

The Center

"One Mission, Two Locations"



Winter-Spring
2020

Behold I Am Making All Things New

In the Book of Revelation we read, *"I am making the whole of creation new...It will come true...It is already done! I am the Alpha and the Omega, both the Beginning and the End."* (Revelation 21:5 - 6). I find this promise from Sacred Scripture to be full of deep hope and broad vision for all creation.

As we live into the gift of 2020, another year of grace unfolding within our personal lives and our cosmic story, we are assured that God is in our midst, making all things new. God is the deepest Center of all creation, coming to fullness within each of us with a love beyond all imagining, while at the same time embracing and birthing the entire universe imprinted with the Divine DNA.

At the same time and tragically so, God's wondrous Presence

sometime seems buried and even non-existent in the heart sickening suffering and blatant violence plaguing our human family and our earth home. In the face of this reality we are reminded by the life of Jesus that all suffering is both our suffering and God suffering in, with, and for us, and that one day we too will know the transforming joy of resurrection. Indeed, God is in total solidarity with us and all creation at every stage of the journey and will bring us together into the Fullness of Love.

As God's warm and wild grace daily fills and envelops us and our world, may this vision from *Out of The Ordinary* by Joyce Rupp become our own:

*to live deeply with purpose,
to live freely with detachment,*



Sister Lois Eckes, OSB
Director of Hospitality
St. Scholastica
Monastery

*to live wisely with humility,
to live justly with compassion,
to live lovingly with fidelity,
to live mindfully with awareness,
to live gratefully with generosity,
to live life fully with enthusiasm.*

Christ is indeed making all things new and whole. We are all caught up in the cosmic stream of Divine mercy and boundless love. It is a wonder in our lives!

Sister Lois Eckes

Don't Miss this Opportunity!

Benedictine Days 2020

- Saturday, January 25
9:00 a.m. to 1 p.m.

Diane M. Millis, PhD

(see page 3)

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From the Director...

When I was growing up, my family travelled a lot throughout the United States. My father was always ready for a new adventure, and he imbued within me a spirit of excitement and expectation, a longing for discovery of new places, and an openness to new ways of seeing the world—and understanding myself within that world. In my life's work, I have come to understand this as part of my spirituality, which we know is uniquely manifested in each individual. As Sister Lois so eloquently states in her article on the first page of this newsletter, "*God is the deepest Center of all creation, coming to fullness within each of us with a love beyond all imagining...*" At the heart of my love for new places, new people, and new ideas is the Infinite God of Love, our God in whom we live and move and have our very being!

Central to the journey of the Magi over two thousand years ago was this same God of Love, inspiring the Magi's curiosity and deep need to risk all and follow the Star of Bethlehem in order to pay homage to the Christ Child. At the birth of the Universe was this *very same God of Love!* Today, it continues, as God gives birth and life to the continuous unfolding Story of Creation. What an incredible mystery, a Story of almost impossible magnitude to ponder as we enter the year 2020!

As we move into the new year, my wish for you is *awareness*: awareness of being held every minute in God's Love, and awareness that this awakening Story in each of us burns brighter with every day. A dear friend gave me a calendar last year for the 2019 year, and each day has a short thought or quote to ponder for the day. I am a collector of thoughts, poems, and articles so I have gone back through



Dawn Carrillo
Director of the Center for
Spirituality and Enrichment

this calendar to retrieve some of my favorites. I leave a very special one for you from Rabbi Abraham Heschel as we begin this journey of another year, a quote that exudes a spirit of hope and an awareness of the God who is as close to us as the very breath that we breathe.

*Just to be is a blessing.
Just to live is holy.*

Deepest gratitude to all of you for participating in our mission at the Center, and may our God of Love lead you gently through the coming year...

A handwritten signature of Dawn Carrillo in dark ink.





Benedictine Days 2020

"Infusing the world with the Benedictine spirit"

Cultivating Compassion for Self and Others through the Stories We Share

Diane M. Millis, PhD

January 25, 2020 9:00 a.m. to 1:00 p.m.

Rockhurst Dining Room

St. Scholastica Monastery



As an author, spiritual director and teacher, Diane Millis has witnessed the transformative power that storytelling and storylistening has on our lives and our relationships. Join us to delve into her recently released book, *Re-Creating a Life: Learning How to Tell Our Most Life-Giving Story*. During our time together, Diane will introduce us to a contemplative conversation process for exploring one another's stories.

