

St. Benedict's
Retreat & Conference Centre

a welcome place for
conversations
that matter

Spirituality Programs
2011-2012

225 Masters Avenue
Winnipeg, Manitoba, Canada
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stbenscentre@mts.net; www.stbens.ca

Hello, friends of St. Benedict's!



We are happy to welcome you to St. Benedict's whether you are a new friend or a familiar one.

Read on and find out all the ways in which you can join us and enrich your life and ours.

Blessings,

Mary, O.S.B.

Director

St. Benedict's...

*Providing hospitality and
spiritual formation
in an atmosphere of peace
to all who seek meaning and
direction in their lives.*



**Spirituality Team I to rt. Sisters Marie and Mary;
Rachel Twigg-Boyce and Sister Catherine.**



Retreat & Conference Centre Staff

Mary Coswin, OSB, Centre Director/Program Director
Kimberly Mallow, Conference Coordinator
Marie Baker, OSB, Sabbatical Director
Lucille Ledoyen, Receptionist
Bonnie Christianson, Housekeeping
Sharleen Yakel, Office and Housekeeping
Darcie Christianson and Chloe Ryan, Hostesses

Program Resource Staff

Benedictine Sisters
Marie Baker, Virginia Evard, Irene Burzynski,
Mary Rose Hammerling, Catherine Labinowich
Hilda Frost-Outreach

Shekinah: Formation for Spiritual Direction

David Walsh, M.A. and Mary Coswin, OSB-Co-Directors

New this summer!

Summer Sabbath : A Spiritual Retreat for Adults August 11, 7pm–August 14, 1pm

Time for a break from noisy demands, for resting and nurturing one's spirit. Enjoy *leisure* to read, pray and rediscover your love for life and for God. Experience some *spiritual practices* like: lectio divina, walking the labyrinth, centering prayer, chant and more. ***Treat yourself to a spiritual vacation!***

Rachel Twigg Boyce is the pastor of House Blend Ministries, an intentional community in West Broadway. She is also a spiritual director trained at St. Benedict's.



Kalyn Falk is a spiritual director, retreat facilitator and workshop speaker. Her areas of interest include embodied spirituality, awakening the right brain, and managing stress. She and her family are part of the community of st. benedict's table.

Private Room (all inclusive) \$350;
Commuter \$240 (inclusive exc. breakfast)

**Reflective Leadership Informed by Reflective Living
A Seminar for Leaders and Teams**

Sept. 16, 17 & 18 Daily 9:00am– 8:00pm (Sat.9-6)

This 3-day seminar will first introduce participants to the core dispositions of Reflective Living. As the seminar progresses these dispositions will unfold to support the principles of **Reflective Leadership**. Participants will receive practical, effective ways to integrate and implement the seminar's material.

Each person will reflect upon the impact of her/his way of participation in daily life, e.g., mindful or automatic, harsh or gentle, openhearted or closed-hearted, humble or self-interested, etc. It is essential for leaders to cultivate the capacity to understand and appreciate how they are impacted throughout the day as they assume their tasks of leadership, as well as how they impact others through their style of leadership.

This seminar will be helpful to individuals who have been entrusted with a leadership position within a religious congregation or within the pastoral arena, as well as members working together on committees, councils or teams. It is helpful for new teams as they begin working together.

**Commuter \$325 before July 31st, \$350 after;
Private Room \$425 before July 31st, \$450 after.**

George J Bilotta, PhD, of *Formation Consultation Services*, Worcester, Mass. has advanced degrees in formation and years of experience in psychology, systems theory, philosophy, theology, group dynamics, organizational development, and spirituality. He has worked with religious and clergy for twenty-five years.



Centering Prayer Introduction

Part 1: Sat. Sept. 24, 9:30–4:00 pm

Part 2: Six Thursdays, 7:15-8:30pm (Starts Sept.29)

Centering prayer is a simple prayer of the heart, a method of Christ-centered silent prayer, a renewal of an ancient Christian contemplative practice, updated for our time.

Centering Prayer can lead to healing and a closer relationship with God. *Part 1* lays the foundation through instruction and experience; *Part 2* includes video presentations of Fr. Thomas Keating on the Principles, Discipline and the Method of Centering Prayer plus periods of centering prayer.

