



BENEDICTINE  
SISTERS

# St. Placid Priory

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THE PRIORY SPIRITUALITY CENTER ♦ THE CONFERENCE CENTER ♦ THE PRIORY STORE

Spring-Summer *Deepening Roots in the Pacific Northwest*

February 2012

## February Reflection

Mary Giles OSB

It is February and the new year is well on its way. Winter is blustering to a conclusion and any time now the first tiny buds and green shoots of spring will appear.

The liturgical season of Lent will arrive before the end of this month. How has it been for you so far in 2012? Have the promise and peace of Christmas lingered or are struggles and challenges looming large? Our prayer request board with its petitions about job searches, illnesses, and personal losses indicates that many people are already living in Lent. Anxiety, grief, and fear do not seem to take a holiday. Issues of concern are local and global.

Reminders of the tenuousness and fragility of life are everywhere. Is it best to distract ourselves from this, ignore it as much as we can, or face it straight on? Here is one response in the form of a story. This is my version of a tale commonly told in East Africa:\*

Death was selling a fine cow. When one man said he'd buy her, the people of his village, including the elders, told him how foolish he was. "Don't you know you'll die for doing that?" they said. "Yes, I know," he responded, "but I'm still doing it. Having that cow will help

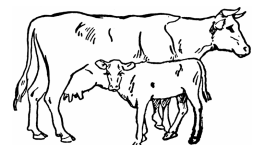
my whole family." Death told him that he didn't have to pay any money for the cow but at the end of three years Death would return to take him by a stomach or head ailment. The man agreed to this bargain and brought the cow home for his family. His mother and father cried, his wife berated him and cried even more. He told them not to worry.

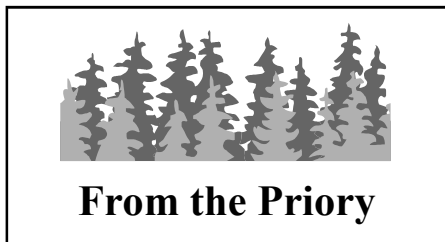
After three years, Death returned, saw the man calmly walking the cow out to graze and said, "I'm giving you three more years." When those three years were finished, Death came back again. The man was weeding in a field of potatoes and didn't seem startled at all. He greeted Death, "Well, I see you've come." Death nodded, noticed the cow near by with a calf at her side, then said, "I'm giving you two more years." When the two years were up, Death returned yet again and said, "This time I've come definitely. Your time is up." The man nodded and said that Death should note that he was still alive and his family was doing well. "I'm going to go home to them now," the man said. Death said that was fine and that they could meet again the next morning to conclude their bargain.

The next day Death found the man out in a field cultivating his crops. Everything was carefully tended. Death said, "I see that you have handled this situation well so I am releasing you from our bargain. You are no longer in debt to me."

If something is deadening your spirit, give this story a second reading. See what happens if you change the story, replacing Death with a character that represents what you are facing. See what happens when you rewrite the story with Anxiety, Fear, Anger, Sorrow or [fill in the blank] as the one selling the cow. You can put yourself in the place of the man who makes the bargain. The story will probably change in other ways as you allow your imagination to express itself. If you let yourself remain playful and uncritical of your writing, you will notice something free up within you. This is a way to tap into your inner wisdom which is a gift of the Spirit. Even if what you are facing is a feeling of hopelessness, there is a gift awaiting you when you choose to acknowledge such a feeling. It is a wondrous paradox that people only get stuck in feelings that they refuse to fully acknowledge...Be assured that you and your concerns are in our prayers here at St. Placid Priory.

\*Based on a story in  
Double Image  
by Del Tarr





**Sister Angela** chaired the Northwest Regional Chemical Society Meeting from June 26-29 at the Portland Red Lion. More than 500 people attended.

On August 10, **Sister Lucy** presented a day on the Eucharist with the staff of St. Anthony's parish, Renton.

On the Feast of the Assumption **Sister Redempta** successfully defended her Master Thesis on the effects of poverty on children's education. Later in the month she began her year's internship at St. Charles Borromeo school in Tacoma. She is working hard and learning much!

**Sister Laura** began teaching religious studies at St. Martin's University. She reports that she has the best students on campus!

On September 11, **Sister Sharon** facilitated our Associates retreat: "Non-duality as a Path to Peace."

On September 16, **Sister Monika** helped staff the vocations table at the Archdiocesan Teacher Excellence Day.

