



Listen

JANUARY—AUGUST 2019

All guests who present themselves are to be welcomed as Christ.

from the Rule of St. Benedict



**BENEDICTINE
CENTER** OF ST. PAUL'S
MONASTERY



Mission The Benedictine Center shares the monastic heritage of St. Paul's Monastery with all who seek to live with the Gospel as their guide.

Values Extend radical hospitality • Practice the art of prayer • Model the formative power of community • Deepen the habit of study • Discern the call to service as disciples of Christ • Express God's presence in beauty.

Vision The Benedictine Center is a sacred threshold between St. Paul's Monastery and the wider world. In the name of the Sisters, it creates a space for people to experience peace—peace of mind and peace of spirit.

The Benedictine Center forms a “school for the Lord's service” in the tradition defined by St. Benedict and flourishes in the midst of a monastic community that bears witness to the power of hospitality, conversation, and mutual service.

Through prayer, study, and discernment, the Benedictine Center guides people in developing a contemplative heart open to the message of the Gospel and the discovery of God's presence at the core of their lives.



**BENEDICTINE
CENTER** OF ST. PAUL'S
MONASTERY

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Save paper and postage: Request to receive this catalog electronically at info@benedictinecenter.org. Events are also online at www.benedictinecenter.org.



Benedict's Wisdom for Change and Transition

We stand in a long line of Benedictines who have seen the needs of society and people of God and adapted our way of living to serve more effectively. Take, for instance, the shift from a completely cloistered life in Europe to one of teaching in the early days of American Benedictines. Or, as our own Sisters experienced, moving to a modified habit so that we could better do the everyday work of nurses and occupational therapists.

There are yet changes to be made, as we continue to evolve with God's grace. We may not know what they are quite yet, but Benedictines live a vow of conversion of life and change is part of that ongoing process. That may seem odd, given all we hear about the Benedictine commitment to stability, but change is, in fact, a healthy part of both stability and conversion of life.

Stability without flexibility and adaptation might better be called stuck. Without some openness to adapting to the needs of the time and circumstances over which we have no control, we miss the vibrant challenge of finding true continuity with our past. The real call is to faithful interpretation. The Rule of Benedict continues to offer people today wisdom that has shaped and formed us to respond faithfully to God at this time in history.

Saint Benedict developed a holistic lifestyle, including seeking wisdom from community members. Through council meetings, for example, the abbot meets with the chosen wisdom monks and shares that wisdom with the Community. At Chapter meetings, members discuss questions and ideas in order to make wise decisions for the future. That discipline of drawing on wisdom and discerning together where we are called in transition is what keeps us engaged with ministry outreach.

This year, as the Monastic Community begins to discern who will be their next prioress, may the commitments to stability, conversion and faithful transition be held together by the Benedictine wisdom we continue to learn together.

Help make the Benedictine Center experience accessible for everyone, regardless of their ability to pay. Donate online at www.benedictinecenter.org.

S. Paula Hagen OSB, Prioress
S. Paula is hosting an event on "Benedict's Wisdom for Change and Transition" (Feb. 28). See page 8 for details.



The Messy Middle: Where Change Happens

In the Benedictine Center office, we've been talking about Brené Brown's book *Rising Strong* (Random House, 2015). She makes that point that, if we want to experience real growth and change in our lives, we can't skip the "messy middle" part of our stories.

The first pass at such an observation made us wonder if she was simply trying to help us remember that change is hard. Life teaches us that the process of transition inherently involves some difficult loss and letting go. It is natural to dislike the in-between time when we things are disquietingly unclear.

This much seemed true to us, but we also noticed Brown suggesting something more important—that the messy middle is not just unavoidable; it's actually integral to the process of change. As much as we might like to turn change on and off with the flip of a switch, we do not realize full and durable change without passing through the messy middle. The messy middle, we are coming to appreciate, is where we sharpen the disciplines of creativity and discernment enough to ennoble our courage and steel our convictions.

How thoroughly Benedictine of Brené Brown. She has affirmed the value of ordinary and everyday life, especially in its messiness, and she has given us some insight into why we need companions and grace along the road of transition. Grace-filled companionship is the "strong way," as Benedict describes it from the first chapter of *The Rule*.

