



6 October 2022

Greetings from the Arrupe Coordinator



Uncovering the Liberating Possibilities

"Whoever goes about to reform the world must begin with themselves, or they lose their labour." (St Ignatius of Loyola)

Greetings everyone, and welcome to the October edition of our newsletter. So much can be said about the connection between psychology and the Spiritual Exercises that it's difficult to know where to begin! I will not attempt such a study, as many of the books, articles and podcasts recommended in this edition will serve that purpose. Perhaps an important point of departure is to highlight one vital difference between Ignatian spiritual direction and psychotherapy: in the Exercises the search for meaning is focused on a person's relationship with God, whereas in psychotherapy this is not (generally) the case. The focus of the Spiritual Exercises, (according to the late William Barry SJ, who incidentally had a PhD in Clinical Psychology), is *our religious experience*. "Religious experience is to spiritual direction what foodstuff is to cooking. Without foodstuff there can be no cooking. Without religious experiences there can be no spiritual direction." In spiritual direction then, the focus of interest will be the prayer experience of the directee. However, since our prayer experiences reflect what is happening in our psyches, there is much common ground between the goals of psychotherapy and the Spiritual Exercises. We can affirm, as [William Meissner observes](#), that psychoanalysis and the psychology of the Exercises share a common goal – "the enhancement of freedom and the capacity for free choice". We can also state that the basic personal qualities and attitudes that make for positive and effective psychotherapy are largely the same as those that make for positive and effective spiritual direction.

I find Janet Ruffing's elucidation of the distinctive qualities of spiritual direction to be insightful and helpful:



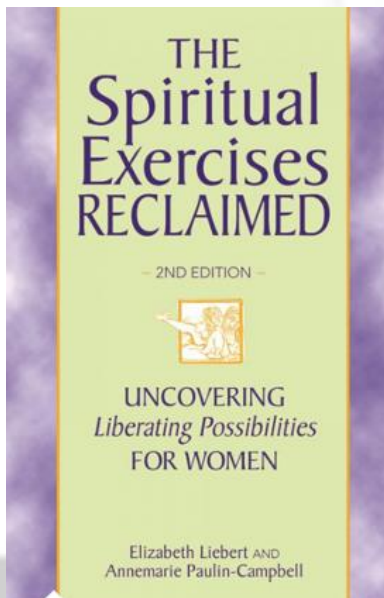
In the spiritual direction conversation, noticing and interpreting religious experience is one of its most important gifts to the directee. Unlike therapeutic situations in which the emphasis is usually on some problematic area in one's life, the emphasis in spiritual direction is on experiences of God which manifest themselves in a directee's life and how the directee interprets and responds to it. A participant in a spiritual direction class described it this way: "Spiritual direction is like panning for gold. A directee comes and together we dip into the stream of their life and pull up all kinds of things ... all kinds of conflicts and challenges, then, suddenly, some fleck or nugget of pure gold emerges into view in the bottom of the pan as we swirl the water around..." Spiritual direction sessions are meant to support and facilitate the director's ability to recognize these graced experiences in a directee's life even when the directee may not yet fully realize what is happening. (Janet Ruffing RSM, [Panning for Gold: Noticing, Discovering, and Responding to Experiences of Grace in Spiritual Direction](#))

As you contemplate the important connection between therapeutic contexts and spiritual direction, I hope you will discover some "fleck or nugget" through your engagement with some of the resources contained in this edition.

One of the books that has had a profound impact on my own personal understanding of the psychology of the Spiritual Exercises was [The Spiritual Exercises Reclaimed by Katherine Dyckman, Mary Garvin and Elizabeth Liebert](#). Now, the second edition of this book has just been published and will be launched by JISA on November 10th (see the invitation below).

This [new edition is authored by Elizabeth Liebert and Annemarie Paulin-Campbell](#), and “draws from new and younger women’s voices, thus extending the reach of the original text to another generation over wider geographic and cultural spread”. If you would like to be present to hear Annemarie Paulin-Campbell speaking live to our Arrupe students, please join us for our open presentation **“The transformative power of the dialogical processes in Imaginative Contemplation on God-image and self-image”**.

But whatever your interests and proclivities, I hope there will be something in these pages that will stimulate your interest and deepen your understanding.



