



Winter – Spring

February, 2024

Thankfulness and Gratitude

by Angela Hoffman, OSB

As we turn the pages of the calendar and consider the cycle of the seasons, we can look both back and forward with gratitude. After all, how can we NOT be grateful for more time to make our lives and those of the community around us even better. Grace and gratitude begin in our hearts and move into our behaviors.

We can give the grace we have received. For what are we grateful at St. Placid? We are grateful for each other, our employees, as well as all our very generous supporters and volunteers. All are God's gift to us. We offer sincere thanks to all who have served us in so many ways. We sincerely offer thanks to all for being our hands, feet, heart and brains!

Gratitude has a way of turning what we have into "enough." It undoes greed and resentment and strengthens our character and moral resolve, allowing us to live with peace, justice, trust, and forgiveness. If you feel sad, if you feel like you don't have enough of something, STOP and think of three things you're grateful for. When I do this, it makes my whole day better.

Our society expects quid pro quo. People are generous if they have a reasonable opportunity for getting something of equal value in return. Unless we have had an experience of receiving something without earning it, we will remain in this mercantile mindset. The bottom line for Jesus is that we don't "deserve" anything... All is a gift. Did Zacchaeus deserve to host Jesus? No, he didn't have to earn salvation, healing or wholeness (Luke 19:9); it was a free gift! Jesus' table of hospitality does not expect payback. The measure we use will be the measure we receive. Grace is completely free! Can we gratefully extend this hospitality? How might we create a beautiful present and future for ourselves and those we contact? For the environment?

The words "Thank you" are important, but thankfulness can't just be words. Gratitude must begin in our heart and move outward into behavior. We find many ways to express gratitude and share it... When we breathe in thankfulness, we also breathe out gratitude. This moves one from stress and fear into joy and the freedom to say "THANK YOU!" It can make your day to show kindness even if no one notices. It can change your whole day or even your life. There's only one today and only one "now."



Great-fullness surfaces
for the fresh opportunities
unfurling with the advancing light.

Gratitude stretches the soul,
like the rolling dawn,
turning shadows to gold.

from *Still in the Storm*
by Joe Grant

the book is available from the author:
joe-grant.square.site



From the Priory

that, we had at most one case at a time. We were grateful when everyone was healthy again!

Beginning in June, 2023, we acquired several cases of Covid, so we had five community members isolated at various times over several weeks. Before

Lots of comings and goings during the summer:

Sister Sonja Weber flew to Germany on July 19 to spend time with her father and other members of her family. She had stories and photos to share on her return.

Sisters Raphaela Cady and **Paz Vital** attended a meeting of the Under 55 group July 21-24. The meetings of this group give newer Sisters an opportunity to meet their peers in religious life.

July 30, **Sister Monika's** cousin **Christina**, husband **Andreas** and niece **Luca** arrived for a visit. Sister Monika's

sister, **Katie Callahan**, helped to entertain them and arrange family gatherings.



On the Solemnity of St. Benedict, July 11, our Novices **Sonja Weber** and **Paz Vital** made their Initial Monastic Profession. We enjoyed a community celebration afterward.

On August 7, **Sister Laura Swan** departed for Sydney, Australia. There she led an 8-day retreat for the **Benedictine Sisters in Jambaroo**, and then for the **Good Samaritan Benedictine Sisters**, and a gathering for Oblates.



Sister Laura met many wonderful wild creatures in Australia, among them this cockatoo enjoying an orange

Sister Paz Vital left on August 8 to spend time with her mother and other family in Mexico, which she very much enjoyed.

Sister Baptista Khati, who had been staying with us since June 1, graduated from her first **Clinical Pastoral Education (CPE)** unit on August 17 and went to her community in eastern Oregon for a visit. She then returned to begin the fall term of her CPE program at Providence St. Peter Hospital, Olympia.

September 4, Labor Day, **Sister Angela Hoffman** and **Janice Ariza** led 8 retreatants in the **Ora et Labora Retreat**, with talks in the morning, Noon Praise and lunch, and yard work in the afternoon.