We hope you will join us to learn more about how stories have the potential to cultivate greater hospitality and deepen community engagement!

"Whenever I have attended a learning experience with Diane Millis, I have left feeling re-grounded, refreshed and restored." The Rev. Stephen Wlosinski

Register at www.retreatduluth.org/benedictine-days/

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.

Please call if you have need for overnight accommodations (218) 723-6699).

Spring of 2020 Benedictine Days...



Our next Benedictine Days presenter for **Spring of 2020** (*date to be determined*) will be **Carl Crawford, Human Rights Officer for the City of Duluth**. The year 2020 marks the 100th anniversary of two important events to commemorate: 1) the passage of the 19th Amendment guaranteeing women the right to vote, and 2) the 1920 lynching deaths of Elias Clayton, Elmer Jackson, and Isaac McGhie, three Duluth black men wrongly accused of the rape of a white woman. It seems fitting, then, that we should explore how Benedictine values enter and inform this conversation, and to ponder how we can move more deeply into a life founded on justice and inclusion for all people. Carl Crawford, as Human Rights Officer for Duluth, will lead us through these difficult—but critical—topics for our community and world today.

Watch our website (retreatduluth.org) and our mailings for the yet-to-be-determined date for this important presentation!

January

Centering Prayer 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!



***1st and 3rd Monday evenings**
from 6:30 p.m. to 8:00 p.m.
January 6 to May 18, 2020.

Facilitated by Jim Reinke, a long time Centering Prayer practitioner.

***2nd and 4th Tuesday mornings**
from 10:00 a.m. to 11:30 a.m.
January 14 to May 12, 2020.

Facilitated by Judy Russell, who has been a commissioned teacher through Contemplative

Outreach since 2013 and **Pat Winkelman**, who was commissioned as a Contemplative Outreach teacher in early 2019.

Cost: \$5.00 per session or \$45 for all sessions.

Book Discussion: *New Feminist Christianity; Many Voices, Many Views*

Mary E. Hunt, editor (sponsored by Feminist Theologies Committee)

3rd Thursdays: January 16, February 20, March 19, April 16, May 21, 2020 from 6:00 p.m. to 7:30 p.m. (supper provided), at St. Scholastica Monastery

Christianity has been a source of the oppression of women, as well as a resource for unleashing women's full humanity. The contributors to this book are the **ministers, theologians, activists, leaders, artists, and liturgists** who are shaping, and being shaped by, the



emerging directions of feminist Christianity. Speaking from across the denominational spectrum, and from the many diverse groups that make up the Christian community, their voices offer a starting point for building new models of religious life and worship.

Instructions on procuring the book will be available upon registration or call the Monastery Books and Gifts at 723-7076 to purchase it.

There is no cost, but please register.

New participants welcome!

The Francis Effect: Movie and Discussion*

Monday, January 27, 2020 from 7:00 p.m. to 9:00 p.m. at St. Scholastica Monastery



From the moment Pope Francis appeared on the balcony of St. Peter's Basilica, he won the hearts of

the people. His humility, simplicity and closeness to the poor reveal a man deeply in touch with the Gospel. His profile has soared. He has initiated a fundamental reform of the Roman Curia, challenged a "globalization of indifference," and become the most talked about person in the world.

Join us to view this documentary created a year into Francis' papacy. After the movie we will discuss reactions to how an ancient institution is rapidly changing under the leadership and vision of Pope Francis!

Facilitator: Kevin Frederick Vaughan is the Director of the Braegelman Program in Catholic Studies and assistant professor in the Theology and Religious Studies Department at The College of St. Scholastica. Dr. Vaughan earned a Ph.D. in Theology at the University of St.

Michael's College, a member school of the Toronto School of Theology, and served as a research fellow at the Pontifical Institute of Mediaeval Studies. His research focuses on the spirituality of Thomas Aquinas, the intersection of faith and the imagination, and *Laudato Si'*.

