



# Institute for Spiritual Direction

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## THOUGHTS FROM FR. DAVID



On October 15<sup>th</sup> we celebrate the memorial of St Teresa of Avila, the great Spanish Mystic born in Spain in 1515. I seek her intercessions whenever I pray for unity and direction for the Church, the mystical Body of Christ. She leads us to the Sacred Heart of Jesus, in the emptying of ourselves and the filling of our hearts with His divine love. St Teresa calls us to quietude to discern God's will, then go out into the world and shatter the darkness with the Light of Christ.

Regarding the Body of Christ, we recall the words of St Paul (1 Cor 12):

“As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit. Now the body is not a single part, but many.”

With the worst of the pandemic hopefully behind us, we can joyfully live out our mission and foster unity within our community. May you discern, through the intercession of St Teresa, to seek those to whom you are called. Live to inspire others. May you find joy in the Journey!

### Prayer of St. Theresa of Avila

Christ has no body now  
On earth but yours;  
Yours are the only hands  
With which He can do His work,  
Yours are the only feet  
With which He can go about  
The world,  
Yours are the only eyes  
Through which His compassion  
Can shine forth  
Upon a troubled world.  
Christ has no body  
On earth now but yours.

## WHAT'S IN YOUR CROCKPOT?



### *Tasty ingredients for your spiritual stew*

Many of you are familiar with Lectio Divina, a method of reading Scripture using prayer and reflection and listening to God in order to find a deeper connection to His Word. I have found some methods of reflection that help me delve even deeper into the Scriptures and bring me to a greater personal application for my life.

Sometimes, when interacting with God's Word I can experience it as dry. Sometimes it's easy to say, “Yeah, God, I agree” and then move on with your day.

Yet, God's invitation is always to more. There is an opportunity with every Gospel to encounter MORE of Him...if we just allow it. ...and that can mean taking a different approach. One way I do that is 1) setting a timer for 10 minutes to write; 2) writing the text into my own words.

In the writing, things start to pop out at me that I hadn't noticed before. To help drive home an application lesson, I might substitute the audience. For instance, Jesus might be addressing the chief priests and elders - those recognized as holy. Who is that in your world? Maybe it's the pastor, the religious, the staff. Similarly, who are the “sinners” you look down on? Are they accessing God's presence and I'm missing it? (I might just be if I'm channeling Judgmental-Jessica),

And all that inspiration can happen in just ten minutes, opening up a whole new avenue for discussion between you and God.

Jessica Kiesling, Class of 2020

# WHAT'S NEW AT THE INSTITUTE

## A JOYFUL SUMMER AT ISD

In spite of all the challenges of the pandemic, summer events have been marked with a joyful spirit and a sense of family unity. Many thanks to all those at St. Francis Retreat Center who worked so hard to make our events both safe and peaceful. Later in this newsletter you will find a report on our Eight Day Ignatian Retreat in July, which was a special opportunity for spiritual growth.

August featured a professional development day for all graduates of the ISD program. We focused on spiritual direction issues that spring from the corona virus, as well as the social unrest that has taken place recently. One overriding truth that encourages us all is that hope, which has been poured into our hearts through the Holy Spirit, will never disappoint us. We can count on it for ourselves and for our directees. This day was marked with the joy of being part of the ISD family. What a blessing.

This day ended with a Mass and a festive meal to welcome new members to our ISD family. On a beautiful summer evening the Mass and the dinner were outside on the lawn which helped maintain a safe distance while enjoying the evening warmth.

We welcome all the new students, who began their semester in September. You will see their pictures below so you can begin to get to know them. Be sure to welcome them personally as the opportunity arises.

Finally, our first parish weekend retreat of the fall was held on September 18-20. More than fifty women attended and that group was full of contagious joy. They were so excited to be able to come—many have been attending retreats here for over forty years. Their love for Christ and the Church is overflowing. We were joined by a dozen spiritual directors who are currently in training and they met with many of the retreatants. It was truly a blessed weekend.

We rejoice to see God's hand at work in this strange summer of 2020 and we look forward with confidence and peace to our upcoming events.

