

Serving Spiritual Seekers since 1977

LOYOLA

Summer/Fall 2008

Letter

Loyola Offers 'Welcome Home' Program to Returning Veterans

Welcome Home is the name chosen for Loyola's new ministry to military veterans and their families. It was born out of a recognition by Loyola staff members that returning veterans might well benefit from spiritual direction and the happy "coincidence" of knowing Sheila Laughton, a retired lieutenant colonel in the Air Force, with a masters degree in Theology and Counseling, and a graduate certificate in Spiritual Direction (see page 2).

At our invitation, Sheila drafted a proposal for working with Loyola as an associate staff member to create this ministry to veteran's and their families.

The culminating step in launching this new venture was the support of the St. Paul Guild of Catholic Women, a

service organization more than 100 years old. Officers of the Guild, Debbie Fee and Barb Tracy, met with Loyola, took the idea back to their board and funded *Welcome Home* with a generous grant that enabled Sheila to begin.

According to Sheila, "The soldier returning from a deployment isn't the same person who left, but then, neither are those who remained behind.

"When it is time to reconnect with family and friends, to reintegrate back into the 'real world,' there may be issues beyond physical or psychological challenges. There may be questions of faith or meaning, or even spiritual wounds caused by the trauma of war. Family members, too, have adjustments to make and concerns about relationships with that 'different' person."

Loyola's *Welcome Home* program hopes to ease the process of reintegration by providing a safe, confidential space to talk about whatever issues or experiences are affecting the veteran's ability to reintegrate, or the family's ability to reconnect. This is a **free service** made possible by this initial grant.

Sheila is uniquely qualified to be the spiritual director who will be working



Debbie Fee, Guild of Catholic Women's president, presents *Welcome Home* with a check; l-r: Sheila Laughton, Fee, Kay VanderVort, Liz Kerwin

with the veterans and their families. As a veteran herself, she understands the stresses of deployment and the challenges of the return home from multiple perspectives (as a soldier, military spouse and military mom).

The Loyola staff decided to write articles for this issue on the topic of "home," as a way to help all of us think more about what it means to "welcome home."

How you can help

Learn welcoming strategies for your church or organization. Two opportunities are listed on page 14. Read Sheila's article on page 12. Pick up one or more *Welcome Home* brochures at Loyola to help get the word out. We'd also be happy to mail them.

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Loyola Letter is published twice a year to share insights, news and events at Loyola Spirituality Center. It is sent to clients, donors, friends, volunteers and all others journeying with us.

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Our Mission

We at Loyola ...

- ❖ Help people to notice, name, and respond to the experience of god in their lives
- ❖ Are rooted in the mystical tradition of St. Ignatius of Loyola (1491-1556)
- ❖ Welcome all regardless of faith tradition, age, race, sexual orientation or economic means

Our Vision

Transforming the world, one person at a time

Help us Go Green

Let us know via email if you'd like to receive this newsletter electronically

News About the Loyola Staff

Welcome ...



Sheila Laughton, associate staff member. Her specialized position has been funded initially by a grant from the Guild of Catholic women. Sheila went through ROTC at the University of Minnesota and was commissioned in 1974. She earned a counseling degree from Creighton University while stationed in Omaha, Nebraska. She served as an intelligence officer and moved into human resources, assigning reserve personnel and then serving as commandant of cadets at the University of Minnesota-Duluth. Her service also took her to Hawaii, Denver, Korea, Germany, South Carolina, Florida and Saudi Arabia, where she served one year during the first Gulf War. Most recently, after retiring as a lieutenant colonel in the Air Force, she attended the College of St. Catherine where she received a masters degree in Theology and a graduate certificate in Spiritual Direction.

David Rothstein, spiritual director. He received his spiritual direction training at the Christos Center for Spiritual Formation in 2006. A former Benedictine monk, his training and interests include key components of Benedictine spirituality: lectio divina, centering prayer, the psalms, contemplative living, community and environmental stewardship. David also has a background in teaching and technical writing. A former associate professor of English at St. John's University, David taught writing courses, nineteenth-century British literature and general literature courses, and he served as assessment coordinator for his department. David's other interests include iconography, yoga prayer, outdoor activities with the Minnesota Rovers outdoors club (camping, biking, hiking, canoeing, kayaking, skiing), gardening, cooking and the arts. He is also part of a small lay-contemplative community that is forming in the Twin Cities.



Other News ...

Liz Kerwin, CSJ, spent three weeks traveling in China, from Beijing in the north to Macou in the far south. **Terry Shaughnessy** attended the fourth annual Ignatian Spirituality Conference at St. Louis University in St. Louis this past July.

Media Misc ...

Joanne Dehmer, CSJ, and **Virginia Matter, OSB**, were featured in an article, "Two Spiritualities" published in *Edge Life*. They compared and contrasted Benedictine and Ignatian Spirituality. Joanne was also featured in an article on Aging for the *Phoenix* newspaper.

John Reichert was featured in the Summer edition of *Essential Wellness* in an article on consciousness and awareness.

Sheila Laughton talked about the *Welcome Home* Listening Ministry on the Kevyn Burger FM 107 Radio show. Articles about Sheila and Loyola's new program were also featured in the *South Washington County Bulletin* and *The Catholic Spirit* (May 14, 2008).

Letter from the executive director

**Terry
Shaughnessy**



You should be receiving this latest copy of our newsletter some time in mid-August, which is a prime time for summer relaxation with family and friends. I hope your summer respite has been just that, a time of rest. Meanwhile, at Loyola we have been busy with a number of things that are not always evident to those who visit our offices.

