

# The Center

## "One Mission, Two Locations"



Fall  
2019

### *Listen with the ear of your heart...*

The ear is one of the very first organs to develop in the womb, and our sense of hearing is thought to be the last to go in the dying process. St. Benedict entreats us in the opening sentence of the Holy Rule to "listen with the ear of your heart." In fact, all the great spiritual teachers stress the importance of *silence*. Of *listening*. The spiritual master Ghandi kept a practice of spending each Monday in silence so that he could listen for—and hear—the Truth. Recently I came across a wonderful proverb: "Listen, or your tongue will make you deaf." Clearly, the great spiritual traditions teach that everything begins with listening. This is not like idle listening to the radio, or to the TV in the background while at home. It is a deep, attentive listening, a listening that begins in our ears and moves to our hearts so that we can reflect, discern, and be changed.

How do we learn to listen this way in such a noisy, fast-paced world? For me, I can only attempt this type of listening in a quiet, uninterrupted space. It is a space that I intentionally go to each day, a special corner of my room where I can open myself to the Voice of the One who loves us. I had a Benedictine professor during my graduate studies who said, "It is only in the stillness and silence that you will hear God. Seek the silence." I have found this to be absolutely true in my own life and prayer.

Sometimes I feel a yearning to deepen and refresh my prayer and connection to God. I crave a retreat

away from daily life, time to just let go and *be* with God and the whole Universe. Longer retreat experiences allow me to recover my sense of awe and wonder, reminding me of who I am and to Whom I belong. The extended quiet teaches me how to improve on the way we humans are made to listen, and in so doing, to live more fully into God's dream for me. St. Scholastica Monastery offers such a place in our private guest rooms. Those who stay love the silence, the slower pace, the "something different" here that helps them re-enter their life with a greater sense of peace and hope. They find a place to *listen with the ear of their hearts*.

A fellow retreat center director, Fr. Thomas Leitner, OSB (St. Benedictine Center, Schuyler, NE), shared this story on a recent blog posting:

*Rabbi Kuk used to tell his disciples, "God is everywhere; and God is the same everywhere." When work became too much for him though, he withdrew into the desert for prayer. His disciples were astonished at this. One day they asked him, "Rabbi, you said that God is everywhere, and God is the same everywhere. Why do you go to the desert to pray if God is everywhere?" "You are right," Rabbi Kuk responded. "God is everywhere, and God is the same everywhere. However, I am not the same everywhere. That's why I go to the desert to pray."*

It is in the listening that we are changed. Seek the silence and you will hear....



Dawn Carrillo  
*Director of the  
Center for Spirituality and  
Enrichment*

### Don't Forget!

#### **Benedictine Days** (see page 2)

- Saturday, September 14  
(5:30 to 8:00 p.m.)  
*Joyce Rupp, OSM*

Held at Somers Hall  
College of St. Scholastica

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## Benedictine Days 2019

*Infusing the world with the Benedictine spirit*

### Keeping Hope Alive in a Troubled World

*Joyce Rupp, OSM*

*September 14, 2019 5:30 p.m. to 8:00 p.m.  
The College of St. Scholastica, Somers Hall*

*(Registration is now closed. Contact us to be  
put on the waiting list)*



*There is no fee for Benedictine Days events, but gifts to support the Center for Spirituality and Enrichment  
(a mission of the Sisters of St. Scholastica) are gratefully accepted.*

*Please call if you have need for overnight accommodations.*



### Monastery Books and Gifts

Monastery Books and Gifts carries books for the Center for Spirituality and Enrichment's discussion groups. A number of Joyce Rupp titles are currently in stock and will be available when she is here for Benedictine Days on September 14, 2019. We can also order special titles for you. Monastery Books and Gifts is located on the first floor of the Monastery and is open Monday - Friday from 12:30 p.m. to 3:30 p.m. Contact Deb Castle for more information at (218) 723-7076 or [monasterybooksandgifts@duluthosb.org](mailto:monasterybooksandgifts@duluthosb.org).

