

# Baltimore *examen*

NEWSLETTER OF THE IGNATIAN VOLUNTEER CORPS BALTIMORE • JUL 2018 • 1.2

## Volunteering Benefits Everyone!

*Senior volunteers reap the benefits of enhanced mental and physical health, while also improving the lives of others.*

As 10,000 baby boomers reach the age of 65 each day in the US, some will be able to retire, eager for activities to keep them engaged and vibrant. Did you know that volunteering is good for your health?

The benefits of volunteering are well documented. According to studies cited by the National Corporation for Community Service, volunteering among older adults provides both physical and mental health benefits. Seniors who volunteer report greater life satisfaction and better physical health than those who do not. And seniors who give social support to others have lower rates of mortality as well.

A recent study by MIT concludes that in the US, an enormous mortality gap exists between the rich and poor. People in poverty live 10-15 fewer years than those with means. Even worse, the final years in poverty are difficult, marked by isolation, illness, and hardship.

Of course, not everyone is blessed to be able to retire and serve others.

Many of the people IVC serve cannot afford the luxury of an active retirement, but did you know that some Ignatian volunteers still work part-time? They are able to reap the important benefits of service and a supportive spiritual community, while still being active in the "working world."

Our dedicated community of former (and current) teachers, doctors, homemakers, financial planners, federal employees, bookkeepers, social workers, and realtors (just to name a few) bring their professional and life experiences to address issues of public health, inequality, and education. Ignatian Volunteers strengthen the health of the community by committing themselves to charities close to their hearts throughout the region.

Your support and prayers fuel this movement. We are grateful to our benefactors in Baltimore for all that you do to help us build a happier, healthier, and livelier city!

## Events

- **Orientation for New Volunteers: Aug 29**
- **Volunteer Commissioning Mass: Sep 8 at St. Ignatius Church**
- **Fall Kick-off Pot-Luck: Sep 11**
- **Fall Opening Retreat: Sep 17-19 at Loyola on the Potomac**
- **IVC-Baltimore Regional Council Meeting: Sep 24**
- **Monthly Meeting: Oct 10**
- **Monthly Meeting: Nov 8**



# Making a Difference in Baltimore

*"St. Elizabeth's is a ministry of Catholic Charities of Baltimore, committed to the vision of 'Cherishing the Divine Within' each person we serve. We do so by fulfilling the Gospel mandate to love, serve, and support elder Marylanders in need, and their families."*

The Jenkins Senior Living Community, located in Catonsville MD near St. Agnes Hospital, offers a home and practical care for more than 400 low- and moderate-income seniors. In 2015, IVC started a partnership with "The Neighborhoods at St. Elizabeth's," Jenkins' center for seniors in need of nursing or rehabilitation care.

"The Neighborhoods" is a unique community, offering a comprehensive array of personalized short-term and long-term rehabilitation, nursing services, and memory care, as well as pastoral and spiritual care and support for residents and their families. St. Elizabeth's fulfills its mission by placing autonomy back in the hands of the elders who rehab or reside there.

St. Elizabeth's has been enhancing the health and lives of community members for over 90 years. Their "elder-centered care" allows elders to play an integral role in developing their own daily rhythms, such as when to sleep and rise, when to dine, and how to socialize. As a result, St. Elizabeth elders enjoy more autonomous and meaningful lives.

## Making a Difference at St. Elizabeth's

*Paul Casey, Ellicott City resident and Ignatian Volunteer since 2015, serves on the Pastoral Counseling Team, ministering to rehabilitation patients and the residents of St. Elizabeth's.*

After 38 years of practicing public finance and affordable housing law, Paul was eagerly anticipating an active retirement that included service and social justice work...but not necessarily as a lawyer! After an 18-month discernment, with support from the IVC community, Paul settled into the role of Pastoral Assistant at St. Elizabeth's, volunteering two days a week, a position he enjoys immensely. When he speaks of his work there, the joy radiates from his face. He always has a wonderful story to share about the elders that reflects the depth of their spirit, wisdom, and sense of humor, and also the remarkable vitality of their faith.

As partners with St. Elizabeth's Pastoral Care Team, our volunteers assist the small Pastoral Care staff by helping to arrange worship services and bible studies, distributing Holy Communion to those who can't attend mass, and visiting and praying with elders who may be in need of comfort, or just eager for a listening ear.

