

The Center

“One Mission, Two Locations”

The Messiness of Life

Recently my son and I went hiking in beautiful Congdon Park here in Duluth. I am a bit of a “list person,” so I was intent on getting to the end of the trail and crossing this off my list: ~~Hiked the Congdon Park Trail~~. My son, however, had other ideas. He wanted to investigate every side trail, to play in the rushing waters of Tischer Creek, finding the sticks and rocks that would make the biggest splash, and to just sit watching the water and eating the raspberries we had brought along. I found myself getting frustrated with him, and then I finally just gave up on finishing the main trail.

And that’s when it happened. Slowly I started to notice... the sounds of the moving water, the smell of the wet

rocks and earth, small flowers dotting the landscape, smiles on the faces of the people we encountered, and my son’s delight in his explorations. When we left the park that day, we had not “hiked the Congdon Park Trail,” but we were happy and relaxed. I was filled with a rare peace.

Life is messy, rarely what we expect it to be. And somehow, God is right there in the middle of the messiness, teaching us that life is *about* being in the messiness. We have a God—not of the nice, clean, easy main trails, but of the side trails—often difficult, sometimes scary, and usually unexpected. But when we let go of the idea that the main trail is where we should be, we are changed, softened,



Dawn Carrillo, Director
dcarrillo@duluthosb.org

and refreshed. We start to see more like God sees...the gifts of Creation, the people around us, and a child’s delight.

Take time during the beauty of the waning summer and approaching fall to do just this: to “explore the side trails,” whether it be at Congdon Park, in your own home in your private reflections, or in one of the many programs available at the Center for Spirituality and Enrichment. Embrace the messiness of life, and find God waiting...



Fall/Winter
2018—2019

Save the Date!

Benedictine Days

(see article on page 2)

- Wednesday, September 12
(5:30 - 8:00 p.m.)
Abbot John Klassen, OSB
Michaela Hedican, OSB
- Saturday, December 1
(9:30 a.m. - 1:00 p.m.)
Michael Patella, OSB

Ilia Delio, OSF

(see article on page 7)

- Friday, November 2
(7:00 - 9:00 p.m.) and
Saturday, November 3
(9:00 a.m. - 3:30 p.m.)
Workshop

Inside this issue:

Benedictine Days 2

September 3-4

October 5-7

November 7

December 8

January 9

Saint John's Bible 10-11



Benedictine Days 2018-2019

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

Navigating the Chaos: Benedictine Values as a Way of Life

Michaela Hedican, OSB and Abbot John Klassen, OSB

September 12, 2018 5:30 p.m. to 8:00 p.m. (with dinner)

In times not unlike our own, St. Benedict gave the world a way of life that would lead from chaos to creativity. The Benedictine Values, which have guided seekers for over 1500 years, are able to guide us today. Join us for our first Benedictine Days gathering as we explore ways to engage and draw from the wisdom of these values for our contemporary world.

Sister Michaela Hedican has been a Benedictine Sister since 1964 and was the sixteenth prioress of the Sisters of the Order of Saint Benedict at Saint Benedict's Monastery from 2011-2017. Currently involved in retreat ministry, she enjoys meeting people, reading, music, movies, and being in nature.



Abbot John Klassen is in his eighteenth year as leader of Saint John's Abbey in Collegeville, a community of 120 Benedictine monks. He particularly enjoys studying the Rule of Benedict and other monastic sources and relating monastic themes to the challenge of contemporary living.



The Saint John's Bible: Why Does it Matter?

Michael Patella, OSB

December 1, 2018 9:30 a.m. to 1:00 p.m. (with lunch)

As the world took the decisive turn from print to digital communication, Saint John's Abbey and University developed a plan to write the Bible by hand, with ink and quill, on vellum. This decision amounted to a great, counterintuitive move in which monks and scholars opted to jump backward over two technological revolutions. It was not a capricious move, but rather one that reflects much thought and reflection. Fr. Michael Patella, OSB, the chair of the Committee on Illumination and Texts, will explain the essential questions for this project by using images of the final product.

