

A MINISTRY IN THE DIOCESE OF LANSING



Institute for Spiritual Direction

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THOUGHTS FROM FR. DAVID



Bishop Earl Boyea has asked parishes to dedicate the Year 2020 to the protection of the Blessed Virgin Mary. We are also excited to place our programs at ISD under her motherly care. May all we do make her Son, Jesus more deeply known and loved.

My own relationship with St. Mary goes back to my early years. In fact, as young as the age of four or five, her magnificat rang in my ears almost daily, “My soul proclaims the greatness of the Lord, and my spirit rejoices in God my savior.” Over the years, I came to see the qualities of Mary that I most cherished in my own mother. She remains, at 92 years old, my living icon of the Blessed Mother.

Mary introduced me to her son when I was but a small child, and Jesus has adopted me. She holds us all tenderly, as any good mother would. To the one who loves so fiercely yet tenderly I pray. I pray you may see yourself through the eyes of our Blessed Mary, and come to know that you are truly a child of Christ.

WHAT'S IN YOUR CROCKPOT?



Tasty ingredients for your spiritual stew

Vulnerability is at the heart of Spiritual Direction. When one is vulnerable you are expected to be honest, regardless of how uncomfortable the resulting emotion. It involves allowing yourself to feel all of the good, the bad, and everything in between. And ... also possibly allowing a perfect stranger to listen to your innermost struggles. Hiding or denying is not being honest with either yourself or your Spiritual Director with whom you are engaging. Through the guidance of the Holy Spirit, the challenge of the Spiritual Director is to enter the very personal realm of vulnerability that he encounters with an attitude of respect and compassion.

Dr. Barbara Hiranpradist, Class of 2017

IN OUR PARISHES

The ISD has opened new evangelization opportunities at my home parish of St Joseph Church, Battle Creek, MI, Diocese of Kalamazoo. I have been a regular attendee of the men's weekend parish retreats and this led me to consider the eight-day silent Ignatian retreat in July 2018. This in turn ushered me into the ISD to become a Spiritual Director. As far as I know, there are no programs of this nature in my diocese My pastor and spiritual director, Fr Chris Ankley was very supportive and excited when I first told him of the program and my desire to study about this role. I am currently working with two individuals in direction and companionship. At this time I have asked Fr Chris to consider any others that he becomes aware of, who may have a need or desire to explore this with me through the grace of the Holy Spirit.

Glenn Belland, Class of 2019



Back row: Glenn Belland, Bill O'Rourke, Eileen Hathaway, Jeff Nunham, Victoria Unger, Patty Stevenson, Anne Burr
 Front row: Leslie Floeter, Nancy Theis, Patricio Medina, Marie Drewek

WHAT'S NEW AT THE INSTITUTE

Congratulations to the class of 2019!

It is with great joy that the ISD welcomed eleven graduates of the spiritual direction training program at a ceremony on December 11. This third cohort is also the largest to date as the ministry of spiritual direction continues to grow. In a special way Fr. David Rosenberg offered the program to the intercession of Our Lady and promised to seek her care and the care of other saints as we continue on our way. "We become inspired so we can inspire." It is an inspiration to us all to talk to the new graduates. Their humility and eager desire to serve the Lord and others is evident. God bless your ministry and use you in many ways to draw others to Jesus in a deeper way.

For all graduates of the program we are offering a program for ongoing development and peer support. Beginning on Monday, January 13 a monthly program will offer this opportunity for growth. All graduates will receive more information from Nancy Theis. If you have questions contact her at theisna@gmail.com.

UPCOMING EVENTS

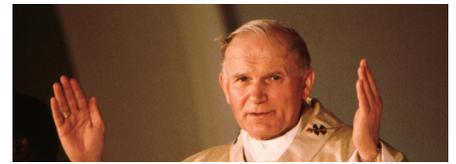
- New semester begins January 8, 2020
- Ignatian Weekend: July 10-12, 2020
- Ignatian Retreat: July 12-18, 2020
- Alumni Retreat: July 24-25, 2020



For more information on the Institute for Spiritual Direction, on how to become a spiritual director, or how to find a spiritual director, please visit www.isdmichigan.org, or email Fr. David Rosenberg at drosenberg@isdmichigan.org.

SAINTLY INSPIRATION

ST. JOHN PAUL II



If Jesus is Life, Mary is the Mother of Life. If Jesus is Hope, Mary is the Mother of Hope. If Jesus is Peace, Mary is the Mother of Peace, Mother of the Prince of Peace.

Entering the New Year, let us ask this holy Mother to bless us. Let us ask Her to give us Jesus, our full Blessing, in whom the Father blessed all history once and for all, making it become the history of salvation.

Today we turn our gaze to the Child whom Mary holds in her arms. In Him we recognize the One in whom mercy and truth meet, justice and peace embrace (cf. Ps 84,11). In Him we adore the true Messiah, in whom, for our salvation, God joined together truth and mercy, justice and forgiveness.

ONE LAST THING

*THE WAY OF THE HEART:
 CONNECTING WITH GOD THROUGH
 PRAYER, WISDOM, AND SILENCE*

There are plenty of inspirational authors in the world of spiritual direction, however none as thought-provoking or helpful in one's own journey as Henri Nouwen. He is a distinguished theologian, with reflections that illuminate and enlighten. The book named above looks at three stepping stones on a spiritual path: Solitude (learning not to be alone but to be alone with God), Silence (the discipline by which the inner fire of God is tended and kept alive) and Prayer (standing in the presence of God with the mind in the heart). We learn to surrender the compulsive noise of the world for God's peace.

Victoria Unger, Class of 2019