IVC is hopeful we can fulfill St. Elizabeth's request for another volunteer in the fall. If such a placement sounds like something you'd like to support financially, or if you are interested in learning about this placement, please contact Steve Eberle at [seberle@ivcusa.org](mailto:seberle@ivcusa.org).

IVC is pleased and honored to be part of this important mission in our community. Please keep the residents, staff, and volunteers at St. Elizabeth's in your prayers.

**"St. Elizabeth's views spiritual and emotional health to be just as important as medical health."**

**IVC volunteers are a great asset to our Pastoral Care ministry. They often develop friendships with elders without family who might otherwise be lonely."**

**Carol Zieba,  
Director,  
Pastoral Care Team  
at St. Elizabeth's**



He has found his years as a lawyer have helped him listen and take seriously the conversations of the elders whom he serves: "I came to understand that all that is necessary is a desire -- a willingness-- to be present and to listen."

He also appreciates the Pastoral Care Team's role in setting the tone for the whole community: "One of the qualities I like best about St. Elizabeth's is that there is clearly an effort by everyone--staff and volunteers--to treat all the elders in accordance with the Catholic Charities' motto to 'Cherish the Divine Within.' There is an attitude of mutual respect and consideration that the active involvement of the pastoral care team helps to foster."

Of his involvement with the IVC Community, Paul has this to say: "What a blessing to belong to a community of 'friends in faith' who help each other form a deeper relationship with God through prayer and spiritual discipline and put into practice Jesus's call to love one another by serving those in need."



# For God's Greater Glory

*Elaine Ireland, IVC Baltimore's Spiritual Formation Associate takes a brief look at Ignatian discernment.*

## Eeny, Meeny, Miny...Magis!

"Decisions, decisions!" We struggle with choices, big and small, and as people of the Spirit, there's the added dimension we may call "God's will" or "our call." One way to actively bring the Spirit into our discernment is the approach provided by St. Ignatius Loyola which can help us set our sights on "The Magis," (pronounced MAH-jis) Latin for "the More" or "the Better."

Here are a few basic tenets of Ignatian discernment: Ask for the grace of the Spirit's light. Consider your ultimate objective. Ignatius tells us anything other than a desire to please God will confound our decision-making. Be objective and nonjudgmental if you discover a few personal agendas or motives.

Remember, you are always deciding between good, fruitful alternatives. Perhaps it is two volunteer opportunities with IVC. Ask yourself, "Which allows me to do the greater good for God?" "Which would bring more life and joy to everyone concerned?" These questions can apply for both major and day-to-day situations. Use your head, heart, and intuition to imagine living out the alternatives.

Look back over your personal history: what things have brought you lasting peace and what has drained you? As you close in on your decision, ask God for confirmation and then be open and aware to the signs you are receiving. Often, God speaks through the wisdom of a trusted friend or family member.

There are lots of books that can guide you through Ignatian decision-making, but it comes down to asking ourselves this simple question: "What can I do for the greater glory of God?" In the long run, that will be what nourishes us and brings us peace.

## In Memorium

*Ignatian Volunteer Gene Tinus passed away on June 6, 2018.*

*Gene joined IVC in 2016 and volunteered at the Stella Maris Apostleship of the Sea in the Port of Baltimore.*

*He thoroughly enjoyed his assignment.*

*Gene once wrote:*

*"Our service to those who serve the ships of the world allows me to meet people from all countries and has allowed me to see that God loves all people regardless of religion or race.*

*We are truly united by the love of God."*

***Eternal rest grant unto him, O Lord,  
and let perpetual light shine upon him.***

# From Steve

*Reach out and Touch Someone!*

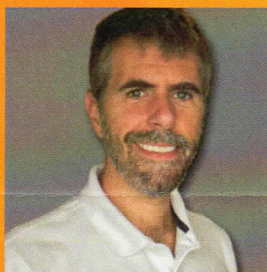
Thank you for taking the time to read about how Ignatian Volunteers like Paul are ministering in our community. Did you know that you can keep in touch with us through our Facebook page? Stay up-to-date by following us at [www.facebook.com/IVCBaltimore](http://www.facebook.com/IVCBaltimore).