Fr. Michael Patella, OSB is a Benedictine monk of Saint John's Abbey. He holds a License in Sacred Scripture from the Pontifical Biblical Institute in Rome and a Doctorate in Sacred Scripture from the École biblique et archéologique française in Jerusalem. Fr. Michael is a professor of New Testament at Saint John's University in Collegeville and teaches in its School of Theology and Seminary, where he also serves as the seminary rector. He served as the chair of the Committee on Illumination and Text for *The Saint John's Bible*, and he has written in the area of Luke-Acts, Paul, Mark, and angels and demons. His work, *Word and Image: the Hermeneutics of The Saint John's Bible* (Liturgical Press, 2013), addresses the theology, art, and interpretation of *The Saint John's Bible*. He is currently writing on the Gospel of Luke for the *Jerome Biblical Commentary*, Fully Revised Edition. Fr. Michael is a member of the Catholic Biblical Association and the Society of Biblical Literature.



September

Centering Prayer

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 Thursday mornings from 10:00 to 11:30 a.m. beginning September 6 at St. Scholastica Monastery.

Facilitated by Lezlie Oachs, a practitioner of Centering Prayer since 1996 and retired St. Scholastica faculty member.

- ◆ 2nd and 4th Tuesday mornings from 10:00 to 11:30 a.m. beginning September 11 at McCabe Renewal Center.
Facilitated by Lezlie Oachs.

- ◆ 1st and 3rd Monday evenings from 6:30 to 8:00 p.m. beginning September 17 at McCabe Renewal Center.
Facilitated by Jim Reinke, a long time Centering Prayer practitioner.

Sessions run from September through January 2019.

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

T'ai Chi Chih

Thursdays: September 6 to October 11 from 7:00 to 8:30 p.m. at 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.

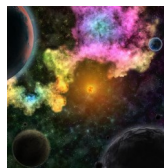
Cost: \$60 for all sessions.

Book Discussion: *A Hunger for Wholeness: Soul, Space and Transcendence* by Ilia Delio, OSF

Mondays: September 10 & 24, October 8 & 22 from 7:00 to 8:30 p.m. at St. Scholastica Monastery

What is the meaning and the role of Christianity in our ever-changing, inter-related, technological world? Join us for four stimulating discussions to explore this question and more! In *A Hunger for Wholeness: Soul, Space and Transcendence* (Paulist Press, 2018), Ilia Delio, OSF, a Franciscan sister, scientist, and theologian, builds on insights of Jesuit scientist Teilhard de Chardin and the findings of quantum physics to deliver a thought-provoking, deeply insightful reflection on the

relationship of God, humanity, and nature in an ever-evolving cosmos.



Instructions on procuring the book will be available upon registration or call the Monastery Books and Gifts at 723-6589 to purchase it. (Discussion of this book is an excellent preparation for the author's presentation in Duluth in November.)

Facilitator: Sister Mary Catherine Shambour, OSB, a longtime member of St. Scholastica Monastery, retired secondary and college instructor and vocation director. **Marilyn Mayry**, an Oblate of St. Scholastica Monastery, retired college instructor, and counselor.

Cost: *freewill offering*

September

Coffee with the Saints

Mondays: September 17, October 15, November 12 from 9—10:30 a.m. at St. Scholastica Monastery

Come and share coffee (or tea) and conversation with these Saints/Witnesses:

September 17— Hildegard of Bingen (1098—1179: an incredible Benedictine abbess and gift to the Church with a remarkable life story)

October 15—Archbishop Oscar Romero (1917—1980: a Salvadoran martyr who died in 1980, and whose canonization we now celebrate)

November 12—Sojourner Truth (1797—1883: abolitionist and preacher who brought many slaves to freedom, and who also worked for the right to vote for women)

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*



Introduction to Centering Prayer

Saturday, September 29 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.

Facilitator: Lezlie Oachs, a practitioner of Centering Prayer

since 1996 and retired St. Scholastica faculty member.

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

Gift Certificates Available!

Are you looking for the perfect gift for a birthday? An anniversary? Christmas? 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.

October

Taizé Prayer

Mondays: October 15 and December 10 at 7:00 pm, 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.



Welcoming Prayer Retreat

Tuesday, October 2 from 6:30 to 8:00 p.m. and Wednesday, October 3 from 9:00 a.m. to 3:00 p.m. at St. Scholastica Monastery

As Father Thomas Keating writes in his groundbreaking book *Open Mind, Open Heart*, “the Welcoming Prayer practice is a way of ‘letting go’ into the present moment in the ordinary routines of daily life. The Welcoming Prayer helps when our needs for security, affection, and control are frustrated or gratified and cause emotional reactions.”