\$95 for both (Part 1 includes lunch)

Catherine Labinowich, OSB is a commissioned presenter of Centering Prayer with over 20 years experience.



Intensive Journal® Workshop Part 1: Life Context
Fri., Sept.30, 7:30 pm; Sat., Oct.1, 9 am-4:30pm and
Sun., Oct.2, 9 am- 2:30 pm

A group experience with the protection of privacy, the Progoff *Intensive Journal*® Program uses specific journal writing techniques to promote self-discovery and personal growth. Receive your Intensive Journal workbook and be led through a series of exercises to reconstruct major phases of your life. Enhance your understanding of relationships, while resolving conflicts and clarifying priorities. Workshop authorized by Dialogue House, NY.

Register by Sept.16th.

Private Room \$255, Shared \$235, Commuter \$160

**For credit from U. of Winnipeg Faculty of Theology register with e.benson@uwinnipeg.ca. You must take parts 1, 2 & 3 to receive credit. Room and board costs are paid to St. Benedict's.*



Virginia Evard, OSB is an authorized consultant for *Intensive Journal*® Workshops with many years of experience. She is also Prioress of St. Benedict's Monastery.

Spiritual Direction Information Evening

Mon., Oct.3, 7:00pm - 8:30pm

Free Event

Ever thought about receiving spiritual direction?

"What is it anyway? What does a person talk about? Can it help me in life? Where do I find a spiritual director? Does it cost?" Come meet and hear from spiritual directors and ask your questions. We will provide information that you need to begin/continue an intentional spiritual journey with a guide. **Register at 339-1705.**

Spiritual direction is a ministry of contemplatively listening to the sacred story of another and together noticing the presence, action and invitation of God in his or her life.

Prayer of the Seasons- Mini Mid-week Retreats

4 Wednesdays, 9:45am-3:00pm

"There is a season for everything under heaven", we are told. Come celebrate the seasons of the earth and their reflection in our inner landscape. Give yourself this time of mid-week quiet, time to pause and ponder and gain insight into your life at this time.

Oct.5 Season of Fullness **Dec. 7** Season of Stillness
Feb. 8 Season of Hope **Apr.11** Season of New Life
Register in advance. \$35 /session; includes lunch

Marie Baker, OSB, a member of St. Benedict's Monastery, is a gardener, spiritual director and retreat leader.

Art of Listening

Saturdays, Oct. 1 and 8, 1-4pm

Creative expression is a healthy way to de-stress as well as to stimulate the senses. We will *listen* as we walk together in nature and *then create* individual 'art books' based on our listening experience. You will be taken step-by-step through the process of making an art book and then let go to fly. No art experience required. Come for the fun of it. \$60 includes materials.



Karen Hibbard is a practicing artist and shows across Canada, Europe and the US. Her work includes drawing, print media and video. She has worked for the Winnipeg School System, and currently works at the University of Manitoba's School of Art. Karen uses a playful approach to the art of making art books.

Conversations: "Creation as the Body of God"

Tuesdays, 7-9 pm

Richard Rohr and two dynamic teachers delve into some essential questions that we face as faith communities.

Oct.11 Sr. Ilia Delio reflects on God and Christian principles, integrating observations from the science of biology, ecology, and quantum physics to expand our view of nature and its processes.

Oct.18 Sr. Paula Gonzales calls for a change in heart and mind leading to a sustainable way of life.

Oct.25 Fr. Richard Rohr speaks of the nature of reality in which we all are invited to be full participants.

This is life-changing teaching!

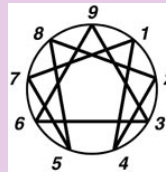
\$10 per evening Call 339-1705 to register.

Introduction to the Enneagram

Fri.Oct.14, 7:30 pm; Sat.Oct.15, 9:00- 5:00 pm

The enneagram, a dynamic symbol of transformation, can be used to provide direction in our experience of being human. Participants will be introduced to the symbol and helped to discern their place on it.