Cost: freewill offering

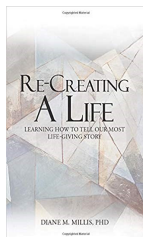
**Note second movie on February 3, page 6. Each movie may be seen independently of the other.*

January

Book Discussion: *Re-Creating A Life* by Diane Millis

Tuesdays: January 28, February 4, 11, 18, 25, 2020 from 9:30 a.m. to 11:00 a.m.
St. Scholastica Monastery

Can changing your story change your life? It's not what we've experienced that defines us, but the stories we tell about our experiences. More and more people entering middle age or approaching the end of life are trying to make sense of the disparity between what they thought their lives were going to be and what they actually are. In her new book, *Re-Creating a Life: Learning How to Tell Our Most Life-Giving Story*, author Dr. Diane



Millis offers a set of questions and strategies for telling new stories about our lives that more closely reflect who we are and our possibilities. Millis shows us how we can discover a more promising story of our lives through reflection, writing, and conversation with others. She emphasizes that it takes a community to learn how to tell our most life-giving story. We need at least one or more conversation partners who can help us to realize new and richer aspects of our stories and ourselves. *Come and join the conversation!*

Instructions on procuring the book will be available upon registration or call the Monastery Books and Gifts at 723-7076 to purchase it.

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 candidate of St. Scholastica Monastery, retired college instructor and counselor.

Cost: *freewill offering.*



Monastery Books and Gifts

Monastery Books and Gifts carries books for the Center for Spirituality and Enrichment's discussion groups. Monastery Books and Gifts is located on the first floor of the Monastery and is open Monday - Friday from 12:30 p.m. to 3:30 p.m. Contact Deb Castle for more information at (218) 723-7076 or monasterybooksandgifts@duluthosb.org

February

The Francis Impact: Movie and Discussion*

Monday, February 3, 2020 from 6:30 p.m. to 9:00 p.m. at St. Scholastica Monastery

**This recently completed documentary is a follow-up to the movie shown on January 27, "The Francis Effect." Both were created by Sebastian Gomes of Salt and Light Catholic Media in Toronto, Canada. Each of these documentaries focuses on a different aspect of the papacy of Francis. Movies may be seen as a series, or independently from one another.*



As courageous and popular as Pope Francis is, his impact cannot be restricted to a type of celebrity status. Francis himself does not like to

be in the spotlight, but seeks to encourage and empower people of all walks of life to work together in a tangible way to build a better world.

Created to follow up on *The Francis Effect* made five years ago, *The Francis Impact* tells the stories of some of these individuals and communities who have been impacted by Pope Francis. They are stories of empowerment, unexpected collaboration and deep transformation, in the areas of ecology, migration, inter-faith dialogue and pastoral reform. Far from the corridors of the Vatican, the real Francis impact is lived and felt among ordinary people who have been inspired by the Pope's call for more compassion, inclusion, sustainability and dialogue in a world torn apart. This is not a film about Francis changing the church; it's a film about the Church changing the world.



Facilitator: Kevin Frederick Vaughan is the Director of the Braegelman Program in

Catholic Studies and assistant professor in the Theology and Religious Studies Department at The College of St. Scholastica. Dr. Vaughan earned a Ph.D. in Theology at the University of St. Michael's College, a member school of the Toronto School of Theology, and served as a research fellow at the Pontifical Institute of Mediaeval Studies. His research focuses on the spirituality of Thomas Aquinas, the intersection of faith and the imagination, and *Laudato Si'*.

Cost: freewill offering

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.

February

Coffee with the Saints

Wednesdays: February 5, March 18, April 15, 2020 from 9:30 a.m. to 11:00 a.m.

St. Scholastica Monastery

Come and share coffee (or tea) and conversation about these Saints and Witnesses!



February 5 - John Howard Griffin (1920-1980)

In 1961, John Howard Griffin's *Black Like Me* became an instant lightning rod for Americans on all sides of the emerging Civil Rights Movement. In 1959, Griffin, a white writer from the American South, shaved his head, darkened his skin and spent the next six weeks on an odyssey, travelling from New Orleans through Mississippi, Alabama and Georgia as a black man. He wrote of his experience in *Black Like Me* and the book became a clarion call to

many who had previously turned a blind eye to racism in America.

March 18 - Edith Stein (1891-1942)

Edith Stein (religious name St. Teresa Benedicta of the Cross) was a German Jewish philosopher who converted to Catholicism and became a Discalced Carmelite nun. She was canonized as a martyr and saint of the Catholic Church in 1998.

