

The Center

"One Mission, Two Locations"



Winter/Spring
2019

On Commitment...

A pig and a chicken were walking down the road. As they passed a church, they noticed that a potluck charity breakfast was under way. Caught up in the spirit, the pig suggested to the chicken that they make a contribution. "Great idea!" the chicken cried. "Let's offer them ham and eggs!" "Not so fast," said the pig. "For you, that's just a contribution, but for me, it's a total commitment." -Anonymous

It has been said that we live in a time where more people shy away from commitments. Perhaps we are too preoccupied with chasing after things, getting ahead, etc., etc...

Let's consider for a moment how a turtle demonstrates commitment. My turtle, Peter, was intent upon developing a relationship with my family. He was a medium sized turtle and his

home was outside in our backyard. However, on many occasions, he entered our house unannounced and uninvited. It was not that we disliked his company but, unfortunately, we did not know how to relate to him. We wore the hard shell of propriety and saw Peter's indoor presence as a nuisance. Peter didn't let his shell get in the way of connecting with us. He was committed to being a part of our lives.

Several of our offerings this Winter/Spring delve into reflecting upon commitment and practicing a life committed to advocacy, compassion, and interpersonal growth. Among those offerings are: "Centering Prayer and The Gift of Life"; a retreat on Harriet Tubman and Thea Bowman; "Renouncing Violence, Embracing Compassion"; a chil-



Dorene King, OSB
Director of
McCabe Renewal
Center

dren's opera/play "The Flying Dutchman"; and "Walking the Path of Holy Week".

In the way of Benedictine hospitality, please come join us at McCabe and at St. Scholastica Monastery as together we discover ways to dismantle the shells which isolate us from our true self and our interactions with others.



Save the Date!

Benedictine Days (see page 2)

- Wednesday, April 24
(5:30 to 8:00 p.m.)
Emily Larson, Mayor of Duluth
- Saturday, September 14
(5:30 to 8:00 p.m.)
Joyce Rupp, OSM

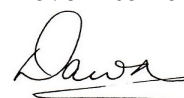
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From the Director...

2019...a new year. After the richness of the December Advent readings, and then the whirlwind of the Christmas readings: the miraculous birth of Jesus, the flight to Egypt and the slaughter of the Holy Innocents, then the young Jesus disappearing for three days in Jerusalem (and contributing many gray hairs to his poor parents' heads), the mysterious story of the magi, culminating in the baptism of Jesus...I don't know about you, but I need time to catch my breath! Added to this has been my own family Christmas preparations and celebrations. Honestly, I am tired and nowhere near ready to put on an energetic smile to welcome the New Year! I yearn for time to slow down, to reflect on the past year, to ponder these things in my heart as did Mary. Ed Hahnenberg says it well: *"We are not at the beginning. We are not at the end. Every day we are in the middle, looking back at the old in order to face all that is new."* Once again, on the eve of another New Year, I find myself precisely in the middle.

At the Center, we hold sacred space for you, no matter where you see yourself—the beginning, the end, or the middle. Wherever you are, know that the Center exists for you as a place to ponder, to listen, to be. We are grateful for you and for all you bring to this ministry, and hope to frequently encounter the Divine Presence in you and your story as we all move into 2019 together...



Dawn Carrillo
Director of
Center for
Spirituality and
Enrichment



Benedictine Days 2019

Infusing the world with the Benedictine spirit

There is no fee for Benedictine Days events, but gifts to support the Center for Spirituality and Enrichment (a mission of the Sisters of St. Scholastica) are gratefully accepted. Space is limited, so register early. Please call if you have need for overnight accommodations.

To register:

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

Emily Larson, Mayor of Duluth

April 24, 2019 5:30 p.m. to 8:00 p.m.



Keeping Hope Alive in a Troubled World

Joyce Rupp, OSM

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



Watch the website for more information. You can pre-register now at <http://retreatduluth.org/benedictine-days/>

January

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. January 17 to May 16 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. January 8 to May 28 at McCabe Renewal Center. **Facilitated by Lezlie Oachs**.



◆ 1st and 3rd Monday evenings from 6:30 to 8:00 p.m. January 7 to May 20 at McCabe Renewal Center. **Facilitated by Jim Reinke**, a long time Centering Prayer practitioner.

Cost : \$35 for all sessions or \$5.00 per session.

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 pro-

curing 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, is 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.

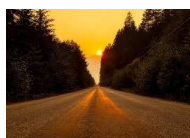
Cost: *freewill offering*.