Private \$140; Shared \$130;
Commuter \$100



David Walsh is a teacher of the Enneagram for over 30 years; he is a spiritual director and Co-Director of Shekinah, St. Benedict's formation program for the ministry of spiritual direc-

HEARTFULNESS: Transformation in Christ

Five Saturdays, 9am-3pm, October 2011– April 2012

This *Heartfulness* DVD series, consisting of nine areas for study, reflection and spiritual growth, was prepared by Contemplative Outreach LTD (C.O.Ltd). In interviews Fr. Thomas Keating, founding member and spiritual guide of C.O.Ltd, helps the viewer toward a deep understanding of the contemplative dimension of the Gospel and its implications and applications for personal freedom and global peace.

Each session will begin with a period of Centering Prayer. Small group sharing opportunities after viewing the DVD.

Oct.15 A.M. *Pursuit of Happiness*; P.M. *Human Condition*

Nov.12 A.M. *Centering Prayer*; P.M. *Sin*

Jan.14 A.M. *Suffering*; P.M. *Redemption*

Feb.11 A.M. *Love and the Trinity*; P.M. *Divine Indwelling*

Apr.21 A.M. *Divine Transformation*; P.M. *Open Forum*

Jack & Judith Klaverkamp and Sandra Stewart, RNDM

are all commissioned presenters of Centering Prayer

\$25/session (\$125 series) Co-sponsored by Contemplative Outreach Manitoba

The Celtic Heart Within

Fri.Oct.21, 7:30pm; Oct. 22, Sat. 9-5; Oct.23,Sun.9-1 pm

Come and celebrate Celtic Spirituality within the context of your own life experience and spirituality. Hilary and Monica will draw participants, through creative reflection and ritual, story and imagery, music and song, into a deeper awareness and appreciation of Celtic spirituality. This weekend offers a unique opportunity to touch the Celtic Heart Within ourselves.



Monica Brown, from Sydney Australia, is an internationally acclaimed Christian composer and workshop facilitator. Her ministry internationally is in the areas of spirituality, liturgy and religious education and the integration of the arts. Her music is widely used throughout the world and is touching the hearts of many.

Hilary Musgrave, from County Waterford in Ireland, works extensively in the area of Creative Spirituality through sacred clowning, story-telling and facilitation.

Fri. concert only 7:30 pm \$10 (Call ahead)

Fri. 7:30-pm-Sun. 1:00pm Commuter (concert, program and 2 lunches) \$120;

Private Room \$220; Shared Room \$200 (all-inclusive)

Meditation Around the World

Oct.29, 9am-1pm and Nov.5, 9am-1pm

In this class we will explore different methods of meditation as practiced by different cultures around the world. The goal of this class is to aid in the discovery of the best and most comfortable meditation practice for each individual and to enrich our understanding of others. Each class will consist of a guided meditation to calm the mind and the spirit.

\$70 for series

David Hughes is a dynamic speaker, author and team building consultant. His presentations are inspirational, informative and entertaining with an interactive style that connects with audiences.

Elijah the Prophet: Tales of Courage & Transformation

Sun., Nov.13, 10:00am- 4:00pm

Participants will explore both Biblical and post-Biblical stories using different modalities, including social drama for acting out some of the tales.

\$60 / includes lunch and refreshments

Neal Rose, Ph.D. is an ordained Rabbi and Family Therapist. He has taught at both the U of M and U of W and has been involved with interreligious dialogue for many years.



Walking the Motherpath

Sun. Nov.20, 10:00am-4:00pm

An exploration of 7 biblical prophetesses, using Carol's Motherpath cards, movement, midrash and drawing to help guide us on a journey to greater personal insight and understanding.

\$60 /includes lunch and refreshments

Carol Rose is a writer, poet, educator and counselor. She holds an MA in Theology and degrees in Religious Studies and Education. She has taught imagery classes and uses imagery in her counseling.



Soul of the Enneagram, Embodied and Inspired

Fri. Nov.25, 7pm - Sun. Nov.27, 1pm

Most people are familiar with the enneagram of *compulsions*. Few are aware of the enneagram of *soul*. Soul unites body and spirit. Each enneagram space, 1 through 9, relates to a characteristic of soul.

Integrating thought, feeling and will aligns the soul, and allows it to open to the finer vibrations of spirit that take form in us.

Commuter \$140 Private Room \$240 Shared \$220

Carol Ann Gotch and David Walsh are spiritual directors and seasoned teachers and trainers of the Enneagram.

