



Benedictine Connection

Published for their friends by the Sisters of St. Benedict
St. Benedict's Monastery, Winnipeg, Manitoba Canada

Winter, 2010
Volume 18, No. 2

PEACE on Earth . . .



. . . and Good Will Toward All . . . is the message
the Sisters of St. Benedict extend to you this Christmas Season!

Message from the Prioress

- Sister Virginia Evard, OSB



Dear Friends,
As I turn the pages of this *Benedictine Connection*—so full of gratitude and celebration—I see so many happy, almost glowing

faces. These faces remind me of three very moving slide shows I have seen recently.

- A magnificent slide show of the Golden and Diamond Jubilee celebration, created by Fr. Fred Monk, focused on the faces of our Jubilarians, their families, friends and community.
- At the opening of the 40th anniversary celebration of the Centre, we enjoyed a slide show, created by Sr. Mary Coswin, recalling the faces of some of the thousands of guests who have been welcomed at our Centre and recognizing again the many women and men who have served as staff, speakers, facilitators, spiritual directors and collaborators in our ministry of hospitality.
- And, finally, the slide show created and presented by Sr. Teresita Kambeitz at the “Portraits of Jesus Retreat” in

October, showed representative ways that the face of Jesus has been presented by artists throughout the centuries and how these art works reflected the particular struggles with faith of people in each century and in every culture. At the same time, we retreatants were asked to reflect on how our faith has grown throughout our lives and how our image of Jesus has changed with it.

Each of these three experiences was an opportunity for me to recognize the face of Christ. For, as Jesuit poet Gerard Manley Hopkins says:

*“ . . . Christ plays in ten thousand places,
Lovely in limbs, and lovely in eyes not his”*

And as Sr. Teresita Kambeitz pointed out in our retreat, we long to see our own face in the face of Christ.

In 1994, we asked Helen Norman, an artist in residence at St. Benedict’s at that time, to create a sculpture to express our mission of hospitality at the Centre. Thus, “Christa” was born.



This 40th anniversary year seems a fitting time to celebrate her anew. The inscription at her feet reads: “O Blessed Hospitality, embracing every race and culture as your own” M. T. Winter.

Christa signifies the presence of Christ in the monastic community welcoming the guest, who, St. Benedict tells us, in his *Rule*, is to be “welcomed as Christ.” We are blessed indeed by every guest!

Thank you for your support which enables us to welcome everyone, “even the least of these” Lk. 9:48. May the Feast of Christmas reveal to you “Christ among us”.

Peace,

Sister Virginia Evard, OSB



Shekinah: Formation for the Ministry of Spiritual Direction 2011-2013

Do you feel called to accompany others? Do others seek you out? This 2-year supervised program is for women and men of any denomination and walk of life, discerning a call to accompany others on the spiritual journey. Those considering application must have at least one year’s experience of receiving regular spiritual direction prior to applying. Applications for class of 2011-2013 available January 2011. Deadline April 30.

Vocation Discernment Retreat

February 18-20, 2011

Women who are looking for *something more!*

Women who may be considering a call to a religious community!

This is for you!

A Vocation Discernment Retreat will be held at St. Benedict's Monastery the weekend of February 18-20, 2011

You will join the monastic community for morning, mid-day and evening prayer and Eucharist on Saturday evening. You will have time to meet with individual sisters and share your questions and concerns, time for reflection and to relax at meals. You will learn about the monastic vocation, its history and its lived expression here in Winnipeg. A donation may be made for this retreat. For more information [contact Sr. Mary Coswin, OSB at 204-338-4601 or E-mail mcoswin@mts.net](mailto:mcoswin@mts.net)



Service of Remembrance— Diane Huselak

The 5th Annual Service of Remembrance was held on Sunday, November 14, 2010 in St. Benedict's Chapel. "*Hear the Prayers that Rise*" was the theme for the evening, as family and friends assembled to pray with the Sisters for the loved ones remembered through the Memorial program of St. Benedict's Foundation. As the incense rose, and amidst the liturgy, scripture readings and reflection, 113 names were read from the Memorial Book prayerfully remembered by those present who lit a candle in their honour. Those in



Sr. Hilda Frost, OSB reading the Epistle

attendance also had an opportunity to commemorate other departed loved ones by writing their names on a prayer card and lighting a candle for them.