Marketing Report and Communication Plan

Thanks to a generous donation from *Chuck and Carol Denny*, Loyola was able to complete a professional marketing plan in May. *Pathways Marketing* was hired for the purpose and have proven to be excellent partners in our marketing efforts. *Susan Mundale* kicked off the project by generously facilitating a discussion among our staff that helped us to focus on the goals for our marketing plan.

Focus groups were utilized among several diverse groups, and the feedback we received was quite helpful. The information collected from the research evolved into a cohesive communication plan. You should notice a more cohesive message reflecting our mission and values in our mailings, brochures

and through our updated website.

Resource Development Council (RDC)

Several years back, *Liz Kerwin* started the RDC as an advisory board composed of talented individuals who provide guidance to the executive director and Loyola. We meet three times a year to discuss the overall direction and well being of Loyola.

The RDC's advice around finances, non-profit management, fund-raising and communications are only a few areas where I've received excellent support during my first year as Loyola's leader. Members of the committee are pictured below.

Volunteers

If you come to Loyola on a Friday morning, you will be greeted with a pleasant smile by *Bev Quintavalle*. Bev has been volunteering to help *Missie Hickey* on her days off with hospitality and front office support, and we are all grateful for her support. *Nancy Koski* is a loyal friend to Loyola and has occasionally stepped forward to help out with data entry projects.

Our front gardens have been beautifully maintained by *Clem and Elizabeth Nagel*. They have graciously volunteered (along with family and friends) to nurture the peace garden to vibrancy on spring days for some time now. Clem and Elizabeth also bring their artistic talents into Loyola's visiting area through a monthly exhibit of Clem's vivid poetry framed alongside Elizabeth's beautiful nature photography.

Consultants

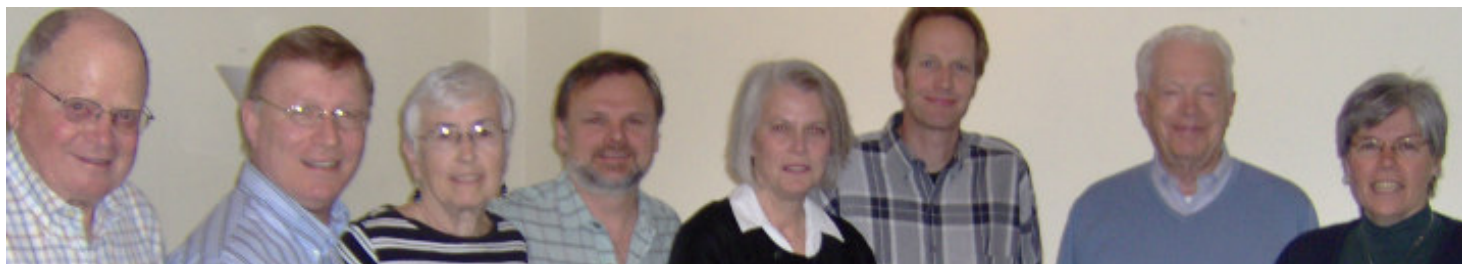
Loyola has benefited from the expertise of several very talented consultants over the years. *Chuck Lofy* has been especially helpful in recent times as we've transitioned from a founder-led organization to a self-sustaining spirituality center separate from the identity and gifts that Dick Rice brought to Loyola in his 25-plus years here.

Chuck is steeped in Ignatian spirituality, having been with the Jesuits for 15 years (see page 15 for his upcoming workshop on Ignatian spirituality). He has

also been a college administrator and organizational development consultant, which has proven to be a fit for us as we examine the infrastructure at Loyola. With Chuck's assistance, we've written a covenant, looked at where we've been and where we want to go with much insight, honesty and clarity.

Ann Mundale is a business consultant who has proven invaluable in the short time she has been consulting at Loyola. Ann's task has been to help us with financial reporting, technology and business management support as we develop a more centralized business office.

From an effective marketing/communications plan, a dedicated and talented Resource Development Council, committed volunteers and to some very experienced consultants, I think you can see we have a cadre of capable supporters who allow us to remain good stewards of the resources that make up Loyola Spirituality Center.



The Resource Development Council (l-r): Ernie Dorn, Bill Marsella, Liz Kerwin, Terry Shaughnessy, Susan Sands, Dan Carr, Chuck Denny, Deborah Chernick; not pictured: Fr. Kevin McDonough

Liz Kerwin celebrates 25 years of ‘watching people find God’

Elizabeth Kerwin, a sister of St. Joseph, a spiritual director and Loyola’s executive director from 1990 through 2007, is turning 75 this year and is also celebrating her 25th anniversary with Loyola.

And in these 25 years, she can honestly say: “There has never been a day when I didn’t want to come to work. Every day I am privileged to witness some-

thing amazing in people’s lives. I’ve been so blessed.”

What she witnesses is people finding and experiencing a God who wants them to become—and live out—who they are truly meant to be. “That’s what can happen in spiritual direction,” she says. “I’m like a *midwife*, or a birth coach; I’m helping this person give birth to his or her true self simply by listening, reflecting back and encouraging.

“It’s a huge blessing.”

It’s also a huge blessing to the hundreds of directees who have met with Liz over the years and, because of her companionship, learned to listen deeply to the voice of God and find more meaningful ways to live life.

Before joining Loyola, she was a teacher for 25 years and says science informs her own spirituality and her approach to spiritual direction. “One of the places I find God is in nature,” Liz explains.

“Evolution and ecology show me who and where God is and how everything is interconnected. It has expanded my notion of how God works in people’s lives and that there are no limits. I’ve learned to hold that mystery with respect and care, because it’s so fragile. Every day brings a new awareness.”

