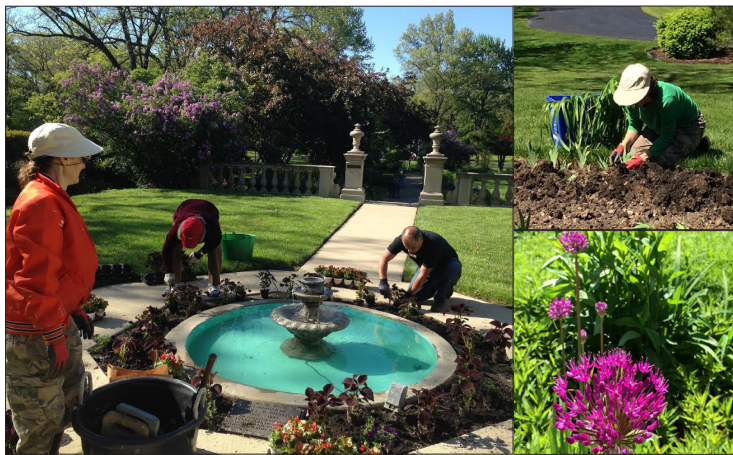
Ignatian Spirituality calls us to “find God in all things.” This past April provided me with profound examples of finding God in my life.

In early April, I participated in my first Ignatian silent retreat, where I communicated with God in new ways, enjoyed the beautiful flowering trees, watched birds soar to the heavens, and felt the incredible power of God’s love and grace. Thank you, God!

I also celebrated another birthday and learned that my oldest son successfully passed a professional licensing exam. Thank you, Jesus!

Two weeks later, my father’s long battle with Parkinson’s disease came to an end. It was my honor and privilege to help care for him in his final days and to celebrate his life at his funeral Mass. I felt lifted up by the powerful prayers of many – the Jesuits and staff here at Bellarmine, the women in my Bible study group, my fellow Benedictine Oblates, and many friends and colleagues. Thank you, Holy Spirit!

It is still difficult to believe that all these things happened in less than one month’s time. But was God present in each of these life experiences? Absolutely! In the words of St. Ignatius, I am “stirred to profound gratitude.” ✕



Volunteers give of their time and talent on Gardening Day, May 13, 2016

Help Us Care for God's Creation!

Join our Merry Gardeners on September 26 for another Gardening Day! Help beautify the gardens and join us for Mass and lunch. Please RSVP online at www.jesuitretreat.org or call 847-381-1261. ✕

Another Way to Support Bellarmine

Did you know you can donate to Bellarmine Jesuit Retreat House with a monthly online gift? This secured transaction, with a monthly minimum gift of \$10 or more, can be drawn on your credit card on the 1st or the 15th of the month. You decide how many months you wish to give and at what level of giving.

Your gift helps make it possible for Bellarmine to continue to provide a variety of retreats and contemporary programs grounded in Ignatian Spirituality. Visit www.jesuitretreat.org/make-a-gift or contact our office at 847-381-1261. We are happy to help you set up a recurring gift. Thank you for all that you do for Bellarmine. ✕



Continuing Your Retreat at Home

By Associate Director,
Erin Maiorca

St. Ignatius calls us to become "contemplatives in action." Clearly, many of us seek ways to do so, as our retreatants' survey responses often include this comment: "Help me bring my retreat experience back into my daily life."

One of the ways we are working to meet this need is by offering a prayer app. We hope this app will help you integrate your retreat into your daily life so you can continuously draw from the well of retreat peace. This app will feature:

1. A daily image to invite you into prayer
2. The daily Scripture reading along with an Ignatian reflection and prayer
3. The Examen
4. Pope Francis' prayers/videos
5. A portal to send us prayer requests
6. Virtual prayer cards

This can help us to continue a regular practice of prayer, gratitude, and recognizing what is drawing us closer to God. We can then recognize the call and respond - engaging in that which God is calling us to be and do.

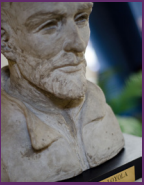
We expect the app will be available to download starting this fall. There will be more details to follow the next time you are at Bellarmine. Speaking of your next trip to Bellarmine, I hope you have received your Program Guide, selected your next retreat(s), and invited friends! ✕

On the Board of Directors

Thank you to the dedicated men and women who serve on the Board of Directors for Bellarmine Jesuit Retreat House:

John Kurkowski, Chair
Marjorie Beane, Vice Chair
Rev. Jeremiah Boland
Eugene Croisant
Charles Foos
Patricia Furgat
David Goelzer
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Rev. Christopher Manahan, SJ
David Meagher
J. Pablo Padilla
Timothy Reuland
Federico Salazar
Grant Shumway
Rev. Robert Wild, SJ

We thank outgoing members, Kana Henning and Rev. Robert Heinz, for their years of service on the Board. ✠



St. Ignatius Says...

