

# Autumn Offerings

## at the Spirituality Center•Studium

---



All offerings through the Spirituality Center•Studium will be held virtually as we navigate the COVID-19 pandemic. In order to participate in these virtual offerings, participants will need access to a device such as a computer with a webcam, iPad, smart phone, etc. You can register online or call (320) 363-7112.

### **That ALL May Breathe: Facing and Changing Racist Systems**

Join us for an online book group study of *Me and White Supremacy* by Layla F. Saad. This four-week study will include weekly readings, reflection, journaling and interactive discussion of such topics as white privilege, anti-blackness, stereotypes and white apathy. We ask all participants to buy the book and read Week One prior to the first meeting on September 10.

**Dates:** Thursdays, September 10, 17, 24, October 1

**Time:** 3–4:30 p.m.

**Facilitators:** Christian Morris, OSB, Mara Faulkner, OSB, and Eunice Antony, OSB

**Limit:** 15 participants

**Fee:** \$20 for all four sessions. *Registration and payment are due by September 3.*

**Registration Link:** <https://sbm.osb.org/event/that-all-may-breathe-facing-and-changing-racist-systems/>

### **Prayer in Troubled Times**

You are invited to join us for a free series of virtual Evening Prayer services, praying for the needs of the church and world in these troubled times. The series will focus on all who are suffering as a result of the coronavirus, racial inequities and the fragility of our planet Earth. Each 20-minute prayer session will include readings, spoken prayers and songs. The sessions will be posted on the monastery website and YouTube channel at 7 p.m. on Sundays, September 13, 20, 27 and October 4.

### ***Laudato Si'***

This year is the fifth anniversary of Pope Francis' *Laudato Si'* plea for respect for and care of the earth. The presentation will focus on the biblical and theological background of *Laudato Si'* with emphasis on why concern for the environment necessarily goes along with advocacy for the most vulnerable people and nations of the earth. The presentation will last 35–40 minutes with 20–25 minutes for conversation.

**Dates:** Saturdays, October 10 and 17

**Time:** 10–11 a.m.

**Facilitator:** Vincent Smiles

**Fee:** \$20. *Registration and payment are due by October 5.*

**Registration Link:** <https://sbm.osb.org/event/laudato-si/>



### **Aging With Grace: Letting Go and Embracing New Life**

During this stay-at home retreat, we will reflect on how the Paschal mystery of loss, grief and new life can help us embrace the invitation to a deeper and richer life in our later years. We will explore how a growing sense of inner freedom can help us find new meanings and embrace new ways of being. Our five mornings will be interactive, inspired by a A Spirituality of the Paschal Mystery by Ronald Rolheiser and *From Age-ing to Sage-ing* by Zalman Schachter-Shalomi. Participants need to be comfortable using Zoom for video conferencing. Afternoons and evenings will allow some time for reading and continued reflection.