The Benedictine Center exists to support and encourage people on the strong way—especially when life is messy. Whatever form your change might be taking, this place is safe harbor for tough questions. You can find here ways to engage spiritual practices that help you rekindle courage, wonder, and joy.

Come for some alone time with God, to meet with a spiritual director, or to join others in one of the upcoming retreats (*The School of Lectio Divina* on Feb. 15-20 and *What Questions Hold Us Steady?* on Apr. 4 are just two good examples).

If you're so deep in the messy middle that you think coming to the Monastery might be tough, even then you are not alone. Just read on. Steve Arnold and Victor Klimoski have wisdom gifts to stir your reflections from home.

We may not be able to avoid the messy middle, but we can at least celebrate being in the messy together, accompanied by an intimately present and faithful God.



Ready for Retreat? Come for quiet in a private room, pray with the Sisters, and explore the art and library. Call 651.777.7251 or email info@benedictinecenter.org to schedule.

Sam Rahberg, Director
srahberg@benedictinecenter.org



Kiely Todd Roska, Program Manager
ktoddroska@benedictinecenter.org





School of Lectio Divina

Fri., Feb. 15, 1p thru Wed., Feb. 20, 1p
 Dr. Kathleen Cahalan
 \$700 includes lodging and meals

This School adapts the ancient monastic riches of sustained lectio divina for contemporary people. Through an intensive retreat experience set in the rhythm of life at St. Paul's Monastery, participants receive teachings, spend time in reflection, and meet with a lectio companion. See page 8 for details.

A condensed version of the School of Lectio Divina will be offered Jul. 19-21, 2018 under the leadership of Sam Rahberg and staff (\$200 single lodging, \$150 shared lodging, \$100 commuters).

*For details and application materials,
 email benedictinecenter@stpaulsmonastery.org
 or call 651.777.7251.*

Benedict and Change

Book vendors and websites are loaded with titles touting self-help themes of all kinds. Our current culture seems to be one that wants a different shape, a different nose, a different attitude, or a different belief. So, no matter what kind of change one is seeking, there is an author who has come up with ten easy steps (and a few bottle caps) to achieve the desired change.

There is one major flaw with 99.9% of these self-help books. Most authors stipulate that the power comes from one's own self-discipline. One must work hard, stay the course and then all will be well. The flaw enters in because very few humans are wired for that kind of discipline. The Apostle Paul states it well in Romans 7: 18, "I obviously need help! I realize that I do not have what it takes. I can will it but I can't do it" (Eugene Peterson, *The Message*).

Paul expresses what many of us feel. I, myself, could literally write books about diet and exercise. I could plan healthy meals that would contribute to good health, reduced weight and provide higher energy. I KNOW what to do. And then I see a potato chip and it is all over.

The Rule of St. Benedict speaks to this issue of personal change as well. In RB 58, Benedict speaks of ongoing conversion, which is another way to speak of deep, personal, transformational change. Transformational change only happens when one experiences transformation at the core as one grows into Christ-likeness.

For Benedict, daily conversion happens through the practice of lectio divina. It is through lectio divina that God sets the agenda, and it is through the Word of God used in lectio divina that God grants the power to change. Change is God's action, not ours. Transformational change happens through the grace of God working through the Word and through the Eucharist that leads one to new ways of being and doing.

Is Spiritual Direction Right for You? For additional information or to inquire about a free initial consultation with a spiritual director, call 651.777.7251, email info@benedictinecenter.org or visit www.benedictinecenter.org.

Deacon Steve Arnold, Ph.D.

Deacon Steve Arnold, Ph.D. is a member of the Benedictine Center spiritual direction team and serves as a Chaplain at Crest View Senior Communities. Learn more at www.pivotpointministries.org. Steve is also hosting the Feb. 12 event "Listen: Learning to Be Present to Those Most in Need". See page 8 for details.



Retreats and Spiritual Growth Opportunities

For centuries Benedictines and those who have learned from the Benedictine way of life have come together for prayer, renewal, and mutual discovery. In creating this program, the Benedictine Center's first priority is to connect our guests with interesting conversation partners around topics and values rooted deeply in the Benedictine tradition. We emphasize the idea of *conversation* because it is listening attentively to one another as well as to masterful teachers that we gain new insight, new understanding. When you participate in these offerings and visit St. Paul's Monastery, you join a unique network of people and enter a living expression of Benedictine community that is continuing to unfold. As for generations past, we pray together and then immerse ourselves in the Benedictine tradition to understand how best we might live the Gospel today.

