



The Benedictine Center  
of St. Paul's Monastery

Phone 651.777.7251

[www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)

# Listen

*Retreats and other spiritual growth opportunities*

All guests who present themselves  
are to be welcomed as Christ.  
from the *Rule of St. Benedict*

SEPTEMBER-DECEMBER 2010

# Unrelenting Change

Monasteries are often looked to as a model of stability. While Benedictines do live with a deep sense of rootedness, our spiritual tradition also reminds us that we constantly face the challenges of change. Sometimes those take external form in the ministries we perform, the decisions we make about our common life, the practical aspects of schedules and allocation of resources, and even where we will reside. We are also mindful of the internal changes that must occur if we are to follow Christ truly. Discipleship, as the *Rule of St. Benedict* makes plain, is not a static reality but a process of growth and discovery, failure and repentance, insight and learning. What God calls us to be is a work in progress. That is one of the reasons Benedictines take a vow of *conversatio*, for it emphasizes our commitment each day to let go of our comfortable ways and preferences in order to respond to Christ's invitation, "Follow me."

Understanding the power of change in Christian discipleship is not restricted to monastics. St. Benedict's teaching in the *Rule* has meaning for all Christians. They may not take a vow of *conversatio*, but they are called to be open to the challenges and changes that

come their way in the mysterious plan of God. As one author writes, "St. Benedict will not allow us to evade change, and he has no illusions about what is involved in facing up to the demands of growth and change" (Esther de Waal, *Seeking God*, p. 75). We equip ourselves, she goes on to say, with prayer and study being mindful always that underneath unrelenting change runs the deep current of God's sustaining grace.

In the spirit of *conversatio*, I am pleased to announce our spirituality program for the coming year. The retreats, workshops, and other opportunities in this catalogue offer resources to those who are seeking to understand and respond to God's invitation in their lives. Our monastery exists, in part, as a place where people can find support for the challenges they experience as they grow spiritually. Here you can find rest, a community of prayer, and ways to understand where God leads. In the months ahead, I hope you will take the time to visit us, pray with us, and participate in the offerings found here.

*Sr. Lucia Schwickerath OSB*  
Prioress



The Benedictine Center  
of St. Paul's Monastery

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Office Hours Mon-Fri, 9a-4p

## Staff

Victor Klimoski	Director
Samuel Rahberg	Associate Director
Virginia Matter OSB	Spiritual Director, Potter
Jacquelyne Witter	Director of ILLUMINARE
Carol Rennie OSB	Spiritual Director
Mary Martin	Spiritual Director
Peter Watkins	Spiritual Director
Chris Folkenson	Hospitality
Benita Gerold OSB	Hospitality
Karen Sames OSB	Hospitality
Sharon Schiller OSB	Hospitality

## Exhibits

A new series of exhibits on art and spirituality will be offered throughout the year. Announcements of the artists and themes can be found at [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org).

## Weekly Centering Prayer Group

Wed., Sept. 8, 6:30-7:20a (each Wednesday)

No cost

Centering Prayer is a form of prayer that takes practice. Each week the monastery hosts a time for those seeking to deepen their experience under the guidance of S. Virginia Matter OSB.

## Writing as Spiritual Practice

Victor Klimoski

Mon., Sept. 13, 7-9p (orientation)

\$150

Writing is deeply personal, especially as the writer tries to find the right voice and style to communicate her or his ideas. Designed particularly for those who use writing as a spiritual practice, this set of three private sessions with Vic Klimoski provides a space to explore both one's ideas and the mechanics of the writing process. Subsequent meetings scheduled Sept. 13.

## School of Lectio Divina

S. Meg Funk OSB

Tues., Sept. 14, 1p thru Sun., Sept. 19, 1p (FULL)

(also Feb. 25 thru Mar. 2 OPEN)

\$700 includes lodging and meals

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 for individual spiritual direction, 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

Please register early. Without a minimum number of participants, events may be cancelled.

sustained *lectio* core to individual prayer and spiritual development. Limit 15 guests. Email [benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org) for Feb. 25 – Mar. 2 application materials.

## Arts and Justice Lecture

Maureen O'Connell

Fri., Sept. 17, 3-5p

Freewill offering

Offered primarily for the arts community and open to those interested in the arts and theology, this lecture draws on Dr. O'Connell's current research on community murals and urban social ethics. In it she explores connections between theological aesthetics and ethics, beauty and justice, and art and restorative justice and urban development.

