



# Listen

S E P T E M B E R – D E C E M B E R 2 0 1 9

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

*from the Rule of St. Benedict*



BENEDICTINE  
CENTER OF ST. PAUL'S  
MONASTERY

# Listening with the Ear of Our Hearts

Listening with the ear of our hearts is a way of life for the Sisters of St. Paul's Monastery. We invite our guests to encounter this deep sense of listening within the content of a peaceful environment through the offerings of our Benedictine Center and prayer with the monastic community. Our commitment to share Gospel values with the world around us, has always been to be a welcoming presence as we receive each guest as Christ.

When the Sisters of St. Benedict of St. Paul's Monastery first envisioned a retreat center in the 1980's, we dreamed of sharing our Benedictine wisdom with our guests. How might God speak to you when you visit us? Come join us and Listen, Listen, Listen.

*S. Catherine  
Nehotte, Prioress*



**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.



Phone: 651.777.7251  
E-mail: [info@benedictinecenter.org](mailto:info@benedictinecenter.org)  
Office Hours: Mon–Fri, 9a–3p

## STAFF

Samuel Rahberg, *Benedictine Center Director, Spiritual Director*  
Kiely Todd Roska, *Associate Director*  
Deacon Steve Arnold, *Spiritual Director*  
S. Mary Lou Dummer OSB, *Hospitality*  
Chris Folkenson, *Guest Services*  
Carol Jorgensen, *Hospitality Specialist*  
S. Jacqueline Leiter OSB, *Spiritual Director*  
Mary Martin, *Spiritual Director*  
S. Virginia Matter OSB, *Spiritual Director, Potter*  
Kami Pohl, *Spiritual Director*  
Rev. Kathie Nycklemoe, *Spiritual Director*  
Sheryl Rose, *Spiritual Director*  
Rev. Peggy Thompson, *Spiritual Director*  
Tod Twist, *Guest Services Assistant, Spiritual Director*  
Peter Watkins, *Spiritual Director*

## ADVISORS

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S. Mary Lou Dummer OSB	Barbara Sutton
Victor Klimoski	S. Eleanor Wartman OSB
S. Jacqueline Leiter OSB	Annette Walker
Kami Pohl	

## LEAD VOLUNTEERS

Linda Anderson	Kathy Fleming Oblate,
Jim Bartol Oblate	Artist Coordinator
Nancy Cicero Oblate	Sue Hamilton Oblate
Judy Dawson Oblate	Mary Lou Kozmik Oblate
Mary Dean Oblate	Mary Jo Miron
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## The Porter: At the Threshold of Hospitality

In the *Rule*, St. Benedict commends the role of the porter, the person stationed at the front door and responsible for greeting visitors to the Monastery. Whenever a visitor showed up, the porter was supposed to shout, “Thanks be to God!” or “Your blessing please!” (RB 66). The porter embodied the commitment to greet everyone as Christ, engaging every new arrival as a person carrying a blessing.

Members of the Benedictine Center staff and team of volunteers, often get to practice the role of “porter” at the Monastery, being entrusted with the task of greeting every guest with the “warmth of love.” We welcome people in whatever state they arrive for a time of retreat. Some people arrive full of gratitude and joy, brimming with a story they simply must share—even with a stranger. Others come primed for learning, ready to join others in conversation about how they might live out Benedictine values in their daily lives in meaningful ways. Some come seeking beauty, taking in the latest art exhibit. Still others arrive tired, weary, or worn down from life’s pressures.

However guests arrive, all guest are seeking renewal for their journey. The first sign they have come to the right place is the way the porter greets them with arms and heart wide open. At St. Paul’s Monastery, pilgrims find porters ready to listen for what a person really needs, and eager to offer the gifts the Sisters share: quiet, nourishment, rest, companions in prayer.

The privilege of the porter is to live on the edge of expectancy. The next guest to arrive is sure to bring a blessing and a faithful porter wouldn’t want to miss it. That guest might very well be reading this article now and soon to arrive for a workshop, retreat, or an opportunity to prayer. Know that a team of porters is eagerly and warmly awaiting your arrival.

*Help* make the Benedictine Center experience accessible for everyone, regardless of their ability to pay. Donate online at [www.benedictinecenter.org](http://www.benedictinecenter.org).

