



Benet House Retreat Center at St. Mary Monastery

2020 – 2021 VIRTUAL RETREATS

ONGOING PROGRAMS 2020-2021

NOUWEN READING GROUP

Henri Nouwen's books will help strengthen your faith and draw you closer to the heart of God. Materials from the Henri Nouwen Society will be used for our reading. Date: 2nd Tuesday of the month. Time: 1-2:30 pm. Retreat Leaders: Sr. Bobbi Bussan, OSB and Linda Clewell, SMM Oblate. Fee: \$15/mo.

BREAK-A-WAY: DAY OF PRAYER AND QUIET

Take time out from your busy schedule and join the Benedictine Sisters on their monthly Quiet Prayer Day. Each month will have a theme. Date: 1st Wednesday of the month. Time: 9 am-Opening Reflection; 1 pm-Centering Prayer (Optional); 3:30-Closing Prayer (Optional). Retreat Leaders: Benet House Program Committee. Fee: Free will donation.

LECTIO DIVINA: WEEKLY PRAYER

Join us for sacred reading of Scripture, poetry, nature and art. Through contemplative reading, listening and seeing, we can learn to recognize the Divine Presence in all things. Date: Weekly on Tuesday. Time: 9:00 – 10:00 am. Retreat Leader: Linda Clewell, SMM Oblate. Fee: Free will donation.

BOUNDLESS COMPASSION CIRCLES

Compassion Circle is a monthly gathering for anyone who has participated in a Boundless Compassion retreat, book study or DVD series. Date: Weekly on Wednesday. Time: 9:30-11 am. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: Free will donation.

CENTERING PRAYER

Centering Prayer is an ancient form of praying. Join others in a weekly practice of this prayer method for fostering a deeper relationship with God. Time: Weekly on Wednesday. Time: 1-2:30 pm. Retreat Leader: Linda Clewell, SMM Oblate. Fee: Free will donation.

THE WORD AMONG US

Read, reflect, pray and share with other committed Christians seeking to grow through the challenges of Scripture in everyday life. Participants are given a guide

and encouraged to read and reflect on a Scripture passage each day. Date: 2nd and 4th Monday. Time: 1-2:30 pm. Retreat Leader: Sr. Charlotte Sonnevile, OSB. Fee: \$50/series plus cost of subscription to Word Among Us publication.

THE PSALMS: PRAYERS FOR ALL LIFE'S EXPERIENCES

The Psalms are the heart of Benedictine prayer. They express a variety of life experiences including pain, anguish, joy and praise. Join us monthly mini-retreat as we spend time in the Psalms, through the 'ups and downs' of life. Date: 2nd Thursday of the month. Time: 9:30-11 am. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: \$10/mo.

PRAYER AND POETRY

Misty Urban from the Muscatine Community College Writing Center is a familiar retreat leader at Benet House, and this poetry series meets twice a month. The first meeting presents writing poetry techniques and the second meeting includes sharing and critique of poems. Date: October 2020 – May 2021 (2nd and 4th Thursday). Time: 6:30 – 8:30 pm. Retreat Leader: Misty Urban. Fee: \$15/session.

Special Retreat

PRAYER AND REFLECTION DURING A TIME OF TURMOIL

During the pause of sheltering-in-place and its social turmoil and demands, caregivers may experience a sense of disorientation as we navigate our no-new-normal. Discover meaning and connection within oneself and with others through reflective experiences of prayer, writing, quiet meditation, and mutual listening. Participants: Individuals or groups that would like to do the retreat together, such as friends, ministers, co-workers and teachers. Groups are limited to 5 individuals. Date: Will be arranged with groups. Time: One 3 hour retreat or three 2.5 hour retreats. Retreat Leaders: Experienced spiritual directors and group facilitators. Fee: \$25/per person/per session.

MONTHLY RETREATS

SEPT

DARE TO LEAD (FROM BRENÉ BROWN)

This program is for anyone wanting to learn braver leadership skills and share with others who desire more in their lives. Teachings and materials are based on Brené Brown's 'Dare to Lead Hub'. To learn more about this program visit <https://daretolead.brenebrown.com>. Date: Mon. Sept. 21 - Introductory Meeting to learn about the series and determine meeting dates. Time: 7-8:30 pm. Retreat Leaders: Sr. Bobbi Bussan, OSB and Jane Trasowech, Benet House Volunteer. Fee: \$15/month (plus book purchase).