## Taizé Prayer

Monastic Community

Fri., Sept. 17, 7-8p (third Friday of every month)

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.

## Shape of the Divine: Working with Clay as Spiritual Practice

S. Virginia Matter OSB

Mondays, 6:30-8:30p, Sept. 20 thru Oct. 25

\$150 includes materials

Under the direction of experienced potter S. Virginia Matter OSB, learn how making hand-built vessels can aid the process of meditation. Cost includes materials.

## Reading Circle: Benedict's Toolbox

Sam Rahberg

Mondays, 7-9p, Sept. 20 and 27

\$35 includes book

This two-part discussion explores the book by Jane Tomaine who will be guest presenter on Oct. 5. Her book points out the practical ways the *Rule of St. Benedict* can be a vital resource in daily life.

# School of Lectio Divina

Sept 2010

The School of Lectio Divina is a new initiative of the Benedictine Center of St. Paul's Monastery that emerged in partnership with Benedictine scholar S. Meg Funk OSB and serves those interested in deepening their practice of a classic Benedictine spiritual discipline. There will be two Schools in 2010-2011, one in September and another in February.

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

For details and application materials, email [benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org) or call 651.777.7251.

## Miracle of Grace

Retreats have a mysterious quality about them that is difficult to decipher. Things happen as one steps out of the rapid pace of daily life into a place of sacred peace and quiet. Sometimes ideas that have gotten lost in the din come clear. Sometimes a path cluttered by an overstuffed calendar suddenly opens. At still other times, “making time” restores a bit of one’s power to be in charge of what will happen next.

Not every story is like the one to follow. But the retreat ministry of St. Paul’s Monastery invites people into moments that can be life changing.

Last year a guest of St. Paul’s Monastery learned that his dormant cancer had returned with, as he said, a vengeance. During a difficult conversation with a Benedictine Center staff member, this man wept over a bleak future. The natural thing for us to do was to promise him that the Sisters would keep him in prayer, a ministry they carry on year in and year out. We also invited him to come on retreat as our guest.

He hesitated, saying he would have to think about it. Several days later he called to accept.

He came for three days and met each day for spiritual direction with S. Virginia Matter. He called into the Center a few weeks after his retreat, telling us that the retreat and his conversations with S. Virginia had changed his life. He had begun the difficult task of reconciling himself with some people from whom he had been alienated a long time. His wife told S. Virginia at his funeral that whatever happened in those three days at the monastery made it possible for him to die in peace.

We know that what “made it possible” was the miracle of grace that can become manifest in a space where one is held up and supported. This man, like every guest who comes here, experienced the commitment of the monastic community and the Center staff to receive each person as Christ. We count that as both a privilege to extend and a blessing to receive.

### Is Spiritual Direction Right for Me?

Peter Watkins

Tues., Sept. 21, 7-8p

No cost

There are times when a deep conversation about one’s spiritual questions and insights can deepen one’s relationship with God. That is the role of spiritual directors. Come and learn more about the process and whether it is suited to your spiritual needs.

### Poetry Reading by Michael Dennis Browne

Michael Dennis Browne

Wed., Sept. 22, 7:30-9:30p

Freewill offering

*“The mingling of both well-being and distress in us is so astonishing that we can hardly tell what state we are in. But the fact is, that is a part of being whole. We stand in this mingling all our life.” (Julian of Norwich)*

Poets have a vocation to pay attention – to the world, to the events that shape us, to the intricacies of the human heart. Drawing on his extensive career as poet and teacher, Michael Dennis Browne will read and reflect on his poems as they grapple with well-being and distress. He is Professor Emeritus at the University of Minnesota, where he has taught from 1971 to 2010. Two of his collections of poetry have won the Minnesota Book Award. *To Be Certain of the Dawn*, a post-Holocaust oratorio written with the composer Stephen Paulus, was released as a CD by the Minnesota Orchestra on BIS Records in 2009. His most recent publication is *What the Poem Wants: Prose on Poetry* (Carnegie Mellon University Press, 2009). Other publications include *Give Her the River*, a picture book (Atheneum Books for Young Readers, 2004) and *Things I Can’t Tell You*, a collection of his poems (Carnegie Mellon University Press, 2005).