April 15 - Saint Ignatius of Loyola (1491-1556)

St. Ignatius of Loyola was a Spanish priest and theologian who founded the order of the Society of Jesus (Jesuits) in 1534 and was one of the most influential figures in the Counter-

Reformation. Born Iñigo Lopez de Loyola, St. Ignatius underwent a powerful spiritual conversion while recovering from a battle wound. Known for its missionary, educational, and charitable works, the Jesuit order was a leading force in the modernizing of the Roman Catholic Church.

Facilitator: Sister Sarah

O'Malley, OSB has authored 12 books on pastoral topics and has given many retreats both in Phoenix and Duluth on a wide variety of topics.



Cost: *freewill offering but please register for each program*

Every Word Counts: A Writers' Workshop

Saturday, February 8, 2020 from 8:30 a.m. to 5:00 p.m. at St. Scholastica Monastery



Writing helps us describe and interpret the world, our lives, and the intricacies of human relationships. This workshop offers a variety of interesting and playful ways to reinvigorate the words we choose to create a story, a poem, essay, or a section of a memoir. It builds on the principle that every word choice counts. In the workshop, every participant is a learner and a teacher as we deepen our understanding of

writing as an art and as a discipline of the heart.

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: \$75 (includes refreshments, participants bring their own lunch)

February

All Ways Pray (a program for children in the 4th grade)

Monday, February 17 & Tuesday, February 18, 2020 from 8:00 a.m. to Noon
McCabe Renewal Center

God enjoys our company. After all, God created you and me. God must like variety for God created everything. How about discovering some new ways to pray? Come to McCabe and experience "Color Prayers",



"Pretzel Prayers",
"Parachute Prayers"
and even how to use
games as a way to
pray.

**Facilitator: Sister Dorene
King, OSB**, a MN licensed

teacher and Director of McCabe
Renewal Center.

Cost: \$40.

*Register early, openings limited
to 10 children.*

(Scholarships available.)

All Ways Pray (a program for children in the 5th and 6th grades)

Wednesday, February 19 & Thursday, February 20, 2020 from 8:00 a.m. to
Noon at McCabe Renewal Center



Come explore and experience
more ways to pray. What does it
mean to "Pray with Art" or "Pray
with Music"? What is "*Lectio
Divina*"? How can movement be
prayer?

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

Cost: \$40.

*Register early, openings limited
to 10 children.*

(Scholarships available.)

Outreach Ministry at the Center

(Schedule now for 2020!)

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!*** Please contact us at (218) 723-6699 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!*

February

The Tomb of Christ's Resurrection

Thursday, February 27, 2020 from 7:00 p.m. to 8:30 p.m. at St. Scholastica Monastery

For Lent, we invite you to Jerusalem. Beginning with contextual images of the fabric of the city in the Holy Land and the journey in time from Palm Sunday through the Triduum, we will then visit the Church of the Holy Sepulchre, the site of Christ's tomb. This is also the site we celebrate on Holy Saturday on a yearly basis. In dialogue with reflections from Scripture and the Rule of St. Benedict, we look forward to a deeper encounter as we wait and ponder the coming of the light of Christ's Resurrection.



Church of the Holy Sepulchre

Facilitator: Sister Luce Marie Dionne, OSB, RA, NCARB is a licensed Architect, immersed in Scripture, the Rule of St. Benedict, Ecumenical and Interfaith dialogue, and Sustainability for the Planet.

Cost: \$15

A Genesis Journey: From Rivalry to Reconciliation

Saturday, February 29, 2020 from 9:00 a.m. to 3:00 p.m. (settle in at 8:40 a.m.)

St. Scholastica Monastery



Lenten reflections tend to be private and personal, but a full engagement with gospel themes draws us also into a relational realm. How are we doing in our patterns of communication with others? How are we doing with unhealed relational hurts from the past? From Hagar to Jacob to Joseph and his brothers, Genesis provides a powerful set of stories for us to locate our own stories of woundedness and woundingness. Interactive

learning will allow participants to learn basic principles of restorative justice and how to apply them to reconciling conversations with others and with God. Rather than giving something up for Lent, start this season by entering the heart-zone of human relationships: *the deepest place where healing and formation meet.*



Facilitator: Ted Lewis, a Restorative Justice Trainer and Consultant for the Center for Restorative Justice & Peacemaking at the University of

Minnesota, Duluth, assisting new

programs in building restorative dialogue programming. Since 1996 he has done work as a practitioner, trainer, program manager, director and teacher. Since 2004 he has applied restorative practices to church communities through workshop and reconciliation services. (see restorativetrainer.com) Ted lives in Duluth and also runs the Agapé Peace Center which hosts peace education gatherings.