She recalls her years at Loyola with humor and joy. “My *modus operandi* is to work in teams,” she says. “Loyola is a very collegial organization, so I knew I could make some contributions.” One of her many contributions as executive



Liz Kerwin, CSJ

director was to formalize a fund-raising process which has sustained this organization for seventeen years. She also nurtured the gifts of others by inviting ideas and then encouraging them to ‘go for it.’

“I didn’t cut back on spiritual direction,” Liz recalls; “so I was doing a lot of administrative work at the same time. It was hard work, but satisfying work. What I feel good about was keeping Loyola’s vision; and now I’m holding its history, while still supporting change.”

And, no, Liz Kerwin is not retiring. She’ll be cutting back from five days to four this year, and will continue companioning with spiritual seekers because of her “delight in watching people grow.”

“I told myself I would stop teaching when I no longer learned from my students,” she explains. “The same applies here. When I no longer learn from my directees, I’ll know it’s time to stop.”

Come join us in honoring Liz

If you’d like to honor Liz Kerwin for her 25 years of service, please join us at the *Liz Kerwin Recognition and Scholarship Fund Event* on Saturday, November 8, from 4:30 to 6:30 p.m. at the Carondelet Center in St. Paul (1890 Randolph Avenue). The \$40* cost will go toward our Scholarship Fund and support spiritual seekers facing financial problems.

Reservations are needed. To RSVP online, go to our website, or send a \$40 check via US Mail. If you can’t attend but want to make a donation to this scholarship fund, send a check to 389 N. Oxford, St. Paul, 55104 or donate online.

*\$25 of this is tax deductible.

Coming Home to the Earth

Notes from a Contemplative Nature Retreat

David Rothstein

Summertime and we receive again the warmth and abundance of our green, flowering earth. Yet most of us receive or relate to the earth in small, controlled doses: on our way to work; looking out from air-conditioned living rooms; sitting on our decks before a manicured lawn.

Nature is becoming foreign to us, more human-made. We prefer technology. We are urban monkeys, *homo urbanis*, conquering the earth with asphalt and strip malls. The Minnesota Department of Natural Resources reports that fewer people each year visit state parks. The human population is expected to double by 2050. Alarming trends. Yet people are also beginning to feel the neurotic effects of their estrangement from the earth.

We are becoming aware of our modern spiritual neuroses and the need for a home remedy—a remedy of coming home. How do we return to our original home, the earth? How do we rebuild the relationships that make for a healthy, happy home? How do we find a right way, a spiritual way to relate to the natural world?

This past May, I led a contemplative nature retreat for a small group of people at the Villa Maria Retreat Center—a beautiful location, next to Frontenac State Park. The idea was to give people contemplative exercises that take them out into nature, connect them with natural elements—birds, wind, grass, forest—and awaken their bodily senses through touch, hearing, sight, smell, and, yes, taste.

The retreat encouraged us to spend long periods of time with single elements, to take them in fully and develop a relationship with them, so that coming away we could say ‘Yes, I truly know the earth. I didn’t just observe. I related and connected.’

Fascinating things happened: we noticed how our senses came more alive after a couple days, we noticed more smells, heard finer sounds, saw smaller things we would normally have overlooked. We started to rebuild a healthy relationship with the earth. We started to return home. And we wanted to continue afterward as we moved back into our ordinary urban lives.

So we came up with the following tips on how to come home to the earth, wherever you live. They’re listed as follows:

❖ In the midst of planning and problem-solving, remember your desire to be aware of your surroundings in the present moment (what your body is sensing, the environment, people around you).

❖ Pause to touch, smell, and hear natural things. Notice the qualities of the air as you step outside each morning. There are many ways to receive the love of God.

❖ In the midst of wanting to do more things, wanting more structure, remember your desire to be grounded and centered in the simplicity of this moment. Looking at little things in nature can help.

❖ Keep natural things around you that reconnect you to your earth-home: nature sounds (running water), objects (pine cones, grasses), pictures of places you love in nature.

❖ Talk to others, especially kids, about your

experiences in nature, even the little discoveries you make. Help foster a sense of wonder in others by sharing your nature stories. If we only talk about human-related things, that’s all we will ever value.

❖ Take at least a few minutes each morning to attune your body and spirit through yoga, exercise, breathing, centering prayer, or lectio divina.

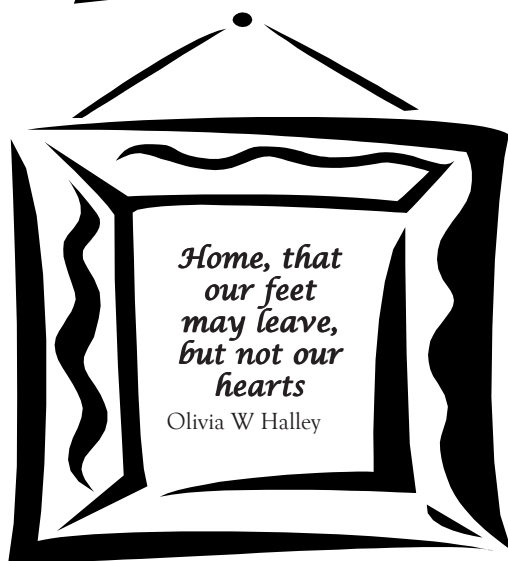
❖ Visit at least one state park or nature preserve each season of the year. Put it on your calendar. Going into “wild” nature can help you better appreciate the natural wonders in your own back yard.

❖ Pause regularly to breathe deeply and be grateful.

