



St. Placid Priory

Welcome to the forest where monastic life thrives, and you will thrive.

The Priory Spirituality Center ♦ The Conference Center ♦ The Priory Store ♦ www.stplacid.org

Spring - Summer

August 2014

Blessing

By Novice Mary Cathryne Vanek

On the shore of a quiet pond, standing on the sweet brown ground, hold your throwing hand loosely at your side, turning your blue rock over and over with your fingers, rubbing your heat into the stone. Watch the wind. And listen. When everything around you takes a deep breath, a flat calm over the still water—then pull your arm up and keep your eye on the clearest spot, where the water may be deepest. Turn your left shoulder to the water, pull your elbow up behind you, cocking your arm, then follow through. Whip your shoulder around, pumping up kinetic energy, and just before your hand begins its downward flipping motion, let your hand open, the blue rock—warm and darkly blue with your sweat and energy—hum through an arc before it splits open the water.

There will be rings radiating out from where the rock sinks of its own weight, seeking the bottom of the clean water. Wait until the first ripple of water breaks, slowly, lipping up the bank where you stand, watching. Grinning.

St. Placid Priory is a place of calm water open to the ripples of grace. It's not the wind or lack of wind, or no traffic or raucous neighbor noise that makes up the quiet. Our calm is not a physical thing. Before morning prayer, I see Sisters in their housecoats and pajamas. Mostly we wave or nod to one another, depending on who got coffee first. And we smile at each other. A welcome to the new day. Circles of blessing begin to ripple.

Later in chapel, hair combed, teeth brushed, we answer the soft tone of the singing bowl by standing to begin the liturgy of that hour, our voices offered

as thanksgiving for the new day. The prayer leader gives us a blessing at the liturgy's conclusion, asking us to hold one another in prayer throughout the day, offering our help to anyone who might need it.

After our own private prayers, we go to meet the day. Sr. Damaris is probably waiting for an electrician who will call, ten minutes late to their appointment, asking to reschedule for another day. And Sr. Damaris will grant his request, maybe head outside to weed something, blessing the dirt that needs no technician to go about its business.

Sr. Sharon's in the business office with our bookkeeper Karin and with Molly, our brand new Postulant, keeping track of our daily business. They laugh a lot, so business must be good.

During the school year, Sr. Laura packs up her portable office on wheels and heads to St. Martin's University where she teaches classes in Religious Studies. A note may show up on the bulletin board later, saying Sr. Laura is bringing home students for Mass, supper, and then Evening Prayer.

Sr. Mary and Sr. Monika may be in the Multi-Purpose room getting yarn and felting supplies ready for the Knitters and Spinners weekly meeting. They're up to sheep #1100+ and counting.

If it's baseball season, Sr. Rosemarie can probably be found on the third floor, watching the Mariners game, praying for pitcher Felix Hernandez to have a good game. Her recounting of the game at supper will be paid close attention by the other Mariners' fans.

Sr. Therese is most likely at the reception desk, answering the phone, paging Sisters, offering spiritual direction, or giving out the Priory Store hours.

And if it's a cool, breezy afternoon, Sr. Mary Giles may be out walking her Irish Wolfhound. Along the way they greet neighbors and entertain children who can pet Galen six at a time.

Sr. Dorothy's in her office, figuring out our latest computer snafu with the patience of a zen master.

At the Spirituality Center, Sr. Lucy's getting ready for an upcoming weekend program, a gleam in her eye as she helps Janice, our new coordinator, learn the well tested ways of running the Center.

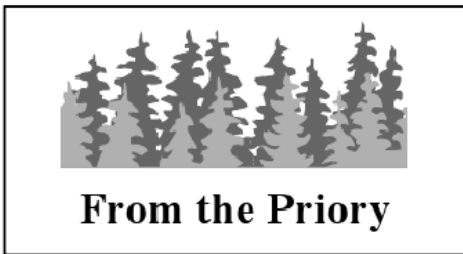
Postulant Molly and Barbara, our live-in Oblate, are outside in the "lower" garden, work gloves on, fencing at their feet, staring intently at the ground as they puzzle out what sort of fence might keep the deer from devouring their hoped-for dahlias.

If it's Saturday, I'm parked outside the Priory Store, ready to help those who come. Sr. Sharon learned of Pope Francis's devotion to Our Lady Undoer of Knots, so I stocked some holy cards with the prayer on the back. Customers sometimes share what has their life tied up in knots, and I offer to pray for them.

