

## TEACHERS AND SPIRITUAL DIRECTORS

Those who lead the Schools draw on the depth of their own experience with the Benedictine monastic tradition to help others learn the practices of *lectio divina* and discernment. They can also help you decide if a School is right for you at this time.



**Kathleen Cahalan Ph.D.** is Professor of Theology at Saint John's University School of Theology and Seminary in Collegeville, Minnesota. She has authored numerous books, including *The Stories We Live* (Eerdmans, 2017), and maintains research interests in vocation and contemporary spiritual practices.



**S. Virginia Matter OSB** is a spiritual director with extensive experience in creative arts, centering prayer, listening to the body, and directed retreats.



**Sam Rahberg ObIOSB** is a spiritual director and the Director of the Benedictine Center. He holds a master's degree in theology from Saint John's School of Theology and Seminary and is the author of *Enduring Ministry* (Liturgical Press, 2017).



**S. Carol Rennie OSB** is a spiritual director and teacher of teachers with experience in leadership, supervision, directed retreats, and both individual and group spiritual direction.



The Schools were developed in partnership with S. Meg Funk OSB, a popular teacher and retreat leader. S. Meg is past prioress of Our Lady of Grace Monastery in Beech Grove, Indiana, and has written several books on the Christian contemplative tradition, including *Lectio Matters* and *Discernment Matters* (both Liturgical Press, 2013).

## APPLICATION PROCESS

- Consider the opportunity prayerfully
- Find descriptions and registration forms at [www.benedictinecenter.org](http://www.benedictinecenter.org) or contact the Benedictine Center
- Some find it helpful to speak to a Benedictine Center staff member
- Complete and submit the brief application (5-Day Experience only)
- The staff will review completed applications and welcome participants until a School is filled; additional participants may be added to a waiting list

## ADDITIONAL INFORMATION

**School of Discernment**  
Private room and meals  
2 days • \$250

**School of Lectio Divina**  
Private room and meals  
5 days • \$700  
2 days • \$200

The cost listed for each School is a recommended donation which enables the Sisters to support experiences like these. In the spirit of welcome, however, that cost should never prevent your participation. Scholarships are available. Please indicate financial need during the application process.

## CONTACT

**S. Virginia Matter OSB**  
[vmatter@benedictinecenter.org](mailto:vmatter@benedictinecenter.org)

**Sam Rahberg ObIOSB**  
[srahberg@benedictinecenter.org](mailto:srahberg@benedictinecenter.org)

**S. Carol Rennie OSB**  
[crennie@benedictinecenter.org](mailto:crennie@benedictinecenter.org)



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

2675 BENET ROAD, ST. PAUL, MN 55109-4808  
[info@benedictinecenter.org](mailto:info@benedictinecenter.org) 651.777.7251  
[www.benedictinecenter.org](http://www.benedictinecenter.org)

## SCHOOL OF LECTIO DIVINA & SCHOOL OF DISCERNMENT



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

*Learning from  
monastic tradition*





## *School of Discernment*

Participants learn to discern the voice of the Holy Spirit under the guidance of skilled teachers and listeners, and with the benefit of wisdom from the monastic tradition. The experience includes prayer with the monastic community, sessions on the practice of discernment, reflection exercises, and one-on-one meetings with a spiritual director. No one will be asked to share publicly about the particulars of their own discernment, but each will have the opportunity to do so privately. Spiritual directors will assist with the process of discernment and considering questions and insights that may arise.

### **2-Day Experience**

Begins Friday at 1p and ends Sunday at 1p

*Limited to 12 participants.*

- Learn to discern the voice of the Holy Spirit as an ongoing practice
- Become familiar with the anatomy of distracting thoughts and their antidotes
- Identify personal experiences which are the raw material for discernment
- Practice sorting thoughts
- Explore ways to sustain the practice of discernment over time

## *School of Lectio Divina*

Through an intensive retreat experience set in the rhythm of life at St. Paul's Monastery, participants receive teaching about lectio divina, meditate on a sacred text significant for them, engage in individual spiritual direction, and interact with a master teacher. In addition, participants benefit from on-going support after the retreat to help make sustained lectio core to one's individual prayer and spiritual development.

### **5-Day Experience**

Begins Friday at 1p and ends Wednesday at 1p

*Limited to 12 participants.*

### **2-Day Experience**

Begins Friday at 7p and ends Sunday at 1p

*Limited to 20 participants.*

- Learn the teaching about *lectio divina* and its fundamental structure
- Gain insight into the obstacles to practicing *lectio* and how to respond to them
- Explore forms of meditation that support *lectio*
- Identify a text for sustained *lectio*
- Plan how to cultivate *lectio* as a regular spiritual practice

### PARTICIPANTS SAY . . .

*"My relationship with the Holy Spirit  
has become more intimate and real."*

—LISA

*"The inner peace is still with me...  
a life-changing experience."*

—SHARON

*"The School of Lectio Divina was  
exactly what I needed."*

—TIM