❖ Go on a contemplative nature retreat! Another one is coming up at Villa Maria, Oct. 10-12. See page 15 for details.

*Wherever you are is home
And the earth is paradise.
Wherever you set your feet is holy land ...
You don't live off it like a parasite.
You live in it, and it in you,
Or you don't survive.
And that is the only worship of God there is.*

Wilfred Pelletier and Ted Poole



Joanne Dehmer, SSND

My dad died in 1986. Years later my mother moved into a smaller, more manageable cottage. The following years our family home became a temporary home for different nieces and nephews.

Where we love is home

When mom died in 2004, it became clear that we needed to close and sell our family home; and so my sister, brothers and I began the long goodbye.

At my mother's funeral liturgy, my nephew, Joel, forty years old at the time, husband and the father of five children, gave a reflection he entitled, "Grandma's House."

"I remember a plaque that hung in Grandma's TV room years ago that read 'God is Love.' It didn't mean much to me then, just another religious sign hanging beside Grandpa's easy chair. But as decades have passed, I've come to realize the significance of the phrase.

"Grandma's house wasn't always quiet. (I had rowdy uncles and noisy little cousins) but it was filled with love. Grandma insisted on it ...

"As my childhood has become only distant memories, I look back from this ever-changing and challenging world, and I draw strength from my memories of being at Grandma's house ... I reflect on the loving relationship of Grandma and Grandpa in my own marriage.

"I occasionally snicker when I think of the antics Grandma used to get her way with Grandpa. But their love for each other, with God at the center, is the finest example of living the sacrament of marriage that I can imagine.

Home is Where Our Story Begins

Mary Lou Logsdon

Home is where our story begins. The sign catches my eye every time I see it. Each of our stories has a beginning—sometimes happy and joy-filled, sometimes filled with pain and sometimes veiled in mystery.

I went home with my daughter last December, to the place where her story began, and where our mother/daughter story began. Sarah and I visited her birthplace, Bangalore, India.

She was eight-and-a-half-months old when she was carried out of the Northwest plane by a Children's Home

Society social worker. She reached right out to my open arms, ready to begin the next chapter in her then short-storied life. That was 21 years ago. Now it was time to retrace those early steps.

We knew ahead that Sarah's birth mother was not to be found. Accurate records are not valued in India, and the silence of the years not easily entered. But we did meet again with Kursheed, the woman who started the orphanage that had provided safe haven for three-year-old Sarah.

Kursheed greeted us warmly. She lives with her vibrant

and curious mother, beautifully burnished by nine decades of living, and is supported by frequent visits from two sisters. We were warmly welcomed home.

Kursheed was studying electrical engineering at the University, when she became acquainted with an orphanage on campus.

She was aware of a comparable need in her own neighborhood, and with the support and encouragement of her mother and sisters, took on the project of providing a home for abandoned children. Reach Out was born.

While that orphanage is no longer extant, the stories live on. Kursheed's sister surreptitiously brought babies home to play, delighting in their smiles and laughter. Visitors from the USA brought clothing and diapers stuffed into suitcases.

Kursheed spent long days traveling to Chennai (Madras) to get the required papers signed that allowed each child to travel to their expectant parents. Hope mixed with sadness accompanied each child as they left this home for the next one.

Kursheed remembered Sarah as Priyanka, the name

"Grandma's house was filled with love. And she saw to it that we all had God in our hearts ..."

As the days and years have passed, my siblings and I have often returned to our family home, to share stories, experiences and physical reminders, choosing what to keep and what to give away.

One time, when I was alone, I walked from room to room, holding memories close to myself. While the silence was deafening, I

could hear ... and while no one was with me, I could see...

Home has always been important to me ... I am, after all, a "nester." Over the years, I have lived in a few homes. Before I move, I bless each room, remembering in thanksgiving, who and what each space held and praying for those who will come new to this home. I am forever grateful for my first experience of home, where I learned to love.

given to her on her arrival and now her middle name. She recalled her as skinny, very happy and winning hearts with her captivating smile; all traits that remain with the beautiful young woman I brought back to India.

We spent two half-days with Kursheed and her family, hearing warm reminiscences, wandering around the local district, enjoying the loving warmth of a family that reaches far beyond its blood ties.

As we were leaving, Kursheed, who is Zoroastrian in her faith tradition, told Sarah of their belief in

destiny. Divine guidance brings us where we belong, even when it is half way across the world. Her American home and family are part of her destiny and necessary for what will follow.

Now we know the story before the story, the home before our home. *Home* is where our story begins, but over the years we relocate, remodel, rebuild, repair and reintegrate that first home, coming at last to the *home* where our story ends.

Home: The Deep Heart's Core

Barbara Leonard

On a directed retreat I recalled a verse from a Yeat's poem, *The Lake Isle of Innisfree* ... I remembered singing the first verse as a camp song as a grade schooler.

In half a century, I hadn't thought about the poem that had touched something in me deeply as a child. I couldn't remember the name of the poem or the author, but my director found it for me. The poem is like a word icon for finding deep peace in one's heart.

Home is a place of peace with self, and as the poem suggests in the third stanza, that peace is always available. Wherever we are, we can access that peace in "our deep heart's core." Even the poem's title, *Innisfree*, *in is free*, suggests interior freedom. Home is a place of inner freedom and peace in the "deep heart's core."

Ignatius reminds us to call to mind moments of consolation. Yeats suggests the same—"While I stand on the roadway, or on the pavements grey," I can be in touch with *Innisfree*. Is this longing for home really a longing for God? Is my true home that place in my deep heart's core with God? I think so!