Cost: \$75.00 including lunch and refreshments (*Please inquire about scholarships, if needed!*)

March

Desert Day: *A Quiet Time Away*

Thursday, March 5, 2020 from 9:00 a.m. to 3:30 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. Come to the Monastery for a day of personal Lenten renewal. 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 need time away for this kind of rest and renewal!

There is no "agenda" for this day other than your own time for quiet prayer, reflection, reading, walking, resting, and meeting with a spiritual director, if desired. A group prayer begins and ends the day.

Cost: *Freewill offerings for the day are accepted.*

Optional lunch with the Sisters is \$10.

Optional overnight stay is \$70.

Registration required.



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.

Lenten Lectio Divina Series

Fridays: March 6, 13, 20, 27, 2020 at 9:00 a.m.

Our Lady Queen of Peace Chapel at St. Scholastica Monastery

Lectio divina, a Benedictine form of contemplative prayer, is a powerful practice that enables us to open ourselves to God so that we can better recognize and hear God's voice in our lives. You may attend any or all of the four sessions in each of the series. Prior experience with *lectio divina* is not required.



Facilitator: Sister Luce Marie Dionne, OSB, RA, NCARB is a licensed Architect, immersed in Scripture, the Rule of St. Benedict, Ecumenical and Interfaith dialogue, and Sustainability for the Planet.

Cost: \$5/session or \$20 for 4 sessions.

March

Leaping with Laughter

Saturday, March 14, 2020 from 9:00 a.m. to Noon at McCabe Renewal Center



Love laughter? Lacking light-heartedness? Let laughter limber life! Lighten life, lads/lassies... laughter lessons at McCabe!

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

Cost: \$35 (includes refreshments)

Taizé Prayer

Mondays: March 16 and May 4, 2020 at 7:00 p.m.

Our Lady Queen of Peace Chapel at St. Scholastica Monastery

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.

St. Cuthbert

Monday, March 23 from 7:00 p.m. to 9:00 p.m. at St. Scholastica Monastery

St Cuthbert is perhaps the best loved of all the Celtic Saints in Britain. He lived in a time of religious and political division. As Prior of the monastery on Holy Island he maintained peace and stability in turbulent times. He was a teacher, a soul friend to many, and had countless endearing interactions with the animals and sea creatures that lived around him. He sought the life of a hermit but was repeatedly called to public office. His life epitomized many of the special qualities of Celtic Spirituality.



This evening's program will be in two parts. For the first hour we will look at St. Cuthbert's life and how he responded to the challenges of the times. After a break we will explore the land that St.

Cuthbert lived and worked in, with a slide show and discussion of "*St Cuthbert's Way*."

Facilitator: Val Beale grew up in England and has a deep love of the Celtic heritage. She has spent many weeks on the Island of Lindisfarne, and recently completed *St. Cuthbert's Way*, a long distance path which crosses the borderlands of England and Scotland to end on Holy Island.

Cost: \$20

April

Celebrating Life's Gifts: A Lenten Retreat

Friday, April 3 from 7:00 p.m. to 9:00 p.m. and Saturday, April 4, 2020 from 9:00 a.m. to 3:00 p.m. at St. Scholastica Monastery



During our lifetime, we often overlook the gifts we have received and the gifts we have given. The season of Lent offers a time to pause and grow in awareness of these gifts and their impact. Using a meditative film, this interactive session provides participants a time to reflect individually and in small group and to name and claim these gifts through the sharing of stories with the larger group. Regardless of where we are in our life's journey, there exists an opportunity for generosity and gratitude. As we become more mindful of giving and receiving, we grow in awareness of our gifts and talents and the importance of sharing them within our families and communities. All ages are welcome!

Facilitators: **Lucia Leck** is a graduate of St. Scholastica and holds a Masters degree in Adult Education from Northern Illinois University. She has a spiritual direction certificate as well as being a certified Sage-ing Leader through Sage-ing International and the IONS Institute. She has co-facilitated workshops around the Midwest especially regarding conscious aging.