On September 8, **Feast of the Birth of Mary**, **Sisters Angela Hoffman** and **Maureen O'Larey** attended Mass at **Saint Martin's Abbey** in honor of **Abbot Marion Nguyen's** feast day. **Bishop Frank Schuster** presided.

We celebrated the **60th Jubilee** of **Sisters Sharon McDonald** and **Lucy Wynkoop** on September 24. Together, they represent 120 years of faithful prayer, work, study, and ministry!



On October 11, **Sister Laura Swan** departed for Essen, Germany to deliver a paper to the **Second International Conference on the Beguines**. She met many interesting women, including modern-day Beguines.



Sister Laura with modern-day Beguines in Germany



Die Weisheit der Beginen (The Wisdom of the Beguines), **Sister Laura's** book translated into German on display at the **Second International Conference on the Beguines** in Essen, Germany

Sisters Angela Hoffman and **Paz Vital** attended the **Lacey Knights of Columbus Clergy Appreciation Dinner** on October 14. The Knights sold raffle tickets to help fund our roof, and several of the winners gave us their winnings toward the roof as well!

Sister Redempta Ndunguru of Tanzania returned to visit with us on November 1. She worked very hard the past ten years to get a new school started and running, and needed some time to rest. We were very happy to have her here through January.

On **Thanksgiving**, November 23, we had much to be grateful for - life and health, ministry, and many generous friends who support us. We give thanks every day for all these good things and people!

We are also grateful for the **Advent and Christmas seasons**, and for all that makes it possible for us to go to chapel each day and pray for the peace and well-being of our world, all the people who are part of it, and all of God's beautiful creation.



Saint Nicholas of Myra made the annual visit to St. Placid Priory on December 6. We are always glad to see **St. Nick**, and if we've been good, we get candy canes from the little horned helper--who threatens to withhold candy from Sisters who have not been good.



Sister Baptista Khati from Kenya as **St. Nick**, and Sister Redempta Ndunguru from Tanzania as the little horned helper

In December much needed work began for roof replacement of our monastery building. For quite some time, rain had been causing leaks, including in the chapel. The work is extensive and projected to last for a couple of months.



On January 7, 2024 we had our first **Epiphany Party** since the pandemic began. We were all pretty excited, and several of us worked hard to prepare for it. We were happy to welcome our employees, volunteers, oblates and friends for fun and refreshments on Sunday afternoon. Our Reindeer for the day was Sister Anna Camille Wooden, and quite a few participants were able to "ring the antler" -some more than once! We saw some friends we had not seen in a long time, and what joy that was.



- Rest in Peace -

Carol Wynkoop
d. May 30, 2023
(Sr. Lucy's Sister-in-Law)

Linda Langston
d. August 19, 2023

Marilyn James
d. September 19, 2023
(former Priory member)

VOCATIONS UPDATE

On October 21, **Sisters Lucy Wynkoop** and **Paz Vital** with other **Northwest National Religious Vocation** directors hosted a virtual vocation retreat entitled "**Exploring Sisterhood.**" Four women discerning their religious vocation attended. It was a time of deep and courageous conversation. We continue to hold them in prayer during their discernment time.

On November 4, 2023 **Sister Paz Vital** attended "**Revival, the Catholic Youth**" convention at **St. Michael parish** in Olympia. More than 400 youth plus their chaperons attended four keynote presentations, of which two were on vocation discernment. A scheduled hour of adoration/reconciliation expanded into two hours because of the great fervor of the youth. Mass was celebrated by **Bishop Frank Schuster.**

We are happy to host individuals or groups who are interested in learning about our community.

Please contact:

Sister Lucy

(lucywynkoop@gmail.com),

Sister Angela

(ahoffman@stplacid.org),

or call 360-438-1771,

and we will gladly schedule a visit.

FROM THE ARCHIVES

Keeping Our History Alive

Music and Benedictines are tightly melded. Chant, hymns, psalms, canticles, antiphons, Liturgy of the Hours, all are woven into the life of a Benedictine community. It should be no surprise then that Benedictine Sisters are often accomplished musicians, not to mention accomplished appreciators of music. St. Placid currently has two skilled pianists and organists in Sr. Monika Ellis and Sr. Julian Cleary. Sr. Monika's roots go all the way back to the accordion!