**Save paper and postage:** Request to receive this catalog electronically at [info@benedictinecenter.org](mailto:info@benedictinecenter.org). Events are also online at [www.benedictinecenter.org](http://www.benedictinecenter.org).

*Kiely Todd Roska,  
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*Sam Rahberg, Director  
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# Radical Hospitality

**A**t our food pantry, we have a children's corner. It is filled with books and toys for the children to play and even choose something to bring home. One evening, little James waved me over to meet his new purple stegosaurus. He explained, "See the missing eye? He's been through a lot. I've been through a lot, too, so I chose him. We'll stay together."

In this child's tenderness, I learned a new truth about the radical edge of Benedictine hospitality. There is value in creating space for the other within our walls as we often do—hospitality centers carefully designed to welcome people for a momentary dip into our abundance of silence, beauty, prayer. But James was talking about hospitality even more radical—near our sacred solidarity with all people.

The solidarity to which James pointed is based on vulnerability rather than strength, and the commitment to stay at the journey together. A solidarity based on mutuality rather than one gifted group welcoming needy others. In fact, we need the stranger in our lives, our conversations, and our community to reveal God's unbounded creativity. James shows us all a solidarity based on a mission always flowing outward, transforming our lives and compelling us to transform the world.

Radical hospitality, then, is not so much about welcoming others into a sacred space as it is living together within a sacred reality. We are one, after all. We just cannot worship a homeless Jesus on Sunday and ignore another homeless person on Monday. We can't wall up our spaces of beauty and trash God's creation. We cannot create complicated structures to bring people together while denying that togetherness is, in fact, our starting point.

Last fall Becky, one of our volunteers from Ministry on the Margins was riding with her daughter when she said, "Mom, look. Is that one of your people over there?" Becky was caught off guard as she looked at the homeless man and then realized, "She gets it. My daughter gets it!" "Yes." Becky said. "He's one of our people. Let's pray God keeps him safe tonight."

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*S. Kathleen Atkinson OSB*

*S. Kathleen Atkinson OSB is Founding Director of Ministry on the Margins, working with at risk youth, prison inmates, the homeless, and others who are God's poor among us. Nationally recognized as an energetic and creative leader in hunger and homelessness education, she has developed service-learning experiences for all age groups and led service teams to a variety of foreign and United States locations. She is a member of Annunciation Monastery in Bismarck, North Dakota.*



S. Kathleen will host a series of events in February and March. See page 10 for dates; watch for details at [www.benedictinecenter.org](http://www.benedictinecenter.org).

PROFESSIONAL DAY

**Beyond Fear: Helping Communities Choose Welcome**

PUBLIC PRESENTATION

**Radical Hospitality: Social Engagement  
in the Key of Benedict**

RETREAT

**Everyday Prophets: How Small Acts of Courage  
and Compassion Change the World**



## Personal Retreats

*Be still and listen.* A retreat is the simplest of ancient spiritual practices. 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. A warm welcome, private room, spacious grounds, home cooked meals. Let the Benedictine setting and the monastic spirit of prayer and hospitality help you regain your bearings.

To explore your options, email  
[benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org)  
 or call 651.777.7251.

# Listening for God

*"Spiritual direction helps me stay grounded as a pastor, especially with all the changes that have come for pastors in our culture."*

*"Ministry can be such a lonely profession. People come to me to help them listen for God and make sense of it all, but I can't help others listen if I don't listen for God myself."*

These are quotes from pastors who seek the safe space offered to them by their peers and spiritual directors. As a spiritual director myself who has served in parish ministry for 27 years, I couldn't agree more. I can't imagine serving in the parish without the support of my own director and the safe space she provides for me to process joys and challenges, ask questions that help me listen for God, and encourage my own spiritual practices. The time we spend together flies by, and sometimes we even laugh!

Group spiritual direction with clergy is something I have cherished leading in the past, watching the generous dynamic that enters the space. When clear boundaries are set in place, we do not "fix" one another or take more than our share of airspace during the time together. We watch for the movement of the Spirit and listen for the voice of God. Most often, hearing the story of someone else stirs something in us. And periodic times of silence help us settle in and listen even more deeply.

Personally, I can't imagine surviving or thriving in ministry without the support of my colleagues, friends and fellow spiritual directors. We are created to live and listen in community, even when we think we can go it alone. How do you stay grounded? What is your tether to community and joy? Consider meeting with a spiritual director to explore such questions further.

