

June Retreats for all: Guests, Oblate Candidates, Oblate

You are always welcome to attend more than one if you wish. Here are your options:

Keeping the Benedictine Promise

June 4-6, 2021 (Friday 7:30pm Opening Prayer; Saturday 9:30am Conversion of Life, 2:00pm Stability and Obedience, Sunday noon to 1pm Closing ritual), 2021

As Benedictine Oblates we promise to live the Benedictine way of life. Conversion of Life, Stability, and Obedience are foundational for helping us keep our commitment.

\$75 (partial scholarship available, check with Sister Lucy)

Sister Lucy Wynkoop is a co-director of the Oblates, has two Master's with concentration in Scripture and Monastic Studies, and is a director of the Center Programs.

Sister Anna-Camille Wooden is co-director of the Oblates, has been practicing Centering Prayer for over 12 years and currently sits with a Centering Prayer/11th Step group at the priory.

Humility: Ascending and Descending the Ladder of Humility

June 18-20, 2021 (Friday evening-Sunday 3pm)

Sr. Raphaela will offer five 3-to-5-minute meditations on the flow of interior contemplation expressing itself outward in service to the our communities and the world and returning once again to interior contemplation as a ceaseless motion of the Spirit ascending and descending the ladder of humility. Each meditation will be assigned a suggested day and time frame to be viewed (such as Friday evening) as a component of this individual contemplative retreat but will also be made available to view anytime and as many times as desired. This retreat is designed to engage individuals on multiple levels beyond the critical thought processes as experienced through reading. However, for individuals for whom English is a second language or others who may benefit from having the words contained in the meditations in a text format, a Word document will be made available upon requested. On Sunday, afternoon at 2pm we will gather Zoom to share the fruits of our reflections.

\$75 (partial scholarship available, check with Sister Lucy)

Sr. Raphaela Cady is a member of the Oblate team who engages the twelve steps of humility as found in Chapter 7 of the Rule of Benedict as a way of journeying into greater personal wholeness and consciously offering of self to her community and beyond as a by-product of living the Benedictine Rule. She enjoys creating through the use of different forms of media to help people encounter the Rule and the Divine Spirit through the many ways that God has given the human form to receive knowing. She is a gifted Zoom technician and in creating encounters through technological arts.

Silent Retreat: Art of Holy Seeing using Benedictine Images, June 25 (Friday 1pm)-June 27 (Sunday 12 to 1:30pm)

Benedictine art is art as prayer. "It expresses the deepest truths of our being; it makes our spirituality tangible." The opening session will explore how each piece of art expresses a tangible Benedictine value. You will have an opportunity during your silent retreat to read Susan Marie Lindstrom, OSB "Inside Every Monastic Is an Artist Waiting to Create," share an insight; do a visio on one of the art pieces sharing one insight about it, share one reflection; and an option to create a collage, do an art piece, or write a creative piece to share on Sunday.

\$75 (partial scholarship available, check with Sister Lucy)

Roy DeLeon, OLSB is Benedictine oblate with St Placid, a trained spiritual director, a visual artist, author and illustrator of *Praying with the Body*, and illustrator for *The Pope's Cat* series.

Sister Lucy Wynkoop is a co-director of the Oblates, has two Masters with concentration in Scripture and Monastic Studies, has an art minor and is a director of the Center Programs.

to register: <https://stplacid.org/spirituality-center/weekend-programs/>