Two founding Sisters who were known for their musical talents were Sr. Cecilia Przybylski and Sr. Margaret Mary Dickson. Sr. Cecilia (1916-2004) made First Profession at St. Benedict's Convent in St. Joseph



Sister Cecilia Przybylski

Minnesota, on July 11, 1937. She came to Visitation School in Tacoma in 1945 and was a founding member of St. Placid Priory. Like so many Sisters, she wore a variety of hats in her many years of service: she was a teacher at five different schools, Treasurer of the St. Placid community, as well as its Novice Mistress and Postulant Mistress. And she was known for her pitch perfect voice. She was well liked by her students and their parents, and fondly remembered by many for starting the Fifth Grade Harmonica band. We still have a small collection of harmonicas, in perfect condition in their original boxes in the Archives.



Sister Margaret Mary Dickson

Sr. Margaret Mary Dickson, another founding member of St. Placid was born in 1910, making her profession on July 11, 1930. She was a teacher, mostly of music, serving in both Minnesota and Washington. She taught piano to her young students with care and patience, and directed children's choirs. Her life of teaching music and playing the organ in church spanned 40 years. Her archive file contains many certificates and diplomas from music courses, and degrees from music colleges. Her and Sr. Cecilia's love of music always was in service to their love of God.

-Anna Camille Wooden, OSB

OBLATES

This year's **Oblate program** is an inward, personal focus on being and living a Benedictine Oblate life in the world. Oblates make the same promises that Benedictine Religious do, with the focus on these promises as they are carried out in family, work, service, and personal spiritual growth.

As I write this, Advent has come, Thanksgiving just past. I would like

to take this opportunity, in gratitude and appreciation, to pay tribute to our Oblate community: Oblates, Affiliates, candidates and guests. We have 75 people on our Oblate email list, living in 8 states and 3 countries. They are from a number of faith denominations and traditions, married, single, retired and working. They are artists, doctors and nurses, mothers and fathers, grandparents, teachers, clergy, spiritual directors and volunteers in their faith communities and other places where loving service is needed. I would need to fill an entire newsletter to list everywhere they can be found, spreading Benedictine values and gifts to their families and communities, including the monastic community of St. Placid. Through the years they have helped with everything from grounds-keeping, minding the store, donating time and treasure in any way they were able. If ever there were living examples of God's hands, feet and heart in the world it is in these Benedictine Oblates. The monastic community of St. Placid and I are most grateful.

-Anna Camille Wooden, OSB

Wear gratitude
like a cloak and
it will feed every
corner of your life. -Rumi

GOINGS ON AT THE CENTER

Listening with the Spirit (LWS) 2023-2025

For years my greatest desire has been to go deeper in the spiritual life, and to help others on the same journey. Writing and speaking offered ways to address groups, but I was longing for the experience of working with people one-on-one. When the opportunity came unexpectedly to be trained as a certified Spiritual Director through the Priory's **Listening with the Spirit** program, I was delighted to take it. The two year program offers a balance between learning and practice: learning both from readings, the program's facilitators, and by practicing with each other

and in year two, with directees. The topics covered are wide-ranging and include subjects like grief and forgiveness, images of God and self, aging and dying, sexuality, as well as work with survivors of trauma. The insight and experience of the program facilitators inspires confidence; plus they are examples of true Benedictine hospitality in that I feel all my questions are welcome. It's also a great joy to me to be part of a small community of learners who share similar goals and commitments. Meeting each week with such a passionate and committed group is a privilege I never expected. They are such an invaluable part of my learning. I'm excited to see my own formation deepen through the LWS program, and ultimately to see it bear fruit in my work with others.