Join the book launch virtual conversation [here](#) with the authors, Dr Elizabeth Liebert and Dr Annemarie Paulin-Campbell: *THE SPIRITUAL EXERCISES RECLAIMED 2nd Edition, Uncovering Liberating Possibilities for Women*. This special event is hosted by Anne Pate, Melbourne-based giver of the Spiritual Exercises, University of Divinity lecturer and PhD Candidate.

Thursday 10 November 2022
6 pm – 7 pm **AEDT** Via Zoom.
Zoom opens at 5.45pm.



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 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 (AEDT)

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.

Pedro Arrupe SJ: His writings, his inspiration

[‘The Christ of the Spiritual Exercises’](#) by Pedro Arrupe, SJ.

The Christ of the Spiritual Exercises ...



“In the Exercises St. Ignatius foresaw his future dedication to the Church and to the neighbour. From the exercises sprang forth the group which one day was to offer itself to Paul III “desiring to be called Company of Jesus” and asking, “to be sent to any part of the world where there was hope of greater service of God and greater help for the neighbour.” From the Exercises have come forth, one by one, all the Jesuits, from the beginning until today. This is what marks them and constitutes them, before any law or constitution. The Constitutions and the rules are to be understood

always as the concrete application of the spirit of the Exercises to the exigencies of an apostolic Order, flexible and available for the service of the Church and of men.

The Exercises are not a stereotyped mould, a machine to fashion wholesale men completely uniform, with subdued personalities. They constitute a simple method of prayer, of meditation and contemplation of the life of Jesus Christ, of examination to know oneself and conquer oneself, “to order one’s life without being affected by any inordinate attachment.” They are a spiritual experience, which ought to be personal, though under direction, and allow oneself to be guided by the Spirit, learning to discern Him; tarrying where one meets Him “without being anxious to go further.” It is not strange, then, if within the common inspiration, the Exercises engender, in each of those who make them and in each epoch of their application, a diversity of orientations and of concrete determinations in the Christian and apostolic life. Just as personal experience, the experience of the Exercises is historical in character, always old and always new, ever the same and changing with the circumstances.

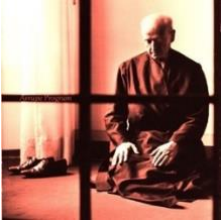
In reality, this variety stems from the infinite efficacy of the Gospel, to which the Exercises give access. The Exercises have, certainly, their own special manner of access to the Gospel. They suppose on the part of the man the personal decision, the generous commitment of himself even to the “folly” of the third degree of humility, the reflection and maturity, the apostolic dynamism of love. They lay stress on the humanity of Jesus Christ, on the appeal to the love of friendship and to following Him closely, on the enterprise of the Kingdom. But all these particular features have not limited much the spectrum of possibilities opened up by the Exercises. In fact, though holding the Exercises as a family treasure, the Jesuits have not guarded it jealously; they have understood that it was a common good, and they have offered it to the Church. And much of recent spirituality has been fostered by the Exercises. ...” (The entire reflection can be accessed [here](#))

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.

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](#).

We welcome you to join at our next Arrupe Program information night to be held Wednesday, November 16, 7.30pm – 8.30pm (AEDT).

Should you wish to join us for our information session on November 16, or you would like to know more about the 2023 Arrupe Program, please contact Elisa Cugliari at ea@jcs.edu.au

Podcasts of the Month



Picking podcasts from such a rich variety of options has been quite the challenge. Bessel Van Der Kolk is never anything other than wholly engaging, honest and perceptive. Paul Conti is penetratingly insightful on Trauma and James Hollis is probably my very favourite Jungian analyst – and that is saying a lot because I think Lisa podcast This Jungian Life with Lisa Marchiano, Deborah Stewart and Joseph Lee are a delight in [This Jungian Life](#) podcast. All these podcasts are enlightening and genuinely helpful as well as being incredibly practical. Enjoy!



Bessel van der Kolk: Fluid, Alive, and Optimistic

Bessel van der Kolk is a clinician, teacher, author, and one of the most esteemed researchers on post-traumatic stress in the world. A veteran professor at universities and hospitals across the United States, Bessel is the New York Times bestselling author of *The Body Keeps the Score: Brain, Mind, and Body and the Treatment of Trauma*. In this episode of *Insights at the Edge*, Tami Simon and Bessel speak on his many decades researching trauma. They talk about recent developments in the treatment of trauma—specifically the effectiveness of such methods as EMDR, psycho-dramatics, and yoga. Lastly, they discuss the healing of trauma at a societal level and why—despite the suffering he has encountered over the years—Bessel is essentially optimistic about humanity’s ability to heal.



