



# SOUTHERN IGNATIAN NETWORK NEWSLETTER

SIgN On the Worldwide Web: [www.signuk.net](http://www.signuk.net)

## SIgN SECRETARY

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The Southern Ignatian Network is on the Web.  
You can find us at [www.signuk.net](http://www.signuk.net)

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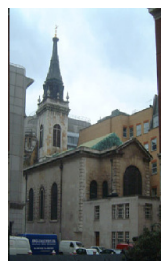
## SIgN Spring Gathering and Annual General Meeting 11am on Saturday March 13th 2010 'Finding God in All Things' Ian Tomlinson, S.J.

- (1) The Text of the *Contemplation to Attain Love* (Spiritual Exercises)
- (2) *Living out the Contemplation* in Daily Life after the Exercises.

Ian Tomlinson S.J. is an English Jesuit priest. He worked for many years in the north London parish of Saint Ignatius, Stamford Hill, where he concentrated on giving the Spiritual Exercises in daily life. After that he was novice director of the British Jesuits and then assistant to the Jesuit Provincial.

Since 2003 he has been working in Loyola Hall Spirituality Centre, near Liverpool.

The Text of the Contemplation to Attain Love follows the Fourth Week of the Spiritual Exercises. It is common practice to give the contemplation during the Fourth Week, but it also has wide application after the retreat. We will look first at the text of Ignatius and then at how this inspiring text can be lived in daily life.



The Spring Gathering on March 13th is at the London Centre for Spirituality - St. Edmund's, Lombard St. Doors open at 10.30am. The Nearest Tube - Bank Exit 6

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 2010 SIgN Conference at High Leigh

"Seeing with New Eyes - the group as the source of Spirit-filled ministry"

12th-14th October 2010

The speakers -

Ms. Una Buckley (CLC)  
Gero McLoughlin, S.J.,  
Rev. Lindsey Goodhew;  
Sr. Kathleen McGhee, SND.



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





**Iona Rainer writes a summary of the talk given by Julia Ling at our 2009 Autumn Gathering: "Journeying out into the New Beginning"**

Those of us able to attend these days convened by SIGn come with different expectations. Julia engaged with us in a profitable and meaningful way speaking of the post-resurrection experience as "practising heaven now" and encouraging reflection on what opens up for us after making the Exercises: What life looks like? Is there a map? What helps us on our faith journey? What does this new territory look like?

In the morning session Julia helped us explore some of the features of the new territory that we enter; particularly, what the world seems to look and feel like when we come out of the process of the Exercises, a place in which we now "see" differently. Something of what Ignatius hoped for in inviting us to move through the dynamic of the Exercises was for us to come out on the other side glimpsing something of that expanded and deepened perception of reality with which he was graced so profoundly beside the river Cardoner. It was a vision of reality in which Ignatius saw that God is to be found - present and active - in all things; a reality in which he knew God to be constantly initiating, infusing and redeeming the whole of creation and drawing it on to completion. Julia reminded us that we are drawn through the dynamic of the Exercises, through the contemplation of the life, death and resurrection of Jesus, to a deeper awareness of who God is and who we truly are. We come to see, in fact, that these two realities are inseparable; we realise we are made of God not just by God and that all we are and experience around us is pure gift, pure grace.

Julia quoted Karl Rahner "Only in love can I find you, my God....." and also drew from material in The Tablet, quoting thus. "When Jesus asks people to repent, He is not simply asking people to do something religious...rather he is asking them to dare to see differently, to look at God, the world and themselves through a different lens....repentance is about letting go of one way of seeing and thinking in order to embrace the risk of seeing and thinking differently, and therefore, living differently".

In Christ, the mystical lens through which we start to see the world, heaven and earth are brought together. This new landscape then is infused with the life of God. It is charged with the grandeur of God as Gerard Manley Hopkins so artfully saw. A totally new order of reality has been entered upon. We live with the deep assurance that we can never, ever, be where God is not.

Yet, we experience this eternal truth in the context of

time. Though final completion is not in doubt, we remain pilgrims; still journeying towards the ultimate realisation of God's saving action in the world. So, we journey on and out, living in synergy with God's Spirit through each of our daily choices. We find ourselves on an open-ended vocational path guided by the life of Christ and the lure of the Spirit.

