

*"To everything there is a season,  
a time for every purpose under heaven..."*

Ecclesiastes 3:1

*SEPTEMBER 2019*

### *Changing Seasons*

While we welcome the brilliant colors of the season, our calendars remind us that summer will soon be over. For many of us, fall calls us to shift into different gears. We may notice more structure in our daily routine, our calendars reminding us of appointments, events and other commitments. In addition, unforeseen events in family life and on the world scene may steal the precious time we've set aside for prayer and leisure.

Monasteries, by design, are places, of rest and reflection. At St. Paul's Monastery, one of our ministries is to welcome all guests as Christ. Our Benedictine history of official interreligious dialogue brings a diversity and inclusivity into our space. Many guests discover a welcoming presence and an at-homeness as they come through our doors. And upon leaving, it is our hope that each will find his/her own way of building peaceful and just communities where they live.

Community prayer, leisure and action create the foundation of Benedictine Spirituality. Some guests choose to pray the Divine Office with us or chant together beautiful Taizé Prayers. Those who prefer solitude may dine alone, stroll through our grounds, walk the labyrinth, enjoy the current art exhibit, or meditate in chapel.

It is our joy to welcome all visitors as Christ seven days a week. If you wish to reserve a room or join us for a meal, please call the Benedictine Center at 651-777-7251 or the Monastery Front Desk at 651-777-8181. We hope to see you soon.

***Sister Mary White, OSB***  
*Monastic Leadership Team*



# What does it mean to you to be an Oblate?

by Teri Rose, ObISB

To me, being an Oblate means that as I try to apply spiritual values to all moments of my life I will remain tethered to the stability, strength, and experience of my Monastic Community; our bond anchored in God, His will, and His command to love. As I extend myself in the moments of my life, my Monastery offers me a place to return for mentoring, learning, and retreat. Each return strengthening my confidence and clarifying my voice as I again go forward into the environments I am to contribute to. This oscillation between extension and return strengthens both of us. I reciprocate my Monastic Community's support by offering to no longer be an extension of just my better self but to be an extension of them in the world.

To be a Benedictine Oblate means that the spiritual values I desire to embody, the guidance I seek from my Monastery, and the structure I crave for my spiritual practice are grounded in the *Rule of St. Benedict*. It means I commit to *the Rule* while at the Monastery and while away.

My receptivity to finally listen, *consistently*, to the internal nudges of the Spirit has led me to my Monastic Community. Yet for so long I felt that my good intention was all that was needed to successfully navigate who I wanted to be, enough to guide the contribution I wanted to make.

I practiced mindfulness and had the privilege and flexibility to explore various spiritual techniques but still no momentum came. Misused words like discipline and obedience, though I craved the structure they provided, were socially unacceptable to seek. Culturally, I lived a productive life. Spiritually, I was an absolute lost sailboat on stormy waters, untethered, and huddled in the hull wondering why the storm wouldn't end since I was giving all my effort to "trying." Through the whole duration of the storm I did have an anchor on deck, but one with no rope. I know just the presence of the anchor kept me from capsizing, but its true security remained hidden.

Those nudges from the Spirit, one tiny if-you-don't-pay-attention-you'll-miss-it nudge at a time, has led me to this moment of completing my application for Oblate Formation. The Sisters of St. Paul's Monastery are the rope to my anchor, *my tether*. When I come to the Monastery, I enter a harbor of calm waters. Now tethered, I am able to allow my anchor, my divinity, to nestle into the deep silent waters of stillness and love. While in the calm waters of the harbor, I rest, pray, and learn. I welcome instruction on how to go deeper into the stillness and into living *the Rule*, all in preparation to re-emerge onto the open seas.

As I pull the anchor up to leave the harbor, its security is no longer hidden. It now comes closer to me as we set sail together, *in trust*. As the Sisters watch my little boat lean this way and that, going only in circles some days, over time I will manage to learn how to consistently go straight and get to my daily destinations. I never set sail now with the expectation of controlling the weather or water conditions. I set sail with trust that I am anchored in God, His will, and His command to love. And in the confidence provided by the stability of my Monastery and the guidance of *the Rule*.



## Live Love in Truth

by Sister Jacqueline Leiter, Monastic Leadership Team

In August, St. Paul's Monastery welcomed back Sister Christine Amaa, a Sister of the Sacred Heart of Jesus in Africa. Sister Christine returns to the United States each summer to seek support for the missionary work of her community in the countries of South Sudan, Sudan, Uganda, and Kenya. Sister Christine stayed with the Sisters of St. Paul's Monastery and graced us with her presence by sharing meals and prayers and sharing stories about her Community's ministries. On the weekend she visited local churches to invite parishioners to support the work of the Sisters in Africa.