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### Rev. Kathie Nycklemoe

The Rev. Kathie Nycklemoe is Associate Pastor of St. Stephen's Lutheran (Bloomington, Minnesota) and a new member of the Benedictine spiritual direction team. She is also a retreat leader and clergy coach through the Fairview Clergy Health Center. See page 10 for more about Kathy's upcoming Clergy Spiritual Direction Group in Advent. [knycklemoe@benedictinecenter.org](mailto:knycklemoe@benedictinecenter.org)



# Retreats and Spiritual Growth Opportunities

**F**or 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 Sept. 4,  
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.

## Exhibit: From Her First Mark

S. Baulu Kuan OSB  
Sept. 7 thru Nov. 15

## Together in Contemplation: A Practice-Based Spiritual Formation Group

Tuesdays, 7-9p, Sept. 10, Oct. 8, Nov. 12, and Dec. 10 • Jody Reis Johnson, M.Div, MSW • \$80 for the series

Writers in the Christian contemplative tradition have long upheld the practices of silence and community as invitations into holy mystery. The starting point for a life of prayer is seeking God, and the practice of silence can open the heart and grow our awareness of God's presence in daily life. Quiet down the noise and find companions along the spiritual path. Join Jody Reis for a 4-month spiritual growth group aimed at deepening your relationship with God through contemplative practice, spiritual readings, and discussion about the journey we

share. Participants will be asked to establish their own daily practice of silent prayer or meditation. Limit: 10 participants.

## Dementia Support Group

Tues., Sept. 10, 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. RSVPs required to [sarnold@benedictinecenter.org](mailto:sarnold@benedictinecenter.org).

## School of Discernment

Fri., Sept. 20, 10a, thru Sun., Sept. 22, 1p • Kathleen Cahalan and staff • \$250 includes lodging and meals

The School of Discernment is an opportunity 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 framework includes a daily rhythm of prayer with the monastic community, sessions on the practice of discern-

ment, reflection questions for quiet time, and one-on-one meetings. No one will be obligated to share publicly about the particulars of their own stories, but each will have the opportunity to do so as they choose. Spiritual directors will assist with the process of discernment and considering questions and insights as they arise.

## Taizé Prayer

Fri., Sept. 20, 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.

## Writing Our Way to Understanding

Mondays, 7-9p, Sept. 23, Oct. 28, Nov. 25 • Victor Klimoski • \$75

Writing is a way of seeing our thinking. This series invites writers of all genres to explore several key concepts through presentation, discussion, writing, and sharing. Concepts covered will include community, stewardship, and hospitality.



## After Formalities

*by Victor Klimoski in NATURAL WONDER*

Nothing seems colder  
than a room of strangers,  
until someone speaks,  
asks a question that kindles  
a fire in the middle of the room  
around which they gather  
to warm their hands.

**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](mailto:info@benedictinecenter.org) to schedule.

NATURAL WONDER is available on [Amazon.com](#)

## **Attentive Companions: Spiritual Direction and the Journey with God**

Tues., Sept. 24, 7-9p • Kami Pohl and Tod Twist with other members of the Spiritual Direction Staff • Freewill offering

No one can walk our spiritual journey for us. We enter, one by one, into the presence of the mystery of God and listen wholeheartedly to what God asks of us. But that journey need not be made alone. There are times when our ability to listen to the voice of God is sharpened by having a companion who listens to us and who helps us to listen to ourselves. This workshop offers those new to spiritual direction a place to start and those experienced with spiritual direction insight into making the most of each session.

## **Individual Directed Retreat for the Emerging Poet**

48 hours, scheduled at a mutually convenient time • Guided by Dr. Victor Klimoski • \$300 including lodging, meals, and individual coaching

Looking for a chance to spend time with your inner writer? This individualized retreat provides space and support to explore ways of enriching your writing practice. Over the course of the 48 hours, you will have the opportunity to meet four times with writing coach, Victor Klimoski, to discuss your poems, the practice of writing poems, and ideas for deepening your development as a writer. For these one-hour coaching sessions, the writer is welcome to bring poems already written as well as poems in progress. The rest of the time is yours to use as you see fit – read, pray, walk the grounds, enjoy the current art exhibit, and write.

