

# Programs and Retreats

*at the Spirituality Center • Studium • September – December 2022*

## **Rainbow Support Evening**

Myrna Ohmann and Eunice Antony, OSB

*Thursday, September 8, 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

## **Work: A Love Story**

Mara Faulkner, OSB

*Saturdays, September 24, October 1, 8, 9–11:30 a.m.*

In this workshop, let's read, talk, imagine, and write about the universal human calling to work. We'll dig into questions like: What makes work drudgery? What makes it a joy? Can the same work be both? Can human work share in God's work of creation? Is there such a thing as "women's work" or "men's work"? Can play be work and work be play? What does work call us to in retirement?...as well as questions you bring with you. Each of us will do the creative work of writing poems, stories, memoirs, or manifestos to offer as gifts in this workshop and beyond.

**Limit:** 10 participants

**Fee:** \$200

REGISTER

## **Spiritual R & R Day**

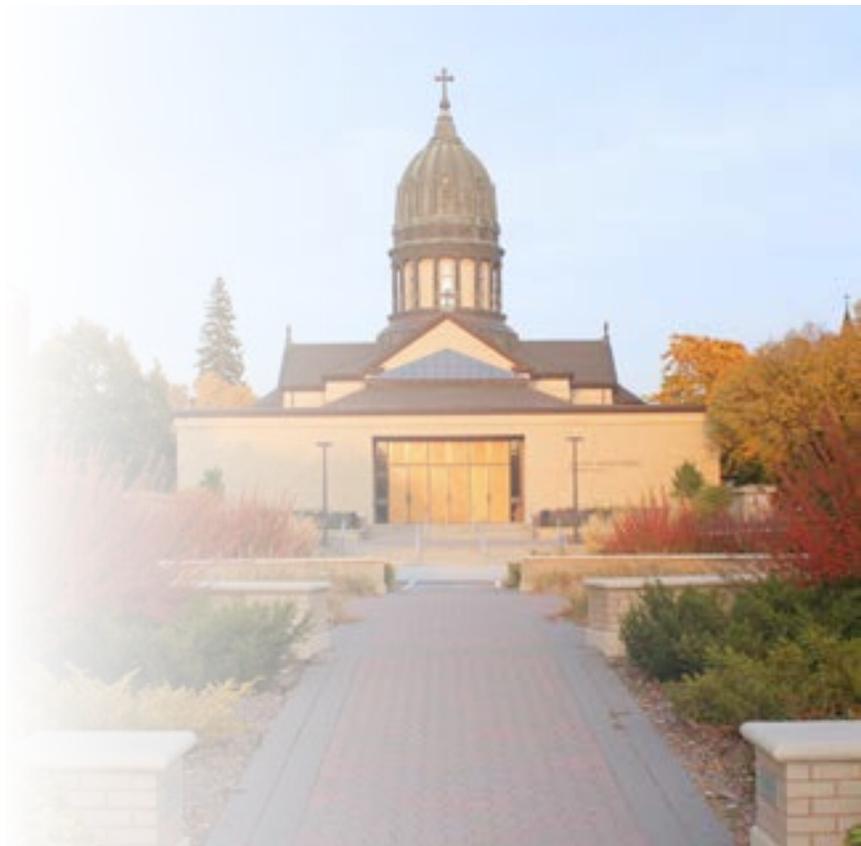
Spirituality Center Team

*Tuesday, September 27, 9 a.m. to 3:30 p.m.*

This day offers time and space for quiet prayer, reflection, reading, 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 \$11.

**Limit:** 10 participants

REGISTER



The following two workshops can be attended as one whole day or attended separately and independently of each other. Noon meal is complimentary if you decide to participate in both workshops.

### Discovering Hope in a Fractured World

Becky Van Ness, OblSB, and Emily Wilmer, Oblate

*Wednesdays, October 5, 12, 19, 26, 9–11 a.m.*

Where is hope in times like these? Who can show us where hope lives in a world fractured by disease, war, division, and mistrust? To explore these questions, Becky and Emily will draw on the writings of Julian of Norwich and *Mystical Hope: Trusting in the Mercy of God* by Cynthia Bourgeault, concluding with the shared experience of viewing and discussing the film “Babette’s Feast.”

