Retreats

Spiritual R & R Day
Spirituality Center Team
Tuesday, February 4, and Thursday, April 16
9 a.m. to 3:30 p.m.
“Come away and rest awhile” (Mark 6:31). Throughout the Gospels, Jesus encourages his disciples to take time away to let their souls catch up with their bodies. The Spiritual R & R Day offers time for quiet prayer, reflection, reading, walking, resting and meeting with a spiritual director, if desired. Group prayer begins and ends the day. Noon Prayer with the sisters at the Oratory and noon meal with the sisters at the monastery are also options.

Free will offering accepted.
Optional noon meal at the monastery is $9.

Listening Our Way Through Lent
Mary Stommes, OblSB, Editor of Give Us This Day
Ash Wednesday, February 26, 9 a.m. to 4 p.m.
Lent can seem so demanding, the road to Easter so long. Where do we even begin? “Listen,” Saint Benedict would advise, “Listen with the ear of your heart.” Weaving together Scripture, story and Benedictine wisdom, Mary Stommes will lead us to reflect on listening as a rich and fruitful Lenten practice. If we become better listeners—to God and to everyday life—we will more easily recognize the hope and joy of Easter that awaits us at journey’s end.

Noon Prayer with the monastic community at 11:30 a.m. is optional.
Limit: 15 participants
Fee: $125 (includes noon meal at the monastery)

Sacred Pause Lenten Prayer
Mary Catherine Holicky, OSB, and Eunice Antony, OSB
Thursdays, February 27, March 5, 12, 19, 26, April 2
11:30 a.m. to 12:45 p.m.
Gather to share common prayer oflectio divina (prayerful reading) using the Gospels of the Sundays of Lent, followed by a shared meal and fellowship. Meet with a sister spiritual companion for 30 minutes during each week of Lent.

Limit: 10 participants
Fee: $90 for six sessions

Lent Centering Prayer Retreat
Katherine Howard, OSB
Friday, March 6, 7 p.m., through Sunday, March 8, 1 p.m.
An all-silent retreat with multiple periods of Centering Prayer and two guided learning sessions.
Fee: $250 (includes meals and overnight accommodations)

The Sacred TRIDUUM
Hélène Mercier, OSB
Thursday, April 9, 3 p.m., through Easter Sunday
April 12, 1 p.m.
The Sacred Triduum celebrates the most solemn days of the liturgical year: Holy Thursday, Good Friday, and Holy Saturday, leading to the Easter Vigil. This retreat will offer introductory sessions to prepare participants to enter more fully into each of the liturgies with the monastic community.

Fee: $300 (includes meals and overnight accommodations)

Additional Offerings

Studium: A Scholar’s Program
Studium places special emphasis on the love of learning and honoring scholarship as a sacred ministry. Whether your project (book, essay, poem, composition, whatever) is ready to begin, underway and you’re stuck or almost done—whether it’s a slog or a snap—Studium may be what you need. Stay from a week to four months. Visit www.sbm.osb.org/ministries/spirituality-center-studium/#tab-id-2.

Spirituality Center•Studium
St. Joseph, Minnesota
Saint Benedict’s Monastery

Spiritual Direction
Meet with a spiritual companion who is trained in the art of listening and helping others recognize the movement of the Holy Spirit. For more information or to set up an appointment with a spiritual director call (320) 363-7179 or email jbehnen@csbsju.edu.

Sophia Program for Women in Ministry
The Sophia Program is an ecumenical program for women in ministry which provides a life-giving spiritual network, offering support and encouragement in meeting the demands of ministry and family/personal life. Each Wisdom Circle, composed of six to eight women, gathers three times a year for two years. The next Sophia Circle is scheduled to meet February 16–18, 2020.

Applications are due by February 6, 2020. For more information or to receive an application form, call (320) 363-7028 or email mholicky@csbsju.edu.

Hermitages
Spend time in solitude, quiet and reflection for a day, a couple of days or a week on the monastery grounds. For more information, call (320) 363-7112 or email spirituality@csbsju.edu.

Centering Prayer
Centering Prayer gatherings are held Monday through Friday, 4:15–4:45 p.m., in the Spirituality Center Prayer Room. All are welcome to attend.
Letter From the Directors

Dear friends,

During these dark winter days, we are being invited to “come away and rest awhile with me” (Mark 6:31) as Jesus says to us. Let us set aside the busyness of life and reflect on what life is about. What is it that Jesus is calling us to be? Winter and Lent are opportune times for such reflection. Then, when the daylight of spring returns, we will be prepared to go away and rest awhile in order to be ready to plant the seeds of new thought/reflection and bring them to action. Discern which programs might help you reflect on what life is about. What is it that Jesus is calling us to be? Winter and Lent are opportune times for such reflection. Then, when the daylight of spring returns, we will be prepared to go away and rest awhile in order to be ready to plant the seeds of your reflection.

