

THE IGNACIANO

OFFICIAL NEWSLETTER OF THE LOYOLA INSTITUTE FOR SPIRITUALITY

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REFLECTIONS FROM THE DIRECTOR

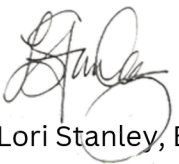
Excerpt from Lori's remarks at Hearts on Fire 2025 following a gospel music sing-a-long with New Psalms Music Ministries:

What a wonderful way to bring our unique and diverse voices together to praise and worship God. As St. Augustine notes, "When we sing, we pray twice!"

Ignatian spirituality is like singing to me. You pick a pitch where you are most familiar and start and let the Holy Spirit meet you where you are and lead you through the rest. It's through the Ignatian spirituality lens that we continuously invite people to surrender to the Spirit's movement through discernment. Our ecumenical retreats and programming in both English and Spanish for individuals, couples, parishes, diocesan schools, diaconate formation and other groups are part of a multi-pronged ministry that includes experiences of discernment and group faith sharing.

The Spiritual Exercises of St. Ignatius of Loyola has discernment as its core value which can be simply defined as a prayerful way to make decisions. Discernment moves Loyola Institute forward with intention. For the last few years...from the staff to the board of directors, we have personally and collectively made decisions through discernment processes that involved critical noticing and active listening with one another.

Time and time again our retreatants tell us that they are surprised about how much our retreats impact them, whether it's from 1 hour to 9-months. Loyola Institute's offerings are meeting a need, people tell us that they figure things out in their lives, they can cope with anxiety, they become closer to their spouses, their adult children and colleagues, and they become closer to God. What a gift!



Lori Stanley, Executive Director

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THE IGNATIAN SPIRITUAL FORMATION PROGRAM RETURNS!



An interview with Program Manager Elena Cardeña about ISFP

1. Please tell us a little about what makes ISFP unique...

The Ignatian Spiritual Formation Program (ISFP) offers a personalized spiritual experience that enables participants to discover and discern their abilities. This supports them in becoming more effective leaders in their faith communities or in spiritually accompanying others. The complete ISFP includes coursework, a practicum or project, and the completion of the Spiritual Exercises in Daily Life (SEDL).

Level I courses provide participants with the knowledge and experience needed for a strong foundation in Ignatian spirituality. Level II courses expand on that foundation and help participants to explore ways to apply Ignatian spirituality to their personal lives and in various settings. The Paths (specialization in Accompaniment or Leadership) allow participants to deepen their knowledge experientially by applying what they have learned and gleaned from the formation program and the Spiritual Exercises.

2. What do you personally love about ISFP?

I love its flexibility and accessibility. We want to make this available to as many people as possible because we are convinced, through personal experience, as well as over 500 years of history of the power that Ignatian spirituality has in people's lives. In particular, our program carefully and intentionally balances the head and the heart to deliver a powerful approach for holistic growth and development. This equips individuals to become stronger, Christ-centered leaders in their daily lives.

3. What sort of time commitment is this program? Who should consider applying?

As stated, ISFP is designed to be accessible to as many people as possible, therefore, it is very flexible and nimble. A person can finish the program at their own pace to receive the certification. The program can be completed in as little as 15 months if a person so desires or completed at a more comfortable pace in 2 years.

The program is open to anyone who desires to deepen their relationship with God, self, and others. But it would be particularly powerful for leaders who desire to develop a deeper self-awareness and spiritual foundation to serve others, as well as those eager to accompany others on their spiritual journey.

4. When can you sign up?

Registration is now open and will remain open for each course up to a week before it is offered. All courses can also be taken individually depending on interest and need. One does not have to commit to the full program.

CONTEMPLATIVES IN ACTION!

LOYOLA INSTITUTE FOR SPIRITUALITY IN THE WORLD



HEARTS ON FIRE 2025



LA RELIGIOUS EDUCATION CONGRESS 2025



UPCOMING EVENTS

JUL 01 Spiritual Exercises in Daily Life retreat applications now open; Courses & Workshops open for registration

AUG 02 Feast of St. Ignatius Gathering & Celebration (in person)

AUG 06 SEDL Information Session (online)

AUG 24 SEDL Applications for 2025-2026 close

AUG 27 Companions on the Way (online)

SEP 11 Introduction to Ignatian Spirituality course (online)

SEP 22 La Cueva retreat (online)

OCT 02 Human Spiritual Development course (online)



Scan here with your smartphone for more information on any of these offerings or check out our website: www.loyolainstitute.org