



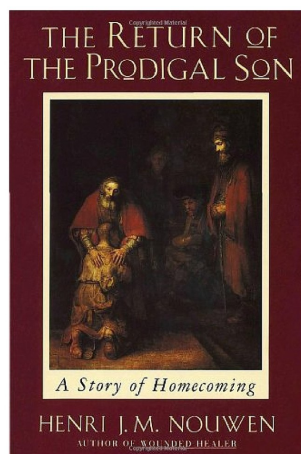
The Center

Fall 2017

“The Life and Spirituality of Henri Nouwen”

Do you know who is one of the most popular spiritual writers of our generation? It's the Dutch priest, Father Henri Nouwen (1932–1996) who taught at Notre Dame, Yale and Harvard Universities. By his friendly, open personality he touched the lives of countless people of all denominations.

Henri authored more than forty books over the years. In a simple style he shared his own personal struggles and restlessness. In a “confessional” style he spoke to ordinary people who could easily identify with him. He was like a spiritual director, a “soul friend,” to so many searching people.



Perhaps one of his best known books is The Return of the Prodigal Son (1992). Rembrandt's famous painting of that scene captured Henri's imagination, inspiring him to see himself as the prodigal son. But on further reflection he could identify with the resentful older brother. But it was the warm, loving embrace of the Father that inspired him to claim the role of being the forgiving, welcoming father to those who strayed away.

Join us on **Saturday, October 14th from 9:00am—12 noon**, for a morning of reflection upon the life and spirituality of Henri Nouwen. Sr. Sarah O'Malley will share new insights into his life, and offer

times of reflection on how we too can embody the loving embrace of the Father in a world that is often cold and divisive.

“The farther I run away from the place where God dwells, the less I am able to hear the voice that calls me the Beloved, and the less I hear that voice, the more entangled I become in the manipulations and power games of the world.”

— Henri J.M. Nouwen, *Return of the Prodigal Son*



Program Schedule

T'ai Chi Chih

Monastery

Thursdays beginning September 7 & ending October 12, 2017 (6 sessions) @ 7:00 - 8:30 pm

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.

Harmony Lounge, Monastery Ground Floor

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

\$60 for all sessions

Centering Prayer (Ongoing)

McCabe

2nd & 4th Tuesdays beginning September 12 & ending December 12, 2017 (7 sessions) @ 10:00 am—11:30 am

Join us for a group experience for Centering Prayer practitioners who have completed "Introduction to Centering Prayer." Deepen your Centering Prayer practice with us!

Facilitators: Sandy Leake is a long-term Centering Prayer practitioner and commissioned Center Prayer instructor. **Lezlie Oachs** is a practitioner of Centering Prayer since 1996 and retired St. Scholastica faculty member.

\$5 per session or \$35 for all sessions

Centering Prayer (Ongoing)

McCabe

1st & 3rd Tuesdays beginning September 19 & ending December 19, 2017 (7 sessions) @ 6:30 pm to 8 pm

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 is a long-term Centering Prayer practitioner

\$5 per session or \$35 for all sessions

St. John's Bible Event

Monastery

September 19-21, 2017

Join

Facilitators:

\$

Program Schedule

The Parables of Jesus - “Reading them again for the first time.”

McCabe

Wednesdays beginning September 20 & ending October 11, 2017 (4 sessions) @ 10:00 am to 11:30 am

The parables of Jesus are universally known. Who hasn't pondered, regardless of religious background, what it means to be a “Good Samaritan” or “Prodigal Child”? Amy Jill Levine, scripture scholar, refers to Jesus' parables as “provocative stories to disturb the comfortable”. Gerhard Lohfink, Jesuit scholar, describes Jesus' parables as stories that “disturb us, shake us awake, to make us uneasy, to break through the icy armor of human indifference”.

Facilitator: Chico Anderson is a Roman Catholic deacon, retired school teacher (32 years teaching religious studies courses), holds a B.A. in Religious Education from the College of St. Scholastica and a M.A. in Biblical Theology from The University of Notre Dame. He has facilitated workshops at McCabe and taught classes on the Bible for more than 40 years.

\$40 for all sessions

“Embracing the Circle of Life: Labyrinths & Mandalas”

McCabe

Saturday, September 23, 2017 @ 9:00 am—5:00 pm

To walk the labyrinth or make a mandala is to embark on a journey of discovery about ourselves and the Divine. To Native Americans and Celtic Christians the circle is sacred space. For Carl Jung mandalas were symbols of wholeness that can be utilized as instruments of prayer to open our minds, hearts and souls to the Divine.

