



The Benedictine Center
of St. Paul's Monastery

Phone 651.777.7251
www.stpaulsmonastery.org

Listen

JANUARY—AUGUST 2012

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

from the Rule of St. Benedict

Rhythm Of Prayer And Conversation

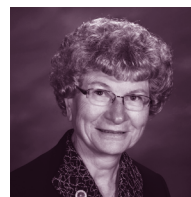
Since the sixth century Benedictines have gathered as community around the Liturgy of the Hours. The rhythm of Morning, Midday, and Evening Prayer has been the foundation of monastic life. The number of hours and their duration have changed over time, but the centrality of prayer has remained.

Dailyness of communal prayer is the anchor of life for a monastic community, and conversation is the sea upon which the ship rises and falls. Benedict urges leaders to take advantage of counsel and he inspires all members of the community to speak the truth in love. As every generation before us, the changing context of monastic life and ministry invites us to consider how God is leading us forward today.

Daily prayer has grounded this ongoing conversation for over 1500 years, testimony to the dynamic relationship between how we pray and how we converse. Today, the Sisters of St. Benedict of St. Paul's Monastery continue to reflect together about the needs of our time and discern how the riches of the Benedictine tradition might serve those needs. The Benedictine Center has been an example of that effort for nearly thirty years.

Today the Benedictine Center invites men and women from all walks of life to enter the monastic rhythm of prayer and conversation. In that spirit we can face boldly the future into which God is inviting us.

S. Lucia Schwickerath OSB
Prioress



The Benedictine Center
of St. Paul's Monastery

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Peter Watkins	Spiritual Director
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The Stories Of Guests In Just Six Words

These short stories express the experience of Benedictine Center guests. They are inspired by Ernest Hemingway's famous challenge and the website www.sixwordstories.net.

Shy to free, broken to loved.

Haidi

Place is here, time is now.

Anonymous

I cherish wisdom of lived experience.

Linda

I live where my breath is.

Kathy

We shared insights and received wisdom.

Virginia

Be still and know God's here.

Darrin

Time to process, time to share.

Anonymous

More Voices, One Vision

This fall I invited a number of staff members, Oblates, guests, and friends of the Benedictine Center to reflect on the Benedictine vision for Christian discipleship through the lens of their own experience. Their contributions opened up conversation about the role of spiritual direction, *lectio divina*, personal retreats, and beauty within Benedictine spirituality.

This issue of *Listen* continues the spirit of unpacking our monastic roots. I have asked leaders within the Benedictine Center to share what they are learning as they live into and work out of the Benedictine vision for Christian discipleship.

Their areas of ministry focus vary, offering a rich array of real world applications. S. Eleanor Wartman OSB is a member of the Benedictine Center Advisory Team. Together with Oblate Mary Kealy-Falk, S. Eleanor offers insight from her parish ministry about the Benedictine value of stability. Vic Klimoski,

former director of the Benedictine Center and member of the Art and Spirituality team, demonstrates through poetry the Benedictine conviction that beauty is more than incidental to the spiritual life. Peter Watkins is a teacher and spiritual director who shares in this publication from his perspective as a deep listener. Joe Buelow, who serves as a core Benedictine Center volunteer after a career in the business world, lifts up his sense of passion for what God is calling him to do.

Also in this issue, those who come for prayer, quiet, and monastic insight have contributed snapshots that name the essence of the Benedictine vision of Christian discipleship which they have found so valuable to their spiritual lives.

These are yet more voices exploring the one vision. Each of us is glad to be sharing this journey together and with you.

Sam Rabberg
Director



Wisdom From The Tradition: Stability In Relationship With Christ And Others

by S. Eleanor Wartman OSB and Mary Kealy-Falk Oblate, edited by Sam Rahberg (reprinted from the fall 2011 issue of Passages)

St. Benedict, in The Rule (RB), sets forth a vision for discipleship anchored in the life and message of Christ as proclaimed in the Scriptures. By his life and his Rule, Benedict traces a stabilizing path that leads to seeking God in a spirit of prayer and hospitality expressed in service to others.

The following reflection explores the value of stability, found both in Scripture and RB, and the ways that Benedictine life connects groundedness in Christ and relationship with others. It is my conviction that these insights from Benedictine spirituality also shed light on contemporary life outside of the monastery, particularly when we use the lenses of baptism and shared ministry.