Sr. Maureen is away on sabbatical after 8 years of being Prioress, and Sr. Angela is doing award-winning teaching and research at the University of Portland.

We are—all of us at the Priory—ripples from that blue stone thrown into clear water. We bless others as we ourselves have been blessed, living with each other under the monastic promise of stability. And the blue stone? Just the other day Molly came in, a big grin on her face. In her hand in the middle of her palm was a blue stone from the creek below the monastery.





Sr. Nathalie Karels, OSB
 January 19, 1925 – February 12, 2014

Sister Nathalie Karels, OSB, was born January 19, 1925 in Rosen, Minnesota to Anton and Katharine (Lambrecht) Karels. She joined St. Benedict's Convent in St. Joseph, Minnesota, and made her Monastic Profession on July 11, 1947. Sister Nathalie taught for three years before coming out West as a teacher and a founding member of St. Placid Priory.

Sister Nathalie taught at Holy Rosary, Visitation, and St. Ann's Schools in Tacoma, and Assumption School, Seattle. Sister served five years as librarian at Holy Rosary School. She was a gifted artist, especially in silk screening and calligraphy.

Sister Nathalie retired to St. Placid Priory in 1998 where she continued to serve as monastery librarian. In recent years she developed a talent for spinning wool. Sister always greeted guests with a radiant smile and a warm sense of humor. She was a generous "spinner" of puns as well.

Sister Nathalie's first priority was a life of prayer, spending hours before The Blessed Sacrament. She was also devoted to praying the rosary. Her wise spirit was imbued with gifts of gratitude, joy and appreciation.



Federation President Sister Susan Hutchens blesses the newly elected Sister Sharon McDonald

In March and April, several groups of students from the **Norcia Leadership Community at St. Martin's University** came for Mass, dinner, Evening Praise and a visit in our community room. All these young people are part of the Benedictine Leadership program which we enjoyed hearing about. Familiar with Benedictine Prayer and Work, several volunteered to help with dishes after dinner. *We were happy to accept.*



Dean and Dalia help Sister Sharon wipe tables

Several Sisters attended a wonderful harp concert at **Visitation Parish** in Tacoma on March 29. The concert was to benefit **Visitation School**.

Our April 26 **Rummage Sale** was very successful! Thanks to all of you.

Before **Sister Maureen** left on sabbatical on May 5, we threw a party for her, wishing her well during her time away. "What we do with our hearts affects the whole universe" has been a theme throughout Sister Maureen's terms as Prioress. Each one present also gave her a paper heart with wishes for health and happiness.



Oak and willow, yew, cedar and apple

On May 4, **Sister Sharon McDonald** was installed as our new Prioress. We celebrated with Sister Sharon by blessing the trees she had ready to plant to honor the reality that we are "rooted and grounded in love." *Ephesians 3:17*

Sister Laura Swan gave a talk about Christianity to students in several classes at Nova Middle School on May 7.

Fifth grade students from **St. Charles Borromeo School**, Tacoma, enjoyed a vacation presentation here on May 10.

Our friends from the Tahoma chapter of the **Young Ladies Institute** in Tacoma showered us with paper products when they came to visit on May 21. We always enjoy catching up with our dear friends—thank you, Ladies!



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Sister **Monika Ellis** led a retreat for the St. Michael's Women's group at the West Side Chapel on May 31.

Also on May 31, **Mary Vanek, Molly Cady** and **Maureen Cleary** attended the **NW Regional Religious Formation Conference** and the **National Religious Vocation Conference** in Renton. See right for a photo of the participants, including ours.

Our concert featuring **Ensemble Electra** on June 1 was a delightful afternoon of music! If you missed it, be sure to watch for future opportunities.



May 31, 2014 National Religious Vocation Conference participants; front row, 5th from right--Postulant Mary; 2nd from right--Maureen Cleary; 2nd row, right end--Candidate Molly Cady. This was shortly before Mary became a Novice and Molly a Postulant.



Postulant Molly and Novice Mary

On June 8, just before Sisters' retreat, Postulant Mary became **Novice Mary Cathryne Vanek** at an Evening Praise ritual. Immediately after retreat on June 16, Candidate Molly became **Postulant Molly Cady**, also in a ritual at Evening Praise. What a blessing they both are to our community...