Weekly Centering Prayer Group

Wednesdays beginning anew Jan. 2, 6:30-7:20a • S. Virginia Matter OSB • Freewill offering
Centering Prayer is a form of prayer that takes practice. Each week the Monastery hosts a time for those seeking to strengthen their practice of centering prayer under the guidance of S. Virginia Matter OSB.

Dementia Support Group

Tues., Jan. 8, 7-9p (second Tuesday of each month) • Steve Arnold Oblate • Freewill offering

Loving and supporting someone with dementia can result in exhaustion as well as grief from lost relationships, dreams, and freedom. Come be with others on the journey. Deacon, chaplain and spiritual director Steve Arnold provides a time for caregivers to share stories, feelings, frustrations and joys. Check-in and introductions are followed by discussion around various issues connected with dementia. Find full acceptance whatever the topic. Walk-ins welcome. RSVPs required to sarnold@benedictinecenter.org.

Just Write: Making Time for the Love of Words

Fri., Jan. 11, 7p thru Sun., Jan. 13, 1p • Victor Klimoski • \$200 single lodging • \$150 shared • \$100 commuters

British playwright Brian Clark has said that the secret to developing a writing practice is, well, to write. Simple enough. But writers talk about the tension

between their desire to write and finding time. This retreat is a dramatic decision to immerse oneself in the lovely, complex, frustrating, and exhilarating practice of writing. We provide a hospitable space at St. Paul's Monastery with private, quiet rooms. We offer support and encouragement with one-on-one conversations with an experienced writer to explore why you write, what you write, and ways to strengthen your writing. We also use a simple sitting meditation process to help clear your mind so you can focus your attention. Limited to 9 writers.

A Time to Remember: A Retreat for Women Whose Mothers Have Died

Fri., Jan. 18, 6:30p to Sat., Jan. 19, 4p • S. Joanne Dehmer SSND

We mourn the death of our mother all the days of our life. Whether our mother died this year or forty years ago, we grieve. Some of us grieve what we had and some of us grieve what never was in our relationship with our mother. This retreat offers women an opportunity to explore the significance of mother loss. Offered by the Loyola Spirituality Center at the Benedictine Center. Please call S. Joanne before registering at 651-641-0008 ext. 12.

Taizé Prayer

Fri., Jan. 18, 7p (third Friday of each month) • Monastic Community • No cost

Taizé prayer uses simple chants based on the Scriptures and periods of silence to create an environment for encountering the mystery of God. Walk-ins welcome. Stay for refreshments afterward and get to know some other interesting people.

Standing Vigil: A Retreat with Sunday's Gospel

Sat., Jan. 19, 3-6p • The Rev. Paul Tillman • \$30 includes dinner

The journey from text to pulpit is a long and Spirit-filled experience for any homilist. Always, one must follow the Word of God deeper into prayer and reflection about the challenges of life and the persistence of divine grace. Join Paul Tillman, Oblate and pastor, for an afternoon of prayer and conversation about the Sunday Gospel (John 2:1-11). Then join the Sisters for Vigil, hear Paul preach the same text, and enjoy more time together over dinner.

Seeing God: 2017 Juried Exhibit of Sacred Art

Opening Reception • Wed., Jan. 30, 7-8:30p • Various Artists • Freewill Offering

All are welcome to the public opening of the 2017 juried exhibit, featuring the work of over thirty local artists working in various mediums. Awards will be announced as part of a brief program at 7:45p and refreshments will be served. For those interested in submitting a piece, submissions are due Jan. 16 and the exhibit will extend through March 1. See www.benedictinecenter.org/art-gallery for details.

Feast of St. Scholastica Celebration

Sun., Feb. 10 • Monastic Community
Visit www.stpaulsmonastery.org for details.



Ready, Set, Change

by Victor Klimoski

We are ready to set out
when the way seems straight,
when the plan is clear,
when we're always in shade,
when rest is well-paced,
when the weather is mild,
when companions are cheerful,
when our shoes do not pinch,
when thirst and hunger vanish,
when there's beauty all around,
when there are few surprises.

