



# 8 September 2022

## Greetings from the Arrupe Coordinator



Greetings everyone,

The focus of this month's newsletter is on nurturing the art and grace of quiet and of solitude. We have a feast of resources to deepen our understanding and appreciation of the importance of this vital facet of spiritual growth and wellbeing. Of course we include our usual excerpt from Pedro Arrupe's writings, as well as our podcasts of the month – all encouraging us to cultivate silence and solitude in our lives. There are a number of articles on silence from experts and commentators in Ignatian spirituality as well as some film/documentary recommendations. We also have a few book recommendations, each providing a unique perspective and approach to inner solitude and silence. We also include links to many retreat offerings, pilgrimages and spiritual direction opportunities

from Jesuit and Ignatian Spirituality Australia (JISA). Whatever your interests and proclivities, we hope you will find something in these pages that will nourish your spirit and deepen your consolation.

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## Editorial:

### The Solace of Quiet

Nunquam minus solus quam cum solus  
(Never less alone than when alone)

Right in the middle of the Spiritual Exercises (20<sup>th</sup> Annotation), I woke with a start in the middle of the night. I don't know if I was fully awake or if it was a lucid dream, but I had an illumination in the very depths of my being; I remembered something from my childhood with extraordinary inner clarity: I remembered, and I heard, the silence of my childhood. And *re-member* is the correct term because something was put back into its place of belonging in my psyche and body. In other words, it wasn't just a memory, it was a revelation, insofar as I realised how much the silence of my childhood environment had impacted the whole formation of my being – my soul. For the first ten years of my life, I lived in a silent world. We had no tractor (all the farm work was done with horses), and we had no television. The only sounds during the day were those of human voices, animals, birds and insects; and at night, perhaps the cry of a fox or corncrake, or the rain on the roof, or the odd car in the distance. Of course, I had no idea at the time that through this silence, "worlds were forming in my heart" (Meister Eckhart). What was revealed to me in the deep silence of the Spiritual Exercises was the understanding that silence is "not the absence of something but the presence of everything" (Gordon Hempton in [One Square Inch of Silence: One Man's Quest to Preserve Quiet](#)), and that "there is nothing in all creation is so like God as stillness." (Meister Eckhart) I had that experience of deep remembering almost forty years ago and it has impacted, indeed defined, my life ever since.

I have a natural inclination to seek out places of quiet, where the only sounds are those generated by the natural environment. Finding those places today in a noise-filled world is becoming increasingly challenging. The bacteriologist Robert Koch was prophetic when he predicted, in his 1905 Nobel Prize speech, that "the day will come when [we] will have to fight noise as inexorably as cholera and the plague". That day has surely come.

Now, noise is so all pervasive we have become desensitised to it. We don't even see it as obtrusive or destructive for our spirits. But perhaps the most damaging noise are those inner noise that has taken up residence in our psyches – the noise of constant busyness, the noise of distraction, the noise of permanent connection to electronic devices. Collectively, we seem to be losing the ability to be quiet and to be alone.

“Funny how hard it is to be alone”, Philip Larkin confesses in his brilliant poem [Vers de Société](#) – and it’s true, we can get very restless when we are still and alone. I suppose we fear loneliness and not being part of the mainstream. The poet [May Sarton](#) once wrote that “Loneliness is the poverty of self; solitude is richness of self.” Solitude is profoundly enriching and lifegiving, it’s where we experience the joy of being alone; that deep consolation of being at home in our own skin, where we are at one with the natural world, with the rest of humanity, and with God.

The cost for all of us of a lack of solitude is quite consequential. As Thomas Merton observed over a half-century ago:

*When society is made up of [people] who know no interior solitude it can no longer be held together by love: and consequently, it is held together by a violent and abusive authority. But when [people] are violently deprived of the solitude and freedom which are their due, then society in which they live becomes putrid, it festers with servility, resentment, and hate.*

*(Thoughts in Solitude)*



Merton’s prophetic vision was a product of his solitude, his words emerged out of his inner centeredness in God and not out of his inner chaos and compulsion. Would that we too could learn to inhabit an inner solitude wherever we are and with whomsoever we are speaking, we might then experience more inner coherence and peace.