*I will arise and go now, and go to Innisfree
And a small cabin build there, of clay and
wattles made:*

*Nine bean rows will I have there, a hive for the
honeybee,*

And live alone in the bee-loud glade.

*And I shall have some peace there, for peace
comes dropping slow,*

*Dropping from the veins of morning to where
the cricket sings;*

*There midnight's all a glimmer, and noon a
purple glow,*

And evening full of linnet's wings.

*I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the
shore;*

*While I stand on the roadway, or on the
pavements grey,*

I hear it in the deep heart's core.

William Butler Yeats

A Meditation on What is Home

John Reichert

The word *home* means different things to different people, depending upon where one lives in the world. For some it is a bamboo hut, for others a lean-to built from whatever pieces of material can be found, a cave in the side of a mountain or, most miserably, a cardboard box under the freeway.

For most of us in the United States, home is a house, apartment or some kind of mobile home. Home, though, is more than a building; it should be a place where we feel safe, content and at peace.

If we are fortunate, we live in a home where we are nurtured and loved. The size of the home is up to one's choice and financial means; but the bigger is not always the better.

Some of the happiest people I know are those who live a very simple lifestyle but are surrounded by love. Mansions built as a testament to one's ego are often fraught with tension and lack of family life. Home, above all, is where we go at the end of the day to unwind and just be ourselves.

Unfortunately, too many families do not have a place to call home, a major problem that is increasing every year. Although we have many wonderful organizations in the Twin Cities who are working tirelessly on this problem, there are still so many children who do not have a place to call home.

In a wealthy country such as ours, it is a national disgrace that even working families can end up on the street. For the children this has a devastating effect on their physical and mental well-being, with a profound impact on their education as they are moved from district to district.

We are all God's children, and we deserve to have a roof over our heads and food to sustain us. Children particularly need a place where they feel safe and secure and can put down some roots.

Let us pray that we can all help to bring

that day when all children have a place they can call home.

We all need a sustaining spiritual home. Spiritual direction offers us an opportunity to find that place where we are at home with our God.

Our spiritual home is that place where we feel our truest self, our most authentic self. And knowing this home offers a sense of belonging and peace.

In prayer and reflection, we become aware of the signs that will lead us to our true home, recognition of God's love.

Home is Where the Start Is

Kay Vander Vort

Mark, my oldest son, was coming back for a family visit from Africa, where he has lived for over 20 years.

I was at my daughter's house, and her six children, ages sixteen to six, were bubbling with enthusiasm about Uncle Mark's visit. Mary Kay, my daughter—ever the teacher—had laid out a large sheet of white tag board and an assortment of colored markers and pens for the kids to create a welcome sign for Mark.

As Mary Kay was about to begin the big lettering of "**Welcome Home Mark**" to go along with their various messages and doodles, I was thinking of how Africa, specifically Lusaka, Zambia, is now Mark's home. He and his wife, Aggie, and their three children have a good life in Africa. As if Mary Kay could read my thoughts, she stopped, magic marker poised in mid-air, and said, "Maybe we should say "**Welcome Back.**"

With a lump in my throat, I nodded in agreement and congratulated myself.

"You've come a long way baby." It has been hard for me to accept Mark's permanent residence in Africa, though I know he is doing what he loves. I take comfort in Frederick Buechner's wonderful quote about vocation: *Where your deep gladness meets the world's great need.*

A huge part of my sense of vocation in being a wife and mother of four was about creating "home." I had lots of stereotypes inherited from the culture about what makes home—perhaps a bit sentimental, but they lived in me: the smell of baking cookies, a fireplace (which we didn't always have), a sandbox in the backyard, lots of books, etc.

A quote from Great Grandmother Vander Vort's scrapbook had a prominent place on my kitchen bulletin board for years:

Terry Shaughnessy

March: A panel presentation on masculine spirituality at Sacred Ground

April: A retreat on “The Father Wound/Father Blessing” to the Holy Name of Jesus men’s group in Medina

March: Enneagram disussion at Kay Vander Vort’s Enneagram Salon (with wife Noreen)

April: A teaching on suffering for City House linking spiritual seekers to those on the margins (with friend Trinidad)

Joanne Dehmer

June: Directed Retreat, Benedictine Sisters, St. Bede’s Monastery, Eau Claire, Wisconsin

June: “Spirituality of Aging,” Secular Institute, Franciscan Retreat Center, Prior Lake

July: “Spirituality of Aging,” Secular Institute, Elberon, New Jersey

September: “Being With Those Who Grieve,” St. Joseph the Worker Stephen Ministers, Place to be decided

October: “Bio-Spiritual Focusing Enrichment,” Benedictine Center, Maplewood

January 2009: Teaching the second semester in the Spiritual Direction Certification Program at Sacred Ground, St. Paul

January: “Bio-Spiritual Focusing Basics,” Benedictine Center, Maplewood

Kay Vander Vort

October: “Mending Our Clothes: An introduction to Spiritual Direction,” St. John Neumann’s CAPPStone Group

November: “Spiritual Direction – What is it?” St. Michael’s Lutheran Church, Religion in Life Hour

**Out & About
Loyola Reaches Out Into
the Community**

Cont’d on page 11

*The beauty of the house is order
The blessing of the house is contentment
The glory of the house is hospitality*

In our last family home, I finally had a dining room table. I still have it in my town house. Often, as I walk by that table, I think of all the people who have sat there; some I have lost touch with because they have moved away and some are special people who have died—especially my parents. That table was the altar where the sac-



“That table was the altar where the sacrament of home was celebrated”

rament of home was celebrated.

