

Listen

JANUARY—AUGUST 2020

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

from the Rule of St. Benedict



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

Life of Prophetic Witness

Religious life is to be a life of prophetic witness in and for the church and world. Through the living of community and vows, religious life is to witness to the way things are in the reign of God (Pope Francis). Going back to my college days, I seem to recall a definition of the term Prophet to be one who serves as a mouthpiece for God. This person speaks the message of God. Before the message can be shared, the prophet must encounter God . . . listen for the voice of God and be with God. Through baptism, we are invited into a deep relationship with God and we are invited to listen throughout our lives. How might you encounter the call to be a prophet for our times? The Benedictine Center of St. Paul's Monastery is an ideal place to come, be still, and to listen for the voice of God. Come and Be.

*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.



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

2675 BENET ROAD, ST. PAUL, MN 55109-4808
www.benedictinecenter.org 651.777.7251

Phone: 651.777.7251

E-mail: 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
Kathy Fleming Oblate, Artist Coordinator
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

Jeff Dols	Sheryl Rose
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	Sue Hamilton Oblate
Nancy Cicero Oblate	Mary Lou Kozmik Oblate
Mary Ilg	Lorraine Schwarzrock Oblate

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

Moving Benedictine Values into the World

I hear an urgency in the *The Rule* that we dare not disregard. Imagine Benedict himself, standing today at the door of St. Paul's Monastery, as we all gather around. We hear him proclaim the same words from the Prologue to *The Rule*:

"Listen carefully, my children!"

"Is there anyone who yearns for life?"

People drawn to Benedictine spirituality sense an invitation fueled by prayer and conviction that refuses to let them carry on with life as usual. Some expectancy brought them to the front door of a monastery. Some movement of the Spirit opened wide the ear of their hearts an invitation that turns urgency into holy passion.

At one time, Benedict's invitation might have been more clearly directed to those who wanted to become monks. Today, however Benedict's rousing charge speaks to many, many more. There may be many monastic sisters and brothers standing behind Benedict as he preaches, but this mighty invitation to "get up at long last," is just as powerful for those of us who carry Benedictine values even further into the world of our communities, families, and workplaces.

The Benedictine Center stands at the threshold of St. Paul's Monastery, equipping those who "yearn for life" and are bending the ear of their hearts to "listen carefully." Through personal retreats, spiritual direction, and Benedictine spirituality programs, people are infused with Benedictine values that inspire the ways they choose to live.

In this publication you will see Benedictines and their faithful partners reflecting on what it means to act prophetically in ways that begin in ordinary life. Kiely Todd Roska writes of some such stories and Victor Klimoski offers a challenging poem, "Who Shall Speak for Them?" I especially invite you to consider the special series with S. Kathleen Atkinson OSB (page 7). She dares, like Benedict standing at the door of the monastery, to help us see that small acts of courage and compassion can, indeed, change the world.

The rousing call to carry Benedictine values into the world is sure to remain timeless. If fifteen hundred years has not dulled the central message, then our privilege is laying claim to our part in hearing the call, standing as one faithful generation among many. In Benedict's own words, then,

"Let us run on the path of God's commandments, our hearts overflowing with the inexpressible delight of love!"

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

Sam Rahberg, Director
srahberg@benedictinecenter.org



Everyday Prophets

When we think 'prophetic' we need not always think grandly about public tasks ... It is the vocation of the prophet to keep alive the ministry of imagination.

—WALTER BRUEGGEMANN, THE PROPHETIC IMAGINATION

When I hear the word prophet, I often imagine a bearded man shouting out the Truth with a capital T. John the Baptist shouting in the Wilderness, Moses demanding freedom for the Israelites, Amos calling for justice to roll down like waters. While I respect their wisdom and their courage, their witness often leaves me feeling unqualified for such bold action. Still, I want to ask myself how might I practice some aspect of prophetic witness, even as an introverted middle-class American woman living in the 21st century.

I don't want to water down the term by claiming that everyone is or will be a Prophet with a capital P. However, I strongly believe that God calls every person to be a truth seeker and truth teller. We are called to find our words and name what is hurtful and unjust, and we are called to move beyond just naming the problem. As Walter Brueggemann points out, being "prophetic" means being called to engage our imaginations. We must envision what the world would look like if we actually practiced our deepest values in concrete, everyday ways. Being prophetic means saying "No" to what is wrong and investing time and energy in creating the future to which we can all say "Yes."