Winter Stillness

Dec. 9, 7pm – Dec.11, 3pm

A gift you give yourself for time to stop, rest and be still before Christmas. Deepen your relationship with the Divine and re-discover meaning in your daily life. Daily meetings with a spiritual director are provided.

Private room \$215

Marie Baker, OSB; Mary Coswin, OSB

Year-End Retreat: THE YEAR IN REVIEW

Saturday, Dec. 31, 10 am - 4 pm

A retreat day of review exercises that awaken a great power in the soul.

\$55 / includes lunch

Carol Ann Gotch is a wise and creative woman who has been a spiritual guide to many for over 30 years. She is an enneagram teacher and co-director of the Prairie Jubilee (Spiritual Direction) Program.



*Happy New Year of 2012...
Benedictine Sisters enter their 100th year*



Retreat for the Unemployed **NO CHARGE!**

Fri. Jan. 13, 7:30pm—Sun. Jan. 15, 1:00pm

A weekend for the unemployed and spouses of the unemployed. NOT a job finding but a heart-helping weekend that will deal with discouragement, rejection, fear and anxiety, failure and stress. Designed to help find patience, hope, humor and self-esteem in God's creative love. This retreat is subsidized by donations to St. Benedict's Foundation.

Virginia Evard, OSB, Marianne Propp & Christine Strutt are experienced and compassionate guides.

The Contemplative Dimension of the 11th Step

Jan.27, 7:30pm – Jan.29, 1:00pm

“Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry it out.”

The 11th Step provides for an interior surrender through prayer and meditation. Centering Prayer is a simple method of facilitating the surrender of self and the opening of mind, heart, body, and emotions to the God of our understanding. Centering Prayer can provide a contemplative dimension to the Steps and to life. This retreat will offer an experiential approach to the practice.

Commuter \$105; Shared \$180; Private Room \$200

Frances and Garth are experienced presenters and have practiced Centering prayer for many years.

St. Benedict's

SEPTEMBER

- 8 Centering Prayer Support Group begins
16,17,18 Reflective Leadership Seminar
22-26 Shekinah: Formation for Spiritual Direction
24 Centering Prayer Introduction
30-Oct.2 Progoff *Intensive Journal*® Part 1

OCTOBER

- 1 & 8 **Art** of Listening
3 **FREE** Spiritual Direction Information Evening
5 Mid-week Retreat
7 Taizé Prayer
11,18,25 Conversations
14-15 Enneagram Introduction
15 Heartfulness Series begins
17-18 Shekinah Seminar
21-23 Celtic Heart Within
29 & Nov.5 Meditation Around the World

NOVEMBER

- 4 Taizé Prayer
12 Heartfulness series
13 Elijah: Tale of Courage and Transformation
14-15 Shekinah Seminar
20 Walking the Motherpath
25-27 Soul of the Enneagram

DECEMBER

- 2 Taizé Prayer
5-6 Shekinah Seminar
7 Mid-week Retreat
9-11 Winter Stillness Retreat
31 Year-End Retreat Day

JANUARY 2012

- 6 Taizé Prayer, Feb.3, Mar.2, Apr.6
6-8 Shekinah Weekend
13-15 Retreat for the Unemployed
14 Heartfulness Series
27-29 Contemplative dimension of 11th step

FEBRUARY

- 6-7 Shekinah Seminar
8 Mid-week Retreat
11 Heartfulness Series
17-18 I'd Say "Yes" God, If I Knew What You Wanted

17-18 Progoff *Intensive Journal*® Part 1
19-20 Progoff *Intensive Journal*® Part 2

MARCH

2-4 Deepening Centering Prayer Retreat
5-6 Shekinah Seminar
17 Contemplative Outreach United in Prayer
23-25 **Re-Visioning Workshop**
23-25 Spring Renewal Directed Retreat

APRIL

5-8 Holy Days' Retreat/Easter
9-10 Shekinah Seminar
11 Mid-week Retreat
19-22 Sabbath Retreat for Young Adults
20-22 Progoff Journal Part 3
21 Heartfulness
27-28 **Riding the Dragon: Robert Wicks**

MAY

7-9 **HeartSong Retreat**

JULY Retreats

1-8 Centering Prayer Retreats
3-8 Summer Fullness Retreat



**August 19th -Sisters of
St. Benedict
th Anniversary of Foundation
in Manitoba
Watch for details!**

Coming up..!

