



*Spring, 2016*

## **Ignatian Community Retreat Focuses on Healing**

In the late 1990s, the office of Mission and Ministry at Saint Louis University and the Jesuits of the Missouri Province held the first conference on Ignatian Spirituality that drew particular attention to the significance of the Spiritual Exercises. The Ignatian Spirituality Conference was a great success and was held subsequently every three years.

Beginning in 2009, the Bridges Foundation began to sponsor the Ignatian Community Retreat in the off years of the Conference. The ICR provides an opportunity for those in the St. Louis area who have experienced the Spiritual Exercises or have an interest in Ignatian Spirituality to come together for two days of fellowship, discussion and reflection. Distinguished speakers in past years have included Ron Mercier, S.J., Paul Coutinho, Marian Love, Joe Tetlow, S.J. and Louis Savary.

This year's retreat, "Freeing the Self: An Ignatian Way of Healing" will be presented by Fr. Matthew Linn, S.J. Fr. Linn (as a team with Dennis and Sheila Linn) has focused on integrating physical, emotional, and spiritual healing. The author of several books on the subject of healing, Fr. Linn is a member of the Association of Christian Therapists with advanced graduate degrees in sociology, anthropology, spirituality, and theology. Since 1970 he has given courses and retreats in over

60 countries from Alaska to Australia. Ordained in 1973 he currently lives in a Jesuit community in Minneapolis where he trains spiritual directors at Sacred Ground and serves on the editorial board of *Presence: An International Journal of Spiritual Direction*.



Matthew Linn, S.J.

Asked to describe the focus of this year's Ignatian Community Retreat, Fr. Linn said, "We will explore and experience how the dynamic of the Ignatian Spiritual Exercises can heal us wherever life's hurts have wounded us and strangle our freedom to love. Whether we may be giving or making a retreat or whether we are facing daily hurts or even blissfully sleeping, the Ignatian healing dynamic transforms life's hurts into life's gifts to freely love." Please prayerfully consider attending this year's Ignatian Community Retreat on Friday evening, July 15th from 7-9pm and Saturday, July 16th from 9am to 3pm at the Sisters of St. Joseph Provincial House. Registration is available on line at [www.bridgesfoundation.org](http://www.bridgesfoundation.org) or contact Cheryl Rauschenbach at 636-225-8433. You can find out more about Fr. Linn and Linn Ministries at [www.linnministries.org](http://www.linnministries.org).

-- Sue Todd

## Ignatian Spirituality Project St. Louis

I've been asked to provide a short article describing the work and mission of the Ignatian Spirituality Project (ISP), a Jesuit sponsored ministry offering an experience of Ignatian Spirituality to homeless and recently homeless individuals. Founded in 1998 by Fr. Bill Creed, S.J., in Chicago, ISP has grown to nearly 30 cities in the U.S. and Canada and provides about 200 retreat experiences a year based on the Principle and Foundation of the first week of the Spiritual Exercises. ISP seeks to assist in eradicating homelessness by providing retreatants with an opportunity to experience themselves as the loved and cherished persons they are and to develop a sense of hope for themselves and their futures.



IGNATIUS SPIRITUALITY PROJECT  
Spiritual Retreats Ending Homelessness

Our St. Louis ISP has been sponsoring retreats since 2008. Our coordinator is Ann Rotermund, Ron Thenhaus oversees the men's retreats and we have amazing volunteers on our retreat teams. We sponsor two women's retreats and two men's retreats a year plus a follow up day a month after each retreat. We have been especially blessed to have had the presence and support of the Sisters of St. Joseph of Carondelet who have generously provided their home to our retreatants for their weekend and follow up day. Our retreatants will always tell you how welcomed they feel, how much they love the food and don't want to leave behind the experience of having their very own room, if only for a night! ISP was especially close to Sr. Marian Cowan's heart. Sr. Marian was

instrumental in bringing ISP to St. Louis and she often helped staff the women's weekends.

I will be happy to tell you more about the ISP experience if you are interested. Additional information is also available at [www.ispretreats.org](http://www.ispretreats.org). ISP is always looking for volunteers. Training is available to those who would like to staff our retreats or assist with other needs. We offer a day of reflection in the fall. It is a good opportunity to "come and see". Additionally, we have needs for fundraising to continue to support our work. I am hoping to have our St. Louis ISP Facebook page up and running shortly.