THE ROAD LESS TRAVELED

Sr. Kerry Larkin has been in recovery since 1980, and the Alcoholics Anonymous (AA) program, along with Ignatian Spirituality, has been the foundation of her journey. Sr. Kerry says "Those of us in recovery had to decide to trust in someone greater than ourselves. We make the decision each day to take the road less traveled so that the Promises of AA will allow us to know a new freedom and happiness". This retreat is for anyone involved in any twelve-step program such as AA, Al-Anon and NA. Participants need at least 3 months in recovery. Dates/Times: Fri. Sept. 25 at 7 pm through Sun. Sept. 27 at 1 pm. Retreat Leader: Sr. Kerry Larkin. Fee: \$115.

OCT

WISDOM WOMEN SERIES: REJOICE IN AND DISCOVER OUR WISDOM

Blessed are those who find wisdom, those who gain understanding. (Prov. 3:13) Join this Wisdom Group of women to learn from women in scripture, women saints and wisdom from one another. Date: Thursday, Oct. 1: Introductory Meeting to learn about the series and determine meeting dates. Time: 7-8 pm. Retreat Leaders: Sr. Bobbi Bussan, OSB and Lorene Knobbe, Benet House Volunteer. Fee: Determined by the group.

FEAST OF ST. FRANCIS 2020: THE HEALING POWER OF LOVE IN ACTION

Catholic Climate Covenant provides a 90 minute program celebrating the Feast of St. Francis, with prayers, readings and discussion questions. The program is framed around St. Francis' prayer, the Canticle of Creatures, to illuminate our current journey from the pandemic, from indifference to climate change, from political partisanship, to a place of healing through God, with each other and with Creation. The program is created for virtual programming via Zoom. Date: Saturday, October 3rd. Time: 9-10:30 am. Retreat Leaders: Sr. Bobbi Bussan, OSB and Linda Clewell, SMM Oblate. Fee: Donations will be sent to Catholic Climate Covenant.

EXPERIENCING TRANSITIONS:

REFLECTIONS WITH SR. JOYCE RUPP

Treat your spirit to an hour a week with Sr. Joyce and her new 10 week video series on Transitions. Her wisdom focuses on the impact of change and transition in our lives, and the struggles and blessings we experience in each transition that we face. Using images, poetry, music, reflection and prayer, Sr. Joyce leads us to a deeper experience of life. To learn more visit: <https://www.emmausproductions.com/online-video-prayer-meditation-library/online-video-series/experiencing-transitions/> Times: Monday's 9-10 am or 6:30-7:30 pm. Retreat Leaders: Benet House Program Committee. Fee: \$75/series of 10 or \$10/session

FROM SEEKER TO SAGE: JOURNEY TO THE UNKNOWABLE

The Spiritual Journey is a metaphor for how our beliefs change and develop throughout life. This 5-day virtual retreat provides an opportunity to come together to reflect upon: Our personal spiritual journey (from Seeker to Sage); Exploring stages and seasons of our paths; Our relationship with Divine Being; and Realization that we have been led by a loving, mysterious unknowable God. Join us as we move through the different stages of

SCHOLARSHIP FUNDS:

No one is turned away due to the cost of a retreat. The Benet House Ministry Fund provides financial assistance to groups and individuals. Please inquire.

our spiritual journey from awakening moments, through our seeking and gradual movement to transformation. This retreat will provide Centering Prayer in community, presentation and small group process. Date: Five days: October 14, 15, 16, 19 and 20. Time: 1-3:30 pm each day. Retreat Leader: Susan Komis. Fee: \$150 for series. ****The Audrey Cleary Centering Prayer Memorial provides funds to assist in the retreat fee. Please inquire at registration. No one is turned away because of the cost.**

NOV

DIRECTED RETREAT: PRAYING FOR PEACE WITH PRAYERS OF JOHN PHILIP NEWELL

This 3-day directed retreat focuses on the prayers of John Philip Newell, [Praying with the Earth: A Prayer book for Peace](#). You will meet with a spiritual director once a day and have an opportunity for daily group prayer. Each participant will receive a table runner made of a Tanzania fabric to create a prayer space, and will need a candle to use for prayer and direction sessions. Date and Time: Friday Nov. 6th at 7 pm through Monday, November 9th at 4 pm. Spiritual Directors: Elaine Olson and Mary Kay Henson. Fee: \$180

COMPASSION TO SELF: A DAY FOR YOU

Self-care is vital to our physical, emotional and spiritual wholeness and allows us to manage the many demands in life. This retreat features the teachings of Sr. Joyce Rupp and the Boundless Compassion program. Date: Saturday, November 14. Time: 9 am – 4 pm. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: \$40.

RECLAIMING A SENSE OF WONDER: A VISION OF ADVENT

Benet House welcomes Judith Valente, award-winning author, journalist, poet and essayist for this Saturday retreat. Judith will lead retreatants in a refreshing experience using input, discussion and creative activities to engage our sense of wonder during the Advent season. Date: Saturday, November 21st. Time: 9 am – 4 pm. Retreat Leader: Judith Valente. Fee: \$70 (12 retreatants needed to host the day).

