



The Center

Winter/Spring 2018

Home...

I have been thinking a lot about what it means to be “home”. As this newsletter goes to print, I am acutely aware of the changes around me. I have just moved to Duluth from 150 miles away into a new house and a new neighborhood. I am learning the ways of my new position and work community at the Center for Spirituality and Enrichment, and I am also trying to remember lots of new names and become accustomed to many new personalities! This time of year also tends to leave me unsettled, as the days shorten dramatically and the bone-rattling cold of winter sets in. I long for warmth, comfort, constancy. I want to find a place that feels like *home*. When I picked up my son after work the other night, he said to me, “Mom, when are we going home?” He meant, of course, when are we going back to our former house? Our familiar community? Our old life? “*Mom, I don’t belong here. I want to go home.*”

Change rattles our sense of being “home”. But for most of us, life is a constant stream of changes, expected and unexpected. If there is one thing we can say that we *know*, it is that life is never static. Yet inside each of us is that deep yearning for constancy, for sameness... for home. Through the ages, this yearning has moved some people to intense despair, and others to marvelous creativity and imagination. St. Augustine wrote in the 4th century, “Thou hast made us for Thyself, O Lord, and our heart is restless until it finds its rest in Thee”. Augustine is articulating one of our deepest spiritual truths, that God is not only the *source* of our longing, but is also our *only true home*. To find peace and a sense of being *home*, we each must journey through the pain of change and come to know and experience these profound truths.

At the Center, we offer you the space to consider and to explore your life and all it entails, a safe and sacred place for you to come to know God more deeply as your Home. In my short time here as the Director for the Center, already I have heard multiple people say, “There is something about this place...” Whether you come for an hour or several days, for a private retreat or a group experience, we provide the hospitality and peaceful surroundings to enable you to absorb God’s overwhelming love for you and to ponder God’s deep desire for your life. This is our mission. This is our commitment.

Walk through our door and see...there’s no place like home.

Blessing on your journey...Dawn



Dawn Carrillo is our new director of the Center for Spirituality and Enrichment. Dawn comes to us with a background of over 23 years in parish ministry, as well as work as a spiritual director and retreat facilitator. She has also taught as an adjunct professor and field education supervisor at Saint John’s School of Theology in Collegeville, MN. She holds a Master’s Degree from Saint John’s and a Doctorate of Ministry from Aquinas Institute of Theology in St. Louis, MO.

Dawn’s deepest passions lie in the areas of spirituality and formation. She is dedicated to the mission and vision of the Center, and looks forward to helping develop the outreach ministry (providing retreats, conferences, presentations and seminars at churches, men’s and women’s retreats, retirement facilities and seniors groups) and the offering of peaceful, sacred space at St. Scholastica Monastery and McCabe Renewal Center for private retreats, sabbaticals, or group experiences. Contact Dawn at dcarrillo@duluthsb.org or 723-6699.



Program Schedule

Centering Prayer (Ongoing)

McCabe

2nd & 4th Tuesdays beginning January 9 & ending May 22, 2018 (10 sessions) @ 10:00 a.m.—11:30 a.m.

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: Lezlie Oachs is a practitioner of Centering Prayer since 1996 and retired St. Scholastica faculty member.

\$5 per session or \$50 for all sessions

Centering Prayer (Ongoing)

McCabe

1st & 3rd Mondays beginning January 15 & ending May 21, 2018 (9 sessions) @ 6:30 p.m. - 8 p.m.

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 time Centering Prayer practitioner.

\$5 per session or \$45 for all sessions



Forest Management & Wood Sustainability in Scripture

Monastery

Saturday, January 13, 2018 @ 9:00 a.m. to Noon

The first portion of the retreat is a realistic look at the impact of Forest Management in the United States. *“This presentation will answer many questions about forests and forest products such as: Where do our trees and forests grow? How have forests changed over time? What is the relationship between people and forests—now and in the past? How are forests managed—and are they being managed responsibly? Are our forests and forest products sustainable? Why is wood an environmentally-friendly choice?”* K.F.