-Susan Pitchford

Prayer Practices 2023-2024

First, I want to say a few words about the structure of the program. I find it to be well-balanced between presentation, discussion, materials, practice, leisure time and good humor. In that respect, it is very Benedictine. I have found the program to be very accessible and most welcoming. Each presenter brings a wealth of knowledge, wisdom and experience to the topic of each session. The presenters encourage and welcome questions ideas and thoughts. They are just easy and open to be with. I especially like the practice time in each session. This gives me the opportunity to try on some of the practices, with the assurance and knowledge that "one size doesn't fit all". It also gives me confidence and support to try new ways to enrich my prayer life.

In the weeks that I have participated in the **Prayer Practice** program, I have been fortunate to find a community to be with that is in a sacred and safe space for me to learn and to grow spiritually. We started out as a "group" and quickly became a loving community. The Holy Spirit is truly in this place. I have learned so much from the others with whom I travel this journey just because I SHOWED UP and listened to each person share their ideas, thoughts, wisdom, and stories. To me, this is a most important part of any learning experience. I enjoy and like this program so

much that when we don't meet, I feel that there is something and someone missing.

Thanks to the staff for putting Prayer Practices together and for their kindness and helpfulness. Thanks be to God, and thanks and prayers to all.
-Sue Shirley, ObOSB

Oasis 2023-2024

When I came to the **Oasis** program, I had been through a dry, overly busy time in my life, a time when the rhythms of my life had changed. I found myself with a deep need for refreshing and reestablishing my daily practices of silence and solitude, prayer and reading. The program's schedule calls for creating time throughout each month for reading and reflection, and the program also calls for creating sacred time before and after each month's meeting. In the meetings, we are invited to share the reading and reflections with our companions on this journey, some familiar and some new to us. We are invited to pray in new or long-unpracticed ways: in centering prayer, or in some way that is connected to the readings. With new ways to approach my prayer, in the reestablished rhythms of silence, I am finding a freshness in my prayer and in my listening for God's voice.

-Anne Nelson, ObOSB

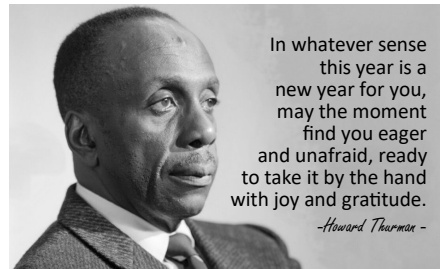
November and December... Thanksgiving, Advent, Christmas... this blessed, busy, memory-filled time of year has begun. Time seems to pass more quickly than at other seasons, and my calendar is full of things to be done to prepare for holiday events. More than at any other time of year, I have memories of past winter holidays...holy times...mostly joyous, but also with a hint of melancholy. After the busyness is over, I am planning a quiet **overnight retreat at St. Placid Spirituality Center**, to help me settle again into God's love and peace.

-Kathleen Sallee

On this tiny British offshore island where I live, it is almost impossible to find a **spiritual director**. Though I didn't expect to find one who lives thousands of miles away, my internet search led me to St. Placid Priory. Zoom has proved a great platform through which to communicate, and even an eight-hour time difference has not been an issue.

-Jane (in the UK)

Coming Alive with Howard Thurman



On January 13th a lively group gathered here to consider the life of an extraordinary gentleman of the twentieth century. Howard Thurman (1899 – 1981), considered the spiritual architect of the civil rights movement, was the spiritual mentor to Martin Luther King, Jr. and to many other leaders of that movement.

Thurman grew up in Jim Crow Florida and found spiritual solace in nature, particularly an oak tree where he would read and pray. For him God was found in creation and was the place where he returned frequently. Bright, his support cast of his mother, his formerly enslaved grandmother, and teachers, encouraged him in his education. He received numerous scholarships (he read every book in the Morehouse College library), and was one of only two African American students permitted to attend Rochester Theological Seminary.