## **Great Conversation: How Do We Tell Our Most Life-Giving Story?**

Thurs., Oct. 3, 9a-1p • Diane Millis • Freewill offering

Each of our lives is an unfolding story. In this great conversation, facilitated by Dr. Diane Millis, author of the recently published Re-Creating a Life: Learning How to Tell Our Most Life-Giving Story, Diane will invite us to reflect upon the story that we are currently telling ourselves. Becoming aware of our inner narrative is crucial because the story we tell ourselves, both consciously and unconsciously, has tremendous power over our thoughts, feelings, and actions. In many ways, this story defines our lives. During our time together, we will explore approaches for authoring a story we are choosing and learn how to help others do the same.

## **Dementia Support Group**

Tues., Oct. 8, 7-9p (second Tuesday of each month)

See Sept. 10 for details.

## **Dark Though It Is: A Poetry Reading with Michael Dennis Browne**

Thurs., Oct. 10, 7-8:30p • Freewill offering

*with nobody listening we are saying thank you  
we are saying thank you and waving  
dark though it is*

These are the last lines of “Thanks” by W.S. Merwin. Many poems seek to explore the hidden radiance in things and restore it to our full attention. In these times, it is easy to forget, to despair; poems, like prayers, remind us of our true nature. Michael Dennis Browne will be reading a number of his favorite poems, from various traditions, that carry intimations of hope and gratitude, that help us to stay awake, to keep watch.

## **Using Your Gifts: Introduction to Strengths-Based Talent Development**

Tues., Oct. 15, 9a-3p • Martha Buelt • \$60 for individuals includes lunch, copy of Living Your Strengths, plus an online assessment code \$30 per person for teams of 3+

How can individuals and teams be more intentional about cultivating and using their God-given talents in all aspects of their life? It begins with attending an Introduction to Strengths-Based Talent Development, where participants learn how to engage their talents through the lens of Christian discipleship and stewardship. The session focuses on individual strengths development as well as equipping participants to become more aware of the talents in themselves and others, more able to cultivate their talents, and more ready to use their talents collaboratively with others. The strength development process is rooted in Gallup Inc., Strengths Development Principles and uses the CliftonStrengths® (StrengthsFinder®) tool to help individuals identify their unique talents. Come individually or as a team to join Gallup-certified coach, Martha Buelt, for a day of re-engaging life through your strengths. Teams who participate fully in this introduction are well-prepared for an on-site follow-up consultation with Martha Buelt. Note: Completing the Gallup Inc., CliftonStrengths® talent assessment is a pre-requisite for attending this Introduction (code provided after registration).

## **Taizé Prayer**

Fri., Oct. 18, 7p (third Friday of each month)  
See Sept. 20 for details.

## **Forgive Us as We Forgive Those**

Tues., Oct. 22, 7-9p • Susan Stabile • \$25

In the Lord’s Prayer Christians pray, “Forgive us our trespasses as we forgive those who trespass against us.” Many of us say those words many

times each week, and some, every day. Yet forgiveness is something we struggle with. For many of us, accepting God's forgiveness of our failings is difficult. Even more of us struggle with forgiving those who have hurt us, those we love, or our communities. This evening will invite us to reflect on the things that make it difficult for us to forgive. How do we deal with anger and hurt that hinder forgiveness? How do we separate forgiveness from our notions of justice and desert? What is the difference between forgiveness and reconciliation? What is the relationship between our acceptance of God's forgiveness of us and our willingness to forgive others? These are some of the questions we will explore in our time together.

**A Time to Remember: A Retreat for Women Whose Mothers Have Died**  
**Fri., Nov. 1, 6:30p, to Sat., Nov. 2, 4p • S. Joanne Dehmer SSND**

We mourn the death of our mothers all the days of our lives. Whether our mothers 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.

**Saving Culture: Poems and Social Change**  
**Sat., Nov. 2, 9a-3p • Victor Klimoski • \$40**

Poets have always been part of the force seeking to advance our better angels as people. In this workshop, we will read a range of poems and poets to explore how they call and challenge us. Participants will try their hand at writing their own poems about social change.

**Day Away for Artists and Creatives**  
**Wed., Nov. 6, 9a-3p • Kathy Fleming and Victor Klimoski • Freewill offering**

Day Away is an opportunity for artists and writers to set aside a few hours to enter a creative space of quiet and beauty. After a brief gathering in the morning with one of the hosts, participants have the day to work on/think about their art and ideas. The day closes with a time of reflection with the host.