The second half will speak about wood from a perspective derived from Scripture; introducing an environmental discussion from Pope Francis’ Encyclical “Laudato Si’” on the realities of using wood as a sustainable solution for the future.

Facilitators: Kathryn Fernholz has a B.S. in Forest Resources from the University of Minnesota, College of Natural Resources and also studied at the College of Saint Benedict in St. Joseph, MN and Sheldon Jackson College in Sitka, Alaska. As a leader within the forestry community in the Upper Midwest through her service as Chair of the Minnesota Society of American Foresters and on the Minnesota Forest Resources Council, she lives and works in Minnesota and speaks throughout the United States, Canada and Europe. **Sister Luce Marie Dionne, OSB** is a Sister of St. Scholastica Monastery and is an Architect. She has a B.S. in Theatre Arts from Emerson College, Boston, MA and a Master of Architecture from The Catholic University of America, Washington, DC.

\$35 (includes refreshments)

Micah 6:8—“We are Called”

McCabe

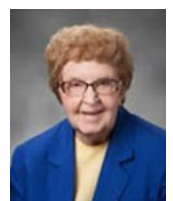
Saturday, January 20, 2018 @ 9:00 a.m. to Noon

Old Testament prophet Micah issued an endearing call to each of us to “Come act with justice”, “Love tenderly”, “Serve one another” and “Walk humbly with God”.

That call was made in the 8th century B.C. yet is so fitting for the year 2018. Come and explore together how that call is so real for us today.

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)



Visit our website at www.retreatduluth.org

Program Schedule

Poems to Open Your Heart & Change Your Life

McCabe

Tuesday, January 30 & Tuesday, February 6, 2018 @ 9:30 a.m. - 11:30 a.m.

Poetry can open our hearts to the presence of the Divine in our midst and create a new way of seeing the world around us. On January 30, we will immerse ourselves in two poems from Roger Housden's **Ten Poems To Open Your Heart** (2002): "Kindness" by Naomi Shihab Nye and "Love" by Czeslaw Milosz. To begin, we will enter each poem as a group using the Benedictine prayer approach of *lectio divina*. After spending time with each of the poems in this way, we will extend farther through an individual writing/reflection activity with one of the poems. Finally, we will end the class with a period of group reflection on opening our hearts led by Cindy and Lezlie.

Poetry can amaze, startle and shake us awake, enabling us to see the world in new ways and transforming our lives in the process. On February 6, we will explore two more poems: "Last Night As I Was Sleeping" by Antonio Machado and "The Time Before Death" by Kabir from Roger Housden's **Ten Poems To Change Your Life** (2001). We will use a similar manner to the week before, ending with a period of group reflection on what "change your life" really means.

No class preparation is needed for either day. Come to be nurtured and delighted!

Facilitators: **Lezlie Oachs** is a practitioner of centering prayer since 1996 and retired St. Scholastica faculty member. **Rev. Cindy Peterson-Wlosinski** is an Episcopal priest, spiritual director and retreat leader. Both enjoy listening to the life stories of others.



\$20 per session or \$35 for both (includes refreshments)

Lenten Retreat: "The Road to Redemption"

Monastery

Saturday, February 17, 2018 @ 9:00 a.m. - Noon

Three years ago, during Lent, we considered the various Covenants that God established with us. Each one was God's attempt to form and deepen His relationship with His people. This year, using the Scriptures for Cycle B, we will explore the "Road to Redemption" as God invites us to journey more deeply into this relationship which arises out of His unconditional love. We begin in the desert as we go from death to new life. The next part of the journey takes us to the mountain where we experience a foretaste of the Kingdom. We come to realize that it is time to "clean house". Our road leads us to the depth of God's love as He sends His Son to save us. The journey will culminate with the "coming of Jesus' Hour" as we live and celebrate the Paschal Mystery.

Facilitators: **Father Steve Ulrick**, Pastor, Holy Name of Jesus Parish, Medina, MN. **Sister Pauline Micke**, OSB, Outreach Coordinator for the Center for Spirituality and Enrichment at St. Scholastica Monastery.