Soon after he studied with Quaker Rufus Jones, which led him to another life-changing experience, traveling in southeast Asia, exposing him to a broad understanding of faith and spirituality. There he spent time with Mahatma Gandhi, learning nonviolent techniques for dismantling caste systems. His book, **Jesus and the Disinherited**, was the result of his time with Gandhi. Thurman frequently said: *If you want to meet Christ, go find the disinherited as that is where Christ will be found.*

Thurman's spirituality was grounded in the importance of silence and solitude, where *the still small voice* can be heard. He taught the importance of centering down and going within (something he taught as early as the 1920s) where the Holy Spirit would guide the seeker. He made several surprising career changes, led by the

Holy Spirit. He left his tenured position at Howard University as Dean of Rankin chapel to start an intentionally inter-racial, inter-cultural church in San Francisco (with the Fellowship of Reconciliation). Then later left to become Dean of Marsh chapel at Boston University, where he befriended Martin Luther King.

He taught that self-knowledge and self-awareness is the journey we each make if we want to experience the Holy Spirit in ever-deepening ways. No one is to remain psychologically and spiritually imprisoned by fear, hypocrisy, and hatred. Real love can occur only among "freed spirits." He encouraged his students to cultivate one's inner authority where the Holy Spirit guides each of us. He taught the importance of discernment in our lives.

Thurman guided frontline civil rights leaders to a deeper prayer life and to protect one's heart from becoming hard and bitter, given the violent pushback they experienced. The motivation must always be love; while racism long harmed people of color, it also dehumanizes white folk. In the face of racism, he repeated his grandmother's words: *you are each a beloved child of God.*

Thurman saw himself as an inquisitive explorer on an extraordinary expedition. Listen to our curiosity; he himself was deeply curious about people and creation. He tried to live from a contemplative stance, seeking to see the Holy Spirit at work in his life.

Thurman famously said, *don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.* He meant that. So let's go do so.

-Laura Swan, OSB

There is something in every one of you that waits and listens for the sound of the genuine in yourself. It is the only true guide you will ever have. And if you cannot hear it, you will all of your life spend your days on the ends of strings that somebody else pulls.

- Howard Thurman -



Tequio: a Mexican Tradition of Giving Back to the Community

Have you ever asked yourself about your gifts? What kind of gifts or how many gifts you have?

The gifts that the Holy Spirit gave us are: wisdom, understanding, counsel, fortitude, knowledge, piety, and awe of God. Have you been using your gifts properly, generously?

In the indigenous communities in Mexico, everybody knows their gifts and uses them for the welfare or well-being of the whole community. People in these ancestral towns call this action “Tequio.” They think that all we are and everything we have today is due to the efforts and determination of our ancestors, who planned and constructed the town, schools, parks, government buildings, churches, markets and everything that has a communal use in the city or town. Thanks to our ancestors’ legacy, we do not need to start from scratch. We enjoy all that they leave us. That was the gift of our grandparents for us and the future generations to come. Now we have the responsibility to keep building and growing more and better so as to leave the future generations a healthier place. During the long week of communal work or Tequio, the people pay or give back for their’ ancestors efforts, which also is their way to take care of the future generations. This is their way to give back, to show gratitude.

Each year the council of elders meets and together decides what the needs of the community are. Together they discern what they can do for that specific year in order to continue growing as a community, to make life easier or just to increase the town’s beauty. Then the people organize and everybody contributes depending on their own gifts. If someone has experience or knowledge in construction, s/he offers their expertise and directs a group to accomplish the project. If someone is good following directions, s/he becomes a helper. An enthusiastic cook can offer the food for the workers. If someone has a truck s/he

offers it along with their driving skills. The rich can offer money to buy the material needed or to pay somebody to do the job. Once a year everybody contributes for one week, offering their gift for the prosperity of all. This is Thanksgiving, Mexican style. People don’t have a turkey dinner or family visits, but they have food, music, company and a lot of meaningful work. Tequio is work with meaning and purpose.

-Paz Vital, OSB

Gratitude

I found the book *Thanks! How Practicing Gratitude Can Make You Happier*, by Robert A. Emmons, Ph.D., enlightening and beneficial, and hope that this brief glimpse into Emmon’s research might be helpful to you too.



