



Dear Miriam,

How do you know it's Tuesday? I know it as soon as I hear Cathie's warm "good morning, Greg" pouring vocal sunshine into my office. Then I poke my head into the hallway to find her, boxy bag in hand, spritzing happy greetings through all the open doors. Inside this fabric toolbox nestle the implements of Cathie's trade: watering can; spray bottle; secateurs; growth formula. A generous green thumb, Cathie does her rounds faithfully every Tuesday, tending to the many indoor plants that give us good company and clean air inside Loyola House.

It may seem slight, but this devoted service Cathie does weekly at IJC makes a beautiful, green world of difference. The plants respond vigorously to her sunny disposition. The fact that Cathie accomplishes her work as a volunteer also, I have to believe, adds to our flora's health. Hers is a literal and pure labour of love. Living things pick up on that kind of gratuitous kindness.



*Greg Kennedy with IJC volunteer, Cathie Attwater*

Although not in the cardinal list, volunteerism is undoubtedly a significant virtue. In an age when time is money and money is power, volunteering can be seen as a subversive activity declaring that certain things can't be bought or sold, such as one's concern, care and (com)passions. As the economy tightens, working for good outside the confines of wages is both more important and more difficult. Difficult because everyone needs more finances to get by. Important because community often fills in the cracks opened by a sometimes heartless economic system.

At IJC, we rely on people like Cathie who partner in our mission. Setting up our community gardens, pruning the orchard, answering the telephone at Loyola House and helping run our retreats...these and many other vital tasks are undertaken here by volunteers. Among my many dreams for IJC is to cultivate more this culture of volunteerism. Not only will it directly benefit us, but, indirectly, it contributes to the creation of a world that turns more on gifts and less on transactions.

Blessings,  
Greg Kennedy  
Executive Director

[DONATE ONLINE NOW](#)

### CRA Donation Extension

Good News! The CRA has made changes so donations made until February 28, 2025 can be included in the 2024 tax year. This gives more flexibility to our donors who are impacted by Canada Post delays. Many thanks to our generous donors for your ongoing support of IJC.

## Loyola House - Retreats & Ignatian Training



**Looking to go on retreat?  
Check these out:**

### One-Day Retreats -

- **NEW! Growing a Merciful Heart** - February 28
- **NEW! Introduction to Discernment** - March 3
- **NEW! The First Spiritual Exercises Lenten Retreat** - March 8 (with online gatherings on March 18, 23, & 30)
- **NEW! Going the Extra Mile** - March 21
- **NEW! Listening in the Desert** - March 24

Do check all our retreats & training programs for 2025 with lots of new opportunities!  
Find out more here: [retreats & training](#).

### **NEW! Private Silent Retreats: March 6-9 & 28-30**

Make yourself at home in Loyola House during our new private, silent retreats. On a private, silent retreat you are left to yourself to reflect, pray, meditate, wander in nature, rest, write or enjoy any other activity that preserves the quietude of Loyola House. Apart from set meal times, your schedule is yours to create.

Links here: [March 6-9](#) and [March 28-30](#)

### Multi-Day Retreats -

- **NEW! Pope Francis & the Way of the Heart Weekend Retreat** (w/ Michael Higgins) - March 6-9
- **NEW! Private Silent Retreat** - March 6-9 & March 28-30
- **Knowing the Heart of Jesus** - March 14-16
- **NEW! Journey to Emmaus: To be a Pilgrim** - March 14-16
- **NEW! Journeying with Grief** - March 18-20
- **Another Story Must Begin** - A Les Misérables-themed Retreat - March 21-23
- **Humans & other Animals Weekend** - March 21-23
- **Awakening the Artistic Soul** - March 25-27
- **The Second Journey** (w/ Donald Morrison) - March 28-30

[Apply for a retreat today!](#)