St. Benedict gives us insight into the value of stability in RB Chapter 58. There he instructs a person who desires to enter a monastic community to come to the oratory and, in the presence of the entire community, to promise stability, fidelity to the monastic way of life, and obedience. In living these values, the person is grounded in the search of God, nourished through openness to the Word revealed in Scripture and in others and witnesses fidelity in “the school of the Lord’s service” (RB Prologue: 45).

Stability is rooted in a certain place with a particular group of people. To stay with these people day in and day out, in the good times and the not so good, is to recognize that we each need to be in relationship with others who share our desire for deeper meaning in life. These companions on the journey offer a presence of prayer, of support, of wisdom. They give a feeling of belonging. These same people also challenge us to grow when we encounter conflict, difficult conversations, and opportunities for mutual forgiveness. Over time and in the midst of the everyday, we find new ways to express commitment to each other and to this way of life.

As we unpack the Benedictine sense of stability, it becomes clear that Benedict’s insights are helpful for monastics and non-monastics alike. Benedict built his vision

of community on biblical values and the example of Christ, the foundations of stability for all Christians. In fact, many people within and outside the monastic enclosure refer to the Rule as a guide for living out their own baptismal promise.

Mary Kealy-Falk and I have long journeyed together, exchanging perspectives from our own unique approaches to living the Benedictine way, she as an Oblate and I as a Sister. Two of her experiences reflect the essential nature of stability in our spiritual lives. In her own words, she tells the story of a dream that grounded her in relationship with God:

“Some time ago as I lay awake in bed in the predawn hours unable to drift back to sleep, a vision came to me. I was standing alone on a stage with no one else in the theater. Everything was silent and dark except for a spotlight that was shining down on me from the rafters. Nothing was happening. I was just standing in the light. In that moment, I realized the vision was about my relationship with God—just God and me. Nothing needed to be said or done. I sensed that God knew me, related to me at the very core of my being. That love and acceptance created in me a deep, rich sense of stability.”

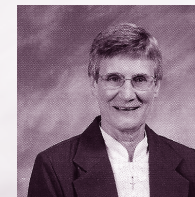
Mary also remembers fondly the sense of rootedness she had growing up in a small town, knowing just about everyone at some level. Some were friends or neighbors; others were acquaintances from church, school, or grocery stores. As she tells the story,

“There is a natural almost taken for granted kind of well-being that comes from being known within that kind of community. That kind of knowing and being known is something I want my children to experience. I want them to appreciate that stability comes from loving and supportive relationships - each one adding to the picture of what our lives are meant to be, that the people we love and with whom we share our lives become our history and touchstones for who we really are.”

For Mary and me, stability is more than just a value or

simple spiritual practice. Stability names the commitment to live into who we are in relationship to God and to others. Unified by baptism and relationship to Christ, the Sisters of St. Benedict of St. Paul’s Monastery see our stability drawing others into relationship with us in this certain place and with these particular people. Oblates, guests, benefactors, volunteers, friends, and other partners come together here and now to deepen relationship with Christ and reach out in ministry.

True stability in Christ and community calls us to be satisfied with the present, to be centered in the moment, not fretting about the future nor longing for past experiences. The blessings of this inner stability will be a life of confidence, of peace, of being in right relationship with God and the mystery of God in each of us.



S. Eleanor Wartman OSB is a member of St. Paul’s Monastery and the monastic advisor to the Benedictine Center. She serves as pastoral minister for Immaculate Heart of Mary, Minnetonka.



Mary Kealy-Falk is a marketing specialist and homemaker who lives in Hopkins with her husband and teenage son and daughter. She has been an Oblate of St. Paul’s Monastery for 11 years.

Abbot John Klassen OSB will be leading a public event and a retreat on the Benedictine value of stability Mar. 9-11. See page 9.

Called To Listen, To Journey Toward Freedom

When I'm not working as a spiritual director at the Benedictine Center I am a high school religion teacher at Cretin-Derham Hall in St. Paul. One of my students, Emily, approached my desk after class.

"Mr. Watkins, I can't do my Exodus project."

The project was an invitation to students to listen to God in the story and in their own lives.

