

# The Spirituality Center • Studium at Saint Benedict's Monastery

Summer months usher in retreat time for our monastic community. You are invited to join our community in any of the three retreats listed below, in the program offerings, or just come for a day or two of quiet personal reflection. Studium invites you to take time to pursue your interests as writer, researcher, publisher, etc., either as a visiting or resident scholar. Welcome!

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

## Programs and Retreats

**Rainbow Support Evening • Myrna Ohmann and Eunice Antony, OSB**

**Thursday, May 9, 7–9 p.m.**

Parents/allies/friends and GLBTQI+ persons gather to pray, share stories, and support each other.

**Intensive Centering Prayer Retreat • Hélène Mercier, OSB**

**Friday, May 17, 7 p.m., through Sunday, May 26, 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.

**Spiritual R & R Days • Spirituality Center Team**

**Thursdays, May 30 and August 15 • 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.

**The Word as Artist • David Paul Lange, OSB, Monk of Saint John's Abbey**

*Conference Retreat With the Monastic Community*

**Sunday, June 2, 7 p.m., through Friday, June 7, 5 p.m.**

What happens when we critique Creation the way art students critique Art? What does it suggest about God as an artist with a distinctive personality and we as created beings? Bringing visual art into dialogue with theology and pastoral ministry, David Paul will explore the dynamic implications of such a perspective on our individual and communal relationships with God.

**Contemplative Photography • Nancy Bauer, OSB**

**Saturday, July 13, 9 a.m. through 3:30 p.m.**

A day to observe the beauty of God's creation while walking in the woods, observing nature, waiting in quiet, taking photographs, enjoying others' photographs, and practicing *visio divina*. Bring a camera or cell phone with camera if you wish, but mostly your personal curiosity.



**Spirituality Center Directed Retreat • Eunice Antony, OSB,  
and Spirituality Center Team**

**Sunday, July 21, 7 p.m., through Friday, July 26, 6 p.m.**

Spend time in prayer, silence and individual visits with a spiritual director. Communal *lectio* with other retreatants, Eucharist with the monastic community, and the sacrament of reconciliation are optional.

**Antiphons for Singing • Delores Dufner, OSB**

**Wednesday, July 31, 9:30–11 a.m.**

We will sing selections from *Sing of God's Goodness, Volume Two*, a 2024 GIA publication by Sister Christine Manderfeld. In this volume, two of S. Christine's 36 original antiphons are matched with each of 16 favorite psalms and two canticles. Original, easy-to-sing psalm tones are provided for all the psalms and canticles. Musicians, liturgists and all who love to sing God's praise are welcome. **Registration is due Tuesday, July 23.**

**Introduction to Centering Prayer • Katherine Howard, OSB**

**Saturday, August 17, 9 a.m. to 3 p.m.**

This program consists of four sessions presenting the method of Centering Prayer and its relationship to other forms of prayer, including time for questions and discussion and three 20-minute periods of Centering Prayer.

**Eucharist and Creation • Katherine Howard, OSB**

**Wednesday, August 28, 9–11 a.m.**

"It is in the Eucharist that all that has been created finds its greatest exaltation." This session provides time to reflect on the meaning and implications of this insight Pope Francis expressed in *Laudato Si'* (#236). The session also includes examination and discussion of other relevant texts from that document and some of the rituals and texts of the Eucharist. **Registration is due Monday, August 19.**

Visit [www.sbm.osb.org/ministry/spirituality-center-studium/](http://www.sbm.osb.org/ministry/spirituality-center-studium/)  
or call (320) 363-7112 for more information!

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