Workshop with Brother Don Bisson, FMS,
October 19-21, 2012

St. Ben's on Wheels! Benedictine sisters are available
to facilitate your retreat, workshop, reflection day.
Call us and arrange your special event!

Gift Certificate

Surprise a friend with time away
for a retreat or
special program!

Give a Gift for the Soul.

I'd Say 'Yes', God, If I Knew What You Wanted

Fri. Feb.17, 7:00-9:00pm; Sat. Feb. 18, 9:30am—4:00pm

Even the smallest decision in our lives may have a great impact for good or ill. In this prayerful retreat, we will explore ways to 'tune into' God's guidance more clearly, so that, as St. Benedict says, we can listen with "the ear of our heart." The weekend allows participants to choose how to spend time-alone or exploring with others.

Private Room \$145; Shared \$135; Commuter \$100



Dr. Nancy Reeves is a psychologist, spiritual director, best-selling author, award-winning columnist, and published poet. With 33 years' experience she conducts presentations internationally and is known for her practical information, inspiring stories and warm presentation style.

Progoff Intensive Journal® Part 1: Life Context

Fri. Feb.17, 3:30 - 9:30 pm; Sat. Feb.18, 9 am - 5 pm

A group experience with the protection of privacy, the Progoff *Intensive Journal*® Program uses specific journal writing techniques to promote self-discovery and personal growth. Receive your Intensive Journal workbook and be led through of exercises to reconstruct major phases of your life. Enhance your understanding of relationships, while resolving conflicts and clarifying priorities.

Private Room \$210, Shared \$200, Commuter \$160

Progoff Intensive Journal® Part 2: Depth Contact

Sun. Feb.19, 10 am- 5:30 pm; Mon. Feb.20, 9 am- 5 pm

The Depth Contact workshop complements your earlier journal work. This will put you in touch with the movement of your life, including your dreams and other images that stimulate your creative process by drawing messages from your inner symbolic experience. Clarify your values and beliefs and develop connections with larger aspects of life.

Private Room \$205, Shared \$195; Commuter \$155 Prereq.Part 1

Residents taking both workshops \$45 for extra overnight & meals.

Virginia Evard, OSB

Conversations: Following the Mystics Through the Narrow Gate

3 Tuesdays, 7-9 pm

Explore the long mystical tradition and find in it the mystics' pattern of spiritual growth that can inspire your own journey.

Feb.14 Passing through the Mystic Gate James Finley

Feb. 21 Expansive Space of the Mystics Richard Rohr

Feb.28 A Practice to Be with God James Finley

Led by **Mary Coswin, OSB**

\$10 per evening **Please call 339-1705 to register.**

Deepening Centering Prayer Retreat

Fri. Mar. 2, 7:30pm-Sun. Mar.4, 1:00pm

A silent retreat with input on our emotional programs and how to dismantle them plus three periods of group Centering Prayer a day.
Private Room \$190



Catherine Labinowich, OSB

Contemplative Outreach's United in Prayer Day

Sat., Mar. 17, 9:30 am - 3:30 pm

Celebrate the worldwide network of Contemplative Outreach united in a single bond of Centering Prayer around the globe. The day will include a new video by Father Thomas Keating, periods of Centering Prayer and sharing.

\$15 Bring bag lunch. Drinks and snacks provided.



Re-Visioning Workshop: Evolving Toward Simplicity & Resilience

Fri. Mar.23, 7:30 pm - Sun. Mar.25,1:00 pm (no Sat. eve)

Our society faces major challenges in the years ahead. We sense that our way of life must change. Is there a positive way forward and will the way forward be more difficult for our children? How can we mobilize creativity-in-community to fashion lives of simplicity and resilience for the future? How might we reach deep into the co-creative power we share with Spirit to serve life and love?

Meals and Accommodations only:

Private Room \$160, Shared \$140, Commuter \$80

Donation of \$40/person for facilitator is suggested.

Mark Burch is an author, educator and group facilitator. Mark invites *free will donations* for the teaching and facilitation he offers. Those living on slender means need not forego the workshop on that account and those who enjoy more abundance may recognize an opportunity to practice generosity.



