

THE IGNACIANO

OFFICIAL NEWSLETTER OF THE LOYOLA INSTITUTE FOR SPIRITUALITY
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REFLECTIONS FROM THE DIRECTOR

Dear Friends of Loyola Institute for Spirituality,

We give thanks for you! Your prayers, generosity, and partnership make it possible for us to offer the transformative gift of Ignatian spirituality to all. At the heart of Ignatian spirituality is the invitation to discern God's call in each moment. As you reflect on your own journey, ask yourself: What is God inviting me to next? Together, let us continue to move beyond simply living—to becoming who God calls each of us to be.

Thank you for believing in our mission. Your ongoing gifts provide essential resources to continue our work.

In gratitude,



Lori Stanley
Executive Director

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SETTING CAPTIVES FREE: RACISM AND GOD'S LIBERATING GRACE



Introducing a new LIS retreat offered via zoom this spring Mondays, February 23, March 2, 9, 16, 23 (7pm - 8:30pm PT)

What makes Setting Captives Free unique?

Drawn from the Spiritual Exercises of St. Ignatius of Loyola, this retreat is designed to invite the retreatant to recognize and explore God's unconditional love; God's revelation of how the retreatant has been influenced by sinful social structures that support and express racism and the harm caused by these structures; humility and contrition for the retreatant's known or unknown participation in harmful social structures; and God's ongoing transformation, wisdom, and liberation of the retreatant.

How did this retreat come about?

In the summer of 2020, ministers of Ignatian spirituality from Jesuit apostolates in the Washington, DC area sought to explore systemic racism. They knew from experience that Ignatian spirituality could tackle difficult topics. They wondered if the spirituality that they loved and practiced could help them and others uncover areas of complicity with unjust social structures, help them grow in interior freedom, and, with God's grace, open them to transformation.

Hovering in the background were the Society of Jesus' invitations to conversion that are encapsulated in the Universal Apostolic Preferences (UAPs). The UAPs encourage Jesuits and their colleagues "to experience secular society as a sign of the times" and to walk with "those whose dignity has been violated, in a mission of reconciliation and justice."

The Setting Captives Free retreat incorporates these UAPs while drawing from a 500-year-old tradition of pointing a way to God through discernment and the Spiritual Exercises of St. Ignatius.

LIS is honored to offer this retreat originating from the discernment of Washington Area Ministers of Ignatian Spirituality (WAMIS).

What sort of time commitment is this retreat?

Retreatants and facilitators will meet for 90 minutes for 6 Mondays via Zoom. Retreatants should plan to devote 30 minutes for prayer and journaling each day during the retreat.

What have past retreatants said about this retreat?

"I feel invited into a journey that will continue. I feel more able to look without defensiveness at how racism ... lives in me and the structures I live in and perpetuate."

"I have [participated in other activities to help me recognize racist attitudes], and this retreat's focus on scripture and Ignatian spiritual principles was a new and fruitful structure for my going deeper into my complicity with ... racism."

When can I sign up?

Registration is now open. Register here: <https://www.loyolainstitute.org/setting-captives-free>

CONTEMPLATIVES IN ACTION!

LOYOLA INSTITUTE FOR SPIRITUALITY IN THE WORLD



IGNATIUS DAY GATHERING 2025



RETREAT FOR LMU CAMPUS MINISTRY TEAM



ART AND SPIRITUALITY RETREAT

UPCOMING EVENTS

**NOV
06**

Ignatian Discernment 3-week course with Gretchen Crowder (online)

**NOV
14**

Women's Retreat Weekend at Vina de Lestonnac Retreat Center

**NOV
19**

Companions on the Way (zoom) (Also 12/17 and 1/28)

**DEC
02**

Exploring our Sacred Journey 3-week course with Eric Clayton (online)

**JAN
11**

New Year Gathering (in person)

**JAN
15**

Finding God in the Dark (online) (Also 1/22 and 1/29)

**FEB
23**

Setting Captives Free 6-week retreat in daily life (online)

**FEB
25**

Meet the Hearts on Fire Awardees (online)

**MAR
07**

Called and Gifted Discernment Process (online)

**APR
25**

Hearts on Fire Celebration - Christ Cathedral Cultural Center



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these offerings or check out our
website: www.loyolainstitute.org