Facilitator: Rev. Fr. Yanchy Lacska is an Orthodox Catholic priest, interfaith minister, chaplain, psychotherapist and qigong and tai chi teacher.

\$85 (*includes lunch and refreshments*)

Pietra Fitness

McCabe

Friday, September 29, 2017 Gentle Class @ 6:30 pm to 8:00 pm

Saturday, September 30, 2017 Level I @ 9:00 am—10:30 am

Pietra Fitness is a stretching and strengthening exercise program integrating Christian prayer. It is a wellness program for those who seek full integration of body, soul and mind. We stretch and strengthen the body in combination with prayer and meditation based on Catholic spirituality. For more information please go to: pietrafitness.com.

Class is for women only. Please dress comfortably and bring an exercise mat and water.

Facilitator: Lisa Hain has completed the Pietra Fitness training program which involves rigorous physical, spiritual and intellectual development. She is certified to teach Gentle, Level I and Level II Pietra Fitness classes and is adept at coaching modifications for participants at various fitness levels.

\$50 for both sessions

Visit our website at www.retreatduluth.org

Program Schedule

Book Discussion Group: The Divine Dance **“Rediscovering the Holy Spirit and Transforming Your Life”**

Monastery

Mondays beginning October 2 and ending November 6, 2017 (6 sessions) @ 7:00 pm to 8:30 pm

Monastery Ground Floor

Facilitator: Sister Mary Catherine Shambour,

Free (*Participants buy their own book*)

Life and Spirituality of Henri Nouwen

Monastery

Saturday, October 14, 2017 @ 7:00 pm to 8:30 pm

Join us for a morning of reflection upon the life and spirituality of Henri Nouwen. Sr. Sarah O'Malley will share new insights into his life, and offer times of reflection on how we too can embody the loving embrace of the Father in a world that is often cold and divisive.

Conference Room Monastery Ground Floor

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.

\$35 (*includes refreshments*)

“All Things Apple”

McCabe

An event for children in the 3rd and 4th grade

Thursday, October 19 **OR** Friday, October 20, 2017 (Two identical sessions) @ 8:00 am—Noon

“I’m bored, isn’t there anything to do during these two days of no school?” Look no further than McCabe Renewal Center. Come pick apples off the trees. Make apple treats! Create apple art! Sing about apples and more.

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

\$20 *Register early, openings limited to 10 children per session. Scholarships available.*

Program Schedule

Lives of Courage, Compassion and Connection

McCabe

Saturday, October 21, 2017 @ 9:00 am—4:00 pm

We are all made of strength and struggle. What's keeping you from showing up and living courageously in the most significant arenas of life? If you desire a deeper awareness of your authentic self and a greater sense of belonging, this retreat day based on The Daring Way™ methodology of Dr. Brené Brown is for you. The retreat will be centered on the words and example of Jesus to help us recognize what it takes to get back up after we fall and to claim our stories of courage. We will explore topics such as vulnerability, courage, shame, worthiness, compassion, and wholehearted living.

Facilitator: Kerry Sopoci is a licensed psychologist in Duluth, with degrees in counseling, psychology, theology and spirituality. He is also certified in spiritual direction.

\$75 (includes lunch and refreshments)

Grief & Loss Retreat

Monastery

Saturday, October 28, 2017 @ 9:00 am to 4:00 pm

This retreat seeks to help us understand the experience of Grief and Loss in our lives. Through prayer, reflection, video discussion, writing and presentations by the facilitators, we will walk this Journey of Grief and Loss. We will consider the process, tasks and diverse emotions of grief that we experience. Together we will reflect on the re-shaping and re-framing of relationships and dreams that takes place in our lives as we face losses, transitions, and necessary adjustments.

We will learn ways of coping and walking this journey of healing within a community of support and faith. Through prayer and a ritual of remembrance, we will seek peace as we “Remember the Ebb and Flow of Life.”

Conference Room – Ground Floor, Guest Dining Room

Facilitators: Sr. Pauline Micke, Sister Pauline earned her Master's in Theology degree from St. John's University in Collegeville, MN. She has been a Spiritual Director since 2008, and has served as a counselor for Addiction/Recovery Treatment Groups & Initial Assessment for nine years. Currently, she is the outreach coordinator for the Center for Spirituality and Enrichment at the monastery.

Kerry Sopoci is a licensed psychologist in Duluth, with degrees in counseling, psychology, theology, and spirituality. He is also certified in spiritual direction.

