

Spring 2008

SOUTHERN IGNATIAN NETWORK NEWSLETTER



On the Worldwide Web:
www.signuk.net



Christine Riseboro
Secretary, SiGN
4 Oval Road
LONDON NW1 7EB

SiGN Spring Gathering and Annual General Meeting 11am on Saturday March 8th 2008

Cecilia Goodman CJ:- 'Prayer and the Body'

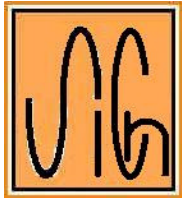
with particular reference to the Third Week of the Exercises

Cecilia Goodman writes:

As our prayer changes and deepens so do we recognise it differently - often almost unconsciously. Words and activity, once so important, become more of a struggle as we begin to long for silence and space; the heart replaces the mind more and more often as the locus of our relationship with God and the body too plays its part in this shift of focus.

Because of their intensity and their structure, The Spiritual Exercises of St Ignatius particularly serve to highlight these shifts in prayer, and it can be helpful to explore how prayer is often expressed more and more in the body as we move into the Third Week and beyond.

"For many years I taught very happily in our boarding school in Shaftesbury, Dorset, but after a 30 day retreat I knew I needed to change much of my thinking and this led to a move to London to work with drug addicts and the homeless. It was a time of profound change and learning for me and a wonderfully happy period despite the seeming hopelessness of the situation. I also began to realise just how important the gift of faith is - something I had taken for granted before. I was then asked to work with the new members joining our Congregation and at the same time began to work in the field of spirituality and retreat direction. After a period of responsibility for our Congregation in England, I came to York, and since 2003 I have been working in St Bede's Pastoral Centre in York and running retreats during the summer at Whitby."
Cecilia Goodman CJ



The Southern Ignatian Network is on the Web. You can find us on www.signuk.net

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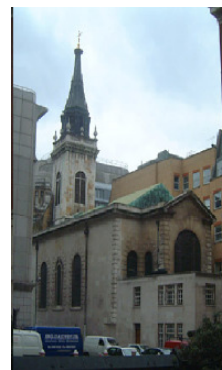
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**Our Spring Gathering is at the London Centre for Spirituality - St Edmund's, Lombard St.
Doors open at 10.30am**



The Gathering is from 11 am until 4.00 pm. Please bring a packed lunch; coffee and tea will be provided. Donation * for the day is £10 for members and £15 for non-members.

* The cost of the Gathering is to cover materials and expenses. It is important that no one is prevented from coming because of financial hardship therefore a donation that is less (or in some cases more!) is acceptable. Please pay whatever you can afford!



THE CHAIR'S ANNUAL REPORT FOR 2008

The main focus of the Core Group's work continues to be on the two main 'Gatherings' in the Spring and Autumn of each year. We plan to hold them on the 2nd Saturday of March and October, and to alternate between the London Centre for Spirituality in the Spring and at the Mount Street Jesuit Centre in the Autumn. The Spring Gathering will continue to be the place for our Annual General Meeting, as it is today. Both venues have proved a good alternative to St. John's Waterloo and have, I feel, begun to grow a sense of intimacy between us that I hope will strengthen our network of fellow pilgrims who carry the Spiritual Exercises in their knapsack.

Our Gatherings have moved us steadily through the Spiritual Exercises of St. Ignatius. As my article in the Autumn Newsletter reminded us, we began the process in the Spring of 2003 and our Autumn Gathering last year left us ready to explore the Third Week of the Spiritual Exercises this year, and I very much look forward to Cecilia's presentation and exploration with us later.

Another focus of the Core Group over the past year, has been to develop learnings from the 2006 Conference at High Leigh '**Something New Every Day.**' Our Web Site is one such learning and also the wonderful Conference Bulletin which had a quality we hope to reflect in other publications and leaflets for SIGN. Incidentally, we would benefit from a new Web Master to develop our web site design and function. Perhaps the most significant outcome, however, has been to establish regular quiet days around the southern region.

