



Benedictine Connection

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

Winter, 2009
Volume 17, No. 2

“... The
joy of
the Lord
is your
Strength.”

-Nehemiah 8:10



Icon of Mary and Jesus at the Church of St. Eutizio, Italy
—photo by Sr. Virginia Evard, OSB

Wishing
you
Christmas
Blessings!

The cover of this issue is
our Christmas card to you.

Message from the Prioress

Sister Virginia Evard, OSB



Dear Friends,

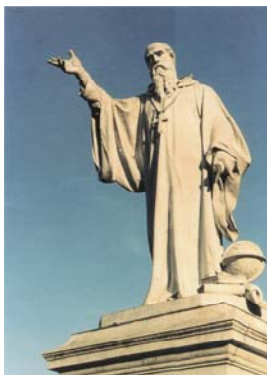
This summer I had the privilege of participating in The Rome Renewal Experience:

“Deepening

Monastic Roots,” sponsored by the Conference of Benedictine Prioresses. Halfway through this profound month-long study-pilgrimage experience, I returned to Winnipeg because our beloved Sister Grace was dying. At her funeral liturgy, the prayers of intercession were prayers that Sister Grace herself had written as a part of her daily *lectio* that she shared on-line with a friend. The prayers below were among them. As you read them/pray them, you will note how aware she was of the ultimate meaning of pilgrimage as our journey toward God.

On the brief pilgrimage that I made this summer, the trip our renewal group took to Norcia, the birthplace of Saints Benedict and Scholastica was my favorite. We actually went to three places on this trip. On the way to Norcia, we stopped at the church of St. Eutizio. A website for St. Eutizio claims that a walking

path from it to Norcia has been recently restored. So it is truly in the neighborhood of the holy twins. Saint Eutizio is built into the side of a mountain. A path around the building leads up the mountain to a hermitage similar to the one Saint Eutizio lived in before the time of Benedict and similar to the one Benedict dwelt in for three years at Subiaco.



Norcia is one of the few cities of Umbria whose ancient walls are still totally preserved. The tradition of over 1,500 years says that the church of St. Benedict in

Norcia, is built on the site of the house where Benedict and Scholastica were born. In the center of the city is an enormous statue of St. Benedict placed there in 1880, the 1,400th anniversary of their birth.

About three km. from Norcia is the Church of St. Scholastica. It is said to be a house that belonged to the parents of St. Benedict and St. Scholastica as a country home. This spot is considered the “cradle of Benedictine women monastics.” According to local tradition, St. Scholastica gathered a community of women who lived monastic life in this spot until transferring to Monte Cassino.

During the restoration of the church of St. Scholastica in 1977, a fresco cycle of the Life of Benedict dating from the 15th century was discovered.



Although many panels of the cycle are hidden under 17th century plasters and arches some have been restored. In one of the earlier layers, no more than 20 to 30 years earlier than the second, one sees the face of Scholastica. Standing by this image, we pilgrims gathered to renew our monastic profession and to sing once again the song of our profession day: “Uphold me, O Lord, according to your word that I may live and do not disappoint me in the hope I cherish.”



Some Prayers

Written by †Sr. Grace Kowalski, OSB

- +Dear Divine Potter, how fragile you have made us, and yet entrusted us with such divinity. May we treasure your graces in the vessel of our vulnerability.
- +Dear Jesus, You were in the world but not of the world. May we realize that our world is not a home for us, but merely a tent, as we pilgrim to You, to our heavenly home!
- +Dear Jesus, Divine Vine Grower, may we daily remain in YOU, so that your words may remain in us, and we, in turn, can be each day, souls of prayer, bodies of action, and hearts of loving compassion.

† Remembered with Love †



Sr. Grace (Therese) Kowalski, beloved member of the Benedictine Community, died on July 1, 2009 at 1:45 a.m. at the Riverview Health Centre after a courageous battle with aplastic anemia. She had faithfully lived the monastic life for 46 years. Throughout her religious life, Grace was known, loved and respected by the members of her community and a wide circle of friends as she touched people's lives through her deeply spiritual, prayerful, joyous, caring presence.