Joyce M. Eckes, M.A. is a facilitator of personal and professional renewal. Working with educators and other human service providers, she joyfully designs and facilitates retreats focused on the exploration of passion and purpose, transformative professional development,



and mindful aging in the second half of life. Joyce is a graduate of the Spiritual Guidance Training Program, St. Paul, MN and a long-time student of Angeles Arrien (The Fourfold Way) and Parker Palmer (The Center for Courage and Renewal). She is passionate about her work focused on renewing the heart and spirit of those who serve and restoring identity and integrity in professional life. Her work reflects a deep commitment to the wellness of each member of a community and to the principles and practices that support and nurture healthy and mindful individuals contributing and serving from an authentic and passionate core.

Cost: \$85 (includes Saturday lunch)

\$165 (includes overnight stay and meals)

The Three Riddles: TURANDOT Opera (*a program for children in the 4th - 6th grades*)

Monday, April 6 through Thursday, April 9, 2020 from 9:00 a.m. to Noon at McCabe Renewal Center (Performances on Thursday)



Riddles are fun to figure out. In the opera, "Turandot" the princess decrees that she will marry the one who answers correctly three riddles. An incorrect answer will forfeit your life.

Register early, as a total of ten actors/actresses are needed for this production.

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

Cost: \$60 (*Scholarships are available*)

April

2020 Dialogue: An Informal Gathering with Sister Barbara Higgins, OSB Saturday, April 18, 2020 from 9:30 a.m. to Noon at McCabe Renewal Center

Treat yourself to a morning of relaxing, informal conversations relating to God and faith. We are all faced with the challenges of daily living. Let's take time out for coffee (or tea) and friendship as we share our joys and concerns in light of God's love.

Facilitator: Sister Barbara Higgins, OSB has journeyed the

path in search of God with all its hills and valleys. She has traveled the God path with many, many people. Sister accepts people right where they



are at and aids them in searching the many ways God

seeks their love even in the most mundane of tasks.

She received a Masters in Christian Spirituality from Creighton University and strives to grow in holiness with humor in her life as a Benedictine Sister at St. Scholastica Monastery.

Cost: *freewill offering*

Love at the Heart of the Cosmos: Living in Relational Wholeness Tuesdays: April 21, 28, May 5, 12, 19, 2020 from 7:00 p.m. to 8:30 p.m. St. Scholastica Monastery

In each of the five sessions, we will view and discuss recorded keynote presentations from this December 2019 conference featuring theologians **Ilia Delio, OSF, John Haught, Matthew Fox, and Kathleen Duffy, SSJ!** A description of the conference includes the following:



"Divine Love, according to Teilhard de Chardin, is the core energy of the cosmos. God's love is unceasing, dynamic, and creative—pulsing in the heart of all things, driving us ever forward to newness. Our wondrous human gift means that the future of the Earth is in our hands. But in these tumultuous times, where are we going? We need a new story of the whole to guide our way, a story where religion and science, faith

and contemplation, and nature and technology converge toward a new creation.

Facilitator: *To be determined.*

Cost: \$5.00 per session or \$20 for all five sessions

T'ai Chi Chih

Thursdays: April 23, 30, May 7, 14, 21, 28, 2020 from 7:00 p.m. to 8:00 p.m.
St. Scholastica Monastery

This popular retreat series uses T'ai Chi Chih, a progression of 19 simple moves involving no physical contact, but rather emphasizing self-awareness, well-being and joy. Moves are easily learned. The sustained use of this gentle discipline tends to promote a sense of well-being as

well as the ability to move softly and effortlessly. Ample time will be allowed for understanding and practicing moves and integrating information. Dress comfortably; wear flat soled shoes; avoid fragrance/cologne.



Facilitated by Sister Renata Liegey, OSB, a certified massage and bodyworks professional and an accredited T'ai Chi Chih instructor.

Cost: \$60 for all sessions.



Introduction to Centering Prayer

Saturday, April 25, 2020 from 9:00 a.m. to 3:00 p.m. at McCabe Renewal Center

A beginning session (or refresher for any who wish) to use the gift of contemplative prayer as a grounding force in a chaotic world. In this ancient Christian form of prayer, participants practice its transformative power, learning to open themselves to God's love in ordinary, daily life.

