

Winter Offerings

at the Spirituality Center•Studium



Programs



Rainbow Support Evening

Myrna Ohmann and Eunice Antony, OSB

Thursdays, January 13, 7–9 p.m.

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

REGISTER

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

REGISTER

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

REGISTER

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

REGISTER

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

REGISTER

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)

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

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

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

REGISTER

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

REGISTER

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

REGISTER



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*)

REGISTER

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*)

REGISTER

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*)

REGISTER