There are Three Quiet Days planned this year on **April 10th, with Yvonne Walker** at the Well Spirituality Centre, Tottenham; **June 7th with myself** at 'The Well' at Willen, Milton Keynes.; **September 22nd with Sue Cash** at The Barn, Horsegrove, Osmer's Hill, Wadhurst, East Sussex, TN5 6QJ. The days will each be in the spirit of the Spiritual Exercises and in keeping with SIGN's charitable object: *the advancement of the Christian Religion in particular by the promotion and encouragement of the Ignatian tradition.*

SIGN's Quiet Days have two purposes:

1. To give those who attend the opportunity to take space and silence in the midst of daily life to reflect on the presence of God in that life.

2. To encourage and develop the Southern Ignatian Network within the local area.

Eugenia is the Quiet Day Coordinator.

In 2009 we shall move into the Fourth Week of the Spiritual Exercises which will lead us to our planned second conference in 2010 (A *God-incidence* maybe?). It is already in its early stages of planning and the Core Group is exploring various titles, one such being '**The Word of God—The Heart's Refreshment.**' We feel the conference should focus on 'Scripture and Spirituality' and we are hoping to attract an eclectic group of speakers. The conference is scheduled for 12th—14th October 2010 at the High Leigh Conference Centre.

A Conference Planning Group will be needed next year and I hope you will all search your heart to discern if the Lord may be calling you to be a part of this.

Your Core Group currently has two vacancies and I hope and trust you will pray about these and perhaps offer yourself for nomination.

Membership is not onerous, in fact it is a true joy. We meet three times a year for around 3 hours, beginning each meeting with led prayer and reflection, moving into the first half of the agenda, a shared meal, and concluding the agenda by 9pm. I serve my final tenure of membership this year and thank God for the fellowship and support I have received. It truly is one of the easiest committees I have ever chaired with a level of commitment the envy of the chair of any parish council.

The Spiritual Exercises describe how our Gracious God works in the soul of His beloved children. Therefore, as we have moved through them over the past five years, we have all undoubtedly been at differing stages of our personal journey. However I, for one, have found that my own journey has synergised with at least two of our annual gatherings. In fact, if one of these gatherings hadn't been part of my journey I wouldn't have heard the Lord's call to my current vocation with the clarity in which it came. My only disappointment has been a lack of 'fellow-men!' in our network.

I would like to thank my fellow Core Group members and those who make available these exciting places of stillness in the midst of our bustling metropolis. May the Lord bless you all.

Alan Hodgetts, SIGN Core Group Chair.

The 2008 Autumn Gathering

Is on Saturday October 11th 2008 at Mount Street Jesuit Centre. Our speaker will consolidate our exploration of the Third Week of the Spiritual Exercises under the heading '**Living out a vocation in the Third Week.**' Our speaker will be confirmed in the Autumn Newsletter.



'WANTED' - NEWSLETTER ARTICLES. We would like articles for our Autumn publication by the end of July 2008. Please send them by email to:

**alanhodgetts@f2s.com
or send them
to the Secretary**



"CHOOSING FOR THE GREATER GLORY OF GOD" (Alison Moody – Autumn 2007)

This was our first gathering held at Mount St., a venue that seemed to be appropriate, both from a travelling point of view, as well as being conducive to spending time in the lovely gardens and quiet moments in the very beautiful church. The buzz heard at the beginning of the day spoke of the members' enjoyment at being able to find fellowship together and to catch up on each other's journey. Alison Moody, our speaker, also allocated plenty of time for interaction and reflection in small groups enabling us to tease out the material she had presented.

She covered her subject with expertise, offering handouts (available for anyone still requiring them) and suggesting books and references to enhance our knowledge and sense of the 2nd week of the exercises. We valued being reminded of the Meditations/Rules and, particularly of ways in which we make good choices i.e. The Election - focusing on what God might be showing rather than on what makes sense! The objective being not which choice will be better but what is more pleasing to God, what is He showing me? She reminded us that it is not unusual to fall into hazards along the way. We are most grateful to her for an excellent expression of the subject.

The Core Group's Newest Member

Little did I think about ten years ago, when my Spiritual Director kindly suggested that I might find the Ignatian Spirituality course helpful, that it would take me on an exciting journey with its many challenges, to adapt my own thinking, especially that which had been a part of my religious culture. To open my heart and mind, and to expand my spiritual boundaries and to find me sitting with the Core Group of SIGN! These have been years that have allowed me, the sheer privilege of being alongside directees, in a sacred space, accompanying them on their journey with God. Time to share, in supervision, the struggles and dynamics of what it means to be a Spiritual Director and to find my own soul enlarged and enriched by the interaction.

