

Programs and Retreats

at the Spirituality Center • Studium • January – May 2023

Rainbow Support Evening | Virtual

Myrna Ohmann and Eunice Antony, OSB

Thursday, January 12, 7–9 p.m. (Central Time)

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

Free will offering accepted.

REGISTER

Book Lovers Circle

Katherine Howard, OSB, and Christian Morris, OSB

Tuesday, January 17, 9–11:15 a.m.

This circle is an opportunity to talk about a book that has been/ is a favorite of yours: novel, biography, poetry, humor, travelogue, history—any kind of book. It could be old, a classic, new, little known, or popular—some book that has influenced or 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.

Limit: Maximum of 8 participants, minimum of 4 participants

REGISTER

Spiritual R & R Day

Spirituality Center Team

Thursday, January 19, 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





Reframing Our Stories With Hope

Becky Van Ness, OblSB

Saturday, January 21, 9 a.m. to 3 p.m.

Cynthia Bourgeault's insights from her book *Mystical Hope* will help us reframe our stories, inviting us to find our place in the net of God's mercy. We will watch "Babette's Feast" as a parable of this process. Our time together will include both personal and group reflection. **Registration/payment is due January 13.**

Limit: Maximum of 8 participants, minimum of 5 participants

Fee: \$75 (*includes noon meal at the monastery*)

REGISTER

From Pope Francis to the World: "The Letter"

Bridgette Powers, OSB

Tuesday, January 24, 1:30–3:30 p.m.

We will view the documentary "The Pope, the Environmental Crisis, and Frontline Leaders" followed by a conversation about the themes and topics explored in the film. Free will offering accepted.

Limit: Maximum of 10 participants, minimum of 4 participants

REGISTER

Peace, the Contemplative Life, and Sustainable Living

Becky Van Ness, OblSB, and Mara Faulkner, OSB

Tuesdays, February 7, 14, 21, 9:30–11 a.m.

Join us for a discussion of *The Many Sides of Peace: Christian Nonviolence, the Contemplative Life, and Sustainable Living* by Brayton Shanley. We will explore how nonviolent love can transform this environmentally threatened planet and its combative people, including ourselves. How can we move from being at risk of destruction to becoming a more peaceful and sustainable world? Participants will need to purchase the book, readily available online.

Limit: 8 participants

Fee: \$75

REGISTER

"With the Eyes of Your Heart Enlightened" (Ephesians 1:18, NRSV): Ash Wednesday Retreat

Pat Kennedy, OSB

Ash Wednesday, February 22, 9–11:30 a.m.

A sacred pause on Ash Wednesday to explore the prayer-art of icon writing as an intersection of theology, spirituality and liturgy. This morning retreat invites us to consider the icon writer as a "theologian through images."

Fee: \$50

REGISTER

Sacred Pause Lenten Prayer

Mary Catherine Holicky, OSB, and Eunice Antony, OSB

Thursdays, February 23, March 2, 9, 16, 23, 30, 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. Prayer is followed by a shared meal and fellowship. Optional: Meeting with a sister spiritual companion for 30 minutes each week of Lent.

Limit: 8 participants

Fee: \$90

REGISTER

Sacred Pause Lenten Prayer | Virtual

Mary Catherine Holicky, OSB, and Eunice Antony, OSB

Wednesdays, March 1, 8, 15, 22, 29, April 5, 11:30 a.m. to 12 p.m. (Central Time)

Gather to share common prayer of *lectio divina* (prayerful reading) using the Gospels of the Sundays of Lent. Optional: Meeting with a sister spiritual companion for 30 minutes each week of Lent.

Limit: 6 participants

Fee: \$60

REGISTER

Lent in a Bag | Virtual

Pat Pickett, OblSB

Wednesdays, March 1, 8, 15, 9–11 a.m. (Central Time)

There are six objects hidden in a brown bag. Each object brings us deeper insights into the meaning and living of Lent and a joyful Easter. These objects will be the basis for input from Pat, discussion by you, plus videos, music and a time for writing. **Registration is due February 10 to allow adequate time for Pat to mail your bag prior to the first session.**

Limit: 20 participants

Fee: \$75

REGISTER

Lenten Intensive Centering Prayer Retreat

Hélène Mercier, OSB

Friday, March 3, 7 p.m., through Sunday, March 5, 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



The Book of Ruth: Women Crossing Borders

Christian Morris, OSB

Mondays, March 6 and 13, 9–11 a.m.

The biblical Book of Ruth tells a story of faith, family and friendship. Ruth finds all three as she crosses borders of religion, culture, country and gender roles. In this reading of the Book of Ruth and a series of commentaries, we will learn her story and may find in it striking parallels with the lives of many women on the move today.