The Congregation of the Sisters of the Sacred Heart of Jesus was founded in 1954 in Juba, Sudan (now South Sudan). They are a *pilgrim* congregation, as much of their history has been marked by forced journeys and the need to seek a new home. In 1963 missionaries were expelled from the Sudan and their convent was invaded in 1964. The Sisters took refuge in Uganda. When a devastating civil war broke out in Uganda in 1979, the Sisters were forced to flee back to the Sudan. The Sisters lost everything they had, and for over 21 years, the Sisters were locked up or isolated from most of Uganda and Sudan.



Despite multiple upheavals and political unrest, the Sisters persevered and continued in their ministries to support the people of Kenya, Uganda, South Sudan, and Sudan. They imitate Christ's love, zeal, and humility to serve God and neighbor. Through their work, the Sisters seek to empower and restore the dignity of vulnerable people and also maintain sustainable environment. Their ministries are varied. The Sisters work in schools, health centers, parishes, and orphanages. Social challenges such as refugees and internally displaced persons, domestic abuse, rape, abduction, mutilation, child marriage, and child soldiers are prevalent in the region. The Sisters provide life skills, vocational training, trauma therapy and counseling for people who have experienced

such violence. They also promote education and socio-economic development in poor, rural areas.

At St. Paul's Monastery, we are grateful for Sister Christine for sharing the story of her Community. Their courageous example of love and compassion gives glory to God.

The Congregation of the Sisters of the Sacred Heart of Jesus, South Sudan and Uganda, are most grateful for your donations, which can be made at: The Propagation of Faith Mission Offices of the Archdiocese of St. Paul and Minneapolis





*At left: Sister Linda Soler and  
Archbishop Bernard Hebda*

*Below: Sister Catherine Nehotte and  
Brother Francis Carr, FSC*



*At right:  
Sister Mary  
White and  
Brother Bill  
Clarey, FSC*

## **Dunrovin River Cruise**

*by Sister Linda Soler, Monastic Leadership Team*

On July 29<sup>th</sup>, the Monastic Leadership Team were guests of Father Tom Thompson for a Dunrovin St. Croix River cruise. The fundraiser was supporting the Christian Brothers' work with youth at the Dunrovin retreat center. Archbishop Hebda was one of the keynote guests. Thank you to Father Tom who gave our Leadership Team a relaxing evening to fellowship with other religious and friends of Dunrovin.



## **Thank you to our Volunteers!**

*by Sister Linda Soler,  
Monastic Leadership Team*

Thank you to our three painter-volunteers who spruced up the walls in our serving line! Pictured here are Jenna Guarneri (foreground), Julianna Sandin and Julianna's son Maxwell. This crew was well up to the task, and their work enhanced the appearance of our dining area, where we Sisters and our guests enjoy delicious meals served by the Monastery kitchen staff. Volunteers make room in their hearts and day to help in so many ways, and they are an inspiration to us. Maxwell and Jenna are college students, and how many college students paint walls in a monastery on a Friday night? We are blessed, and their service is appreciated by the Sisters and guests. God bless all our volunteers who make a difference.

***“May Christ bring us all together to everlasting life.” —Rule of St. Benedict, Chapter 72***



**Sister LaVerne  
Hudalla, OSB**

Born: July 19, 1932  
Professed: July 11, 1952  
Died: August 17, 2019

Sister LaVerne Hudalla was born July 19, 1932 in St. Paul, MN to Dorothy (Cavegn) and Leo Hudalla. She was the fifth of seven children. Most of her early education was with the School Sisters of Notre Dame (Sacred Heart, St. Paul; St. Matthew's, St. Paul; and Good Counsel Academy, Mankato, MN) where her oldest sister, Dolores (Sister Claudette, SSND) joined.

Sister LaVerne was called to join the Benedictine Sisters of St. Paul's Priory. Upon entering the novitiate, she received the name of Sister John. Sister LaVerne attended the Diocesan Teachers' College in St. Paul and completed a B.A. degree in elementary education (St. Catherine's) and an M.A. in elementary administration (U of M).

From 1953-1975; Sister LaVerne worked as an elementary education teacher and administrator: 7<sup>th</sup> grade teacher in Montgomery, MN (1963-1965); principal at Assumption in Richfield, MN (1965-68); 7<sup>th</sup> grade teacher at Immaculate Heart of Mary in St. Paul (1968-1970); and principal at Sacred Heart in Robbinsdale, MN (1970-75).

