

VOL. 2 ISSUE 4 · FALL 2023

# THE IGNACIANO

Official Newsletter of the Loyola Institute for Spirituality

## Letter from the Director

Dear Friends,

Over the years I've found myself pulled out of my comfort zone when challenged to find God in all things. Knowing that God is always first to love and to serve me through his gifts of Eucharist, family, friends, and faith drives me to step out again and again to find that "in all things" I can love and serve God too. David L. Fleming, SJ's Ignatian retreat booklet, *What More Can I Do?* invites us to explore ways we can follow Jesus in all things and with love. This question is asked by someone who is in love, leaning in and asking, "How can I better love you?" What more can you and I do for the One who loves and serves us first?

We don't have to be ready to respond, just willing to be available for the call. One of many consoling nuggets from Fleming's work is simple, yet profound -- "Jesus calls or invites the disciples to 'come and see' not 'clean up your act before following me.'" What a gift that Jesus meets us where we are! My prayer is that we each "come and see" what God is inviting us to and that as we follow Jesus' lead, we'll be able to let go of anything blocking our will to love deeper and faithfully serve.

Your Sister in Christ,

  
Lori Stanley

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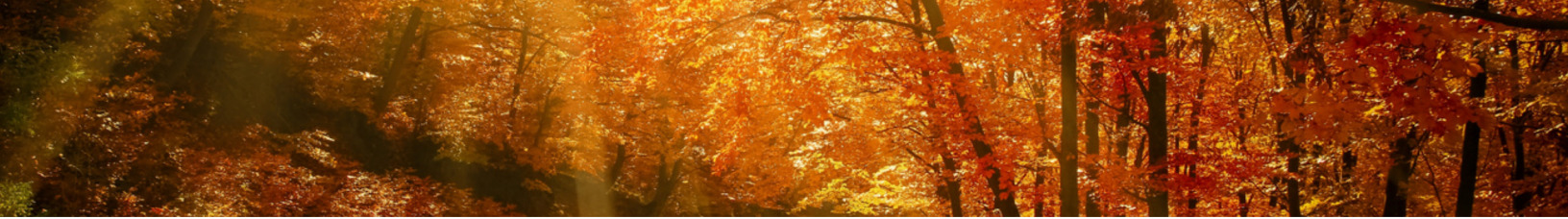
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# Associates Spotlight

ANGELA PHAN

## How did you first hear about LIS and Ignatian spirituality?

In 1989 I was in a refugee camp in the Philippines for 3 years and it was there that I first heard about St. Ignatius and Ignatian spirituality. The spiritual director at the camp was a Jesuit priest who led us through an abbreviated format of the Spiritual Exercises. In 2017 I did Lightworks Spiritual Exercises which increased my desire to go deeper in my relationship with God. I opted to pray about when I should go on because I wanted to wait for the right time. After two years had passed, I was invited to experience the Spiritual Exercises at LIS and I said, “yes”.



## What is your current occupation?

I am an accountant at Cal State University Dominguez Hills.

## Is there a ministry or organization that you affiliate with and why?

I am a member of the Christian Life Community Đông Hanh and active in the Vietnamese community at St. Catherine’s in Torrance, CA as a catechist. I experience familial support to grow in relationship with God and am able to practice Ignatian spirituality together. Because I want to give back to God what God has given to me, I serve my parish as a catechist.

## How has Ignatian spirituality impacted your relationships with God, self, and others?

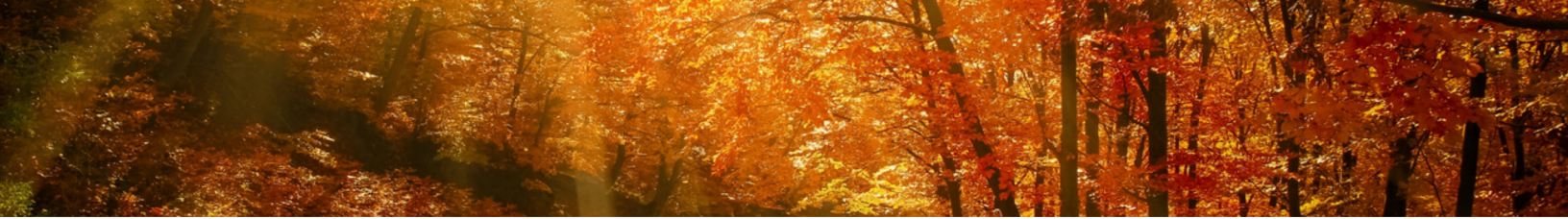
I really love the way St. Ignatius invites us to use imagination while praying. I believe through this prayer practice God has become everything to me: my father, my teacher, my big brother, my friend and my lover. Through the imagination I feel and know that both God and I yearn for each other. I love and respect him and this love now manifests itself by flowing through me and toward serving others. I try to be a better version of myself so I don’t make God cry.

## What is your favorite book, podcast, or movie?

My favorite book is *Meditazioni sulla sabia* by Alessandro Pronzato.

## What are your hobbies?

I enjoy writing and hiking.



## Associates Spotlight cont'd

AIDA OCAMPO

### How did you first hear about LIS and Ignatian spirituality?

I first heard about Ignatian spirituality in 2016 when my husband invited me to participate in one of the programs at LIS.

### What is your current occupation?

I am an interpreter for a school district in Orange County.