**Sister Dorothy** is taking a sabbatical season of rest and quiet. She is greatly missed!

On October 4, **Campus Ministry** team members at **Saint Martin's University** joined the sisters for Mass, dinner and Evening Praise. They are a joy to have with us! They now join us the first Tuesday of each month.

**Sister Redemista Nkonyani** successfully defended her doctoral dissertation in Canon Law at the Catholic University in Nairobi, Kenya. As of October 7, she is now Doctor Sister Redemista!



**Sr. Redemista Nkonyani OSB receiving her Doctor of Philosophy in Theology with Specialization in Canon Law.**



We are very proud of Sister Redemista's accomplishments.

**Sister Monika** and our wonderful Priory Knitters & Spinners staffed a booth at Schafer Meadows Fiber Festival October 7-9 at the Grays Harbor Fair Grounds. Check out our new calendar for 2012 which honors the creativity and community building of our Priory Knitters & Spinners.

On October 8, **Sister Laura** and her writers group, the Puget Sound Writers Guild, spent the day behind closed doors with

author and writing instructor Robert Dugoni. They worked hard!

On October 17, **Sister Lucy** presented a day to Stephen Ministers of Lacey/Olympia at Westminster Presbyterian Church.

October 20 -24, **Sister Monika** ventured forth to Beech Grove, IN, to attend the National Benedictine Vocation Directors' Conference.



**Benedictine Vocation Directors**

On October 22, the Priory Knitters and Spinners staffed a table at the Olympia Women's Club Holiday Bazaar.

**Sisters Therese and Lucy** attended the Holy Family school in Lacey fund-raising dinner.

On November 10, **Sister Therese** gave a retreat, "Our Advent Waiting," to the Joint Base Lewis McChord faith community.

The "Sunday crowd" gathered after Mass on November 20 and worked with several artistic expressions to begin pondering the meaning of Advent in our lives.

November 25 and 26, **Sister Monika** and the Priory Knitters & Spinners staffed a booth at the first Thurston County Fair Holiday Bazaar - formerly known as the Lacey Holiday Bazaar.

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Our kitchen manager, **Kathleen Alonzo**, is now serving the sisters as House Manager. We're grateful for her presence and support.



**Katie Burch** is now preparing fine meals for the sisters, retreatants and guests.

December 10 and 11 the Priory participated in the Fair Trade Market at St. Michael parish in Olympia. The day was a wonderful way to share the riches of our planet while doing justice!

On December 3, the Seattle Vocation Team hosted an Advent Discernment Retreat for those men and women who are thinking about entering religious life. As someone at the retreat said, "I'm discerning about discerning about religious life!" Some dozen young women and men attended the day which included prayer, times of speaking, and times of silent reflection. Presenters offered stories of those who have already answered their call and ways of discerning the call from God. Vocation ministers and others shared their own stories of how they heard God's voice, including Sister Susan Francoise, CSJP who made her final profession on November 11.



**Sister Monika Ellis, OSB** facilitated the movements of the day.

Our **Sister Margaret Ann** celebrated 90 years young on December 25th.

January 4 - 7, **Sister Laura**, president, attended the board meeting for the American Benedictine Academy in Duluth, MN, in preparation for the August convention.

On January 8, the community gathered its staff, volunteers and friends for its annual **Epiphany Party**. This year we celebrated the creation of the 1,000th Sheep! The Priory Knitters and Spinners presented Jim Christianson, shepherd, with this sheep, which contained fibers from sheep named for as many of the Knitters and Spinners as possible. It was a joyous occasion.

**Sister Angela** will be on sabbatical at the University of Arizona. She'll be working with Professor Leslie Gunatilaka on natural products from desert plants and fungi from mid-January to early May.

**St. Placid Oblates**

One of the things that attracted me to Benedictine spirituality is communal prayer. I love the ritual of it, the language of the Psalms and how it keeps one centered. Praying whether I feel like it or not has been a rich experience. And doing it in community has been very life-giving. But how does one live a life based in the rhythm of daily, on-going, in season and out of season, prayer when one is far from one's community? Interestingly enough, living in Tanzania has been a blessing when it comes to keeping the

Office. For one, numerous times a day, the local mosque reminds me that it is time to pray. And ironically, four of the five times during the day when Muslims are called to pray correspond very closely to hours of the Benedictine Offices. The early morning call to pray

challenges me to get up when it is still very early and start the day with "O Lord, open my lips..." The call to prayer at around noon reminds me to pause and shift my focus away from the mundane to the Divine. When the sun goes down and later when many start to prepare for bed, I'm again reminded. Though I do not share the same expression of faith, I am grateful for the Muslim's faithfulness in singing out "God is great." It reminds me to open my mind, heart, and mouth to prayer.