I do think there is an intimate connection between solitude and the Ignatian understanding of consolation. In the Third Rule of the First Week of the Spiritual Exercises [316], Ignatius outlines what he means by the term ‘consolation’. It is a very rich and succinct three-part exposition and

bears much fruit with each reading; but I highlight here the last section which connects with what has just been said about solitude – indeed it could be described as the fruit of solitude. “Lastly”, Ignatius reflects, “I give the name ‘consolation’ to every increase of hope, faith, and charity, to all interior happiness that calls and attracts a person towards heavenly things and to the soul’s salvation, leaving the soul quiet and at peace in her Creator and Lord.” It is this quiet, this peace, this inner serenity, which is the great fruit, indeed it is “the end reward” of a heart that befriends solitude.

### **THE END REWARD**

By Jonathan Greene

What passes in this world  
for clever  
amusing sleight of hand  
or child’s play  
or a magic trick that has  
made all disappear  
in the end does not fill  
the requisite gravitas  
and solace of Quiet  
one has worked all of a life  
to be gifted.

(Jonathan Greene, “The End Reward” Published by Broadstone Books ©2021)



## Pedro Arrupe SJ: His writings, his inspiration

Pedro Arrupe, S.J. THE PATH TO CHRIST, Volume I Reflections on the Spiritual Exercises (Hiroshima, 1949)

[https://www.ignaziana.org/The\\_Path\\_to\\_Christ\\_V1.pdf](https://www.ignaziana.org/The_Path_to_Christ_V1.pdf)



“... So, what shall we do specifically? According to the words of St. Ignatius, first of all, keep in the state of seclusion “solitudo externa” and go as far away from external things as possible. St. Augustine also said, “It is difficult in a crowd to see Christ: a certain solitude is necessary for our mind; it is by a certain solitude of contemplation that God is seen. A crowd has noise; this seeing requires secrecy.” (21) ... Not only this external solitude, but also the internal solitude must be kept. As St. Gregory said, “what avails the solitude of the body, if the solitude of the heart be wanting? For he who lives bodily removed from the world, but yet plunges into the tumults of human conversation with the thoughts of worldly desires, is not in solitude.” (22) ... In the same way, St. Bernard said

*If I have an ear on heart, the words of the Lord tastes sweeter than honeycomb drips. Escape from the external ears. Stay away and free, dip oneself to the internal thoughts together with Samuel to say ‘Speak, for your servant is listening.’ (1 Samuel 3:10) This voice would not sound round and cannot be heard in the crowds. Secret recommendations need secret ears ...*

Second, do it with “greater reverence.” (Spiritual Exercises, annotation No.3) If wishing to be before the Lord, to listen His words regardless of how few and enjoy the grace to obey, one must take an appropriate attitude to honour the Lord from bottom of one’s heart. St. Basil also instructed the attitude to be before the Lord, “The Lord hath looked from heaven; he hath beheld all the sons of men from his habitation which he hath prepared. The Lord looks from above on those who stand fast in their proper dignity and perform the duties that belong to human nature.” ... We have to pray with humble hearts and strong aspirations to the Lord. Deep devotion should overflow to the outside, both physically and mentally to lead to respect for others. ...

[This is a short excerpt from a series of 20 profound meditations on the Spiritual Exercises. The full document can be read here: [https://www.ignaziana.org/The\\_Path\\_to\\_Christ\\_V1.pdf](https://www.ignaziana.org/The_Path_to_Christ_V1.pdf)]

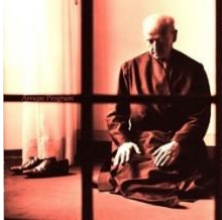
## What is the Arrupe® Program?

Please refer to our [website](#) for a full overview and description of the Arrupe Program.

You will find there a program overview, the formation process, selection criteria and application process. If you wish to contact us, please email Elisa Cugliari at [ea@jcs.edu.au](mailto:ea@jcs.edu.au).

