

VOL. 3 ISSUE 1 · SPRING 2024

THE IGNACIANO

Official Newsletter of the Loyola Institute for Spirituality

Letter from the Director

Dear Friends,

It's a new year to live in the moment and wake up to who we truly are in Christ! One of the most impactful prayer practices that has awakened me to how God sees me has been the Examen. While Ecclesiastes 3:1-8 invites us to savor the wisdom of God's timing, the Examen prayer invites us to reflect on how we use our seasons and times to find God. As I look back over last year, the Examen helped me discern the timing of situations, emotions, and decisions I've made. Sometimes painfully humbling and at other times empowering, praying through my experiences in this way proved to be a keen discernment tool that sharpened my self-knowledge and increased my compassion for others.

If you've never tried the Examen, I hope you will give it a try for a week or two and see where God invites you. The Examen is adaptable and meets each of us where we are. Just like hope (Romans 5:5), the Examen does not disappoint.

Your Sister in Christ,



Lori Stanley

P.S. Check out our YouTube page to view an introductory video of the Examen: www.youtube.com/@loyolainstituteforspiritua124.

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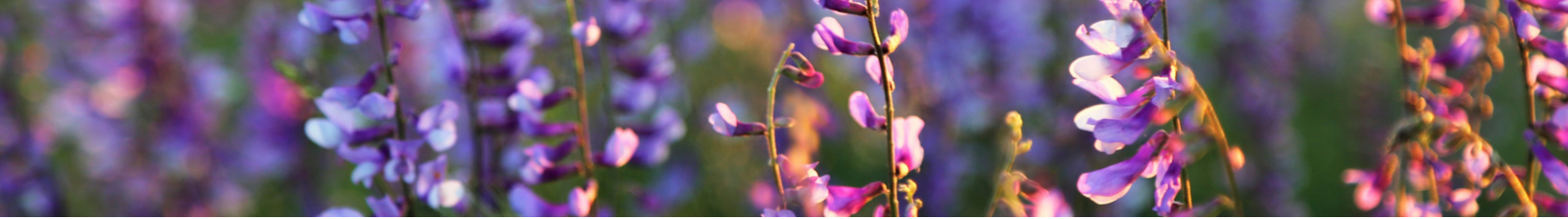
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Associates Spotlight

ERIC BATOON

How did you first hear about LIS and Ignatian spirituality?

I attended a talk 12 years ago by Fr. Steve Corder, SJ and Br. Charlie Jackson, SJ at Our Lady of the Assumption Church in Claremont, CA. After Br. Charlie's inspiring talk on prayer, I walked up to him and introduced myself. He guided me for several months and eventually I signed up for the Spiritual Exercises 19th annotation retreat (SEDL).



What is your current occupation?

I joined Tamerica Products, Inc in June 2000. Excluding sales and marketing, I continue to oversee its entire operations, submitting periodic financial reports to the head office overseas.

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

Over the past 8 years, I have been called to be a companion to SEDL retreatants for LIS where I am always grateful for the continuous graces received. Nourished by the holy sacraments, I also serve my parish at Sacred Heart Rancho Cucamonga as an extraordinary minister of Holy Communion at Mass and to the homebound.

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

Ignatian Spirituality has transformed my perspective, seeing everything as a gift, finding God in all things, and living a discerning life. A daily holy hour centered on God's Word in scripture grounds me in God's eternal presence as I navigate the joys and challenges of daily life.

What is your favorite book, podcast, or movie?