Barbara Robertson Obl.OSB

"The New Advent" was the theme of the Oblate Retreat which was facilitated by Sr. Lucy Wynkoop and Julie Barrett Ziegler on December 10. Icons from **Mother of God Similar to Fire** by William Hart McNichols and prayer poems by Mirabai Starr provided the *visio* and *lectio* content. Julie greatly enhanced the retreat by helping the participants understand the icon symbolism. Each participant prayed with an icon and shared reflections about the icon.

**The New Advent Retreat**



## GOINGS ON AT THE CENTER

Flyers are available for each of these programs at our website:

<http://www.stplacid.org>

### Listening with the Spirit

In choosing LWS, what attracted me is a program that integrates Spiritual Formation into my weekly life. I was also drawn to LWS because of the contemplative focus. As a strong extrovert, I appreciate the structure of quiet in terms of creating sacred spaces to claim this desire. Another strength of LWS is its ecumenical make-up. As an Ordained Deacon I am looking for a program that is inclusive beyond my religious tradition, but with participants who share similar experiences and backgrounds. Finally, I was looking for a spiritual community and I have not been disappointed. From the onset, our two wonderful animators, Sr. Mary Giles and Sr. Laura Swan, invited us into a journey of meaningful sharing of ourselves in the context of learning how to walk with others. As we often say in regards to prayer, "Do not judge the fruit of your prayer...while you are praying..." The way I listen to myself and others as a result of my participation in LWS has been transformative. I am not the same person I was when I started.

Steve Wodzanowski

### We are now accepting applications for next year's LWS.

### Tending the Fire

Tending the Fire has been a journey of exploration in different prayer forms. Every two weeks our group of ten members meets to share our experiences after living with methods of prayer as different as writing our own affirmations and walking a labyrinth as meditation. The intervening weeks have been rich for me in many ways. We have explored different images of God as well as many insights from St. Benedict, the ancient desert fathers and mothers, and contemporary spiritual direction. The

discipline of the process and the energy of the group have brought more awareness and depth to my prayer practice. It is a study in the power of prayer for each other. I truly appreciate the sisters for providing this program which reminds us of how important it is to continue to learn, to grow, to tend the fires which make it possible to more intimately love God, ourselves and our neighbors.

Saima Scott

### Oasis

I entered the Oasis program, at the invitation of Sr. Lucy, with a vague sense of needing time for renewal and discernment about where God was calling me next in the journey of faith. The combination of spiritual direction, silent retreat, and a chance to learn from the *Rule of Benedict* has been refreshing – like an oasis! I would not have devoted the time and effort to this important work without the gentle discipline of the Oasis program. I highly recommend it for busy professionals. You will be refreshed and renewed for your ministry.

John Rosenberg, Lead Pastor  
The Lutheran Church of The Good Shepherd in Olympia

### Engaging the Grace of Aging

Jim and Linda Henry presented an opportunity for participants in this class to look far beyond and "outside the box" as we age. Challenging stereotypical attitudes towards "seniors," we discussed "quantum spirituality" and how it relates to the unlimited possibilities for us all as we grow "older and wiser." Participants were stimulated and challenged to explore, learn and communicate beyond our comfort levels.

Joy Justis

### Flourishing in the Grace of Aging

This continued series assists people ages 55+ to continue the spiritual journey of living with purpose and passion. Workshop sessions facili-

tated by Jim and Linda Henry are highly interactive and experiential. They are scheduled from 9 am to 1:30 pm (bring your lunch). Register for one or all three sessions: January 11, "Blending Unfinished Stories: Mine, Ours, God's"; February 15, "Sainthood for Seasoned Seniors"; and March 14, "Following the Light as We Age" for \$120 or \$45 for one session only.

### Awakening to the Season of Becoming

is a 6 session bi-monthly Program on Wednesdays from 9am-noon in 2012. "Home as Sanctuary" is offered March 7, "Clearing the Ground with Forgiveness" on March 21, "Attending the Garden of Self" on April 4, "Sowing New Seeds" on April 18, "Touching the Hearthstone" on May 2, and "Celebrating Our Fullness" on May 16. Facilitator Jan Lawry has a PhD in Psychology. The cost of the complete program is \$270 which includes \$20 for materials. A \$55 nonrefundable deposit is due before February 18 for the full program. Sessions are available on an individual basis, as space permits, for a fee of \$55 each.