<https://www.resources.soundstrue.com/podcast/bessel-van-der-kolk-fluid-alive-and-optimistic/>

Hear also Bessel van der Kolk Interviewed in *On Being*

<https://onbeing.org/programs/bessel-van-der-kolk-how-trauma-lodges-in-the-body/>



Trauma: The Invisible Epidemic

Dr. Paul Conti is a graduate of Stanford University School of Medicine. He completed his psychiatry training at Stanford and at Harvard. Dr. Conti has served patients and clients throughout the United States and internationally. With Sounds True, he has released a new book called *Trauma: The Invisible Epidemic: How Trauma Works and How We Can Heal From It* (featuring a foreword by Lady Gaga). In this podcast, Tami Simon speaks with Dr. Conti about healing the unresolved trauma we hold inside both individually and collectively. They also discuss how trauma operates differently in different people, overcoming “reflexive shame,” self-inquiry and the embrace of a “true life

narrative,” perseverance and self-compassion, strategies for dealing with traumatic triggers, resolving our grief, how trauma affects the map of our inner landscape, inherited trauma, become a healing resource for others, and much more.



<https://resources.soundstrue.com/podcast/trauma-the-invisible-epidemic/>



James Hollis: A Summons to a Deeper Life

James Hollis is a licensed Jungian analyst and the author of many books on personal development and the search for meaning. His works include *What Matters Most*, *Why Good People Do Bad Things*, and *Through the Dark Wood*. With Sounds True, he has published *Living an Examined Life: Wisdom for the Second Half of the Journey*. In this episode of *Insights at the Edge*, Tami Simon speaks with James

about what it means to “grow up” in a contemporary society that infantilizes its citizens. They talk about how to recognize the summons of our deep psyche and the steps we must take to answer it. James explains that the greatest obstacles to attaining spiritual maturity are fear and lethargy and describes the inevitable periods of darkness that we will encounter along the way. Finally, James and Tami discuss why it’s important to our development that we choose meaning over happiness.



<https://www.resources.soundstrue.com/podcast/james-hollis-a-summons-to-a-deeper-life/>



The Prodigal Son as Shadow, Ego & the Self

[This Jungian Life](#) is one of my absolute favourite podcasts. There are about 250 podcasts to choose from! The format is quite captivating – three intelligent and informed Jungian analysts get together and chat about a particular issue or challenge in human growth and development. When I hear them interacting, I call to mind the [Rublev icon of the Trinity](#) where each member defers to the other so that

they are a genuine community of equals. Lisa, Joseph, and Deb are unfailingly informative and insightful. To listen to them is to feel like you are in therapy session! Just sample this one on the famous parable of the Prodigal Son (please note that they view this parable purely from a psychological perspective).

“Jung interpreted religious traditions from the viewpoint of their psychological significance. The allegorical tale of the Prodigal Son illustrates Jung’s basic understanding of the structure and development of the psyche. The young prodigal epitomizes shadow qualities of ignorance, arrogance, and impetuosity. His dissolute indulgences show lack of ego strength and land him in a pigsty. Repentant, he returns to his father’s estate, hoping for servant work. Instead, his father celebrates his homecoming. The older brother is aghast at this joyful reception; he has been dutiful yet never so acclaimed. He is the embodiment of respectable persona and adaptation—yet his ego-oriented sense of self seems to have a less enlivened connection with the father. The father, symbolizing the transcendent Self, provides redemptive *eros* and safe haven. Each of us has a shadow, an ego that tends to believe it’s our totality, and a transpersonal center that can welcome us home”.



<https://thisjungianlife.com/episode-212-the-prodigal-son-as-shadow-ego-the-self/>

Toxic positivity — when happiness becomes harmful

We’re urged to stay positive and keep up a cheerful disposition ... but sometimes things are just awful, aren’t they?

This *All in the Mind* episode looks at why we engage in toxic positivity, why it’s so damaging when we do and whether something called ‘tragic optimism’ could be the antidote.



