

The Center

"One Mission, Two Locations"



Summer
2019

Getting to Know the Center...

The reality of the new life and beauty opening up around us in God's Creation at this time of year fills my heart with gratitude. I am also reminded of the blossoming of life happening in the Center for Spirituality and Enrichment. In the year and a half I have been here as the Director, we have welcomed hundreds of seekers, pilgrims, associates, friends, family, and guests through the doors of the Monastery for private retreats, guest stays, various events, spiritual direction, and Center programming. God's bounty and creativity is at work here, and we see it on a daily basis! We have an incredible staff who serve the Center, and I would like to re-introduce them to you, and to thank them for their generous sharing of time and talent in this endeavor at St. Scholastica Monastery. Their love and dedication grace all we do!



Dawn Carrillo has been the Director of the Center since October of 2017. Involved in ministry since 1993, Dawn's passion and experience lie in serving as a spiritual director, leading retreats, facilitating group processes for formation and spirituality, and teaching, all for supporting each person's unique journey to God. dcarrillo@duluthosb.org or (218) 723-6699.

Sister Lois Eckes has been a member of St. Scholastica since 1957, and currently serves as the Director of Hospitality. She is a trained chaplain, a former elementary teacher and principal, novice director, director of McCabe Renewal Center and prioress of St. Scholastica Monastery. She has been a spiritual director for over 30 years. lois@duluthosb.org or (218) 723-5914.



Sister Dorene King directs our second location for the Center, McCabe Renewal Center, as well as helping to coordinate overall programming for the Center. She has a unique background for a sister, having served parishes as an ordained Lutheran pastor. Sister Dorene has been a certified spiritual director since 2013. Retreat@duluthosb.org or (218) 724-5266.

Sister Pauline Micke serves as the Outreach Coordinator for the Center. She earned her Master's in Theology degree from St. John's University in Collegeville, MN. She has been a Spiritual Director since 2008, and is a member of Spiritual Directors International. (Please see more information on Sr. Pauline under Outreach Ministry on page 7 of the newsletter.) pauline.m@duluthosb.org or (218) 723-7086.



Jean Anderson serves as the Administrative Assistant for the Center. She has a variety of skills garnered while working in the hospitality and higher education sectors during her career as a college food service director. In her current role she is able to help organize and support spirituality and enrichment programs as well as help coordinate catering needs. janderson@duluthosb.org or (218) 724-5266.

Save the Date!

Benedictine Days (see page 2)

- Saturday, September 14
(5:30 to 8:00 p.m.)
Joyce Rupp, OSM

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Did you know that the Center for Spirituality and Enrichment has an Advisory Committee?

The charter for the Committee reads as follows: "The Advisory Committee for the Center for Spirituality and Enrichment oversees the work of the monastery ministry of spirituality and enrichment and provides support for the director of the Center. The committee members, with their diverse backgrounds, provide ideas and suggestions for the Center to pursue in carrying out its mission, as well as share input and support for marketing and fundraising. The committee periodically reviews financial reports on the operations of the Center and helps assure its success financially."

Meet our current members!

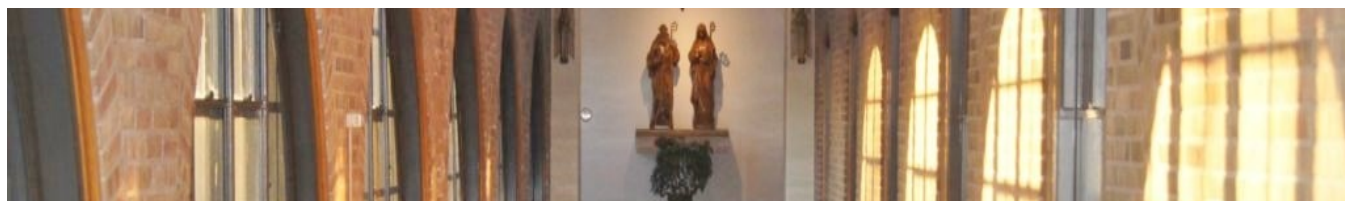
Justin Terch - Chair

Lori Collard
Sister Kathleen Hofer
Lezlie Oachs
Reid Peterson

Cindy Peterson-Wlosinski
Kevin Vaughan
Sister Jeanne Ann Weber

Dawn Carrillo (Director)
Jean Anderson (Secretary)
Sister Beverly Horn
(Sub Prioress)

If you want any further information on the Advisory Committee, call or email and we would be happy to provide it to you!



