

The Spirituality Center • Studium at Saint Benedict's Monastery

*"During Lent, all should look carefully
at the integrity of their lives."*

— Rule of Benedict 49 —

Programs and Retreats

January - April 2026

Rainbow Support Evenings (Virtual) • Myrna Ohmann and Eunice Antony, OSB

Thursdays, January 8 and March 12 • 7-9 p.m.

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

The Tears of Things (Virtual) • Becky Van Ness, OblSB, and Nancy Weldon, MDiv.

Wednesdays, January 14, 21, 28, February 4, 11 • 7-8 p.m.

We will discuss *The Tears of Things: Prophetic Wisdom for an Age of Outrage* by Father Richard Rohr, reflecting on how the human cycle of anger-sorrow-gratitude is especially discernible during tough times.

Spiritual R & R Days • Spirituality Center Team

Thursday, January 22, and Tuesday, April 14 • 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.

Ash Wednesday Retreat • Bridgette Powers, OSB
Wednesday, February 18 • 10 a.m. to 4 p.m.

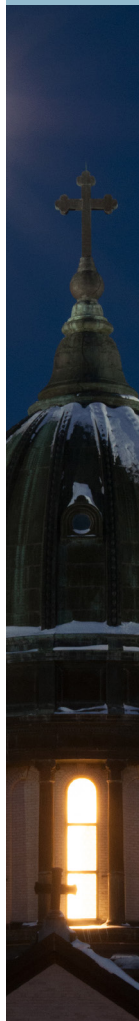
Please join us for an Ash Wednesday retreat. We will gather to reflect and pray upon the scriptures of the day which launches us into the journey of Lent. Participants are welcome to conclude the day with Eucharist and the reception of ashes at 5 p.m.

Lenten Sacred Pause • Mary Catherine Holicky, OSB, and Eunice Antony, OSB

In Person: Thursdays, February 19, 26, March 5, 12, 19, 26 • 11:30 a.m. to 12:45 p.m.

Virtual: Wednesdays, February 25, March 4, 11, 18, 25, April 1 • 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. You may meet with a spiritual sister companion for 30 minutes each session if desired. In-person sessions include a shared meal and fellowship.



Lenten Centering Prayer Retreat • Hélène Mercier, OSB

Friday, February 20, 7 p.m., through Sunday, February 22, 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.

Feast of Saint Benedict • Bridgette Powers, OSB

Saturday, March 21 • 9 a.m. to 12 p.m.

Join us in celebrating the feast of our patron, St. Benedict. We will read and reflect on the *Rule of Benedict*, explore the life of Benedict and conclude with the optional celebrating of Eucharist with the monastic community.

Sacred Triduum • Spirituality Center Team

Thursday, April 2, 3 p.m., through Easter Sunday, April 5, 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 services.

Where the Soul Lives: 21 Poems in 21 Days • Mara Faulkner, OSB

Saturdays, April 11, 18, 25 • 9 a.m. to 2 p.m.

Reading and writing poetry can lead us to the deep places in our minds, hearts and spirits where we are most alive and most eager to reach out to known and unknown worlds. We will promise ourselves and each other to write a poem a day for each of the days of the workshop. You will receive wildly varied invitations for your writing inspired by many traditions, such as Irish croons, psalms and Japanese haiku. During our time together, we will explore the art and craft of poetry and listen to and respond to each other's writing. At the end, we will compile a small anthology.



For more information:

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