*Both Becky and Emily are spiritual directors and oblates. Becky is an educator and former director of the Spiritual Direction Certificate program at Saint John’s School of Theology; Emily is a poet, actor and presenter.*

**Limit:** Minimum of 7 participants

**Fee:** \$240

REGISTER

### Writing to Change the World, One Writer and One Millimeter at a Time

Mara Faulkner, OSB

*Wednesdays, October 5, 12, 19, 26, 1–3 p.m.*

In the 14th century, St. Catherine of Sienna wrote, “Cry out the truth as if you had a million voices. It is silence that kills the world.” In this writing workshop, we will join writers who trust that honest and eloquent words can call attention to suffering and injustice, as well as to the beauty and fragility of our world. We will share, revise and refine our writing and explore ways to share with others. Sister Mara will read and respond to your work and will be available for individual conferences.

**Limit:** 10 participants

**Fee:** \$240

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### Introduction to Centering Prayer: A One-Day Workshop

Katherine Howard, OSB

*Saturday, October 29, 9 a.m. to 3 p.m.*

Centering Prayer is a simple method of silent prayer rooted in the 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:** Minimum of 4 participants; maximum of 12 participants

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

REGISTER



## Spiritual R & R Day

Spirituality Center Team

Thursday, November 3, 9 a.m. to 3:30 p.m.

This day offers time and space for quiet prayer, reflection, reading, 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 \$11.

**Limit:** 10 participants

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## A Pathway to the Heart: *Lectio Divina* Today

Christian Morris, OSB, and Mary Catherine Holicky, OSB

Tuesdays, November 8 and 15, 9–11 a.m.

Aware of the growing interest in the ancient monastic practice of *lectio divina*, we intend to explore and deepen our understanding of this simple path of prayer. Listening, pondering, noticing, and questioning turns us to a discipleship that leads beyond ourselves to the heart of the Word.

**Limit:** 8 participants

**Fee:** \$120

REGISTER

## Rainbow Support Evening

Myrna Ohmann and Eunice Antony, OSB

Thursday, November 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

## Advent Sacred Pause (Virtual)

Mary Catherine Holicky, OSB, and Eunice Antony, OSB

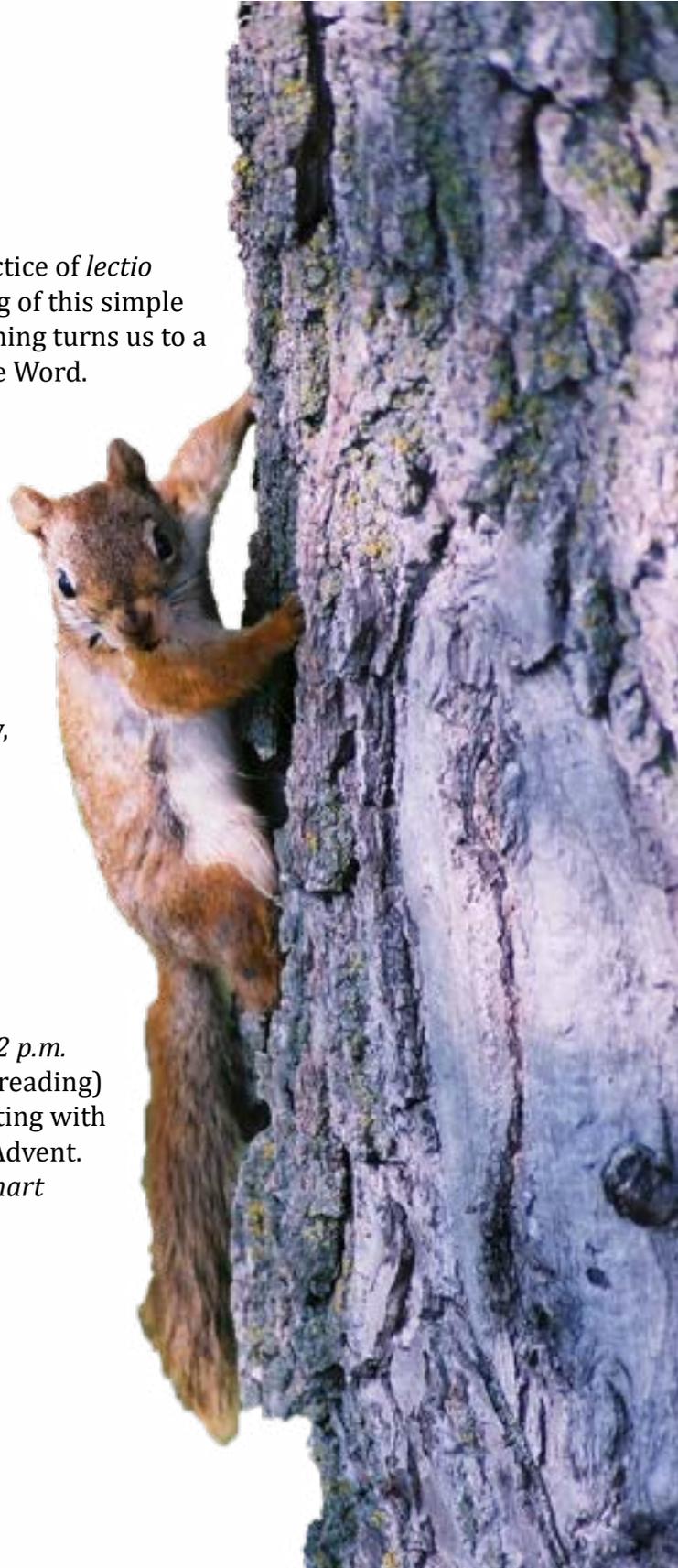
Wednesdays, November 30, December 7, 14, 21, 11 a.m. to 12 p.m.