### Men's Contemplative Spirituality Group

David Sagula

Mon., Sept. 27, 7-9p (fourth Monday of every month)

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. Freewill offering.

### Lectio 101: The Word of God

Steve Arnold

Tues., Sept. 28, 7-9p

\$25

An ancient spiritual practice, *lectio divina* is a prayerful reading of the Bible. In this session, participants learn how this practice can enrich their encounter with the Scriptures.

### Benedictine Spirituality for the Frazzled

Rev. Jane Tomaine, D.Min.

Tues., Oct. 5, 7-9p

\$25

Ever feel like a prisoner of your schedule? Looking for ways to restore balance and wholeness? Would you like to draw on God's continual presence in your daily life? This evening program explores how the *Rule of St. Benedict* can help one stay connected to God in the fray and open to that holy grace that infuses hope and peace. To bring the learning alive in day-to-day routines, participants will receive practical tools to help live in the present moment, create a healthier balance and connect with God through creative ways during the day. Come and join others who are seeking a deeper relationship with God and explore how wisdom from the sixth century speaks in a living and relevant voice for today.

### Bio Spiritual Focusing Enrichment

S. Virginia Matter OSB and S. Joanne Dehmer SSND

Wed., Oct. 13, 7-9p

\$20

An evening of enrichment and shared practice for those who have experience with Bio Spiritual Focusing. Offered in cooperation with Loyola Spirituality Center.

### Steps Toward Healing Wounds of the Past

S. Mary White OSB

Thurs., Oct. 14, 7-9p

\$25

Faith gives us guidance toward freedom from the harmful effects of unhealed emotional pain, whether it be pain inflicted from outside or pain which is caused within. With a determined will and surrender to grace, participants will find inner peace and renewed energy for the future. Join this evening for a review of simple practices which open the way to healing.

### Taizé Day of Reflection

Victor Klimoski

Fri., Oct. 15, 10a-8p

\$40 includes meals

A time of reflection flowing into the celebration of Taizé prayer. Theme: Cultivating the presence of God.

### Taizé Prayer

Fri., Oct. 15, 7-8p

See Sept. 17 for description.

### Intro to Centering Prayer

S. Virginia Matter OSB

Sat., Oct. 16, 9-3p

\$50 includes lunch

This ancient spiritual practice is a Christian way of meditating that teaches one how to listen for God's invitation to deeper relationship. S. Virginia Matter OSB has been teaching Centering Prayer for over 20 years.

## Spiritual Direction

Spiritual direction provides a non-judgmental environment for honest sharing about spiritual matters. Learn to see God's presence in everyday life and find help with resources, prayer, and meditation. There are no set number of meetings nor a need to commit to a certain length of time. Determine with a director how this ancient practice can best be helpful to you. Call 651.777.7251 to explore the options.

## Centering Prayer

When words and activity become too much, it is time for quiet in the arms of God. Centering Prayer teaches a person how to respond to God's invitation to deeper relationship through contemplative stillness. Its roots are within the Christian heritage as taught by the Desert Fathers and Mothers and shared at the Benedictine Center through the work of Minnesota Contemplative Outreach.

## Lectio Divina

"Divine Reading" or "Praying with Scripture" is a way of being with the Scriptures through silence and slow reading. In his book *Sacred Reading*, Fr. Michael Casey OCSO describes *lectio divina* as a "means of setting aside the superficial to reach the heart of reality."

Please register early. Without a minimum number of participants, events may be cancelled.

### The Magic of Movies Is Not Magic

S. Carole Sweely OSB

Tues., Oct. 19, 6:45-9:30p

\$10

This season of Tuesday night movies will look at how films create their magic – or fail to do so. Editing, musical scoring and plot are a few of the key elements that impact the quality of a film. Films selected to illustrate these elements include *A Man for All Seasons* and *High Noon* (for editing), *The Stalking Moon* and *Gaslight* (for scoring) and *Robin and Marian* (for plot). Classes meet Tuesdays from 6:45-9:30p on Oct. 19, Nov. 30, Jan. 8, Feb. 15, and Mar. 15 to include the film and discussion.