When each of my children left home, for college or jobs, I was restless until I could make the “pilgrimage” to see their new space.

I traipsed from dorm rooms in Spokane, Amherst, Chicago, to first apartments in Brooklyn, San Francisco, London and even a grass hut in Zaire, Africa (yes, Mark’s grass hut.)

As my children were leaving

the “nest,” I had a compelling need to recreate home in Minnesota. After my divorce and move from the family home they grew up in, I wanted to find a house that would be home for them when they came back to visit.

Over these years, my concept of home as an exterior place has been moving to a concept of home as an interior reality. My own ongoing spiritual direction has helped me deepen the home—within. Perhaps at some point it won’t matter where I live. I’ll know what T. S. Eliott wrote about in his Four Quartets:

*Home is where we start from
...We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.*

At Home In Earth

Liz Kerwin, CSJ

As a young woman I left my parental home to enter the convent as a Sister of St Joseph. A few years later I found myself going for the first time to the new house to which my parents had moved. I wondered if I could be at home there.

Very quickly I realized that home is where the people I love reside. It has almost nothing to do with the physical space.

During the ensuing years of moving from community to community, working in different ministries and having opportunities for extensive travel, I learned another lesson. When I am at home with myself and my God, I am at home wherever I find myself. It requires being present and open to the experience at hand, being a pilgrim through life in order to discover what I am to learn.

Mechtild of Magdeburg said, "The day of my spiritual awakening was the day I saw and knew I saw—all things in God and God in all things." This is also the final meditation and invitation at the end of the Spiritual Exercises of St. Ignatius.

One such experience for me was the

day I first saw the picture of the earth from outer space ... My scientific study and teaching have deepened and confirmed my understanding that I live not on the earth but am of the earth and am related to everything.

Recently, theologians and religious leaders have named *care of the earth* a moral obligation and a spiritual call. It calls for continual awareness and education, followed by choices which require time and effort.

I find that I can never rest and feel I've got everything in place, because there is always a new awareness that calls for further choice and readjustment. Also, circumstances may make consistency impossible.

During my recent trip to China, we needed to drink bottled water almost everywhere we went, even in the hotels. This, after our community of sisters had researched and committed ourselves to not sell bottled water on our campus, and I had personally chosen not to use it, created a dilemma for me and at the same time a new awareness and appreciation for the gift of safe water, which I take for granted.

In her recent book, *Out of Wonder*, Nellie McLaughlin says, "The journey home is a long one. The challenge

facing us is that of reconnecting with our deepest roots, the soul wisdom of the oneness of all life." Certainly the journey is long.

Wherever we are on the journey is where we are supposed to be. It is from this place that we are called to take the next step, however small. Every choice we make on behalf of our earth home makes a difference for every part of the whole.

Nellie also says, "Earth, the garden planet and our home, is a living organism. Ours is the privilege of celebrating the profusion and magnificence of the whole community of the universe, the profundity of existence, filled with awe and wonder at the mystery of God, whatever we perceive the divine to be."

We are not simply on the earth, we are part of it. Wherever we are is home. How do we welcome it and experience its welcome? Toward the end of his poem, *The House of Belonging*, David Whyte says

*This is the bright home
in which I live,
this is where
I ask
my friends
to come,
this is where I want
to love all the things
it has taken me so long
to learn to love ...*

There is no house like the house of belonging. We belong to our earth home. It does take a long time to learn to love it and live well in it.



**"Whoever you are, no matter
how lonely, the world offers
itself to your**

**imagination, calls to you like
wild geese, harsh and exciting—
over and**

**over announcing your place
in the family of things"**

Mary Oliver

Coming Home Again

Terry Shaughnessy

Recently, we renovated our family room addition from floor to ceiling. As with most remodeling projects, this one grew from a simple upgrade in one area of the room to a far more extensive and costly makeover of every aspect of the space.

The original idea of updating a fireplace and the final reality are quite different, yet the change in scope for this project is reflected in our sense of satisfaction and even connection with the room.

It didn't take long into the project for me to realize that my blood was flowing in a familiar and exciting way. For fifteen years I had spent my time growing a business around renovating houses for pleasure and profit. It had been over five years since I had hands-on

involvement in a remodeling project, overseeing a crew of carpenters, electricians and painters; working alongside talented craftspeople re-creating space with their hands.

I was quickly back in familiar territory and loving every bit of it (I exaggerate—ok I don't love sweating over the budget and patiently waiting for the schedule to play out as planned). This kind of housework does get in one's blood, much as I imagine police work and medical work does for people in those professions.

I clearly remember when I first realized I had a knack for remodeling and, more importantly, that I had an untapped creative side. My first business project involved purchasing a two story duplex which I then converted to a single family home over three quick

months. The challenges were daunting, the lessons I learned equated to a masters degree in business, the profit at the end rewarding and enticing (not always the case, I later learned) and the sense of accomplishment at the end of each long work day was addicting.

It was toward the end of the project during a particularly tiring day, while I was cleaning up debris, that the thought occurred to me, "I really enjoy most aspects of what I'm doing with this house, but what I like the most is the creativity involved with taking a dead structure that had been ignored for too long.

"I can see that it had years of life in it connected to a family, and I'm bringing a new energy to this house which has been transformed. Soon it will be turned over to an eager

young family who will then connect their family's life to what will become their own home."

Immediately I thought of the cycle of life, death and rebirth as expressed through the Paschal Mystery. The redemptive qualities of my Christian faith became clearer. I was doing spiritual work! This thought helped to redefine my work, and also gave it a newer, deeper meaning that carried me through some challenging times.