### Practicing Creativity in Spiritual Life

offers artistic ways to deepen and enrich all aspects of the spiritual life. Classes for 2012 (9am to noon) on Tuesdays are: February 14, "Haiku and Tanka: Love Notes in Linked Verse"; April 10, "Calling Out the Seed"; and May 8, "Opening Doors to the Creative Spirit, Combining Playful Painting with Winsome Words." Cost is \$60 for each session.

### Our Web Site

Please see our web site for full retreat, program and presenter descriptions, and a list of spiritual directors. Pre-register by calling 360-438-2595 or emailing [spiritualtyctr@gmail.com](mailto:spiritualtyctr@gmail.com). We will be taking applications for Listening with the Spirit, Tending the Fire, Oasis, and for Practicing Creativity in Spiritual Life. See our Volunteer page for more information on volunteering with us:

<http://www.stplacid.org>

**Program Information**  
**Pages 5-7**

+Our retreats include the opportunity to join the Sisters for Eucharist and the Liturgy of the Hours.

+Spiritual Direction is available on Retreat for an additional fee. Please request an appointment when you register.

+For information on our presenters, please explore our website:  
[www.stplacid.org/sched.html](http://www.stplacid.org/sched.html)

**Mindful Eating as a Spiritual Practice**

**February 18**

Saturday 9:15AM-3:00PM

Do we eat because of physical hunger or is there a deeper unmet need we're trying to fill? Consider the



possibility that mindless eating is a sacred disease. We crave wholeness. Come to explore the body-spirit connection by accepting God's invitation to savor and enjoy. Learn to be mindful of the wisdom of your own soul and body.

**Register by prior Friday: \$60.**

**Bring a sack lunch.**

(Minimum 8, Maximum 20)

**Carol Spangle, Melania Weller**

**Journey through Lent**

**February 24-26**

Friday 7:15PM-Sunday Noon

Take time to walk with and be with Jesus in greater solitude. In silence, deepen your spiritual journey. The opening session will feature a guided meditation and some handout materials to be used for reflection. The retreat will close with group prayer and sharing. A spiritual director will be available, for those who wish, to listen with you as you discern God's actions in your life.



**Register by prior Friday**

**without spiritual direction: \$140;**

**with spiritual direction: \$175.**

(Maximum 10)

**Therese Gonnevill, OSB**

**Bowing to the Altar of Daily Life**

**February 25**

Saturday 9:15AM-3:00PM

As women, we are inveterate nest builders, and when we feel grounded we more freely explore our physical and psychological territory. We'll examine how a sense of place nurtures and stimulates our creative spirits, and how making spontaneous altars awakens our sense of beauty and the sacred, so as to welcome our souls into our daily lives.



**Register by prior Friday: \$60.**

(Minimum 6, Maximum 16)

**Jan Lawry**

**The Prayer and the Grace of Icons**

**March 3**

Saturday 9:15AM-3:00PM

Participants will be able to experience firsthand the icon as a window into heaven and sacred images, as vehicles for prayer. We will be introduced to the sacred language and imagery that is conveyed through icons. An icon is "written" rather than "painted" because it contains symbolic language which conveys the Gospel. When deciphered, this language can be gift and grace to the observer. We will offer a prayer experience with the icons and have a small icon for people to take with them.



**Register by prior Friday: \$50.**

**Bring a sack**

**lunch, journal**

(Minimum 8)

**Julie Barrett**

**Ziegler**



**The Bridge Between Earth and Sky: A Natural Voice Workshop/Retreat**

**March 3**

Saturday 9:45AM-3:00PM

The voice is the barometer of the spirit. To work with the voice is to work with the spirit. We'll journey together to find that place where the voice both hides and is free. We'll coax, cajole, bribe and entice it forth through a variety of playful exercises, song-sharing, journaling, art play, meditation and chocolate!



**Register by prior Friday: \$60.**

**Bring a sack lunch.**

(Minimum 10)

**Linda Allen**

**Lectio Divina and the Creative Arts**

March 10

Saturday 9:15AM-3:00PM

*Lectio Divina* can be prayed with images, icons, film, music, poetry and life. We will review the traditional *lectio divina* with Scripture and then experience many other creative ways of praying *lectio*.