She accepted willingly whatever was asked of her including several administrative positions. At age 38 she was elected Prioress of the community, serving for two terms and later a third term as she said as a "re-cycled prioress".

She also ministered as teacher, sub-prioress, council member, Federation delegate, director of the Retreat Centre, of the Oblates of St. Benedict, of volunteers, of vo-

cations, and formation of new members. She was a member and often chairperson of a number of committees with the Community and at the Federation level.

Sr. Grace had a zest for life and a keen sense of adventure. She loved traveling, biking, canoeing, hiking, listening to classical music, attending ballet and reading. Even with her failing eyesight she could be found listening to talking books on

CD's or tapes. She had a ready smile and a warm hug for everyone. She will be remembered as a genuinely friendly and authentic person.

The Mass of Christian Burial was celebrated on Saturday, July 4, 2009 at 2:00 p.m., presided by Msgr. Louis McCloskey, at St. Benedict's Monastery Chapel with commendation by Sr. Virginia Evard, Prioress. Interment followed in the Monastery cemetery. May she rest in peace. †

"I will dwell in the house of the Lord all the days of my life".



Sr. Celestine (Bertha) Osika passed away peacefully at Seven Oaks General Hospital, Sunday morning, September 27, 2009 at the age of 101. She was in her 81st year of monastic profession.

Sr. Celestine was a private person by nature. She was wholly committed to prayer. Even when her eyesight began deteriorating she would make every effort to be present at community prayer. In her declining years she could be found in the Chapel balcony deep in personal prayer.

She had a keen mind, loved to read and keep abreast of the world and community events. From the time of her retirement until well into her 90's she rode her bicycle daily on the monastery grounds.

Sr. Celestine's main ministry was in nursing whether at the bedside or

in administrative positions. As a registered nurse she ministered in St. Anthony's Hospital, North Dakota and in Manitoba at St. Mary's Hospital, Birtle; Johnson Memorial Hospital, Gimli; Crerar Hospital, Winnipegosis and Sacred Heart Hospital, Russell. The Vigil Service was held on September 30,

2009 at St. Benedict's Monastery Chapel. Mass of Christian Burial was celebrated on October 1, 2009 and presided by Msgr. Louis McCloskey with commendation by Sr. Virginia Evard, Prioress. Interment followed in the Monastery cemetery.

May she rest in peace. †

Memories of Our Mission in Polonia, Manitoba

Portions of this article have been printed with the permission of the Neepawa Banner

On July 26, 2009 history was remembered in Polonia as a cairn for the Huns Valley – Polonia School #732 was unveiled and the RM of Rosedale celebrated its 125th anniversary. Sr. Gerarda Pura, the only living sister who taught at Polonia school, attended the cairn dedication, accompanied by Sr. Virginia Evard, Prioress and Sr. Dorothy Levandosky.

The ceremony began in the same way a school day in the old one-room school house would have. The school bell rang to begin the ceremony and the flag was raised. The afternoon program was full of memories of one room school house education. Sr. Gerarda Pura, who taught at the school in the fall of 1951 shared some memories of her time as a permit teacher at the school. There is a good toboggan hill nearby and Sister Gerarda said, “A couple of boys convinced me, at age 20, in full habit, to go sliding down the hill while they held the barbed wire fence [at the bottom].” The same boys offered her a ride



Former teachers, Ken Germain and Sr. Gerarda Pura in front of newly unveiled Cairn.

home in a cutter one day and tipped it, sending her, “head first into the ditch”. Sister Gerarda also recalled

the challenge of creating a Christmas concert without any musical instruments. She created a rhythm band out of home-made instruments including bottles filled with different volumes of water and Maracas made out of jars and beans.