DEC

THE THOMAS MERTON GROUP

From his becoming a Catholic until his untimely death in 1968, Thomas Merton shared his evolving understanding of the

vital issues of the world and the richness of different spiritualities. Merton wrote over sixty other books and hundreds of poems and articles on topics ranging from monastic spirituality to civil rights, nonviolence, and the nuclear arms race. Join Sr. Bobbi and others in learning about Merton's life and writings. To learn more about Thomas Merton, visit [Merton.org](#). Date/Time: Tuesday, Dec. 1 9:00-10:00 am or 6:30-7:30 pm. This will be an introductory meeting to learn about the series and determine meeting dates. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: \$15/session with no fee for introductory meeting. Books may be an additional cost.

ADVENT 30: MUSIC REFLECTION FROM MUSICIAN MONICA BROWN

Energize your Advent experience with a Friday morning 30-minute reflection with music and images. After listening to the program video, there will be a brief period for sharing the message. To learn more about Monica Brown visit: <https://www.emmausproductions.com/about-us/monica-brown/> Date: Fridays: Dec 4 (Bring Us Home); Dec. 11 (Comfort My People); Dec. 18 (Tear the Heavens Asunder) Time: 9-9:30 am. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: \$15/series.

JAN

DIRECTED RETREAT: "WHAT DO YOU SEE"? (JOHN 1:35-42)

The retreat's Scriptural focus is based on John 1:35-42, Jesus' public ministry and his call to the first converts. For this retreat, you will meet daily with a spiritual director and have an opportunity for Lauds, Vespers, Centering Prayer and Lectio Divina. You will need a candle, bible and prayer space in your home. Date/Time: 3-day Retreat: Friday, Jan 15th – Monday, January 18th; 5-day Retreat: Friday, Jan 15th – Wednesday, Jan 20th. Spiritual Directors: Sr. Margaret Murphy OSB; Toni Petersen, SMM Oblate, Sr. Kathy Sadler, OSF and Sr. Mary Schmidt, OSB. Fee: 3-day: \$180; 5-day: \$270.

FEB

PILGRIM PEOPLE

Using a series from Little Rock Scripture, this retreat covers four major pilgrimages in Scripture and how they may relate to your life journey. Date: Mon. Feb. 8 (Introductory Meeting); Feb. 15 (Journey of Trust with Abraham and Sarah); Feb. 22 (Journey of Freedom with Moses and the Hebrew people); Mar. 1 (Journey of Exile and Return to Israel); Mar. 8 (Journey of Disci-



**Sisters of St. Benedict
Benet House Retreat Center
at St. Mary Monastery**

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plishment with Jesus and His Followers). Time: 1-2:30 pm. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: \$50/series; additional cost of \$17.00/book if ordered through Benet House.

COMPASSION TO SELF: A DAY FOR YOU

Self-care is vital to our physical, emotional and spiritual wholeness and allows us to manage the many demands in life. This retreat features the teachings of Sr. Joyce Rupp and the Boundless Compassion program. Date: Saturday, February 13th. Time: 9 am – 4 pm. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: \$40.

LENT 30: MUSIC REFLECTION FROM MUSICIAN MONICA BROWN

Energize your Lent experience with a Friday morning 30-minute reflection with music and images. After listening to the program video, there will be a brief period for sharing the message. To learn more about Monica Brown visit <https://www.emmausproductions.com/about-us/monica-brown/> Date: Fridays: Feb. 19 (A New Heart); Feb. 26 (Always There); Mar. 5 (By His Wounds); Mar. 19 (I'll Be Always Loving You); Mar. 26 (This Is Your Way). Time: 9-9:30 am. Retreat Leader: Sr. Bobbi Bussan, OSB. Fee: \$25/series

BEGINNING IN APRIL, RETREATS WILL AGAIN BE HELD AT BENET HOUSE IF HEALTH NORMS ALLOW.

FOR MORE RETREATS FROM APRIL THROUGH SEPTEMBER 2021 PLEASE VISIT www.smmsisters.org/retreats



ZOOM LINK FOR VIRTUAL RETREATS WILL BE SENT TO YOU 2 WEEKS PRIOR TO RETREAT

FOR MORE INFORMATION AND TO REGISTER FOR A RETREAT:

www.smmsisters.org/retreats or contact Sr. Jackie Walsh, OSB: (309) 283-2108 or retreats@smmsisters.org

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GIFT CERTIFICATES:

Give friends and family members a gift that will renew their spirit and rejuvenate their minds and bodies.

SPIRITUAL DIRECTION:

Spiritual direction is available upon request.