**Register by prior Friday \$50**

**Bring a lunch, Bible, and a journal**  
 (Minimum 5)

**Lucy Wynkoop OSB**

**Women Who Weep and the Cries of Faith**

**March 17**

Saturday 9:15AM-3:00PM

A multi-media encounter with biblical women – Rachel, Hannah, the daughters of Jerusalem, and more than one Mary – who weep and lament in an expression of faith. Come explore how distress shared in faith can open us to God and each other for the blessing and wholeness of all.



**Register by prior Friday \$50.**

**Bring: sack lunch**, journal, picture, or other item representing some significant loss in your life, and a Bible. (Minimum 5, Maximum 22)

**Kathryn Rickert**

### **An Introduction to The Welcoming Prayer**

**March 24**

Saturday 9:15AM-3:00PM

The *Welcoming Prayer* is an active prayer for everyday life. It addresses values clustered around energy deeply invested in *security/survival*, *affection/esteem*, and *power/control*.

Acting out of our unconscious desires, fossilized in these “energy centers,” can lead us away from our intention to be faithful and away from God.

The Welcoming Prayer can help to dismantle these obstacles so that we may live more faithfully. It is intended to be used in daily life to complement Centering Prayer or other contemplative practices.

**Register by prior Friday \$50.**

**Bring a sack lunch.**

(Minimum 8, Maximum 25)

**Cherry Haisten**



### **The Way of Forgiveness**

**March 31-April 1**

Saturday, March 31 9:00AM - Sunday, April 1 3:00PM

This retreat will encourage participants to live a forgiven and forgiving life. Some of the focus points will be: living in God’s blessing, releasing shame and guilt, facing and transforming our anger, receiving God’s forgiveness and forgiving others, and seeking reconciliation where it is possible.

**Register by prior Friday: \$190**

**(Saturday night and meals Saturday and Sunday); \$130 without meals/bedroom.. Bring a journal.**

(Minimum 8, Maximum 15, sharing bedrooms)

**Suzanne Seaton**



### **Writing as Meditation**

**March 31**

Saturday 9:15 AM – 3:00 PM

*Writing As Meditation* offers participants practice and insight into the uses of journaling, poetry and essay writing to nurture one’s compassion and understanding. This workshop features hands-on writing exercises, combined with an exploration of the historical link between meditation and the written word. The workshop will survey a wide range of authors and include prompts from the work of writers such as Thomas Merton, Dorothy Day, Thich Nhat Hanh, Basho, and Mary Oliver.

**Register by prior Friday: \$60.**

**Bring a sack lunch**, a notebook and pens/pencils.

**Dianne Aprile**



### **One with Jesus: Triduum Retreat**

**April 5-8**

Thursday 3:00PM to Sunday Noon

Travel with Jesus on the road to Calvary. Take time with the silence of this retreat to let yourself be fully present to this holy time. Begin by joining the Benedictine Sisters for a special meal on Holy Thursday. Be with us as we let the liturgies of each sacred day lead us deeper into the journey of Easter. We will celebrate new life with 8:00AM Eucharist on Easter Sunday, followed by a simple breakfast with the Sisters and Mass participants. Spiritual Direction is available on Thursday before 3:00PM.

**Register by prior Friday:**

**without spiritual direction \$195;**

**with spiritual direction \$230.**

(Minimum 3, Maximum 10)

**Therese Gonnevill, OSB**



### **Illness as Journey of Initiation**

**April 14**

Saturday 9:15AM-3:00PM

The experience of chronic illness or cancer is often frightening, confronting us with life’s edges and our bodies’ vulnerabilities. Together we will honor the challenging aspects and also hear them as invitations into deeper ways of living and being in the world through ritual, sharing, poetry, and creative expression.

**Register by prior Friday: \$60.**

**Bring a sack lunch**, journal, and an item for a group altar that is symbolic of your journey with illness.

(Minimum 8)

**Melissa Layer**



### **World Chant: the Music of Devotion**

**April 21**

Saturday 9:45AM-3:30PM

The chants will celebrate the divine in its many names and forms, as it is expressed in global cultures. We’ll be singing traditional Hindu kirtan, Buddhist mantras, Gregorian chants, Sufi songs, Jewish melodies, and creative expressions from our own time. These will be heart-opening, call-and-response chants. No training or practice is required. We’ll also take time to reflect on the rich diversity of ways human cultures connect to God, and ways to bring chant practice into our daily lives

**Register by prior Friday: \$65**

**(includes music) Bring a sack lunch.**

(Minimum 15, Maximum 30)

**Joseph Anderson**



Please see our website  
[www.stplacid.org/sched.html](http://www.stplacid.org/sched.html)  
 for presenter information,  
 program descriptions, &  
 retreats

## On Pilgrimage

**April 28**

Saturday 9:15AM-3:00PM

The *On Pilgrimage* experience will introduce you to the joy of traveling with a spiritual purpose. We will delve into the reasons for making pilgrimage, both ancient and modern; explore significant pilgrimage sites and routes; discuss the design, development and implementation of a personal pilgrimage; and vicariously experience a pilgrimage as a spiritual retreat.