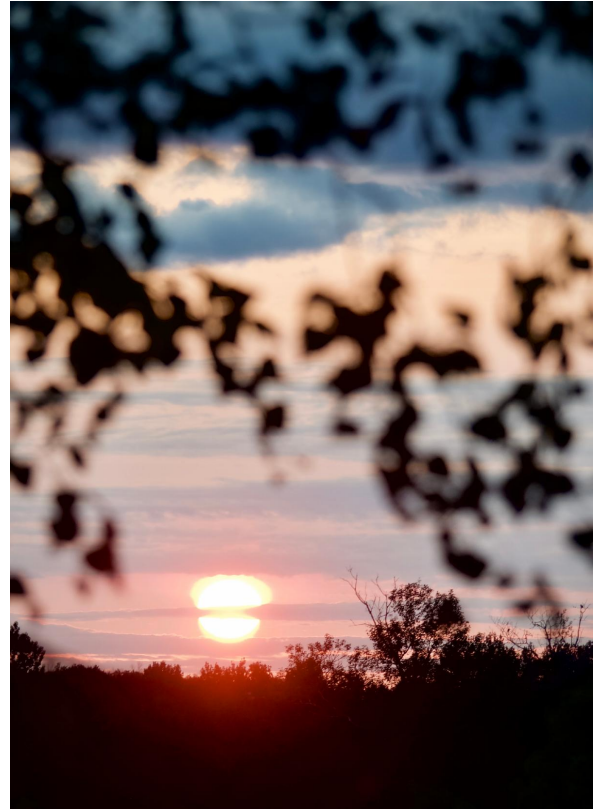
Training & Workshop Opportunities -

- **NEW!** Seeds of Rest & Renewal - *A Retreat for Spiritual Directors* - March 11-13
- **NEW!** Stories from the Heart - March 22
- **NEW!** The Passions & Virtues of the Enneagram - March 29

**[Apply today!](#)**

*In a world of noise, confusion  
and conflict  
it is necessary that  
**there be places of silence,  
inner discipline and peace.**  
In such places love can blossom.*

- Thomas Merton



## Ignatius Farm, Land & Old-Growth Forest Project Community

### AT THE FARM

Now's the time to register for your community garden or garlic plot for 2025! Take the winter months to plan the layout of your garden plot. It won't be long until you can get your hands in the soil! [Register online here.](#)

Happy planning!

Interested in keeping up-to-date on the Farm's activities? [Sign up for the monthly Farm E-News here.](#)

*Picture - Kajal grading potatoes for recent root sales.*



## ON THE LAND

### Have Your Input About the Land

IJC is partnering with a Laurier University student to explore land-based social enterprises. Help out with completing this 10-15 minute survey about how you connect with the Land.

[Survey link here.](#)



## UPCOMING OPPORTUNITIES & EVENTS - ENRICH YOUR LIFE!

### Cedar Circle Sunday Afternoons

Sunday February 16 2:30-4pm

St. Brigid's Villa

This month we'll explore the power of song to connect us to ourselves, to each other and to the land. Musicians Walli Sawatzky, Carol McMullen and Monique Hobbes will play the circle.

For more info: [Cedar Circle Sunday Afternoons - Ignatius Jesuit Centre](#)

### CEDAR CIRCLE SUNDAY AFTERNOONS

AT IGNATIUS JESUIT CENTRE



CONTEMPLATIVE GATHERINGS  
TO LISTEN TO YOUR SOUL  
AND THE SOUL OF THE LAND.

### TASTE OF DIVERSITY DINNERS!

May 7 & November 12

5-8pm

Get ready for a wonderful night of bountiful food, community spirit, and making a difference!

Come, immerse yourself in an evening filled with positive vibes, learning something new, and the company of like-minded individuals who share a passion for spiritual growth and ecological engagement.

Tickets are \$100 each dinner or \$180 for both! Space is limited, so register now!

More information, [check out the event page here.](#)

The Ignatius Jesuit Centre presents

# A Taste of Diversity

Local bounty on your plate!

**2025:**  
**May 7**  
**November 12**

Mass/Service 5 pm, Dinner 6 pm

\$100 ea dinner or \$180 for both, Space is limited

Tickets - register online: [ignatiusguelph.ca/events](https://www.ignatiusguelph.ca/events)  
519 824 1250 ext 241  
[tpacker@ignatiusguelph.ca](mailto:tpacker@ignatiusguelph.ca)



## POETRY

### Woods Not Walked In

*by gregor Y kennedy*

these woods aren't jealous  
for my attention  
although they shake  
their needled heads  
as if to say  
what a shame  
how he cuts himself off/down  
far from our loving company.



Visit our  
Website



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