The first school in Huns Valley, named after the area’s initial Hungarian immigrants, was built in 1887. This school, constructed of vertical logs, lasted until 1911 when it had deteriorated to the point that a replace-



Sisters Hiltrude & Julianna standing on the veranda of the Sisters residence in Polonia.

ment was needed. The second school was built to accommodate the new Polish settlers who had homesteaded west of Polonia. The second school burned down in 1934. A third school was built and named Polonia School to recognize the town’s name which had changed from Huns Valley to Polonia in 1921. In June of 1968, the Polonia school, like many other country schools closed.

The school taught students in grades 1 through 8 and in the early days, 60 or more students attended. In total, 34 teachers taught at the Huns Valley-Polonia school, including eight Benedictine sisters, several of whom taught

more than once. The following taught from September 1933 to December 1956 – Sisters Clara



Sr. Gerarda Pura recalling memories of being a young teacher at Polonia School.

Maserek, Margarita Zagol, Eleanore Grzymalowski, Hiltrude Koldyczuk, Martha Kwolik, Gerarda Pura, Boniface Zentner and Alfred Chwaliboga.

A number of Benedictine sisters also served as housekeepers, sacristans or organists in the local church, St. Elizabeth Church - Sisters Theresa Chmurzynski, Benedict Malinowski, Geraldine Sliva, Jerome Slugocki, Bernadette Rozdeba, Fulgentia Wolkowski, Calista Kaczur, Ursula Mamczur, Cecilia Socha, Elizabeth Tomaczewski, Michael Dukacz, Regina Nowakowski, Frances Lupkowski and Loretta Wenet.



Sr. Clara Maserek pictured with children in front of Polonia School



Celebrations!



Left—Celebrating their Golden Jubilee of Monastic Profession this year are (l to r) Sisters Irene Burzynski, Theresa Kehoe and Angela Chernowas pictured with Sister Virginia Evard, Prioress.



Right—Meet our Staff on Halloween —L to R— “Cat Lady” Diane Huselak, Editor/Foundation Assistant; “Flower Child” Kimberly Mallow, Conference Coordinator; “Pirate—Looking for the Treasurer” Cheryl Allison, Finance Director. Trick or Treat!

Vocations



On May 17, 2009, the Community celebrated the entrance into Postulancy of Phyllis Pitney. Phyllis comes to us from Edmonton.



On November 15, 2009 during first Vesper of St. Gertrude, Anne Le was received as a Postulant. Anne comes to us from Ottawa.

Sabbatical Guests



Left—Sr. Sheila McCreanor, Sisters of St. Joseph, from Sydney, Australia, enjoying a tour of Assiniboine Park in Winnipeg.

Below—Sr. Kitty (Catherine) Machell, Sisters of the Child Jesus, from BC, pictured here wearing a traditional braided cedar honor wreath and honor blanket, with the Elders of the Chalis community standing as witness to her work as she recites the formula of her perpetual vows.



Have you been thinking about a Monastic Vocation? Maybe now is the time. Maybe St. Benedict's is the place. Contact Sr. Mary Coswin at 204-338-4601

Sisters—Out & About

VISITATION

R—Sister Irene Burzynski was invited, along with four other Benedictine Sisters, to be the Visitation Team at St. Benedict's Monastery in St. Joseph's Minnesota during October 18-24, 2009. The purpose of a "Visitation" is to assist each monastery to review all aspects of their monastic way of life. A visitation takes place every five years at each Benedictine Monastery.



Above—Visitation Team (l-r) Sr. Irene Burzynski, Sr. Diane Cook, Sr. Susan Hutchens, Sr. Phyllis McMurray and Sr. June Becker.



Left—Sr. Marie Baker facilitated a Retreat held outside of Gimli, Manitoba in September for the staff and teachers of St. Gerard School.

Service of Remembrance



In the words of St. John Chrysostom, "those who have gone before us are never gone, they are with us wherever we are", we are reminded that we carry our beloved ones with us wherever we are. In the sacred space of St. Benedict's Chapel, amidst the rising of incense, softly

lit candles, liturgy, scripture, reflection and prayer, the dearly departed were remembered in the hearts of those who assembled to honor their memory at our 4th Annual Service of Remembrance held on November 8, 2009.