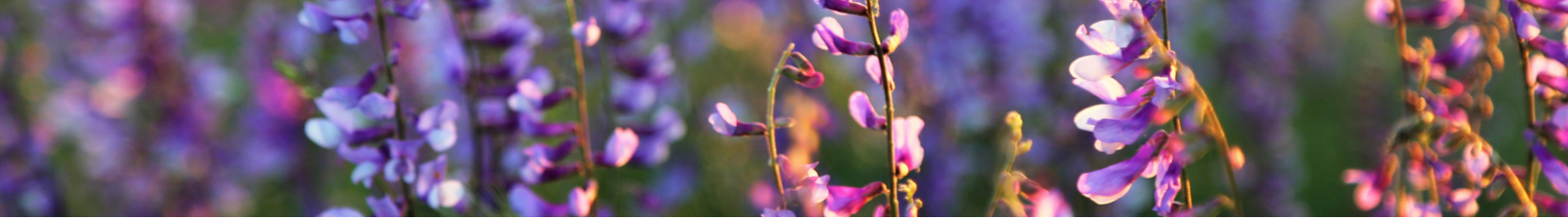
"Into the Silent Land" by Martin Laird stands out as one of my favorite books, among others.

What are your hobbies?

I enjoy walking Teddy (family poodle) on weekend mornings while listening to guided meditations. Hiking trails, visiting the beach, and traveling with my spouse of 31 years are also among my interests. My daily morning routine includes working out on my indoor bike and rowing machine.

Go forth and set the world on fire.

-Ignatius of Loyola



Associates Spotlight cont'd

CHARLIE ESPINOSA

How did you first hear about LIS and Ignatian spirituality?

I first heard about Ignatian spirituality when I went through a Pastoral Studies program through LMU. The director invited my mother, Gloria Espinosa, and wife Isaura Espinosa, to complete the Ignatian Spiritual Formation Program (ISFP). I was influenced and encouraged by these 3 key people in my life, to complete the ISFP program myself.

What is your current occupation?

I am currently a 6th grade Math and Science teacher. I have been an educator for 24 years.

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

I was involved in a prayer, praise, and worship ministry for about 30 years. This is where I discovered my calling to serve God through preaching, teaching, writing and performing music. I'm currently applying my musical calling to support LIS in any way I can and getting back to ministry at St. Philip Benizi to supporting the Spanish prayer group through teachings and leading prayer and worship.

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

It challenged me to rediscover my faith at a more personal level. I was so programmed to lead and minister to large groups of people and many times I would forget about my own personal and spiritual growth. Through the Spiritual Exercises I had a very powerful transformative experience and was able to understand that God's love is constant and saw myself through His eyes. I was also able to let go of erroneous ideas and practices about ministry and heal different parts of my spiritual and personal life. During the Exercises, around Advent, my reflections were about the birth of Baby Jesus. My heart and soul received a beautiful gift of healing through Mary's unconditional love and acceptance. As a result, I felt a strong bond with her and became a devotee of our Blessed Mother Mary.

What is your favorite book, podcast or movie?

My favorite pastime is watching movies. The greatest movie of all time, in my opinion, is "Forrest Gump." I identified with his character because he was always underestimated but he proved everyone wrong. His triumph was that he knew how to give pure and unconditional love.

What are your hobbies?

My hobbies are playing the guitar, singing, writing, and recording praise and worship music. My three teenagers are my life, so I take advantage of any time with them. I am also a big Dodgers and Rams fan so I'll take any chance I have to go to games. My wife and I also love to attend concerts of all genres.

LOYOLA INSTITUTE FOR SPIRITUALITY



Celebrating Hope

SATURDAY, APRIL 20, 2024 10:00a.m.

Honoring



Jesuit Restorative Justice Initiative (JRJI)
HEARTS ON FIRE AWARD



Nancy Pineda-Madrid, Ph.D.
WRITER'S AWARD
IN SPIRITUALITY



Mike Trujillo
LOVE IN ACTION AWARD

Christ Cathedral - Cultural Center
13280 Chapman Ave. Garden Grove, CA 92840

Join us for a gourmet brunch and
Ballet Folklórico performance by Las Estrellas

Tickets \$75.00 per person

On sale now!

