



Shalom Prayer Center
 840 South Main Street
 Mt. Angel, OR 97362-9527
 503.845.6773
 shalom@mtangel.net
 www.benedictine-srs.org/shalom
 Fall 2010

SHALOM PRAYER CENTER



Shalom Words from Sister Dorothy Jean:

After His Resurrection, “when the doors were locked, where the disciples were, in fear . . . , Jesus came and stood in their midst and said to them, ‘**Shalom, Peace be with you.**’” (John 20:19-20) These words of Jesus continue to inspire the mission and vision of Shalom Prayer Center.

In 1973, the vision of the founding mothers of Shalom Prayer Center, Sister **Jill Aigner**, Sister **Antoinette Traeger**, and Sister **Eileen Kraemer**, was to create a place where people of all faiths and cultural backgrounds would find and immerse themselves in Jesus’ peace and healing. Thus, they named the Benedictine Sisters’ retreat ministry with Jesus’ word of peace, “Shalom.” To greet someone with the word, *Shalom*, is to wish them total well being and wholeness.

Shalom to each of you now and always!
Sister Dorothy Jean Beyer
Director, Shalom Prayer Center



Congratulations to the members of the 2008 - 2010 class who completed the two year Spiritual Direction Training Program, “With Hearts Expanding” this April:

Donn W. Anderson, Gail R. Barth, Judy and Jack Bevilacqua, Suzanne Congdon, JoAnn Critelli, Brother Edward Francis del Arroyo, SP., Lynn Rae Fiola, Ruth M. Kier, Katie Perkins, Susan and Eric Shaffer, Sally Taylor, Heather G. Thomas, Michele Vander Waal. Instructor: Sister Joan Pokorny, OSB. Also pictured Peggy McGurn, Spiritual Director, and Sister Dorothy Jean Beyer, OSB, Director.



Shalom Gift Shop
Monday-Saturday: 8 a.m. to 4:30 p.m.
Sunday: Noon - 2:30 p.m.

Books ~ Cards ~ Music ~ Religious articles ~
 The award-winning Monastery Mustard ~
 Handmade gifts by the Benedictine Sisters



“One of the nicest gift shops to find heavenly gifts”



September

A Labor Day Retreat: September 3-6

Celebrate this national holiday with a retreat at Shalom Prayer Center. Reflect on your work and your service to others by spending a day or two in a private retreat.

Dreams: The Language of the Soul

How can we embrace the truth and transformative power of dreams? How can we appreciate the uniquely individual language of dream metaphors and symbols?

This workshop will share experiences of dreams through the use of active imagination, exercises derived from Mindfulness Meditation, and lecture-prompted discussions.

- Participants will be able to recognize and respond appropriately to various types of dreams.
- Participants can expect to have an opportunity to work through dreams that they bring to the workshop.
- Participants can expect to experience the transformational power of dream images.

Presenters:

Dean Schlecht, M.Div., is the manager of a crisis respite facility for very poor and homeless persons undergoing psychiatric crises in Eugene, Oregon, maintains a small private practice offering psychotherapy and spiritual direction, and continues to offer workshops and retreats.

Peggy McGurn, PhD., a staff member at Shalom, offers contemplative meditation as a spiritual director. Peggy has facilitated individual counseling, spiritual direction, private and group retreats and workshops for the past 25 years.

Friday, September 10, 7 - 9 p.m.;

Saturday, September 11, 9 a.m. - 3:30 p.m.

\$140, \$25 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. \$85 commuter fee, includes Friday dinner and Saturday lunch. Register by September 9.

2010 Shalom Board of Directors

Steve and Florence Balog

Marlene Carmack

Valerie Castle

Sister Donna Marie Chartraw

Kathie and Efrain Diaz-Horna

Thomas Duker

Sister Angela Meister

Frank Mele

Anne Moore

Bert and Mary Nelson

Audrey Putnam

Joseph Roy

A Retreat on St. Gertrude, a 12th Century Mystic

Come for a day to explore the writings of St. Gertrude for understanding the concept of "libertas cordis," freedom of heart or inner freedom. This day will include teaching, reflection, and group sharing.

Presenter: Sister Antoinette Traeger, OSB

Saturday, September 11, 9:30 a.m. - 3 p.m.

\$50, \$25 desposit, bring a sack lunch or buy lunch for \$6. Register by September 9.

Oktoberfest Retreat: September 16 - 19

Make peaceful Shalom Prayer Center a home base as you enjoy the Mt. Angel Oktoberfest.

walking meditation

If you are interested in a walking meditation or a leisurely stroll, please come and walk Shalom's indoor labyrinth as well as the beautiful, peaceful grounds and gardens of the monastery.



This workshop will assist you in sharing your spiritual journey, using your own blog. We will discuss spiritual journaling and help you set up your own blog. Please bring your own PC, if possible. Presenter: Sister Jeanette von Herrmann, who has set up <http://QAMBenedictines.blogspot.com> and <http://QAMBenedictines-Ministries.blogspot.com>

Saturday, November 20, 9:30 a.m. – 3:30 p.m.