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## Join the Arrupe Program 2023



The 2023 enrolments for the Arrupe Program are now open. The Arrupe Program forms Spiritual Directors and Givers of the Ignatian Spiritual Exercises. For further information, please visit our website [here](#).

Anyone interested in the 2023 Arrupe Program should contact Elisa Cugliari at [ea@jcs.edu.au](mailto:ea@jcs.edu.au)

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## Open invitation to Online Presentation

All Givers of the Spiritual Exercises as well as those who have a particular interest and engagement with Ignatian spirituality are welcome to join us for this presentation. If you wish to participate, **please contact Elisa Cugliari** at [ea@jcs.edu.au](mailto:ea@jcs.edu.au) to register your interest and to receive the Zoom link.



**“The transformative power of the dialogical processes in Imaginative Contemplation on God-image and self-image.”**

**(Presenter: Dr Annemarie Paulin-Campbell)**

**Saturday October 8, 2022 | 2.00pm – 4.00pm (AEST)**

This session will look at the power of imaginative contemplation to facilitate significant shifts in image of God and image of self and at the spiritual and psychological mechanisms underpinning those shifts. It will examine dialogical-self theory which allows us to better understand how imaginative contemplation opens the space for God’s grace to work especially powerfully in the Spiritual Exercises. We will look at examples from research done with women in the South African context.

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## Podcasts of the Month



Each of these podcasts takes a different approach to the importance of silence and solitude. Stephen Batchelor views silence from a Buddhist perspective, while Michael McCarthy is a naturalist who has some fascinating things to say about the connection between inner silence and the natural world. This is a very beautiful and thought-provoking interview. ‘Turning to the Mystics is not about silence per se, but it is about entering the solitude of the kind of encounter that builds real intimacy with God.

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### Stephen Batchelor: Finding Ease in Aloneness

One of the great challenges of life is to learn to be alone peaceably, at home in oneself. The pandemic forced many of us inside both physically and emotionally, even if we were not home on our own. We’ve been forced to work out the difference between loneliness and solitude. With teachers across the ages, and drawing on his life from monasticism to marriage, Buddhist writer and scholar Stephen Batchelor teaches how to approach solitude as a graceful and life-giving practice.



<https://onbeing.org/programs/stephen-batchelor-finding-ease-in-aloneness/>

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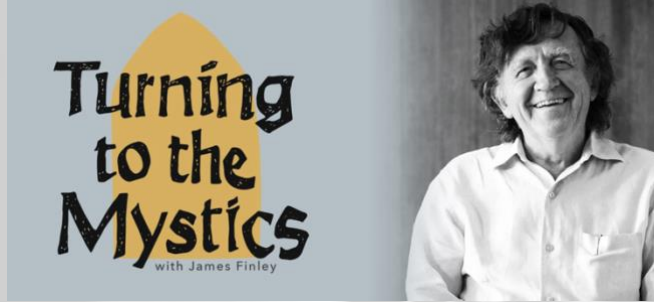


### Michael McCarthy Nature, Joy, and Human Becoming

“The sudden passionate happiness which the natural world can occasionally trigger in us may well be the most serious business of all,” Michael McCarthy writes. He is a naturalist and journalist with a galvanizing call — that we stop relying on the immobilizing language of statistics and take up our joy in nature as our defense of it. And he reminds us that the natural world is where we first found our metaphors and similes and it is the resting place for our psyches.



<https://onbeing.org/programs/michael-mccarthy-nature-joy-and-human-becoming/>



This is a very special podcast series. It comes from The Center for Action and Contemplation (CAC) and is hosted by Kirsten Oates and Jim Finley. There are over 50 episodes in this series, so it is quite the marathon. I started that journey in October last year and am now finally up to date with the current series (The Cloud of Unknowing). Jim Finley is a clinical psychologist and presents a profound and insightful take on the contemplative practices of Christian mystics such as Thomas Merton, Teresa of Avila, John of the Cross, and Guigo II.

His dialogues with Kirsten Oates are wonderfully illuminating and consoling. It is a marathon journey, but in my view well worth investment of time and energy. It is a journey into our own heart and the heart of God.