"What's going on, Emily?"

"My grandfather is dying of cancer. And my parents keep fighting. Life is way too insane right now for me to be thinking about God."

Emily named, in her honesty, what so many of us experience deeply but may not give voice to: that life feels too out of control to take the time to listen to God.

The wonderful ironic twist here is that the story of the Exodus has a powerful message for us about resistance to God. In her book *The Particulars of Rapture* Rabbi Avivah Zornberg talks about the Passover as the "night within

the night." Rather than a triumphant and heroic Cecil B. DeMille type movie scene, she characterizes this holiest of times as a deep darkness for the Israelites both outwardly and inwardly. The people were weighed down with self-doubt and a paralyzing anxiety. "I don't understand." "Are we coming back?" "Where are we going?" "What's going on?" "Hurry up." "Wait." "Why are we doing this?" "I'm not ready." "This is crazy." "There's nothing out there." By all human measures, these slaves were not ready for freedom. God even directed them in a zigzag pattern away from Egypt because God knew that they would have "thoughts" of returning to Egypt.

The Passover was a radical leap of faith. Who could possibly be ready for that? Like the Israelites we are also anxious because we don't know. Benedict's Rule calls us to listen, to journey towards freedom. Listening, just like the Passover, is a radical leap of faith only done with God's help.

*Peter Watkins
Spiritual Director*

Peter Watkins, M.Div. is a teacher at Cretin-Derham Hall High School and a member of the Benedictine Center's spiritual direction team. He is married and the father of three sons. To learn more about spiritual direction, visit www.stpaulsmonastery.org or call 651.777.7251.



Living With Passion

When an ancient Greek family member died, friends and dignitaries gathered to memorialize the person and asked only one question: “Did this person live with PASSION?” A few examples help us see how living with passion remains key for Christian disciples today.

Among the Christian saints is St. Guy of Anderlecht (950-1012 A.D.). He was a devout lay person who devoted his earnings to his passion for serving Christ and the poor, until one day when he thought he could make a sizeable amount of money by investing in a merchant sailing ship. Before that ship even set sail, it sank in the harbor with St. Guy’s entire fortune. Realizing that he had become distracted from his true passion, St. Guy made a renewed commitment to serve Christ and the poor. Although he died as poor as he was born, he never again strayed from his true passion.

In modern times, two women stood in line at the supermarket checkout line. One was an elderly woman with only a few items in her cart and the other, just in front of her, was a smartly dressed young woman with an over-flowing basket. There was milk, juice, cereal, snacks, detergents, cleaning supplies, paper toweling, dog food and other items, suggesting this woman had a large family and was probably shopping over her lunch hour.

As the woman readied to pay the bill, the elderly woman said, “Wait, I have a coupon that could save you fifteen dollars.” The young woman was silent at first but then said, “Thank you. That would be very helpful.” Soon after, the elderly lady approached the checkout area and said, “Hello, Sonny. You had better run a total because I may be short today.” She had seen a need and been passionately generous.

My personal experience has taken me into the mission fields of Guatemala, building a home for a family of five and providing a cleaner and healthier environment for a Guatemalan family. I’ve also worked in St. Paul missions which are committed to providing services to every person who walks through their doors. In both cases I have seen the eyes of children. Knowing their health and happiness has been improved, only the word “passion” can describe how I feel. As a business person, I have focused on projects. Today I choose to focus on sponsorships, mentorships, and helping others reach their goals with passion.

When I look at the life of Christ, I see a life of passion, a life lived in love and obedience to the Father. Following the example of Christ, I believe that a successful life is one that is lived with one’s own passion, not chasing after the dreams others have for you.

*John Buelow
Oblate*

Joe Buelow is a retired business man, an entrepreneur and an Oblate of St. Paul’s Monastery. He also serves on the Advisory Team for the Benedictine Center. To explore what living with passion might mean for you, read on for spiritual growth opportunities.



Lectio Divina

Today’s word should have barbs sharp enough to sink deep into imagination. It must be a strong word with a thick muscled back toughened by hard labor. But it must also have beauty, a delicate soft beauty like morning mist in June rounding the tips of dandelions. It should, when said aloud, command attention, point the way so no one stumbles about lost. And if it can stir a smile, the sort that comes when we see something we know fits exactly, then we can close the book, let the word echo through the day.

