

Autumn Offerings

at the Spirituality Center • Studium



Programs



Rainbow Support Evening

Parents/allies/friends and LGBTQ+ persons gather to pray, share stories and support each other. Confidentiality is maintained. Free will offering accepted.

Date: Thursday, September 9, 7–9 p.m.

Facilitators: Myrna Ohmann and Eunice Antony, OSB

[REGISTER](#)

Spiritual R & R Day

This day offers time and space for quiet prayer, reflection, reading, walking, resting and meeting with a spiritual director if desired. Group prayer begins and ends the day. Midday prayer with the sisters in the Oratory and noon meal with the sisters at the monastery are optional. Free will offering accepted. Optional meal at the monastery is \$9.

Date: Monday, September 20, 9 a.m. to 3:30 p.m.

Facilitators: Spirituality Center Staff

[REGISTER](#)

Ordinary Women: Writing Stories of Extraordinary Love, Endurance, and Creativity

Many of us are blessed to have in our lives ordinary women who never made headlines, won prizes, or had movies made about them. They are our mothers, grandmothers, teachers, aunts, friends. They endured sorrow and hardship; they may have bent under the burdens they carried, but they didn't lay the burdens down. Best of all, they passed on their gifts of grace, faith and beauty. As Maya Angelou says, "They made our world go round." In this writing workshop, we will tell the mostly untold stories of these extraordinary women and find ways to share them.

Dates: Saturdays, October 2, 9, 16

Time: 9–11 a.m.

Facilitator: Mara Faulkner, OSB

Limit: 10 participants

Fee: \$180

[REGISTER](#)

Dancing in the Dark (VIRTUAL)

As one realizes “I am going to be a caregiver,” some of these questions might arise: “Where do I go for help? Who can I turn to? How is God in this? How important is spirituality for me and the person who is ill as we journey together?” We will explore these and other questions together. Short pieces will be sent to registrants to read before each session. The unique character of memory loss presents a special approach to caregiving. It is a sacred time, a sacred journey. Sharing our stories, our questions, helps all of us.

Dates: Mondays, October 4, 11, 18

Time: 7–8:30 p.m.

Facilitator: Pat Pickett, OblSB

Fee: \$135

REGISTER

Discussion of *Ask the Beasts: Darwin and the God of Love* by Elizabeth Johnson

This book discussion provides an exploration of ways an evolutionary view of creation enriches our understanding of God’s relationship with the natural world and our relationship as human beings with the community of creation. Reflection on how that understanding calls us to change our ways of engaging with creation. Participants will need to obtain a copy of the book.

Dates: Tuesdays, October 5, 12, 19, 26

Time: 9:30–11 a.m.

Facilitators: Katherine Howard, OSB, and Josue Behnen, OSB

Registration Deadline: Wednesday, September 22

Limit: 8 participants, minimum of 2 participants

Fee: \$35

REGISTER

Ordinary Women: Writing Stories of Extraordinary Love, Endurance, and Creativity (VIRTUAL)

Many of us are blessed to have in our lives ordinary women who never made headlines, won prizes, or had movies made about them. They are our mothers, grandmothers, teachers, aunts, friends. They endured sorrow and hardship; they may have bent under the burdens they carried, but they didn’t lay the burdens down. Best of all, they passed on their gifts of grace, faith and beauty. As Maya Angelou says, “They made our world go round.” In this writing workshop, we will tell the mostly untold stories of these extraordinary women and find ways to share them.

Dates: Thursdays, October 7, 14, 21

Time: 6:30–8:30 p.m.

Facilitator: Mara Faulkner, OSB

Limit: 10 participants

Fee: \$180

REGISTER



Forgiving by Letting Go of Unenforceable Rules

We will explore how our “unenforceable rules” cause us to suffer. Awareness and understanding of this dynamic can help us grow in the ability to forgive, and also in the capacity to “stay with” our experiences—whether our own or that of others. The content will build on the work of Fred Luskin and Bryon Katie.

Dates: Wednesdays, October 13 and 20

Time: 7–9 p.m.

Facilitator: Becky Van Ness, ObLSB

Limit: 12 participants, minimum of 7 participants

Fee: \$90

REGISTER

Discussion of *Rising Out of Hatred* by Eli Saslow

This book is the true story of a young man raised as a white supremacist whose godfather was the Grand Wizard of the KKK. Already a national leader in the movement, Derek Black is transformed by his experience of a group of Christian college friends who continue their friendship even after they learn of his racist beliefs. Written by a Pulitzer Prize-winning reporter, this powerful account highlights the value of reaching out and listening deeply to people whose opinions differ from ours. Participants will need to obtain a copy of the book.

Dates: Mondays, November 8, 15, 22

Time: 2:30–4 p.m.

Facilitators: Delores Dufner, OSB, and Eunice Antony, OSB

Limit: 8 participants, minimum of 3 participants

Fee: \$25

REGISTER

What is the *Rule of Benedict* and What is in it for Ordinary People?

This single session is for those who may know little or nothing about the *Rule of Benedict* and would like to know more. The session will provide a brief historical background and some analysis of the structure and content of the *Rule*. Major emphasis will be on the contemporary relevance of its spirituality.

Registrants are asked to have an English translation of the *Rule* available.

Date: Wednesday, November 10, 9–11 a.m.

Facilitator: Katherine Howard, OSB

Limit: No upper limit, minimum of 2 participants

Fee: \$60

REGISTER

Rainbow Support Evening

Parents/allies/friends and GLBTQ+ persons gather to pray, share stories and support each other. Confidentiality is maintained. Free will offering accepted.

Date: Thursday, November 11, 7–9 p.m.