Sometimes, it is in the reflective times of our days, as with myself in this story, that our faith is illuminated and strengthened. A home, a job, project or a conversation all contain the possibility of expanding our experience of knowing in faith the God of love, creativity and fecundity in personal and enlivening ways.

Out and About — *Continued from page 9*

September - December: Teaching "Foundational Issues in Spiritual Direction," College of St. Catherine Graduate Certificate in Spiritual Direction

David Rothstein

Lent 2008: "The Way of St. Benedict: Monastic Wisdom for Lent and Life." at St. John the Evangelist Episcopal Church in St. Paul

Sheila Laughton

May: Interview about *Welcome Home* Listening Ministry on the Kevyn Burger FM 107 radio show

May: Presentation to the Minnesota National Guard Chaplains on "Spiritual Direction as a Tool for Easing Soldiers' Reintegration Process"

May: Presentation to the St Paul Guild of Catholic Women on "Veterans and Spiritual "Wounds"

July: "Social Justice and the Veteran," Lutheran Church of the Good Sheppard, Minneapolis

November: Veteran's Spirituality Retreat speaker at St Anthony Retreat Center

November 18: Sacred Ground Professional Development Day: *Welcome Home*-Assisting Veterans' Reintegration Process

February 14, 2009: Wisdom Ways Men's Spirituality Series on "The Effects of Violence on the Individual Soldier"

Always At Home

Sheila Laughton

I was once asked what it was like trying to make a home among strangers or when I wasn't with my husband and children during my military career. I really had to think about it because I never felt I was among strangers.

Yes there were people I didn't know yet or even strongly disliked, but they weren't strangers. We had a connection that was more important than our differences. We became a special kind of "family" who cared about and trusted each other.

I know there are different experiences of life in the military and certainly nothing was perfect, but if my life was unique, Shakespeare's phrase "band of brothers" would have no meaning today.

All career soldiers and many single-term soldiers have the experience of leaving family behind in order to do

“Since I joined the military, I’ve lived in six houses, three town houses, five apartments, two hotel suites and one tent... In a way, every place was home...”

their job. My roommate at Yongsan Army Garrison in Korea had two young children (ages three and five), so she was painfully aware of how I felt leaving my two-year-old. She didn't ask if I missed my son or how I could do it.

It was a strange Christmas that year but we recorded ourselves reading books for our kids, setting up a makeshift tree and holding a huge Christmas Eve party before attending midnight mass.

No one was alone. There were no strangers that night.

I wasn't among strangers when I deployed for Desert Shield in the first Gulf War to join a unit I was supposed to be assigned to the following summer. Not only did I already know someone there, but we were all in the same boat. We shared family pictures and letters we got in the mail and griped about the food and the sand.

We took pictures of each other in front of signs showing the miles to our hometowns and the bleak desert landscape. We found things to laugh about. Sometimes we prayed together.

Offers of a place to stay if anyone was ever in the area weren't just polite invitations. We argued, we fought, but we listened when someone needed to talk and looked away when someone cried. Few of us kept in touch, but the friendship and connections were there whenever we met again.

When I retired and we moved back to Minnesota, I figured I was finally returning home. This was supposed to be the "real" home. Yet I *felt* more alone than in the desert. Even though my husband, children, parents and friends were here, I had returned to a

place where I no longer fit in. Most folks just didn't understand.

How could I miss people I barely (from their perspective) knew? How could

“..there were people I didn't know yet or strongly disliked, but they weren't strangers ... we had a connection that was more important than our differences ...”

there be a tight-knit community when everyone moved every few years? How could I stand taking orders all the time and never making my own decisions? No one seemed to realize that I had made life-altering decisions all the time, decisions affecting me and my unit. My "brothers and sisters" had depended on me and I on them. Now I was really among strangers.

And when I was finally comfortable with my civilian life, my husband was deployed to Iraq. Then it was my turn to see the military from the dependants' perspective—but that's another story.

Since I joined the military, I've lived in six houses, three town houses, five apartments, two hotel suites and one tent. In a way, every place was home in that someone there cared about me. Maybe I was just lucky, but I learned what makes a home.

NOTE: Sheila is responsible for Loyola's new "Welcome Home" program for veterans. See page 1 and 2 for more info.

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Our Wish List

Some of you have indicated that you prefer supporting Loyola with a concrete, material gift. Here are some needs:

- ◆ **A new Loyola sign for our front yard**
- ◆ **A new copy machine**
- ◆ **Funds for technology upgrade**
- ◆ **Funds to add to the already established refurbishment account for updating the library and meeting room**
- ◆ **New tables for the meeting room**
- ◆ **Underwriting portions of a Newsletter – e.g. printing, mailing**

Upcoming Events

NOTE: Registration process may differ with each class

Artists Way (12 weeks)

Tuesdays, September 16 - December 2
6:30 - 8:30 p.m.

\$300 (includes materials) \$250 (if paid
in full by Sept 8)

Registration \$25 (nonrefundable)

This program is intended for anyone who is interested in living more creatively through practicing an art, or anyone interested in the art of creative living. Many have found this workshop provides a deeper connection with themselves and God. Mail payment to Tess Nelson, 308 Linda Lane, Lino Lakes, MN 55014. For more information, contact her at tessnelson@comcast.net. Class size is limited

How to Design a Day of Prayer or Reflection: A workshop for Pastoral Ministers, Religious Educators, and Spiritual Directors

Joanne Dehmer SSND &
Kay Vander Vort

Friday, October 3, 9 a.m. to 4 p.m.