But what we often find
is clumsy back-tracking,
running out of supplies,
the fear of being lost
with no sure route home.
This is our journey,
the one that finds us.
So retie your laces,
grab a sturdy stick,
and keep a song handy -
as well as knowledge
of which berries
are safe to eat.

Listen: Learning to Be Present to Those Most in Need

Tues., Feb. 12, 9a-1p • Deacon Steve Arnold • \$40 includes

For Benedict, the bedrock practice of justice, kindness, and hospitality is this: “Listen!” And the need for people who heed this call is growing. Senior citizens are facing increased social isolation and women and men of all ages remain hungry for a sense of belonging. Join Deacon Steve Arnold, chaplain and spiritual director, for a morning of formation in the ministry of listening. Drawing on Scripture, the Rule of St. Benedict, and practical tools from the helping professions, participants will gain the courage and skills to be more present to those needing to be heard.

Dementia Support Group

Tues., Feb. 12, 7-9p (second Tuesday of each month)

See Jan. 8 for details.

School of Lectio Divina

Fri., Feb. 15, 1p thru Wed., Feb. 20, 1p • Dr. Kathleen Cahalan • \$700 includes lodging and meals

The Benedictine Center of St. Paul’s Monastery is offering the School of Lectio Divina to adapt the ancient monastic riches of sustained *lectio divina* to contemporary people. Through an intensive retreat experience set in the rhythm of life at St. Paul’s Monastery, participants receive teaching about *lectio*, spend time meditating on a sacred text significant for them, have the opportunity for individual spiritual direction, and participate in reflective conversation with other participants. In addition, the Benedictine Center will provide a variety of on-going support activities and resources after the retreat to help participants make sustained *lectio* core to individual prayer and spiritual development. Limit 15. Download materials online or email benedictinecenter@stpaulsmonastery.org.

Taizé Prayer

Fri., Feb. 15, 7p (third Friday of each month)
See Jan. 8 for details.

Shape of the Divine: Working with Clay as Spiritual Practice

Mondays, 6:30-8:15p, Feb. 25 thru Apr. 1 • S. Virginia Matter OSB • \$150 includes materials

Under the direction of an experienced potter and gentle teacher, learn how making hand-built vessels can be a process of meditation.

Benedict’s Wisdom for Change and Transition

Thurs., Feb. 28, 6:30-9:30p • S. Paula Hagen OSB • Freewill offering

The lifetime journey of change and transition is not an easy one, but there is help available from the Benedictine Tradition. This evening draws on scripture, psalms, poetry, music, silence and conversation to gain new insights and grace. S. Paula Hagen OSB, Prioress of St. Paul’s Monastery, will use quotes from the Rule of Benedict, as well as its commentators, to provide inspiration to help all who journey through transition to transformation.

Lent: Let Us Pray

Wed., Mar. 6 thru Sat., Apr. 20 • No cost

Guests are always welcome to join the Sisters for prayer, but Lent is a particularly beautiful time to mark our waiting for the resurrection with prayer together. The Sisters pray morning, midday and evening daily. Come, let us pray. Call 651.777.8181 or www.stpaulsmonastery.org for the schedule.

Dementia Support Group

Tues., Mar. 12, 7-9p (second Tuesday of each month)

See Jan. 8 for details.

Taizé Prayer

Fri., Mar. 15, 7p (third Friday of each month)
See Jan. 8 for details.

The Power of Hospitality, Conversation and Mutual Service

“What an exquisite experience.”

—Patty

“Everyone is always going beyond the expected.”

—Sharon

“I feel awash in gratitude.”

—Mark

The Uncluttered Mind: A Day Retreat For Writers

Sat., Mar. 16, 7:30a-5p • Victor Klimoski • \$65

This writing workshop is for those who want to recharge their writing practice, have a place to connect with other writers, and perhaps rediscover the deeper reasons they create art with their words. The daylong experience begins with a period of meditation and offers periods for writing, conversation, and thinking forward. The model assumes we are all learners and teachers, bringing our gifts to be in service of one another. The facilitator will provide ideas, structure, and guidance for the day. For those who may be at a distance, the Center generally has overnight accommodations available depending on its program schedule.