Centering Prayer and The Gift of Life

Tuesdays: January 15, 29, February 5, March 5, 19, April 2, 16, 30, May 7, 21 from 10:00 a.m. to 11:30 a.m. at McCabe Renewal Center

Join us for ten Tuesday mornings with Father Thomas Keating and Father Carl Arico using the DVD series *The Gift of Life: Death & Dying, Life & Living*. During four days of filming in December of 2010, Fr. Thomas sat with Fr. Carl in a conversation focused on the process of death and dying as part of, rather than the end of, life's journey. We will begin each session with a 20-minute centering prayer sit, view the day's segment, and discuss its meaning in our lives. All are welcome!

Facilitators: Lezlie Oachs, a retired St. Scholastica faculty member, has been a practitioner of Centering Prayer since 1996 and is a commissioned Centering Prayer teacher through Contemplative Outreach. **Judy Russell** taught at risk youth for nearly thirty years in Minneapolis and St.



Paul. A long-time Centering Prayer practitioner, she has

been a commissioned teacher through Contemplative Outreach since 2013. **Pat Winkelman** retired from Essentia Health in 2007 and has been a practitioner of Centering Prayer since 2013. She is currently getting her certification as a Contemplative Outreach teacher.

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

February

Coffee with the Saints

Mondays: February 11, March 4 and April 1 from 9 to 10:30 a.m.

St. Scholastica Monastery

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

February 11 — The Journey of Vincent Van Gogh (1853 - 1890; from minister to artist)

March 4 — Find Your Own Calcutta: Saint Mother Teresa (1910 - 1997)

April 1 — The Search for Home: Thomas Merton, Trappist Monk (1915 - 1968)

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.*

Introduction to Centering Prayer

Saturday, February 16 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: Lezlie Oachs, a retired St. Scholastica faculty member, has been a practitioner of Centering Prayer since 1996 and is a commissioned Centering Prayer teacher through Contemplative Outreach. **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. **Pat Winkelman** retired from Essentia Health in 2007 and has been a practitioner of Centering Prayer since 2013. She is currently getting her certification as a Contemplative Outreach teacher.

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? 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.

February

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

Monday, February 18 and Tuesday, February 19 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 & 6th grade)*

Wednesday, February 20 and Thursday, February 21 from 8:00 a.m. to Noon

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.)

In Honor of Black History Month... Called to Encourage Others Along the Journey: Harriet Tubman and Thea Bowman

Saturday, February 23 from 9:00 a.m. to Noon at McCabe Renewal Center

Discover the amazing stories of two brave African American women who enriched the lives of countless others. Harriet Tubman (b. 1820), called a “Modern Day Moses”, escaped from slavery and used the Underground Railroad to save more than 300 other slaves by going North with them. During the Civil War, Harriet was a nurse, a scout and a spy.



Harriet Tubman

Thea Bowman, born in Mississippi in 1937, became a Catholic Franciscan Sister, the only black sister in the all-white religious order at that time. As a professor, she tried to show what it was like to be a black Catholic in the United States.



Thea Bowman



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

March

Come to Us, Creative Spirit

Friday, March 1 from 6:30 p.m. to 9:30 p.m. and Saturday, March 2 from 8:30 a.m. to 11:30 a.m. at St. Scholastica Monastery

The Arrowhead Chapter of the American Guild of Organists and the Center for Spirituality and Enrichment have teamed up to offer this wonderful 2-part event for all interested in music for worship services. How is music for the church a tool to build community? From the organist to the pastor to the congregant in the pew; how can we all play a part in reaching out to others? The event includes keynote speeches from our distinguished facilitator and panel discussions with diverse ecumenical voices with interspersed chamber music, hymn-sings, and Taizé Prayer!

Facilitator: Rev. Don Saliers, PhD. is an accomplished musician, theologian, scholar, and author holding a post as Theologian-in-Residence at the Candler School of Theology at Emory University in Atlanta, Georgia. He has also taught at



Notre Dame, St. John's School of Theology-Seminary, Vancouver School of Theology, and Boston College. Saliers has served as president of the North American Academy of Liturgy and the Society for the Study of

Christian Spirituality. As a United Methodist pastor, he is the chaplain for the American Guild of Organists (National).

Cost: 2-day pass: \$50 (\$40 for AGO members)

1-day pass: \$30 (\$25 for AGO members)

Optional Overnight stay at the Monastery: \$70 (includes breakfast).

Optional Lunch with the Sisters of St. Scholastica (March 2 only): \$10.

