Rainbow Support Evening
Myrna Ohmann and Eunice Antony, OSB
Thursdays, January 13, 7–9 p.m.
Parents/allies/friends and GLBTQ+ persons gather to pray, share stories and support each other. Confidentiality is maintained. Free will offering accepted.

Psalms for Today: Touching the Scars of the World
Christian Morris, OSB
Mondays, January 17, 24, 31, 9–11 a.m.
Can the psalms be authentic voices of prayer in our contemporary world? How can we recover their richness for ourselves? This three-session workshop moves us from an understanding of the psalms in their ancient origins to their relevance for Christians today. Through presentations, practice and time for participant interaction, we will reflect on these and other questions.
Fee: $175

Book Discussion on A New Climate for Christology: Kenosis, Climate Change, and Befriending Nature by Sallie McFague
Katherine Howard, OSB, and Josue Behnen, OSB
Tuesdays, January 25, February 1, 8, and Thursday, February 17, 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 purchase their own copy of the book.
Registration Deadline: Tuesday, January 18
Limit: 8 participants, minimum of 2 participants
Fee: $35
Creative Visio Divina
Pat Pickett, OblSB

**Virtual:** Saturday, January 29, 9 a.m. to 12 p.m.
Stop. LOOK. Listen. Pray without saying a word! In this three-hour workshop, you will learn about *visio divina* (prayerful seeing) and explore how the simple act of looking can be prayer. *Visio divina* is looking at images, color, nature—allowing God to touch us through our sense of sight. Pat Pickett will supply materials to help you create your own *visio(s)*. This workshop is perfect for anyone interested in learning about a new way to pray. Registration is due Friday, January 21, to allow for materials to be sent. *This is a virtual program, so participants will need access to a computer with camera, smart phone, tablet or any other device with Zoom capability.*

**Fee:** $90

Writing Our Way From Grief to Grace to Gift
Mara Faulkner, OSB

**Saturdays, February 5, 12, 19, 9–11:30 a.m.**
Sometimes our personal, family and communal lives are filled with losses and the grief that inevitably follows. This has never been more true than in these past two years. We lose family members and friends; jobs and homes; countries, language and culture; health and safety. We watch with dismay as our world loses peace and the living creatures that share the Earth. One way to face these losses is to write about them, searching for the moment of grace that makes the writing a gift to ourselves and to others. We’ll study many examples, do guided writing, and read and respond to each other’s work. Writers at all levels and of all kinds are welcome.

**Limit:** 10 participants

**Fee:** $200

Sacred Pause Lenten Prayer
Mary Catherine Holicky, OSB, and Eunice Antony, OSB

**Thursdays, March 3, 10, 17, 24, 31, April 7, 11:30 a.m. to 12:45 p.m.**
Gather to share common prayer of *lectio divina* (prayerful reading) using the Gospels of the Sundays of Lent. Meet with a sister spiritual companion for 30 minutes. On Thursdays in the in-person session, a shared meal and fellowship will follow the prayer.

**Limit:** 6 participants for both sessions

**Fee:** $90 (*includes noon meal*)
Sacred Pause Lenten Prayer
Mary Catherine Holicky, OSB, and Eunice Antony, OSB
Virtual: Wednesdays, March 9, 16, 23, 30, April 6, 11 a.m. to 12 p.m.
Gather to share common prayer of lectio divina (prayerful reading) using the Gospels of the Sundays of Lent. Meet with a sister spiritual companion for 30 minutes. On Thursdays in the in-person session, a shared meal and fellowship will follow the prayer. This is a virtual program, so participants will need access to a computer with camera, smart phone, tablet or any other device with Zoom capability. 
Limit: 6 participants for both sessions
Fee: $50

REGISTER

Breaking the Walls That Divide: The Gospel Message of Liberation
Christian Morris, OSB
Mondays, March 7, 14, 28, April 4, 9–11 a.m.
This four-week series examines the meanings of the Gospels in their presentation of Jesus as a voice of liberation and the consequences for discipleship. How do we live the Gospel today in ways that liberate a world divided by walls?
Limit: 10 participants, minimum of 4 participants
Fee: $200

REGISTER

Rainbow Support Evening
Myrna Ohmann and Eunice Antony, OSB
Thursdays, March 10, 7–9 p.m.
Parents/allies/friends and GLBTQ+ persons gather to pray, share stories and support each other. Confidentiality is maintained. Free will offering accepted.

REGISTER

Planting and Growing the Seeds of Poetry
Mara Faulkner, OSB
Thursdays, March 17, 24, 31, 6:30–8:30 p.m.
While we are a couple of months away from planting gardens here in Minnesota, any time is a good time to plant the seeds of poetry in ourselves and in the world. We will concentrate on three especially fertile seeds: imagination, the ordinary realities of our lives, and the entanglement of danger and delight. We will read and write poetry, respond to each other’s work, and find ways to plant the seeds of poetry in the world. Writers at all levels of experience are welcome.
Limit: 10 participants
Fee: $180

REGISTER
A Book Lovers Circle
Katherine Howard, OSB, and Josue Behnen, OSB
Tuesday, April 19, 9–11:15 a.m.

This circle is an opportunity to talk with interested others about a book that has been/is a favorite of yours: novel, biography, poetry, essays, travelogue, history, theology, philosophy, science, humor—any kind of book. It could be old, a classic, new, little known, or popular—some book that has influenced your world view, your understanding of yourself, of the natural world, of God, of other people. It does not have to be “the book” of your life, just a book that has enriched your life in some way with insight, joy, humor or compassion. Each person will have 15–30 minutes to talk about their book and what it means to them. Free will offering accepted.

**Registration Deadline:** Tuesday, April 12
**Limit:** 8 participants, minimum of 4 participants

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Retreats

**Spiritual R & R Day**
Spirituality Center Staff
*Tuesday, February 15, 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 with the sisters in the Oratory and noon meal with the sisters at the monastery are optional. Free will offering accepted. *Optional noon meal is $9.*

**Limit:** 8 participants

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**A Practical Spirituality of Aging: The Paschal Mystery**
Becky Van Ness, OblSB
*Virtual: Monday, February 28, through Friday, March 4, 9 a.m. to 12 p.m. daily*

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” from *The Holy Longing* 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. *This is a virtual program, so participants will need access to a computer with camera, smart phone, tablet or any other device with Zoom capability.*

**Limit:** 11 participants, minimum of 7 participants

**Fee:** $125
Ambassadors of Christ
Judy Kramer, OSB
Ash Wednesday, March 2, 9 a.m. to 3 p.m.
The second scripture reading at Eucharist on Ash Wednesday (2 Cor. 5:20) boldly proclaims that we, as community, have a message to communicate, a duty to listen, a longing to understand, and a tireless hope to promote peace, for we (personally and collectively) are ambassadors of Christ. How shall we do this during Lent? The day includes input, midday prayer with the community, noon meal, and time for quiet prayer and reflection.
Limit: 10 participants
Fee: $75 (includes noon meal)

Lenten Intensive Centering Prayer Retreat
Katherine Howard, OSB
Friday, March 4, 7 p.m., through Sunday, March 6, 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: $250 (includes meals and overnight accommodations)

TRIDUUM
Spirituality Center•Studium Team
Thursday, April 14, 3 p.m., through Easter Sunday, April 17, 1 p.m.
Walk with Jesus from the table of the Last Supper to the foot of the cross and to the empty tomb. Join the monastic community in silence, liturgies and meals as we observe these sacred days. A daily preparation for each specific liturgy will foster greater participation.
Limit: 8 participants
Fee: $300 (includes meals and overnight accommodations)