

Sabbatical Costs

Plan A: \$1,200* (Canadian) per month includes board and room, and weekly spiritual direction. The commuter rate applies to additional retreats and spirituality programs taken during your stay (see general brochure).

Plan B—All Inclusive: \$1,500* (Canadian) per month includes board and room, spiritual direction and all scheduled retreats and spirituality programs.

(7-day Directed Retreat additional \$175)

Sabbatical time ranges from a minimum of one month to a maximum of one year.

Application Information

Sabbatical Director

St. Benedict's Retreat & Conference Centre
225 Masters Avenue
Winnipeg, MB Canada R4A 2A1

Telephone: (204) 339-1705

Fax (204) 334-8840

E-mail: mbakerosb@hotmail.com

Website: www.stbens.ca

*Fees as of 2010; subject to change 2011



*a welcome place
for conversations
that matter*

St. Benedict's Retreat & Conference Centre

You will find us 20 minutes from downtown Winnipeg, two miles north of Perimeter Highway 101-- just off Main Street (Hwy 9).

We are fully accessible.



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A Sabbatical? at Beautiful St. Ben's on the Red



It's time!

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Sabbatical Sacred Time of Rest

God created and then rested. That's the essence of SABBATH. We, periodically need extended rest.

St. Benedict's provides a place & options for your sacred time of rest and renewal. Located on seventy-two acres of wooded land, bordering the Red River, St. Benedict's combines a natural setting, a daily round of prayer with the monastic community and a variety of retreats and programs to make it a unique place for a sabbatical.

Who Comes

Laywomen & men, ordained clergy, both women & men, persons in transition. People from right here in Winnipeg and people from as far away as the Maritimes or Barbados. People like **you!**

Guests on sabbatical have the opportunity to design their own "program" to meet their personal needs.

They select from a variety of retreats and programs offered at the Retreat & Conference Centre and may receive weekly spiritual direction, if they desire (included).



Some guests simply want "to be", with no programs planned.

Sabbatical guests receive a private room with bath on the retreat floor of the Centre with its special features of lounge, kitchenette, Peace Room, library, listening room and art room. They may take part in any or all of the daily Liturgy of the Hours and celebration of Eucharist, as well as meals and social times in the Monastery.

A sabbatical director is available to assist in the planning of and the experience of sabbatical time.

Visitors to Winnipeg will want to enjoy some of the city of Winnipeg's fine cultural opportunities, including the Royal Winnipeg Ballet, The Symphony Orchestra, Contemporary Dancers, the Zoo, the Planetarium, theatres, the Art Gallery and more.



Participants have said . . .

"The dailiness of being in the simple rhythm of prayer and work which is dependable and predictable restores the soul and straightens the heart and mind."
Anglican priest

"I found the many workshops very practical and helpful. The food was tasty and nourishing. I recommend St. Benedict's to anyone who wants peace, quiet and a lot of time to pray and read."
Catholic laywoman

"At St. Benedict's, I found an oasis of silence, peace and of God's presence. It is also a place of sharing and warm gathering. A beautiful enriching experience!"
Catholic sister

"My time has been sacred and healing; the warmth of your welcome has touched me deeply."
United Church minister