\$35 (includes refreshments)

"All Ways Pray" A retreat for children in the 4th and 5th grades

McCabe

Monday, February 19 & Tuesday, February 20, 2018 @ 8:00 a.m. — Noon

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 is a MN licensed teacher and Director of McCabe Renewal Center.

\$40 (two days) Register early, limited to 10 children. Scholarships available.



"All Ways Pray" A retreat for children in the 6th grade

McCabe

Wednesday, February 21 & Thursday, February 22, 2018 @ 8:00 a.m. — Noon

Come explore more ways to pray. What does it mean to "Pray with Art" or "Pray with Music"? What are "Proprioceptive Prayers" and "*Lectio Divina*"? Join other 6th graders on these two days of "All Ways Pray".

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

\$40 (two days) Register early, limited to 10 children. Scholarships available.

Program Schedule

Encountering God's Gracious Presence through Lent

Monastery

Fridays: February 23, March 2, 9, 16, 2018 @ 9:00 a.m. - 10:30 a.m. (Noon on March 16)

We are excited to present our *lectio divina* series this Lent! *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. We invite you to join us for any or all of the four sessions offered, some of which are variations on "traditional" *lectio divina*. Prior experience with *lectio divina* is not required.

February 23 Introduction and practice of *lectio divina* (Sr. Lois Eckes) 9:00 a.m. - 10:30 a.m.

March 2 *Lectio divina* on Life (Sr. Edith Bogue) 9:00 a.m. - 10:30 a.m.

March 9 *Visio divina* (Dawn Carrillo) 9:00 a.m. - 10:30 a.m.

March 16 "Video divina" (Sr. Lois Eckes and Dawn Carrillo) 9:00 a.m. - Noon (This session will run a little longer, as it will include viewing a video together.)



Sr. Edith Bogue

Sr. Lois Eckes



Dawn Carrillo



\$10 for each, \$20 for final session (March 16), \$45 for the whole series

Lord, show me the path to life: Women's Discernment Retreat

Monastery

Friday, March 9 through Sunday, March 11, 2018 @ 7:00 p.m. (Friday) - 1:00 p.m. (Sunday)

God has plans and dreams for each of us, but how can we know them? You will learn and practice the ancient practice of discernment, an intentional way of listening for God's voice. The weekend includes conference, times for personal prayer, conversations with the Sisters, guided journaling, and Eucharist. You will meet other women at important decision-points in their lives, exploring the many ways of responding to God's call. This experience, open to women 18 - 49, is of no charge to you except a heart open to the possibility of a religious vocation!

Facilitator: Sister Edith Bogue, OSB has been at St. Scholastica Monastery since 1999. She is Vocations and Oblate Director in the monastery and a sociology professor at The College of St. Scholastica. She is passionate about the future of monastic life.

No Charge

"Have You Heard the Good News?: Four Women Doctors of the Church"

McCabe

Saturday, March 10, 2018 @ 9:00 a.m. - Noon

This retreat will consider Four Women Doctors of the Church and how they lived and preached the Good News by their lives. Each of these women lived out of a strong, vital faith, which empowered them to be pioneers in their day.

1100's - Germany: St. Hildegard of Bingen- Benedictine

1300's - Italy: St. Catherine of Siena - Dominican

1500's - Spain: St. Teresa of Avila - Carmelite

1800's - France: St. Therese of Lisieux - Carmelite



St. Hildegard of Bingen



St. Catherine of Siena



St. Theresa of Avila



St. Therese of Lisieux

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)

Program Schedule

“The Theology of M*A*S*H”

McCabe

Saturday, March 24, 2018 @ 9:00 a.m. — Noon

The M*A*S*H* series, which ran on network television in the 1970s and 1980s, was a thinly veiled commentary on the Vietnam War. During The Theology of M*A*S*H* you will have an opportunity to revisit characters and situations that had an impact on our lives when we were younger, relive the good times of our past, and connect with old wounds from the Vietnam War. The retreat includes prayer, scripture readings pertinent to the episodes, viewing episodes and conversation.

Facilitator: Rev. Dr. Cheryl Fleckenstein is a clergy person in the Evangelical Lutheran Church of America. She currently serves as pastor to two United Methodist Churches in the Duluth area.