Join Meridith Schifsky and Lezlie Oachs to learn more about

this prayer practice and the love and grace it can provide. During this twenty-hour retreat at St. Scholastica Monastery, they will give guidance on the Welcoming Prayer, lead Centering Prayer sits, and offer reflection time with opportunities for activities such as journaling, reading, or walking the grounds of the monastery to the Valley of Silence.



Facilitators: Meridith

Schifsky, a longtime leader in the Centering Prayer community, spiritual director, contemplative artist, and retired holistic nursing faculty member. **Lezlie Oachs**, a practitioner of Centering Prayer since 1996 and retired St. Scholastica faculty member.

Cost: \$85 (includes lunch).
\$160 with overnight stay
(including meals).

Space is limited. Register early!

The Search for the Holy Grail

Saturday, October 13 from 9:00 a.m. to 5:00 p.m. at McCabe Renewal Center

Is the Holy Grail more than the cup that Jesus used at the last supper? Or were the Grail legends mythical stories told to lead us to the Grail within? Come and explore the Grail Quest of Sir Percival from Jungian and spiritual archetypes, and the perspective of author and spiritual director Janet Hagberg, as well

as St. Theresa of Avila's Interior Castle, that will inform our personal development and spiritual journey. Perhaps you will discover that the Holy Grail is closer than you think.



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

Cost: \$85 (includes lunch).
\$135 with overnight stay
(including meals).

October

All Things Apple

Thursday, October 18 or Friday, October 19 from 8:00 a.m. to Noon at McCabe Renewal Center *(a program for children in the 3rd and 4th grade)*

"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, a MN licensed teacher and director of McCabe Renewal Center.



Cost: \$20.

Register early, openings limited to 10 children per session. Scholarships available.

Desert Day: A Quiet Time Away

Monday, October 22 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 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.*

Registration required.



Tending the Holy through Dreamwork

Friday, October 26 from 6:30 to 8:30 p.m. and Saturday, October 27 from 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

Our dreams come from a very deep part of ourselves. They use the language of symbol and metaphor to communicate ideas from our unconscious mind. The images and events in our dreams can illuminate, empower, and guide us in our waking lives. In this retreat, we will consider dreams in Biblical narratives, Jungian perspectives, dreams in ancient and native cultures, and current research on dreams to

ponder the Spirit's movement in our own lives.

Facilitator: Val Beale has a background in education, counseling and group work. She was born and raised in England, worked as a teacher in Africa during her twenties, and has lived in the USA since then. She studied dream work at the Nottingham University, England, and the Institute of

Transpersonal Therapy, CA. She has led dream groups for over thirty years. She is a certified spiritual director.

Cost: \$90.00 (including lunch). \$160.00 with an overnight stay (including meals).



October/November

Praying with Mary Oliver

Tuesdays: October 30 and November 6 from 9:30 to 11:30 a.m. at McCabe Renewal Center

Using Devotions: The Selected Poems of Mary Oliver, we will pray with Mary Oliver and explore the mystery, grace and sacred wholeness we share in common through poetry, meditation, coffee/tea and conversation. (Having a copy of *Devotions* would be helpful, but not required.)

Facilitators: **Lezlie Oachs**, a retired St. Scholastica faculty member, who taught English and Women's Studies and the **Rev. Cindy Peterson-Wlosinski**, an Episcopal priest, spiritual companion and retreat leader. Both enjoy the strength, comfort and wisdom of Mary Oliver's poetry.



Cost: \$20/session or \$35 for both.

Nature is Alive

Ecology and the Quest for Super Intelligence
with Ilia Delio, OSF



Friday, November 2 from 7:00 to 9:00 p.m. and Saturday, November 3 from 9:00 a.m. to 3:30 p.m. at Somers Hall, College of St. Scholastica

Artificial intelligence (AI) and the ecological movement were born in the same decade but have grown at vastly different rates. Whereas the ecological movement still struggles to have a major voice at the table of life, AI has been growing leaps and bounds and aims to equal or surpass human intelligence. Are we becoming a post-biological

world? Are we on a trajectory of developing super-intelligence beyond human personhood? Where is God and what is the role of religion in this trajectory? Together, Ilia Delio, OSF and Sara Thomsen will explore these questions as we seek to understand AI and ecology within a wider framework of cosmic evolution through the

lens of Teilhard de Chardin. Attendees will hear presentations by Ilia Delio interspersed with music by Sara Thomsen.