### Centering Prayer Enrichment

S. Virginia Matter OSB

Wednesdays, 7-9p, Oct. 20 thru Nov. 3

\$35 for all three

These three sessions use teachings and dialogue to enrich one's practice of Centering Prayer. Session 1: Prayer in Secret and The Discipline of Centering Prayer; Session 2: What Centering Prayer is Not and What It Is and The Basic Principles of Centering Prayer; Session 3: The Method of Centering Prayer.

### Praying the Psalms

S. Carol Rennie OSB

Thurs., Oct. 21, 7-9p

\$25

The Psalter has been a powerful source of spiritual inspiration for generations. Come and discover how the psalms can be a constantly fresh source of personal prayer.

### Men's Contemplative Spirituality Group

Mon., Oct. 25, 7-9p

See Sept. 27 for description.

### Good Zeal

S. Jacqueline Leiter OSB and Kelly Marie O'Brien

Tues., Oct. 26, 7-9p

\$25

Zeal is an "old-fashioned" word that conjures images of someone a bit overly enthusiastic about something. St. Benedict taught otherwise. Good zeal is love made visible by mutual respect, support, and patience.

### iLLUMINARE Ministry Renewal Day

Jackie Witter

Thurs., Oct. 28, 9:30a-3p

\$30 includes lunch and materials

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 as 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

S. Joanne Dehmer SSND

Fri., Nov. 5, 7p thru Sat., Nov. 6, 4p

\$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 651.641.0008 to register.

### Hospitality: Learning to Welcome the Outsider

Jim Smith

Sat., Nov. 6, 9-12p

\$30

The virtue of hospitality calls for a great openness to all those who are on the margins of community life. They are there because they don't hold the same views as we do, don't belong to any group within the community, don't

share our history and experience. Outsiders are different for a host of reasons. Hospitality challenges us to create space in the community where everyone can find a place and belong. In fact, we may need to move beyond our comfort zone, at least long enough to find our center with others at the edge.

### When Thinking Gets in the Way of Praying

Rev. Lisa Cressman, D. Min.

Thurs., Nov. 11, 7-9p

\$25

Ancient monastics discovered that in their zeal to be faithful at prayer, they underestimated the sorts of distractions their minds could generate. The passage of centuries has not cured this problem. Enrich your ability to stay focused in prayer by joining Lisa Cressman to explore practical helps and time-tested monastic wisdom.

### Psalms for the Liturgical Year

Frank Rivas

Mondays, 7-9p Nov. 15 and 22

\$40

In the Liturgy of the Hours, psalms composed centuries before Jesus nonetheless give voice to the breadth of the Christian tradition. There are, however, problems with the psalms; many, for example, assume that God should help us and "our people" just as God should punish those we identify as enemies. After millennia of conflicts in which God was invoked by both sides, we have witnessed the danger of this approach. Frank Rivas approaches the psalms by examining this ethnocentrism more closely by studying the Hebrew text and by examining our own hearts.

### Surviving Ministry: A Theological Appraisal of Pastoral Stress

Victor Klimoski

Thurs., Nov. 18, 9a-3p (also Jan. 24 and Feb. 11)

\$30 includes lunch

Stress is a major factor in contemporary church ministry. While the elimination of stress is a false promise, it is also false to assume there is nothing one can do about it. Drawing on a recent issue of *Human Development* (copy

provided each participant), this conversation explores the personal and theological decisions lay and ordained ministers need to make in order to manage stress. Limited to twelve guests.

*Surviving Ministry is also offered as an overnight retreat at Saint John's Abbey Guest House Oct. 27-28, Nov. 8-9, and Feb. 1-2. Overnight cost is \$100. Contact Cindy Maile at [cmaile@csbsju.edu](mailto:cmaile@csbsju.edu) to register for the events at Saint John's.*

#### **Taizé Prayer**

Fri., Nov. 19, 7-8p

See Sept. 17 for description.

#### **Recreating Christmas as a Religious Holiday**

Mary Boespflug

Sat., Nov. 20, 9-12p

\$30

Advent signals the approach of Christmas whose spiritual meaning gets overwhelmed by its commercialization. This workshop offers helpful ideas and insights for managing seasonal stress and keeping in focus the promise of God's revelation in the birth of Jesus.

#### **Men's Contemplative Spirituality Group**

Mon., Nov. 22, 7-9p

See Sept. 27 for description.