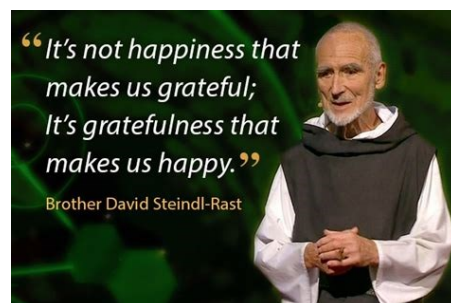
Robert Emmons is Professor of Psychology at the University of California, Davis, where he has taught since 1988. His research focuses on the psychology of gratitude and joy as they relate to human flourishing.

In his book, Emmons explores the benefits of gratitude. Expressing gratitude for life’s blessings—conveyed by a sense of wonder, thankfulness, and appreciation—raises happiness. Gratefulness fosters a delighting in positive experiences, affording people the greatest possible enjoyment and fulfillment in their situations. Emmons makes the point that **counting one’s blessings** may directly counteract the effects of *hedonic adaptation*. *Hedonic adaptation* is the process by which people over time get used to the good things happening to them, which leads to a return to the same level of happiness as before. The flattening of happiness urges people to want ever more pleasurable experiences. Fittingly it also is called the *hedonic treadmill*. Counting one’s blessings, in contrast, counteracts taking the good things in life for granted. Emmons writes that if people consciously remind themselves of their blessings in life, they would be less likely to take them for granted and to become accustomed to them and adapt them. He

asserts that the very act of viewing good things as gifts is beneficial for our mental well-being.

Understanding one’s life itself as gift may be essential for emotional health. Emmons proposes that gratitude promotes happiness because of the positive effects to one’s sense of wellbeing, the joy felt when occurrences and events are perceived as special gifts conferred for one’s personal benefit. He asks, if persons perceive a benefit as a gift, are they truly more likely to enjoy the benefit? Our positive feelings increase when we see their source as a gift given to us to benefit us. “If good things really are better when perceived as gifts, this could be one way that gratitude directly contributes to states of happiness. Grateful people are more likely to perceive things in their lives as sheer gifts and to spontaneously use the language of being “blessed” and “gifted” by life.”

-Sonja Weber, OSB



We, the Benedictine Sisters of St. Placid Priory, a monastic community, cultivate a contemplative spirit that leads to hospitality and works of justice and peace. 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 Chipole Connection

On Saturday, January 20, The **Chipole Connection** held a reception at St. Placid Priory for **Sister Redempta Ndunguru**—who had been on sabbatical with us since early November. Friends of The Chipole Connection were invited to hear Sister Redempta speak about the English Medium School she has established for her Benedictine community, the **Monastery of St. Agnes, Chipole**, in Tanzania. The school is in the Namtumbu district, and has been successful in having its students pass their national exams—without which they would be unable to continue with higher education. And they pass with excellent scores!

This success is in spite of multiple obstacles which Sister Redempta has worked hard to overcome. There are many practical needs still to be filled: an important one is a bus for picking up day students who live too far away to walk each day. Parents will pay for fuel and a driver, but the bus itself still needs to be purchased. Chipole Connection friends have donated more than half the cost. Chairs and tables for the dining room are other important items needed as currently the kids have to eat outdoors.

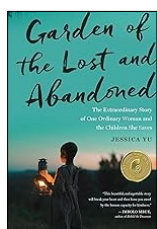
To help with this **school bus project**, please send tax deductible donations to

The Chipole Connection
500 College St NE
Lacey WA 98516-5339

Please designate your donation for the **School Bus**.
Sister Redempta thanks you in advance!

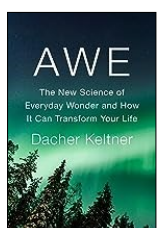


Sister Laura's Scriptorium: Books that Merit Attention



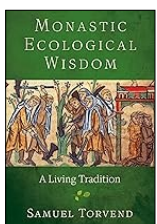
Garden of the Lost and Abandoned. The Extraordinary Story of One Ordinary Woman and the Children She Saves by Jessica Yu, Houghton Mifflin Harcourt, 2017.

This is an engrossing read. Gladys is an imperfect woman whose heart is touched by the children she meets on the streets of Uganda and uses her connections to try to improve their lives, reunite them with their tribes, and simply love them. Gladys is proof that we don't need to be wealthy, powerful, professionally trained—but just have a heart that loves and willing to do whatever we can in both small and big ways.