The Art of Weaving... Together

Friday, March 8 from 9:00 a.m. to 4:00 p.m. at St. Scholastica Monastery

In The Art of Weaving... Together participants will learn about a variety of traditional weaving practices around the world. Each person will learn to warp an Inkle loom and will create his or her own colorful belt. A traditional story and dance related to weaving will be shared. Weavers will be led to reflect on how these art forms allowed them to connect more deeply to themselves, to one another, and to the Divine.

Facilitators: Marilyn Mayry, an Oblate of St. Scholastica Monastery, retired college instructor, and counselor. **Ann Carlander** was introduced to weaving and basketry while volunteering for a year at Holden Village, a wilderness arts and spiritual retreat center in the North Cascades. Ann is intrigued by traditional indigenous arts. She taught art in Minnesota and for a few years overseas in Cairo and in India. She and her husband, a history teacher, traveled to visit old cultures in the eastern hemisphere, observing traditional weavers, potters, carvers and other artists

work at their trades. She holds a Masters in Art Therapy and got her Bachelors in Art Education.

Cost: \$75 (includes materials and lunch)

\$145 for retreat and overnight stay.

Register early, space is limited.



March

Renouncing Violence, Embracing Compassion

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

Enough is enough. How many mass exterminations via weapons or words will it take until we embrace compassion as our mode of relating? Let us come together to discover how to be more compassionate toward our self and other beings. Let us delve into the wisdom of Jesus and be transformed by his model of non-violence.



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

Cost: \$50 (participants bring their own lunch, snacks and beverages provided)

\$100 for retreat with overnight stay.

Taizé Prayer

Mondays: March 11 and May 13 at 7:00 p.m. St. Scholastica Monastery (Chapel)

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

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

deeply, and healing and transformation happens.

Registration not necessary.



Desert Day: A Time Away

Monday, March 18 from 9:00 a.m. to 3:00 p.m. at St. Scholastica Monastery

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

In this beautiful Scripture passage, God is speaking to the nation of Israel, beckoning them back to the heart of God. 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.



March

Praying with *The Saint John's Bible*: Illuminating Your Lenten Journey 9:00 a.m. Friday, March 22 until 2:00 p.m. Sunday, March 24 at St. Scholastica Monastery

Come and see! Ignite your imagination for praying through the Lenten season using the illuminations of *The Saint John's*



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

Bible. Retreatants will learn the practice of *visio divina* and also be introduced to the medieval arts of calligraphy and artistic illumination.

Visio divina ("divine seeing") is adapted from the sixth-century Bene-

dictine practice of Bible reading called *lectio divina*, and uses 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 Lent alive for you!

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)

The Water of Life

Saturday, March 30 from 9:00 a.m. to 5:00 p.m. at McCabe Renewal Center

"They both listened silently to the water, which to them was not just water, but the voice of life, the voice of Being, the voice of perpetual Becoming."

-Hermann Hess, Siddhartha

Indeed, water is not just water. Besides being necessary for our survival, water has always played an important part in all the world's religious and spiritual traditions, as well as in myths and fairy tales. Come and experi-

ence water as "the voice of life, the voice of Being, the voice of perpetual Becoming" through the sacred scriptures, fairy tales, Jungian archetypal psychology and through experiential activities such as journaling and ritual.



Facilitator: Rev. Fr. Yanchy Lacska, Ph.D. is an Orthodox Catholic priest, an Interfaith minister, and a pastoral counselor, who integrates Jungian psychology, spirituality, and qigong in his work. He has been facilitating retreats at McCabe since 2004 and presents internationally.

Cost: \$85 (includes lunch)

\$135 with overnight stay

April

The Universal Christ: Another Name for Everything

Mondays: April 1, 8, 15, 22, 29 from 7:00 p.m. to 8:30 p.m. at St. Scholastica Monastery
(*Attendees of the Ilia Delio events in November of 2018 will find this offering a wonderful follow-up to her presentations!)



In each of the five sessions, we will view recorded keynote presentations from this March 2019 conference featuring Franciscan priest **Richard Rohr**, historian **John Dominic Crossan**, and public theologian **Jacqui Lewis**! A description of the conference includes the following:

Christ is more than Jesus' last name. Jesus is a person whose example we can follow. Christ is a cosmic life principle in which all beings participate. The incarnation is an ongoing revelation of Christ, uniting matter and spirit, operating as one and everywhere. Together—Jesus and Christ—show us “the way, the truth, and the life” of death and resurrection. Join us as we discover the roots of the universal Christ in the rich history of the Christian tradition.