We celebrated **Foundation Day** on June 28 with renewal of Sisters' vows and of our Oblates' commitments. **Carlos Brosas** and **Liz Langeland** became oblate candidates, and **Rosemarie Oliver** transferred her oblation to St. Placid Priory. Earlier, June 6-8, Oblates **Pris Bowerman** and **Leah Cochran** facilitated the Oblate retreat. Some Oblates chose a silent retreat June 27-29. Oblates **Camille Wooden, Alexa Johnson, and Cheryl Gudger**, and **Sister Lucy Wynkoop** went to the regional NAABOD meeting for Oblates and Directors in Jerome, Idaho June 20-24. July 24-27, **Ken Peterson, Cheryl Gudger** and **Sister Laura Swan** attended the **American Benedictine Academy** at Conception Abbey in Missouri.

For years **The Priory Knitters and Spinners** created birds, Santas, angels and sheep galore for holiday sales. Recently two new creations are being made by women who once thought they had no talent for sculpting with fleeces.



Jean Knackstedt (above) began making crones and witches because she just couldn't make the Santa faces right. This frustration drove her to "do her own thing." And what beautiful things she now creates: Halloween witches, crones and "Winter Women," each one unique, gorgeous, crafted with care.



Jean Knackstedt's Winter Women

Frauke Donovan said, "I could *never* make those faces and figures that Jean is making." So she studied images she found herself, and began felting gnomes, woodland creatures and fanciful girls. They are delightful. **Pam Odam** has always created one-of-a-kind pieces and **Sharon Versteeg** and **Johanna Mitchell** are adding to the creativity. These women have transitioned from production work to making art that comes from within themselves. See their creations and many more at:

Schafer Meadows Fiber Festival, Grays Harbor Fairgrounds in Elma
Friday, Saturday and Sunday
October 10-11-12

The Bearzaar
Olympia High School
Saturday, November 22

Tidfest
Gig Harbor High School
Saturday and Sunday
December 13-14



Frauke Donovan with her needle felted creations

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GOINGS ON AT THE CENTER

Carolyn Galloway Retires



How do I condense 20 years of my life into a few words? One word that comes to mind is “fulfilled.” Being a program participant, volunteer and employee has been fulfilling and character-building. Another word is “grateful.” Grateful to come to work in the morning, greeted by a cottontail or a Steller's jay or a doe and her fawn. Grateful for this place in all its moods and seasons, from November winds to the dappled, warm and heady days of August. “Gift” is a third word—the gift of each Sister, of their wisdom, insights, laughter and encouragement, their voices raised in song. The gift of each retreatant, guest and presenter, of each dedicated volunteer, oblate, associate and employee I have been privileged to know. I will cherish these memories... Thank you, dear Sisters, and may God bless you!

—Carolyn Galloway

Opening in Presence, a monthly contemplative group beginning in the fall, is offered on **third** Tuesdays from 9:00 to Noon except the first session on Oct 28, the **4th** Tuesday, through April 21, 2015. **Jamie Deering**, facilitator, trained with the Shalem Institute for Spiritual Formation. Recent participant Saima Scott reports on her experience: “We explored different ways to open ourselves and 'draw closer and closer to Love.' We spent time in quiet meditation, lectio, in movement and chant, prayed with icons and used various creative modalities, all in a warm,

safe, and encouraging environment.” The seven session program is \$350.



Oasis is another monthly contemplative group that meets from September 2014 through May 2015. The monthly Thursday sessions from 1:30 to 7:15 p.m. meet on September 25, October 23 of 2014 and January 22, February 19, April 16 and May 21, 2015. The six sessions are on Llewellyn Vaughan-Lee's *Prayer of the Heart*. The fall retreat is November 19-21, 2014 and is facilitated by Sister Monika Ellis on Thursday November 20, focusing on Judy Cannato's *Radical Amazement*, chapters 2-4. The spring retreat is March 25-27, 2015 and is facilitated by Sister Mary Giles Mailhot using Judy Cannato's *Radical Amazement*, chapters 9-11.

The format will include contemplative quiet time, Spiritual Direction, spiritual nourishment, small group prayer, liturgical prayer and dinner with the Sisters. Samara Joldersma, a recent Oasis participant tells us: “Oasis. What a perfect name for this program. The invitation to come away, to come for rest and renewal was one that my heart responded to. *Becoming Who You Already Are* by Thomas Merton and *Mystical Hope: Trusting the Mercy of God* by Cynthia Bourgeault were both excellent companions to focus on during this time away. Having a spiritual director to talk things over with was a gift of being listened to, appreciated and encouraged.”

2014-15 presenters and spiritual directors for Oasis are **Sisters Laura Swan, Lucy Wynkoop, Mary Giles Mailhot, Therese Gonnevillle and Monika Ellis**. See more on our website at <http://preview.tinyurl.com/ldscrdo> (using TinyURL to save space; it previews the actual link for your safety).