<https://cac.org/podcast/turning-to-the-mystics/>

If you would like a small taste of Jim’s contemplative spirituality take a look at this 5-minute YouTube video: <https://www.youtube.com/watch?v=4I3RVIPCeTE>



“God lives inside of you in the innermost hidden center of yourself. Therefore, if we think of heaven as where God lives and if God lives in you, then you’re God’s heaven.”

**JAMES FINLEY**

Faculty at the Center for Action and Contemplation

## Poem of the Month

### *The Prelude*

By William Wordsworth

(An excerpt from Book IV, "Summer Vacation," Lines 354-370)



There were so many poems to choose from on this theme, it was impossible to settle on just one! In the end I whittled the number down to five: [‘There is a solitude of Space’](#) by Emily Dickinson; [‘Stopping by Woods on a Snowy Evening’](#) by Robert Frost; [‘Postscript’](#) by Seamus Heaney; [‘Praying’](#) by Mary Oliver; and, [An Excerpt from ‘The Prelude’](#) by William Wordsworth.

Printed here is the excerpt from ‘The Prelude’ – since it is in the public domain.

When from our better selves we have too long  
Been parted by the hurrying world, and droop,  
Sick of its business, of its pleasures tired,  
How gracious, how benign, is Solitude;  
How potent a mere image of her sway;  
Most potent when impressed upon the mind  
With an appropriate human centre—hermit,  
Deep in the bosom of the wilderness;  
Votary (in vast cathedral, where no foot  
Is treading, where no other face is seen)  
Kneeling at prayers; or watchman on the top  
Of lighthouse, beaten by Atlantic waves;  
Or as the soul of that great Power is met  
Sometimes embodied on a public road,  
When, for the night deserted, it assumes  
A character of quiet more profound  
Than pathless wastes.

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## Articles that may be of interest on Silence and Solitude



### [SILENT GOD IN A WORDY WORLD. SILENCE IN IGNATIAN SPIRITUALITY](#)

By José García de Castro Valdés, SJ

“The Society of Jesus is an apostolic religious order involved in many different activities and missions. Jesuits live far away from monasteries and strict contemplative life. Nevertheless, one of the most well-known peculiarities of the Ignatian Spiritual Exercises is that a complete and absolute silence is required during the time of the retreat. Where and how should we place “silence” in the life of an Ignatian spiritual and mystical experience?”

<https://www.redalyc.org/articulo.oa?id=191045809008>



### **BEING ATTENTIVE TO SILENCE**

**By Meredith Secomb**

“... My ultimate goal here is to articulate the value of being attentive to silence in this way, *en route* to an authentic interiority which values the felt sense of the body. I shall begin by considering awareness in the context of the many varieties of silence available for differentiation, and then turn to the impact of both the presence and absence of silence in our lives. ...”

<https://www.theway.org.uk/back/552Secomb.pdf>



### **CULTIVATING SILENCE IN LIFELONG FAITH FORMATION**

**By Karen Howard**

“... The Benedictine abbot Christopher Jamison rightly tells us that ‘Silence is the gateway to the soul, and the soul is the gateway to God’. If we lose silence, we run the risk of losing access to our soul, and that gateway may close. ...”

<https://www.theway.org.uk/back/583Howard.pdf>



### **THE SILENCE**

**By Joseph Veale**

“... There is a deadness in Western Europe, and it is there also in the Church and in the Ignatian family. The institutional Church in Western Europe is by and large written off, even by the devout. Its language is no longer being heard. The Church institution (and religion in general) invites yawns or condescension or indifference or contempt. ...”

This is a truly engaging and thought-provoking article by the great interpreter of the Spiritual Exercises, Joseph Veale. Written just before he died, it will provoke you to think deeply about the nature of your mission in the Church today.

<https://www.theway.org.uk/back/424Veale.pdf>

## **Films to Consider**



### **Into Great Silence**



A contemplative and mesmerising window into life inside the Grande Chartreuse, the preeminent monastery of the Carthusian Order in France.