Victor Klimoski

Victor Klimoski, Ph.D. is a poet and former director of the Benedictine Center. He is the Director of Lifelong Learning Saint John’s School of Theology and a consultant for the Benedictine Center.

To learn about the Seeing God: Art and Spirituality at the Benedictine Center of St. Paul’s Monastery, visit www.stpaulsmonastery.org and follow the Benedictine Center links.

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.

Experience a Day of Quiet

Sat., Jan. 7, 9a-4p • S. Virginia Matter OSB • \$10
For little more than the cost of lunch, this opportunity provides those who are new to personal retreats or St. Paul's Monastery an opportunity to explore how one might spend a day of quiet at the monastery. After a tour and introductory session with S. Virginia Matter OSB, guests enjoy a private room, prayer with the monastic community, lunch, and access to the monastic library, art exhibits, and grounds. Limited to 12. Questions welcome.

Dementia Support Group

Tue., Jan. 10, 7-9p • Freewill Offering
To love and support someone with dementia results in a long period of grief. The grief comes from lost relationship, shattered dreams, loss of freedom and exhaustion. Those who love and care for someone with dementia need a time to be with others on the journey. Under the leadership of chaplain and spiritual director Steve Arnold, the Dementia Support Group will allow time for care givers to share their story, their feelings, their frustrations, and their joys. The time together will be a form of group spiritual direction with check-in and introductions followed by discussions around various issues connected with dementia. The group is to be a place where one can find full acceptance regardless of the topic. Meets the second Tuesday of the month. Walk-ins welcome.

Weekly Centering Prayer Group

Wed., Jan. 11, 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.

Living a Discerning Way of Life

Sat., Jan. 14, 9a-4p • S. Carol Rennie OSB • \$50
The beginning of a new year is an excellent time to reflect on one's life and discern where to place one's energies in the months ahead. This day of discernment includes studying scripture, I from our spiritual forbearers, and developing the elements of a plan.

Online Retreat: Open the Door of Your Heart

Jan. 16 thru Feb. 20 • Mon., Jan. 16, 7-8:30p optional face to face gathering • Jim Smith • \$40
An ancient religious practice and modern technology unite to offer a thoughtful look at transformative hospitality. The use of the Internet does respond to the demands of busy lives, but here it is a tool people can use for a daily practice of holy attention and mindfulness. The process is simple. Three times a week you will spend about twenty minutes reading a brief written reflection that will arrive in your email. A short video presentation helps expand the topic of the week. With this instruction you will also be offered some simple mindfulness exercises that you can incorporate as you go about your

day. While people complete the retreat alone, there is also an opportunity to post reflections you would like to share with others. As people are able, we will gather once before the retreat begins as a way to appreciate that this unique approach to retreat draws us into a circle of others seeking to live with open hearts.

Taizé Day of Reflection

Fri., Jan 20, 10a-8p • Jaci Bush • \$40
This day of reflection flows into the celebration of Taizé prayer and is inspired by the Week of Prayer for Christian Unity.

Taizé Prayer

Fri., Jan 20, 7-8p (third Friday of every 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.

A Nearsighted Vision of God: A Reading of Poems by Vic Klimoski

Sun., Jan 22, 1-3p • Victor Klimoski • No Cost
Victor Klimoski has long used the art of writing as an exercise of exploring the way of God within our world. This reception celebrates the completion of his manuscript of poems A Nearsighted Vision of God and features a reading of select poems by the author.

Men's Contemplative Spirituality Group

Mon., Jan 23, 7-9p (fourth Monday of every month) • David Sagula • Freewill Offering

This time of prayer and conversation is for men seeking to integrate contemplative spirituality into their active lives. The evening includes time with Scripture and silent prayer, as well as dialogue about men's spirituality and personal experience. No experience with contemplative prayer is necessary. Walk-ins welcome.

Great Conversations Series: If There Is A Common Good, What Happens To My Freedom?

Thu., Jan. 26, 9a-1p • Bernie Evans • Freewill Offering

Conversation has the power to inspire and transform. In that spirit the Benedictine Center has commissioned four facilitators to host four unique conversations. Each morning will include a brief reflection leading into dialogue and followed by lunch. Afterward the facilitator will assemble and share a summary of the insights which emerge from the discussion. Each conversation is limited to 12 participants. Contact the Benedictine Center if you have a particular interest in one or more of these conversations. The conversations include:

Jan. 26 If There Is A Common Good, What Happens To My Freedom?