"They should practice the seeking of God's presence in all things, in their conversations, their walks, in all that they see, taste, hear, understand, in all their actions, since His Divine Majesty is truly in all things by His presence, power, and essence."

In Memoriam

through July 7, 2016

We remember our deceased retreatants, their spouses, and loved ones.

Charles N. Ackley - 6/27/2015
Leo M. Ardaugh - 8/7/2015
Helen Bencur - 2/26/2016
Joseph V. Bussone - 6/14/2016
Eugene P. Canning - 4/10/2016
Jack A. Carrigan - 2/20/2016
Edith Corrado - 1/19/2016
Lawrence W. Danyluk - 2/21/2016
George De Roeck - 3/16/2015
Ronald E. Feltz - 4/19/2015
Donald R. Finger - 12/16/2015
Millie Gorman - 7/16/2015
Robert A. Gorman - 6/11/2015
Susan J. Hanson - 3/8/2016
Ruth Hughes - 2/8/2016
Raymond L. Kleppe - 12/13/2015
Adam Kokot - 4/15/2016
Paul F. Linn - 9/24/2015
Lucille Madsen - 6/5/2016
Mary Helen McCarthy - 3/9/2016
Janet P. McGurn - 4/7/2016
Mary Pabst - 4/18/2016
Paul J. Pasko - 3/21/2015
Gilbert Redelman - 2/25/2016
James J. Savage - 5/2016
Carl A. Strasser - 4/16/2015
Francis E. White - 6/25/2015
Norbert P. Wojdyla - 7/6/2015

Please let us know of other retreatants and loved ones who have passed away so that we may join you in prayer for the repose of their souls.

Thank You, Retreat Captains!

We would like to thank the following retiring Captains for their years of service to Bellarmine:

Phyllis Burns - Catholic Cemeteries
Jack Cullen - Red Mooney
Frank DePaul - KC-Maria Council (Park Ridge)
Deacon Peery Duderstadt - Our Lady of the Brook
Nancy Herr - St. Anne (Barrington)
Dennis Johnson - Holy Name Cathedral
Jennifer Kramer - Lighthouse Women's Group
Bob Miller - Mazzuchelli's Men

Join us in welcoming the following individuals who will be new Captains for the 2016-2017 retreat season:

John Batzel - KC-Maria Council (Park Ridge)
Jerry Black - St. Peter's (Geneva)
Timothy Casey - St. Mary (Lake Forest)

New Retreat Captains (*continued*):

Sandy Ekern - St. Mary of Vernon (Vernon Hills)
Matt Fleming - Red Mooney
Deb Guy - Sacred Heart (Winnetka)
Rich Keefe - Four Shepherds
Joseph Klop - St. Alphonsus
Don Knapp - Queen of All Saints (Chicago)
Joseph Langenderfer - Toledo St. John's Alumni
Margie Lee - St. Mary of Vernon (Vernon Hills)
Letty Madrigal
Steve Marietti
Mike O'Leary - KC-Barrington
Stephen Parker - St. Joseph's CRHP (Libertyville)
Miriam Preussner - St. Mary of Vernon (Vernon Hills)
Lolita Ranchoero
Karen Stuefen
Elizabeth Weinberg - Holy Cross (Batavia)

