

# Partner with ISP



The Ignatian Spirituality Project (ISP) is a faith-based nonprofit that walk with people on the journey of recovery from homelessness and addiction. Our programs, which invite participants to share their story, build trust, and find community, complement services already being accessed by participants. We partner directly with transitional housing shelters and social service agencies to strengthen recovery programs, build resiliency, and empower participants as they work to achieve their goals.

## overnight retreats

ISP retreats are an opportunity to take some time away to connect with others, reflect, and relax. The retreat invites participants to an experience that includes sharing one's story, listening, and building community in a welcoming and safe setting.

### *what is an ISP retreat?*

ISP retreats are facilitated by a team of 3-4 volunteers with approximately 10-15 other participants from local agencies and recovery centers. There is no cost to attend and transportation is provided to and from the retreat center. Participants can expect:

- An opportunity to work on a relationship with "God of my understanding"
- Personal, small group and large group time
- Encouragement and support from the team and others on the retreat
- Private accommodations and good food!

**A retreat is not:**

- A vacation (attendees are expected to participate in all aspects of the retreat)
- A proselytizing event (no preaching or pressure to accept a certain religion)

### *who can attend a retreat?*

We rely on our agency partners to identify and invite participants to ISP retreats that are ready and willing to engage in a spiritual experience with others on the journey. In general, the right type of candidate has:

- Experienced homelessness or housing insecurity
- Experienced addiction and has been sober for approximately 3 months
- A willingness to share their story & a relationship with the God of their understanding
- A willingness to listen and appreciate another's story
- Comfortable in a multi-racial environment
- In overall good physical health

**Check with ISP if your client has a medical condition which:**

- Prohibits him or her from walking up two flights of stairs
- Might prove distracting in a group (sleep apnea, narcolepsy, etc.)

*Thank you for your thoughtful discernment on which of your clients would be a good fit for a spiritual retreat.*

*ISP staff is always available for consultation! Contact us any time at 312-226-9184.*

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## spiritual reflections

ISP spiritual reflections offer individuals an experience of personal and communal reflection on a regular basis (weekly, bi-weekly, or monthly). These one-hour sessions provide participants an opportunity to nurture a relationship with God, self, and others, and be supported on their journey of recovery.

### when/where

#### On-Site at the Agency

- Weekly
- Bi-weekly
- Monthly

*(for about an hour)*

### why

#### Benefits to Clients

- Builds community
- Nurtures spirituality and sense of self
- Leadership opportunities



### what

#### General Outline of the Sessions

Using the free ISP Journey app, participants are guided through a simple reflection that includes:

- Introductions
- Sharing gratitude
- Short reflection/poem
- Questions for reflection and sharing
- Closing prayer

### who

#### ALL People

- A willingness to share their story
- Not under the influence of drugs/alcohol
- Open to a relationship with the God of their understanding
- Desire an experience of reflection and sharing with others