\$35 (includes refreshments)

Walking the Path of Holy Week

Monastery

Thursday, March 29 @ 10:00 a.m. *through lunch*, Sunday, April 1, 2018

Enter the silence and experience the rich liturgies of Holy Thursday, Good Friday, the Easter Vigil and Easter Sunday with the Benedictine Sisters of St. Scholastica Monastery in Duluth, MN. These Three Days, the holiest of the liturgical year, commemorate the Paschal Mystery of Jesus' suffering, death, and resurrection. You are invited to journey through the Three Days with the monastic community, beginning with an introductory conference on Thursday, March 29 from 10:00 a.m. until Noon that will explain the liturgical symbolism of the Three Days and familiarize you with the rhythm of this time with the community. The retreat continues with the community prayers and liturgies, concluding with a festive Noon meal on Easter Sunday, April 1.

Facilitators: Sister Pauline Micke, OSB Outreach Coordinator for the Center for Spirituality and Enrichment at St. Scholastica Monastery. **Brian Kapp** is a pianist, organist, vocalist, and liturgist. He holds a Bachelor of Music degree in keyboard performance from Southern Illinois University Edwardsville and a Master of Arts degree in Liturgical Music (voice performance) from St. John's School of Theology-Seminary. He currently enjoys the post of Director of Music and Liturgy at St. Michael's Church in Duluth. Along with his pastoral experience in several parishes throughout the Midwest, he has recorded as a featured vocalist on three Gregorian chant albums through GIA and Milan Records. Brian serves as President of the Board of Directors for the Lake Superior Youth Chorus. In addition, he works as a freelance collaborative pianist and vocalist and teaches private students in voice, piano, and organ.

\$230 (Includes meals and overnight accommodations) *Registration limited to 12 people. Scholarships available.*

“How To Get Out Of Trouble” For children in the 4th through 6th grades

McCabe

Monday, April 2 through Thursday, April 5, 2018 @ 9:00 a.m. — Noon (Performances on Thursday)

What are some ways to get out of trouble? The King of Bulgaria is looking for an answer to his big problem. How about an attractive surprise for the best solution to the King's problem? If the King disapproves of your solution, you may lose your head! Come and be an actor/actress in this 1880 comic opera: “Mr. Samson of Omaha” by an American woman composer.

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

\$60 (4 days) *Register early, openings limited to 10 children. Scholarships available.*



All program costs are suggestions based on covering the costs of providing our programs, materials, facilitators, meals and space. Scholarships are available upon request.

Program Schedule

T'ai Chi Chih

Monastery

Thursdays beginning April 5 & ending May 10, 2018 (6 sessions) @ 7:00 p.m. - 8:30 p.m.

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.

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

\$60 for all sessions



Zentangle® as a Contemplative Practice

Monastery

Friday, April 6, 2018 @ 9:00 a.m. - 3:00 p.m.

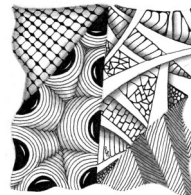
Are you a long-time contemplative looking for a new approach to discovering a quiet centered space to enter? Are you perhaps someone who is interested in quiet reflection, but can't sit still?

Join us for a retreat where 'art meets meditation'. Anyone can create beautiful, intricate line patterns 'one stroke at a time' using the Zentangle® method. Various centering techniques will be taught throughout the day to help us enter the space to create these line patterns. By the end of the day you will have spent time in meditation and learned multiple patterns. No previous drawing experience necessary.

Facilitators: Esther Piszczek is a certified Zentangle® teacher. She left the practice of law in 2008 to live more creatively. She exhibits her art around town and teaches classes at Peace Church, Master Framing Gallery on London Road and through community education. **Rev. Cindy Peterson-Wlosinski** is an Episcopal priest, spiritual director (guide, mentor) and retreat leader. She served parishes for 30 years, before moving into other kinds of ministry where she also finds great meaning and satisfaction.

\$70 (includes snacks, beverages and materials which you take home)

Please bring your own lunch.