The total cost for this program is \$1000. You may choose only some sessions at \$100 each or some retreats at \$220 each. Preference will be given to those taking the whole program.

Women in Transition is a new program for women which is designed to be a prayerful and encouraging spiritual forum that facilitates personal change and transformation—Body and Mind, Heart, Spirit and Soul. There are **three sessions**, Season 1: Falling into Grace, Season 2: Wintering our Soul, and Season 3: Springing Forward. The group meets Wednesdays 9:00 to Noon (Sept 24, Oct 8, Oct 22, Nov 5, Nov 19, Dec 3, 2014; Jan 7, Jan 21, Feb 4, Feb 18, Mar 4, Mar 18, Apr 1, Apr 8, Apr 15, Apr 29, May 6, and May 13, 2015). The cost is \$800. Individual sessions (6 meetings) cost \$300 each. A \$100 non-refundable deposit



is due as soon as possible but no later than Sept. 2, 2014. Facilitator: **Linda Chandler Smith**

Crazy Quilting – Picking up the Pieces & Creating a New Masterpiece from...the SCRAPs.

During this 3 session course taking place on October 1, 15, and 29, 2014, 10:00 am-2:00 pm, we use the centuries-old art form of Crazy Quilting to help make a connection with our crazy outer lives and the beautiful inner life we would like to create. Each session includes time for instruction, meditation on pertinent scripture passages, and contemplation and application of the scriptures to our daily life and to the work before us—creating a masterpiece from scraps.

\$160 per participant. (\$50 per session, plus a \$10 one-time supply fee.) Presenter: **Nickie Lynn**



Need some time for yourself, just to take a breath and see where you are, where God is? The programs on this page are designed to help you set aside regular time to explore who you are and who you want to become—all in the light of God's love. *Come and see.*

Program Information Pages 5 - 7

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

+ Spiritual Direction may be available on retreat for an additional fee. Please request an appointment when you register.

+ For information on our presenters, go to our website: www.stplacid.org and look under Spirituality Center, Programs and Retreats.

**Story as Legacy;
Recording Your Legacy**
September 27
Saturday 9:00AM-3:00PM



Author Reb Zalman Schacter once asked, "Are you saved?" not in a theological sense, but in a computer sense. Have we been "saved" in the sense of "downloading" our life experiences to future generations? This highly interactive workshop will help you begin recording your legacy.

Register by prior Friday \$55
(includes workbook)

Bring a sack lunch, pen/pencil and notepaper.

Minimum 5, Maximum 20

Linda Henry

Silent Centering Prayer Retreat

October 3-5
Friday 7:15PM-Sunday 1:30PM

Take your relationship with God and your Centering Prayer practice deeper on this weekend silent retreat. Retreat includes periods of Centering Prayer and time for solitude within the intentional silence observed throughout the entire retreat. *Intended for those with at least 6 months of daily Centering Prayer practice.*

Register by prior Friday \$180
Minimum 8, Maximum 10

Kay Kukowski and Mary Solberg

Introduction to the Enneagram

October 4
Saturday 9:00AM-4:00PM

The Enneagram is an important tool for understanding ourselves and others. This introduction highlights the spiritual aspects of the nine distinct worldviews of the Enneagram and will help you begin to discover or confirm your own type. Class fee includes a copy of "The Essential Enneagram" by Dr. David Daniels and Virginia Price, PhD. (rev. 2009).



Register by prior Friday \$60
Bring a sack lunch.

Minimum 6, Maximum 20

Debra Janison

For more information on program registration & presenters, please see our website www.stplacid.org and click on Spirituality Center – Programs and Retreats.

Yoga and QiGong as Prayer

October 11
Saturday 9:00AM-3:00PM

We will do yoga poses and qigong movements as a way of prayer, of being with God. We will exercise our physical, mental, and spiritual muscles in this prayer and meditation retreat. There will be time for silence and journaling, and an opportunity to pray the divine office with the Sisters.

Register by prior Friday \$50
Bring a sack lunch, yoga mat, meditation cushion or seat, comfortable clothing, prayer shawl, and journal.

Minimum 5, Maximum 20



Roy DeLeon

Appreciative Living

October 18
Saturday 9:15AM-3:00PM

How can we live with a mindset that looks at "What is going well?" How do we nourish and appreciate life in a positive way? How do we construct questions from a positive perspective? How do we live out of hope, inspiration and joy with one another? How do we become the change we want to see? If you find yourself asking these questions, join us for an interactive workshop using the Appreciative Inquiry model, which emphasizes a gratefulness to God.