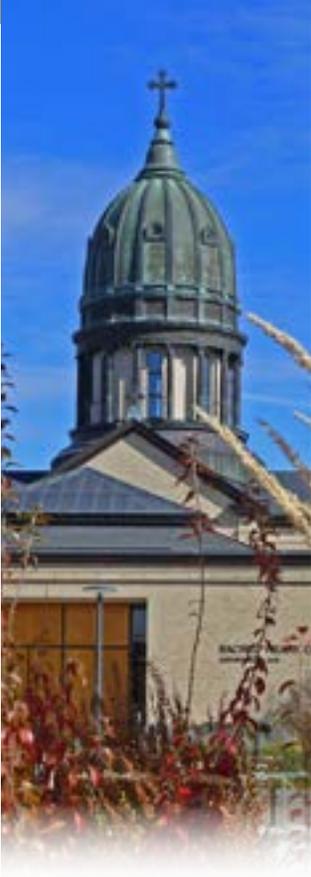
Gather to share common prayer of *lectio divina* (prayerful reading) using the Gospels of the Sundays of Advent. Optional: Meeting with a sister spiritual companion for 30 minutes each week of Advent. *Participants will need access to a computer with camera, smart phone, tablet or any other device with Zoom capability.*

**Limit:** 8 participants

**Fee:** \$60

REGISTER





### **Advent Sacred Pause**

Mary Catherine Holicky, OSB, and Eunice Antony, OSB

*Thursdays, December 1, 8, 15, 22, 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 Advent. Prayer is followed by a shared meal and fellowship. Optional: Meeting with a sister spiritual companion for 30 minutes each week of Advent.

**Limit:** 8 participants

**Fee:** \$100

REGISTER

### **Advent Centering Prayer Retreat**

Hélène Mercier, OSB

*Friday, December 2, 7 p.m., through Sunday, December 4, 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:** \$275 (*includes meals and overnight accommodations*)

REGISTER

### **Celebrating, Singing and Praying Advent**

Carol Meier

*Monday, December 5, 9:30 a.m. to 1:30 p.m.*

Markedly different from the “pre-Christmas” season of our culture, Advent is a season of waiting, watching and praying. This four-hour long Advent retreat will use the gift of music as a tool for worship, meditation and community building. It will be a time for singing, silence and fellowship.

*Carol Meier is an Evangelical Lutheran Church of America Liturgical Music Minister presently studying at the Saint John’s School of Theology. She is a Studium guest who enjoys working at the intersection of spirituality and music as a composer.*

**Limit:** 10 participants

**Fee:** \$90 (*includes noon meal at the monastery*)

REGISTER

### **The Eucharist in the World: “This is My Body [Given] for You” (1 Cor. 24)**

Christian Morris, OSB, and Katherine Howard, OSB

*Tuesday, December 13, 9–11 a.m.*

Reflect on the Eucharist as celebration of Christ’s life, death and resurrection and what that means in our lives and world. The Eucharist “is the living center of the universe, the overflowing core of love and inexhaustible life” (Pope Francis in *Laudato Si: On Care for Our Common Home* 236). Active participation in the Eucharist can transform us and our world—a world so rich, varied and beautiful, and yet so challenged by suffering and death, violence, and hatred.

*Registration is due Monday, December 6.*

**Limit:** Minimum of 4 participants; maximum of 12 participants

**Fee:** \$60

REGISTER