[https://www.imdb.com/video/vi2038678297/?playlistId=tt0478160&ref=tt\\_ov\\_v](https://www.imdb.com/video/vi2038678297/?playlistId=tt0478160&ref=tt_ov_v)  
[i](#)





## Of Gods and Men



This is a beautiful and humane telling of the true story of the Trappist monks of Tibhirine in Algeria. Under threat by fundamentalist terrorists, the monks must decide whether to leave or stay.

[https://www.imdb.com/title/tt1588337/?ref=fn\\_al\\_tt\\_1](https://www.imdb.com/title/tt1588337/?ref=fn_al_tt_1)



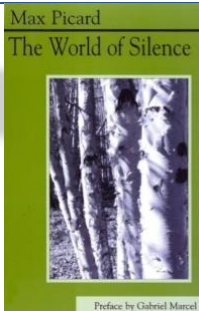
## Life in Hidden Light

<https://www.youtube.com/watch?v=R7ilhfc4fY4>

“Simplicity gives you truth” one of the sisters states simply and directly. This offers a brief peep through the window of a Carmelite monastery. The interviews are fascinating.

Only 22 minutes on YouTube (but a very telling 20 minutes)

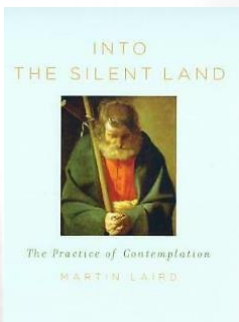
## Books on Silence and Solitude



### [THE WORLD OF SILENCE](#)

[By Mark Picard](#)

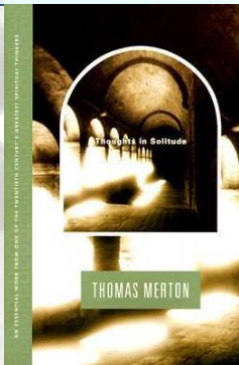
An extended prayer reflection not a philosophical treatise but a book to be read slowly, gently, and contemplatively. Like music his writing emerges out of silence. This is a truly remarkable book. If you open yourself to it, it will infuse you with a spirit of great joy, consolation, and silence.



### [INTO A SILENT LAND: THE PRACTICE OF CONTEMPLATION](#)

[By Martin Laird](#)

A beautiful book on contemplation – full of deep insights into the nature of the contemplative life. In Into the Silent Land, we see the ancient wisdom of both the Christian East and West brought to bear on the modern-day longing for radical openness to God in the depths of the heart. A very sure guide for those who wish to journey deeper into the silence and beauty of God.



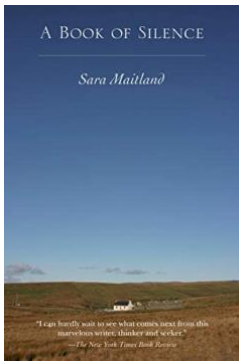
### [THOUGHTS IN SOLITUDE](#)

[By Thomas Merton](#)

This was published in 1956 but is as relevant today as it was back then. Thoughts in Solitude is a meditation on the pleasure of a solitary life. Of course, Merton was writing long before the age of the internet, Facebook, Instagram, and Twitter, but his observations and commentary on his time read as a prescient and penetratingly insightful deconstruction of our age as well.

According to Merton, when there is no interior solitude, we can no longer be connected or held together by love. In that scenario authoritarianism and populism move in to fill the vacuum. Thomas Merton, a Trappist monk, is arguably the foremost spiritual thinker of the twentieth century. His diaries, social commentary, and spiritual writings continue to be widely read, and there is no sign whatsoever that his star is fading. Read this and you will understand why this is the case.

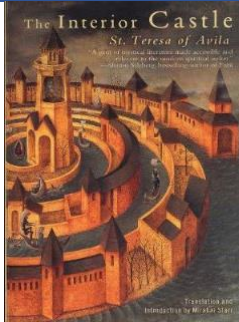




## [THE BOOK OF SILENCE](#)

[By Sara Maitland](#)

Sara Maitland is a committed catholic, so her work is permeated with a sense of faith, and a strong proclivity for communicating important aspects of myth and religion. This book is very much a pilgrimage of sorts – to places of contemplation and silence. She explores a few historical figures who have been drawn to the solitary life, and in so doing brings them to life for a modern audience. Through her ruminations we see her grow to treasure silence, the beauty of nature, and the need to turn inwards to come to apprehend and appreciate our deepest identity. A book to be taken slowly and to be savoured.