The Service of Remembrance is a very important expression of the Sisters' prayer support which honours the deceased as well as provides comfort to the bereaved.

It was created to honour the memory of those named through donations to the Memorial Program at St. Benedict's Foundation. However, anyone who would like to remember their de-

ceased loved one in prayer is welcome to attend.

The Service of Remembrance is held annually the second Sunday of November at 7 p.m. Save the date for next year and let us know if you are coming—phone 338-4601.



Sr. Gerarda Pura, OSB lighting a candle in remembrance of a loved one.

Celebrating at St. Ben's . . .

St. Benedict's Retreat & Conference Centre celebrated well the first two events of their 40th Anniversary. On September 17th over 200 people gathered at Jubilee Place to enjoy an evening of music, song and story with Sierra Noble and with Edwina Gateley. The evening ended with everyone on their feet to a six-minute fiddle and guitar piece.

The evening was made possible by a grant from The Winnipeg Foundation and was hosted by Dr. Moti Shojania. Sharon Bauman's name was picked from "a hat" to receive a gift of a weekend at St. Benedict's.

Our second event was a Thanksgiving Evening Prayer at which Archbishop James Weisgerber thanked the Sisters for providing a place "for people to grow".

Both evenings concluded with a lavish reception and lots of visiting with friends.

Still to come is a "40-Something Series" and two "40-Hour Silent Retreats" (see page 5).

We are grateful to our friends, new and "old" over the past 40 years.

Donations in Honour of the 40th Anniversary of the Retreat and Conference Centre

Your presence at the 40th Anniversary celebration events is a great gift to the Sisters of St. Benedict. We are also very grateful to all those who have honoured the Sisters' mission and ministry through the Retreat and Conference Centre by way of donations to St. Benedict's Foundation. 40th Anniversary donations are gratefully accepted. Donor names (gifts of \$100 or more) will be acknowledged on a commemorative plaque to be displayed at the Centre.

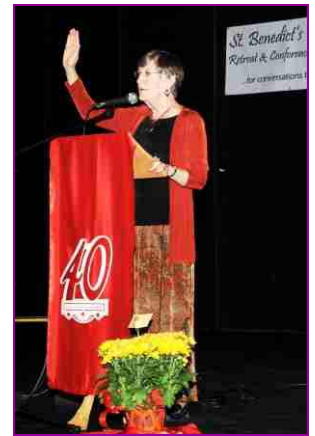
If you would like to gift us beyond this, in honour of the 40th Anniversary, here are some items of which we are in great need:

- Video Camera
- Lap Top Computer

Right—Dr. Moti Shojania, hosted the Opening Celebration event, Edwina Gateley, author-story teller spoke on "One Woman's Story", Sr. Mary Coswin Director of the Retreat & Conference & Sr. Virginia Evard, Prioress.



Above—Sierra Noble, guest entertainer at Opening Celebration event with two band members.



Above—Edwina Gateley, Guest Speaker



Above—Sister Virginia Evard, Prioress welcomes guests to the 40th Anniversary Opening Celebration Event.



Above—Sr. Mary Coswin presenting a gift basket to Sharon Bauman, winner of a draw for a week-end Retreat or Workshop.



Above—Sr. Virginia Evard, Prioress, Archbishop James Weisgerber and guests at Thanksgiving Prayer Service held October 8th.

Right—Guests enjoying the food and refreshments at the Thanksgiving Reception.



... more celebrations at St. Ben's ...