Register by prior Friday \$50
Bring a sack lunch.

Minimum 5

Lucy Wynkoop, OSB



The Two Therasas: Teresa of Avila and Therese of Lisieux

October 25
Saturday 9:00AM-3:00PM

Discover how these two women, seemingly so different, share much more than a name. Fiery, charismatic Teresa, endured Inquisition scrutiny in 16th century Spain. Therese, "the Little Flower" espoused a spirituality

Introduction to Centering Prayer

September 13
Saturday 9:00AM-3:00PM

Centering Prayer is a form of contemplative prayer, a prayer of being, when our hearts listen in silence. This day-long introduction covers the basics of Centering Prayer, with ample time for practicing it and opportunities to share experiences and ask questions.

Register by prior Friday \$60

Bring a sack lunch.

Minimum 8, Maximum 30

Kay Kukowski and Mary Solberg



Contemplative Meditation

September 20
Saturday 9:00AM-3:00PM

Contemplation changes our experience of ourselves, God, and all things. Come explore connecting with your True Self through this powerful meditation. Encounter Love as you open thoughts, feelings, and perspectives in the Divine Presence. Try on contemplation as a way of responding to life's challenges. Re-enter your world refreshed and renewed.

Register by prior Friday \$60

Bring a sack lunch, water bottle, pen, journal, shoes and sweater or jacket for outside.

Minimum 5, Maximum 20

Jamie Deering



Continued from page 5...

of the "little way" in early 20th century France. How did each become a saint and Doctor of the Church?



Register by prior Friday \$50
Bring a sack lunch and any Therese/Teresa items you may have.
 Minimum 5
Kathleen Kichline

Poetry: One Cell in the Body of God

November 1
 Saturday 9:00AM-3:00PM



In this workshop we will use poetic elements as tools for digging deeper into the mysteries of our human and spiritual lives. We will write from the most genuine parts of ourselves in a kind and safe environment, and learn skills that will last a lifetime. No previous writing experience necessary.
Register by prior Friday \$50
Bring a sack lunch, journal & favorite pen
 Minimum 5
Vicky Edmonds

Songs of the Heart: Meditation and Sacred Music

November 8
 Saturday 9:00AM-3:00PM



This day retreat focuses on meditation through sacred music including meditative singing of Taize chants and meditation while listening to sacred polyphonic choral music (including Palestrina, Allegri, Victoria). We will practice meditation through songs and Psalms and provide guidance for integrating music into daily meditation practice.
Register by prior Friday \$50
Bring a sack lunch.
 Minimum 8, Maximum 25
Pastor David Robinson

The Celtic Way of Prayer – in word and song

November 15
 Saturday 9:00AM-3:00PM

Total immersion in the ethos of the Celtic Christian Church happens through spoken and sung prayer. We

will work with original and contemporary texts from the *Carmina Gae-delica* to the Iona Community of today.



After singing and praying together, you'll each write a prayer of your own in the Celtic style.
Register by prior Friday \$50
Bring a sack lunch
 Minimum 8, Maximum 20
Tom Cashman

Traveling Light: Holding On and Letting Go

November 22
 Saturday 9:00AM-3:00PM

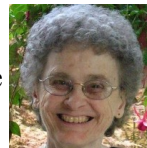


We'll look to poems, short fiction, and memoir pieces for models to inspire our work together. Writing exercises will help participants probe their thinking and express their needs, desires and intentions regarding what they want to hold onto and let go of to keep themselves centered in our ever changing world.
Register by prior Friday \$60
Bring a sack lunch & notebook.
 Minimum 6, Maximum 40
Janice Lawry

Advent Retreat: Giving Birth to the God of Peace

December 5-7
 Friday 7:15PM-Sunday 1:00PM

A silent beginning to Advent may deepen your journey to Christmas. The opening session will involve prayer, relaxation and preparation for the retreat with some materials for possible use during the retreat. 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 the movement of God in your life.



Register by prior Friday \$150
with spiritual direction \$185
 Minimum 3, Maximum 10
Therese Gonneville, OSB

For more information on program registration & presenters, please see our website www.stplacid.org and click on Spirituality Center – Programs and Retreats.

Advent and Psychic Birth

December 13
 Saturday 9:00AM-3:00PM

Mariann Burke's *Advent and Psychic Birth* will lead us into the topics of anticipation, longing, hope, fear, anger and joy as they relate to our own psychological birth. Mariann's thesis "is that our own psychological 'birth' is related to the 'birth' of God within us, and that this birth is 'always happening.'" (This retreat is designed for Oblates; others are welcomed.)