## [THE INTERIOR CASTLE BY ST TERESA OF AVILA](#)

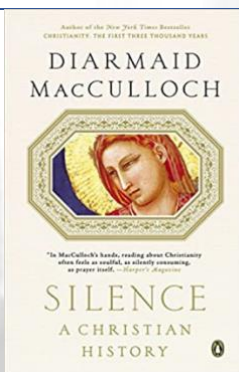
[\(Translation by Mirabai Starr\)](#)

Certainly, one of the great classics of the contemplative tradition, beautifully and imaginatively contextualised and translated by Mirabai Starr. It is clear that Starr feels a deep affinity with Teresa as she is Jewish, and Teresa came from a Converso family (Teresa's Grandfather was Jewish). It's impossible to explain the Interior Castle in a few words, but it is really about a journey to self-knowledge and experiential knowledge of God. If you know where you are on this journey you will intuit the best way to approach prayer. You will also feel encouraged and consoled as you will realise that challenges and difficulties are a perfectly normal part of the journey to God.



This is how Starr opens the Introduction:

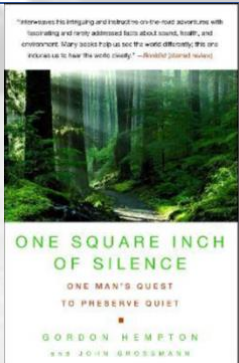
*“There is a secret place. A radiant sanctuary. As real as your own kitchen. More real than that. Constructed of the purest elements. Overflowing with the ten thousand beautiful things. Worlds within worlds. Forests, rivers. Velvet coverlets thrown over featherbeds, fountains bubbling beneath a canopy of stars. Bountiful forests, universal libraries. A wine cellar offering an intoxication so sweet you will never be sober again. A clarity so complete you will never again forget. ... This magnificent refuge is inside you. Enter.”*



## [SILENCE](#)

[By Diarmaid MacCulloch](#)

This is a fascinating book about the history of silence. Some will know Diarmaid MacCulloch from his excellent publications on church history. In this book explores the many forms of religious silence, “from contemplation and prayer to repression and evasion”. The Guardian describes the book as “precise, poetic and provocative”, which I think is a pithy and accurate assessment. I really enjoyed this overview of silence in Christian history.



## [ONE SQUARE INCH OF SILENCE: ONE MAN'S QUEST TO PRESERVE QUIET](#)

[By Gordon Hempton and John Grossmann](#)

“In the visionary tradition of Rachel Carson's Silent Spring, One Square Inch of Silence alerts us to beauty that we take for granted and sounds an urgent environmental alarm. Natural silence is our nation's fastest-disappearing resource, warns Emmy-winning acoustic ecologist Gordon Hempton, who has made it his mission to record and preserve it in all its variety-before these soul-soothing terrestrial soundscapes vanish completely in the ever-rising din of man-made noise. ... Hempton bends an inquisitive and loving ear to the varied natural voices of the American landscape-bugling elk, trilling thrushes, and drumming, endangered prairie chickens. ...”

## Pilgrimages



### Australian Ignatian Trail 2022 – 4 days/6 nights

Tuesday, 11 October - Monday, 17 October

A Pilgrimage along The Australian Ignatian Trail in the footsteps of the first Jesuits in Australia. 4-day walking pilgrimage (6 nights) Clare Valley South Australia.

**BOOKINGS NOW OPEN** – phone 1300 EXAMEN ([1300-392-636](tel:1300392636)) or email [info@jisa.org.au](mailto:info@jisa.org.au) (please put **BwGiN** in the subject line).

*one step at a time*

you are invited to pray  
*the Examen*  
at a walking pace

3 nights/4 days of off-grid retreat & walking  
in the pristine Freycinet National Park, Tasmania

**4th - 7th October, 2022**

with a small, guided group  
- spiritually guided with reflection input, prayer and time and space for letting your walking Examen find expression.  
- physically guided with experienced walking guides.