Mar. 1 Spirituality Vs. Religion? (with Dr. Vic Klimoski)

May 10 How To Navigate The Many Callings Of Our Vocation? (with Laura Fanucci)

Jun. 19 When Can Doubt Strengthen Faith? (with the Rev. Paul Witmer)

Art: Eye of the Soul

Sat., Jan 28, 9a-3p • Peggy Thompson • \$80

Over the centuries, humans have relied on art to express their deepest feelings. Words alone often fell especially short in communicating the depth of emotion as one experienced God's revelation in the ordinary and extraordinary events of daily life. In this unique day of reflection, learn under the wise and gentle guidance of a master teacher how various art forms can become new ways to encounter the mystery of God. Limited to eight participants. Cost includes materials.

Poetry as Prayer

Mondays, 7-9p Jan. 30, Feb. 6, and Feb. 13 • Victor Klimoski • \$60 for series

Words become the medium of conversation between God and poet. This series of three sessions with an experienced poet explores both the prayerful discipline of working to say what you mean and the inspired art of following where the poem leads.

Bringing a Calmer Self to Life

Tues., Jan. 31, 7-9p • S. Mary White OSB • \$25

Prepare to experience a time of calming and quiet prayer, for personal well-being and fuel for a deeper intimacy with Christ. In addition, you will receive several simple tools which will make a difference in your life and relationships.

The Art of Being Present

Thu., Feb. 2, 7-9p • Mary Martin • \$25

The Benedictine charge to reverence all people as Christ demands much of the way one relates to others, whether professionally or more informally. In this session, Mary Martin draws on her experience as a chaplain and spiritual director to explore the way of being whole-heartedly with another person. Participants will examine and prepare for the challenges and the grace of God in an everyday exchange.

When Our Hearts Are Wintry: How Do We Practice When We Don't Feel Like Practicing

Thu., Feb. 9, 7-9p • Lisa Cressman • \$25

Whether one's primary spiritual practice is lectio divina, centering prayer, writing, or another form of prayer or

meditation, there will be times when the heart is wintry. This session explores wisdom from the Christian tradition about renewing and maintaining one's openness to the movements of God.

Hermitage Experience

Fri., Feb. 10, 7p to Sun., Feb. 12, 1p • S. Virginia Matter OSB • \$150

After a common orientation, participants spend the weekend in silence as they read, pray, meditate, and rest in the hospitality of the monastery. Limit 10 participants.

iLLUMINARE Ministry Renewal Day

Fri., Feb. 17, 9:30a-3p • Jackie Witter • \$30

iLLUMINARE Ministry Renewal Days are ecumenical days of reflection for full-time and volunteer ministers (lay and ordained) that draw on Scripture and the wisdom of the Christian tradition to reflect on how they illuminate the practice of ministry. The days include theological reflection, lectio divina, time for personal prayer and reflection, brief presentations, and conversation with other ministers. Guests new to iLLUMINARE are welcome.

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

Fri., Feb. 17, 6:30p to Sat., Feb. 18, 4p • S. Joanne Dehmer SSND • \$195 includes lodging and meals; \$125 for commuters

We mourn the death of our mother all the days of our life. This retreat offers women an opportunity to explore the significance of mother loss. Hosted by the Loyola Spirituality Center at the Benedictine Center. Call Loyola at 651.641.0008 to register.

Shape of the Divine: Working with Clay as Spiritual Practice

Mondays, 6:30-8:30p, Feb. 20 thru Mar. 26 • S. Virginia Matter OSB • \$150

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

Benedict on Prayer Series

Tuesdays, 7-8:30p, Feb. 21 thru Mar. 27 • Benedictine Center Staff • \$75 for series; \$20 for single evenings

For Benedict and throughout centuries, prayer has been the core of monastic life and community. In this series of six evenings, the staff of the Benedictine Center guides participants through an experience of Benedict's key insights on prayer and discipleship. Each evening ends with Compline with the monastic community. Attend all or one. Those who are new to and experienced with Benedictine prayer are welcome.