On June 8, 1974, her sister Dorothy Barrett, Dorothy's husband, Bill, and three of their 13 children were killed in an accident on their way to visit their oldest daughter, Pat Wolff, who had just given birth to her first child in Rapid City, SD. The personal, emotional trauma and the grieving of a large family had a powerful effect on her life.

In 1975, she served as a Pastoral Minister at Christ the King Parish in Minneapolis; from 1987-2009, Sister LaVerne took on a new challenge as library technician at Northwestern College of Chiropractic (later Northwestern Health Sciences University). From 2003-09, she served as Director of First Monastic Profession. In 2011, she was asked to serve as Affiliate Director and Director of First Monastic Profession.

Sister LaVerne was instrumental in arranging for the sale of the former Monastery to Tubman. She retired to the Benet Road Monastery in 2009 where she served on a variety of committees. The opportunity to teach was a retirement "dream" realized when she became a tutor at CommonBond Community. An Ornithology class at St. Catherine's initiated her love of birding, a lifetime joy. She enjoyed walking, biking, reading, and traveling. Thanks to her oldest niece, Pat Wolff, she was able to travel abroad to the former Soviet Union, Estonia, Sweden, Finland, Germany, Denmark, and Russia. Family was important to her.

She is survived by her sisters Sister Claudette, SSND, and Marlene (Jim) Yarusso, her sister-in-law Mary (Gene), and her Benedictine Sisters, Benedictine Associates and Oblates of St. Paul's Monastery. Her sister Dorothy, her brother-in-law Bill Barrett, and their children Michelle, Dorothy, and Colleen, died in 1974. Her brothers Leo (Beverly and Rosemary) died in 2002; Robert (Betty) died in 2015; and Gene died in 2018. Sister LaVerne brought much joy and laughter to all of us and she will never be forgotten. *May Perpetual Light Shine Upon Her.*

***Community of St. Paul's Monastery  
Sisters, Benedictine Associates and Oblates  
Sister Catherine Nehotte, OSB, Prioress  
St. Paul, Minnesota  
Federation of St. Benedict***



## In Memoriam

*by Sister Linda Soler, Monastic Leadership Team*

A special thank you for celebrating the life of my father, George Soler. About 500 people were able to attend the wake, held at the Bradshaw Funeral Home on Rice Street. The August 4th funeral was at the Church of St. Bernard, and 250 attended the Mass of Christian Burial. Fr. Ivan Sant, Pastor, Archbishop Bernard Hebda, Fr. Dave Kohner, Fr. Stan Mader, and Fr. Kevin Manthey were concelebrants. It is the support of others that represent the healing Christ. Thank you for your support to me and to the Monastery. My father was the last parent of all the Sisters to pass on.

Please also remember Sister Andrine and Sister Andriette Schommer in prayer for the loss of their sister, Estelle Cola. Estelle is survived by her children Barbara Grider, Mary (and David) Little, Robert (and Sue) Cola, John (and Sharon) Cola and Gary Cola, 7 grandchildren and 7 great-grandchildren, as well as brother Mark and sisters Beth, Lois, Fran and Sisters Andrine and Andriette.

Estelle was preceded in death by her brother Edwin and Sister Rosella as well as her husband Bert and son James. The Monastic Community values family, and your prayers and support are appreciated for the Schommer family.

Obituary: <https://www.gillbrothers.com/memorials/estelle-cola/3935678/obituary.php>



*Sister Linda Soler receives her father's flag at Fort Snelling Cemetery*

*develop wholeness*

*pursuing broader visions*

*homeward bound at last*

from *Nuggets of Hope* Haiku collection by Sister Rose Alice Althoff, OSB (1917-2008)



## Our Conversation on Beauty

by Kathy Fleming, Monastery Art Exhibits

Conversation is the art of listening from the heart and the art of speaking from the heart. On a recent Sunday afternoon artists and writers came together at the Monastery to discuss art and spirituality.

Margaret Carroll, our current exhibitor, talked about her inspiration in her art making and process. Her exhibit focuses on beauty in many of its forms, and we used this theme to begin our conversation as we looked for the presence of spirituality in our own work and process.

This focus on beauty lead us to talk about beauty as more than a pretty turn of phrase or satisfying colors. Some art or writing is hard to see or hear but has a beauty to it if you look long enough to understand what it has to say. It's in that connection with content that the spiritual flow exists.