Benedictine in the Workplace: Wisdom for Organizational Life

Monastery

Thursday, April 12, 2018 @ 9:00 a.m. - 11:30 a.m.

Our days are filled with meetings, events, and deadlines. We struggle with multiple demands, divided attention, challenging situations and sometimes difficult colleagues or clients. St. Benedict's ancient wisdom is surprisingly relevant and helpful in the 21st century. This workshop offers you an opportunity to step out of the fray for a morning to become grounded in the practices and spirituality of the monastic path.

Facilitator: Sister Edith Bogue, OSB has been at St. Scholastica Monastery since 1999. She is Vocations and Oblate Director in the monastery and a sociology professor at The College of St. Scholastica. She is passionate about the future of monastic life.

\$35 (includes refreshments)



Follow us on Facebook: Center for Spirituality & Enrichment & on Twitter @RetreatDuluth

Program Schedule

Introduction to Centering Prayer

Saturday, April 21, 2018 @ 9:00 a.m.—3:00 p.m.

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)

Opening the Door to God

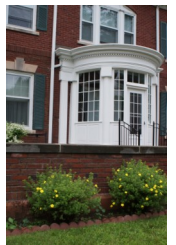
Saturday, April 28, 2018 @ 9:00 a.m.— Noon

McCabe

We will explore in a simple manner: *How do I pray? Who is the God I pray to? What are some ways in which I can draw closer to the God who loves me deeply?* **And All Will Be Well!**

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

\$35 (includes refreshments)



Spirituality and Rosemaling

Thursday, May 10 through Saturday, May 12, 2018 @ 9:00 a.m. - 4:00 p.m.

Monastery

This Telemark Rosemaling class is designed for beginners or fairly new rosemalers interested in the Telemark style. Master Instructor Teresa McCue Thompson will teach participants how to draw a traditional design and how to make it suitable for an object's shape. Participants will learn the basic strokes, how to mix their oil paints on a palette, and much more! If you are interested but unsure of taking a class when you have never picked up a brush, Teresa's response is: "Let's paint!" Participants will paint and take home a decorative plate.

Facilitator: **Teresa Ann McCue Thompson**, VGA (Vesterheim Gold Medalist) "Studying and painting Norwegian Rosemaling has been a major part of my life for over 25 years. I am deeply indebted to the master painters I have studied with in Norway and at the Vesterheim, Norwegian-American Museum in Decorah, IA."

Sister Dorene King, OSB is the Program Coordinator for the Center for Spirituality and Enrichment.

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



Follow the Yellow Brick Road

Saturday, May 19, 2018 @ 9:00 a.m.—5:00 p.m.

McCabe

The story of Dorothy and her companions in the Land of Oz is much more than a mere fairy tale. It is filled with spiritual and psychological insights. Come delve into this story for guidance along your own Yellow Brick Road - or the Way as early Christians and Taoists called it.

Bring your Ruby slippers (or tennis shoes) and learn walking meditation as we travel the path to the Emerald City - the Kingdom of Heaven among us and within us.

Facilitator: **Rev. Fr. Yanchy Lacska** is an Orthodox Catholic priest, an Interfaith minister, a Jungian oriented pastoral counselor, and a qigong and tai chi teacher.

Bonus: For those staying at McCabe Friday evening or who want to join us, enjoy some popcorn and watch the classic 1939 movie, The Wizard of Oz to help set the mood.

\$85 (includes refreshments and lunch) Overnight accommodations available for additional charge.



**CENTER FOR
SPIRITUALITY
AND
ENRICHMENT**

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.

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

For more information call 218-723-6699 for Monastery events or call 218-724-5266 for McCabe events or email 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 pre-payment will be refunded in the form of a Center Gift Certificate.

Make checks payable to Center for Spirituality and Enrichment (CSE). Mail to Center for Spirituality and Enrichment, St. Scholastica Monastery, 1001 Kenwood Ave., Duluth, MN 55811.

**Center for Spirituality and
Enrichment**

St. Scholastica Monastery
1001 Kenwood Ave.
Duluth, MN 55811
218-723-6699

McCabe Renewal Center
2125 Abbotsford Ave.
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Web: www.retreatduluth.org



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