Feb. 21 Come and Pray As the Bell Tolls (S. Virginia Matter OSB and Sam Rahberg Oblate)

Feb. 28 The Work of God (Jackie Witter)

Mar. 6 Scripture and Prayer in the Rule of St. Benedict (S. Virginia Matter OSB)

Mar. 13 Acedia and Prayer (Jackie Witter)

Mar. 20 Psalms (S. Carol Rennie OSB)

Mar. 27 The Way of Lent (S. Carol Rennie OSB and Sam Rahberg Oblate)

Great Conversations Series: Spirituality vs. Religion?

Thu., Mar. 1, 9a-1p • Victor Klimoski • Freewill Offering
See Jan. 26 for description.

The Story Within: Movies and Meaning

Thu., Mar. 1, 6:30-9:30p • Jackie Witter • \$15
Movies can serve as contemporary parables, providing insights into life, faith and the human condition. Join Jackie Witter for a stirring movie followed by a conversation exploring the story it tells and the layers of meaning it reveals.

Introduction to Centering Prayer

Fri., Mar. 2, 9a-2:30p • S. Virginia Matter OSB • \$50
This ancient spiritual practice is a Christian way of meditating that teaches one how to listen for God's invitation to deeper relationship.

Five Key Obstacles to Collaboration

Tue., Mar. 6, 9a-3p • Barb Sutton • \$40

No one can argue with the value of collaboration as an idea. Its roots go deep in Christian tradition. But as some of the exhortations in New Testament writings suggest, the ideal always seems to falter. In this workshop, Barbara Sutton looks at five obstacles that impede the development of collaboration both as a practice of mutual leadership and as a disposition for forming pastoral teams. The opposite of each obstacle points to its remedy.



Abbot John Klassen OSB

Fri., Mar. 9, 7p to Sun., Mar. 11, 1p • \$200 includes lodging and meals Fri thru Sun; \$100 commuters, \$35 for Fri eve only

The Benedictine commitment to stability has stood the test of time, continuing to serve as a clarion call amid society's clamor for consumption and relentless activity. Abbot John Klassen OSB of Saint John's Abbey will explore stability as a keystone of Benedictine spirituality and indispensable aspect of Christian discipleship. A Friday evening lecture is open to the public and introduces broad themes. Register for Friday evening only or register for the entire weekend (overnight or commuting) as Abbot John continues to unpack the riches of Benedict's lasting insights on stability. Space is limited.

Bio Spiritual Focusing Basics

Fri., Mar. 23, 8:15a-5p • S. Virginia Matter OSB and S. Joanne Dehmer SSND • \$125

Focusing is a simple and natural process that teaches us how to accept ourselves by listening to our "body knowing" rather than to the messages and problem-solving of our head alone. By showing us practical steps to listen to

our body, Focusing helps us to be with ourselves as we really are and not as we imagine we ought to be.

Triduum Retreat with Spiritual Direction

Thu., Apr. 5, 6p to Sat., Apr. 7, 9p • S. Carol Rennie OSB • \$160

Join the Benedictine community in celebrating these holiest days of the Christian year and in deepening your appreciation of the narratives, symbols, and lived experience of Holy Thursday, Good Friday, and Holy Saturday. The schedule includes worship, group spiritual direction, rest, and free time. You will have the option of individual spiritual direction and will be home again for Easter Sunday.

Suicide: The Most Misunderstood of All Deaths

Fri., Apr. 13, 10a-1p • Mary Ann Carolin Oblate • \$25
Death is always painful, but its pains are compounded considerably if its cause is suicide. In this morning reflection, spiritual director Mary Ann Carolin explores the difficulties of living with suicide within the context of God's infinite mercies. She cites Abbot Jerome Kodell OSB who writes of God's comfort: "I love you. I am with you. Trust me." Includes presentation, conversation, and prayer together. Guests are welcome to stay for prayer and lunch with the monastic community.

RB 72: Good Zeal

Tue., Apr. 17, 7-9p • S. Jacqueline Leiter OSB • \$25
Saint Benedict emphasized the spirit of community in one short chapter near the end of The Rule. This session explores the good zeal, "preferring nothing whatsoever to Christ," as love made visible by mutual respect, support, and patience.

