



Dear Miriam,

“Inner peace is closely related to care for ecology and for the common good because, lived out authentically, it is reflected in a balanced lifestyle together with a capacity for wonder which takes us to a deeper understanding of life. Nature is filled with words of love, but how can we listen to them amid constant noise, interminable and nerve-racking distractions, or the cult of appearances? Many people today sense a profound imbalance which drives them to frenetic activity and makes them feel busy, in a constant hurry which in turn leads them to ride rough-shod over everything around them. This too affects how they treat the environment.”



*Greg Kennedy with Kel Smith, IJC's new  
Communications & Development Coordinator*

Pope Francis published these words precisely a decade ago in his ecological encyclical *Laudato si*. Since then, both his and the planet's health have deteriorated dramatically. Francis, hospitalized, now suffers bilateral pneumonia. Earth is in an equally critical condition, but has yet to be admitted to adequate care. At a time when inner peace, balanced lifestyles, wonder, and understanding are ridiculed by political cults of appearances, the wisdom of *Laudato si* resounds more urgently and accurately than ever.

“Everything is interconnected”...this the refrain of *Laudato si*. It is an insight as mystical as it is ecological. Life systems, water systems, weather systems never operate in isolation. Climate change has drilled that lesson into our thick skulls. Likewise, mystics have always known that the true beatitude of one soul somehow involves the blessedness of all. Contrast this with the shallow collectivism apparent in growing nationalist movements. While nationalism appears to unite a group, it only does so on individualist principles that deny interconnection. It makes a select people one, which is both delusional and dangerous in a world of inherent diversity.

On its ten-year anniversary, with its gentle author fighting for his life, at the beginning of Lent—a season of existential reflection on how one moves through this fragile world of great joy and great suffering—we would do well to pick up *Laudato si* and hold together our interconnectedness. May we (and we may!) refuse to ride rough-shod over everything around us.

## Loyola House - Retreats & Ignatian Training



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

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

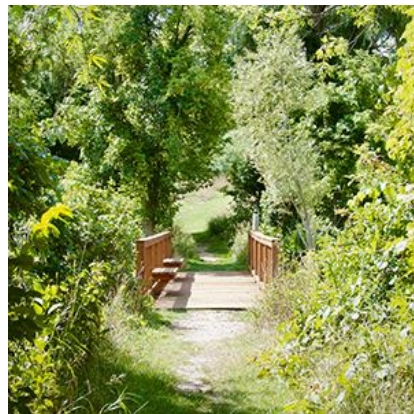
#### One-Day Retreats -

- **The First Spiritual Exercises Lenten Retreat** - March 8 (with online gatherings on March 18, 23, & 30)
- **Going the Extra Mile** - March 21
- **Listening in the Desert** - March 24
- **Praying with the Senses: The Power of the Imagination** - May 9

### NEW! Private Silent Retreats: March 21-23 & 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.



#### Upcoming Retreats

[March 21-23](#)

[March 28-30](#)

#### Multi-Day Retreats -

- **Knowing the Heart of Jesus** - March 14-16
- **Journey to Emmaus: To be a Pilgrim** - March 14-16
- **Journeying with Grief** - March 18-20
- **Another Story Must Begin - A Les Misérables-themed Retreat** - March 21-23
- **Private Silent Retreat** - March 21-23
- **Humans & other Animals Weekend** - March 21-23
- **Awakening the Artistic Soul** - March 25-27
- **Private Silent Retreat** - March 28-30
- **The Second Journey (w/ Donald Morrison)** - March 28-30
- **Holy Week Retreat** - April 12-20
- **Easter Triduum Retreat** - April 17-20

[Apply for a retreat today!](#)

## Training & Workshop Opportunities -

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

[Apply for a workshop today!](#)

“Within you there is a **stillness** and **sanctuary** to which you can retreat at anytime and be yourself.”