\$2750 ppp

Including: accommodation in an award-winning sustainable lodge, all meals freshly prepared from local produce, all beverages, national parks pass, walking equipment if needed, transport to and from Hobart.

please note: a good level of physical fitness and the capability of walking up to 14 kms in a day is required.

### One step at a time

You are invited to pray *the Examen at a walking pace*

**When: Tuesday 4 to Friday 7 October 2022**

3 nights/4 days of off-grid retreat & walking in the pristine Freycinet National Park, Tasmania

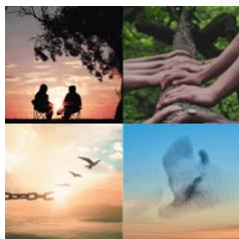
For more information, please contact retreat leader and spiritual director

Belinda Chapman | **M:** 0418 141 171 | **E:** [belindachapman.sd@gmail.com](mailto:belindachapman.sd@gmail.com)

**Further details here:**

[belindachapman.square.site/one-step-at-a-time](http://belindachapman.square.site/one-step-at-a-time)

## Ignatian Spirituality Retreats



### Ignatian Spirituality Retreats

#### What Is Attracting You?

not in the wind...

not in the earthquake...

not in the fire...

Finally, there was a gentle breeze and when Elijah heard it, he covered his face with his coat. He went out and stood at the entrance to the cave.

I Kings 19:11-13

What excites and attracts you, how do you find yourself drawn at the start of this year? We invite you to consider these pathways for nourishing your spiritual life.

[View Full Range of Retreats](#)

T: 1300 392 636 | E: [info@jisa.org](mailto:info@jisa.org)



### Spiritual Exercises and prayers for you at home

#### New to Ignatian Spirituality?

Are you at a crossroads, searching for meaning, looking for healing or needing help to make decision?

[Try a Spiritual Exercise](#)





### 3 to 8 Day Individually Guided Retreats - Online

Are you seeking a contemplative time of prayer and reflection to find stillness, rest, and renewal? We invite you to stop and listen to God’s whisper of love in these guided online retreats.

The following guided online retreats will support you in this desire for the sacred. Skype, Zoom, FaceTime or telephone, whatever works best for you.

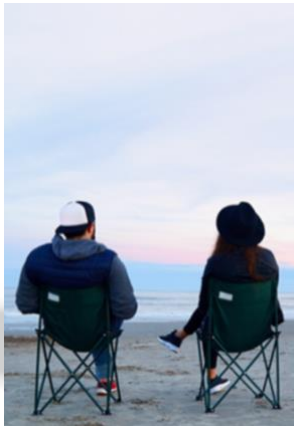
**DATES (flexible):**

Monday 19th – 26th September 2022

Monday 31st October – 7th November 2022

Monday 5th – 12th December 2022 – an Advent Retreat

[More Information](#)



### Ignatian Spiritual Direction

Spiritual direction helps you to seek, discern and respond to God, who communicates with you in ever new and surprising ways.

In Spiritual Direction, you meet with an experienced Ignatian Spiritual Director who will accompany you in discovering how God is moving in your life. **Spiritual Direction is open to everyone**, whether you are a spiritual seeker, new to Ignatian Spirituality or familiar.

Pastoral Supervision is also available from JISA Campion, call us to enquire.

Available in **PERSON** and **ONLINE**.

Call [1300 EXAMEN \(1300 392 636\)](tel:1300392636)



### Full Spiritual Exercises in Daily Life

Do you have the desire to deepen your relationship with God? The Spiritual Exercises are a life-changing retreat over 30 weeks in daily life.

They offer rich prayer material, different methods of discernment and the opportunity to discover the ways in which God is calling you.

Available in **PERSON** and **ONLINE**.

To apply, call [1300 EXAMEN \(1300 392 636\)](tel:1300392636)



### Being with God in Nature Ministry

*“The entire material universe speaks of God’s love, his boundless affection for us. Soil, water, mountains” everything is, as it were a caress of God.” (Laudato Si’, 84)*

The ministry is part of JISA and began in 2015 and coinciding with the publication of Pope Francis’ encyclical Laudato.