#### **Centering Prayer and Lectio Divina Retreat**

S. Virginia Matter OSB

Fri., Nov. 26, 7p thru Sun., Nov. 28, 1p (also Aug. 19-24)

\$180 includes lodging and meals

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.

#### **Praying with Scripture through Advent**

S. Virginia Matter OSB

\$50

Tuesdays, 9:30-11a, Nov. 30 thru Dec. 21

Prepare for Advent by entering into key scriptural texts that open us to the miracle of the Incarnation.



## What might happen on a retreat?

- ☝ Something compels a retreat. It may be anger at God, becoming aware that I am not paying attention to God, or becoming dissatisfied by my lapsed spiritual practice, even though I know it is the one way that I stay in touch with my truest self.
- ☝ I come to the monastery as I have many times before. From the moment I pass through the doors, I sense a different kind of peace around me, if not within.
- ☝ I sit with a spiritual director just long enough to begin sorting out some of the knots that leave me feeling tense and anxious. I'm given a Scripture to pray with and return to my room for the first quiet I have experienced in a long time. As I try to pray, I fall asleep...
- ☝ Over the course of a few days, I come to a deeper awareness of what is happening inside of me, how I have been moving away from God and how God has been moving persistently toward me. I'm exhausted from the hard work of paying attention to the range of emotions that have been bottled up, and yet energized by sparks of familiar desires being fanned into flame.
- ☝ It's a pattern repeated often: experiencing a block, naming it, moving into it, receiving the grace to be changed by it, and stepping forward with hope. After years of similar retreats, I believe this retreat I hit the core.
- ☝ I'm coming home to myself with God.

**The Magic of Movies Is Not Magic**

Tues., Nov. 30, 6:45-9:30p

See Oct. 19 for description.

**Six Indispensible Truths About Christmas**

Fr. Michael Byron

Thurs., Dec. 2, 7-9p

\$25

Even though we know Christmas is a religious feast, its theological significance can often get lost in mistletoe, reindeer tracks, and last minute bargains. Theologian and pastor Fr. Michael Byron explores six key ideas about Christmas many people miss or underestimate.

**iLLUMINARE Ministry Renewal Day**

Fri., Dec. 10, 9:30-3p

See Oct. 28 for description.

**The Christmas Village Exhibit**

Open Dec. 11 thru Jan. 6, 9a-6p daily

Freewill offering

This elaborate display of hand-painted Fontanini figurines during the Advent and Christmas Season provides a three-dimensional interpretation of the nativity of our Lord.

**Taizé Retreat**

S. Virginia Matter OSB

Fri., Dec. 17, 7p thru Sat., Dec. 18, 1p

\$70

This retreat flows from the celebration of Taizé prayer.

This month's focus: heartfulness.

**Taizé Prayer**

Fri., Dec. 17, 7-8p

See Sept. 17 for description.

**Men's Contemplative Spirituality Group**

Mon., Dec. 27, 7-9p

See Sept. 27 for description.

**Crossing the Threshold**

S. Carol Rennie OSB and S. Virginia Matter OSB

Fri., Dec. 31, 3p thru Sat., Jan. 1, 10a

\$95 includes lodging and meals

Life is a pilgrimage, a journey toward the sacred center of the heart. This year's retreat will use the meditative practice of *visio divina* to explore Chapter 37 of the prophet Ezekiel in which he describes the valley of the dry bones. We will have an opportunity to reflect on the dry bones in our lives and how the breath of God moves us toward an expression of hope. For *visio divina*, this retreat will draw on an illumination from the Saint John's Bible to guide one's imagination into the Word of God.



## Celebrate the light

Join the Sisters of St. Benedict of St. Paul's Monastery in their Celebrate the Light Campaign to raise support for the monastic community and to assure the future of the monastery's ministries.

Consider making a donation today.

To learn more, visit our website at  
[www.stpaulsmonastery.org/celebratethelight.htm](http://www.stpaulsmonastery.org/celebratethelight.htm)

# 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

651.777.7251 or  
benedictinecenter@stpaulsmonastery.org

### Make a Personal Retreat

Schedule a day-long, overnight, or multiple day retreat at the monastery.

### See a Spiritual Director

Benefit from private conversations about your relationship with God.

### Join Group Spiritual Direction

Journey with five people using two-hour sessions.

### Staff Renewal Days, Group Retreats, and Conference Rentals

Choose the monastery for small conferences and independently planned retreats.