## September

### Centering Prayer at McCabe Renewal Center

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

\*2<sup>nd</sup> and 4<sup>th</sup> Tuesday mornings  
from 10:00 to 11:30 a.m.  
September 10 to December 10.

**Facilitated by Pat Winkel-**  
**man**, who after ongoing Center-  
ing Prayer study and retreat

work, became commissioned as a  
Contemplative Outreach teacher  
in early 2019.

\*1<sup>st</sup> and 3<sup>rd</sup> Monday evenings  
from 6:30 to 8:00 p.m.  
September 16 to December 16.

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

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



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

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

3<sup>rd</sup> Thursdays: September 19, October 17, November 21 from 6:00 p.m. to 7:30 p.m.  
(supper provided), at St. Scholastica Monastery

Christianity has been a source  
of the oppression of women, as  
well as a resource for unleashing  
women's full humanity. Femin-  
ist analysis and practice have  
recognized that feminist Christi-  
anity is reshaping religious in-  
stitutions and religious life in  
more holistic, inclusive, and jus-  
tice-focused ways. The contribu-  
tors to this book are the **minis-**  
**ters, theologians, activists,**  
**leaders, artists, and litur-**  
**gists** who are shaping, and  
being shaped by, the emerging

directions of feminist Christi-  
anity. They speak from across the  
denominational spectrum, and  
from the many diverse groups  
that make up the Christian com-  
munity as it finds its place in a  
religiously pluralistic world.  
Taken together, their voices offer  
a starting point for building new  
models of religious life and  
worship.



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

***There is no cost, but please  
register.***

This group will continue meeting  
through spring, 2020. Dates yet  
to be determined.

### The Spirituality of Star Wars

Saturday, September 21 from 9:00 a.m. to 5:00 p.m. at McCabe Renewal Center



This  
December  
the final  
film in the  
Star Wars

saga, The Rise of Skywalker,  
will be in theaters. Star Wars is  
a classic myth of good vs evil  
and is filled with spiritual sym-  
bolism, ancient Christian and  
other religious teachings, as well

as being relevant to what is  
happening in the world today.  
Come explore this rich Star  
Wars allegory through the lenses  
of Jungian archetypes, Scrip-  
tures, the teachings of the  
mystics, journaling and the  
Chinese practice of qigong. Just  
maybe you will feel The Force!

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

**Cost:** \$85 (includes lunch)  
\$135 with overnight stay

## September/October

### Taizé Prayer

**Mondays: September 30 and December 16 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.*

### T'ai Chi Chih

**Thursdays: October 3, 10, 17, 24, November 7, 14 from 7:00 p.m. to 8:00 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: *The Universal Christ* by Richard Rohr

**Mondays: October 7, 14, 21, 28, November 4 from 7:00 p.m. to 8:30 p.m. at St. Scholastica Monastery**



Most know who Jesus was, but who was

Christ? Is the word simply Jesus's last name? In five weekly sessions, you are invited to probe—together with other spiritual seekers—the universal depths of Christianity that have largely been overlooked or de-emphasized in recent centuries. Through prayerful reflection upon key Scriptural texts and

under the guidance of Fr. Richard Rohr's spiritual masterpiece, *The Universal Christ*, we will better come to discover the Christ within each of us and all of creation. We invite you into this intriguing discussion as we contemplate how God liberates and loves all that is.

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

**Facilitators: Sister 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.*



# October

## *Lectio Divina* Series

**Fall** - Tuesdays: October 8, 15, 22, 29 from 9:00 a.m. to 10:00 a.m.

**Advent** - Mondays: November 25, December 2, 9, 16 from 9:00 a.m. to 10:00 a.m. in Our Lady Queen of Peace Chapel at St. Scholastica Monastery

We are excited to present our two *lectio divina* series this fall: one in October and one during Advent! *Lectio divina*, a Benedictine form of contemplative prayer, is a powerful practice that enables us to open ourselves to God so that we can better recognize and hear God's voice in our lives. You may attend any or all of the four

sessions in each of the series. Prior experience with *lectio divina* is not required.