The good news is that being a loving truth-teller does not necessarily involve shouting (nor does it require being a bearded man). We can embody a prophetic sensibility in our ordinary relationships ...

This reflection continues online at www.benedictinecenter.org/everyday-prophets

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.

Kiely Todd Roska, Associate Director
ktoddroska@benedictinecenter.org



Who Shall Speak for Them?

PROVERBS 31:8-9

by Victor Klimoski

They are ours, these refugees
 without names, their bodies broken,
 their souls nearly torn in two.
 It matters, the mindless slaughter
 in Charleston, Sandy Hook,
 in the daily streets of Chicago.
 What happens to the poor,
 the homeless, the hungry
 is never old news.

We are bound to the others,
 the ones we cannot see,
 who disappear from headlines,
 lost to venal distraction
 or our capacity to forget.
 But there is no exception
 from the messy communion
 we share with them as birthright,
 They wait, they listen
 for the sound of our voice.

Radical Hospitality

Come hear S. Kathleen Atkinson's story about Ministry on the Margins and explore how practical Benedictine values can lead the way to practical and lasting forms of welcome. A public presentation kicks off the weekend retreat, co-led by Rev. Zanne Ness. S. Kathleen and Rev. Ness will also lead a one-day workshop on Thursday, Feb. 27.



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 is hosting a series of events in February and March:

Beyond Fear: Helping Communities Choose Welcome (Professional Day)

Thurs., Feb. 27, 9a-3p

S. Kathleen Atkinson OSB and Rev. Zanne Ness

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

Fri., Feb. 28, 7-9p

S. Kathleen Atkinson OSB

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

Fri., Feb. 28, 7p, thru Sun., Mar. 1, 1p

S. Kathleen Atkinson OSB and Rev. Zanne Ness

See page 7 for details.

The power of hospitality,
conversation and mutual service.

"God has blessed you with listening
hearts." —*Julie*

"Such a peaceful and comforting center
to collect my thoughts." —*Andrea*

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. 8, 6:30-7:20a • S. Virginia Matter OSB • Freewill offering
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.

Finding My Yeses for This Year

Thurs., Jan. 9, 9a-3p • Kiely Todd Roska and Sam Rahberg • \$40

The outset of a new year calls us to be clear-eyed about our lives. Choosing our yeses for the year means learning to say no to other things (even some good things) when a bigger YES is calling. Join with others who know these pressures and who take new beginnings seriously. Gather for prayerful reflection about your yeses for 2020 and find practical guidance for keeping the most important things clearly within view.

Always We Begin Again

SoulCollage® Retreat

Fri., Jan. 10, 7p, thru Sun., Jan. 12, 1p • Dr. Barbara Sutton • \$100 commuters • \$150 shared lodging • \$200 single lodging
Benedict guides us with these words of wisdom: "Always we begin again." This retreat will uncover old habits, periodic negative mindsets, and ego-driven hurts that seem hard-wired within one's soul. As a way forward, retreatants will let a word and image settle in their heart and accompany them into 2020. A SoulCollage

Sunday Circle will begin meeting Feb. 16. Receive 10% off this retreat with membership in the Circle. To learn more about SoulCollage, visit www.soulcollage.com.

Dementia Support Group

Tues., Jan. 14, 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. RSVPs required to sarnold@benedictinecenter.org.

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

Fri., Jan. 17, 6:30p, to Sat., Jan. 18, 4p • S. Joanne Dehmer SSND

We mourn the death of our mothers all the days of our lives. 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. 17, 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.

Seeing God: 2020 Juried Exhibit of Sacred Art

Submissions Due: Jan. 15 • Opening Reception: Wed., Jan. 29, 7-8:30p • Various Artists • Freewill offering

All are welcome to the public opening of the 2020 juried exhibit, featuring the work of over thirty local artists working in various media. 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. 15, and the exhibit will extend through March 13. See www.benedictinecenter.org/art-gallery for details.