Although the Service of Remembrance was created to honor the memory of those named through donations to the Memorial Program at St. Benedict's Foundation, anyone who would like to remember their deceased loved one is welcome to attend. **The Service of Remembrance is held annually the second Sunday of November at 7 pm.** Mark your calendars for next year and plan to remember your loved ones in the sacred space of St. Benedict's Chapel.

"Grief—The Price We Pay for Love"

Saturday, January 16/2010

9:30 a.m.— 4:00 p.m.

St. Benedict's Retreat & Conference Centre with Sr. Joan Mormul, OSB

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

For more information or to register for this session, please contact: St. Benedict's Retreat & Conference Centre at (204) 339-1705

*Cost—\$45
(lunch included)



In the Footsteps of Her Mentors



Sister Carmelita (Angela) Martyniuk remembers very little of her early childhood while in her family home in Arborg, Manitoba. She does have, however, many good memories of her life and the care she received from the Sisters while residing in St. Benedict's Orphanage in Arborg. She still speaks very fondly of Mother Walburga Osika, Sr. Angela Gmyrek, Sr. Clothilde Kolano, to name but a few. Sister says "the orphanage was the only home I've ever known and the nuns my only family". She can recount many incidents of pranks being played, chores willingly or not so willingly carried out, sports she was involved in and her attempts at ice skating or learning to swim in the Icelandic River.

Sr. Carmelita and her twin brother Michael were born on February 28, 1930 to Harry & Anna (Zacharchuk) in their parent's home in Arborg. Their sister Mary was a few years older at the time. Unlike his twin Angela, Michael was handicapped from birth.

Life was difficult for the young mother. The father had found work in a mine in Red Lake, Ontario thus was rarely able to come home. The mother, unable to cope alone with the twins, soon had them placed in St. Benedict's Orphanage and then, with the daughter Mary, moved in with her parents in Jaroslaw, Manitoba. When Michael was about three or four years old, he was taken and raised by a family friend but Sr. Carmelita remained in the orphanage.

One of Sr. Carmelita's first responsibilities in the orphanage was to keep watch that the farm's turkeys didn't wander into the chapel. "Sure enough", she laughs, "the minute the Sisters began to pray, those turkeys would show up. My job, at age 8, was to shoo them away. It was fun." She recalls that once while attending to this task she'd been listening to the Sisters praying and singing in Polish. "It was so beautiful. I didn't understand a word, but it was lovely".

As Sr. Carmelita grew older, she felt more and more drawn to the life of the Sisters. At age 18, after having experienced working away from the orphanage for several years, she entered the Benedictine Sisters on the Feast of the Immaculate Conception, December 8, 1940. She made her monastic profession on August 29,

She has always been a people's person, very gentle and caring.

1950 and will celebrate her diamond jubilee in the summer of 2010.

Soon after making her monastic profession, Sr. Carmelita began her nursing career in Johnson Memorial Hospital in Gimli. She later trained at Misericordia School of Nursing and graduated as a registered nurse in 1955.

Following her training she nursed at various times in Johnson Memorial Hospital, Gimli; Sacred Heart Hospital, Russell and Winnipegosis Hospital in Winnipegosis plus a year of private nursing in Antigonish, Nova Scotia. In 1974-75, the year of her silver jubilee she was granted a sabbatical year to study at Gonzaga University in Spokane. Sr. Carmelita retired from active nursing in 1991 and re-

turned to St. Benedict's Monastery where she became involved in daily community life.

One of her first responsibilities while at the Monastery was laundress for five years. She later assumed the task of the Community's sacristan which she still faithfully carries out to this day. She is very meticulous in carrying out the various duties pertaining to this ministry - baking the bread for the Eucharistic celebrations, arranging bouquets, taking care of the many plants, lighting the candles for all liturgies and keeping the linens freshly washed and ironed. If one is ever looking for Sr. Carmelita she can be found in the chapel or sacristy or at the telephone.

The latter is a special telephone ministry that she carries out to shut-ins, family, friends, former colleagues and current and past employees of the monastery. Her telephone ministry extends also to the hospitality she offers to the residents at St. Benedict's Place.