Benedictine Days 2019

Infusing the world with the Benedictine spirit

There is no fee for Benedictine Days events, but gifts to support the Center for Spirituality and Enrichment (a mission of the Sisters of St. Scholastica) are gratefully accepted.

Space is limited, so register early. Please call if you have need for overnight accommodations.

To register:

- ◆ retreatduluth.org/benedictine-days
- ◆ retreat@duluthosb.org
- ◆ (218) 723-6699

Keeping Hope Alive in a Troubled World

Joyce Rupp, OSM

September 14, 2019 5:30 p.m. to 8:00 p.m.



When participants gather for this evening they will be greeted at 5:30 p.m. with Benedictine hospitality and the availability of refreshments, including hors d'oeuvres. The evening will include communal prayer, a presentation by Joyce, and a reflective, integrative process. Come and receive restored inspiration for the months ahead. Leave with a lighter heart and greater hope for the possibility of personal and world transformation.

June

Playing with Words: A Poetry Retreat

Friday, June 14 from 1:00 p.m. to 5:00 p.m. and Saturday, June 15 from 8:30 a.m. to 4:00 p.m. at St. Scholastica Monastery

Poets use words to create images and ideas that communicate what we discover in our lives: *Words are our primary tools.*

Sometimes, however, our search for the “perfect” word or phrase can limit our creativity. *Playing with Words* is designed to free us from these self-imposed limits, finding new approaches and perspectives in the process of writing.

Using a variety of writing activities and exercises, we will have fun playing with words and also sharpen how we listen for the right word as we use revision to hear a poem’s truest voice. In our conversations, we will be both learners and teachers to share our insights into the writing process.

The retreat is for writers *at every stage of the process* who enjoy interactive learning and find

well-designed conversations a rich source of learning.



Facilitators: Ann Glumac, a trainer, consultant and poet, who has had fun playing with words most of her life. As a professional, Ann gets tremendous satisfaction from training – helping others build on their strengths and add new skills (including writing) so they can accomplish their goals.



Victor Klimoski, a writer, adult educator, and consultant whose poetry practice has evolved over the past 30 years as he explores the meanderings of his mind and heart. As a writer and adult educator, poetry gives him a fresh language to interpret his

experience. Vic’s teaching lets him accompany other writers in that same work.



Cost: \$90 per participant.

\$160 for retreat with overnight stay.

(Please bring your own lunch to the Saturday session.)

Beverages and light snacks will be available both days.

Participation is limited, so please sign up early. Please bring writing utensils and paper, along with a poem or two that you’re struggling with for use in one of our exercises. (If you don’t have such a poem, we will provide one for you.)

Centering Prayer

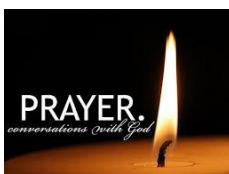
1st and 3rd Mondays from 6:30 p.m. to 8:00 p.m. beginning June 17 until August 19 at McCabe Renewal Center

Join us for a group experience for Centering Prayer practitioners who have completed “Introduction to Centering Prayer.”

Deepen your Centering Prayer practice with us!

Facilitator: Jim Reinke, a long time Centering Prayer practitioner.

Fall dates: 2nd & 4th Tuesdays from 10:00 a.m. to 11:30 a.m. at McCabe Renewal Center beginning September 10, 2019.



Cost: \$25 for all sessions or \$5.00 per session.

Fall dates: 1st & 3rd Mondays from 6:30 p.m. to 8:00 p.m. at McCabe Renewal Center beginning September 16, 2019.

July

Book Discussion: *Boundless Compassion: Creating a Way of Life* by Joyce Rupp Mondays: July 8, 15, 22, August 5, 12, 19 from 7:00 p.m. to 8:30 p.m. at St. Scholastica Monastery

With master teacher Joyce Rupp, this book discussion group will help you to learn compassion as never before. You will discover compassion through the disciplines of science, medicine, theology, spirituality, sociology, and psychology--all encouraging you to explore personal and professional expressions of compassion, and to re-energize your ability to offer loving kindness to those around you.

Boundless Compassion has the power to transform your life, giving you wisdom, confidence, understanding, and inspiration to be a more caring presence. It will help you build on relational

skills, learn self-care, gain wisdom for incorporating loss and suffering into your active life, and find ways to show compassion at work. By the book's end, you will feel prepared to live with a renewed commitment to a compassionate presence for yourself and those who are in the midst of pain, struggle, and transition.