Cost: \$75 for Friday/Saturday workshop

For registration and more information:
www.retreatduluth.org/ilia-delio/

Love Must Win Out

Saturday, November 17 from 9:00 a.m. to Noon at McCabe Renewal Center

October 14, 2018 marks the canonization of Archbishop Oscar Romero – Salvadoran Martyr (1980).

He was a powerful witness to Gospel peace and justice, a prophet of the 20th Century and a defender of the Poor

Why was he declared a Saint?

Come and discover his amazing journey of faith.

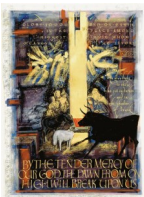


Facilitator: Sister Sarah O'Malley, OSB has authored 12 books on pastoral topics and has given many retreats both in Phoenix and Duluth on a wide variety of topics.

Cost: \$35.

December

Praying with *The Saint John's Bible*: Illuminating Your Advent Gaze Begins Friday, December 7 at 9:00 a.m., and ends Sunday, December 9 at 2:00 p.m. at St. Scholastica Monastery. See page 11 for more information.



Birth of Christ, Donald Jackson, Copyright 2002, *The Saint John's Bible*, Saint John's University, Collegeville, Minnesota USA. Used by permission. All rights reserved.

Don't miss this opportunity to interact with *The Saint John's Bible*! This retreat is only one of many opportunities to spend time with *The Saint John's Bible* as the St. Scholastica Monastery closes out its 125th anniversary celebration. See pages 10 – 11 for a complete listing of events with *The Saint John's Bible*.

Christmas Caroling at McCabe Renewal Center
Thursday, December 13 from 7:00 to 8:30 p.m.

Christmas carols in our chapel
singing in this time of Yule.
Gather round a cozy fire
Converse and eat,
we welcome you.



Let us know you're coming,
give us a call at
(218)724-5266
Or e-mail—[retreat@
duluthosb.org](mailto:retreat@duluthosb.org)



McCabe Renewal Center
2125 Abbotsford Avenue
Duluth MN 55803

Outreach Ministry at the Center

Over the last year, 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.

In the coming year, we will be developing new offerings to add to the above. We hope to offer men, couples, groups, and individuals more opportunities for sabbath renewal time and transformational growth. 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.

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

January

Book Discussion: *An Altar in the World* by Barbara Brown Taylor

Mondays: January 14, 21, 28 and February 4 from 9:30 to 11:00 a.m. at St. Scholastica Monastery

In *An Altar in the World*, Barbara Brown Taylor shares how she learned to find God beyond the church walls by embracing the sacred as a natural part of everyday life. She shows us how to discover altars everywhere we go and in nearly everything we do as we learn to live with purpose, pay attention, slow down, and revere the world we live in.

Instructions on procuring the book will be available upon registration or call the Monastery Books and Gifts at 723-6589 to purchase it.

Facilitators: Dawn Carrillo is the current director for the Center for Spirituality and Enrichment at St. Scholastica Monastery. Her passion lies in the area of creating opportunities for others to awaken to the wonder and beauty of life in God and all of Creation.

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.

Cost: *freewill offering.*



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.



THE SAINT JOHN'S BIBLE

The Saint John's Bible is coming to the Monastery!

We are pleased to bring you some wonderful programming on the *next two pages* with *The Saint John's Bible*, the first handwritten and illuminated Bible commissioned by a Benedictine Abbey since the invention of the printing press.

The mission of this work of art and biblical scholarship is to "ignite the spiritual imagination" of those who interact with it. With this in mind, we invite you to

come and *see*...

come and *pray*...

come and *listen* with the ear of your heart...

The Saint John's Bible.