Just Write: Making Time for the Love of Words

Fri., Jan. 31, 7p, thru Sun., Feb. 2, 1p • Victor Klimoski • \$100 commuters • \$150 shared lodging • \$200 single lodging
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 represents a dramatic decision to immerse oneself in the lovely, complex, frustrating, and exhilarating practice of writing. Limited to 9 writers.

Standing Vigil: A Retreat with Sunday's Gospel

Sat., Feb. 1, 2-6p • The Rev. Paul Tillman Oblate • \$30 includes dinner

Join the journey from text to pulpit as we follow the Spirit, through prayer and reflection, deeper into the Word of God and shed light on the challenges of life and the persistence of divine grace. Paul Tillman, an Oblate and pastor, guides this afternoon of "standing vigil"

(no you don't stand the whole time) of prayer, meditation, and conversation about the Sunday Gospel. When Jesus presents himself into my life, am I moved to peace, pain, or praise?

Conversation with Artists

Sun., Feb. 9, 1-3p • Kathy Fleming and Victor Klimoski • Freewill offering

We bring artists and writers together to share their insights into what inspires their art-making and to help deepen our appreciation for the

movement of the Spirit that inspires beauty in its many forms. Each conversation begins in the gallery as we experience in a fresh way what the exhibiting artist or artists are setting before our eyes.

Readers' Play: "The Man Born to Be King" by Dorothy Sayers

Tues., Feb. 11, 7-9p • Katy Wehr • \$15

Every year during Holy Week, C.S. Lewis read through a moving set of plays by his friend, Dorothy L. Sayers. Now Katy Wehr, PhD, offers you the chance to share the same experience. Katy will introduce the plays and involve participants in reading from Sayers's "The Man Born to be King" – a radio play cycle on the life of Christ from 1940's England. Help bring various scenes to life by reading aloud or just come to listen, enjoy, and discuss.

Listening for God with the Ears of Our Temperaments

Thurs., Feb. 13, 7-9p • Rev. Kathie Nycklemoe • \$25

Temperaments, the general description of who a person is by nature, affect not only our personalities but also the ways we are most drawn into prayer. Utilizing the Myers-Briggs temperament inventory tool, Pastor Kathie Nycklemoe will help participants explore forms of prayer that are likely to resonate with the way individuals are wired to listen for God. A basic understanding of MBTI is helpful but not necessary. Participants will receive a link for an online temperament test upon registration.

SoulCollage® Sunday Circle

Sundays, 1:30-4p, Feb. 16, Mar. 15, Apr. 19, May 17, Jun. 21, Jul. 19, Aug. 23 • Dr. Barb Sutton • \$175 membership (come to as many Sundays as you like and receive a 10% discount off the Jan. 10-12 retreat) • \$40 drop-in rate
SoulCollage® Sunday Circle will provide open space for creating and exploring your SoulCollage cards with facilitator Barbara Sutton. It is a casual afternoon for those new

What does radical hospitality look like?

Beyond Fear: Helping Communities Choose Welcome (Professional Day)

Thurs., Feb. 27, 9a-3p • S. Kathleen Atkinson OSB and Rev. Zanne Ness • \$40

Come as individuals or teams to improve your readiness for moving beyond discomfort toward truly human welcome. Together with S. Kathleen Atkinson OSB, founder of Ministry on the Margins, and Rev. Zanne Ness, chaplain, we will explore questions like these: How do we practice real hospitality with those we live and work with every day? What are the practices that form authentic community with people we find difficult to love/those who are too often left out?

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

Fri., Feb. 28, 7-9p • S. Kathleen Atkinson OSB • \$25

Seven years ago, S. Kathleen Atkinson did something that she had often thought about doing but had never pursued. She picked up the phone, called the chaplain of the North Dakota State Penitentiary and asked if there was anything she could do as a volunteer at the prison. That phone call began a journey that has changed her life and set in motion Ministry on the Margins, a volunteer-based ecumenical ministry committed to supporting those who fall through the cracks during times of transition. Come hear S. Kathleen's story about Ministry on the Margins and how practical Benedictine values have led the way. Imagine what social engagement is possible within your own settings when you are tuned in to hope and resurrection.