Spring Renewal Retreat

Fri. Mar.23, 7pm-Sun. Mar.25, 3pm

Give yourself the gift of time....to stop, rest and be still. A spiritual spring tune up! Deepen your relationship with the Divine and re-discover meaning in your daily life. Daily meetings with a spiritual director are provided.

Private room \$215

Directors: Kalyn Falk and Rachel Twigg Boyce are experienced spiritual directors and retreat presenters.

Visit our Bookstore!!

We have a good selection of books on spirituality by authors such as Richard Rohr, Edwina Gateley, Robert Wicks, Thomas Keating, Stephanie Dowrick and more. We also have CD's of music and song for quiet listening plus a large array of greeting cards for all occasions and hand-made photo cards. Drop by any weekday and browse.



Holy Days' Retreat / Easter

Thurs. April 5, 5pm – Sun. April 8, 9am

Join the Benedictine community in silence, prayer and celebration of the mysteries of Christ's passion, death, and resurrection. Arrive for the Thursday meal and stay for breakfast on Easter morning.

Private Rooms \$200

Sabbath 2012: Retreat for Young Adults

Thurs., Apr.19, 5:00 pm - Sun. Apr.22, 6:00 pm

Looking for a break from the noisy demands of life and ministry? Hungering for some quiet time to nurture your soul? Then Sabbath is the perfect place for you. Renew your relationship with God as you join a small ecumenical community of young adults (ages 18-40) to rest and dwell in the presence of God. Led by experienced spiritual directors, each day will provide a mix of silence, spiritual exercises, worship, reflection, and small group sharing to support you in deepening your intimacy with Christ. Leave with new spiritual exercises that you can use long after you've returned home.

Private Room \$75 Sabbath is subsidized by donations made to [St. Benedict's Foundation, Inc.](#)

Michael Hryniuk, Ph.D. is a theologian, writer, teacher and spiritual director with extensive experience in Young Adult Ministry. Michael resides in Richmond Hill, Ontario.



Progoff *Intensive Journal*® Part 3

Fri. Apr. 20, 7:30 pm; Sat.9:00-4:30; Sun. 9:00-2:30 pm

This Life Integration workshop develops your ability to use the *Intensive Journal* sections on your own using integrative techniques to build insight. The workshop is an ideal way to work with your unfolding life process, especially during times of transition.

Pre-requisite Parts 1 & 2; *please register by Apr.7*

Private Room \$255, Shared \$235, Commuter \$160

Virginia Evard, OSB

Riding the Dragon: Strengthening Your Inner Life in Challenging Times

Fri. April 27, 7:30-9:00pm

Sat. Apr. 28, 9:30 am- 3:30pm

One of the greatest gifts we can share with others is a sense of our own peace. However, we can't share what we don't have. By discussing spiritual and psychological approaches to maintaining perspective and inner strength in challenging times, Dr. Wicks, an expert on the prevention of secondary stress, offers insights into how we can live in peace and, in turn, extend our warmth to others without losing our own inner fire in the process. Topics will include: "unlearning," maintaining a sense of perspective, ordinariness, chronic and acute secondary stress, developing a self-care protocol, knowing the "voices" we need in our circle of friends to have balance and courage in life, depth self-awareness, inner darkness, and improving mindfulness. Practical, illustrative, lively, this rich presentation will provide essential information on professional resilience and personal well-being.

Dr. Robert Wicks, Psy. D., a professor at Loyola College in Maryland, has taught in universities and professional schools of psychology, medicine, social work, nursing and theology. In his clinical practice, Dr. Wicks focuses on working with psychotherapists, physicians, nurses, educators, relief workers and persons in full-time ministry.



Author of 40 books, Robert Wick's most recent include a book for professionals, *Overcoming Secondary Stress in Medical and Nursing Practice*; others include *Bounce: Living the Resilient Life*, and *Riding the Dragon*.

Fri. eve. Only: \$15, with advance registration
Sat. only \$65; Both \$75 (includes lunch)

HeartSong: Retreat for Persons Living with HIV/AIDS & Caregivers

Mon., May 7, 4:00 pm - Wed., May 9, 6:00 pm

This retreat is co-sponsored by St. Benedict's and the Health Sciences I.D.Dept .It is subsidized by St. Benedict's Foundation, Inc. There is NO Charge* to participants! Retreat Leaders donate their time. Heart-Song is a time of rest, peace, reflection and sharing.