## WELCOME COHORT #5



**Sandra Bernier**  
Holy Family, Caledonia



**Daniel Daily**  
St. Mary, Williamston



**Nora Francis**  
St. John, Fenton



**Ermin Gornik**  
Christ the King, Ann Arbor



**Barbara Swartzel**  
Hope Presbyterian, Pontiac

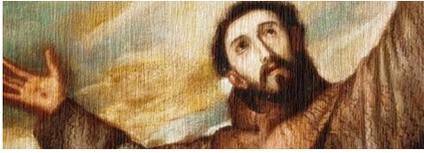


**Julie Parsell**  
Christ Lutheran, Bowling Green



## SAINTLY INSPIRATION

### ST. FRANCIS OF ASSISI



#### Peace Prayer of Saint Francis

Lord, make me an instrument of  
your peace:  
where there is hatred, let me sow  
love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
O divine Master, grant that I may  
not so much seek  
to be consoled as to console,  
to be understood as to  
understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are  
pardoned,  
and it is in dying that we are  
born to eternal life.  
Amen.

**Remember July...?** Remember the feeling we had when what we had hoped would be over when warm weather arrived was still changing our world, our lives, and our Church? It was a rather desolate feeling for most of the people on the planet I think. It was a time of separation and mourning for the things we had to do without, especially community and the Eucharist. But in the midst of desolation, as usual, the Lord sent consolation, in the form of 27 people who attended the ISD 8-day Ignatian Retreat at St. Francis Retreat Center.. Without a doubt, that week was anointed with the Spirit, not just for the attendees, but also for the 14 (or so) Spiritual Directors from the ISD who accompanied them throughout the retreat.

To be able to walk with directees over the course of a week and witness how the Holy Spirit is working in their lives is such a blessing for us as directors. The extended period this retreat offers is like compacting 5 months of spiritual growth and discernment into a week, and a blessing to be able to be the Spirit's instrument for the people. There is a small sense of guilt, maybe, when we realize how much WE are getting out of the sessions, when the idea of it is for them!

The feedback from the attendees was delightfully positive, from the measures we took to keep them healthy, the beauty of the grounds, time away from the media and fear, experiencing our dear Father David, to the joy at celebrating Mass together again. But unanimously, they all agreed that they felt blessed by their spiritual directors being willing to give up a week to help them see the Spirit was still working and alive in their lives, even during pandemic daze (intentionally misspelled!). Four attendees that week are now members of ISD Cohort #5!

For us, however, the real fruit is the growth we experienced, and the joy we felt at being back together with our ISD friends from different cohorts, serving God's people in answer to our call. Thank you to all who attended, directed or prayed for the retreat from somewhere else. WE are Church, at it's finest!

Bert Schomberger, Class of 2017

## ONE LAST THING

### VOTING AS A CATHOLIC

How should Catholics vote? How should Catholic principles and teaching inform our voting? Here are a few online resources to help inform your conscience and make a decision according to the mind of the Church. The goal is not to point to any particular candidates, but to help you evaluate the candidates according to Church thought. Hopefully this will help you turn down the campaign rhetoric and come to a decision that will glorify God.

How to Vote Catholic: A Brief Guide for Voters: <https://www.catholicity.com/vote/guide.html>

Voter's Guide for Serious Catholics by Catholic Answers  
<https://www.catholicfidelity.com/voters-guide-for-serious-catholics-by-catholic-answers/>

## UPCOMING EVENTS

Alumni Journey Group: Our next meetings will be October 12 and November 9. In October we will have a special guest speaker, Alana Bahoura. Her presentation, highly recommended by Bert Schomberger, is titled *Six Disciplines of Discipleship*. Bert suggests that this material is very good material for spiritual directors to consider for themselves and it is a good resource to use with their directees. Hope to see you there, either in person or on Zoom.

Graduation: Cohort 4 will be graduating on Wednesday December 16, beginning with Mass at 4:30. Save the date and more details will follow. Let's celebrate with our brothers and sisters.

#### Retreats:

- Oct. 30-Nov. 1: Ignatian Weekend Retreat for Men and Women
- November 20—22: Women's Contemplative Retreat
- December 4-6: Married Couples Weekend

Visit <http://www.stfrancis.ws/> for more information.



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](http://www.isdmichigan.org), or email Fr. David Rosenberg at [drosenberg@isdmichigan.org](mailto:drosenberg@isdmichigan.org).