40-Something Series

Saturdays, 9 am—noon

In honour of the Centre's 40th Anniversary, we are offering three mini-retreats arising from the significance of the number 40 in sacred scripture and as applied to our everyday lives. \$25 per session. Following are the remaining two sessions.



March 26 Letting Go: The 40 days of Lent mirror the time Jesus spent in the desert before beginning his ministry. Come spend time reflecting creatively and contemplatively on what it is like to be in the desert. *Given by Rachel Twigg Boyce*, Director of House Blend Ministries, an initiative of the Mennonite Brethren Church in Manitoba.



April 9 Letting Grow: Like the 40 weeks of human gestation, the earth requires time and care to grow to fullness. Come explore important metaphors in the Psalms for earth, the environment, and living things, while tracing their influence in contemporary culture, for example in recent films. The Psalms, like the

earth that is our home, can provide wonderful resources for life. *Given by Arthur Walker-Jones*, Professor, Faculty of Theology at the University of Winnipeg.

40-Hour Winter Stillness

Dec. 10, 7pm to Dec. 13, 3pm

A 40-hour silent retreat to stop, rest and be still in this time before Christmas. Daily meetings with a spiritual director are provided. Directors: Sr. Marie Baker, OSB and Kalyn Falk, MA.

40-Hour Spring Renewal

April 1, 7pm to April 3, 3pm

Another silent retreat to rest yourself and be still in the presence of the Creator and the awakening creation. Discover through times of prayer and leisure and daily meetings with a director, your own new beginnings. Directors: Sr. Marie Baker, OSB and Sr. Mary Coswin, OSB



Sr. Marie Baker



Kalyn Falk



Sr. Mary Coswin

“Project 40 – Refurbish”

Chosen as the Manitoba Knights of Columbus Special Charity Project

The Sisters of St. Benedict's Monastery have asked the Knights of Columbus in Manitoba to help celebrate their 40th Anniversary of the opening of the Retreat & Conference Centre by assisting them in refurbishing 25 of their shared accommodation bedrooms at the Retreat Centre. A list of each item needed with the accompanying cost was provided. The cost of refurbishing each accom-

modation room came to \$1,790 with the total cost for the project being \$44,750 including GST & PST.

The Manitoba State Board was so moved by the Sisters' request that they have chosen this year's focused charity project as St. Benedict's Retreat & Conference Centre's 40th Anniversary “Project 40 – Refurbish”. Furthermore, the Manitoba State Board has al-

ready sent funds to refurbish Room #1. Also, an individual donation for Room #2 has been made by a member Knight in memory of his deceased wife. A plaque will be made outside the door of each room acknowledging contributions.

It is the hope and desire of the Manitoba State Board that the Knights of Columbus in Manitoba are able to refurbish all remaining rooms this

year, thus honoring the ministry of the Sisters of St. Benedict at their Retreat and Conference Centre for the past 40 years.

The Sisters of St. Benedict, in turn, are most grateful for the support of the Knights of Columbus in helping to strengthen their community's ministry and mission and pray that God will continue to bless them for all the good work that they do.

... and we continue to celebrate with Jubilees !



Above—L-R Sister Virginia Evard, Prioress, pictured here with three Jubilarians—Sister Joan Mormul celebrating her 50th Golden Jubilee, Sister Carmelita Martyniuk celebrating her 60th Diamond Jubilee and Sister Marcella Lambert celebrating her 50th Golden Jubilee. Community members, family and friends honored the celebrants in July by witnessing their renewal of vows in the Monastery Chapel and celebrating with an afternoon reception.

Right—Sister Denise LaFlèche is pictured receiving blessings as she celebrates her 10th Year of Monastic Profession. A private gathering was held with the Community and her family members.

Sister Denise LaFlèche

Sabbatical Guest



Sister Albina Labonté, pm

Sister Albina Labonté, Sisters of Presentation of Mary, from Prince Albert, Saskatchewan has been a sabbatical guest since September 17th and will continue her sabbatical to June, 2011. She is taking some time-away and well deserved rest and relaxation from her duties as Assistant Secretary in their Leadership Team and the many other hats she wears in her ministry. Sr. Albina has enjoyed participating in a variety of Retreats at St. Benedict's Retreat and Conference Centre during her stay.