The Saint John's Bible

****Special Programming****

The Saint John's Bible is coming to St. Scholastica Monastery from mid-November until the end of the year. *No registration necessary for the following events unless indicated.*



See The Saint John's Bible

- **Sunday, November 18** (Join us at our 11:00 a.m. Sunday Eucharist where we will welcome *The Saint John's Bible* to the Monastery for the remainder of the year!)
- Come and see, come and pray with *The Saint John's Bible* on display in the **Gathering Space in Our Lady Queen of Peace Chapel** for the last six weeks of the year. Generally, it will be inside a case, except for times noted.
- Every week for an hour **before the Wednesday lectio divina sessions** (see dates below), we will have the case removed from *The Bible* and all are welcome to come and look more closely at the illuminations and calligraphy of *The Bible*. Someone will be on hand to answer questions and help people turn pages.

Pray with The Saint John's Bible

◆ *Lectio Divina with The Saint John's Bible* (*Visio Divina*)

Wednesdays: November 21, 28, December 5, 12 and 19 at 2:30 pm in Chapel

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 will also use illuminations from *The Saint John's Bible* to encounter the Divine through images (*visio divina*). No prior experience with this form of prayer is required.

◆ **Advent Vespers** (with College of St. Scholastica)

Tuesday, December 4 at 4:30 p.m. in Chapel

◆ **Taizé Prayer Service with The Saint John's Bible**

Monday, December 10 at 7:00 p.m. in Chapel

◆ **Closing Ritual for The Saint John's Bible**

Sunday, January 6, Time to be determined in Chapel—see web site for more information.

See next page for more opportunities!

Listen to *The Saint John's Bible*

The Making of *The Saint John's Bible*

Friday, November 30 from 7:00-8:30 pm at St. Scholastica Monastery.

Registration is required for this event. Free will offering.

Written in ink with a quill on vellum, *The Saint John's Bible* is not only an artistic treasure; it is also a theological treatise on the Christian Tradition. What inspired it? What questions shaped its direction? How did scholars in Minnesota communicate with artists in Wales? Using images from *The Saint John's Bible*, **Fr. Michael Patella, OSB**, the chair of the Committee on Illumination and Texts, will discuss the major questions in the *Bible's* development. (Fr. Michael's full bio page 2.)



Creation, Donald Jackson with contribution by Chris Tomlin, Copyright 2003, *The Saint John's Bible*, Collegeville, Minnesota, USA.

Benedictine Days! *The Saint John's Bible*: Why Does it Matter?

Michael Patella, OSB

Saturday, December 1 from 9:30 a.m. to 1:00 p.m. (with lunch) at St. Scholastica Monastery

Registration is required for this event- see page 2.

RETREAT: Praying with *The Saint John's Bible*- Illuminating Your Advent Gaze

Friday, December 7 begins 9 am and ends Sunday December 9, 2 pm at St. Scholastica Monastery

Come and see! Ignite your imagination for praying through the Advent season using the illuminations of *The Saint John's Bible*. Retreatants will learn the practice of *visio divina* and also be introduced to the medieval arts of calligraphy and artistic illumination. This practice of praying with visual images is called *visio divina* or "divine seeing." It is adapted from the sixth-century Benedictine practice of Bible reading called *lectio divina*, using both the text and art to help the reader encounter the living Word of God. The rhythm of *visio divina* ignites the senses to 'hear and see' the Word of God as one listens, meditates, and prays with the sacred text. Join us for this profound three-day retreat that will bring the Season of Advent alive for you!

Retreat facilitators:

Dawn Carrillo is the current director for the Center for Spirituality and Enrichment at St. Scholastica Monastery. Her passion lies in the area of creating opportunities for others to awaken to the wonder and beauty of life in God and all of Creation.



Barbara Sutton works extensively with the illuminations of *The Saint John's Bible* through retreats, workshops, publications and preaching. Barbara is the director of field education and ministerial formation at Saint John's School of Theology and Seminary, Collegeville, MN. She is completing a year as Visiting Scholar at Saint Paul Monastery and Benedictine Center, St. Paul, MN. She utilizes contemplative prayer, *visio divina*, and expressive arts as her spiritual practices.

Meridith Schifsky is a longtime leader in the Centering Prayer community, spiritual director, contemplative artist, and retired holistic nursing faculty member.



Cost: \$210 (includes meals and materials)

\$320 with overnight stay (includes meals and materials)

Registration is required for this event.

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.

Non-Profit Organization
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