<https://www.abc.net.au/radionational/programs/allinthemind/toxic-positivity-when-happiness-becomes-harmful/13749368>

Poem of the Month

Shoulders by Naomi Shihab Nye

This is a simple, but beautiful poem. It captures a moment: “A man crosses the street in rain, stepping gently, looking two times north and south, because his son is asleep on his shoulder. ...” It is a poem about love, gentleness, and sacredness. It can be read as a metaphor for what God feels about each of us but could also be understood as a guide for the parent, the teacher, or the spiritual director. This poem gives voice to an enlarged perspective where we see everything and everyone as precious and interdependent. We all share a common dream for the children (and the directees) entrusted to us.



Articles that may be of interest on Ignatian spirituality and psychology



THE CONSOLATION OF CHARACTER STRENGTH IN IGNATIAN SPIRITUALITY AND POSITIVE PSYCHOLOGY

By Roger Dawson SJ and Nicholas Austin SJ

<https://www.theway.org.uk/back/533Dawson.pdf>

“SPIRITUALITY IN THE LAST forty years or so has benefited from a fruitful dialogue with psychology and the practices of counselling and psychotherapy. ... Of course, the relationship between psychotherapy and spirituality has not been unambiguously positive. Practitioners of spirituality often voice a concern that the properly spiritual is in danger of being absorbed by, or reduced to, the psychological ...”



IGNATIAN SPIRITUALITY AND POSITIVE PSYCHOLOGY

By Phyllis Zagano and C. Kevin Gillespie SJ

<https://www.theway.org.uk/back/454Gillespie.pdf>

“In recent years, some influential empirical psychologists, initially in the USA but now in various parts of the world, have begun to take note of the gracious and grateful attention to life characteristic of Ignatian spirituality. Rather than centring their attention on problems and ill-health, they advocate what is called Positive Psychology. Their strategies focus on life’s positive features rather than on the negative events assumed to be the root causes of depression or dysfunction”.



SPIRITUAL DIRECTION AND COUNSELLING/THERAPY

By Mary Grant and Pamela Hayes

<https://www.theway.org.uk/back/s069Hayes.pdf>

“THIS ARTICLE BEGINS By EXPLORING whether it is possible and useful to distinguish the ministry of spiritual direction from counselling and therapy, and if so, how this might be done; we then look briefly at what insights of the 'psychological therapies' are teaching us about ministry to individuals, its demands on the minister and how to handle them”.



PSYCHOLOGY, NARRATIVE AND MINISTERIAL FORMATION
By Howard J. Gray SJ

<https://www.theway.org.uk/back/423Gray.pdf>

“This essay focuses on how this ‘good example’ can be nurtured, and on how psychological resources enrich and complement the wisdom we gain from our spiritual traditions and from our immediate intuitions.”



Faith and the Psychologists: What do psychologists say about faith?

By Rachel Blass

Thinking Faith, Posted on: 11th June 2013

https://www.thinkingfaith.org/articles/20130611_1.htm

Professor Rachel Blass describes the ways in which psychologists typically address the phenomenon of faith. The most familiar approach is probably that of Sigmund Freud, who was critical of faith, but do other models that seem to be ‘faith-friendly’ really offer a more positive interpretation? Moreover, are any of these accounts of faith recognisable to believers?



Faith and the Psychologists: On how atheist psychology serves faith

By Rachel Blass

Thinking Faith Posted on: 13th June 2013

https://www.thinkingfaith.org/articles/20130613_1.htm

Professor Rachel Blass follows her presentation of the psychological approaches to faith by asking why it is important for religious believers to engage with even the most critical of these models. ‘If properly attended to, psychological accounts of faith can lead to a questioning of faith that has the potential to deepen and enrich it.’

Films to Consider

Choosing films for this theme is quite the challenge as a very large number of films have psychological and transformational themes. However, here are a few that are worth considering.



Ted Lasso (Apple TV)



https://www.imdb.com/title/tt10986410/?ref=fn_al_tt_0

Much has been said about Ted Lasso – a warm and endearing journey with Ted that hits just the right note.



The Extraordinary Attorney Woo – Korean (Netflix)



https://www.imdb.com/title/tt20869502/?ref=nv_sr_srsrg_0

From South Korea we have had *Parasite* and *The Squid Game*, and now *The Extraordinary Attorney Woo*. This series can really grow on you. It’s difficult to watch this without feeling a deep sense of appreciation and gratitude for the humanity of these fictional characters. It may be a bit ‘soap-operaish’, and is sometimes histrionic, but it is also quirky and warm-hearted, and tackles some important issues in a very natural and understated way.