- Hermanne Hesse



## Join the IJC Community at our Volunteer Fair

**Come explore a wide range of IJC volunteer connections!** Be a key part of the community tending this place of peace. Connect with the land, building relationships through rewarding & meaningful work. IJC volunteers exchange skills, find friendships, and help care for forest trails, gardens, landscapes, buildings, farm, and restoration projects. Find the joy of creating beauty & meaning through our community organic farm and spiritual retreat centre. Come chat with staff and volunteers about existing and new opportunities.



**Wednesday April 9th from 6:30-8:30pm**  
*and*  
**Saturday April 12th from 12:30-2:30pm**

***Come out! Sign Up! Join the Team!***

Enlivening food & beverages from the renowned Loyola Kitchen will be provided.

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

### AT THE FARM

**Register for your garden & garlic plot for 2025!**  
Don't delay as they sell out every year. [Register online here.](#)

Save the date for our annual Seedling Sale, **Saturday May 17**. More details in the coming months.

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If you are in Guelph, **drop by and see us at Seedy Saturday**, Old Quebec Street Mall, Saturday March 22, 10am-3pm.



## UPCOMING OPPORTUNITIES & EVENTS - ENRICH YOUR LIFE!

### **Cedar Circle Sunday Afternoons**

Sunday March 23 2:30-4:00pm

St. Brigid's Villa

Born and raised in Puntamayo, Colombia, Mario Cabal will bring to **Cedar Circle in March his Amazon Meditation**. This exploration fosters an experience for emotional and spiritual healing, as well as opens our bodies to deeper rest. The Amazon Meditation includes a contemplative practice with traditional Amazonian instruments.

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



### **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](http://ignatiusguelph.ca/events)  
519 824 1250 ext 241  
[tpacker@ignatiusguelph.ca](mailto:tpacker@ignatiusguelph.ca)

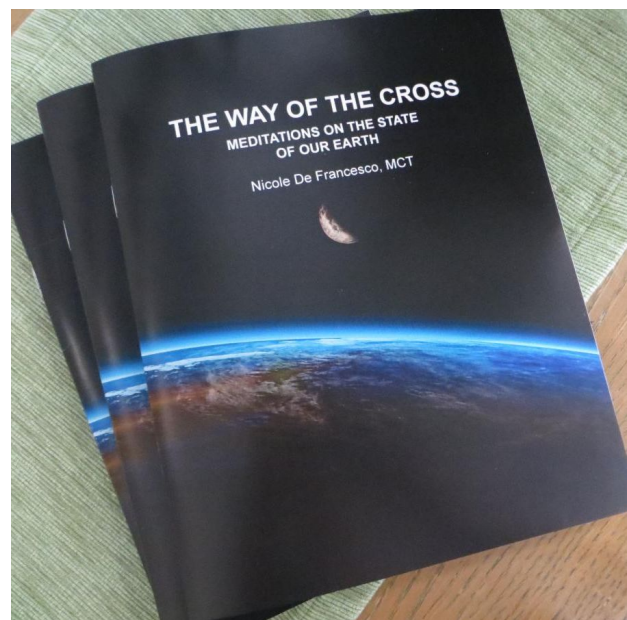
Ignatius Jesuit Centre  
A Place of Peace

Now available at the reception desk at Loyola House and online at [www.onethousandtrees.com](http://www.onethousandtrees.com).

### **The Way of the Cross: Meditations on the State of our Earth by Nicole De Francesco, MCT**

A Christian-based reflection with a universal message: we are interconnected and interdependent with all life. Illustrated with original artwork on each page, this book is a call to action. It is a call to change. It is a call to see the beauty and worth of every living thing.

***All proceeds from online sales will be generously donated to IJC.***



## POETRY

### **Thinking Seedlings in Late Winter 2025**

*by gregor Y kennedy*

evil's seed  
must be kept  
in the paper envelope  
away from moisture

a single splash  
of dirty water  
is just enough



to set it sprouting.

Visit our  
Website



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