**Register by prior Friday: \$50.**

**Bring a sack lunch.**

(Minimum 5)

**Rick Ryding**

## Spring into Happiness: Psychospiritual Practices for Well-Being

**May 5**

(Saturday 9:15AM-3:00PM)

Psychological science adds precision and refinement to some faith-based spirituality practices. We will review psychology theory and principles based on recent research regarding the cultivation of happiness and well-being. We will experience some practices that enhance spiritual well-being.



**Register by prior Friday: \$50.**

**Bring a sack lunch.**

(Minimum 5)

**Jerry R. DeVore**

## Enneagram Collage

**May 12**

Saturday 9:15AM-1:15PM

You will use your visual and intuitive capacities in a gentle and fun exploration of the Enneagram. You'll work in a group with others of your type to create



and present a collage illustrating your type's point of view. This is a good way to confirm your type if you are unsure. All materials are provided.

**Register by prior Friday: \$40.**

**Bring a snack and 3 old magazines to donate as raw materials.**

(Minimum 12, Maximum 30+)

**Debra Janison**

## Silent Centering Prayer Retreat

**May 18-20**

Friday 7:15PM-Sunday 2:00PM

In silence we come to know and live from the Divine mystery within us.

During the weekend, participants will do three Centering Prayer periods with meditative walks at a session; observe silence throughout the retreat, including during meals and free time; and minimize distractions such as reading. Intended for those with at least six months of daily practice of Centering Prayer.



**Register by prior Friday \$180**

(Minimum 6, Maximum 9)

**Kay Kukowski, Mary Solberg**

## Celebrating the Gift of Years

**July 14**

(Saturday 9:15AM-3:00PM)

In THE GIFT OF YEARS, Joan Chittister laments that often in later years we are "*so unaware of what we are gaining.*" In this workshop, you will challenge ageism, complete positive inventories such as *Blessed with Abilities* and



explore "seasoned human" applications of strengths-based spirituality.

**Register by prior Friday: \$55.**

**Bring a sack lunch.**

(Minimum 5)

**Jim Henry and Linda Henry**

## God the Artist: We the Co-Creators

**July 21 and/or August 4**

(Saturday 9:00AM-4:00PM)

God is the artist of our soul. This retreat will stimulate our creative souls. We will focus on our Pot-



ter God, using clay materials. We will meet at The Priory Spirituality Center and drive to Walter and Renata Siegl's clay studio in Shelton. All of us are artists, so come to play and pray!

**Register by prior Friday: \$60.**

**Bring a sack lunch.**

(Minimum 5, Maximum 10)

**Lucy Wynkoop, OSB; Renata Siegl; Walter Siegl**

## Heartfulness: Transformation in Christ

**August 21-26**

Wednesday 7:15PM-Sunday 1:30PM

During this 5-day advanced Centering Prayer retreat with instructional videos, our retreat topic will be: The Pursuit of Happiness, The Human Condition, Sin, Suffering, Redemption, Love and The Trinity, Divine Indwelling, and Divine Transformation. Through Centering Prayer and *Lectio Divina*, we will take the topic into our hearts, reflecting, responding, and returning to silence.

**Register by August 10: \$600**

(Retreat, Bedrooms, meals)

Special reservations **if there is space**, may be made for people in town who are willing to take care of

### Series

#### Awakening to the Season of Becoming

Wednesdays 9:00-Noon  
March 7, 21; April 4, 18  
May 2, 16

#### Practicing Creativity in Spiritual Life

Tuesdays 9:00-Noon  
Feb. 14, Apr. 10, May 8

## For This We Give Thanks!

We give thanks to you, God, for friendships here and beyond.

For our deceased:

\*Jay Paxton, St Placid

Booster

\*Bob Cave, father of St. Placid Associate, Christie Cave

\*John Neff, City of Lacey Building Official

\*Bill Wynkoop, brother of Sister Lucy Wynkoop, OSB

\*Jim Moergeli Sr., Holy Rosary, Tacoma friend

\*Ida Cammarata, our Priory Receptionist and long-time friend



For continued graced endings and joyous beginnings, great and provident God, hear us, bless us!

