

Spiritual Directors

Spiritual directors create a non-judgmental environment for honest sharing about spiritual matters. They help others notice how God is working in everyday life. They can help you choose resources, pray with you, and teach you how to meditate.



S. Virginia Matter, OSB is a spiritual director and teacher of Centering Prayer. She has extensive experience in creative arts, Christian spirituality and Lectio Divina, spiritual direction, and directed retreats.



Mary Martin received her training at the Franciscan Spirituality Center in La Crosse, WI, and is a hospital chaplain. She holds graduate degrees in theology, counseling psychology, and library science, and has been in direction herself for over twenty-five years.



Sam Rahberg is the director of the Benedictine Center and holds a master's degree in theology from Saint John's University. He is an Oblate of St. Paul's Monastery, married, and the father of two small children.



S. Carol Rennie, OSB completed her training at the Franciscan Spirituality Center in La Crosse, WI. She is available for directed retreats, spiritual direction (individual and groups), as well as supervision for spiritual directors.



Peter Watkins, M.Div. was trained through the Sacred Ground Center for Spirituality. Peter is a Philosophy and Theology teacher at Cretin-Derham Hall High School and a published author in the area of men's spirituality. He is married and the father of three sons.

Our spiritual direction team meets quarterly for mutual supervision and skill development. Members learn from one another and share their resources for prayer, meditation, and theological reading.

Retreat Options

The cost listed for each option is a recommended donation to help support the Sisters' ministry of hospitality. Guests who are able often make a larger donation to assist guests who are unable to be as generous.

Day of Prayer

Private room and lunch

8 hours \$35

Self-Directed Retreats

Private room and meals

24 hours \$75

48 hours \$150

3 days \$165

Guided Retreats With Spiritual Direction

Private room and meals

One session of spiritual direction per day

24 hours \$95

48 hours \$190

3 days \$255

5 days \$375

8 days \$525

Which type of retreat is best for you?

Our staff will be pleased to assist you in planning a retreat tailored to your needs and circumstances.



The Benedictine Center
of St. Paul's Monastery

2675 Benet Road, St. Paul, Minnesota 55109
651-777-7251 www.stpaulsmonastery.org



Taking time for what matters

Personal Retreats Self-Directed or Guided



The Benedictine Center
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Personal retreats

At the Benedictine Center you can expect:

- ☛ A warm welcome.
- ☛ A private room (even if you don't stay the night).
- ☛ Simple home-cooked meals.
- ☛ A library rich in resources.
- ☛ Quiet spaces to read, journal, and meditate.
- ☛ A beautiful chapel for private prayer and prayer with the Benedictine community.
- ☛ Spacious grounds with a seasonal labyrinth.

Talented staff to help you plan your retreat and gather any resources you might require, including the option to meet with a spiritual director.

Be still and listen

A retreat is the simplest of ancient spiritual practices. It involves making a decision to step back from the demands of daily life and step into a quiet space to remember what is really key for a life lived well.

Over the centuries, women and men have looked to monasteries as places where the setting and spirit of hospitality help them regain their bearings. Sometimes people want a self-directed retreat, so we provide an environment that invites them to relax and be at home. Sometimes people prefer a guided retreat in which they meet with a spiritual director who can help sort out the questions and concerns at the core of life. There is really no set pattern. What is needed is the desire for time and space and the courage to be still and listen to where your heart leads.

“All guests are to be welcomed as Christ...”
The Rule of St. Benedict

When is being busy too much?

- ☛ When you feel you are rushing from appointment to appointment, event to event, breathless and scattered.
- ☛ When you feel the weight of the world on your shoulders with no relief in sight.
- ☛ When you don't have time to think.
- ☛ When the noise of daily life becomes overwhelming.
- ☛ When you think of joy as someone else's privilege.