On Sunday, May 1st at 2 pm, ISP St. Louis will host a piano concert by John Beckmann and induct Sr. Connie Probst, PSF and John Foppe, two champions in the fight against injustice in St. Louis, into the Company of Grace. This will take place at the Sisters of St. Joseph Motherhouse, 6400 Minnesota Avenue with a reception to follow. All proceeds will go to support the work of ISP in St. Louis. I have further information if you are interested in supporting us or you can check the ISP web site.

On a personal note, I've been involved in the Ignatian Spirituality Program since 2011. It has enriched my life journey. Our retreatants inspire me. Their stories sometimes overwhelm me but their sense of gratitude and hope helps me to see God in the most unexpected places.

-- Cathie Blattner



## The Constitutions of the Society of Jesus and their Complementary Norms

The Constitutions is a book which details how the Society of Jesus is to be run, written by Ignatius of Loyola. Ignatius set to writing it soon after the Society of Jesus was established in 1540 and stayed with it for many years until his life ended in 1556. Jesuits first study the Constitutions while in the novitiate, within the first two years of their formation in the Society of Jesus. They return to a formal study of the Constitutions one other time, years later in their tertianship.

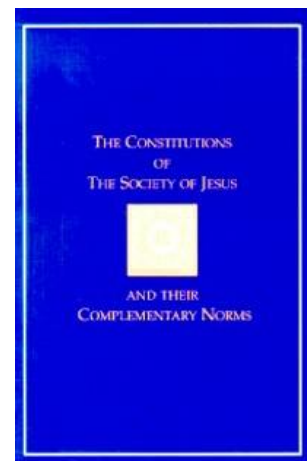


The work begins with the Formula of the Institute, an official document which outlines the purpose and function of the Society of Jesus. This is followed by the General Examen, a lengthy written account for men who aspire to admission to the order, explaining in detail what aspirants can expect in their formation and apostolic lives as members of the order.

Next is the 10-part Constitutions proper, covering such subjects as admission into (and dismissal from) the order, the stages of formation, the vows of poverty, chastity and obedience, governance of the order, maintaining unity, and the mission of the order.

Jesuits in formation also study the *Complementary Norms*, a very long document published by the Society of Jesus at their 34th General Congregation, held in 1995. The Norms consists of ten parts and addresses contemporary renewal of the lives of the Jesuits, as well as their apostolic work. Young aspirants are reminded through the continued importance and relevance of the Constitutions and Complementary Norms of the order of the role these documents play with their prominent status as related to the work of the Jesuits. The hundreds of pages comprising these documents serve to underscore the mission of the Society of Jesus in the aiding of souls. The mission is accomplished through evangelization, education, pastoral and sacramental ministries, and in other ways.

The Constitutions represent a large part of the legacy of Ignatius of Loyola to his beloved Society of Jesus. To see the text it is best to acquire a copy of *The Constitutions of the Society of Jesus and their Complementary Norms* edited by John W. Padberg S.J., available from the Institute of Jesuit Sources. For a more concise summary of the Constitutions, one might try *Together for Mission: A Spiritual Commentary on the Constitutions of the Society of Jesus*, by Andreè de Jaer.



*With great power the apostles bore witness to the resurrection of the Lord Jesus, and great favor was accorded them all.*

*- Acts 4:33*



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**MARCH 27**

This is the newsletter of the Bridges Foundation of St. Louis. The newsletter is published quarterly and distributed as a PDF file via email, free to anyone who would like to receive it. Thank you to the contributors to this issue: Cathie Blattner, Sue Todd, and Tom Simon.

Quarterly issues are sent late in the months of March, June, September, and December. The deadline for submission of material is on the 15th day of each of those months for inclusion in the issue to be mailed later that month. Look for your next issue around the time that the seasons change.

The deadline for submissions to the next issue of the Bridges Newsletter is June 15, 2016. Please send articles, letters, mailing list additions and deletions, and other correspondence to: Tom Simon, Editor, 1730 Derrynane, Manchester, MO 63021, or by email to [tsimon@tsimon.com](mailto:tsimon@tsimon.com).