Sr. Carmelita looks back on her monastic commitment and nursing years with happiness. She has always been a people's person, very gentle and caring. Her retirement years have also brought her happiness, enriching her life with many new people, new opportunities of service, time to pray, travel and read.



St. Benedict's Foundation Inc.

225 Masters Avenue
Winnipeg, MB Canada R4A 2A1
Phone: (204) 338-4601 Fax: (204) 339-8775



Dear Family Members & Friends,

"May God Make You a Mirror of Life"

I was recently struck by the words above taken from *Praying With Hildegard of Bingen* by Gloria Durka. As I reflected on these words I wondered about their relevance to this article on our annual campaign. Soon it became clear to me that **before one can truly mirror life one has to live life fully. To live life fully one needs to live God's great commandment of love and, to live the great commandment of love necessitates the sharing of one's resources, time and talent with other people.**

On January 3, 1997 St. Benedict's Foundation was incorporated in the province of Manitoba and received its charitable status with Revenue Canada. The Foundation's purpose was to support and enhance the mission and ministries of the Sisters of St. Benedict of St. Benedict's Monastery in Winnipeg, Manitoba.

Since 1997, the Foundation has planned one major appeal per year through the winter issue of the newsletter. **This year's appeal encourages you to let God make you a mirror of life, lived in and for God, by giving as generously as you can to help the Sisters carry out their mission and ministries.**

Every gift, large or small is greatly appreciated. A revised donation

envelope is enclosed for your convenience. Your gift will be acknowledged with a tax deductible receipt from St. Benedict's Foundation.

Know that you and your loved ones are lifted up in prayer each day as we pray the Liturgy of the Hours and at Eucharist. Also, know that we have a special prayer-board where intentions or needs, of anyone who phones or writes us are placed for Sisters to bring to prayer. All requests for prayer are graciously received.

Sr. Gerarda Pura OSB.

Sr. Gerarda Pura, OSB
Executive Director
St. Benedict's Foundation Inc.

Note from the Editor—Diane Huselak



The *Benedictine Connection* is our way of connecting with you, our friends, relatives, and all who have been or are associated with the Sisters of St. Benedict.

As I work with and among the Sisters I am in awe of the lives they have touched and the legacy they are leaving. **The best legacy is not what we leave 'for' people, but what we leave 'in' people.**

I observe the Sisters sharing their gifts and talents and passing these gifts to

others.

It may be as simple as a joyful smile, a kind word of encouragement or a prayer of blessing given at just the right moment to make a difference in someone's life. Some are exceptional administrators, excellent writers, spirited educators, outstanding organizers, joyful singers, inspiring liturgists, awesome cooks, compassionate care givers, contemplative thinkers, wisdom teachers, spiritual directors, great gardeners, powerful prayers, and the list goes on. They are mentoring others and teaching their skills. I am a witness of the

Sisters planting seeds of greatness in others—modeling, teaching, encouraging, helping someone else to succeed – leaving their mark. There is no greater gift than the giving of yourself; **the greater the giving, the greater the living.** The Sisters of St. Benedict are mighty agents of the spirit living and moving in their lives – they are indeed living!

Thank you, Sisters of St. Benedict for your precious gifts! Peace! ✎

Retreat & Conference Centre Activities.....



Centering Prayer workshop participants August 12-14, 2009
Visioning Event for Contemplative Outreach Canada



Sisters of the Holy Names of Jesus & Mary and Associates Retreat held in August, 2009



Left—Sister Marie Baker conducting a workshop on *Contemplative Living: Rhythm, Balance & Moderation* held in October.



Above—Lucy Abbott-Tucker, Co-Director, supervisor and teacher in the Institute for Spiritual Leadership in Chicago facilitated a workshop designed for spiritual directors, spiritual care and pastoral care providers, counsellors, chaplains, and pastors *Thriving as Spiritual Guides and Caregivers through Supervision* Nov. 7-9.