We talked about how beauty can be found out of our pain, as we struggle with physical and family issues. Their creative processes have been a source of healing for many in the group. Because the creative process is so personal, we came together to hear from each one and draw some insight into our own spiritual creativeness. We found a commonality in that both artists and writers shared the same problems with their process.

Everyone knew the feeling of being "in the flow" and how important it is to have space for this spiritual flow to move through the work. We acknowledged the importance of a schedule; set it, and then try your best to stick to it. We have all had that "out of step" feeling we get when we are not creating. "You have to do it, or you get crabby" was the consensus shared by all.

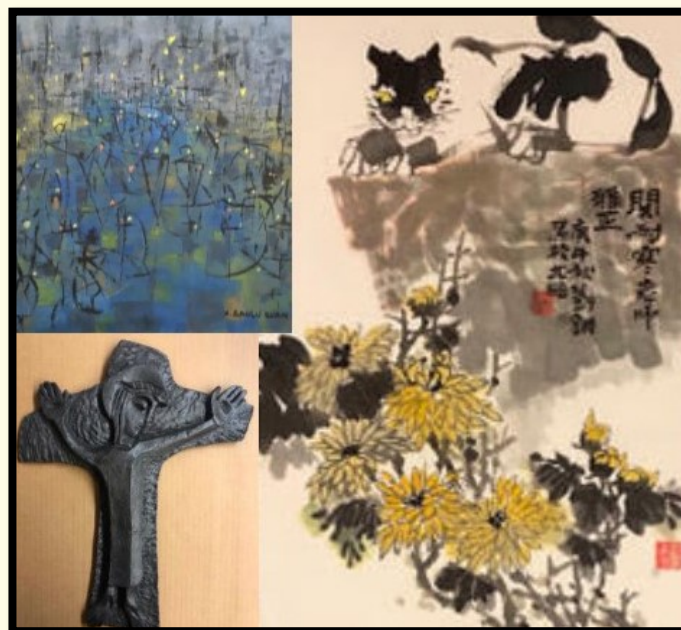
We came away with a feeling of Grace and gratitude for our time together. Our next conversation will focus around our last exhibit of the year with the Lake Country Pastel Society and their focus on spirituality found in the landscape. **To join the conversation**, please e-mail me at: [fleming5450@gmail.com](mailto:fleming5450@gmail.com)

## Sister Baulu Kuan Exhibit at the Monastery

by Kathy Fleming

Please join us as we welcome Sister Baulu Kuan, OSB to St. Paul's Monastery. We are excited to have the opportunity to exhibit the work of this beloved artist and educator. Her work spans decades of styles and media with a continuity of thought and mastery. The pride of her career continues to be her students, and some of their works are included in this exhibit.

Sister Baulu will be with us to "talk art" during her **Opening Reception on Sat., September 7, 1:00—3:00 p.m.** Refreshments will be served. Please join us!





## Feast of the Assumption

by Mary Elizabeth Ilg

### *THE QUEEN STANDS AT YOUR RIGHT HAND, ARRAYED IN GOLD. PSALM 45:10*

**August 11:** On the weekend preceding the Feast of the Assumption, I was blessed with a weekend away from the City at a friend's lake home in the woods of northern Wisconsin. I am determined to make the most of the summer weekends before autumn sets in and the warm, sunny days become less frequent. Minnesota natives are acquainted with this feeling of urgency: the summer days are splendid, but in short supply. We must enjoy them while we can, before the long winter returns again.



*My miracle of the Rosary:  
Isabel Clare, born July 22, 2005*

I have not said the Rosary for a number of months. I used to be more devoted to this prayer when I was younger and a newly converted Catholic. Life has intervened with the demands of kids, family and work. The Rosary requires discipline, and it requires setting aside the time. This is not a ten- or even a twenty-minute prayer; this is a *forty-five* minute prayer. I am determined to make the Rosary a part of my routine again in honor of the Feast of the Assumption. Why? Because it is a powerful way to transform your life and break through problems or issues that you cannot resolve on your own. I once had a cataclysmic experience in 2003 while saying the Rosary in a gazebo overlooking the rocky shore of Lake Superior. I know without question that several miracles which occurred in my life were the direct result of saying the Rosary in that location and asking for Mary's intercession. One of these miracles was the birth of my second daughter, Isabel Clare, after years of waiting for this to happen. (My two daughters are eleven years apart in age.)

