The Spirituality Center•Studium at Saint Benedict's Monastery

"Let Your Light Shine."
— Matthew 5:16 —

Programs and Retreats

January - April 2027

Art as Prayer: The Act of Seeing • Emily Wilmer, OblSB
Friday, January 8 • 9-11 a.m.
Using the SoulCollage® process, we will create prayer cards as a path for coming closer to God through art as prayer.

Pope Leo's *Magnificent Humanity* and AI (Virtual)

Preserving the Messy Beauty of Human Life • Nancy Weldon, MDiv., and Becky Van Ness, OblSB • *Tuesdays, January 12, 19, 26 • 7-8 p.m.*
We will begin each evening with a 10-minute video on the challenges of artificial intelligence (AI). Then we will discuss selected paragraphs from Pope Leo's recent encyclical, *Magnifica Humanitas*.

The Promise and Peril of Artificial Intelligence • Christian Morris, OSB, Kerry O'Reilly, OSB, and Mara Faulkner, OSB
Tuesdays, February 16, 23, March 2 • 3-4:30 p.m.
There's controversy around AI and its place in our personal, communal and global lives. We will read and discuss Pope Leo's encyclical.

Rainbow Support Evenings (Virtual) • Sheila Nelson and Eunice Antony, OSB • *Thursdays, January 14 and March 11 • 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, January 28, and Tuesday, April 13 • 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.

Praying With Icons: Ash Wednesday Quiet Day • Emily Wilmer, OblSB • *Wednesday, February 10 • 9:30 a.m. to 3 p.m.*
Beginning with shared contemplative prayer and guidance for praying with icons, you are invited into a day of reflection and preparation for the "desert time" of Lent.

Vessels of Verse: Exploring Benedictine Poetry and Inspiration • Garrett S. Miller, OblSB, MDiv. Candidate
Friday, February 19, 7 p.m., through Saturday, February 20, 3 p.m.
An overnight immersion in poetry for ages 18-35. We will reflect on the psalms and poetic works of monastic poets and will practice writing different styles of religiously inspired poetry.

Lighten Your Load: A Journey to Inner Peace Through Reconciliation • Catherine Duenne, OSB • *Saturday, April 3 • 9 a.m. to 3 p.m.* (*Information continued on back side)*
Rediscover your daily joy, seek personal peace and choose to walk

(continued from front side) the path to wholeness and inner freedom. Spend the day renewing your spirit through prayer, reflection and supportive spiritual companioning.

Writing Poems of Protest and Possibility • Mara Faulkner, OSB
Saturdays, April 10, 17, 24 • 9-11:30 a.m.
We will join poets who use the gift of language to protest, read works from many traditions and write and share our own poems, compiling an anthology of our poems at the end of the workshop.

Deepening Our Easter Faith Through the Stations of the Resurrection • Catherine Duenne, OSB • *Sunday, April 11 • 2-3:30 p.m.*
Using the Stations of the Resurrection (*Via Lucis*) booklet, we continue the journey with Christ from the empty tomb to Pentecost. This 14-station devotion guides us into joyful encounters with the Risen Lord.

Lenten Centering Prayer Retreat • Hélène Mercier, OSB
Friday, March 5, 7 p.m., through Sunday, March 7, 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.

Lenten Sacred Pause • Mary Catherine Holicky, OSB, and Eunice Antony, OSB • *In-Person: Thursdays, February 11, 18, 25, March 4, 11, 18 • 11:30 a.m. to 12:45 p.m. • Virtual: Wednesdays, February 17, 24, March 3, 10, 17, 24 • 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. Optional meeting with a spiritual companion for 30 minutes each week. In-person sessions include a shared meal.

Sacred Triduum • Spirituality Center Team
Thursday, March 25, 3 p.m., through Easter Sunday, March 28, 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 mysteries.

For more information:
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