Taizé Day of Reflection

Fri., Apr. 20, 10a-8p • Sam Rahberg Oblate • \$40
A time of reflection flowing into the celebration of Taizé prayer. This month's reflection is anchored by an illumination from the Saint John's Bible.

Our Hearts Were Burning Within Us: What Does it Mean to Believe in a Secular Age?

Sat., Apr. 21, 9a-12p • Fr. Michael Byron • \$30

In the days after the Resurrection, the Gospels describe the hearts of Jesus' disciples burning within them. Join scholar and pastor Fr. Michael Byron to explore what it means to believe in a secular age and rekindle the zeal of faith in Christ.

In Others' Words: A Musical Reflection with Katy Wehr

Tue., Apr. 24, 7-9p • Katy Wehr • \$30

The album "In Others' Words" by local musician Katy Wehr explores classic spiritual poems through the lens of Wehr's own melodies. The album also includes original pieces. This evening of acoustic music and prayer opens into conversation with the artist about how music gives voice to the experience of God. Cost includes a free CD.

Great Conversations Series: How Do We Navigate The Many Callings Of Our Vocation?

Thurs., May 10, 9a-1p • Laura Fanucci

See Jan. 26 for description.

The Welcoming Prayer: Attending to What Is

Sat., May 19, 9a-3:30p • Meredith Schifsky • \$45

The Welcoming Prayer is a practice of "letting go" in the present moments of daily life. The ordinary routines of daily life present emotional challenges that drain the reservoir of interior silence that we establish through a regular practice of contemplative prayer. The Welcoming Prayer practice helps us respond instead of react when we meet such challenges. Participants will learn and practice "letting go" and letting the Spirit work in the present moment, becoming less conflicted by anxieties, fears, anger and other afflictive emotions. Supports other forms of prayer, including lectio divina, centering prayer, and more.

iLLUMINARE Ministry Renewal Day

Fri., Jun. 8, 9:30a-3p

See Feb. 17 for description.

Great Conversations Series: When Can Doubt Strengthen Faith?

Tue., Jun. 19, 9a-1p • Rev. Paul Witmer

See Jan. 26 for description.

School of Lectio Reunion

Fri., Jun. 22, 7p to Sun., Jun. 24, 1p • S. Virginia Matter OSB and S. Carol Rennie OSB • \$125

A time for alums of any School of Lectio Divina to renew their practice and be refreshed by the rhythm of prayer, quiet, and conversation at St. Paul's Monastery.

2012A School of Lectio Divina

Fri., Jul. 6, 1p to Wed., Jul. 11, 1p • S. Meg Funk OSB • \$700

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 to connect with a *lectio* companion, and participate in reflective conversation with other participants. In addition, the Center will provide a variety of on-going support activities and resources after the retreat participants make sustained lectio core to individual prayer and spiritual development. Limit 15 guests. Application materials available online or by contacting the Benedictine Center.

Creating and Holding A Space: Insights from Group Spiritual Direction

Thu., Jul. 26, 9a-1p • S. Carol Rennie OSB • \$30

S. Carol Rennie OSB is committed to and experienced in drawing others into conversation that helps each person become more attentive to the movements of God. Participants in this session will gain insights into creating and holding a space for meaningful conversation. Ideal for those working with small groups, group spiritual direction, and other more intentional conversations around the spiritual life. Includes lunch.

Lectio Pilgrimage to Saint John's Abbey

Fri., Jul. 27, 7p to Sun., Jul. 29, 2p • S. Carol Rennie OSB • \$250

The retreat begins at St. Paul's Monastery with an introduction to key texts that have been brilliantly illuminated in The Saint John's Bible. The next day, retreatants travel to Saint John's Abbey where they will continue their meditation on the texts with the original illuminations. After spending the night at the Abbey Guesthouse, they return to the monastery for Eucharist and brunch. Participation limited by accommodations; shared lodging welcomed, but not necessary. Registration deadline Jun. 30.

iLLUMINARE Ministry Renewal Day

Fri., Aug. 10, 9:30a-3p

See Jan. 20 for description.

Taizé Day of Reflection

Fri., Aug. 17, 10a-8p • S. Carol Rennie OSB • \$40

A time of reflection flowing into the celebration of Taizé prayer. This month's reflection explores the universal, contemporary, and timeless nature of the psalms. They are treasured songs of the heart.