During the afternoon Julia helped us reflect on what helps us journey out into this territory. Even a deep mystical experience during the Exercises doesn't preclude regressions to earlier stages in one's relationship with the Lord after the Exercises are completed.

How we continue to support our capacity to work creatively with the Spirit that still seeks to lure us on in our journey is, then, a pertinent question?

Ignatius offers us Three Ways of Praying that we can easily enter into in an everyday context.....as we sit on the bus or as we walk down the street. We might like to pray with the Commandments; or to savour a prayer that we know well, such as the Our Father; or to pray rhythmically any prayer, simply staying with it and savouring one word or phrase each time we breathe in or take a step. These are very practical manageable suggestions that we can readily take forward.

In addition, we have the Examen. When we have moved into a way of being that is essentially about living in synergy with God's Spirit at work in us and the world around us, we need something that fosters our capacity for deep attentiveness to how God is present in the midst of the activity of life. The Examen is a vital tool for refining such awareness.

Julia suggested that we also "protect space" in our lives. This might, perhaps, be a day once a month or a week once a year, time in which to sink deeper into prayer as a means of continuing this relational journey of discovery and awareness. The value of ongoing spiritual direction is that it helps us maintain a creative intent as we channel our uniquely personal thread of desire generated by our experience of the Exercises.

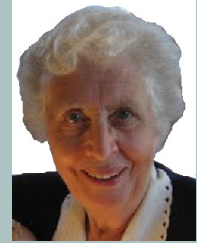
So, emerging from the Exercises our spiritual life consists not so much in law to be obeyed, but in a presence to be seized, undergone and given flesh to and lived.

Plenty of time was given, during the day, for group interaction and response and there was a real sense that people's expectations had been realised.

*Iona Rainer (Core Group Member)*



**'WANTED' - NEWSLETTER ARTICLES** for our Autumn publication by the end of July. Please send them by email to: [editor@signuk.net](mailto:editor@signuk.net) or post them to the Secretary



**Sister Eugenia Geraghty writes the 2010 SIGN Core Group Chair's Report, 'full of thankfulness for the year that has passed.'**

As I begin this Report, I feel full of thankfulness for the year that has passed, so please allow me to share my reflections with you.

As a Core Group, we began our year of service for SIGN on the 30th April, 2009. At our meeting on that evening, "there was a powerful feeling of the presence of the Spirit.." and a passionate desire to "set the world on fire," following in the footsteps of Ignatius and his first Companions. So we began our work with enthusiasm, and by the time of our next meeting, new ideas were generated, which we have been working on over the past few months....

- a new SIGN leaflet and logo;
- a SIGN membership list which is taking on a new face to enable the network to be more recognisable at a glance;
- our local email network lists which some of you have already begun to use;
- plans for our 2010 Conference from 12th-14th October at High Leigh are well underway, and I am sure we will enjoy a stimulating two days, and be blessed with new inspirations and fresh vision.

Other new ideas are being shared at our current meetings, and so we pray that we can continue to move forward into the 21st Century as members of SIGN with "hearts on fire."

My reflections have also led me very much to recall the beginnings of SIGN, "*Founded in 1996 by Paddy Purnell, S.J., to support and encourage the promotion of Ignatian Spirituality, particularly among lay people. It has always been an ecumenical group and has members in all parts of the country, but particularly in the south of England.*"

Remembering all this, I have been very conscious of the fact that we are "standing on the shoulders" of those who have gone before us. It is vital for us to hold all that has been achieved in sacred trust, so that we carry it forward and develop it with fidelity. As we look towards the future "Seeing with new

Eyes", we never forget all the beauty and goodness of the past, but build on it and face new challenges.

In the spirit of thankfulness with which I began, I want to thank, in particular, some very special people. Last year at our AGM, we had to say farewell to some valuable members of our Core Group. Diana Tear and Malcolm Rothwell retired, having served 6 years. We thank them both for the tremendous contribution they made to our Core Group and their prayerful, reflective presence at our meetings is much missed. We also said farewell to David Formosa, who, although he had not served for 6 years, resigned due to other commitments. We miss, too, his valuable contribution.