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

Fri., Feb. 28, 7p, thru Sun., Mar. 1, 1p • S. Kathleen Atkinson OSB and Rev. Zanne Ness • \$75 commuters • \$150 Friday thru Sunday, shared lodging • \$200 Friday thru Sunday, single lodging
Being called a prophet may seem beyond the ordinary circumstances of our everyday lives. But what if it's true? What if something needs to be done to confront the world's numbness, and we're the ones to do it? Even small acts of compassion and courage inspire hope. S. Kathleen Atkinson OSB and Rev. Zanne Ness are seasoned partners in ministry and skilled guides in awakening the imagination of ordinary people so that we might create more compassionate, just communities. The retreat begins with Friday night's presentation and continues through Sunday.

to and experienced with SoulCollage participants to bring their circle wisdom forward each month!

What Benedict Says About Stability in Relationships

Tues., Feb. 18, 9a-1p • S. Paula Hagen OSB • Freewill offering

Benedict called for stability because he recognized that each human person needs to be grounded to form trusting relationships with God, self, and others. While it naturally includes stability of place, Benedict taught various forms of stability, internal and external, that contribute to fostering community and nourishing those who are seeking God together. S. Paula Hagen OSB is former Prioress of St. Paul's Monastery and an experienced retreat leader.

Taizé Prayer

Fri., Feb. 21, 7p (third Friday of each month)
See Jan. 17 description.

Nature Writing as a Language of Hope

Mondays, 7-9p, Feb. 24, Mar. 23, and Apr. 27 • Victor Klimoski • \$75

Writing that comes from one's encounter with nature carries with it a rich vocabulary that reconnects us to the Earth and her elements. The more we become fluent in the language of nature, the greater our capacity to rekindle hope for the world, our communities, and ourselves. In each session, we will read some of the best nature poems and essays, using them to guide our own practice of writing.

Lent: Let Us Pray

Wed., Feb. 26 thru Sat., Apr. 10 • 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.

Taizé Prayer

Fri., Mar. 20, 7p (third Friday of each month)
See Jan. 17 description.

The Uncluttered Mind: A Day Retreat for Writers

Sat., Mar. 21, 7:30a-5p • Victor Klimoski • \$65 includes lunch

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.

Embracing the Holy Time of Lent

Sun., Mar. 22, 3:30-6p • Peter Watkins • \$30 includes dinner

This retreat is an invitation to holy renewal. Take time to go deeper during this Lenten season—deeper into your heart and deeper into your relationship with God. There will be time to listen to the Spirit through scripture, simple ritual, journaling, and conversation. Retreatants are also invited to join in a communal meal together at the end.

Lean Times, Living Stories

Thurs., Mar. 26, 9a-3p • Diane Millis and Sam Rahberg • \$40 per person • \$100 for teams of 3+

When pressures and limitations seem to outweigh our sense of strength and possibility, how do leaders avoid becoming disheartened? By learning how to tell a more life-giving story. Narrative Theory suggests that the ongoing discipline of leadership requires crafting a more genuine story, one that is both rooted in the reality of the moment and expands our sense of mission. During tough times, our narratives

School of Lectio Divina

Fri., Mar. 27, 1p, thru Wed., Apr. 1, 1p
Dr. Kathleen Cahalan
\$700 includes lodging and meals

The ancient practice of sustained lectio divina is a dialogue with God through the text over time. 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.

Download materials online or email benedictinecenter@stpaulsmonastery.org. A Condensed School of Lectio Divina will be offered Fri., Jul. 24; see page 9 for details.



often become rote. Therefore, it is all the more incumbent that we reflect upon the stories we are telling ourselves as our communities navigate the difficulties of transition, loss, and diminishment. Come individually or as a team to join Diane Millis, author of *Re-Creating a Life* (SDI Press, 2019) along with Sam Rahberg, author of *Enduring Ministry* (Liturgical Press, 2017) for a day of collaborative reflection and an opportunity to discern new stories waiting to be told.

