Friends and Prophets at the Border: An Advent Journey
Christian Morris, OSB
Monday, November 29, 9 a.m. to 4 p.m.
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?
Limit: 12 participants
Fee: $120 (includes noon meal at the monastery)

Prayerful Pause: Advent Tending
Mary Catherine Holicky, OSB, and Eunice Antony, OSB
In Person: Thursdays, December 2, 9, 16, 11:30 a.m. to 12:45 p.m.
Virtual: Wednesdays, November 24, December 1, 8, 15, 11 a.m. to 12 p.m.
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.
Limit: 18 participants
Fee: $90 for in-person session; $60 for virtual session

A Journey With Mary and Joseph
Julie Schleper, OSB
Wednesday, December 8, 10 a.m. to 4 p.m.
Pope Francis chose to open and close the “Year of St. Joseph” on Mary’s feast day, December 8. Reflecting on Pope Francis’ choice to open and close the “Year of St. Joseph,” 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.
Limit: 12 participants
Fee: $120 (includes noon meal at the monastery)

The Celtic Way and the Healing of the Earth
Mara Faulkner, OSB
Saturday, December 11 and 18, 9 a.m. to 12 p.m.
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.
Limit: 12 participants
Fee: $120

Spirituality Center Retreats

Intensive Centering Prayer Retreat
Katherine Howard, OSB
Thursday, September 2, 7 p.m., through Sunday, September 12, 1 p.m.
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.
Limit: 10 participants
Fee: $565 (includes housing and meals)

A Practical Spirituality of Aging: From Hexing to Sage-ing
Katherine Howard, OSB
November 5, 9 a.m. to 12 p.m. daily
During this stay-at-home retreat, we will reflect on the Paschal Mystery of loss, letting go and new life. Our five mornings will be interactive and inspired by A Spirituality of the Paschal Mystery by Ronald Rolheiser and From Age-ing to Sage-ing by Zalman Schachter-Shalomi. Afternoons and evenings will allow time for reading and continued reflection.
Limit: 11 participants, minimum of 7 participants
Fee: $125

Advent Centering Prayer Retreat
Katherine Howard, OSB
Friday, December 3, 7 p.m., through Sunday, December 5, 1 p.m.
This is a silent retreat with several periods of Centering Prayer and one teaching session each day. Optional group reflection times are provided.
Limit: 10 participants
Fee: $250 (includes housing and meals)

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.

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.

Hermitages
Centering Prayer gatherings are held Monday through Friday from 4:15-4:45 p.m. in the Spirituality Center Prayer Room. All are welcome to attend.

Sisterly Practice Retreats

A Spirituality of Prayer Room. All are welcome to attend.

September – December 2021

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

Cover photo by Laureen Virnig, OSB
Sisters of the Order of Saint Benedict
1 Saint Joseph Ave., St. Joseph, Minnesota 56374
(320) 363-7111 • www.sbm.osb.org
Mission
We, the Spirituality Center•Studium of the Sisters of the Order of Saint Benedict, St. Joseph, Minn., share the Benedictine monastic tradition of fostering the love of learning and desire for God for the sake of the Church and the world.

Letter From the Directors
Dear friends,

As we prepare for our fall offerings, we are aware of the tenuosity of this time. COVID seems to be somewhat under control…but who knows what the next months will bring? It is with hope along with the tenuosity of the future that we invite you to consider joining us in some of the programs being offered. Some programs are in person, and some are virtual. We want to keep connected with as many of you as possible. From workshops to retreats to book discussions to research projects to prayer to Advent…join us either in registrations or prayers for God’s blessings on the Spirituality Center•Studium. Stay well. Blessings!

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

Spirituality Center Programs
All programs are offered in person at the Spirituality Center, unless indicated. If an offering is indicated as virtual, it will take place via Zoom. Virtual participants will need access to a computer with camera, smartphone, tablet or any other device with Zoom capability. All programs and retreats take place at central time (CT).

Rainbow Support Evening
Myrna Ohmann and Eunice Antony, OSB
Thursdays, September 9 and November 11, 7–9 p.m.
Parents/families/friends and GLBTQ+ persons gather to pray, share stories and support each other. Confidentiality is maintained. Free will offering accepted.

Spiritual R & R Day
Spirituality Center Staff
Monday, September 20, 9 a.m. to 3:30 p.m.
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 and noon meal at the monastery are optional. Free will offering accepted. Optional meal at the monastery is $9.

Ordinary Women: Writing Stories of Extraordinary Love, Endurance, and Creativity
Maria Faulkner, OSB
In Person: Saturdays, October 2, 9, 16, 9–11 a.m.
Virtual: Thursdays, October 7, 14, 21, 6:30–8:30 p.m.
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, grandparents, 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 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.

Fee: $135

Discussion of Ask the Beasts: Darwin and the God of Love by Elizabeth Johnson
Katherine Howard, OSB, and Josue Behnen, OSB
Tuesdays, October 5, 12, 19, 26, 9:30–11 a.m.
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.

Registration Deadline: Wednesday, September 22
Limit: 8 participants, minimum of 2 participants
Fee: $35

Forgiving by Letting Go of Unenforceable Rules
Becky Van Ness, OSBB
Wednesday, October 13 and 20, 7–9 p.m.
In Person: Saturdays, October 13 and 20, 9–11 a.m.
Virtual: Thursdays, October 7, 14, 21, 6:30–8:30 p.m.
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.

Limit: No upper limit, minimum of 2 participants
Fee: $60 for in-person session; $50 for virtual session

Introduction to Centering Prayer: A One-Day Workshop
Katherine Howard, OSB
Saturday, November 20, 9 a.m. to 3 p.m.
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.

Limit: No upper limit, minimum of 2 participants
Fee: $120 (includes noon meal at the monastery)

What is the Rule of Benedict and What is it for Ordinary People?
Kariodie Howard, OSB
In Person: Wednesday, November 10, 9–11 a.m.
Virtual: Wednesday, November 17, 9–11 a.m.
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.

Limit: No upper limit, minimum of 2 participants
Fee: $60 for in-person session; $50 for virtual session

Dancing in the Dark
Pat Pickett, OB, SB
Virtual: Mondays, October 4, 11, 18, 7–9:30 p.m.
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.

Fee: $135

Spirituality Center Programs
All programs offered in person at the Spirituality Center, unless indicated. If an offering is indicated as virtual, it will take place via Zoom. Virtual participants will need access to a computer with camera, smartphone, tablet or any other device with Zoom capability. All programs and retreats take place at central time (CT).

Rising Out of Hatred
by Eli Saslow
Delores Dufner, OSB, and Eunice Antony, OSB
Mondays, November 8, 15, 22, 23:30–4 p.m.
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.

Limit: 8 participants, minimum of 3 participants
Fee: $25

What is the Rule of Benedict and What is it for Ordinary People?
Kariodie Howard, OSB
In Person: Wednesday, November 10, 9–11 a.m.
Virtual: Wednesday, November 17, 9–11 a.m.
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.

Limit: No upper limit, minimum of 2 participants
Fee: $60 for in-person session; $50 for virtual session

Introduction to Centering Prayer: A One-Day Workshop
Katherine Howard, OSB
Saturday, November 20, 9 a.m. to 3 p.m.
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.

Limit: No upper limit, minimum of 2 participants
Fee: $120 (includes noon meal at the monastery)