Tools for Good Works

Sun., Mar. 17, 1-3p • S. Michaela Hediccan OSB • Freewill offering

Chapter 4 of the Rule of St. Benedict is profoundly simple and holds enough challenge to last a lifetime—love the Lord and your neighbor. In this afternoon reflection S. Michaela Hediccan OSB, former Prioress of both St. Benedict’s Monastery (St. Joseph, MN) and St. Bede’s Monastery (Eau Claire, WI) offers an engaging look into the wisdom the Rule still offers today. The event is open to both Oblates of St. Paul’s Monastery and anyone who feels drawn to the topic.

Caring For You Without Losing Me

Tues., Mar. 19, 7-9p • S. Mary White OSB • \$25

“The greatest of these is love” (1 Cor. 13:13). Responding to the greatest commandment, Love, can seem daunting and, though we want to be loving, we may feel depleted or even resentful at times. There is a belief among some people that because their religious upbringing didn’t attend much to self-care, some have worn out “doing good”. Finding an adequate amount of self-care in a day – and feeling good about it – can be difficult. In this program we will address one of the most important spiritual challenges of our time: loving others without losing ourselves. The evening will include suggestions for practice.

Embracing the Holy Time of Lent

Sun., Mar. 24, 3:30-6p • Peter Watkins and Jackie Bohrer • \$30

“I will give you a new heart and put a new Spirit in you: I will remove from you your heart of stone and give you a heart of flesh.”

This quote from Ezekiel will be the foundation for this Lenten three hour mini-retreat. Through creative artistic experiences, ritual, and personal contemplation, participants will be invited to contemplate their hearts and take a step back to remember the presence of God’s Spirit in our lives. Our time together will be a holy time of renewal. Retreatants are also invited to join in a communal meal together at the end.

Great Conversation:

What Questions Hold Us Steady?

Thurs., Apr. 4, 9a-1p • Victor Klimoski • Freewill offering

People grow weary of the news. They grow increasing cynical about truth. They wonder whether the ideological divide can ever be spanned. Such an environment generates an avalanche of opinions, but what are the real questions we should be asking ourselves and each other?

Seeking the Way of Beauty:

A SoulCollage Retreat

Fri., Apr. 5, 6p thru Sat., Apr. 6, 4p • Dr. Barbara Sutton • \$125 single lodging, includes meals & supplies • \$100 shared lodging • \$85 commuters

“The soul speaks in image,” according to C. G. Jung. How are you seeking to create a soulful, beauty-filled life? Beauty is not skin deep. It is the spark kindled in the soul, the light reflected in nature, and the gold thread that connects the rhythm of our days. Pause and refresh your spirit. Give the world a break from its imperfections and seek beauty. This retreat will use the tools of soul collage to explore beauty. The act of creating collages forms a basis for seeing with the eyes of faith what God is up to in our lives. We will reflect on beauty use journaling, guided imagery and small group sharing to support our collage-making and engage the spiritual journey more deeply.

Dementia Support Group

Tues., Apr. 9, 7-9p (second Tuesday of each month)

See Jan. 8 for details.

Hermitage Retreat

Fri., Apr. 26, 7p thru Sun., Apr. 28, 1p • S. Virginia Matter OSB • \$150 includes lodging and meals Fri-Sun • \$25 for Saturday only, 9a-4p

After a common orientation, participants spend time in silence as they read, pray, meditate, and rest in the hospitality of the monastery. Guests enjoy a private room, prayer with the monastic community, lunch, and access to the monastic library, art exhibits, and grounds. Questions welcome.

Prioress Dinner

Thurs., May 2

Visit www.stpaulsmonastery.org for details.

Abide in My Love (John 15)

Tues., May 9, 7-9p • Fr. Michael Byron • \$25

In one of the most timeless passages in the Gospel of John, Jesus invites his disciples to love one another with a love rooted in himself. He calls them no longer servants, but friends, and compels them to follow and live in harmony with the way he follows and dwells in the love of the Father. Join Fr. Michael Byron, a theologian and pastor of St. Pascal Baylon Catholic Church in St. Paul, to explore how this abiding love might still infuse the modern Christian life.

Intro to Centering Prayer

Fri., May 10, 9a-2:30p • Rev. Peggy Thompson and S. Jackie Leiter OSB • \$25

This ancient spiritual practice is a Christian way of meditating that teaches one how to listen for God’s invitation to deeper relationship. Peggy and Jackie have trained closely with S. Virginia Matter OSB, a seasoned teacher and practitioner of centering prayer who was commissioned by Fr. Thomas Keating OSCO.