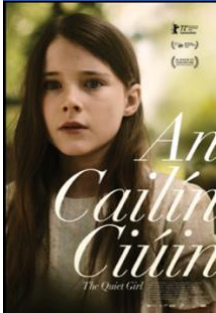


Pieces of a Woman (Netflix)



https://www.imdb.com/title/tt11161474/?ref=fn_al_tt_0

This is quite a powerful film about a relationship in crisis, precipitated by the death of a baby in childbirth. Vanessa Kirby is superb in her depiction of a woman struggling to deal with profound grief and loss. It is an explicit film that includes a graphic childbirth scene.



An Cailín Ciúin (The Quiet Girl) – Irish language film and in selected cinemas now



https://www.imdb.com/title/tt15109082/?ref=fn_al_tt_0

If you are wedded to the ‘romantic Ireland’ view of the Emerald Isle where everyone is friendly and warm, this film is probably not for you. But this realistic version of certain slice of Irish life is far more satisfying than fanciful illusions – in my view anyway! This story of a young girl born into a dysfunctional family in the early 1980s deals with some very challenging themes in a realistic but empathetic manner. will leave its mark on you.



Never Look Away (German)



https://www.imdb.com/title/tt5311542/?ref=fn_al_tt_0

It is difficult to describe this film; enough to say that it is simply excellent. Essentially, it is the story of German artist Kurt Barnert who has escaped East Germany and then lives in West Germany. It really highlights the damaging impact on his mental health of growing up in Nazi Germany and subsequently under the GDR-regime. A class film.



God's Own Country



https://www.imdb.com/title/tt5635086/?ref=nv_sr_srsq_0

This is a kind of British version of [Brokeback Mountain](#), but in some ways, (in my view anyway) an even better film. A nuanced and sympathetic portrayal of a young man struggling with his homosexual desires and his identity in rural England.



The Truman Show



https://www.imdb.com/title/tt0120382/?ref=tt_sims_tt_i_3

This is a classic that remains fresh and relevant in our age of ubiquitous propaganda and psychological manipulation.

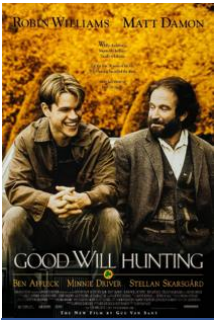


A Beautiful Mind



https://www.imdb.com/title/tt0268978/?ref=tt_sims_tt_i_1

Inspired by events in the life of John Forbes Nash Jr., a mathematical genius, who made an extraordinary discovery early in his career; however, he soon finds himself on a painful and harrowing journey of self-discovery. A powerful film about personal struggle and transformation.



Good Will Hunting



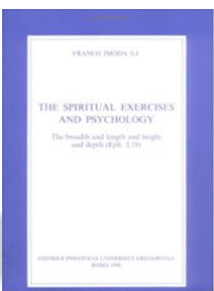
https://www.imdb.com/title/tt0119217/?ref=tt_mv_close

This film is a testament to the value and importance of good psychotherapy. A classic about personal transformation and triumph over adversity.

Books on Ignatian spirituality and psychology

Book Recommendations: Introduction

Go into the 'Health' or 'Self-help' section of any bookshop and you will find a plethora of books promising happiness, wholeness, freedom, and enlightenment. Alas, some often lead to disappointment. So, how do we separate the wheat from the chaff when it comes to choosing books that can actually help? Each of the books listed below are helpful – all for different reasons!



[The Spiritual Exercises and Psychology by Franco Imoda SJ](#)

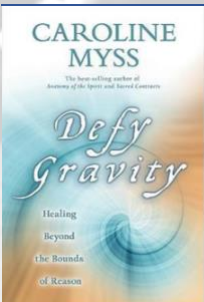
“What role should psychology have in the pedagogy of the Spiritual Exercises? What is the role of human-psychological co-operation in the divine operation?” These are just some of the questions explored by Franco Imoda in this important book. He is convinced of the relevance of Ignatian Spirituality to contemporary culture and celebrates “the ever more fruitful cross-fertilization between the present-day human sciences and Ignatian Spirituality”.