Sabbatical Time—Available Year-Round!

For more information call Sr. Marie Baker, OSB at 338-4601



Upcoming Workshop

“Grief—The Price We Pay for Love”

Given by Sister Joan Mormul, OSB

Saturday, January 15/11

9:30 am—4:00 pm



This day will explore the dimensions of grief. It will provide an opportunity for participants to enter more fully into their experience of grief, to share with others their stories (or not) and hopefully leave strengthened and renewed with hope.

For more information or to register for this session please contact St. Benedict's Retreat & Conference Centre 339-1705.

A Gentle Caregiver



Sr. Gabriel (Helena) Czarnowas, O.S.B. was born on September 2, 1920 in Winnipegosis, Manitoba to Stanley and Antonia (Dyrkacz) Czarnowas. She was the second oldest of nine children, four of whom are still living today. The family suffered a great tragedy when the eldest child, a son, Joseph died from meningitis at age 18. This left Sr. Gabriel in the position of eldest with the family cares and responsibilities that followed.

Sr. Gabriel's parents did mixed farming in the Winnipegosis area, about two miles from town, following in the footsteps of both sets of grandparents who had emigrated to Canada and had settled in the Winnipegosis area when Stanley and Antonia were a mere four years old, respectively.

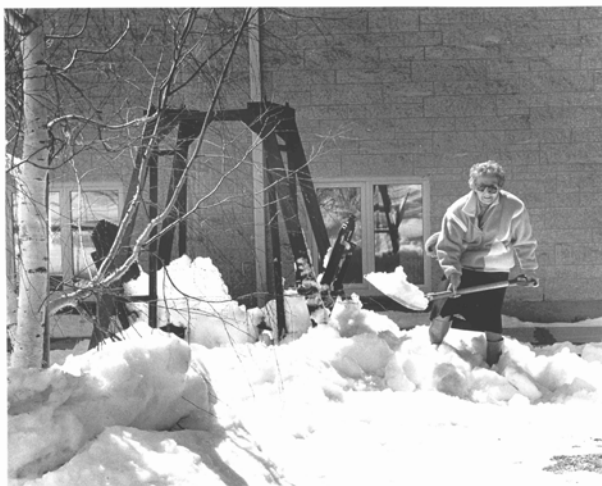
As a child Sr. Gabriel attended the local school in Winnipegosis and then, while still in her teens, worked for a local family in town as a housekeeper/nanny to assist her family financially. Thus, Sr. Gabriel, a very tidy, dedicated and prayerful young person by nature had her natural talents honed at an early age.

She entered the Benedictine Sisters in Arborg, Manitoba on June 29, 1940. Shortly after her monastic profession on August 18, 1942, she was missioned to Gimli, Manitoba where she began her nursing career at Johnson Memorial Hospital. She ministered at the hospital till 1951, during which time she received her practical nursing designation in 1946.

In 1951 she was missioned to Sacred Heart Hospital in Russell where she ministered till 1965; followed by two years (1965-67) at Crerar Hospital, Winnipegosis; then three years (1967-70) at St. Mary's Hospital in Birtle, Manitoba and then in 1970 back to Russell, Manitoba to the Russell and District Hospital where she remained till her retirement in 1990.

Upon her retirement the hospital staff showered her with gifts and gratitude for her 34 years of faithful nursing care in Russell. She is remembered

as a very gentle, comforting, dedicated nurse in white uniform and veil who always had a caring smile. She is also remembered for her beautiful crocheted infant sets which she graciously prepared for many a newborn. Following her retirement Sr. Gabriel resided at St.



Sr. Gabrielle shoveling snow on the Monastery grounds.