IVC-Baltimore is growing! And we need your help to support that growth. We're hard at work this summer trying to match seven new Ignatian Volunteers with service placements. Your prayers and financial support help us continue to grow.

**Our executive board is challenging us as a community to raise the funds we need —and they will match up to \$15,000 raised! We only have 4 weeks to rise to the challenge — the match ends August 15. .**

One other way you can assist us is by keeping us up-to-date on your contact information, specifically your email address. Some of our records are old and we often get a number of bounce-backs on invitations to contests and events. I invite you to return the enclosed envelope (the postage's on us!) along with your most up-to-date contact information, including email.

Let us bring more laborers to the fight against poverty and injustice — Let's bring IVC to the frontlines in our communities.



Thank you again. Stay in touch!

Steve Eberle,  
Director, Ignatian Volunteer  
Corps Baltimore  
112 E. Madison Street  
Suite 301  
Baltimore, MD 21202  
410-752-4686

# Making a Difference for IVC-Baltimore

**April 1– July 15, 2018**

## **\$3000+**

Mr. Benedict Frederick

## **\$1000-\$2999**

Mr. Stephen A. Eberle

## **\$400-\$999**

Ms. Christine Eberle & Mr. Porter Bush

Mr. & Mrs. Ed Leech

Mr. Anthony & Ms. Peg Mann

Ms. Christine Tucker

## **\$100-\$399**

Ms. Jan Allen

Ms. Pat Barron

Ms. Rosemary Chang

Mr. & Mrs. Thomas Cotter

Ms. Elaine Crawford & Mr. Bill Millen

Dr. Robin Cuddy

Ms. Lauren Goodsmith

Mr. Dick Horwitt

Mr. & Mrs. Dennis Narango

Ms. Eleanor Smith

Ms. Robbie Sabin

Mr. & Mrs. Thomas Ulrich

Ms. Lucinda Ware

Ms. Louise Wright

## **\$50-\$99**

Mr. John W. Green

Ms. Mary Sommerfeldt

Ms. Mollie Kilbourne

Dr. & Mrs. Daniel Erhard

Mr. John McGee



# Available Placements/Partner Events/Ignatian News

- Loyola Early Learning Center: *Teaching and Classroom Assistant*
- Catholic Relief Services: *CRS Parish Ambassador*
- Project PLASE: *Donation Transporter, Central Intake Worker, Medical Monitor, Veteran Representative*
- Jesuit Volunteer Corps: *Human Resources Specialist*
- Stella Maris Apostleship of the Sea: *Seafarer Assistant*
- ARC of Baltimore: *Developmental Disabilities Assistant*
- St. Peter's Adult Learning Center: *Program Assistant*
- Hosanna House: *Volunteer Resident Advocate*
- Catholic Charities Housing and Shelter Services: *Donation Coordinator*
- St. Elizabeth Nursing Center: *Pastoral Assistant*
- Cristo Rey High School: *Volunteer Coordinator*
- Our Daily Bread: *Program Assistant*
- Weinberg Housing & Resource Center: *Volunteer Coordination Assistant*

- The Samaritan Women: *Financial Systems Assistant, Development/Donor Research Volunteer, Human Resources Compliance Volunteer, Teachers*
- Innovation Works: *Curriculum Development Coordinator, Coordinator of Community Partnership*
- Moveable Feast: *Registered Dietitian*
- The Franciscan Center: *Cook, Volunteer Coordinator*
- My Brother's Keeper: *Volunteer Coordinator*

**For more details about the placements, contact Steve Eberle at 410-752-4686.**

## Partner Events/ Ignatian News:

- The Ignatian Spiritual Exercises in Everyday Life Info Sessions: 8/9 or 9/5, 7 pm, Loyola U Alumni Chapel; [LUMspiritualexercises@gmail.com](mailto:LUMspiritualexercises@gmail.com)
- GEDCO Cares: IConnect Fundraiser: 9/14/18  
Golf Challenge: 9/24/18; Thanksgiving Tribute: 11/15/18
- The Franciscan Center: 'Voices from the Heart' Gala: 9/27/18

**Ignatian Volunteer Corps Baltimore**  
**112 E. Madison St., Ste.301**  
**Baltimore, MD 21202**

