



Office of the Vice President for Mission

TO: The Gonzaga Community
FROM: Frank Case, S.J.
SUBJ: Moment for Mission
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Opportunities for the Spirit

The start of the new spring semester bumps right up against the Season of Lent, which will be upon us before we know it. For those who would like to take a little extra time out of their work-a-day schedules, I'd like to make you aware of several possible helps to deepening our spiritual lives. They are all rather simple, but, by the testimony of those who have used them, quite accessible and effective.

1. Fr. Alan Yost of University Ministry will be offering a silent weekend Ignatian retreat at the Immaculate Heart Retreat Center here in Spokane. This will take place over the weekend of January 29-31. Staff and Faculty participants are very welcome to join the students for this time of silent prayer and reflection. (Contact U.Min. @ 4242)
2. Fr. George Morris will be offering the Busy Persons Retreat again from February 2-5. This involves up to four afternoon sessions of an hour or so during which the retreatant receives some direction along with an opportunity for quiet prayer. One person on campus who made this retreat described the experience with these words:

“The Busy Person’s Retreat was less than an hour a day that provided a full day’s grounding. Making the space to reflect on God’s love and grace for me helped me be a more productive and giving person.”
3. There are several websites that offer daily reflections during the Lenten Season:
 - The Irish Jesuits have for a number of years been sponsoring a website called [Sacred Space](#). It contains a different brief reflection each day throughout the year.
 - The U.S. Jesuit Conference will offer a [daily series of prayer](#) and reflection for individuals or for groups.