### Skilled Facilitation On and Off Site

Request experienced leadership for topics in spirituality, prayer, and personal growth.

### Save Paper and Postage

Email a request to receive this catalog electronically. Events are also online at [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org).

## Other Resources

### Weekly E-Bulletin

Sign up online or email  
benedictinecenter@stpaulsmonastery.org.

### Oblate Formation

For info call the Director of Oblates at 651.777.8181.

### Vocations

To explore becoming a Benedictine Sister, call S. Marie Fujan OSB at 651.777.8181.

### *ILLUMINARE*

For info about *ILLUMINARE*, a ministry to ministers, call 651.777.6850 or visit [www.illuminate.org](http://www.illuminate.org).

### *Ministry of Mothers Sharing*

For info about *Ministry of Mothers Sharing* or to schedule a retreat designed for mothers of all ages, call 651.748.4089.

### Maple Tree Childcare Center

For info about weekday programs for infants, toddlers, and preschoolers, call 651.770.0766.

### Counseling for Individuals

For individual or family counseling and instruction in Christian meditation, call S. Mary White OSB at 651.222.4373.

More at [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)

# Calendar 2011

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## MONTHLY EVENTS (FREEWILL OFFERINGS)

**Centering Prayer Group**  
Wednesdays 6:30-7:30a

**Taizé Prayer**  
Third Fridays 7p

**Men's Contemplative Spirituality Group**  
Fourth Mondays 7p

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### JANUARY

2-6 iLLUMINARE Retreat  
5 Weekly Centering Prayer Group  
10 Ministers Writing  
14-16 Without Work: Beginning Again  
15 Where Am I Going?  
What Shall I Do?  
How Will I Be Sustained?  
18 The Magic of Movies Is Not Magic  
19 Writing From the Inside Out:  
A Community Experience  
21 Taizé Prayer  
24 Surviving Ministry:  
A Theological Appraisal of Pastoral Stress  
24 Men's Contemplative Spirituality Group  
27 Reading Circle: *Lectio Matters*  
28-30 Prodigal Son Writing Retreat

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### FEBRUARY

5 Art: Eye of the Soul  
10 Moving From Fear to Trust  
11 Surviving Ministry: A Theological  
Appraisal of Pastoral Stress  
12 Intro to Centering Prayer  
12 Listening With the Ear of Your Heart

15 The Magic of Movies Is Not Magic  
16 Centering Prayer Enrichment  
18 Taizé Day of Reflection  
18 Taizé Prayer  
24 Twenty-First Century Lenten Disciplines  
25 - Mar. 2 School of Lectio Divina  
28 Men's Contemplative Spirituality Group

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### MARCH

7 - Apr 11 Shape of the Divine:  
Working with Clay as Spiritual Practice  
10 iLLUMINARE Ministry Renewal Day  
10 Virtue and Vice  
11 Keeping Focus: How Supervision  
Improves the Practice of Ministry  
12 The Spirituality of Parenting  
15 The Magic of Movies Is Not Magic  
18 Taizé Prayer  
20-24 iLLUMINARE Retreat  
22 An Early Spring:  
The Poems of Clem and Elizabeth Nagel  
24 Community and Belonging  
25 Bio Spiritual Focusing Basics  
25-27 Hermitage Experience  
28 Men's Contemplative Spirituality Group  
31 Food for the Soul

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### APRIL

7 The Natural World As Revelation  
15-16 Taizé Retreat  
15 Taizé Prayer  
21-23 Triduum Retreat  
25 Men's Contemplative Spirituality Group  
30 What Happened on the Road to Emmaus?

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### MAY

14 Monastic Mindfulness: A Blend of  
Harmony, Wholeness and Balance  
experienced through our Dreams  
20 Taizé Prayer  
23 Men's Contemplative Spirituality Group

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### JUNE

9 iLLUMINARE Ministry Renewal Day  
13 Taizé Prayer  
27 Men's Contemplative Spirituality Group

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### JULY

15 Taizé Prayer  
15-17 Lectio Pilgrimage to Saint John's  
22-27 Directed Retreat  
25 Men's Contemplative Spirituality Group

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### AUGUST

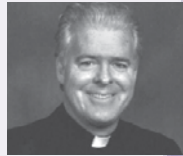
10 iLLUMINARE Ministry Renewal Day  
14-18 iLLUMINARE Retreat  
19 Taizé Prayer  
19-24 Centering Prayer and Lectio Divina Retreat  
22 Men's Contemplative Spirituality Group

# Presenter Bios

**Steve Arnold** is a retreat leader, speaker, author, chaplain and bridge-builder with extensive experience in parish ministry and higher education.