Meet the Hope-makers

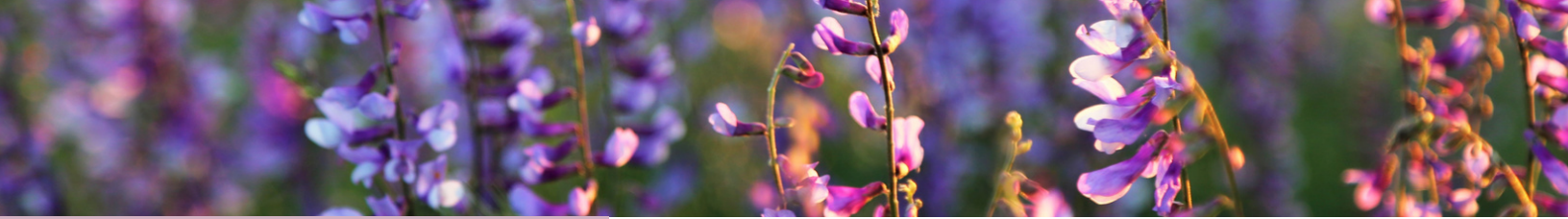
Meet the Awardees and learn more about their inspiring work on Thursday, April 11, 2024, at 7pm via Zoom.

About the Honorees

Jesuit Restorative Justice Initiative (JRJI) is a pastoral ministry of restorative justice that strives to heal broken relationships with those who are incarcerated and their families as well as victims of crime and their families through prayer, education, and advocacy.

Dr. Nancy Pineda-Madrid holds the T. Marie Chilton Chair of Catholic Theology at Loyola Marymount University, where she has taught since 2019. Her work includes theological interpretations of suffering and salvation. Her current book project advances a theological interpretation of the religious symbol of Our Lady of Guadalupe.

Mike Trujillo is an indispensable and beloved member of the LIS community. He is a member of the LIS board of directors, a program facilitator, and spiritual companion in the Exercises.



Ignatian Corner

In *A Simple Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen*, Jim

Manney provides an approachable and concise (re)introduction to the 500-year-old prayer that is foundational to Ignatian spirituality and can be prayed by anyone at any time of day. The examen changed Manney's life because it was "focused on God's presence in the real world. It looked to a God who was near to me, present in my world, and active in my life. It told me to approach prayer with gratitude, not guilt. It helped me find God in my life as I lived it, not in some heavenly realm beyond space and time. The examen had me take myself seriously, as I was, not as I wished I was or thought I could be someday if I worked hard enough." Published in 2011 by Loyola Press, Manney's text invites our lives to be changed by this prayer as well.

The book is also available in Spanish.

Welcome New Staff...



María-Elena Cardeña-López
Program Manager

Elena has over 25 years of ministry experience in the Archdiocese of Los Angeles. Elena served as a Consultant for Youth Ministry for the Archdiocese of Los Angeles, Director of Campus Ministry at the University of La Verne, and Faith Formation Director at Our Lady of the Assumption in Claremont. She has a B.A. in Liberal Studies from California State University, Northridge, an M.A. in Religious Studies from Mt. St. Mary's College (now University), and an EDD in Organizational Leadership from the University of La Verne. Elena has a long history of exploring spirituality and mysticism from many sources. Her heroes are Hildegard of Bingen, Rumi, the Sufi poet, and Buddhist monk, Thich Nhat Hanh. She has the heart of an artist and spends time at home with her husband cooking, painting, and admiring the mountains.



Laura Boysen-Aragon
Development Director

Laura brings a deep commitment to Ignatian spirituality and faith that seeks justice to her work at the Loyola Institute for Spirituality. She is a proud Jesuit alumna (M.A., Theology - Loyola Marymount University; B.A. - Gonzaga University).

Prior to joining LIS, Laura was an attorney, legal recruiter, and policy assistant for the Governor of California. She cherishes time spent with her husband and two wonderful children, especially when they are traveling or at the beach.