



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/ministry/spirituality-center-studium/#studium.


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. You can meet in person or via Zoom. For more information or to set up an appointment with a spiritual director, call (320) 363-7179 or email jbehn@csbsju.edu.

Hermitages

Spend time in solitude, quiet and reflection for a day, a couple of days, or a week on the monastery grounds. For more information, call (320) 363-7112 or email spirituality@csbsju.edu.

Cover photo taken by Nancy Bauer, OSB


Sisters of the
Order of Saint Benedict®
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Harvesting, Preserving and Passing on the Gifts of Our Lives: A Heritage Writing Workshop

Mara Faulkner, OSB, Fellow Gardener

Saturdays, April 6, 20, 27 • 9–11:30 a.m.

Benedictines in every age try to save what might otherwise be discarded or devalued by a throw-away society. In a community of writers, we will gather up knowledge, hard-won wisdom, and the gifts our lives have given us. We will explore their meaning for us and for future generations of readers. We will experiment with several ways of putting those experiences into words that will reach across the generations (memoir, letters, poems, hybrid forms, etc.). We will read and respond to each other's writing.

Limit: 8 participants

Fee: \$150

The Thirsting Heart: Encounters With God Through Prayer

Christian Morris, OSB

Mondays, April 8, 15, 22, 29 • 1:30–3 p.m.

In the *Rule*, St. Benedict writes, "We believe that the Divine Presence is everywhere." How does prayer lead us to this divine presence? How does it make a difference in our lives and in the world? This four-session series on prayer will include brief presentations, conversation and practice of a particular prayer form. We will explore scriptural prayer, Centering Prayer, short prayers and liturgical prayer.

Limit: 12 participants

Fee: \$140



Book Discussion: *Monastic Ecological Wisdom: A Living Tradition* by Samuel Torvend

Katherine Howard, OSB

Wednesdays, April 10, 17, 24 • 9–11 a.m.

Climate change is a major crisis in our world. It calls for radical personal and social transformation. This book discussion is an opportunity to engage with others in study and reflection on the values and practices of Benedictine monasticism that can inspire, encourage and guide us in our efforts. Participants will need a copy of the book.

Free will offering accepted.

Limit: 12 participants

Retreats

The Sacred TRIDUUM

Spirituality Center Staff

Thursday, March 28, 3 p.m., through Easter Sunday, March 31, 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 in the Triduum services.

Limit: 8 participants

Fee: \$325 (includes meals and overnight accommodations)

Lenten Intensive Centering Prayer Retreat

Hélène Mercier, OSB

Friday, March 1, 7 p.m., through Sunday, March 3, 1 p.m.

This is an all-silent retreat with several periods of Centering Prayer and an optional teaching session with group reflection each day.

Limit: 10 participants

Fee: \$250 (includes meals and overnight accommodations)



Programs & Retreats

January – April 2024

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

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

Have you ever heard someone say, “I’m so far behind, I think I might be in first place”? After the holiday season, it can be easily heard and said. Might this be a good time for one to slow down and take an account of what the new year could bring for you, for us, for the world?

The winter season offers us just such a time: time to read, pray, reflect, write. Note the offerings in this brochure. Do you have a “thirsting heart” or a “listening ear”? Are you willing to look at climate change and how it is calling us to a radical personal and social change? Are you interested in making Lent more meaningful this year? How might you/we do this alone and together?

Take a few minutes to peruse this brochure. Feel welcome. Bring a friend.

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

Spirituality Center:
(320) 363-7112 • spirituality@csbsju.edu
www.sbm.osb.org/ministry/spirituality-center-studium/

Studium:
(320) 363-7172 • studium@csbsju.edu
www.sbm.osb.org/ministry/spirituality-center-studium/#studium

Financial aid is available for all programs upon request. Oblates and volunteers receive a 25% discount on programs. Employees receive a 50% discount on programs.

Spirituality Center Programs

All programs are offered in person at the Spirituality Center unless indicated. Participants for virtual programs will need access to a computer with camera, smart phone, tablet, or any other device with Zoom capability.

Caution: Poetry at Work: A Virtual Poetry Writing Workshop

Mara Faulkner, OSB, Fellow Worker
Thursdays, January 11, 18, 25 • 3–4:30 p.m.
Writing poetry is hard and exhilarating work. Poetry also *does* work for both writer and for readers and even for the world. Poetry can shelter our endangered natural world, wrestle with God, hold grief and joy in precarious balance, insist upon hope, and delight. We will read poems, do all this brave work, and write our own brave poems. We will read and respond to each other’s work.
Limit: 8 participants
Fee: \$150

Rainbow Support Evenings (Virtual)
Myrna Ohmann and Eunice Antony, OSB
Thursdays, January 11 and March 14 • 7–9 p.m.
Parents/allies/friends and LGBTQI+ people gather to pray, share stories, and support each other. Confidentiality is maintained.
Free will offering accepted.

Listen: Pope Francis Speaks to Us (Virtual)
Bridgette Powers, OSB
Wednesdays, January 17 and 24 • 7–9 p.m.
This program is an exploration into the latest papal document “Laudate Deum” by Pope Francis. The two sessions will be discussion based around questions surfacing from the papal document, which you can find on the United States Conference of Catholic Bishops website.
Limit: Minimum of 4, maximum of 8 participants
Fee: \$40

Spiritual R & R Days
Spirituality Center Team
Tuesday, February 6, and Thursday, April 25 • 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 \$13.
Limit: 10 participants

Lenten Reflections: Listening With the Eyes and Ears of the Heart
Becky Van Ness, OblSB, Former Director of the Spiritual Direction Certificate Program at Saint John’s School Of Theology
In Person: Wednesdays, February 14 (Ash Wednesday), 21, 28, March 6 • 9–11 a.m.
Virtual: Thursdays, February 15, 22, 29, March 7 • 7–9 p.m.
During Lent, we prepare ourselves to see, hear and thus participate in the Paschal mystery of our faith. We will explore art and poetry as gateways to seeing and hearing with the eyes of our hearts. Each week, we will reflect on a step of the Paschal mystery in preparation for Easter: naming our deaths, claiming our births, living into a new reality—without clinging to the old.
Limit: 12 participants for each type of session
Fee: \$120 in person • \$90 virtual

Antisemitism: From Awareness to Action
Alisa Kasmir, OblSB
Saturdays, February 24, March 9, 23 • 9–11 a.m.
This course is ultimately about the direction of our hearts. The goal is for participants to become more aware of antisemitism throughout history and in its modern forms. At the end of the sessions, participants will be better equipped to identify the ways antisemitism still lives in our society and empowered to combat and help prevent it.
Prerequisites: An open mind and a willing heart.
Good to know: There will be some reading and writing assignments.
Limit: 12 participants
Fee: \$100

Sacred Pause Lenten Prayer
Mary Catherine Holicky, OSB, and Eunice Antony, OSB, Facilitators
In Person: Thursdays, February 15, 22, 29, March 7, 14, 21 • 11:30 a.m. to 1 p.m.
Virtual: Wednesdays, February 21, 28, March 6, 13, 20 • 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. During the in-person sessions, prayer is followed by a simple shared meal and fellowship. Optional meeting with a sister spiritual companion for 30 minutes each week of Lent is available for both in-person and virtual registrants.
Limit: 8 participants for in-person sessions • 6 participants for virtual sessions
Fee: \$90 in person • \$50 virtual