We give joyful thanks for Sister Margaret Ann Rohling's 90 years of life, love and service.



“The birds of the air do not reap or sow.” Big thanks go to those who have provided bird seed. Watching the small birds that are wintering here at the Priory creates many a joyous heart.

We are especially grateful to Seattle chocolateer and business man Bill Fredericks who has made and fashioned chocolates in his shop “The Chocolate Man” at Lake Forest Park, and has given us his finest dark chocolate bark to sell. His chocolate bark, which benefits St. Placid, is sold in the Priory Lobby..... mmm good!

Thank you, Anonymous in Fairbanks, Alaska, for once again blessing us with your gift for our Annual Appeal! For all who have supported us with your many and diverse expressions of “loving kindness” (Jeremiah 31:3), we give thanks.

## How *you* can help!

We are looking for small digital clocks for use in our retreatant rooms. Having non-ticking clocks deepens the spirit of silence and prayer.

During this challenging year, we have noticed that many people, instead of giving us a cash donation, have given us things they no longer use. We have received (and sold) an Irish Beleek sugar and creamer set, a solid oak dining room table, a child's vintage school desk, Christmas decorations and numerous decorative plates. Please help us with this new source of needed income.

And remember, our annual Rummage Sale will be at the Priory, April 21, 2012 from 8:00 AM-3:00PM.

In fall of 2012, we will bring two Benedictine Sisters from Chipole, TZ to St. Placid. They are teachers, who are coming to spend two years improving their English speaking and reading skills. They will return home to teach in Tanzanian schools, which offer all English reading and speaking throughout the curriculum. We need airline miles to bring the Sisters here. If you or a friend can transfer miles to us, this will help the children of Tanzania immensely.

“Be anxious about nothing, but in every circumstance and in everything, by prayer and petition, with thanksgiving, let your requests be made known to God” Philippians 4:6.

Please do continue to send us your prayer requests.



**As a monastic community, we the Benedictine Sisters of St. Placid Priory** cultivate a contemplative spirit that leads to hospitality and works of justice. We witness Gospel values in building community. We are committed to nurturing spiritual growth in ourselves and others, collaborative leadership, stewardship of the environment, and taking risks in following God's call.

### The Priory Spirituality Center

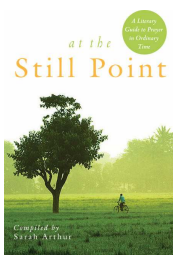
is an ecumenical Christian ministry that encourages people of all faiths to seek and discern the voice of God in their lives and in the world. We offer a peaceful and contemplative setting for personal reflection. We encourage and challenge people to know the presence of God in their lives through classes, workshops, retreats and individual spiritual direction.

The Priory Spirituality Center is a ministry of St. Placid Priory and reflects the Benedictine values of peace, hospitality, community, learning and prayerful discernment.

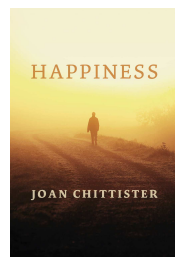


### SISTER LAURA'S SCRIPTORIUM: Books That Merit Attention

**At the Still Point: a Literary Guide to Prayer in Ordinary Time**, compiled by Sarah Arthur (Paraclete Press, 2011). With weeks arranged by theme, such as *Quarrels with Heaven*, *Unexpected Encounter*, and *Compelled by Mercy*, we are offered poetry and literature for *lectio* and meditation. This is a delight.



**Happiness** by Joan Chittister OSB (Eerdmans, 2011). "That your joy might be full!" we are told. "Deep, Abiding Joy" and Sr. Joan's "Happiness" both reveal a spiritual stance and the fruit of a deeply spiritual and human life. A gentle pondering of spiritual insights has gone into cultivating this most wondrous gift that is offered us.



**Shirt of Flame: a Year with Saint Therese of Lisieux**, Heather King (Paraclete Press, 2011). This is a refreshingly gutsy engagement between an adult convert and recovering alcoholic – a wounded sojourner – with Therese of Lisieux.