[Jung on Ignatius of Loyola's Spiritual Exercises : Lectures Delivered at ETH Zurich, Volume 7: 1939-1940 by Carl Jung \(Edited by Martin Liebscher\)](#)

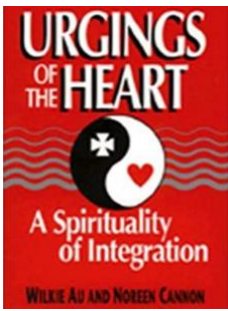
Jung's lectures on the psychology of Jesuit spiritual practice-unabridged in English for the first time

I first heard about Jung's series of lectures on the Exercises through a podcast with Thomas Patrick Lavin, PhD ([Jung's Commentary on the Spiritual Exercises of Ignatius of Loyola](#)). Now, for the first time, Jung's complete lectures on Ignatius of Loyola's Spiritual Exercises are published in English. Interestingly, these lectures were delivered in the winter of 1939-1940 (how historically significant were those years!). Jung presents Ignatius's Spiritual Exercises as the prime example of a Christian practice comparable to yoga and Eastern meditation and gives a psychological interpretation of the visions depicted in the Ignatius's autobiographical writings. Should make for compelling reading when it becomes available.



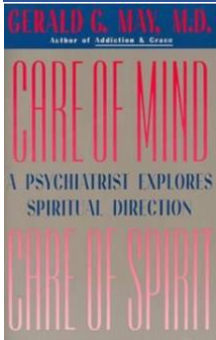
[Defy Gravity : Healing Beyond the Bounds of Reason by Caroline Myss](#)

In Defy Gravity, Myss utilises the wisdom of the great mystics, whose writings provide a deeper understanding of the spiritual underpinnings of healing. Based on these studies, Myss introduces a model of healing that draws on an understanding of the relationship between our seven shadow passions and our seven inner graces. Myss is always down-to-earth and practical in her approach.



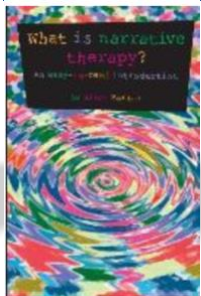
[Urgings of the Heart by Wilkie Au and Noreen Cannon](#)

This is an outstanding book, full of penetrating insight and practical, accessible analysis. Using stories and images, Au and Cannon “blend the best of spirituality and psychology to help the reader live in peace with self, others, and God. Wilkie Au, a spiritual director, and Noreen Cannon, a Jungian analyst, focus on the path to holiness and wholeness. They believe that self-appropriating (having and holding a self) and self-transformation (giving of self to others) are the essence of spiritual transformation.” A book to be cherished.



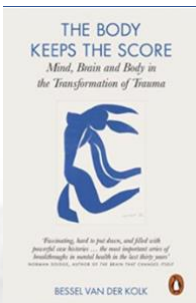
[Care of Mind, Care of Spirit by Gerald May](#)

“Although secular psychology addressed a great deal about how we come to be the way we are and how we might live more efficiently, it can offer nothing in terms of why we exist or how we should use our lives”, writes Gerald May in this discussion of the nature of contemporary spiritual guidance and its relationship to counselling and psychiatry. May shows how psychiatry and spiritual direction are alike, how they complement one another, but also how they are ultimately very different in their purpose and orientation.



[What is Narrative Therapy? An Easy to Read Introduction by Alice Morgan](#)

Narrative therapy is probably one of the most effective approaches to contemporary therapeutic practice. This best-selling book “is an easy-to-read introduction to the ideas and practices of narrative therapy with accessible language, a concise structure and a wide range of practical examples”. It covers a broad spectrum of narrative practices “including externalisation, re-membering, therapeutic letter writing, the use of rituals, leagues, reflecting teams and much more”. If you are a therapist, health worker, spiritual director, or community worker who is trying to apply narrative ideas in your own work context, this book will be very helpful.



[The Body Keeps the Score by Bessel Van Der Kolk](#)

The effects of trauma can be devastating for sufferers, their families, and future generations. Here one of the world's experts on traumatic stress, (see podcasts for one of his interviews), offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain, and body. “Dr. van der Kolk's masterpiece combines the boundless curiosity of the scientist, the erudition of the scholar, and the passion of the truth teller”.