Eunice Antony, OSB
Mary Catherine Holicky, OSB
Ann Marie Biermaier, OSB

Spirituality Center Programs

All programs are offered at the Spirituality Center, unless indicated.

Spending Time With the Gospel of Matthew
Margaret Michaud, OSB
Tuesday, January 7, 9 a.m. to 1 p.m.
During the church year 2019–2020, beginning with the first Sunday of Advent, most of the Sunday gospel selections are from the Gospel of Matthew. This presentation will provide background information on Matthew that will help participants in their reading, reflecting and5 reflecting of this Gospel. Those attending may wish to bring their personal Bibles. Noon Prayer with the monastic community at 11:30 a.m. is optional.
Fee: $65 (includes noon meal at the monastery)

Rainbow Support Evening
Myrna Ohmann and Eunice Antony, OSB
Thursday, January 9 and March 12
7–9 p.m.
Parents/allies/friends and GLBTQI persons gather to pray, share stories and support each other. Confidentiality is maintained. Free will offering accepted.

The Love of Christ in the Rule of Benedict
Katherine Howard, OSB
Thursday, January 23, 9 a.m. to 1 p.m.
Two short presentations on ways the Rule of Benedict highlights the centrality of Christ’s love. Each presentation will be followed by some reflection time. Noon Prayer with the monastic community at 11:30 a.m. is optional.
Fee: $65 (includes noon meal at the monastery)

“Running With Expanding Heart: Meeting God in Everyday Life”
Mary Reuter, OSB
Thursday, February 6 and 13
6:30–8:30 p.m.
Run: But often we plod, walk, skip, shuffle through our days. With expanding heart: are we in an exercise program? Meeting God: How does God meet us? How does God catch our attention? How might we respond? Everyday life: It’s so daily, routine, at times tiring and boring. There are issues that are much more in need of our attention and action. We will explore answers to these questions and ways we can give more attention that is receptive and responsive to God’s interruptions in our daily lives. We might leave more convinced and open to daily events as sacred—as where we meet God and God meets us. During the day, we will explore some ideas and reflect on them individually and with others in light of the gospel.
Fee: $80

Introductory Workshop to Centering Prayer
Christian Morris, OSB
Saturday, February 15, 9 a.m. to 3:30 p.m. (registration at 8:30 a.m.)
Four sessions presenting the method of Centering Prayer and its relationship to other forms of Christian prayer. Each session includes time for questions and discussion. Three 20-minute periods of the prayer itself are included during the workshop. Eucharist at the monastic community at 11:30 a.m. is optional.
Fee: $125 (includes noon meal at the monastery)

Doing Ritual: Bringing Our Bodies Along
Delores Dafner, OSB
Wednesday, February 19, 9 a.m. to 1 p.m.
We are Christians because we believe that the Holy One, who is pure Spirit, took on human flesh in Jesus. God created and loves the material world, in including human bodies. Like every Lover, God wants the gift of our entire being. Because we are body/spirit creatures, we need to involve our visible bodies as well as our invisible spirits—minds and hearts—in our worship. We will reflect on the meaning(s) and value of specific liturgical rituals, such as the Sign of the Cross and the Sign of Peace. Noon Prayer with the monastic community at 11:30 a.m. is optional.
Fee: $65 (includes noon meal at the monastery)

Ordinary Miracles: Writing Our Book of Delights
Jessie Bazan, M.Div.
Thursdays, March 5, 19, April 2
6:30–8:30 p.m.
What truths do you long to speak? What questions are stirring in your heart? Through prayer, reflection and conversation, this three-series session seeks to create a safe space for participants to wrestle with issues of faith that don’t have easy answers. The wisdom of Sister Joan Chittister, OSB, will guide our time together.
Limit: 15 participants
Fee: $120 for the series

The Celtic Way: Writing Toward Wholeness
Mara Faulkner OSB
Saturday, March 14, 21, April 4
9 a.m. to 12 p.m.
The ancient Celtic Christians of Ireland, Scotland, Wales and Britain brought together realities that are often divided or fragmented in our world—humans and nature, men and women, the sacred and the secular, to name a few. Because of the human longing for wholeness, the Celtic spirit, silenced for many centuries, is now reemerging. Guided by Celtic writing and art and the world around us, we will write prayers, chants, blessings, stories, poems—going where the spirit leads us. We will read and respond to each other’s work and put together a little collection of our work.
Limit: 12 participants
Fee: $180 for the series

Financial aid is available for all programs upon request. Oblates and volunteers receive a 25% discount on programs. Employees receive a 50% discount on programs. If you need directions to the Spirituality Center Studium or have any questions, visit www.sbm.osb.org or call (320) 363-7112 or (320) 363-7117.