Benedict's Monastery where she was actively engaged at St. Benedict' Retreat & Conference Centre for six years (1991-1997) extending hospitality and taking care of the coffee service for Centre guests.

Sr. Gabriel was always most faithful to community prayer. Her commitment to prayer was intensified in 1986 when she had, as she called it, "a life-time opportunity to make a 30-day Benedictine Retreat in Mount Angel, Oregon".

In her words she said "it was an experience that will be hard to forget". She referred to this experience as a time of "grace", a turning point in her spiritual life.

This special grace experience became a deep part of Sr. Gabriel's community prayer life. Even as she tended her raspberry bushes, weeded the flower gardens, picked and cleaned vegetables, rooted out dandelion plants, shoveled snow or tidied up the coffee or laundry rooms, she would heed St. Benedict's admonition in Chapter 43 of his Rule "On hearing the signal for an hour of the divine office, the monk/nun will immediately set aside what he/she has in hand and go with utmost speed, yet gravity indeed nothing is to be preferred to the Work of God."

Late in the year 2009 Sr. Gabriel suffered a severe set back in her health due to complications following a fractured hip. Currently she is residing at Misericordia Health Centre awaiting placement at St. Joseph's Residence Inc.

Sr. Gabriel continues her commitment to her God through peaceful, prayerful waiting for His call - "Come to me all you who labour and are overburdened and I will give you rest" *Matthew 11:28*.



St. Benedict's Foundation, Inc. Annual Appeal

- Sister Gerarda Pura, OSB, Executive Director



Dear Family & Friends of St. Benedict's,

As the year 2010 draws to a close we cannot help but reflect on the graces and gifts showered upon the Monastery during the past year. We Sisters look back upon 2010 with deep gratitude for what has been and look forward with hope and trust what yet is to come, especially the 100th anniversary on August 19, 2012 of the founding of our Monastery.

Among the many gifts for which we are grateful is the financial and prayerful support of our family and friends; our four Jubilarians who together celebrated 170 years of faithful prayer, service and commitment to God and to God's people; and the 40th anniversary of St. Benedict's Retreat & Conference Centre which, from its very humble beginnings in 1970, continues to show hospitality towards all, pro-

vides contemplative space for ongoing spiritual formation, learning and wellness; and had stood the time of trial and testing, transition and spiritual growth.

Through your generous financial help our Monastery and Retreat Centre have been able to provide a beautiful, prayerful environment within which people could renew, refresh and re-imagine their lives.

St. Benedict's Place has also added to the vitality of our Monastery by continuing to welcome new residents while bidding farewell to others who have completed their life's journey.

Thus, we, the Sisters of St. Benedict, take this time to extend our deepest appreciation to all of you for your commitment to our Monastery's mission and ministries.

By supporting us through your financial contributions, your prayer

and volunteer hours, you help us serve our God with greater fervor and zeal.

We remember all of you in our daily prayer, giving thanks for your friendship, love and support and asking that you may always be sustained and blessed by God's love.

An envelope is attached for your donation convenience and continued support. Your gift will be acknowledged with a tax deductible receipt from St. Benedict's Foundation, Inc.

May the Giver of all good gifts bless you with peace and health this Advent season and may the joy of Christmas fill your hearts and homes.

Gratefully,

Sr. Gerarda Pura OSB.

Summer Volunteers



Above—Students from St. Paul's High School volunteered their services in May, 2010 in preparation for missionary work in Loma Linda, El Salvador where they helped the people (of Loma Linda) with building a cement floor for the community church, and to unpack, assemble, and build an enclosure for a corn mill that was donated to the project. The Sisters were pleased to give them strength-enduring chores around the monastery grounds to prepare them for their missionary task.

Right —Lori Dexter, wife and mother of three children, from Gibbons, Alberta, took a two-week sabbatical in May 2010 to help out wherever needed at St. Ben's Monastery. Her help in the garden and other areas was much appreciated!