[The Fear of Freedom by Erich Fromm](#)

Erich Fromm is genuinely brilliant. All his books are profound and deeply insightful. *The Fear of Freedom* is really ‘a warning from history’ that we need to heed right now given our present context of the ever-increasing danger of authoritarianism. We are inclined to think that Fascism and authoritarianism belong to the past, but for many in our world, they are ever-present cruel realities. Fromm’s message is prescient – we need to wake up to the political forces that are shaping our world, because those political realities shape us at a personal level.



[The Origins of Totalitarianism by Hannah Arendt](#)

This is another 'warning from history' and is an appropriate companion to Fromm's *Fear of Freedom*. Arendt, who completed her PhD on St Augustine, speaks with great power to present moment in history.

Hannah Arendt's "unsettling analysis of the conditions that led to the Nazi and Soviet totalitarians reminds us of the fragility of freedom, as she explores the ways in which propaganda, scapegoats, and terror can draw us closer and closer towards total manipulation and domination".

If any of the resources in this Newsletter have raised issues for you, please visit [Mental Health Australia](#), for a full list of links to a variety of support services.

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 (please put **BwGiN** in the subject line).

Ignatian Spirituality Retreats



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](#)



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





Are you longing for a sense of peace and freedom?
 Look no further as JISA is offering many opportunities to cater for your needs.

Silent Directed Retreats

If you are desiring to experience that deep sense of peace and freedom that comes from connection and relationship with God, here are Silent Directed Retreats on offer. Click [here](#) for details.

Inner Peace in Friendship with Jesus – A four week retreat in Daily Life

Perhaps you yearn for Inner Peace in Friendship with Jesus, and wish to attend a retreat in person or online. This First Spiritual Exercises retreat runs over four weeks in daily life. Click [here](#) for more details.

3 to 8 Day Individually Guided Retreats - Online

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 31st October – 7th November 2022

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

[More Information](#)



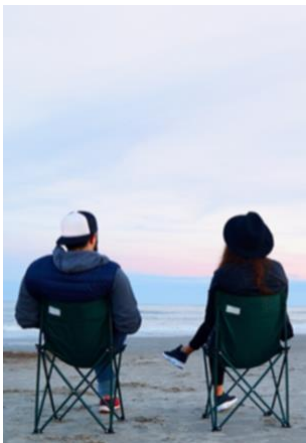
Contemplative Walks and Pilgrimages

Indulge and reflect while walking through nature to a special connection within our inner selves and with the mystery we call God.

- [The Australian Ignatian Trail, SA - 4days/6 nights](#)
 Tuesday, 11 October 2022 - Monday, 17 October
- [Pilgrimage Day at Minjerribah](#)
 Saturday, 22 October 2022
- [Contemplative Walk at Ku-ring-gai Chase National Park NSW](#)
 Sunday, 23 October 2022
- [Contemplative Walk at Blue Gum Forest, Kenthurst NSW](#)
 Saturday, 19 November 2022

Click [here](#) to book





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)



JISA Retreats & Spirituality Centres



JISA Retreat Centres

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

Companions Workshops



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

Jesuit Mission

UTThan Uplift Appeal

You can help Jesuit Mission to walk beside our marginalised sisters and brothers by supporting an innovative new project in India is empowering Dalit people like Arti to become the agents of their own uplift. Donations can be made by [clicking here](#).

Escaping the grip of money-lenders

DONATE



Together we can help empower our most vulnerable sisters and brothers to escape the power structures that keep them trapped in poverty.

Useful Links and Resources

Pope Francis' Prayer Intentions

Pope's Monthly Prayer Intentions for October 2022

Pope Francis' prayer intention for this month is for a Church Open to Everyone.

We pray for the Church; ever faithful to, and courageous in preaching the Gospel, may the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality.



Message from Pope Francis [here](#).



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Discernment as a way to face the future by Fr General Arturo Sosa SJ



Overview and highlights to [Fr Arturo's Sosa SJ's speech](#)

You can read [Fr Arturo Sosa SJ's full speech from the IAJU assembly](#).

Find out more from [the General Curia](#).



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.

Next Month's Topic

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

**“I have the impression that my life is written in a single sentence: ‘It has unfolded according to the will of God.’
(Pedro Arrupe)”**

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.