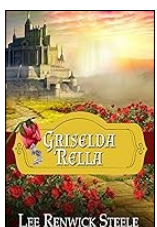
Awe: The New Science of Everyday Wonder and How It Can Transform Your Life by Dacher Keltner, Penguin, 2023. Sister Monika recommended this, telling me, "The

author describes his own and others' research into various emotions, what they do to our physiology and what they do to our behavior. His focus is awe, though he treats other emotions, too. He begins his easy-to-read book with the account of his brother's death, which he returns to throughout. His many stories bring the spiritual and the scientific together. I really enjoy theories linking the spiritual with the scientific. It seems to confirm what the saints of old have said all along. "Open your eyes! God is everywhere."

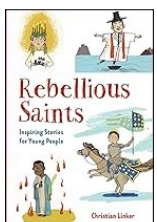


Monastic Ecological Wisdom. A Living Tradition by Samuel Torvend, Liturgical Press, 2023. An awareness that the Divine

Presence was revealed in all creation—that creation is a gospel as well, Benedict—who inherited the desert tradition—also experienced God through creation. His followers carry on the tradition of caring for the environment as 'God's Cathedral.' Oblate Torvend has written an exquisite history (for the non-specialist) of Benedict's care for the environment which he tried to instill in his followers. Benedict's teachings echo Pope Francis' incisive *Laudato Si'*.



Griselda Rella by Lee Renwick Steele, Wild Rose Press, 2023. This is a delightful retelling of the Cinderella story with interesting twists (those who care for the environment will smile). The writing is excellent with a lovely use of imagery. While classified as Young Adult, the rest of us who enjoy good stories will appreciate this.



Rebellious Saints. Inspiring Stories for Young People by Christian Linker, Paulist Press, 2023. For ages 10 – 12, this is perfect. Each saint tells their story in first person with playful illustrations and a glossary in the back with the kind of quirky information adolescents love. This is delightful.

Visit Our Website: www.stplacid.org



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

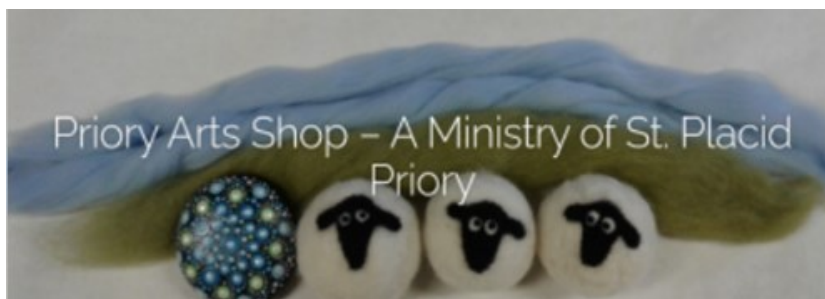
Winter—Spring
February 2024

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Explore **The Priory Arts Shop** online at stplacid.org/shop where Sisters and our friends create beautiful things—for your enjoyment and inspiration, for giving as gifts, and to help support our ministries.

Sister Laura now has a YouTube station at youtube.com/@BenedictineLauraSwan
Subscribe to see what she's up to!

Ever wondered about life at the Priory? The Sisters have a **blog** on the St. Placid website.

Spirituality Center Staff

Janice Ariza	Center Coordinator
Lucy Wynkoop, OSB	Program Coordinator
Monika Ellis, OSB	Staff

Welcome to Weekday and Sunday Mass: If you have had COVID vaccinations and boosters and are feeling well, please feel free to join us for Sunday Mass at 9:00 a.m. and weekday Masses (Monday through Thursday) at 5:00 p.m. Masks are optional.

Liturgy of the Hours: We pray Morning Praise weekdays at 8:00 a.m. except for the second Monday. Noon praise is typically at 11:50 a.m., and evening praise is typically at 6:45 p.m. (Monday through Thursday). Please call ahead (360-438-1771) if you plan to attend the Liturgy of the Hours in case there should be a change of schedule.

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