Facilitators:

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

“Create in me a clean heart, O God”: A Lenten Retreat with the Penitential Psalms Saturday, April 6, 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

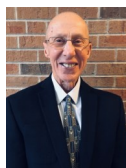
The seven Penitential Psalms [Psalms 6, 32, 38, 51 (quote used in title), 102, 130, and 143] have offered a curriculum of Lenten spiritual preparation for centuries. It is said that Augustine covered his walls with these psalms, and found them especially powerful as he approached his death.

You are invited to a transforming experience featuring the Penitential Psalms in this Lenten Retreat. We will attempt to discover the deep meaning of each of the psalms through *lectio divina*. We will consider how

these psalms speak to the larger context of the Old and New Testaments. Most importantly, we will use these psalms as a means of transformation of our personal lives, our communities, and our world.

Facilitator:

Pastor Dave Mesner is called as Lead Pastor at Lutheran Church of the Good Shepherd in Duluth. He is an Oblate of the Order of St. Benedict at St. Scho-



lastica Monastery. Pastor Dave is a spiritual director who received his Ph. D. in Biblical Studies and Classics from Northwestern University in Evanston, IL. He currently serves the Northeastern Minnesota Synod of the Evangelical Lutheran Church in America as Chair of the Honduras Mission and Ministry Committee, Board member of the School of Lay Ministry, and facilitator of the Grounded in Grace spiritual formation group.

Cost: \$70 (includes lunch)
\$140 with overnight stay.

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.

April

The Flying Dutchman - Children's Opera

Monday, April 8 through Thursday, April 11

Practice 9:00 a.m. to Noon with Thursday performances at McCabe Renewal Center

Come join the crew of "The Flying Dutchman" as we set sail to perform this mysterious opera. If you are in the 4th, 5th or 6th grade, you are eligible to be a part of this crew.

Sign-up soon as a total of eight parts 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*)

Walking the Path of Holy Week

Thursday, April 18 through Sunday, April 21

10:00 a.m. Thursday through lunch on Easter Sunday at St. Scholastica Monastery

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 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 21.

Facilitator: 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 from Saint 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 is a featured vocalist on three Gregorian chant albums for GIA and Milan Records. In addition, he is a freelance collaborative pianist and vocalist and teaches private students in voice, piano, and organ.

Cost: \$230 (Includes meals and overnight accommodations)



T'ai Chi Chih

Thursdays: April 25 to May 30 from 7:00 p.m. 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.

May

The Path to Healing after War:

A retreat for women who have been touched by the challenge and trauma of war

Friday, May 3 from 6:00 p.m. to 8:30 p.m. and Saturday, May 4 from 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

Throughout history women have been challenged to find healing after war touches their lives. Women are impacted by war as mothers, daughters, or loved ones of soldiers, as immigrants seeking refuge from violence and war, and as soldiers who have, themselves, been deployed. War can be a destroyer of life and hope, and the journey to healing can be isolating and lonely. As a nation we have been engaged in war for eighteen years now. How do we move into a life of connection, healing the wounds of the past? How can we heal ourselves and be a force for peace? Join us for a



retreat designed to encourage healing and connection in the “holding environment” of the Sisters of St. Scholastica Monastery. Give yourself the gift of time, honoring the journey of your life in the company of women.

Facilitator: Joan Najbar, MSW, LICSW, is a therapist with over 20 years of experience. She uses writing, the arts, and movement as a guide in healing work. Joan is a grandmother of five and mother of an Iraq veteran. As a therapist, Joan has worked as a Military Family Life Counselor with service members and with people in recovery. Joan has also worked for peace within herself and in her community.

Cost: \$90 (includes lunch)

\$160 with retreat and overnight stay.

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.

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

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

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

Center for Spirituality and Enrichment

St. Scholastica Monastery
1001 Kenwood Avenue
Duluth, MN 55811

(218) 723-6699

"One Mission, Two Locations"

McCabe Renewal Center
2125 Abbotsford Avenue
Duluth, MN 55803

(218) 724-5266

Email: retreat@duluthosb.org

Register at:
www.retreatduluth.org

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Duluth, MN

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

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

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

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

Please print

Name _____

Address _____

Email _____

Phone (preferred) _____ (alternate) _____

Event / dates _____ Fee _____

Event / dates _____ Fee _____

Total Due \$ _____

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

Center for Spirituality and Enrichment

Mission Statement

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