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

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

## Coffee with the Saints

Fridays: October 11, November 15, December 13 from 9 a.m. to 10:30 a.m. at St. Scholastica Monastery

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

**October 11 - Jean Vanier** (1928-2019)

Jean Vanier was the founder and director of L'Arche International, a ministry for those with cognitive disabilities. In his 50 years of work with L'Arche, he developed 154 intentional communities across 38 countries—communities where people with a disability live with those who do not possess one; communities of dignity, compassion, and Gospel love. Vanier states that it is “clear that it is not the world of disability that is strange, but the world ‘outside,’ which we dare to call normal. It turns out that the world of disability is the place God chooses to inhabit.” Vanier recently died at the age of 90.

**November 15 - Theresa of Avila** (1515-1582)

Saint Teresa of Ávila, also called Saint Teresa of Jesus, was a Spanish noblewoman who chose a monastic life in the Catholic Church. A Carmelite nun, prominent Spanish mystic, religious reformer, author, theologian of the contemplative life, she earned the rare distinction of being declared a Doctor of the Church over four centuries after her death. Active during the Counter-Reformation, she reformed the Carmelite Orders of both women and men.

**December 13 - Augustus Tolton** (1854-1897)

Augustine Tolton was the first Roman Catholic priest in the United States publicly known to be black when he was ordained in 1886. Born into slavery, he and his family achieved freedom

after the Civil War. Upon his ordination, Tolton expected to serve in an African mission, but was, instead, sent to serve the black community in the United States. Encountering many race relation problems throughout his life, “Good Father Gus,” as he was called by many, was known by both the black and white communities for his eloquent sermons, his beautiful singing voice, and his talent for playing the accordion.



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

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

## October

### Restorative Justice: Criminal, Interpersonal, and Biblical Dimensions

Saturday, October 12 from 9:00 a.m. to 3:00 p.m. (settle in at 8:40 a.m.) at St. Scholastica Monastery



Since the 1970s, restorative justice has seen international growth. While original models involve facilitated dialogue between victims and offenders of crime, newer models are addressing school discipline, workplace conflicts, campus misconduct, prison programming, clergy abuse, community empowerment, and historical harm.

Restorative justice addresses harms through communication processes that invite truth-telling and deep listening. Non-punitive outcomes honor accountability that brings human

connection, empathy, apology, personal healing, and outward reparation.

Through interactive learning, this workshop will introduce the basic principles of restorative justice in criminal or misconduct settings, extend applications to interpersonal relationships and buried hurts, and explore biblical foundations through story and doctrine.

Restorative justice shares the twin-themes of Jesus' ministry: healing and formation. When offending and victimized sides can have deep, heart-to-heart conversation, an internal shift can happen that frees people from the weight of the past. Amazingly, this redemptive shift can happen within individuals, between persons, and for entire communities!



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

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

**Cost:** \$75.00 (includes lunch and refreshments)  
\$145 with overnight stay

*\*Please inquire about scholarships, if needed!*

### All Things Apple *(a program for children in the 3rd and 4th grade)*

Thursday, October 17 or Friday, October 18 from 8:00 a.m. to Noon at McCabe Renewal Center

"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.)*

## October

### Falling Into Yourself: A Day to Practice Mindfulness

Saturday, October 19 from 10:00 a.m. to 3:30 p.m. at McCabe Renewal Center

Discover what it is like to stop your world and to be a human being rather than a human doer. Before you move into the seasons of giving, give yourself the gift of one day to rest, restore and renew yourself. This will enable you to live your best life.

Please dress comfortably and bring a journal, pen, yoga mat (optional) and anything else for your comfort.