Cost \$ (Bring Bag Lunch)

Learn or enrich your way of leading days of prayer and reflection. There will be opportunities to share resources. **Register by September 29.**

Welcome Home Veteran's Meetings

Sheila Laughton

Friday, October 10, 9 to 10:30 a.m.

Monday, October 27, 5 to 6:30 p.m.

No charge

Those working in church or community settings can come and discuss ways to provide effective and caring support for returning veterans and their families. Advance registration needed.

Enneagram Basics Workshop

Kay Vander Vort

Saturday, October 25 (9a.m. to 4 p.m.)

\$75 (plus \$10 non refundable
registration fee)

Learn the nine-point system that lists and clarifies the nine personality types. It can lead to self-understanding and support on your spiritual journey. You will interact with other Enneagram seekers through storytelling and shared experiences. Registration fee includes advance materials mailed to you. Bring bag lunch. **Register by Oct. 16.**

Men's spirituality group

David Rothstein

First gathering: Sun, Sept 14, 7 p.m.

Free will offering

Each session includes silent prayer, discussions. Possible topics are:
spiritual deepening and stability, changing images of God, father wound, life transitions, fears, control, digging new wells. For information, contact David Rothstein at Loyola, Ext. 15

Loyola will host these next two City House programs. To register and for details, call Tom Allen at 763-227-0686

Will You Drink from this Cup?

Thursdays, Sept 11, 7 - 9 p.m.,
Wed, Sept 17 thru Dec 3, 7 - 9:15 p.m.

A unique opportunity to experience connection with the poor as a spiritual practice.

The Inner Leadership Journey: Mentor on the Margins

Thursdays, Sept 11 thru Dec 11
Times necessary?

This program helps mainstream leaders grow in the spirituality of their leadership. They are invited to leave their comfort zone and learn from mentors on the margins of society.

Directed Retreats

Priest's Retreat

Prior Lake Retreat House
Loyola staff

Sunday, Nov. 9, - Friday, Nov. 14

This retreat is for priests and permanent deacons. To register, Call Lisa Giefer 651-291-4492. If you want a particular director, call Liz Kerwin at Loyola. *Fred Maples will be back on this retreat!*

Fall Directed Retreat

Christ the King Retreat Center in
Buffalo

Loyola Staff

Sunday, Oct 5 -Thursday, Oct 9
\$450 (Scholarships available)

Come to deepen your contact with the spiritual realities on which your life

Mark Your Calendar

Fr. Paul Coutinho, SJ, is coming back! The 200+ people who came to our Lenten Retreat have asked for a return engagement. He will be here on Friday March 27 and Saturday March 28, 2009, at St. Patrick's Church in Edina. More info to come.

depends. There will be daily spiritual direction, centering prayer and Eucharist. **Register by September 18.**

Off-Site Retreats

The following is offered at **Villa Maria Retreat Center in Frontenac, MN, one hour south of the Twin Cities:**

Contemplative Nature Retreat

David Rothstein

October 10-12

\$230 (includes room, board, materials)

Contemplative exercises to attune you to the natural world and grow your relationship with God in nature. It includes group prayer, personal spiritual direction, prayer yoga. Arrive by 7:30 Friday, stay through brunch on Sunday (no Friday evening meal). **To register, and for more information, call Loyola or Villa Marie?**

The following three opportunities will be held at the **Benedictine Center in Maplewood. To register call 651-777-7251 (TRUE FOR MOTHER LOSS?)**

Listen Deeply: Bio-Spiritual Focusing Enrichment

Joanne Dehmer, SSND, and Virginia Matter, OSB

Thursday, October 16, 7 to 9 pm (also, March 19, 2009)

\$20

Come and enjoy an evening of enrichment and shared practice for those who have experience with Bio-spiritual focusing.

Listen Deeply: Bio-Spiritual Focusing Basics

Joanne Dehmer, SSND, and Virginia Matter, OSB

Saturday, January 24, 8:30 am-5:30 pm, \$105 (includes certificate, lunch and materials)

Bio-Spiritual Focusing is a well-grounded practice for cultivating a depth of listening to one's own "body knowing" rather than to the messages and problem-solving techniques that come from the head alone.

Join Us for an Ignatian Day

Lessons from God: The Roots of Ignatian Spirituality in the Life of Ignatius of Loyola

Chuck Lofy

Friday, September 26

8:30 a.m. to 3 p.m.

Carondelet Center 1890 Randolph Av., St. Paul

\$75 (lunch included)

\$25 registration (non-refundable)

This workshop traces the evolution of Ignatius of Loyola's comprehensive system of spiritual practice known today as Ignatian Spirituality. The workshop includes presentations, time for personal reflection, and small and large group interaction. It is suited for anyone interested in becoming more open to the inner movements of one's own soul.

Chuck Lofy, a Jesuit for 15 years, wrote his doctoral dissertation on "The Action of the Holy Spirit in the Autobiography of St. Ignatius of Loyola." In it he presented a detailed portrait of Loyola's conversion to the life within, his extraordinary sensitivity to the stirrings of his soul, and how that introspection (what came to be called "contemplation in action") evolved into a framework that still energizes and instructs spiritual seekers to this day.

Registration due September 17. Register through Loyola: 651-641-0008, loyolasrr@comcast.net, or online.

A Retreat for Women Whose Mothers Have Died

Joanne Dehmer, SSND

Friday, Nov 7- Saturday, Nov 8, \$185 (includes lodging and meals)

\$135 for commuters

Whether our mother died recently or 40 years ago, we continue to grieve. We may grieve for what we once had in that relationship or for what we never had. This retreat offers an opportunity to explore the significance of mother loss. Limited to 12. **Register by October 27**



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