**Joyce Rupp is our September 14, 2019 Benedictine Days presenter. This book discussion group is being offered as a way to introduce her work and/or deepen your experience of it. (See page 2.)*

Facilitators: Sister Lois Eckes, OSB, a long time spiritual companion and retreat leader with a deep longing to help others grow into the fullness of God's love for them. **Marilyn Mayry**, an Oblate of St. Scholastica Monastery, retired college instructor, and counselor.

Cost: *freewill offering*

Three-Day Desert Day Retreat: A Quiet Time Away

Friday, July 12 9:00 a.m. until Sunday, July 14 2:00 p.m. at St. Scholastica Monastery

"I will lead her into the desert, and speak tenderly to her there..." (Hosea 2:14).

In this beautiful Scripture passage, God is speaking to the nation of Israel, beckoning them back to the heart of God. In places of quiet like the desert, we can more clearly hear the voice of God, calling us to come home, to remember to whom we belong. We all have desert experiences in our lives...come to the oasis of St. Scholastica to rest, renew, and hear God's voice speaking tenderly to you!

Expanded from our well-received single-day desert retreat days, this three-day retreat has no "agenda" other than your own time for quiet prayer, reflection, reading, walking, resting, and optional meeting with a spiritual director. A group prayer begins and ends the retreat, and you may join the monastic community in their rhythm of daily prayer and liturgy, if desired.

Cost: \$230.00
(includes overnight accommodations for two nights and all meals)



July

Contagious Creativity *(for children entering 7th & 8th grade in fall of 2019)*
Saturday, July 13 from 2:00 p.m. to 6:45 p.m. at St. Scholastica Monastery

Hand-Painted Cookies, Boca Painting, Catch the Dragon's Tail and More!



Facilitator: Sister Dorene King, OSB, a MN licensed teacher and director of McCabe Renewal Center.

Cost: \$20.

(Scholarships available)

Nature Wandering as a Spiritual Practice
Saturday, July 20 from 9:00 a.m. to Noon at McCabe Renewal Center

Christian tradition tells us that we have received two books of divine revelation: the book of scripture and the book of nature. Creation itself is a "sacred text" through which the presence of God is revealed to us. On this summer morning, we will consider nature wandering as a practice of solitude, simplicity, and vulnerability on the spiritual journey, drawing inspiration from ancient and contemporary writers who love nature.

Brief presentations will prepare us for three walks with guided themes (*different from last year's themes*).

Participants may walk gently on the grounds of McCabe or more vigorously on paths in the nearby woods. Refreshments and an opportunity for group reflection will be included.

Facilitator: Kerry Sopoci is a licensed psychologist in Duluth, with degrees in counseling psychology, theology, and spirituality.

Program Cost: \$30



Private Retreats

Do you long to slow down the pace of your life? Do you yearn for a place to quietly reflect and to be at peace? At the Center here in Duluth, MN you can experience a time away from the noise, busyness, and distractions which interfere with being at peace. McCabe Renewal Center and St. Scholastica Monastery provide quiet, restful environments where you can come away for a few hours, a whole day and, if desired, for overnight stays. Please contact McCabe or St. Scholastica Monastery to treat yourself to a time of renewal. Gift certificates are available for both locations.

July

Celebrating Creativity *(for children entering the 5th & 6th grade in fall of 2019)*

Monday, July 22 through Friday, July 26 from 10:00 a.m. to 2:00 p.m. at St. Scholastica Monastery

Mystery Painting, Instant Identities, Nature Detective, Nature's Thumbprints and More!

Facilitator: Sister Dorene King, OSB, a MN licensed teacher and director of McCabe Renewal Center.

Cost: \$100.

Register early, openings limited to 20 children.

(Scholarships available)



Taizé Prayer

Monday, July 29, 7:00 p.m. St. Scholastica Monastery (Chapel)

Taizé prayer is a very reflective, meditative prayer in a common setting. Gather for an hour of prayer to encounter the mystery of God through the beauty of simplicity. Hear scripture readings and prayer petitions, and join in singing simple,

repetitive songs initiated by a song leader, allowing you to relax and join in prayer and song as you feel comfortable. In the sacred space of contemplative silence God often touches us deeply, and healing and transformation happens.

Registration not necessary.



Gift Certificates Available!

Are you looking for the perfect gift for a birthday? An anniversary? Consider a gift certificate for a quiet getaway in our lovely, private, newly renovated guest rooms at St. Scholastica Monastery or at the historic McCabe Renewal Center!