Left—Melanie Bresette, a school librarian from Windsor, Ontario, searched St. Benedict's website, and travelled by train to spend three weeks in ministry and service at the Monastery. She is seen here helping out at the Retreat & Conference Centre. What a blessing!

Thank You to our Volunteers !

Note from the Editor—Diane Huselak



A large part of this issue of the Benedictine Connection focuses on Jubilee celebrations. A highlight of the celebrations was the 40th Jubilee Anniversary of the Retreat and Conference Centre.

The September 17th opening event, featuring Edwina Gateley and Sierra Noble was a great success with an audience of over 200 people. The Thanksgiving Prayer Service on October 8th again was a celebration of thanksgiving for the past 40 years of the Retreat and Conference Centre.

The Community celebrated the Jubilee anniversaries of four Sisters –one 10th Jubilee, two 50th Jubilees, and one 60th Jubilee—now this is a milestone of love and devotion and dedication to their call to ministry and service! We continue to celebrate with the Centre's 40 Something Series, and two 40 Hour Silent Re-

treats. And, you can also celebrate and honour the Sisters by considering a gift towards the Centre's "Project 40-Refurbish", an investment into the future of the Centre for the comfort of our guests.

I have been fortunate to have had wonderful mentors and teachers come into my life, especially through my various work experiences. As I work amongst the Sisters, I see the devotion and the warm and gracious hospitality they extend to visitors and guests. I also see all those who benefit and come to a greater awareness by the sessions offered to them through the Centre. Being conscious of the extra effort that is required of the Sisters as the population of the Community ages, what I admire most is their grace and courage of faithful and brave journeying. It is the readiness and openness to the experience of whatever is presented to them that fill them with grace and holiness – the presence of the Divine working through them.

In her book "Whispers – Conversations with Edwina Gateley" Edwina Gateley states that the Holy Spirit is the feminine dimension of the Trinity, the one who is also free – who wanders around. She is the One we cannot contain or control but to whom we must be open so that we might be transformed. She wanders around looking for open hearts to receive her, she is the birther, the one who will bring about new things if we are open to her fire.

The Community of the Benedictine Sisters ARE the open hearts! They have entered deeply into the transforming passion of fire that affects the lives of all who enter through their doors, constantly birthing, bringing about new things! How awesome! Now this is something to celebrate! Something to give thanks for! Thank you, Sisters of St. Benedict for being powerful agents of transformation that affect the lives of so many! Peace!



Retreat & Conference Centre Activities...

... a welcome place for conversations that matter!
- Sister Mary Coswin, OSB



Above L—Mothers of Missing Daughters at workshop sponsored by St. Benedict's Foundation, Inc.



Above R—Youth Leader, Diocesan program conducted by Mariette Martineau & Michelle Garlinski August 16-20, 2010.



Left —Sister Teresita Kambeitz, OSU, conducting workshop Oct. 15-17, 2010 "Portraits of Jesus: A Retreat with Scripture and Art."

Mornings in Monastic Spirituality

Monthly on Saturday, 9-11:30 am

With Sr. Hilda Frost, OSB



A morning of prayer, silence, input and discussion. This series will focus on "New Monasticism" and how monastic spirituality can be

lived in our world today. Each 'retreat' begins with Morning Prayer at 9am in the Monastery Chapel. \$20 per retreat. Ph: 339-1705 to Register.