Facilitators: Myrna Ohmann and Eunice Antony, OSB

REGISTER

What is the *Rule of Benedict* and What is in it for Ordinary People? (VIRTUAL)

This single session is for those who may know little or nothing about the *Rule of Benedict* and would like to know more. The session will provide a brief historical background and some analysis of the structure and content of the *Rule*. Major emphasis will be on the contemporary relevance of its spirituality.

Registrants are asked to have an English translation of the *Rule* available.

Date: Wednesday, November 17, 9–11 a.m.

Facilitator: Katherine Howard, OSB

Limit: No upper limit, minimum of 2 participants

Fee: \$50

[REGISTER](#)

Introduction to Centering Prayer: A One-Day Workshop

Centering Prayer is a simple method of silent prayer rooted in Christian tradition. This workshop consists of four sessions presenting the method in relationship to other forms of Christian prayer. Each session includes time for questions and discussion. Several 20-minute periods of the prayer itself are included.

Date: Saturday, November 20, 9 a.m. to 3 p.m.

Facilitator: Katherine Howard, OSB

Limit: No upper limit, minimum of 2 participants

Fee: \$120 (includes noon meal at the monastery)

[REGISTER](#)

Prayerful Pause: Advent Tending (VIRTUAL)

Gather to share common prayer of lectio divina (prayerful reading) using the Gospels of the Sundays of Advent, followed by a shared meal and fellowship. Meet with a sister spiritual companion for 30 minutes each week of Advent.

Dates: Wednesdays, November 24, December 1, 8, 15

Time: 11 a.m. to 12 p.m.

Facilitators: Mary Catherine Holicky, OSB, and Eunice Antony, OSB

Limit: 8 participants

Fee: \$60

[REGISTER](#)

Friends and Prophets at the Border: An Advent Journey

John the Baptist and Mary the Mother of Jesus appear in the Advent liturgies as both friends and prophets of God. At this moment in our nation's history, we find countless numbers of people at our borders, asking for shelter and asylum. This day of reflection and prayer explores this troubling question: Are the people at our borders "interlopers and intruders," as some call them, or are they friends and prophets of God? How do John and Mary help us answer this question?

Date: Monday, November 29, 9 a.m. to 4 p.m.

Facilitator: Christian Morris, OSB

Limit: 12 participants

Fee: \$120 (includes noon meal at the monastery)

[REGISTER](#)

Prayerful Pause: Advent Tending

Gather to share common prayer of *lectio divina* (prayerful reading) using the Gospels of the Sundays of Advent, followed by a shared meal and fellowship. Meet with a sister spiritual companion for 30 minutes each week of Advent.

Dates: Thursdays, December 2, 9, 16

Time: 11:30 a.m. to 12:45 p.m.

Facilitators: Mary Catherine Holicky, OSB, and Eunice Antony, OSB

Limit: 8 participants

Fee: \$90

REGISTER

A Journey With Mary and Joseph

Pope Francis chose to open and close the “Year of St. Joseph” on Mary’s feast day, December 8. Reflecting on his Apostolic Letter, *Patris Corde (With a Father’s Love)*, we will explore how the virtues of St. Joseph mirror the virtues of Mary. We will discover how Mary and Joseph faced troubling times with courage and self-sacrificing love and thus, allow their lives to inspire our lives.

Date: Wednesday, December 8, 10 a.m. to 4 p.m.

Facilitator: Julie Schleper, OSB

Fee: \$120 (*includes noon meal at the monastery*)

REGISTER

The Celtic Way and the Healing of the Earth

The ancient Celtic Christians of Ireland, Scotland, Wales and England brought together realities that are often separated or fragmented in our world. But because of the human longing for wholeness, the Celtic spirit, silenced for many centuries, is now reemerging as a way to heal the disastrous split between humans and the natural world. Guided by Celtic writing, music, art and the worlds around and within us, we will write prayers, blessings, chants, stories, poems. We will read and respond to each other’s work and put together a little collection of our writing.

Dates: Saturdays, December 11 and 18

Time: 9 a.m. to 12 p.m.

Facilitator: Mara Faulkner, OSB

Limit: 12 participants

Fee: \$120

REGISTER



Retreats

Intensive Centering Prayer Retreat

This is an all-silent retreat with multiple periods of Centering Prayer and one teaching session each day. An optional group reflection time is provided.

Dates: Thursday, September 2, 7 p.m., through Sunday, September 12, 1 p.m.

Facilitator: Katherine Howard, OSB

Limit: 10 participants

Fee: \$565 (*includes housing and meals*)

[REGISTER](#)

A Practical Spirituality of Aging: The Paschal Mystery (VIRTUAL)

During this stay-at-home retreat, we will reflect on how the Paschal Mystery of loss, letting go and new life can help us embrace the invitation to a deeper and richer life in our later years. Our five mornings will be interactive and inspired by *A Spirituality of the Paschal Mystery* by Ronald Rolheiser and *From Ageing to Sage-ing* by Zalman Schachter-Shalomi. Afternoons and evenings will allow time for reading and continued reflection.

Dates: Monday, November 1, through Friday, November 5

Time: 9 a.m. to 12 p.m. daily

Facilitator: Becky Van Ness, OblSB

Limit: 11 participants, minimum of 7 participants

Fee: \$125

[REGISTER](#)

Advent Centering Prayer Retreat

This is a silent retreat with several periods of Centering Prayer and one teaching session each day. Optional group reflection times are provided.

Dates: Friday, December 3, 7 p.m., through Sunday, December 5, 1 p.m.

Facilitator: Katherine Howard, OSB

Limit: 10 participants

Fee: \$250 (*includes housing and meals*)

[REGISTER](#)

