

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

*"Come away by yourself and  
rest a while."*

*— Mark 6:31 —*



## *Programs and Retreats*

*May - August 2026*

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

***Thursday, May 14 • 7-9 p.m.***

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

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

***Tuesday, May 19, and Wednesday, June 24 • 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 companion if desired. Group prayer begins and ends the day. Midday Prayer and noon meal at the monastery are optional. Free will offering accepted. Optional noon meal at the monastery is \$12.

Limit: 10 participants

**The Spirituality Center is closed to guests from June 7-13 while the sisters make their annual retreat.**

**Grounding Our Emotions During Tough Times • Becky Van Ness, ObISB**

***Saturday, June 6 • 9 a.m. to 2 p.m.***

How can we stay grounded in our experience, more fully realizing that God accompanies us during tough times? We will explore the Benedictine practice of stability by learning to practice self-compassion, knowing that "Where I am is where God is for me."

Limit: Minimum of 5, maximum of 10 participants

Fee: \$60 *(includes noon meal)*

**Intensive Centering Prayer Retreat**

***Friday, July 17, 7 p.m., through Saturday, July 25, 1 p.m.***

This all-silent retreat includes multiple periods of Centering Prayer and one teaching session each day. An optional group reflection time is provided. Some former experience in Centering Prayer is a prerequisite for registration.

Limit: Minimum of 4, maximum of 10 participants

Fee: \$500 *(includes meals and overnight accommodations)*

### Spirituality Center Directed Retreat

*Sunday, August 2, 7 p.m., through Friday, August 7, 6 p.m.*

Spend time in prayer, silence, walks in nature and individual visits with a spiritual director. The opportunity for daily communal *lectio* with other retreatants, Eucharist with the monastic community and an opportunity for the Sacrament of Reconciliation are also available. One day of solitude with no communal activity is scheduled.

Limit: Minimum of 4, maximum of 8 participants

Fee: \$400 (*includes meals, overnight accommodations and individual conferences with a spiritual director*)

## Studium

Are you in need of space and time away to start or finish a project — or perhaps to get unstuck? Consider spending time in Studium, the monastery's program for scholars.

Studium scholars are comprised of sisters and visiting scholars, women and men who are in broad agreement with Benedictine cultural and social commitments. Visiting scholars may apply to be a resident or day scholar. Resident scholars generally come from a distance and stay in a Studium apartment, while day scholars generally live in the local area and return home in the evenings. All scholars have access to a private office and are invited to join the monastic community for prayer, liturgies and meals.

In this community, you'll find space to work, time away from daily distractions and a supportive community of other passionate people.

For more information, contact **Sister Ann Marie Biermaier**, director of Studium, at [abiermaier@csbsju.edu](mailto:abiermaier@csbsju.edu) or (320) 363-7172.



**For more information:**

[www.sbm.osb.org](http://www.sbm.osb.org) • (320) 363-7112 • [spirituality@csbsju.edu](mailto:spirituality@csbsju.edu)

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Sisters of the  
Order of Saint Benedict®

104 Chapel Lane, St. Joseph, Minnesota 56374  
(320) 363-7100 ■ [www.sbm.osb.org](http://www.sbm.osb.org)