Dec. 11 **Joan Chittister:** Nothing Harsh or Burdensome

Jan. 9 **Henri Nouwen:** Listen with the Ear of your Heart

Contemplative Living for 21st Century Seekers

Monthly on a **Wednesday**, 9:45 am—3:00 pm

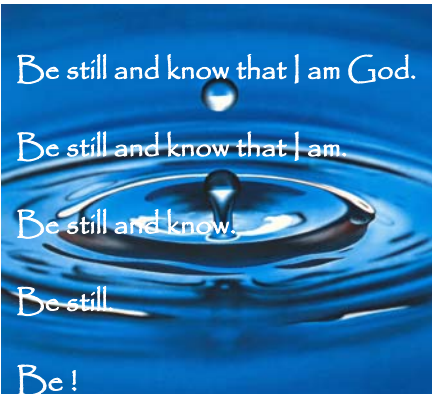
Are you one of many seeking a way of being contemplative in the midst of your ordinary life? Come explore wisdom from the Christian contemplative tradition with members of St. Benedict's community as they share some spiritual practices that will help you to deepen your contemplative living, right where you are! Each of these mini-sabbaths begin with a morning meditation and is followed by short presentations around the theme and reflection time. Treat yourself to some inspiration, quiet, a shared lunch and conversation with other seekers. Register 339-1705. \$35 per session. Includes lunch.

Dec. 8 **Walking in the Truth of Who You Are**
with Sr. Irene Burzynski, OSB

Feb. 9 **Rooted in Relationship**
with Sr. Mary Coswin, OSB

Jan. 12 **Centering Prayer and the Welcome Prayer**
with Sr. Catherine Labinowich, OSB

Mar. 9 **Sacred Ritual**, with Sr. Joan Mormul, OSB
Apr. 13 **Care for the Earth**, with Sr. Catherine, OSB



Sabbath 2011: A Spiritual Retreat for Young Adults in Ministry

April 14—17, 2011 with Michael Hryniuk, PhD, & Team of Spiritual Directors

Renew your relationship with God and leave with new spiritual exercises that can quiet your soul long after you've returned home. (Subsidized by St. Benedict's Foundation)

Registration: \$75
(For more information call: 339-1705)



Sabbath Group 2009

.....Upcoming Events

DECEMBER

3-5 Re-Visioning Workshop: Evolving Toward Simplicity & Sustainability with Mark Burch
 5 Taizé Prayer
 8 Contemplative Living
 10-12 40-hour Winter Stillness
 11 Mornings in Monastic Spirituality
 11 Deepening Your Centering Prayer Practice
 31 Year-End Retreat Day

JANUARY

2 Taizé Prayer
 2-9 Shekinah Weekend
 8 Mornings in Monastic Spirituality
 12 Contemplative Living
 14-16 Retreat for the Unemployed
 15 Grief—the Price We Pay for Love
 22 Centering Prayer Introduction
 24-26 Wellness Days for Women

FEBRUARY

5-6 Taizé Retreat and Prayer
 9 Contemplative Living
 12 Mornings in Monastic Spirituality

12 Prayer, Posture and Play
 11-12 Progoff *Intensive Journal*® Part 1
 13-14 Progoff *Intensive Journal*® Part 2
 21-22 Shekinah Seminar
 25-26 The Dreams, Visions and Psychology of C.G. Jung Workshop with Dr. Marianne Johnson

MARCH

6 Taizé Prayer
 5 & 12 Lectio
 9 Contemplative Living
 18-20 Healing Trauma: The Gift of Prayer and Spiritual Direction with Maureen Conroy
 19 Contemplative Outreach: United in Prayer
 21-22 Shekinah Seminar
 26 40-Something: Letting Go

APRIL

1-3 40-hour Spring Renewal Retreat
 3 Taizé Prayer
 9 40-Something: Letting Go
 13 Contemplative Living

14-17 Sabbath Retreat for Young Adults in Ministry
 18-19 Shekinah Seminar
 19-May 1 Progoff *Intensive Journal*® Part 3

MAY

6 Cantate 🎵
 8 Taizé Prayer
 24-26 HeartSong Retreat for Persons Living with HIV/AIDS and for their caregivers

JUNE

5 - 12 Silent Directed Retreat

JULY Retreats

3-10 Silent Directed Retreat
 3-10 Intensive, Advanced, Post-Intensive Centering Prayer Retreats
 14-17 Sabbath Time for Adults

Visit us at www.stbens.ca

Contact us at stbenscentre@mts.net



Healing Trauma: The Gift of Prayer and Spiritual Direction

A workshop for spiritual directors, chaplains, social workers, clergy & others in the healing profession.