Team: Brad Black, Sr. Mary Coswin, Faigie Greaves, Fr.Roland Lanoie, Jocelyn Preston, Chas Van Dyck

HeartSong is celebrating its 20th anniversary. It has been offered *free of charge* each year. Keep it going by your donation. \$155 will help one person to attend. You may direct your gift to St. Benedict's Foundation, Inc. Call us at 339-1705.

20 years



Summer 2012 WEEK-LONG SILENT RETREATS

Summer Fullness: Silent Retreat with Spiritual Direction July 3, 7:30 pm - July 8, 1:00 pm

A mainly silent time with daily spiritual direction, rest, relaxation and artistic expression. Optional participation in Liturgy of the Hours with monastic community. A time of Sabbath rest for women and men who want to be recreated in spirit. **Please register by June 15th.**
Private Rooms \$550.

Intensive Centering Prayer Retreat

July 1, 4:00 pm - July 8, 4:00 pm

Deepen your understanding of the spiritual and psychological foundations for Centering Prayer in an atmosphere of community and silence. Each day will include 3 hours of Centering Prayer, Fr. Keating's video conferences, worship, lectio divina and quiet time. Pre-requisite: Introductory workshop (with follow-up series or weekend) and at least six months of faithful practice of Centering Prayer.

Please register by June 15th.



Advanced Centering Prayer Retreat

July 1, 4:00 pm - July 8, 4:00 pm

This retreat is for those who have made the Intensive Retreat and are faithful to the practice. This retreat includes multiple periods of Centering Prayer, the remainder of videos on the Spiritual Journey, silence and solitude.

Register by June 15th.

Post-Intensive Centering Prayer Retreat

July 1, 4:00 pm - July 8, 4:00 pm

This is an in-depth retreat for those who have experienced the Intensive Retreat. It is an entering into the profound levels of spiritual practice in an atmosphere of silence and solitude and community. There will be three and a half hours of Centering Prayer and contemplative walks per day, Eucharist, lectio, opportunity for private interviews with Centering Prayer staff and personal time.

Please register by June 15th.

For each Centering Prayer retreat:

Private Room, residents only, \$575

Catherine Labinowich, OSB will facilitate all the Centering Prayer Retreats.

“Silence is God’s first language”.

Fr. Thomas Keating, OCSO

YEAR ROUND!

Take a Sabbatical

A time to be, to rest, to enjoy the beauty of nature and the re-creation of your spirit.

With the help of a sabbatical director, create your sabbath time from the courses and retreats at the Centre or simply design your own 'program'.

Write, call or email Sabbatical Coordinator, Sr. Marie at mbakerosb@hotmail.com or 204-338-4601.

\$1,500/month: room, board, weekly spiritual direction and all programs available at the Centre

Or \$1,300/month room and board, weekly spiritual direction and choice of programs at commuter rates.

Minimum One-month / Maximum 1 year.



**Be still
and
know that I am God.** Psalm 46

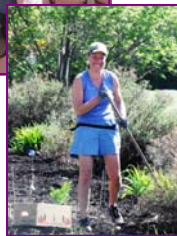
Personal Retreats

A retreat? Sabbath time—time to nurture yourself and your relationship with God. St. Benedict's has *five private rooms* with ensuite. These rooms are available on a first-come-first

serve basis. Enjoy the library, music listening room, sitting room, Chapel and art room. Enjoy the scenic riverside property, walking paths and seasonal labyrinth.

A **silent** retreat is not about *not speaking* but about **listening**... deeply... to your heart, your God and creation.

Call 204-339-1705. Ask for prices. Reserve your room. Stay a day, a weekend or any time.



Volunteers Needed

We could use your help to:
deliver brochures,

drive sisters to appointments,
answer phones, make beds,
do periodic cleaning at the Centre, cut grass, computer care, repairs and more.

Let us know if you can spare some time. Call S. Marie Baker at 338-4601.

Taizé Prayer: 1st Fri. of the month,
Oct-Apr. 7-8 pm
Taizé Ecumenical Prayer began in Taizé,
France. This prayer consists of the singing of
chants, of readings from the Christian Scrip-
tures, intercessions and silence. All are welcome



Spiritual Direction is a ministry to persons of any age
and every denomination who want a guide on the spiritual
journey. Spiritual direction is a relationship whose prime
focus is the nurturing of personal relationship with Divine
Mystery. St. Benedict's provides experienced directors.