This year, we have to say farewell to Alan Hodgetts, who has also served 6 years. We thank Alan very especially for his 2 years of service as our Chair, during which time he continued to steer us through our reflections on the Spiritual Exercises, and also encouraged us to take advantage of the Jesuit Media initiative: "Pray as you Go" - a new way of contemplating and praying with the Scriptures. In addition, Alan has done sterling work in preparing our Newsletter twice yearly, and we thank him most sincerely for so much commitment on our behalf. We keep all these dear friends and members of SIGN in our prayers, and look forward to seeing them at our future meetings.

My most sincere thanks to every other member of the present Core Group for all their generosity and commitment over the past year: Margaret, Christine, Laurence, Sister Mary Forrest, Nicole, Sheilah, Iona, and Fr. Gero McLoughlin, S.J. We have worked as a team for the good of all, and without the contribution of each member, our work could not bear fruit.

Finally, thank you to each one of you as members of the Southern Ignatian Network. Each one of you is also important, and we hope and pray that, during the coming year, we will be able to continue the work which was begun in 1996. In the spirit of St. Ignatius let us resolve always to "do all for the greater honour and glory of God."

*Sister Eugenia Geraghty*

**Quiet Days  
Networking  
Members  
Locally**

**Space and  
Silence in the  
midst of  
daily life**

**Quiet Days  
10.30-3.30  
donations  
invited**

**SIGN Quiet Days in May, June and July at Pinner**

- Giving the opportunity to take space and silence in the midst of daily life to reflect on the presence of God in that life.
- Each of the days below is from 10.30 - 3.30 at Penlar, North Way, Pinner, Middlesex. HA5 3NY. Sue Wilson is the host for each day.
- Pinner Station is on Watford Line of the Metropolitan tube. Donation for the day is £12.00. Lunch, tea and coffee are provided.

<b>Friday</b>	<b>28th</b>	<b>May</b>	Finding God in the Desert	-	Sue Wilson
<b>Thursday</b>	<b>17th</b>	<b>June</b>	Let Go and Let God	-	Yvonne Walker
<b>Saturday</b>	<b>10th</b>	<b>July</b>	Living Water	-	Valerie Wright



# SIGN Annual General Meeting 11am on Saturday, March 13th 2010

## 2009—2010 SIGN Core Group

The Group was elected at the 2009 AGM in March and the officers elected in April.

- Chair** Sr. Eugenia Geraghty
- Secretary** Christine Risebero
- Vice Chair** Margaret Palladino
- Treasurer** Laurence Benkhabe
- Jesuit representative**  
Gero McLoughlin sj
- Membership Secretary**  
Margaret Palladino

- Other Members**
- Sr. Mary Forrest
  - Alan Hodgetts (retires 2010)
  - Sheilah Kerr
  - Nicole Paice
  - Iona Rainer

A Core Group has existed since the beginning of SIGN in 1996 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.

  
**Christine Risebero**  
 Secretary, SIGN  
 4 Oval Road  
 LONDON NW1 7EB

### AGENDA:

- ❖ Minutes of the 2009 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 3 PLACES ON THE SIGN CORE GROUP to be received by Saturday February 20th 2010

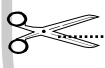
Nominations are invited for 3 places on the Core Group. Any member of SIGN may make nominations and is eligible for nomination. Please ensure that those nominated are willing to serve if elected, and ask them to provide the Secretary with a brief biography of up to 100 words. We are moving into an exciting 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 remaining members of the Core Group for the next year are: Eugenia Geraghty (Chair); Laurence Benkhabe (Treasurer—co-opted); Christine Riseboro (Secretary); Gero McLoughlin sj (Jesuit Representative); Iona Rainer (with nomination but retiring by rotation); Nicole Paice; Sheilah Kerr; Margaret Palladino

One vacancy has resulted from the retirement of Alan Hodgetts, who has served for 6 years. We owe Alan much gratitude for all his work of the past 6 years, particularly for his time as the Chair. We are delighted to say that he is willing to continue with the task of editing and preparing the Newsletter. Iona Rainer has retired by rotation, having served for 3 years, but is willing to stand for re-election. Sr. Mary Forrest was co-opted after the last AGM, and is willing to stand for election. Sue Wilson has been nominated this year for election and is also willing to stand.

**Please send nominations to the Secretary using this form:**

**2010 CORE GROUP 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).....  
 .....  
 .....  
 3).....  
 .....  
 .....

Name and address of sender:  
 .....  
 .....  
 Are the nominees willing to stand for election?  
 Have you asked them to send a short biography?  
 Signed .....