Register by prior Friday \$50
Bring a sack lunch
 Minimum 5
Lucy Wynkoop, OSB

Beginning Your Spiritual Autobiography

January 3
 Saturday 9:00AM-3:00PM



Using *The Story of Your Life* by Dan Wakefield, Sue will lead you through "prompts" of varied modes to explore the dance between your faith and life experiences. Community and gratitude often result from this process. Not a writing class: a variety of abilities are expected and welcome.
Register by prior Friday \$60
Bring a sack lunch, notebook & pen.
 Minimum 8, Maximum 20
Sue Sutherland-Hanson

Compline

January 10
 Saturday 9:00AM-3:00PM

In the last 50 years, there has been a renewed interest in the daily prayer of the Church, also known as the Divine Hours or "fixed-hour prayer." Ken Peterson, who sings the service of Compline every Sunday night at St. Mark's Cathedral, Seattle, and is author of *Prayer as Night Falls: Experiencing Compline*, will give a presentation about the history and spirituality of the office. There will be opportunities to chant several Compline liturgies, both in eastern and western Christian traditions.

Register by prior Friday \$50
Bring a sack lunch
 Minimum 5
Ken Peterson



Continued from page 6...

Beginner's Silent Retreat

January 16-18, 2015
Friday 7:15PM-Sunday 1:30PM

Take the plunge into a silent retreat. Learn firsthand new ways of being and resting in God by praying, using scripture, journaling, and art. We will begin with an introduction to a silent retreat, make a silent retreat, and have a closing with opportunities to share what happened in the silence.

Register by prior Friday: \$160
with spiritual direction \$195

Minimum 5, Maximum 10
Lucy Wynkoop, OSB

Experiential Neurotheology

January 17
Saturday 9:00AM-3:00PM



What can modern neuroscience contribute to understanding the experience of the divine? *Come and learn more.* Experience various practices including concentrative meditation, mindfulness meditation and visionary meditation. We will also examine some inexpensive as well as more expensive technology to facilitate the meditative embrace of the divine.

Register by prior Friday \$50
Minimum 5

Jerry DeVore

One-ing: Entering through the Mystics' Gate

January 24
Saturday 9:00AM-3:00PM



Poets, saints and mystics tell us only one thing is needed: moment-by-moment connection to the divine. Why then is it so hard to release our anxious, muttering little selves, to enter the serenity and joy of divine Self? This practical workshop explores the spiritual practice and experience that Julian of Norwich called "one-ing."

Register by prior Friday \$50
Bring a sack lunch

Minimum 5, Maximum 20
Jodi Kilcup

Parables and the Enneagram

January 30-31
Friday 7:15PM-Saturday 4:00PM

Based on the book *Parables and the Enneagram* by Clarence Thomson, this

class will explore how specific insights of the parables speak to the spiritual liberation of the nine enneatypes.

Register by prior Friday \$60
with overnight stay 1/30 + breakfast and lunch \$120

Bring a New Testament.
Minimum 8, Maximum 15
Debra Janison

Drawing as Prayer

February 7
Saturday 9:00AM-3:00PM

We will draw, sketch, doodle, and scribble on paper as a way of seeking and being with God. We will learn how to draw people and things, but this is not an art class. This is a prayer and meditation session. No art experience necessary.

Register by prior Friday \$50
Bring a sack lunch, pen and color markers, and a 1/2 or full-page sketch pad.
Minimum 5, Maximum 20

Roy DeLeon

Your Sacred Heart

February 14
Saturday 9:00AM-3:00PM

Come and spend a day with wool fleece, felting needles, colors, textures and your heart. We will learn needle felting techniques while listening to our hearts in a quiet atmosphere of prayer and reflection. You do not need to have prior experience to enjoy this day of creativity, play, and insight.

Register by prior Friday \$50
Bring a sack lunch.

Minimum 5
Monika Ellis, OSB



Please save Feb. 28-Mar. 1 for the Benedictine Vocation Discernment retreat! Call Sr. Lucy 360.438.2595

The St. Placid Librarian is getting lonesome for some of our books, *mainly* the ones that have been out more (sometimes much more!) than two months, our generous checkout time. If you have any, many thanks for returning them as soon as you are able.