Having attended two Core Group meetings, I have captured the passion and longing of the group to be a resource to its members, and, I've been made aware of how much work goes on, behind the scenes, in order to give these resources to the members. I would encourage you to express your thoughts on the part you feel the Core Group should play in responding to your needs. I am truly grateful for the privilege of being alongside them. (Iona Rainer)



Quiet Days Strengthening the Ignatian Network

April 10th
Yvonne Walker
at the Well
Spirituality Centre
Tottenham

Saturday June 7th
'The Examen'
Alan Hodgetts
at The Well
Willen
Milton Keynes

September 22nd
Sue Cash
at The Barn,
Horsegrove,
Osmers Hill, Wadhurst,
E Sussex, TN5 6QJ.



**Each of the days are from 10am
until 4pm. Donations are invited.**

*If you would like to attend the Quiet Days
please contact the Secretary of SIGN or
alanhodgetts@f2s.com.*

*If you would like to arrange a Quiet Day —
please contact Eugenia Geraghty via the
Secretary.*



The Accounts will be available at the AGM. If you are not able to come and would like to see the Accounts, please contact the Secretary who will send you a copy



SigN Annual General Meeting 11am on Saturday, March 8th 2008

SigN Core Group 2007 / 8

Members were elected at the AGM in 2007. The Chair and Vice Chair were elected by the Core Group at their meeting in June 2007

- Chair** Alan Hodgetts
- Secretary** Christine Risebero
- Vice Chair** Eugenia Geraghty
- Treasurer** Laurence Benkhaleb
- Jesuit rep.** Gero McLoughlin sj
- David Formosa
- Nicole Paice
- Iona Rainer
- Malcolm Rothwell
- Diana Tear

Plus 2 Vacancies

To contact Core Group members by email please do so via Alan Hodgetts

Membership Secretary:
Margaret Palladino

A Core Group has existed since the beginning of SigN in 1994 in one form or another. It meets twice a year, in February and September. In between times, members serve on small sub-groups to prepare Gatherings, produce the newsletter, consider matters relating to the membership, and to monitor financial matters. Currently the Core Group is aiming to help engage afresh with the materials of the Spiritual Exercises.



Christine Riseboro
Secretary, SigN
4 Oval Road
LONDON NW1 7EB

AGENDA:

- ❖ Minutes of the 2007 AGM
- ❖ Matters arising
- ❖ Chair's report
- ❖ Treasurer's report
- ❖ Membership secretary's report
- ❖ Appointments to the Executive Committee/ Core Group (ballot if needed)
- ❖ Any other business

NOMINATIONS FOR THE SIGN CORE GROUP

Nominations are invited for the 2 places on the Core Group which remain unfilled since last year. Any member of SigN may make nominations and is eligible for nomination. Please ensure that those nominated are willing to serve if elected, and ask them to provide the Secretary with a brief biography of up to 100 words. We are moving into an exciting chapter of SigN as the 2010 Conference is planned and we continue to build on the 2006 Conference. Please give the work of your Core Group committed prayer and for members to hear the Lord's call to join this grace filled Ignatian fellowship of devoted people.

The current committee members are: *Chair:* Alan Hodgetts; *Vice Chair:* Eugenia Geraghty; *Treasurer:* Laurence Benkhaleb; *Secretary:* Christine Risebero; *Jesuit Representative:* Gero McLoughlin sj; *Ordinary Members:* Iona Rainer; David Formosa; Nicole Paice; Malcolm Rothwell and Diana Tear plus 2 vacancies.

Please send nomination on the slip below to the Secretary as soon as possible to arrive **no later than Saturday 23rd February**

NOMINATION FORM

Please cut off the form below and send to:
The Secretary of SigN, 4 Oval Road, London NW1 7EB

NAMES AND ADDRESSES OF NOMINEES

1)

.....

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2)

.....

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3)

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Name and address of sender:

.....

.....

Are the nominees willing to stand for election?

Have you asked them to send a short biography?

Signed