Call 339-1705.



From left to right:
Benedictine Sisters
Marie Baker, Catherine Labinowich and
Mary Rose Hammerling

Looking for a place to hold your event?

St. Benedict's Conference Coordinator, Kimberly Mallow,
can help you. We have conference rooms with a capacity
of up to 90, food service, equipment, overnight accommo-
dations, beautiful grounds and excellent hospitality. We
serve churches, schools, colleges, government and social
service groups. Let **us** take care of your needs.



Kimberly, Conference Coordinator



Want to be connected to the Monastery?

Oblates of St. Benedict are women and men who desire
to live the spirit of the monastic rule of St. Benedict and
who associate themselves with a Benedictine community
for support. If you are interested in learning more, contact
Sr. Mary Rose Hammerling at 338-4601 or by email at
hammerlingosb@hotmail.com

Important Registration Information

Cancellations/Refunds

If we cancel a program, you will be fully refunded your fees. If you cancel prior to the retreat/program we will refund your fee less the deposit. After the commencement of the program we regret that we are unable to refund any portion of the fee.

Income Tax Receipts

Contributions of \$10 and more (for tuition only) are eligible for income tax receipts. These will be issued **only upon requests made prior to Dec. 31** of the current fiscal year.

Financial Assistance

St. Benedict's seeks to bring enriching programs to as many persons as possible. In justice, fees are established so as to reimburse presenters for their services and to cover our costs. Some subsidies are available upon request and approval. Please ask. If you wish to donate so others may attend, send to St. Benedict's Foundation.

Registration/ Payment:

Register online at www.stbens.ca then send payment . Program registration over \$10 must be accompanied by the non-refundable deposit.

Your \$35 deposit and registration guarantee you a place in the program of your choice. We do not call to confirm but you may. Enrolment is **not** guaranteed until deposit or full payment is received.

Payment to: St. Benedict's Retreat and Conference Centre
225 Masters Avenue
Winnipeg, MB R4A 2A1

When to arrive?

For retreats and spirituality programs with a *7 p.m. start*, please arrive between 6 – 6:45 p.m.

If you have requested to come *for supper you must arrive no later than 5 p.m.*

For day only retreats and spirituality programs, please arrive 1/4 - 1/2 hour prior to start time.

What to bring?

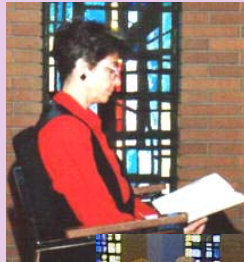
Personal items, comfortable clothes and shoes, writing materials. We take care of (almost) everything else.

Office Hours: Monday – Friday, 8:30am – 4:00 pm

All registrations and arrangements are made **only** within these hours. Remember you can also contact us by email at stbenscentre@mts.net.

**Here for 100 years,
Praying, serving, welcoming!**
*We invite you to explore monastic life with the
Sisters of St. Benedict in Winnipeg!*

**Benedictine sisters live a monastic life centered on the
gospel and the person of Jesus Christ;**



Personal and
communal prayer, lectio divina,
Celebration of Eucharist,
Stability in community,
Common ownership,



A listening Heart,
Service to God's people,

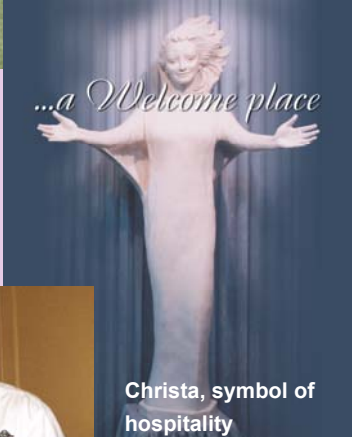


Hospitality and
Reverence for all creation



***We are looking for women who dare...
to live community, serve people, pray together,
who laugh and love....***

***Call Sr. Mary Coswin at 338-4601 and visit our website at
www.stbens.ca.***



Christa, symbol of hospitality



Knights of Columbus donate funds to refurbish Centre bedrooms



Lilac Conference Room



Blue Room