--The Lonesome Librarian

The Wilderness Speaks: Lenten Journey

February 20-22
Friday 7:15PM-Sunday 1:30PM

Follow Jesus into the wilderness for greater solitude. Take time to deepen your spiritual journey in silence during Lent. The opening session will involve prayer, relaxation and preparation for the retreat with some materials for optional use during the retreat. The retreat will close with group prayer and sharing. For those who wish, a spiritual director will be available to listen with you as you discern the actions of God in your life. You are also welcome to join the Benedictine Sisters for Liturgy of the Hours and the Eucharist.

Register by prior Friday: \$150
with spiritual direction \$185
Minimum 3, Maximum 10

Therese Gonnevillle, OSB

Life Giving Writing

February 21
Saturday 9:00AM-3:00PM



Do you long to write fiction, or a memoir, or journaling, or... whatever? This workshop will include both the inspiration and nuts-and-bolts sides of writing. Come with what you're already writing; come with questions and struggles. *Come and see.* **Register by prior Friday** \$50 **Bring a sack lunch** & writing projects that you are working on
Minimum 6, Maximum 25

Jan Alkire

Wisdom Women Book Group

We meet 7:30-9:00 pm the 1st Monday of the month in the Spirituality Center, starting Oct. 6 and ending June 1, 2015. We will read 3 books: *Emergence Christianity* by Phyllis Tickle; *Hear Me, See me*, ed. by Redmond & Bartlett; and *Perennial Wisdom for the Spiritually Independent* by Rabbi Shapiro. For Oct. 6 we will discuss Parts I & II of *Emergence Christianity*. Books may be ordered through The Priory Store or any bookseller convenient to you. New members welcome! For more info, contact **Sr. Mary Giles at 360.438.1771. \$50 per year donation to The Priory Spirituality Center to attend.**

For This We Give Thanks

“Speak Life. Speak Hope. Speak Love.”

--TobyMac, singer/songwriter

We gratefully remember our eternal friends and family members:

- + Dan Hoffman
- + Joe Gentile
- + Rose Zander
- + Gladys Friesz
- + Roger Gaines
- + Ann Bacon
- + Walter Miller
- + Dee McDonald

We give thanks for artists like our Sister Nathalie who help us integrate life and Spirit. For all connected to us who work in the arts of music, literature, poetry, visio (film) divina, graphic design, web creativity, clay sculpture and fiber arts—for our Community of friends and all who connect with us in so many and various Life-giving ways.

We at St. Placid have a profound sense that each of us here and you our friends are in partnership with God. Together we humbly give thanks that “the mystery of God's power at work in us can do more than we can ask or imagine!” (Ephesians 3:20)

We “always give thanks” (1st Thesalonians 1:2), knowing that one constant in life is change. Another constant is that we *do* have a road map. Jesus says, “I am the Way.” In His steps we journey with patience and positive expectation into the new and yet to be.



Artwork by Sister Nathalie Karels, OSB



Every little while, our **Sister Angela Hoffman**, chemistry professor extraordinaire at The University of Portland, finds a new way to make us proud. This year she received the **Outstanding Teacher in Science and Mathematics, Higher Education Award** at the **Oregon Academy of Science** awards presentation on February 22. **University of Portland Chemistry Department Chair Kevin Cantrell** said, “She is always committed, always here, always available to the students. She’s just incredibly hardworking at doing science and teaching students.” Congratulations, Sr. Angela! We give thanks for you and your dedication to teaching.



Sister Rosemarie Terwey, OSB



Sister Mary Walczewski, OSB



Sister Damaris Zander, OSB

We give special thanks for these three of our founding Sisters, who have been living monastic life for many years and are living it still, both faithfully and gracefully. Sister Damaris made her first monastic profession July 11, 1945; Sister Mary made hers July 11, 1946; and Sister Rosemarie made first profession July 11, 1947. We thank God for their willingness, their courage, and their ability to Speak Life, to Speak Hope and to Speak Love.

We, the Benedictine Sisters of St. Placid Priory, a monastic community, 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

The Blue Sapphire of the Mind. Notes for a Contemplative Ecology, by Douglas Christie, Oxford University Press, 2013. If you were to spend the next year with only one book, this is the one I recommend. Christie, grounded both in his family and professional life as well as his dedication to monastic spirituality, has crafted very careful words to articulate the monastic contemplative tradition—always grounded in place and space—with current concerns regarding the environment.

St. Peter's B-List: Contemporary Poems Inspired by the Saints, ed. by Mary Ann Miller, Ave Maria Press, 2014. This is a wonderful collection of poetry inspired by established as well as emerging young poets' encounter with the saints. You might savor the beauty of well-crafted words in lectio divina or simply ponder the ways our imperfect saints still touch lives today.