Becoming Bread:

The Spirituality of Cooking

Fri., Apr. 3, 7p, thru Sat., Apr. 4, 8p • Deacon Kari Alice Olsen and Chef Victoria Fritz • \$75 commuters • \$100 shared lodging • \$125 single lodging

In hot butter, onions, carrots, and celery become a fragrant mirepoix. Over hot coals, hearty cuts

of raw meat caramelize into delicious steaks. Thrust into a hot oven, balls of dough bake into tall loaves of bread. The act of cooking may seem a daily mundane task, but it can become a window into how God loves us, feeds us, and transforms us. Come experience cooking as a catalyst for diving deeper into our own spirituality as it touches our everyday life. We will cook, read, eat, learn, and reflect together.

Shape of the Divine: Working with Clay as Spiritual Practice

Mondays, 6:30-8:15p, Apr. 6 thru May 11 • 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.

Great Conversation: The Battle for Idealism

Thurs., Apr. 16, 9a-1p • Victor Klimoski • Freewill offering

Someone has remarked that a cynic is often an idealist with a broken heart. In an era in which the fires of social anger, fear of The Other, intolerance in all its forms, and concern over what seems to have been lost burn out of control, the path to cynicism is smooth and all downhill. In this conversation we explore how we balance our troubling concerns with our deepest convictions about what is true, good, and beautiful so that we continue to aspire to our idealism despite the evidence.

Day Away for Artists and Creatives

Fri., Apr. 17, 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.

Taizé Prayer

Fri., Apr. 17, 7p (third Friday of each month)
See Jan. 17 description.

Hermitage Retreat

Fri., Apr. 17, 7p, thru Sun., Apr. 19, 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. Contact S. Virginia at 651.777.7251 for more information.

Peace Be with You (John 20:19-31)

Thurs., Apr. 23, 7-9p • Fr. Michael Byron • \$25
Into the disciples' fear and restlessness following the Passion, the Risen Christ stood among them and said, "Peace be with you." He found them behind locked doors and spoke into the very heart of their circumstance. With this assurance and breathing the Spirit upon them, he then sent them into the world. Join Fr. Michael Byron, a theologian and pastor of Pax Christi Catholic Church in Eden Prairie, to explore Christ's word of peace and sending for today.

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

Fri., Apr. 24, 9a-3p • Kiely Todd Roska and Eily Marlow • \$40 includes lunch

We often struggle to have important conversations, not for lack of good intention, but because of imbalance. If we speak bluntly, we can be unnecessarily hurtful. If we speak indirectly, we avoid the heart of the matter. The most healthy and life-giving communication involves both candor and care. Join Kiely Todd Roska and Eily Marlow, sincere students and practitioners of trying to speak truth with

love, for a day of practical insight and engaged learning.

Find the Balance: Bringing Intentionality, Clarity, and Integration into One's Rhythm of Life

Thurs., Apr. 30, 7-9p • Mary Martin • \$25
For people to live each day aware of God's presence and their call to manifest Christ in all things, there was a need for purposeful rhythm so that work, prayer, study, and leisure existed in balance and encouraged people to pay attention to God's presence in all of life. The measure of a "good" rhythm is its ability to sustain one's attention in a very distracting world. Through prayer, gentle conversation, and guided exercises, explore what you can do in the course of a day that returns you to a sense of God's presence and grace.

Prioress Dinner

Thurs., May 7
Visit www.stpaulsmonastery.org for details.

Dementia Support Group

Tues., May 12, 7-9p (second Tuesday of each month)
See Jan. 14 description.

Intro to Centering Prayer

Fri., May 15, 9a-2:30p • Rev. Peggy Thompson and S. Jaqueline 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.

Taizé Prayer

Fri., May 15, 7p (third Friday of each month)
See Jan. 17 description.

Who Am I in Community?: The Enneagram as a Tool for Improving Relationships

Fri., Jun. 5, 5p, thru Sat., Jun. 6, 4p • Audrey Lucier • \$100 includes meals and assessment • \$130 includes shared lodging, meals, and assessment • \$150 includes single lodging, meals, and assessment

The Enneagram is one way to explain and better understand nine basic personality differences that people have observed since ancient times. These differences shape our spiritualities, our vocations, and even our approach to relationships. By better understanding how each of us uniquely reflects the divine image, we can better practice compassion for ourselves and one another. Join Audrey Lucier, Director of the Franciscan Spirituality Center in La Crosse, to learn ways to grow in wholeness, and to become more aware, accepting, and appreciative of the gifts and challenges of the personalities in our communities.