**Mary Boespflug** is the national director for the Ministry of Mothers Sharing, a ministry of St. Paul's Monastery.

**Fr. Michael Byron** is associate professor of theology at the Saint Paul Seminary School of Divinity of the University of St. Thomas. He is also pastor of St. Cecelia's parish.

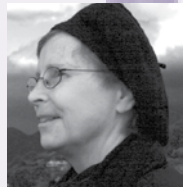


**Rev. Lisa Kraske Cressman, D. Min.,** is an Episcopal priest who currently serves the parish of St. Mary's Episcopal Church, Basswood Grove. Lisa is also a spiritual director and retreat leader. She and her husband have two children and live in Lake Elmo.

**S. Joanne Dehmer SSND** is a spiritual director on the staff of the Loyola Spirituality Center.

**Michael Dennis Browne** is a nationally acclaimed poet, popular workshop leader, and Professor Emeritus at the University of Minnesota.

**S. Meg Funk OSB** is former prioress of Our Lady of Grace Monastery in Beech Grove. She is a writer and teacher of spiritual practices, currently working on a text called *Lectio Matters*.



**Victor Klimoski** is the director of the Benedictine Center staff and the director of Lifelong Learning at Saint John's School of Theology.

**S. Jacqueline Leiter OSB** is a member of St. Paul's Monastery and a teacher in St. Paul.

**S. Virginia Matter OSB** is a member of St. Paul's Monastery and the Benedictine Center staff, spiritual director, accomplished artist, and teacher of Centering Prayer.

**Kelly Marie O'Brien** is a novice of St. Paul's Monastery with experience in mission work and nonprofits.

**Maureen O'Connell, Ph.D.** is assistant professor of theology at Fordham University. A specialist in Christian ethics, Dr. O'Connell's current research project is "Sacred Beauty in Secular Blight: Community Murals, Theological Aesthetics and Urban Social Ethics."

**Sam Rahberg** is associate director of the Benedictine Center and an Oblate of St. Paul's Monastery.

**S. Carol Rennie OSB** is a member and former prioress of St. Paul's Monastery and on the Benedictine Center's spiritual direction team.

**Frank Rivas** is an artist from Minneapolis working with religious themes, drawing on his deep religious roots and formal theological training. His current project includes creating photographic images that reflect his study of the psalms and their meaning for the contemporary person. An exhibit of that collection will be at the monastery in September 2011.

**David Sagula** is a licensed psychologist and management consultant.

**Jim Smith** is director of faith formation at St. Margaret Mary Parish in Golden Valley, Minnesota.

**S. Carole Sweely OSB** was a high school English and film teacher before returning to library service at St. Paul's Monastery.

**Rev. Jane Tomaine, D.Min.,** is an Episcopal priest and nationally-known retreat leader from New Jersey and is the author of *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living* (Morehouse 2005). Jane leads retreats and workshops at parishes, monasteries and retreat centers, and teaches a course on Benedictine Spirituality at the Newark School of Theology.



**Peter Watkins, M.Div.** is a high school teacher of twenty years, author, musician, spiritual director, and little-league soccer coach. He is presently in the midst of raising three sons. Peter is a member of the Benedictine Center's spiritual direction team.

**S. Mary White OSB** is a licensed psychotherapist, a skilled teacher of Christian meditation, and a member of St. Paul's Monastery.



**Jackie Witter** directs ILLUMINARE, part of the Benedictine Center's ministry to ministers, and is a frequent conference presenter and retreat leader.



The Benedictine Center  
of St. Paul's Monastery

Phone 651.777.7251

[www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)

## 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.

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

From I-694, take 120 south to Benet Road (4 miles), turn right. Driveway is on the right.



The Benedictine Center of St. Paul's Monastery  
2675 Benet Road · St. Paul, MN 55109-5097

## Benedictine Center Registration Form

Register online at [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)  
or by phone at 651.777.7251

\_\_\_\_\_  
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.