March 18, 7pm—March 20, 1pm with Maureen Conroy, RSM, D.Min. (no Sat. evening session)

Psychological and physical trauma as well as various forms of abuse affect our ability to be our authentic self. Prayer and spiritual direction can be powerful ways to help heal and experience being fully alive, as God wants. Topics will include: Meaning of trauma, various forms of trauma; trauma's affect on body, mind and spirit; healing of toxic shame; inner and outer resources for healing; prayer for healing of memories; how the experience of God's love fosters healing; ways of being a healing presence for others. *Private Room \$200, Shared \$180, Commuter \$95.*

Maureen Conroy is Co-director of Upper Room Spiritual Centre in Neptune, New Jersey. Her ministries include spiritual

Gift Ideas for Christmas

Need a Unique Gift? Visit our "Book Nook" at the Retreat & Conference Centre and check out the assortment of books, CD's and assorted gift items.



Commemorative 40th Anniversary Calendars highlighting the spirituality programs at St. Ben's for the 2011 year.



Gift Certificates available for a Retreat Getaway or for one of the Special Programs available at the Centre.

We also carry a **unique** assortment of **all occasion cards and card sets, rosaries, T-Shirts**, plus much more!



Books on prayer and spirituality:

"*Soul Sisters*" written by Edwina Gateley—Other books by Edwina Gateley include "*Psalms of a Laywoman*"; a children's book—"God Goes to School", plus many others.

Other books include authors Kathleen Fischer—"Women in the 2nd Half of Life"; John Monbourquette—"Self Esteem & the Soul"; books by Joan Chittister; Dorothee Soelle "*Great Couples of the Bible*". Assortment of other books by various authors also available.

Meditation CD's- "*Holy Ground—Mantras & Chants for Reflection & Prayer*" by Monica Brown or "*Solo Harp*" by Lisa Marie Tucker. Many others to choose from!

Invitation to Worship with the Benedictine Community

Morning Prayer Mon.-Fri. 7:00 am Sat. 9:00 am Sun. 10:00 am
Midday Prayer Daily 11:50 am
Evening Prayer Daily 5:00 pm
(No Evening Prayer in Chapel on Wednesday)
Eucharist Sunday 11:00 am OR anticipated Sat. 7:00 p.m.
Tues., Wed. & Thurs. 9:00 a.m.

Exposition of Blessed Sacrament with Adoration on Sisters' Retreat Sunday. Last Sunday of month, 2:00 – 4:00 pm

Times may change. Please phone 338-4601 to check.

Christmas Eve Eucharist 8:00 p.m.

President: Fr. Vince Herner

All are welcome!

Let us know if you are coming.

Call: 338-4601



Friday, December 31, 2010

10:00 am—5:00 pm Year-End Retreat

"Letting Go..... Holding On..... Flying Free"

with Karen Toole

Together we will spend the day, reflecting and sharing on the journey in life that enables us live into the fullness of change. Enjoy creative presentations, reflection, sharing, prayer and exercise. Cost—\$50 (includes lunch)

(Karen Toole is Provincial Director of Spiritual Care and Mental Health and a well known workshop facilitator)

Call: 339-1705 to Register



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The Monastery and the Foundation rely on the generosity of their supporters and friends. Supporters and friends always have the right to be removed from our mailing list or be exempt from specific communication from us. Please contact the Monastery or the Foundation or look at our website for more information about these matters.

Benedictine Connection is published twice a year by the Sisters of St Benedict, St. Benedict's Monastery, Winnipeg, MB Canada and is distributed free of charge to relatives and friends of the community.

Newsletter Committee: Diane Huselak— Editor, Sr. Mary Coswin, Sr. Catherine Labinowich, Sr. Gerarda Pura. Many thanks to all who have contributed to the newsletter by way of articles or photos.

For the love of the earth, this newsletter is printed on recycled paper without an envelope.

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