Look out for *Being with God in Nature* offerings which include online retreats, prayer walk days, weekend retreats, wilderness retreats and pilgrimages. And contact us if you would like to be involved in giving or receiving these offerings.

Would like regular updates on what’s happening in the Being with God in Nature Ministry? Go to Facebook at <https://www.facebook.com/beingwithgodinnature>

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## Companions Workshops

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Saturday 29 October 2022, 10.30am to 12.30pm AEDT

[Imaginative contemplation and colloquy: How the Exercises facilitate shifts in images of God and self.](#)

Facilitators: Anne Taylor RSC and Michael Smith SJ

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## Webinar

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### **HELPING FAMILIES RECOVER FROM ADDICTION**

A Webinar with Jean Heaton

Sunday, September 7, 2022 at 2:00–3:00 pm. Central ([Check your time](#))

Register: [here](#)

When addiction enters the home, recovery is needed for every member of the family. Join workshop and retreat leader Jean Heaton for a special webinar as she draws on personal stories and research to illustrate the connections between 12-step practices and Ignatian spirituality and how together, they can help families heal from the effects of a loved one's addiction and move into a healthy and promising future.

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## JISA Retreats & Spirituality Centres

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### JISA Retreat Centres

- [JISA Sevenhill](#)
  - [JISA Faber](#)
  - [JISA Campion](#)
  - [Peter Canisius House](#)
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## Jesuit Mission

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### Ukraine Appeal

Jesuit Mission needs your support to help our Ukrainian sisters and brothers in in desperate need. Donations are welcomed via Jesuit Mission's Ukraine Emergency Response.



**Your gift will help empower our most marginalised sisters and brothers.**

**Donations can be made by [clicking here](#).**

Jesuit Mission express their gratitude to all that have contributed already. Please consider donating

“The heartbreaking scream for help from our Ukrainian brothers pushes us as a community of believers not just to serious reflection but to cry with them and work for them.”- Pope Francis



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[Pope prayers for world peace, remembering Ukraine](#)



People walk past a mural with the colours of the Ukrainian flag and a sign now known as the "peace sign".

Your gift will help empower our most marginalised sisters and brothers. We simply couldn't do this without your generous support – thank you.

## Useful Links and Resources

### Pope Francis' Prayer Intentions

#### Pope's Monthly Prayer Intentions for September 2022

Pope Francis' prayer intention for this month is for the abolition of the death penalty.

We pray that death penalty, which attacks the dignity of the human person, may be legally abolished in every country.



Message from Pope Francis [here](#).



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## Arrupe Program Website

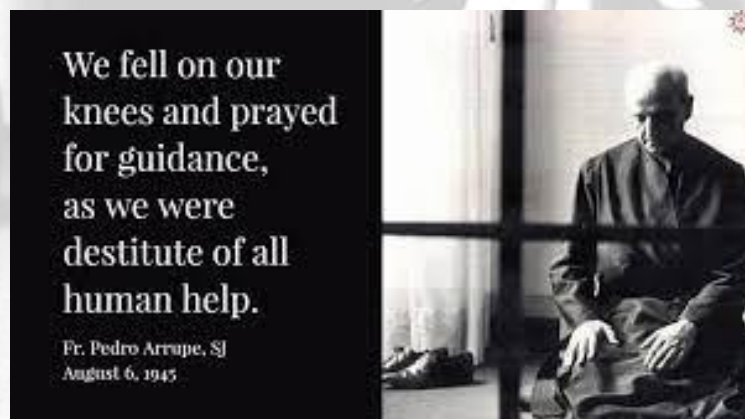
Please visit our Arrupe Program website. Feel free to contact us for further details or to offer feedback to Elisa Cugliari at [ea@jcs.edu.au](mailto:ea@jcs.edu.au).

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## Next Month's Topic

The focus of next month's issue will be on the intimate connection between Ignatian spirituality and psychology.

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Jesuit and Ignatian Spirituality Australia acknowledge that we walk upon the traditional lands of First Nations peoples. We pay our respects to them and recognise the continuing gift of their cultures to the life and spirit of Australia.