We have single and double rooms available, and can accommodate individual needs. Guests experience relaxation and healing in the beauty of nature at both locations, and are welcome to join in the rhythm of prayer with the Scholastica Community, if desired.

Please call us for more information!
(218) 723-6699.

Individual Spiritual Direction

Spiritual direction encourages you to explore a closer relationship with God. In the midst of a busy life, many people find it difficult to notice God's action in their daily affairs. Yet, at the deepest level, all of us long for a more conscious experience of God's presence and love.

Individual sessions can be scheduled directly with a spiritual director. Appointments are one hour in length.

To schedule, email retreat@duluthosb.org or call the Center for Spirituality & Enrichment at (218) 723-6699.

July

Spirituality of Gardening: Caring for Our Common Home

July 30 from 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

A challenge, a call that often emerges with a spirituality of gardening is the summons to engage with the ecological crises of our world. A conversion of heart, attitudes, and relationships inspires one to a life of reconciliation with God, other and all of creation. In this retreat, we will explore new ways of planting seeds of justice, hope, love, peace and joy.

Facilitator: Sister Mary Josephine Torborg, OSB, an Associate Professor of Theology and Religious Studies at the College of St. Scholastica. She teaches courses in the Benedictine Tradition, Introduction to Spirituality, Spirituality of the 21st Century, and Women Mystics. She has directed a series of thirteen weekend spirituality conferences on various topics of concern in the church. In addition, Sister Mary Josephine enjoys retreat work, candle-making, gardening, reading, playing the organ, and walking.

Cost: \$75 (lunch and refreshments are included)

\$145 with an overnight stay (including retreat and meals)



Outreach Ministry at the Center

(Schedule now for Fall, 2019!)

Our Outreach efforts from the Center for Spirituality and Enrichment have grown and touched people's lives in a variety of ways:

- ◆ Workshops, presentations, and retreats for diocesan staff, groups, and churches (particularly for specific seasons such as Advent and Lent)
- ◆ Presentations for Confirmation groups
- ◆ Presentations for groups such as AA and other 12 Step groups, Rotary, and St. Louis County Health and Human Services.

We are always developing new offerings to add to the above. Our Outreach staff can provide whatever spiritual growth and enrichment needs that churches, groups, or individuals may require. ***We will come to your location; you do not have to travel to Duluth!*** Our growing staff of presenters (both men and women) and the people working in Outreach who are helping to develop these offerings come from all over Northern Minnesota and Western Wisconsin.

Sister Pauline Micke, OSB is the Outreach Coordinator for the Center for Spirituality and Enrichment. She has a Master's degree in theology, taught for ten years at the College of St. Scholastica, and is a spiritual director. In addition, she was a counselor for nine years, working with addiction and treatment groups. Contact Sister Pauline Micke, OSB by calling (218) 723-7086 or email her at pauline.m@duluthosb.org.

Please contact us for help with any of your planning. We look forward to hearing from you and finding out how we can be of service to you! *Many blessings on the journey!*

Center for Spirituality and Enrichment

St. Scholastica Monastery
1001 Kenwood Avenue
Duluth, MN 55811

(218) 723-6699

"One Mission, Two Locations"

McCabe Renewal Center
2125 Abbotsford Avenue
Duluth, MN 55803

(218) 724-5266

Email: retreat@duluthosb.org

Register at:
www.retreatduluth.org

Address Service Requested



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Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

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Duluth, MN

We ask that registration and payment be made prior to the event, unless otherwise indicated. If the Center for Spirituality and Enrichment cancels an event, your pre-payment will be refunded.

To register online, go to **www.retreatduluth.org**. (Credit cards accepted.)

To register by mail, send in the form below with a check payable to the Center for Spirituality and Enrichment. Mailing address is: Center for Spirituality and Enrichment, St. Scholastica Monastery, 1001 Kenwood Ave., Duluth, MN 55811.

Program scholarships are available. Please contact us for more information.

Please print

Name _____

Address _____

Email _____

Phone (preferred) _____ (alternate) _____

Event / dates _____ Fee _____

Event / dates _____ Fee _____

Total Due \$ _____

For more information call 218-723-6699 or email retreat@duluthosb.org

Center for Spirituality and Enrichment

Mission Statement

The Center for Spirituality and Enrichment provides opportunities for holistic spiritual and personal growth grounded in the Catholic Benedictine tradition of St. Scholastica Monastery in Duluth, MN.