I began the process of my new morning devotion this time overlooking Long Lake from my friend's sundeck, deep in the woods. It was about 9:00 a.m. and still very quiet. The speedboats were not yet out on the lake, zipping by with water-skiers and inner-tubes of screaming children. It was too early in the day for the pontoons laden with sunburned families and beer coolers.

[Read more on our website, click here...](#)



## Prayer Schedule

*“Nothing is to be preferred to the Work of God.”*

*—Rule of Benedict, Chap. 43*



### Sunday

Morning Prayer: 10:00AM

Eucharist: 11:00AM

Evening Prayer: 5:00PM

*For further information, call  
651-777-8181 or visit us online at  
[www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)*

### Monday–Saturday

Morning Prayer: 8:00AM

Midday Prayer: 11:30AM

(Mon./Fri./Sat.)

Eucharist: 11:30AM

(Tue./Wed./Thu.)

Evening Prayer: 5:00PM

***Taize Prayer: 3rd Friday of the Month at 7:00 PM***



## COMMUNITY PRAYER MINISTRY

*Here to Serve You in Prayer*



### *We Would Love to Hear from You*

Let us, in fellowship, “lay (our) petitions before the Lord God with the utmost humility and sincere devotion.” (*Rule of St. Benedict*, Chap. 20) If you would like to send a prayer request or concern via our website, you will find the request submission form on the Home page ([www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)), just under the header “St. Paul’s Monastery Community.” The requests are passed onto the Sisters in the Healthcare Center who pray the 3:30 p.m. daily Rosary for these intentions!

## Blowing in the Wind!

*by Sister Linda Soler*

Father Kevin Manthey and I couldn't pass up the opportunity to take a little ride and enjoy a motorcycle ride on a nice summer's day .



made up parts are is with by<sup>h</sup> one Jews or e all giv- p of one ould say, belong to reason f the ear eye, I do not for

13 If I speak in the tongues<sup>2</sup> of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. <sup>2</sup>If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. <sup>3</sup>If I give all I possess to the poor and surrender my body to the flames,<sup>4</sup> but have not love, I gain nothing. <sup>4</sup>Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup>It is not rude, it is not self-seeking, it is not easily angered. It keeps no record of wrong

## St. Paul's Monastery Blog

[Click here](#) to read Karen Fleming's reflections on "Patience" and other Community blog contributions.

## Season of Creation 2019 Prayer

Creator of Life,

The Earth is full of Your creatures, and by Your wisdom you made them all. At Your word, the Earth brought forth plants yielding seed of every kind and trees of every kind bearing fruit, the waters teemed with swarms of living creatures of every kind, and world was filled with every kind of winged bird, walking animal, and creatures that creep upon the ground.

Mountains, plains, rocks, and rivers shelter diverse communities, and through the changing seasons, Your Spirit renews cycles of life.

During this Season of Creation, open our eyes to see the precious diversity that is all around us.

Enlighten our minds to appreciate the delicate balance maintained by each creature.

Inspire us to conserve the precious habitats that nurture this web of life.

In the name of the One who came to proclaim good news to all creation, Jesus Christ.

Amen.



## Under Construction

by Sister Jacqueline Leiter, Monastic Leadership Team

*“Do not be daunted immediately by fear and run away from the road that leads to salvation. It is bound to be narrow at the outset. But as we progress in this way of life and in faith, we shall run along the path of God’s commandments, our hearts overflowing with the inexpressible delight of love.” (RB Pro 48-49).*

Somehow, I doubt Benedict had summer road construction in mind when he wrote about the road leading to salvation.

This summer was particularly challenging for those trying to reach St. Paul’s Monastery: roads to the north, south, east, and west were under construction. We became accustomed to seeing orange barriers and cones, diamond-shaped signs, and construction equipment. We even shared stories about how long it took to get to the Monastery, of finding yet another road closed that was accessible just the day before, and how many different detours we ran into.

While sharing our stories about navigating the construction zones, we started to see it as a teaching moment from God in how we need to stay grounded in our Benedictine values.



### Humility

Sometimes the section of the closed road was only a few hundred feet long. We saw many a car pause, with the drivers checking to see if anyone was looking, and then swerve around the “Road Closed” sign to continue on their merry way through the closed section. Perhaps the drivers felt the rules didn’t apply to them. This situation—whether on the roads or in other areas of our lives—can be a temptation for all of us, even if we don’t act on it.

We need to ask ourselves if we are really better than everyone else to the point where we have the right to disregard rules like the closed-road signs. Can we accept redirection and continue the journey by following a detour? Or equally important, can we be patient with ourselves, and with the other drivers in the midst of the inconvenience?