2016-2017 RETREATS AND SPIRITUALITY PROGRAMS

= MEN ONLY
 = WOMEN ONLY
 = MEN & WOMEN

Sept 9-11	Matt Carpenter Men's Weekend Retreat	Fr. Michael Sparough, SJ
Sept 16-18	Men's Weekend Retreat	Fr. Robert Flack, SJ Updated!
Sept 19	Women's Evening of Reflection	Mary McKeon
Sept 23-25	Men's Weekend Retreat	Fr. David Shields, SJ
Sept 30 - Oct 2	Women's Weekend Retreat	Fr. David Shields, SJ
Oct 4-6	Women's Midweek Retreat	Mary McKeon
Oct 7-9	Men's Weekend Retreat	Fr. John Foley, SJ
Oct 11	Women's Day of Reflection	Mary McKeon
Oct 14-16	Men's Bill W Weekend Retreat	Fr. Kevin Ballard, SJ
Oct 28-30	Men's Weekend Retreat	Fr. Doug Leonhardt, SJ
Oct 30	"Coming Home" Retreat for Veterans & their Families	Veterans Committee
Nov 4-6	Women's Bill W Weekend Retreat	Fr. Tim Meier, SJ
Nov 7	Men & Women's Day of Reflection: <i>Transforming Grief</i>	Fr. Paul Macke, SJ & Mary McKeon
Nov 11-13	Men's Bill W Weekend Retreat	Fr. Tim Meier, SJ
Nov 17-20	Men & Women's 4-Day Retreat	Fr. Larry Gillick, SJ
Dec 2-4	Men's Weekend Retreat	Fr. J.J. O'Leary, SJ Updated!
Dec 9-11	Men's Bill W Weekend Retreat	Fr. Kevin Ballard, SJ
Dec 12	Men & Women's Advent Day of Reflection	Mary McKeon & Fr. Michael Sparough, SJ
Jan 6-8, 2017	Four Shepherds Men's Weekend Retreat	Fr. Michael Sparough, SJ
Jan 13-15	Men's Weekend Retreat	Fr. David Meconi, SJ
Jan 16	Men & Women's Day of Reflection: <i>Discernment</i>	Fr. Michael Sparough, SJ
Jan 20-22	Men's Weekend Retreat	Fr. Doug Leonhardt, SJ
Jan 27-29	Roche/Zera Weekend Retreat	Fr. Jim Kubicki, SJ
Feb 3-5	Men's Weekend Retreat	Fr. Keith Muccino, SJ
Feb 17-19	Men's Weekend Retreat	Fr. Paul Mueller, SJ (<i>tentative</i>)
Feb 24-26	Men's Weekend Retreat	Fr. David Meconi, SJ
Feb 26	"Coming Home" Retreat for Veterans & their Families	Veterans Committee
Mar 1	Men & Women's Ash Wednesday Evening of Reflection	Mary McKeon
Mar 2-5	Men & Women's 4-Day Retreat	Fr. Michael Sparough, SJ
Mar 10-12	Friends & Family of Bill W Weekend Retreat	Sr. Cathy Cahill, OSF
March 13	Men & Women's Lenten Day of Reflection	Fr. Rick McGurn, SJ
Mar 24-26	Mothers & Daughters Weekend Retreat	Mary McKeon & Catherine Palenik
Mar 31-Apr 2	Men & Women's Weekend Retreat	Fr. Kevin Kersten, SJ
Apr 7-9	Palm Sunday Men's Weekend Retreat	Fr. Jim Kubicki, SJ
Apr 12	Women's Evening of Reflection	Mary McKeon
Apr 13-15	Men & Women's Holy Week Retreat	Fr. Kevin Kersten, SJ
Apr 22	Couples' Candlelight Dinner & Evening of Reflection	<i>To Be Determined</i>
Apr 23	Men & Women's Hispanic Day of Prayer	Fr. Kevin Flaherty, SJ
Apr 28-30	Sacramentally Married Couples' Weekend Retreat	Dr. Terry Nelson-Johnson
May 5-7	Women's Weekend Retreat	Fr. David Shields, SJ
May 16	Women's Day of Reflection	Mary McKeon
May 21	"Coming Home" Retreat for Veterans & their Families	Veterans Committee
June 19-26	Individually Directed Retreat	Multiple Directors New Dates!
July 13-21	Individually Directed Retreat	Multiple Directors

The Examen

Take a moment to reflect on your day with The Examen:

- ✘ I quiet my mind and my heart for prayer. I believe in God's presence with me...
- ✘ I offer gratitude to God for the blessings of the day and begin by savoring my gifts.
- ✘ I review the events of the day, noticing the feelings that surface: my hopes, fears, regrets, joys, and sorrows.
- ✘ I pray from the feelings that surface: talking to God as a friend, listening with my heart for God's response of love.
- ✘ I look forward in hope, asking for the grace to better serve God.
- ✘ Conclude by praying, "Our Father..."

An Excerpt from Pope Francis' *Care for Our Common Home*

"We are speaking of an attitude of the heart, one which approaches life with serene attentiveness, which is capable of being fully present to someone without thinking of what comes next, which accepts each moment as a gift from God to be lived to the full." ✘



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