

The Spirituality Center • Studium at Saint Benedict's Monastery

"Wisdom is radiant and unfading, and she is easily discerned by those who love her, and is found by those who seek her."

— Wisdom of Solomon 6:12 —



Programs and Retreats

September - December 2026

All programs are in-person at the Spirituality Center unless otherwise indicated.

Rainbow Support Evenings • Sheila Nelson and Eunice Antony, OSB
Thursdays, September 10 and November 12 • 7-9 p.m.

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

Spiritual R & R Days • Spirituality Center Team
Thursday, September 17, and Tuesday, October 20 • 9 a.m. to 3:30 p.m.

This day offers time and space for quiet prayer, reflection, reading, walking, 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.

Reframing Our Stories With Hope • Becky Van Ness, ObISB
Saturday, October 10 • 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.

Deep Waters: A Workshop for Writers • Mara Faulkner, OSB
Saturdays, October 31, November 7, 21 • 9-11:30 a.m.

In a sympathetic community of writers, we will dive into the deep waters of the self and the unexplored riches of each person's written work. We will experiment with language and form. This workshop can help writers of memoir and family stories, fiction, a collection of poetry, character sketches and hybrid forms.

Pilgrimage for All Saints and All Souls Day •
Bridgette Powers, OSB, and Hélène Mercier, OSB
Monday, November 2 • 9:30-11:15 a.m.

Beginning at the Spirituality Center, join us on a sacred journey as we reflect on the "saints" in our lives to celebrate All Saints and All Souls Days. The pilgrimage will take us around sacred spaces on the campus of Saint Benedict's Monastery. You are welcome to join us for Midday Prayer and a noon meal following the pilgrimage.

Financial scholarships are available for programs upon request.

Grounding Our Emotions During Tough Times • Becky Van Ness, OblSB, and Nancy Weldon, MDiv.

Tuesdays, November 3, 10, 17 • 9-11 a.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.”

“The Ladder of Divine Graces” • Emily Wilmer, OblSB

Mondays, November 30, December 7, 14, 21 • 9:30-11 a.m.

We will reflect together on the short mystical poem “The Ladder of Divine Graces” attributed to Theophanis, a monk of the Christian East, which offers us a path to union with God.

Advent Sacred Pause (Virtual) • Mary Catherine Holicky, OSB, and Eunice Antony, OSB

Wednesdays, December 2, 9, 16, 23 • 11 a.m. to 12 p.m.

Gather to share common prayer of lectio divina (prayerful reading) using the Gospels of the Sundays of Advent. Meet virtually with a sister spiritual companion for 30 minutes each session.

Advent Centering Prayer Retreat • Hélène Mercier, OSB

Friday, December 4, 7 p.m., through Sunday, December 6, 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.

Encountering Mary Through the Vision of Sister Thomas Carey • Marie Reisinger, OSB, Ingrid Anderson, OSB, and Mary Schaffer

Tuesday, December 8 • Choose 9:30-11 a.m. or 3-4:30 p.m.

Celebrate the Solemnity of the Immaculate Conception by pondering selections of Sister Thomas Carey’s depictions of Mary. The co-curators will lead us to Saint Benedict’s Monastery Permanent Art Collection to help us explore the depth of S. Thomas’ work.



For more information:

www.sbm.osb.org • (320) 363-7112 • spirituality@csbsju.edu

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56374

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