**Dementia Support Group**  
**Tues., Nov. 12, 7-9p (second Tuesday of each month)**  
 See Sept. 10 for details.

**Give to the Max Day**  
**Thurs., Nov. 14**  
 Mark your calendar to participate in Minnesota's largest online giving feast. Visit GiveMN.org on November 14 and support the Sisters of St. Paul's Monastery. Your generosity helps the Benedictine Center prepare and sustain and share the spirit of Benedict's vision for Christian discipleship.

**Taizé Prayer**  
**Fri., Nov. 15, 7p (third Friday of each month)**  
 See Sept. 20 for details.

**Exhibit: Spirituality Expressed Through Landscape**  
 Lake Country Pastel Society  
 Nov. 18 thru Jan. 24

**The Welcoming Prayer**  
**Fri., Nov. 22, 9a-3p • Mary Lapham and Dianne Boruff • \$40 includes lunch**  
 The Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to events and situations in daily life. The practice complements Centering Prayer by helping to

dismantle the emotional programs of the false-self and heal wounds by addressing them where they are stored—in the body. This introduction is most helpful to those who have been using Centering Prayer for a year or more. Participants will explore and practice the Welcoming Prayer through teaching sessions, personal reflection time, group practice, and time for conversation.

**Centering Prayer Retreat**  
**Fri., Nov. 29, 7p, thru Sun., Dec. 1, 1p • Carol Quest and Jody Reis Johnson • \$100 commuters • \$150 includes shared lodging and meals • \$200 includes single lodging and meals**  
 Experience a time of profound silence and praying the Scriptures as you enter into deeper relationship with God and self. This retreat blends a rhythm of centering prayer, lectio divina, and prayer with the monastic community.

**Advent: Let Us Pray**  
**Sun., Dec. 1 thru Tues., Dec. 24 • No cost**  
 Guests are always welcome to join the Sisters for prayer, but Advent is a particularly beautiful time to mark our waiting for the coming of Christ with prayer together. The Sisters pray morning, midday and evening daily. Come, let us pray. Call 651.777.8181 or check www.stpaulsmonastery.org for the schedule.

**Maranatha! Come, Lord Jesus!**  
**(with Fr. Michael Joncas)**  
**Tues., Dec. 3, 7-9p • \$25**  
 The liturgical season of Advent in the Ordinary Form of the Roman Rite has two distinct foci: the mystery of the coming of Christ at the end of history (Parousia) and the mystery of the coming of Christ in history (Christmas). We will explore how these foci are expressed in the lectionary readings and hymns of the day for the Sundays of Advent as well as Advent texts,

ceremonies and customs from Advent in other rites. Immersion in these texts and rites should help us develop Advental spirituality, living in the tension between already and not yet.

### Clergy Spiritual Direction Group in Advent

Thursdays, 1-3p, Dec. 5, 12, and 19 •

Rev. Kathie Nycklemoe • \$80 for series

Author John Westerhoff argues that the spiritual life is The Foundation for Preaching and Teaching in his book by the same title. The Rev. Kathie Nycklemoe invites clergy to join her for a series of three holy listening sessions in Advent. Participation is limited to five pastors, who will join her in an experience of prayer, sharing, and mutual encouragement. We will use the practice of spiritual direction to listen for God's presence in our lives and in the lives of others.

### Reclaiming Darkness as Essential to the Spiritual Life

Fri., Dec. 6, 9a-3p • Eily Marlow and

Kiely Todd Roska • \$40

*"New life starts in the dark. Whether it is a seed in the ground, a baby in the womb, or Jesus in the tomb, it starts in the dark."*

—Barbara Brown Taylor

Darkness is a place of limited sight and not knowing, and Advent is a time to practice living in the dark in new ways. How can darkness be a place of fear, of shadow, of pain? How can darkness also be a place of germination, of freedom, of new life? In this workshop we will develop rituals and practices that can help us see darkness in a new way, embracing the wisdom it has to bring. The Psalms will be our guide as we explore their subtle and expressive responses to our bewildering, beautiful lives.

### Dementia Support Group

Tues., Dec. 10, 7-9p (second Tuesday of each month)

See Sept. 10 for details.