**Dates:** Monday, October 12, through Friday, October 16

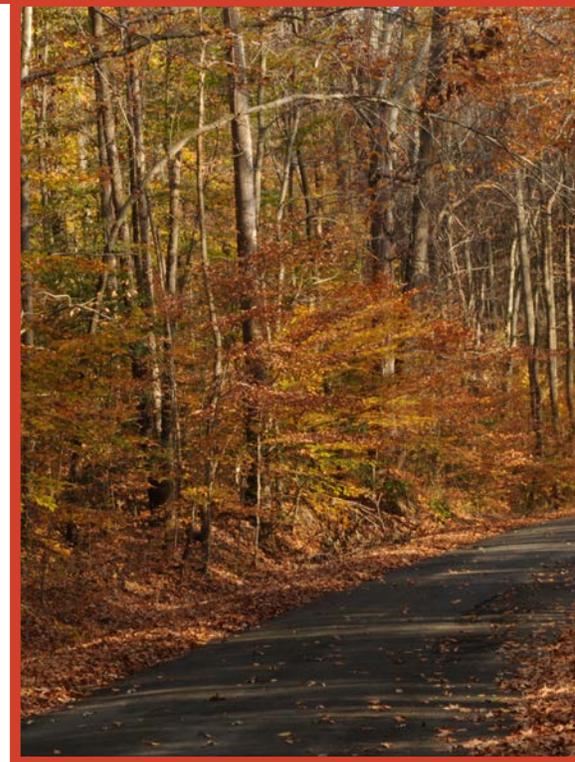
**Time:** 9 a.m. to 12 p.m. every day

**Facilitator:** Becky Van Ness

**Limit:** 11 participants

**Fee:** \$125. *Registration and payment are due by October 5.*

**Registration Link:** <https://sbm.osb.org/event/aging-with-grace-letting-go-and-embracing-new-life/>



### **Ordinary Miracles: Writing Our “Book of Delights”**

Every day for a year, poet Ross Gay looked for, found and recorded a moment of ordinary delight—a flash of beauty, a quiet or flamboyant act of kindness, a priceless memory. He recorded them—one for each day of the year—in his Book of Delights in short essayettes. In this moment in our personal and communal lives, we face the fear and forced isolation of the coronavirus pandemic and the challenge to face racial injustice. It’s more important than ever to honor the delights that comes to us as gifts, in the very midst of uncertainty and grief. The poet Patricia Fargnoli says that there are “three duties of the spirit”: serenity, grief and “slippery joy.” For the three weeks of this workshop, each of us will be on the lookout for those moments of delight and joy, write about them and offer them as gifts to each other. At the end, we’ll compile our own “Book of Delights.” Writers of all kinds and at all levels of experience are welcome.

**Dates:** Mondays, October 12, 19, 26

**Time:** 6:30–8:30 p.m.

**Facilitator:** Mara Faulkner, OSB

**Limit:** 12 participants

**Fee:** \$90. *Registration and payment are due by October 5.*

**Registration Link:** <https://sbm.osb.org/event/ordinary-miracles-writing-our-book-of-delights/>

### **Introduction to Centering Prayer**

Centering Prayer is a simple method of silent prayer rooted in the Christian tradition. This workshop consists of four sessions (two on each date) presenting the method in relationship to other forms of Christian prayer. Each session includes time for questions, discussion and two or three 20-minute periods of Centering Prayer.

**Dates:** Thursdays, November 5 and 12

**Time:** 9–11 a.m.

**Facilitator:** Katherine Howard, OSB

**Fee:** \$75. *Registration and payment are due by October 29.*

**Registration Link:** <https://sbm.osb.org/event/introduction-to-centering-prayer/>



### **Stewarding and Passing on the Gifts of Life: A Heritage Writing Workshop**

At this moment in our communal history, life is both precious and precarious, and people sometimes die without the chance to say their last words or tell their story to listening ears. Now, it seems more important than ever to gather the knowledge, hard-won wisdom and untold stories of our own lives and the lives of those we love. We will explore the meaning of these gifts for ourselves and for future generations. We will experiment together with different ways of putting these experiences into words that will reach across the generations (memoir, poetry, letters, hybrid forms, etc.). Sister Mara Faulkner will read and respond to your writing and will be available for individual phone or Zoom conferences.

**Dates:** Saturdays, November 7, 14, 21

**Time:** 9–11 a.m.

**Facilitator:** Mara Faulkner, OSB

**Limit:** 12 participants

**Fee:** \$90. *Registration and payment are due by October 30.*

**Registration Link:** <https://sbm.osb.org/event/stewarding-and-passing-on-the-gifts-of-life-a-heritage-writing-workshop/>

### **140 Years of Benedictine Women in Science**

Since you can't come to our 2020 museum exhibit, we are offering a virtual tour of Uncovering and Sharing Secrets of Science. We are celebrating the fifth anniversary of Pope Francis' document of care of our common home, *Laudato Si'*. We wanted to explore how we are and can live that document, and we realized that for 140 years, our sisters have been teaching the sciences on all levels of education. Through study we discover how we can best care for our earth. We have focused on teaching the sciences to women in the past, and we continue to encourage, support and educate women in the sciences today. We invite you to a brief virtual tour of what 140 years of teaching science looks like. This virtual tour will be posted on our YouTube channel at 9:30 a.m. on Wednesday, November 18. No registration is required.

**Tour Guides:** Sisters Moira Wild, Judy Kramer, JoAnne Backes and Gen Maiers

**Learn More:** <https://sbm.osb.org/event/140-years-of-benedictine-women-in-science/>