The Way of the Cross. The Path to New Life, by Joan Chittister with art by Janet McKenzie, Orbis Books, 2013. We are invited into a meditation on the traditional Stations of the Cross, accompanied by deeply moving artwork. I find this a worthy companion to prayer.

Seventy-Four Tools for Good Living. Reflections on the Fourth Chapter of Benedict's Rule, by Michael Casey, Liturgical Press, 2014. Casey is a wise elder in the monastic world and has given us his gentle reflections on RB 4 (living the core gospel message). I appreciate his use of diverse and rich sources. I recommend this to anyone yearning for a more mature spiritual life.

Idiot Psalms by Scott Cairns, Paraclete Press, 2014. A talented poet dedicates his word-crafting to our yearning for the divine already in our midst and to our stumbling, faltering steps into that relationship. Cairns' words cause me to think anew for what my heart truly yearns.

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**, located at 500 College St NE, Lacey WA 98516.

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Program Date _____

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City _____ State _____ Zip _____

Day Tel _____ Eve Tel _____

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

Spiritual Direction may be 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 \$ _____

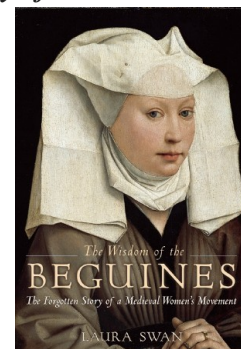
Scholarship Donation enclosed \$ _____

The Sacred Gaze. Contemplation and the Healing of the Self, by Susan Pitchford, Liturgical Press, 2014. This is a carefully crafted and intelligent exploration of that important journey toward our truest and most authentic self which, mystics have often reminded us, is also that journey into the heart of God. I highly recommend this to anyone struggling with a sense of self, that person made in Divine-likeness.



Book on Beguines to be Released This Fall

After many years of research and writing, **Sister Laura Swan's** newest book, ***The Wisdom of the Beguines: The Forgotten Story of a Medieval Women's Movement***, will be released this fall. "Beguine" was one of many nicknames for women who sought to imitate the early apostles in preaching the gospel, serving the poor, and supporting themselves independently. These were wise, feisty and colorful women.





**Benedictine Sisters
St. Placid Priory**
The Priory Spirituality Center
The Conference Center
The Priory Store
500 College St NE
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Fall - Winter
August 2014

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What's New at the Priory Store –

by Novice Mary Cathryne Vanek

How many times have you heard someone say in exasperated tones, “I can't deal with that right now. It's got me all tied up in knots?” Or sat, muttering under your breath words not repeatable in polite company, promising yourself that you will color-code each power cord that powers your electronic office? As a girl in middle school with long brown hair, I remember getting out of the shower and because I was late to wherever I needed to be, I ran to my mother, pleading with her to help comb the knots out of that long hair. Which she did. That's what mothers do, right? They untangle or untie the knots we sometimes make of our daily lives. And in the few minutes it took my mother to work the wet knots out of my hair, we both decided that where I had planned to go—a garage party —was probably not the best use of my free time. **Pope Francis'** prayer to **Our Lady Undoer of Knots** says, “by remaining forever our mother...you, who untie with motherly heart the knots of our life...untie the knots that prevent us from being united with God.” The prayer card with Pope Francis' prayer on one side features a beautiful, deeply colored representation of a German painting commissioned by Wolfgang Langenmantel who was on the verge of separation from his wife, Sophia, in the early 1600s. Jesuit priest Jakob Rem prayed to Our Lady, asking her to smooth out the knots of contention in this marriage while strengthening the bond of matrimony. Rem prayed that prayer while holding the sacramental ribbon that bound the couple's hands together during their wedding Mass. The couple reconciled, and the painting was commissioned. I've found myself praying with Pope Francis, reading the words of the prayer during my quiet time in the Eucharistic Chapel. It's a good prayer for our times when so much of our world insists on tying itself up into knots. A practical prayer, very well suited to our practical Pope.



Mary, Undoer of Knots

Spirituality Center Staff

- Janice Ariza – Center Coordinator
- Lucy Wynkoop, OSB – Program Coordinator
- Mary Giles Mailhot, OSB – Staff
- Monika Ellis, OSB – Staff
- Therese Gonnevillle, OSB – Staff
- Camille Wooden, Obl.OSB – Weekend Hospitality
- Cheryl Gudger, Obl.OSB – Weekend Hospitality
- Liz Langeland – 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.