Centering Prayer and Lectio Divina Retreat

Fri., Aug. 17, 7p to Wed., Aug. 22, 1p • S. Virginia Matter OSB • \$375 includes lodging and meals; \$180 thru Sunday only

Experience a time of profound silence and praying the Scriptures as you enter into deeper relationship with God and self. Blends a rhythm of centering prayer, lectio divina, and prayer with the monastic community.

presenter bios online at
www.stpaulsmonastery.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. The schedule varies for Eucharist as well as Morning, Midday and Evening Prayer. Call 651.777.8181 for details.

THE BENEDICTINE RETREAT CENTER
OF ST. PAUL'S MONASTERY

Make a Personal Retreat

See a Spiritual Director

Join Group Spiritual Direction

Staff Renewal Days, Group Retreats,
and Conference Rentals

Skilled Facilitation On and Off Site

651.777.7251 or benedictinecenter@stpaulsmonastery.org

OTHER RESOURCES

Weekly E-Bulletin

Oblate Formation

Vocations

iLLUMINARE

Ministry of Mothers Sharing

Maple Tree Childcare Center

Counseling for Individuals

651.777.8181 or www.stpaulsmonastery.org

Save Paper and Postage: Email a request to receive this catalog electronically. Events are also online at www.stpaulsmonastery.org.

Registration

Register by mail, by phone at 651.777.7251,
or online at www.stpaulsmonastery.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 55109-5097

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 handicapped accessible.

This form may be duplicated for multiple registrations.

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 3 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 2 miles to Benet Road. Turn right. Driveway is on the right.

From I-694: take 120 south 4 miles to Benet Road. Turn right. Driveway is on the right.

Mission

The Benedictine Center is a ministry of the Sisters of St. Benedict of St. Paul's Monastery. Drawing on its monastic heritage, the Benedictine Center creates a place where people at all stages of life can find resources and support to pursue a balanced life.

"I arrived tired and with my life happy but routine. I leave rested in body and soul and renewed by the time I was able to spend in quiet with God."

Anne

"The deep stillness wrapped around me, and I was able to immerse into sacred silence and listen."

John

"Our retreat at the monastery provided a container for us to be together on holy ground."

Julie

Invest in the Future of Benedictine Retreat Ministry

Support the Sisters of St. Benedict of St. Paul's Monastery in their efforts to assure the future of the Monastery's ministries.

Make a donation today at www.stpaulsmonastery.org



The Benedictine Center
of St. Paul's Monastery

2675 Benet Road
St. Paul, MN 55109-5097

Supporting the Benedictine Vision of Discipleship

This fall a young woman named Jennifer called the Monastery seeking spiritual direction. She is a mother and wife and searching more deeply into her vocation, struggling with feelings of exhaustion and lack of focus. Jennifer is now journeying with one of the Benedictine Center's spiritual directors, and reclaiming her awareness of God's presence and her sense of calling. Without the generosity of others, Jennifer and her husband would not have been able to afford the contribution for the monthly sessions. Jennifer is not alone in her spiritual need and financial limitations making your continued support a pillar of sustained ministry.

Friends and benefactors make gifts to this ministry because they consider Benedictine spirituality an essential asset to their spiritual lives and because they believe the Benedictine vision of discipleship is an important voice for our world today. Your support enables a talented team of Sisters, Oblates, volunteers, and staff to provide spiritual direction,

a beautiful place for retreat, and opportunities for people to engage in purposeful conversation and prayer.

Opportunities for new and ongoing supporters to help people like Jennifer:

- Invite a friend to St. Paul's Monastery
- Make a contribution to the Benedictine Center by donating online at www.stpaulsmonastery.org or by using the enclosed gift envelope
- Sponsor an event, a retreat, or a session of spiritual direction
- Remember the Benedictine Center of St. Paul's Monastery in your will
- Learn more about the Monastery's development priorities, including an effort to build an endowment for ministry.

Learn more about the Benedictine Center and how you may support its mission by contacting Sam Rahberg, Director at 651.777.7251 or James J. Fennell, Development Director at 651.209.9022. Also, visit www.stpaulsmonastery.org.