**Registration:** You may use this form to register for a day program, a retreat program or a private retreat. **The Center is open for private retreats unless a programmed retreat is scheduled.** For more information, call 360-438-2595, FAX 360-438-9236 or Email spiritualityctr@stplacid.org. Please make checks payable to: **The Priory Spirituality Center / 500 College St. NE / Lacey, WA 98516-5339**

Please register me for the following program/s and/or retreat/s:

Program \_\_\_\_\_

Program Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Day Tel. \_\_\_\_\_ Eve. Tel. \_\_\_\_\_

E-mail \_\_\_\_\_

Commuter? \_\_\_\_\_ Overnight? \_\_\_\_\_ (Willing to share a double room if necessary? Yes \_\_\_\_\_ No \_\_\_\_\_)

*Spiritual Direction and Healing Touch*  
available by appointment. Please call 360-438-2595.

**We request half the registration fee as a non-refundable deposit for a program or retreat at the time of registration to confirm space. Any donation you make above program costs will be used for scholarships.**

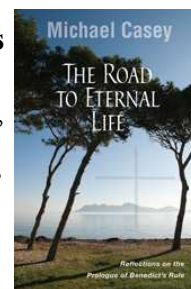
Full Payment enclosed \$ \_\_\_\_\_

Deposit enclosed \$ \_\_\_\_\_

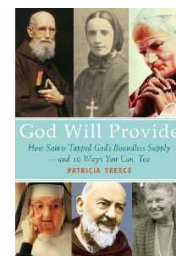
Scholarship Donation enclosed \$ \_\_\_\_\_

This is excellent Lenten reading for those seeking an authentic faith life.

**The Road to Eternal Life: Reflections on the Prologue of Benedict's Rule**, Michael Casey OCSO (Liturgical Press, 2011). Many are drawn to Benedict's Prologue and cannot always say "why." This is a fine, careful pondering of one of the best-loved sections of Benedict's Rule. Appropriate for all spiritual seekers who yearn to shape their life on gospel values.



**God Will Provide. How God's Bounty Opened to Saints – and 9 Ways It Can Open for You, Too** by Patricia Treece (Paraclete Press, 2011). Spend time with some old friends and new, exploring the courageous trust in God's Providence that makes some of us saints. Providence is real, and Patricia gives practical wisdom on living into a Providence stance.





**Benedictine Sisters  
St. Placid Priory**  
The Priory Spirituality Center  
The Conference Center  
The Priory Store  
500 College St. NE  
Lacey, WA 98516-5339

Spring—Summer  
February 2012

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**WHAT'S NEW AT  
THE PRIORY** —Sister Sharon McDonald, OSB

One of my most favorite school experiences was when Sister Mary Magdalen, our third grade teacher at Visitation School, let us choose a picture, glue it to a piece of paper, and write a story about the picture. To this day I love images and surround myself with their beauty.

In the Priory Store we sell a perpetual calendar that is perfect for remembering birthdays, feast days, and any other special days. The artist, our friend Renata Siegel, is a multi media artist. She uses paper cuttings in this elegant and useful wall hanging. Renata's 12 paper cuts depict 12 Biblical scenes. The beauty of Renata's cut art prints awakens wonder, reverence and delight.

In the midst of our current national and international crises, pondering Renata's strong images of "The Transit through the Red Sea," or of "Jesus' Entry into Jerusalem," for example, can restore meaning and purpose in our hearts, while showing us new possibilities and pathways of trust for the future. That on which we focus, grows.



What might the Angels be announcing to us in Renata's paper cut of "Angels Blowing Trumpets"? What might they be telling us about living appreciatively, with integrity, with hope and joy? Yes! Things of Beauty meet the needs of our souls. This way of meditating transforms us, and thus the world around us. These perpetual calendars are a lovely and inspiring gift for anyone!

**Spirituality Center Staff**

- Carolyn Galloway — Center Administrator
- Lucy Wynkoop, OSB — Program Coordinator
- Mary Giles Mailhot, OSB — Staff
- Monika Ellis, OSB — Staff
- Therese Gonnevillle, OSB — Staff
- Laura Swan, OSB — Staff
- Camille Wooden, Obl.OSB-Weekend Hospitality

**Directions**

- Coming South on I-5
  - Take Exit 109
  - Right turn onto Martin Way
  - Right at next light onto College St. NE
  - Second Right turn is our driveway
- Coming North on I-5
  - Take Exit 109
  - Left turn onto Martin Way
  - Right at second light onto College St. NE
  - Second Right turn is our driveway

The Priory Store welcomes as payment **VISA and MasterCard**. We gratefully continue to accept telephone orders and special orders for books and religious articles. Call us at 360-438-1771.

The Store, located off the lobby in the Priory, is open **Friday Noon to 3:00 PM,** and **Saturday 10:00 AM to 3:30 PM.**