Day Away for Artists and Creatives

Sat., Jun. 13, 9a-3p • Kathy Fleming and Victor Klimoski • Freewill offering
See Apr. 17 description.

Directed Retreat Experience

Fri., Jun. 19, 5p, thru Fri., Jun. 26, 1p • Sisters Jacqueline Leiter OSB and Virginia Matter OSB • \$450 includes single lodging, meals, and spiritual direction
Settle in for eight days of quiet, renewal, and solitude within the rhythm of the monastic community. Each day you will meet one-on-one with a spiritual director. 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. Contact S. Virginia at 651.777.7251 for more information.

Taizé Prayer

Fri., Jun. 19, 7p (third Friday of each month)
See Jan. 17 description.

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

Sat., Jul. 11 thru Sat. Jul. 18 • Hosted by the Rev. Peggy Thompson Oblate with S. Jacqueline Leiter OSB • \$500 includes lodging and food
Steal away to Northern Minnesota and join painters, Peggy Thompson and S. Jacqueline 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 and to register, email thompsonmargaret413@gmail.com.

Taizé Prayer

Fri., Jul. 17, 7p (third Friday of each month)
See Jan. 17 description.

Condensed School of Lectio Divina

Fri., Jul. 24, 5p, thru Sun., Jul. 26, 1p • Sam Rahberg and staff • \$100 commuters • \$150 shared lodging • \$200 single lodging
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 other staff, 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.

Centering Prayer Retreat

Fri., Aug. 7, 7p, thru Wed., Aug. 12, 1p • Carol Quest and Jody Reis Johnson • \$375 includes lodging and meals • \$150 includes lodging and meals 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.

Rooted and Branching: What Our Souls Learn from Trees

Thurs., Aug. 13, 7p, thru Sat., Aug. 15, 1p • Samuel Rahberg • \$100 commuters • \$150 shared lodging • \$200 single lodging

The more we learn about the nature of trees, the more we see the wisdom of God they communicate through their growth and decay; strength and vulnerability; and solitude and reliance on others. Join Samuel Rahberg, a tree farmer and spiritual director, to explore hands-on some insights for the spiritual life you can harvest from the woods. Bring hiking boots and rain gear because such prayer and reflection cannot be kept indoors.

Great Conversation: Simplify, Simplify, Simplify

Thurs., Aug. 20, 9a-1p • Kiely Todd Roska and Sam Rahberg • Freewill offering
Benedict emphasized the vital practices of simplicity and moderation because he recognized the difficulties of aligning our everyday rhythms with our spiritual lives. This conversation will explore how we center ourselves, practice gratitude, and focus our energy in meaningful ways. We will draw on insights from St. Benedict, Scripture, poets, and the wisdom we each bring into the room.

Taizé Prayer

Fri., Aug. 21, 7p (third Friday of each month)
See Jan. 17 description.

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

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

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
www.benedictinecenter.org.



BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

2675 BENET ROAD, ST. PAUL, MN 55109-4808
www.benedictinecenter.org 651.777.7251



Spiritual Direction

Attentive companions. 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. If this seems of interest to you, the Spirit is already at work.

Call 651.777.7251,
email benedictinecenter@stpaulsmonastery.org,
or visit www.stpaulsmonastery.org to explore
your options.

A team member will be glad to help you
connect with a spiritual director for a free
initial consultation.



Visit www.benedictinecenter.org to schedule a personal retreat, connect with a spiritual director, register for events, read blogs about Benedictine spirituality and more.

Events & Registration Online
www.benedictinecenter.org



Create a legacy of quiet, beautiful, and Benedictine spiritual renewal. From simple will bequests, to trust and annuity arrangements, including the Benedictine Center of St. Paul's Monastery in your estate plans ensures a better future for all those who seek to live with the Gospel as their guide. Learn more about how you can pass along monastic quiet and Benedictine values to future generations. Visit www.stpaulsmonastery.org or contact Annette Walker, Mission Advancement Director, at 651.777.8181.