### Gratitude

Road construction can also be a reminder to turn our hearts and be grateful. The work is dangerous and strenuous, and the workers spend long hours in the hot sun or rain. Their efforts to maintain the roads will keep us safe, and enable us to get about more quickly and efficiently once they have completed the work. When the road construction is finally finished, we may not even think about the improvements unless we pay attention and notice them. Are we aware of and grateful for the many people who have made our way smooth, who have helped us along the journey?

*continued on page 11...*



*...continued from page 11*

### Where are you going?

In the Hebrew scriptures, when Hagar ran away to the desert, the angel of God asked her, "Where have you come from, and where are you going?" (Genesis 16:7-8). Road construction can be a reminder to be aware of where we are going. When a road is closed, we may be turned onto a detour leading in a dubious direction. We have to keep our destination in mind—where we are going—or we may lose our way. We also have to know our guides—whether a map, a GPS, or the detour signs pointing the way.



Our life on Earth is a journey as well. As we travel along the road leading to salvation, do we know where we are going, and do we know what is guiding us? Do we take the time to pause, like Hagar, and listen to the question? Do we take the time to learn where we came from and where we're going?

### Perseverance

One person tried to come to the Monastery to visit a sick friend. She drove in circles, but kept finding closed-road signs. Not to be deterred, she parked the car and set out on foot, walking about a mile through the construction zone to reach us. Her love-inspired perseverance allowed her to continue a difficult journey and get to her friend in need. How do we allow love to guide and sustain us when the road gets rough?

Perhaps Benedict *was* thinking about summer road construction when he wrote about the road leading to salvation!

**Donate**  
**Today!**

## SAVE THE DATE!



**Saturday, December 14, 2019**  
**3:00 to 7:00 p.m.**

***Benedictine Community of***  
***St. Paul's Monastery***

**2675 Benet Road**  
**St. Paul MN 55109**

***Watch for registration to start September 16***



## Morning Glory

by Carol Jorgensen

The sun is not quite above the horizon, and the alarm has yet to sound, but my pup, Daisy, has had her fill of sleep. I can hear her outside our bedroom door as she makes her presence known with her soft “woofs” and sighs. I know what she wants.

"Ok, Daisy. Time for a walk."

It only takes a few steps out the door to shake my reluctance. It is still quiet and the streets are still empty. My Daisy turns and looks at me with contagious joy. What could be troubling this morning? We have been graced with another day.

We turn right. She knows our morning route as well as I do... probably better. I see it; she smells it and feels it beneath her paws. Truth be told, she tastes it. How she immerses herself into her experiences! Do I?

At least today, I brought my camera along. It always causes me to slow down, to look—really look—at my world and to see it with new eyes. The thoughts start to tumble through my mind with every press of the shutter. [Read more...](#)



***shalom, be opened***

***Jesus is here, is within***

***shalom, all is well***

from *Nuggets of Hope* Haiku collection by  
Sister Rose Alice Althoff, OSB (1917-2008)





## BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

### ***School of Discernment***

**Friday, September 20-  
Sunday, September 22  
with Kathleen Cahalan**

Practice discerning the voice of the Holy Spirit with the benefit of wisdom from the monastic tradition. A daily rhythm of prayer with the monastic community, sessions on the practice of discernment, reflection questions for quiet time, and one-on-one meetings.



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

**Tuesday, Sept 24, 7 p.m.—9 p.m.**

**With Kami Pohl, Tod Twist  
and Spiritual Direction Staff**

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



### ***Together in Contemplation***

**Tuesdays, Sept 10, Oct 8, Nov 12,  
Dec 10—7 p.m.—9 p.m.  
with Jody Reis Johnson**

Writers in the Christian contemplative tradition have long upheld the practices of silence and community as invitations into holy mystery. Quiet down the noise and find companions along the spiritual path. Join Jody Reis for a 4-month spiritual growth group aimed at deepening your relationship with God through contemplative practice, spiritual readings, and discussion about the journey we share. Participants will be asked to establish their own daily practice of silent prayer or meditation.

**To register or for further  
information, e-mail or call us:**

[benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org)

651.777.7251



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

# ***THE SISTERS OF ST. BENEDICT OF ST. PAUL'S MONASTERY***

## *St. Paul's Monastery Mission Statement*

We, the Sisters of St. Paul's Monastery, are a community who live Gospel values as expressed in the Rule of St. Benedict. Through our monastic life and wise stewardship, we nurture contemplative presence in service of Church and society.