Facilitators: **Pat Winkelman** retired from Essentia Health in 2007 and has been a practitioner of Centering Prayer since 2013. After ongoing Centering Prayer study and retreat work, she became commissioned as a Contemplative Outreach teacher in early 2019.

Judy Russell taught at risk youth for nearly thirty years in Minneapolis and St. Paul. A longtime Centering Prayer practitioner, she has been a commissioned teacher through Contemplative Outreach since 2013.

Cost: \$45 (participants need to bring their own lunch, snacks and beverages provided)

Three Days in Galilee

Saturday, April 25, 2020 from 11:00 a.m. to 1:00 p.m. at St. Scholastica Monastery

Having been to the Holy Land and Jerusalem for Lent it seems fitting to walk our way to Galilee,



where we have heard of the miracles of Christ's resurrected appearances

to his disciples. We will visit some of the Holy Sites of these encounters, celebrating the time of Easter together! Come and enjoy a sampling of **Middle Eastern foods**, as we ponder the fullness of Christ's life in ourselves, in others, and in the world.

Facilitator: **Sister Luce Marie Dionne, OSB, RA, NCARB** is a licensed Architect, immersed in Scripture, the Rule of St. Benedict, Ecumenical and Interfaith dialogue, and Sustainability for the Planet.

Cost: \$20

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.

May

Dreams: The Secret Language of the Soul

Saturday, May 9, 2020 from 9:00 a.m. to 5:00 p.m. at McCabe Renewal Center



Since ancient times, humans have perceived dreams as very important. The Scriptures view dreams as possible messages from the Divine. Psychologist

Carl Jung said, “The dream is a little hidden door in the innermost and most secret recesses of the soul.” Come examine the symbolism of dream images and their psychological and spiritual implications. Bring a dream of your own to share and explore.

Facilitator: Rev. Fr. Yanchy



Lacska, Ph.D. is an Orthodox Catholic priest, an interfaith minister and a Jungian oriented pastoral counselor. He has been a hospital chaplain, a college professor, psychotherapist, and has taught qigong for 20 years.

Cost: \$85 (includes refreshments and lunch)

\$135 with overnight stay

Natural Connections: Speaking the Language of the Reptilian Brain

Monday, May 11, 2020 from 6:30 p.m. to 9:00 p.m. at St. Scholastica Monastery

Indigenous teachings have acknowledged the importance of interconnection and balance among the mental, emotional, physical, and spiritual aspects of self with the natural environment for thousands of years. With the gradual onset of agrarian practices, domestication of animals, the industrial revolution, advancements in technology, and birth of the worldwide web, many have been separated much longer and have forgotten their inherent relationship with Aki – Earth and all that lives. This disconnect has been linked with mental, emotional, physical, spiritual, and environmental ailments. Western science has recently caught up with the essential knowledge that balance, both internally and externally, requires recognition of relationship, relationship of the body, mind, and spirit, each other, and our deep connection with Aki, four-leggeds, swimmers, crawlers, fliers, and rooted relatives.

This workshop will provide an overview of the separation between mind and body, humans and the environment, and review the current state of each. The presenter will thread teachings and basic tenets from Indigenous wisdom, Relational-Cultural and Polyvagal theories, and somatic literacy components as a conceptual model on how to help the emotional, psychological, physiological, and spiritual systems harmonize in healing. Somatic literacy observes and honors an individual's inherent ability to attune with the natural rhythms vital for restoring wellness. This workshop will focus on and provide examples of how to “speak” the language of the reptilian brain to engage the whole self in personal and planetary healing.

Facilitator: Leah Prussia, MSW, LICSW, SEP is a self-described “tree hugging dirt wor-



shiper.” She has worked with diverse populations throughout her years as a clinician to assist each person to find and actualize their definition of health and wellness. In her work, she uniquely blends teachings to address the biopsychosocial and spiritual aspects of individuals. Her background includes extensive knowledge and practice in mental health services, substance abuse, trauma, program administration, and grass roots advocacy. Her education includes a Bachelor's degree in Psychology from Moorhead State University, a Master's degree in Social Work from the University of North Dakota, and her Doctorate in Social Work from St. Catherine University – University of St. Thomas. Leah is a Licensed Independent Clinical Social Worker in the State of Minnesota and sole proprietor of Natural Connections LLC.

Cost: \$20

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



Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

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.

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