*The one you are looking for is the one who is looking.*  
- Frances of Assisi

**Facilitator: Elizabeth Zuber** has over 40 plus years of experience in meditation, bodywork, and yoga. She retired from working 30 years in health care as an Integrative Health Specialist.

**Cost:** \$75 (includes refreshments and lunch)

### Uncommon Courage?

Wednesday, October 23 from 9:30 a.m. to 11:00 a.m. at McCabe Renewal Center

Come and be inspired to be messengers of truth. Our discussion will be based upon the insights gained from reading *The Time is Now: A Call to Uncommon Courage* by Sister Joan Chittister, OSB.



Please read the book prior to our meeting. Sprinkled in our discussion will be references to the biblical prophets and the messages they were called to proclaim.

Instructions on procuring the book will be available upon registration or call the Monastery

Books and Gifts at 723-7076 to purchase it.

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

**Cost:** *freewill offering*

### Introduction to Centering Prayer

Saturday, October 26 from 9:00 a.m. to 3:00 p.m. at McCabe Renewal Center

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

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

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

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



## November

### Bethlehem: A Journey to the Light of Peace

Monday, November 18 from 7:00 p.m. to 8:30 p.m. at St. Scholastica Monastery

In preparation for Advent, we invite you to come to Bethlehem and the Church of the Nativity. As we journey through images of the Holy Land, Scripture readings, and the Rule of St. Benedict, we will venture to a geographical time when Christ was born. Like many other places today, Bethlehem is also surrounded by a

“Wall” separating Palestinians and Israelites. What is this “light of peace” which can bring down the walls in our world? What are the “walls” of our own minds and hearts which keep us from encountering Christ in each other?



Come to Bethlehem...prepare your heart for this journey toward Peace.

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

**Cost:** \$15  
\$85 with overnight stay

### Desert Day: A Quiet Time Away

Thursday, November 21 from 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

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

In this beautiful Scripture passage, God is speaking to the nation of Israel, beckoning them back to the heart of God. Come to the Monastery for a day of personal Lenten renewal. In places of quiet like the desert, we can more clearly hear the

voice of God, calling us to come home, to remember to whom we belong. We all need time away for this kind of rest and renewal!

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

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

*Optional lunch with the Sisters is \$10.*

*Optional overnight stay is \$70.*

Registration required.



### Private Retreats

Do you long to slow down the pace of your life? Do you yearn for a place to quietly reflect and to be at peace? At the Center here in Duluth, MN you can experience a time away from the noise, busyness, and distractions which interfere with being at peace. McCabe Renewal Center and St. Scholastica Monastery provide quiet, restful environments where you can come away for a few hours, a whole day and, if desired, for overnight stays. Please contact McCabe or St. Scholastica Monastery to treat yourself to a time of renewal. Gift certificates are available for both locations.



## December

### Christmas Caroling at McCabe Renewal Center Thursday, December 12 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**

#### 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](mailto:retreat@duluthosb.org) or call the Center for Spirituality & Enrichment at (218) 723-6699.

### Outreach Ministry at the Center (Schedule now for 2019 - 2020!)

Our Outreach efforts from the Center for Spirituality and Enrichment have grown and touched people's lives in a variety of ways:

- ☐ Workshops, presentations, and retreats for diocesan staff, groups, and churches (particularly for specific seasons such as Advent and Lent)
- ☐ Presentations for Confirmation groups
- ☐ Presentations for groups such as AA and other 12 Step groups, Rotary, and St. Louis County Health and Human Services.

We are always developing new offerings to add to the above. Our Outreach staff can provide whatever spiritual growth and enrichment needs that churches, groups, or individuals may require.

***We will come to your location; you do not have to travel to Duluth!*** Please contact us at (218) 723-6699 for help with any of your planning. We look forward to hearing from you and finding out how we can be of service to you! *Many blessings on the journey!*

## 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](mailto:retreat@duluthosb.org)

**Register at:**  
[www.retreatduluth.org](http://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](http://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](mailto: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.