

SPIRITUAL DIRECTORS

Spiritual directors create a non-judgmental environment for honest sharing about spiritual matters. They help others notice how God is working in everyday life, pray, discern, and choose resources. *Contact the Benedictine Center for a free initial consultation.*



Deacon Steve Arnold, Ph.D. is a Deacon within the Lutheran confessional movement of the Church catholic. He is a teacher, retreat leader, speaker, author, chaplain, tour leader, and bridge-builder.



S. Jackie Leiter OSB is a member of St. Paul's Monastery and a teacher in the St. Paul Public Schools. One of her original works of art won first place in the 2017 Seeing God Juried Exhibit at St. Paul's Monastery Gallery.



Mary Martin received her training at the Franciscan Spirituality Center in La Crosse and is a retired hospital chaplain. She holds graduate degrees in theology, counseling psychology, and library science.



S. Virginia Matter OSB is a spiritual guide, retreat director and teacher of Centering Prayer. She is experienced in creative arts, and Christian spirituality. She enjoys journeying with those from other traditions.



Kami Pohl is the Director of Community Engagement at Messiah Church, Plymouth. Kami has experience in classroom teaching, being a full-time Mom, and organizational development. She holds an M.A. in human resources development.



Sam Rahberg is the director of the Benedictine Retreat Center and the author of *Enduring Ministry* (Liturgical Press, 2017). He holds an M.A. in theology from Saint John's University and is a Benedictine Oblate, husband, and father.



S. Carol Rennie OSB completed her training at the Franciscan Spirituality Center in La Crosse. She has experience in directed retreats, spiritual direction (individual and groups), as well as supervision for spiritual directors.



The Rev. Peggy Thompson is a chaplain, spiritual director and artist who enjoys combining creativity and spirituality in her own work and with her clients. Peggy holds an M.A. in art, an M.Div., and is a certified chaplain.



Peter Watkins, M.Div. is a spiritual director and retreat leader. He supervises spiritual directors in training at Sacred Ground Center for Spirituality and is also trained in giving the Ignatian spiritual exercises.

RETREAT OPTIONS

The cost listed for each option is a recommended donation to help support the Sisters' ministry of hospitality. Guests who are able often make a larger donation to assist guests who are unable to afford the full cost.

Self-Directed Retreats

Private room and meals

Day of Prayer (no overnight)	\$45
Quiet Retreat (1 night)	\$85
Peace Retreat (2 nights)	\$170
Sustaining the Practice Retreat (3+ nights)	\$63.75/night 25% OFF

Guided Retreats with Spiritual Direction

Private room and meals

One session of spiritual direction per day

Day of Prayer (no overnight)	\$90
Quiet Retreat (1 night)	\$130
Peace Retreat (2 nights)	\$260
Sustaining the Practice Retreat (3+ nights)	\$97.50/night 25% OFF

Our staff will help you plan a retreat tailored to your needs.



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

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RETREATS & SPIRITUAL DIRECTION



**BENEDICTINE
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*Taking time
for what matters*





When is it time for retreat?

- When you are rushing and scattered
- When you feel the weight of the world on your shoulders
- When you do not have time to think
- When the noise of daily life becomes overwhelming
- When you think of joy as someone else's privilege

All guests are to be welcomed as Christ.
— *Rule of St. Benedict*

Be still and listen

A retreat is the simplest of ancient spiritual practices. It involves making a decision to step back from the demands of daily life and step into a quiet space to remember what is really key for a life lived well.

Over the centuries, women and men have looked to monasteries as places where the setting and spirit of hospitality help them regain their bearings.

Sometimes you might want a private retreat. We provide an environment that invites you to relax and be at home.

Sometimes you might prefer a directed retreat in which you meet with a spiritual director who can help sort out the questions and concerns at the core of life.

There is really no set pattern. Be still and listen to where the Spirit leads.

Personal retreats

At the Benedictine Center you can expect:

- A warm welcome
- A private room (even if you don't stay the night)
- Home-cooked meals
- A library rich in resources
- Quiet spaces to read, journal, and reflect
- A beautiful chapel for private prayer and prayer with the Benedictine community
- Spacious grounds with a seasonal labyrinth
- Talented staff to help you plan your retreat and gather any resources you might require, including the option to meet with a spiritual director