Fee: \$80

REGISTER

Rainbow Support Evening | Virtual

Myrna Ohmann and Eunice Antony, OSB

Thursday, March 9, 7–9 p.m. (Central Time)

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

REGISTER

Coming Back to Our Senses: Honoring Creation and Incarnation

Mara Faulkner, OSB, Fellow Writer

Saturdays, March 11, 25, April 1, 9–11:30 a.m.

For some of us, the COVID-19 pandemic took away taste and smell; for all of us, it masked smiles and denied us hugs and handshakes. In this down-to-earth writing workshop, we'll return to this sensual world, in all its beauty and terror, a world God declared good at creation and in the Incarnation, when the Word became flesh. We will experiment with several kinds of writing and read and respond to each other's work. Writers of all kinds and with all levels of experience are welcome.

Limit: 10 participants

Fee: \$150

REGISTER

Spiritual R & R Day

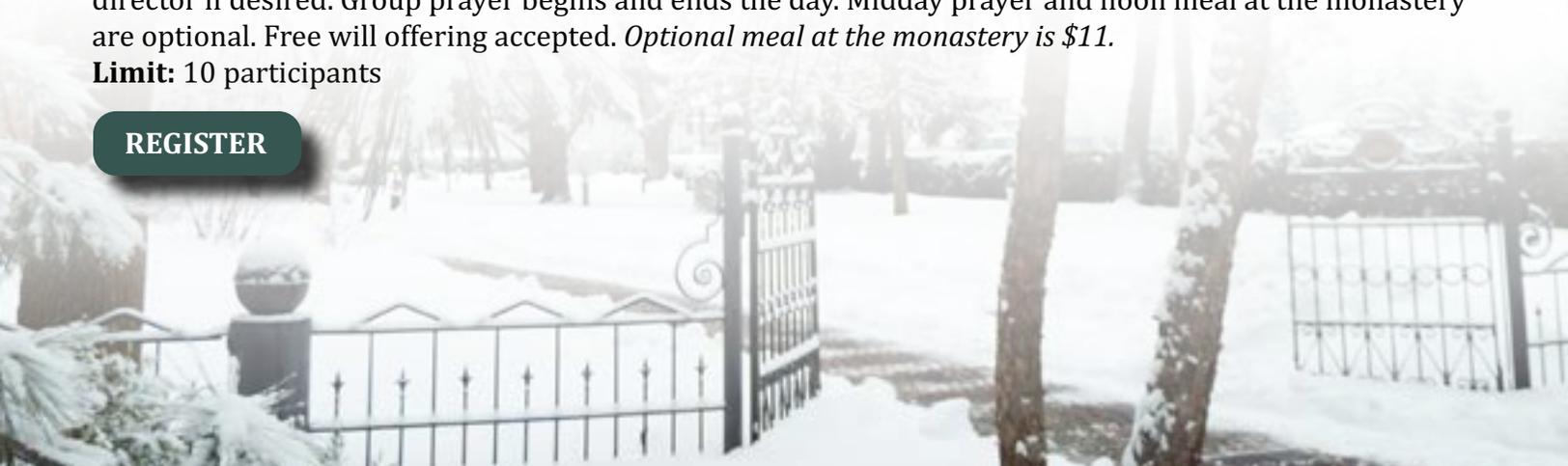
Spirituality Center Team

Tuesday, March 28, 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 Sacred TRIDUUM

Spirituality Center Staff

Thursday, April 6, 3 p.m., through Easter Sunday, April 9, 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 *lectio* for each specific liturgy will foster greater participation.

Fee: \$300 (*includes meals and overnight accommodations*)

REGISTER

The Celtic Way and the Healing of the Earth | Virtual

Mara Faulkner, OSB, Fellow Explorer

Thursdays, April 13, 20, 27, 6:30–8:30 p.m. (Central Time)

The ancient Celtic Christians of Ireland and beyond brought together realities that are often separated or fragmented in today's world. But because of the human longing for wholeness, the Celtic spirit, silenced for many centuries, is reemerging as a way to heal the disastrous split between us humans and the Earth, our home. In this virtual writing workshop, we will be guided by Celtic writing, music, art and the world around us. We will write prayers, blessings, chants, poems and stories, following the Spirit's lead. We will listen, read and respond to each other's work.

Limit: 8 participants

Fee: \$120

REGISTER

Book Lovers Circle

Katherine Howard, OSB, and Christian Morris, OSB

Tuesday, April 18, 9–11:15 a.m.

This circle is an opportunity to talk about a book that has been/is a favorite of yours: novel, biography, poetry, humor, travelogue, history—any kind of book. It could be old, a classic, new, little known, or popular—some book that has influenced or 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.

Limit: Maximum of 8 participants, minimum of 4 participants

REGISTER



All programs are offered in person at the Spirituality Center, unless indicated. All virtual offerings will be held via Zoom at Central Time (CT). Participants will need access to a computer with camera, smart phone, tablet or any other device with Zoom capability.