\$75 (includes lunch and refreshments)

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Program Schedule

Spirituality and Rosemaling

Thursday, November 2 through Saturday, November 4, 2017 @ 9:00 am to 4:00 pm

Monastery

Lake Superior Conference Room – Ground Floor Monastery

Facilitator: Teresa Ann McCue Thompson,

\$190 (*includes lunch, refreshments and materials for all 3 days*)

Intro to Centering Prayer

Saturday, November 18, 2017 @ 9:00 am—3:00 pm

McCabe

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 extraordinary love in ordinary, daily life.

Facilitator: Lezlie Oachs, is a practitioner of centering prayer since 1996 and retired St. Scholastica faculty member.

\$45 (*bring your own lunch, snacks and beverages provided*)

Advent Retreat: “An Exploration of the Twofold Adventure of Waiting”

Saturday, December 2, 2017 @ 9:00 pm to 3:00 pm

Monastery

In this season of hope, this season for stretching our hearts, we are encouraged to be watchful, to be alert, and to wait in patience as we stay tuned to God's presence in our lives. We will explore how the practice of waiting in our spiritual lives is twofold. One aspect of waiting is our waiting for God and the other is God's waiting for us. As we ponder the Advent scriptures, we find Mary and Elizabeth exemplifying this practice of waiting, affirming each other as they wait for the promise to be fulfilled.

Conference Room Monastery Ground Floor

Facilitator: Sr. Mary Josephine Torborg,

\$75 (*includes lunch and refreshments*)

Program Schedule

Everything That Rises Must Converge:

McCabe

A Morning with Flannery O'Connor & Teilhard de Chardin

Tuesday, December 5, 2017 @ 9:30 am—11:30 am

The title of Flannery O'Connor's "Everything that Rises Must Converge" is taken from the philosophical writings of Jesuit priest Teilhard de Chardin (1881-1955). The story was first published in 1964, the year O'Connor died at 39 years old from complications with lupus. During her short life, O'Connor wrote some of the finest short stories of the twentieth century. They are collected in one volume, The Complete Stories of Flannery O'Connor, published by Farrar, Straus and Giroux.

On December 5, Lezlie Oachs and the Rev. Cindy Peterson-Wlosinski will be leading a group on "Everything That Rises Must Converge." They will give information about de Chardin's writings as well as providing a hands-on activity to help readers consider how de Chardin's ideas might be influencing O'Connor's story. Finally, the group will consider what gifts, if any, de Chardin and O'Connor bring to thoughtful twenty-first century readers.

Please read the story before coming to the group. It will be available on reserve at the College of St. Scholastica Library for participants to read if they do not have another copy available.

Facilitator: Lezlie Oachs, taught English and women's studies at The College of St. Scholastica from 1998 - 2011. **The Rev. Cindy Peterson-Wlosinski** is an Episcopal priest, spiritual director and retreat leader. Both enjoy listening to the life stories of others.

\$20 (includes refreshments)

Join us in December.....

***Caroling, Cookies and Cider
at McCabe Renewal Center***

*Christmas carols in our chapel
singing in this time of Yule.*

*Gather round a cozy fire
converse and eat,
we welcome you.*

***Thursday, December 14
from 7:00 to 8:30 p.m.***

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, 218-723-6699 or McCabe Renewal Center, 218-724-5266.



CENTER FOR SPIRITUALITY AND ENRICHMENT

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

Register online at **www.retreatduluth.org** or use the registration form below.

Registration is also available by calling our Administrative Assistant, Jean Anderson, at 218-724-5266 or by emailing retreat@duluthosb.org

Program scholarships are available, please contact us for more information.

Please print

Name _____

Address _____

Email _____

Phone (home) _____ (work) _____

Event/dates _____ Fee _____

Event/dates _____ Fee _____

\$ _____ (_____) \$ _____

Total Due Less 50% Deposit Total due upon arrival

I understand that a **50% non-refundable deposit** of the cost of the program will hold my space. This deposit will be applied toward the total due upon my arrival. If the Center for Spirituality and Enrichment cancels an event, your deposit or prepayment will be refunded in the form of a Center Gift Certificate.

One Mission, Two Locations

Center for Spirituality and Enrichment

St. Scholastica Monastery
1001 Kenwood Ave.
Duluth, MN 55811
218-723-6555

McCabe Renewal Center
2125 Abbotsford Ave.
Duluth, MN 55803
218-724-5266
Address Service Requested

Email: retreat@duluthosb.org
Web: www.retreatduluth.org



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