Dementia Support Group

Tues., May 14, 7-9p (second Tuesday of each month)

See Jan. 8 for details.

Taizé Prayer

Fri., May 17, 7p (third Friday of each month)

See Jan. 8 for details.

Dementia Support Group

Tues., Jun. 11, 7-9p (second Tuesday of each month)

See Jan. 8 for details.

Taizé Prayer

Fri., Jun. 14, 7p (third Friday of each month)

See Jan. 8 for details.

New Ways to Notice the Presence of God Fri., Jun. 21, 9a-3p • Christine Luna Munger • \$60

As a spiritual director and teacher, Dr. Christine Luna Munger knows how challenging it can be to notice and appreciate the presence of God in our everyday lives. Despite our best efforts, God can seem distant. That's why Dr. Luna Munger has developed a framework with concrete practices that help people notice the presence of God in new ways. This day-long workshop offers participants an opportunity to experiment with prayerful exercises like simple body movements and holy listening that attune our spiritual senses to healing and wholeness. People of all physical abilities welcome.

Directed Retreat Experience

Fri., Jun. 21, 5p thru Fri., Jun. 28, 1p • Sisters Jackie Leiter and Virginia Matter • \$450 includes single lodging, meals, and spiritual direction

Settle in for eight days of quiet and renewal, solitude within the rhythm of the monastic community. Each day you will meet one-on-one with a spiritual director who will accompany you wherever the Spirit leads. The remainder of the day you are welcome to join the Sisters for prayer, walk the labyrinth, take in the art exhibit, explore the resources in the library, or simply enjoy the privacy of your own room for prayer and rest. Questions are welcome if you are considering such an experience for the first time.

Visions of Nature in Art: A Retreat on the Gunflint Trail

Sat., Jul. 6 thru Sat. Jul. 13 • Hosted by the Rev. Peggy Thompson Oblate with S. Jackie Leiter OSB • \$500 includes lodging and food
God the Creator has infused the world with a spirit of life and vitality, leading us to wonder and calling us to ever greater attention. Artists know this sense of wonder and practice sharpening their skills of attention so that they, too, might communicate God's presence through their mediums. Steal away to Northern Minnesota and join painters Peggy Thompson and S. Jackie Leiter OSB for a soulful

experience of nature and hands-on forms of reflection. The week-long experience takes place at Peggy's family cabin, nestled between lakes 45 minutes outside of Grand Marais. For more information, email thompsonmargaret413@gmail.com.

Dementia Support Group

Tues., Jul. 9, 7-9p (second Tuesday of each month)

See Jan. 8 for details.

Condensed School of Lectio Divina

Fri., Jul. 19, 5p thru Sun., Jul. 21, 1p • Sam Rahberg and staff • \$200 single lodging • \$150 shared lodging • \$100 commuters

The Condensed School of Lectio Divina adapts the Benedictine Center's keystone experience retreat into a shorter, less-expensive format. The core teachings and the monastic experience remains intact. Sam Rahberg, in cooperation with S. Virginia Matter OSB and Kiely Todd Roska, leads five teaching sessions that distill the essentials of sustained lectio divina, making this an excellent introduction to the practice or a good review for past participants in the School of Lectio Divina. Maximum 20 participants as room arrangements allow.

Taizé Prayer

Fri., Jul. 19, 7p (third Friday of each month)

See Jan. 8 for details.

Centering Prayer and Lectio Divina Retreat

Fri., Aug. 9, 7p thru Wed., Aug. 14, 1p • Carol Quest and Jody Reis Johnson • \$375 includes lodging and meals • \$150 thru Sunday only
Come immerse yourself in silence through the practice of centering prayer gently supported by lectio divina and prayer with the monastic community. Extended sessions of group centering prayer offer the opportunity to deepen your relationship with God and self.

Dementia Support Group

Tues., Aug. 13, 7-9p (second Tuesday of each month)

See Jan. 8 for details.

Taizé Reflection: The Questions of Jesus

Fri., Aug. 16, 10a-8p • Mike Rowe and S. Carol Rennie OSB • \$40 includes lunch and supper

This day of conversation and quiet reflection is inspired by the questions we hear from Jesus in the Gospels. What did they invite people to see then and what invitation do they offer Christian disciples today? Led by a spiritual director and an Oblate, the day of reflection and conversation concludes with prayer in the style of Taizé.