### Is there any ministry or organization that you affiliate with and why?

I have been involved with the Loyola Institute for Spirituality supporting some of their projects for the past 3 years. I am also a member of several groups such as a couples' group, an intercession ministry via Zoom, and an online contemplation ministry.

### How has Ignatian spirituality impacted your relationship with God, self, and others?

Ignatian Spirituality has brought me closer to God, I no longer feel Him as a distant supreme being, but as someone very close who loves me unconditionally and in whom I can trust because I know that He always gives me what is best for me and what brings me closer to Him.

My relationship with myself has changed significantly. I feel that I have learned to know myself better and to identify my defects and my qualities. I also reflect on my day-to-day behaviors and work more diligently on changing my weaknesses into virtues. In this way I feel that I am pleasing God and that I am giving back in a measure what I have received from Him. Finally, I practice gratitude much more frequently and find myself most of the time rejoicing in God.

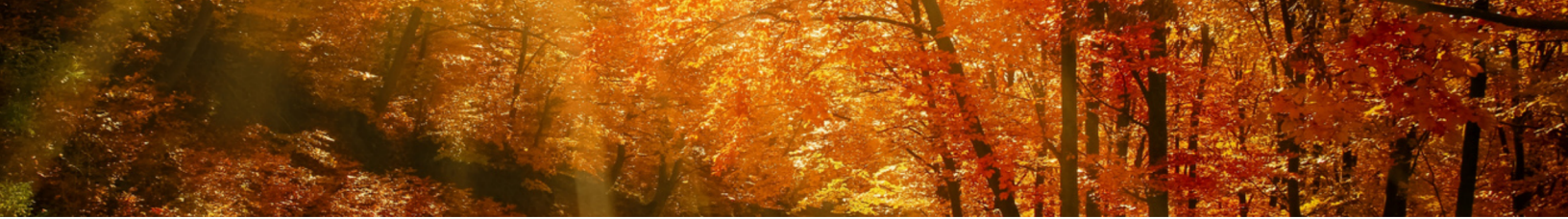
My relationship with others has changed positively because I try to be more patient and put myself in other people's shoes. I also try to judge others less and recognize their qualities and give positive comments; remembering the great teaching that St. Ignatius of Loyola left us "In all things love and serve".

### What is your favorite book, podcast or movie?

My favorite book is "Knight in Rusty Armor" by Robert Fisher and my favorite movie is "The Notebook".

### What are your hobbies?

Spending time with my family and friends, playing chess or board games, taking care of plants.



## LIS around town...

It has been a busy time at LIS! In July, Lori attended the National Black Catholic Congress in Maryland – “Write the Vision: A Prophetic Call to Thrive”. The congress invited all to celebrate the Catholic faith with vibrant synodality to witness the loving Providence of God. The event included friends and partners of LIS like Honorene Uwimana and Daryl Grigsby, and Bob Hurteau and Michael Howard from the Center for Religion and Spirituality at LMU.



In early September, we were invited to witness the grand opening of the new state-of-the-art campus of St. Jeanne de Lestonnac High School in Temecula. The Sisters of the Company of Mary opened the college preparatory school in 2018 with a dream to expand and offer a well-rounded learning space. This accomplishment also coincides with the 75th anniversary of the canonization of Saint Jeanne de Lestonnac in 2024. Congratulations Sisters and thank you for your dedication to education!

Last but not least, LIS participated for the first time ever in Homeboy Industries 14th Annual 5k Run/Walk. What an exhilarating event to share with fellow Jesuit ministries, colleagues, and Associates! Fr. G and all the wonderful people of Homeboy and Homegirl Cafe did not disappoint in delivering a fun-filled, beautifully mapped course, and post-race celebration. Until next year!

## Saturday Series



If you haven't already heard, LIS is on site and in person every first Saturday of the month through June (except May).

Whether you are new to LIS or a longstanding friend, stop by to say hello during a morning social. Grab a cup of coffee and pastry, walk the beautiful grounds, or stay to participate in a workshop. We want to connect with you!

For more information, please visit our website or keep your eyes open for our “Upcoming Events” every first of the month.



Save the date and prepare to celebrate!

LOYOLA INSTITUTE FOR SPIRITUALITY



Something exciting is brewing...

it's in a new month and at a new time - 9:00 am.

You won't want to miss it!

More information coming soon.



Giving Tuesday is a day dedicated to charitable giving - a day that encourages people to do good and unleashes the power of radical generosity around the world. This Giving Tuesday, Loyola Institute for Spirituality will host an electronic giving campaign via our website, Facebook, Instagram, and LinkedIn. Please share our campaign with your friends and family and help us reach our goal of \$5,000! With a matching grant from our Board of Directors, your impact can be doubled this Giving Tuesday. Every donation is greatly appreciated, and no amount is too small.

As a thank you to the members of our community, LIS will also have a gift for YOU this Giving Tuesday! Be sure to check us out online.

[www.loyolainstitute.org](http://www.loyolainstitute.org).

## Ignatian Corner

A ministry of Loyola Press, 3-Minute Retreat invites people of faith to experience a few minutes of reflection each day, whether on your computer or smartphone. It is available online in both English and Spanish, as well as via an app through both the App Store and Google Play. Knowing that not everyone prays at the same pace, you have control over the pace of the retreat, including whether or not you want to pray with reflective music or in silence. Check it out!

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/>



3 minute  
RETREAT