Left—*Liturgical Music Workshop: In Service to the Paschal Mystery* with Bob Herd held October 16 & 17. (L to R) Fr. Darrin Gurr, Sr. Mary Coswin, Fr. Geoffrey Angeles and Bob Herd.

Centre Wishlist

- ◆ Our art room could use a lift: pastels, watercolors, canvases, glue guns and sticks
 - ◆ “Occasional” Volunteers for airport runs, cleaning, hospitality, other
 - ◆ Regular volunteer to help with reception on 2 weekday mornings
 - ◆ Someone who enjoys painting indoors

Focusing Workshop

“Our issues are in our tissues.”



Focusing is a personal, caring, gentle way of being with yourself or another. It is the practice of noticing and listening to your body sense with compassion. All our experiences are stored in our bodies.

Saturdays, February 6 & 13, 9:30 am—4:00 pm.

Lunch Included. All are welcome — please call 339-1705 for registration information.

Come and learn the focusing process.

Sr. Irene Burzynski, OSB is a spiritual director and trained focuser.

Renewal for Women in Ministry: *an ecumenical retreat for busy women*

**Monday January 25, 3:00 pm—
Wednesday 27, 2:00 pm**



A Sabbath time for spiritual directors, chaplains, pastors, pastoral associates and others! a time to rest, reflect, be restored in spirit in the company of other women. Holistic serices of reiki and massage therapy will be available at an additional fee. Treat yourself or someone you know.

Call 339-1705 to register.

Sr. Mary Coswin, OSB, is experienced in directing retreats and offering spiritual direction for women in ministry from a variety of faith communities.

Contemplative Living for 21st Century Pilgrims

3rd Wednesday of the Month, Sept. 16 through April 21—9:30 am-3:00 pm

Are you one of many ‘pilgrims’ looking for a saner pace and a way of being that nurtures your spirit. We can all find wisdom in the Christian contemplative tradition. come and join members of St. Benedict’s monastic community as we share some simple (not easy) spiritual practices of Monastic spirituality that will help you to grow in contemplative living right where you are! Each of these mini-Sabbaths begins with a morning meditation and is followed by short presentations and some contemplative practice that can be introduced into your daily life. Register in advance. Please call 339-1705.

Sept. 16—Hospitality: Opening the Heart
with Sr. Mary Coswin

Oct. 21—Rhythm, Balance & Moderation
with Sr. Marie Baker

Nov. 18—Solitude
with Sr. Irene Burzynski

Up-Coming:

Dec. 16—The Gift of Silence
with Sr. Hilda Frost

Jan. 16—The Sacredness of All Things
with Sr. Catherine Labinowich

Feb 17—Sacred Reading/Lectio Divina
with Sr. Marie Baker

March 1—Blessed Work
with Sr. Marie Baker

April 21—Healing Power of Chant
with Sr. Joan Mormul

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be. Sabbath 2010

Sabbath 2010:

A Spiritual Retreat for Young Adults in Ministry

April 15—19, 2010

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

... Upcoming Events

DECEMBER

- 4 Taizé Prayer
- 6 Centering Prayer Follow-Up Series
- 11-13 Winter Stillness
- 12 Mornings in Spirituality - Bede Griffiths-Interfaith Dialogue
- 14-15 **Shekinah Seminar**
- 16 Contemplative Living— The Gift of Silence
- 31 Year-End Retreat Day

JANUARY

- 8-10 **Shekinah Retreat**
- 16 Grief - The Price We Pay for Love
- 16 Mornings in Spirituality - Dietrich Bonhoeffer—New Monasticism
- 20 Contemplative Living—The Sacredness of All Things
- 23 Centering Prayer Introduction
- 25-27 Renewal for Women

FEBRUARY

- 5 Taizé Prayer
- 6 & 13 Focusing Workshop
- 12-13 Progoff *Intensive Journal*® Part 1
- 14-15 Progoff *Intensive Journal*®