Taizé Prayer

Fri., Aug. 16, 7p (third Friday of each month)

See Jan. 8 for details.

Soul Good: Managing Buckthorn as Spiritual Practice

Thurs., Aug. 22, 7p thru Sat., Aug. 24, 1p • Samuel Rahberg • \$200 single lodging • \$150 shared lodging • \$100 commuters

Some thoughts and habits creep into our lives unrecognized, taking root and winding their ways into our perspectives long before we see the chance to resist. A similar phenomenon is happening to our Minnesota woods, even those outside the windows of St. Paul's Monastery. What might we learn from the tangible practice of recognizing and clearing an invasive species like buckthorn, that might help us clear our hearts and minds? What grace is visible in, with, and under the challenges that seem insurmountable? This retreat employs a rhythm of prayer with the monastic community, interactive conversation, and a modest degree of outdoor service to help restore one local woodland and to renew participants' commitments to spiritual practice. Participants of all experience levels and physical ability welcome.

presenter bios online at
www.benedictinecenter.org



Resources at St. Paul's Monastery

Come, rest in God.

The Benedictine Sisters of St. Paul's Monastery offer the warmth of their monastic home and peaceful grounds to help guests listen with the ear of the heart. Come, retreat, pray, and learn.

Guests are welcome for daily prayer.
Call 651.777.8181 for details.

THE BENEDICTINE RETREAT CENTER
OF ST. PAUL'S MONASTERY

Make a Personal Retreat

See a Spiritual Director

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Staff Renewal Days, Group Retreats, and Conferences

Skilled Facilitation On and Off Site

651.777.7251 or info@benedictinecenter.org

OTHER RESOURCES

Weekly E-Bulletin

Oblate Formation

Vocations

Maple Tree Childcare Center

Counseling for Individuals

651.777.8181 or www.benedictinecenter.org

Directions

The Benedictine Center is located at St. Paul's Monastery, near the corner of Larpenteur and Century Avenues in Maplewood.

From I-94: take the Century Ave (Hwy 120) exit. Go north three miles to Larpenteur Ave. Continue one block and turn left on Benet Road. Driveway is on the right.

From Hwy 36: take the Century Ave exit. Go south two miles to Benet Road. Turn right. Driveway is on the right.

From I-694: take Hwy 120 south four miles to Benet Road. Turn right. Driveway is on the right.

Registration

Register by mail, by phone at 651.777.7251,
or online at www.benedictinecenter.org

FIRST NAME

LAST NAME

ADDRESS

CITY

STATE

ZIP

DAYTIME PHONE

PROGRAM/RETREAT

E-MAIL

Payment

Submit full payment to register.

Make checks payable to:

Benedictine Center

2675 Benet Road

St. Paul, MN 55109-4808

Cancellation Policy

The Benedictine Center will cancel an event and refund fees if too few participants have registered. When a participant cancels prior to an event, registration fees, unless otherwise publicized, can be refunded. For credit card transactions, 10% will be retained to cover the cost of the transaction.

St. Paul's Monastery is an accessible facility.

This form may be duplicated for multiple registrations.

Help make the Benedictine Center
experience accessible for everyone, regardless
of their ability to pay. Donate online at
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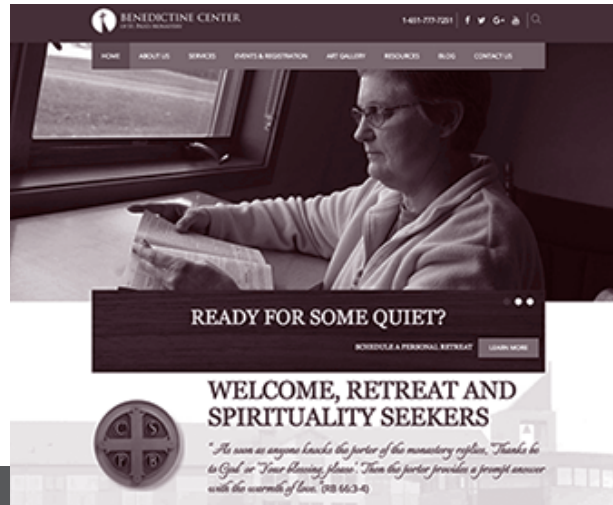
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