### Christmas at the Monastery

Sat., Dec. 14, 4-7p • Monastic Community

Visit [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org) for details.

### Taizé Prayer

Fri., Dec. 20, 7p (third Friday of each month)

See Sept. 20 for details.

presenter bios online at  
[www.benedictinecenter.org](http://www.benedictinecenter.org)

*Help* make the Benedictine Center experience accessible for everyone, regardless of their ability to pay. Donate online at [www.benedictinecenter.org](http://www.benedictinecenter.org).

## COMING UP IN 2020

### Finding My Yeses for This Year

Thurs., Jan. 9

### Always We Begin Again SoulCollage® Retreat

Fri., Jan. 10 thru Sun., Jan. 12

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

Fri., Jan. 17 thru Sat., Jan. 18

### Seeing God: 2020 Juried Exhibit of Sacred Art

Submissions Due: Jan. 15

Opening Reception: Wed., Jan. 29

### Just Write: Making Time for the Love of Words

Fri., Jan. 31 thru Sun., Feb. 2

### Beyond Fear: Helping Communities Choose Welcome (Professional Day)

Thurs., Feb. 27

### Radical Hospitality: Social Engagement in the Key of Benedict (Public Presentation)

Fri., Feb. 28

### Everyday Prophets: How Small Acts of Courage and Compassion Change the World (Retreat)

Fri., Feb. 28 thru Sun., Mar. 1

### Lean Times, Living Stories

Thurs., Mar. 26

### School of Lectio Divina

Fri., Mar. 27 thru Wed., Apr. 1

### Tell Me True: Practicing Ways to Speak Truth with Robust Love

Fri., May 22

### Directed Retreat Experience

Fri., Jun. 19 thru Fri., Jun. 26



## 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.

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### THE BENEDICTINE RETREAT CENTER OF ST. PAUL'S MONASTERY

Make a Personal Retreat  
See a Spiritual Director  
Staff Renewal Days, Group Retreats, and Conferences  
Skilled Facilitation On and Off Site  
651.777.7251 or [info@benedictinecenter.org](mailto:info@benedictinecenter.org)

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### OTHER RESOURCES

Weekly E-Bulletin  
Oblate Formation  
Vocations  
Maple Tree Childcare Center  
651.777.8181 or [www.benedictinecenter.org](http://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](http://www.benedictinecenter.org)

FIRST NAME

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LAST NAME

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ADDRESS

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CITY

---

STATE

---

ZIP

---

DAYTIME PHONE

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PROGRAM/RETREAT

---

E-MAIL

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### 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.



## School of Discernment

Fri., Sept. 20, 1p thru Sun., Sept. 22, 1p

Dr. Kathleen Cahalan and staff

\$250 (includes lodging and meals)

The School of Discernment is an opportunity to discern the voice of the Holy Spirit with the benefit of wisdom from the monastic tradition. The framework includes a daily rhythm of prayer with the monastic community, sessions on the practice of discernment, reflection questions for quiet time, and one-on-one meetings. Spiritual directors will assist with the process of discernment and considering questions and insights as they arise.

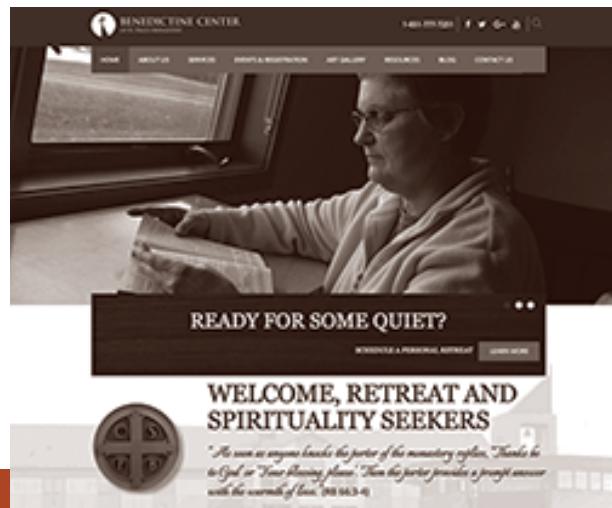
Call 651.777.7251 or email  
[benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org).

A companion School of Lectio Divina will be offered Fri., Mar. 27 thru Wed., Apr. 1 under the leadership of Dr. Kathleen Cahalan and staff.



## BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

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