- 15—16 Part 2 **Shekinah Seminar**
- 17 Contemplative Living—Sacred Reading/Lectio Divina
- 19—21 Centering Prayer Follow-Up Weekend
- 20 The Prayer of Jesus
- 20 Monastic Spirituality - Joan Chittister—Benedictine Spirituality
- 23 Lenten Series: Forgiveness (cont'd in March)
- 27 **Glimpses into the Beyond— Dreams and Visions of the Dying and Grieving—Dr. Marianne Johnson**

MARCH

- 2, 9, 16 Lenten Series—Forgiveness
- 5 Taizé Prayer
- 15 -1 6 **Shekinah Seminar**
- 17 Contemplative Living—Blessed Work
- 19-21 Deepening Retreat in Centering Prayer
- 27 Contemplative Outreach: United in Prayer Day
- 29—Apr. 4 **Paschal Mystery Retreat— Diarmuid O'Murchu**

APRIL

- 2 Taizé Prayer - Good Friday
- 15—18 **Sabbath: Retreat for Young Adults in Ministry**
- 21 Contemplative Living—Healing Power of Chant
- 23—25 Progoff *Intensive Journal*® Part 3
- 24 The Prayer of Jesus

MAY

- 7—9 **Tending our Longings: Conversion to Deeper Relationships— Don Bisson**
- 25—27 **HeartSong Retreat**

JUNE

- 12 The Prayer of Jesus

JULY Retreats

- 2—9 Directed Retreat
- 2—9 Intensive Centering Prayer
- 2—9 Advanced Centering Prayer
- 2—9 Post-Intensive Centering Prayer

AUGUST

- 14 The Prayer of Jesus

Visit us at www.stbens.ca

Contact us at stbenscentre@mts.net



Engaging the Paschal Mystery Today

Monday, March 29, 7:30 pm—April 4, 9:00 am—with Diarmuid O'Murchu, MSC, PhD

We celebrate Holy Week conscious of pain and suffering in our world. How do we carry the Cross of our time? How do we contribute to the transformation of Resurrection? We will grapple with these issues in this week-long retreat in two parts. Part 1: *Monday eve—Holy Thursday 1 pm* and Part 2: *Holy Thursday 4 pm—Easter Sunday 9 am*. Call 339-1705 to register for one or both sessions. **Diarmuid O'Murchu is a member of the Sacred Heart Missionary Order, a priest, social psychologist and counselor, an author and International retreat facilitator. His best known books are *Quantum Theology* and *Catching up With Jesus*.**

Gift Ideas for Christmas

St. Benedict's Gift Shop in the Retreat & Conference Centre has the perfect gift for that special someone this Christmas.

Visit us and check out the variety and assortment of books, CD's, calendars, all occasion cards, prayer beads, jewelry and T-shirts. Or, you may want to treat that special person with a Gift Certificate for a personal Retreat, Reike treatment or one of the special programs offered at the Centre. Drop by and have a look at our unique and varied selection.



Above— **Gift Certificate** for a Program or a quiet Retreat



Above — **Book— *Rediscovering the Meaning of Christmas 'GOD WITH US'*; St. Ben's T-Shirt—sizes S-XL.**

Assortment of CD's:

R Top — '**Symphony Sessions**' Steve Bell with the Winnipeg Symphony Orchestra; other Steve Bell CD's also available

R Centre — '**A Contemplative Rosary**' *Praying the Mysteries with Scripture, Song & Icons* by Bob Hurd.

R Bottom — '**Gentle Strength**' *Filipino Liturgical Songs* by Manoling Francisco, SJ, Ricky Manalo, CSP, & Friends.



Invitation to Worship

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.

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Christmas Eve Eucharist

8:00 p.m.

Presider:

Father Vince Hermer

All are welcome!

Let us know if you are coming. Call 338-4601



Thursday, Dec. 31, 2009

10:00 am—4:00 pm

New Year's Peace Vigil Retreat

with



Carol Ann Gotch

On the eve of the New Year, we put our lives into perspective. Enjoy creative presentations, reflection, sharing, prayer and exercise.

Carol Ann Gotch is a well-known spiritual director, author and teacher of the Enneagram.

St. Benedict's Retreat & Conference Centre

Call: 339-1705 to register

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.

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