\$55, \$25 deposit; bring a lunch or buy lunch for \$6. Register by November 18

spiritual blogging workshop

Spiritual Direction

Have you ever thought about Spiritual Direction?

If you wish to explore a closer relationship with God and reflect deeply on the spiritual significance of your daily life, you may wish to come for spiritual direction. Shalom Prayer Center has five spiritual directors on staff. For more information, please call Sister Dorothy Jean at 503.845.6773. Fee for one hour is \$55; although a sliding fee can be arranged with the director at your first meeting.

With Hearts Expanding:

Spiritual Direction Training Program

Do you desire to explore and learn how one becomes a spiritual director? Shalom Prayer Center offers a two-year training program of 24 three-hour classes per year. For more information, contact **Sister Joan Pokorny**, 503.845.2779 or jmposb@yahoo.com Please register early; since space is limited.

Supervision Support Groups for Spiritual

Directors, facilitated by Sister Joan, 9 a.m. - noon. Meeting dates: 9/10,10/8, 11/12,12/10. Cost: \$30 per session. Cost for lunch: \$6 or bring your own sack lunch. Gather with other spiritual directors for thriving and flourishing in your ministry. Sister Joan and Sister Dorothy Jean are also available for supervision of individual spiritual directors.

Speakers and Facilitators Available

Do you need a speaker and/or facilitator for your church or organization's retreat or workshop? The staff at Shalom Prayer Center is available to come and speak on a variety of topics. Contact Sister Dorothy Jean for more information, 503.845.6773.

Sister Antoinette Traeger Endowment

Become one of our partners in making a difference at Shalom by your financial and prayerful support. If you wish to plan an estate gift for Shalom Prayer Center, please contact **Steve Ritchie**, executive director of the Benedictine Foundation of Oregon, 503 845-2556. **Thank you for helping to create a more peaceful world through vibrant contemplative, peaceful living!**



Scholarships Available: If you need financial help to participate in any of the programs, please inquire by calling Sister Dorothy Jean. 503. 845.6773

Private and Directed Retreats

Gift yourself with a vacation with God. We at the Shalom Prayer Center welcome you! A private retreat usually lasts two – five days, but may be as brief as an overnight stay. **Private retreats** are self-guided. Spacious grounds and comfortable rooms provide solitude for rest, reading, prayer, quiet, and reflection. You are invited to worship with the monastic community in the daily Eucharist and the Liturgy of the Hours. Fee: \$64 per over night, includes meals and accommodations.

Directed retreats are private retreats with one important addition, that is, regular one-to-one conversation with a spiritual director. A director facilitates your reflection, in faith, on your life experiences in relation to God, yourself, and others. The purpose is to gain increased self-knowledge and attentiveness to God's voice in your everyday life. Fee: \$64 overnight, includes meals and accommodations. Spiritual Direction: \$55 per one hour is the suggested amount.

Reservations

For reservations, driving directions to Shalom, to add/unsubscribe your name from the Shalom mailing list, or for more information, please contact Christine Zollner via e-mail shalom@mtangel.net, by calling 503.845.6773 or writing Shalom Prayer Center, 840 S. Main St., Mt. Angel, OR 97362. For frequently ask questions about Shalom Prayer Center, please check the Shalom website www.benedictine-srs.org/shalom

Note: Shalom Prayer Center reserves the right to cancel any retreat that does not meet the minimum number of registrants.

November



Living Contemplatively - Lectio in Every Day Life

Through teachings, group spiritual direction, contemplative sitting, silence and prayer in this 4-day retreat, Sister Mary Margaret will guide participants in being and living more contemplatively. She will use concepts from her newly published book, **Lectio Matters, Before The Burning Bush, Through the Revelatory Texts of Scripture, Nature, and Experience** in illuminating how *Lectio Divina* can bring our consciousness to the depths of the present moment with God.



Presented by Sister Mary Margaret (Meg) Funk, OSB of Our Lady of Grace Monastery, Beech Grove, IN. Sister Mary Margaret is the author of **Thoughts Matter: The Practice of the Spiritual Life, Tools Matter: For Practicing the Spiritual Life, Humility Matters: For Practicing the Spiritual Life, and Islam Is: An Experience of Dialogue and Devotion**. Among leadership roles, Sister Mary Margaret has served as prior-

ess of her community for eight years, Executive Director of Monastic Interreligious Dialogue, Director of Benedictine School of Lectio Divina. See Sister Meg's website, www.megfunk.com.

Thursday, November 4 – Sunday, November 7

The retreat fee for the entire retreat (includes accommodations and meals for the four days) is \$350, Deposit is \$75 (\$25 non-refundable). Start the retreat with Vespers on Thursday, 5 p.m. followed by dinner. Early bird registration before October 28 is \$340.

Commuter's fee \$210, includes dinner on Thursday, lunch and dinner on Friday and Saturday and breakfast and brunch on Sunday). Deposit: \$75. (\$25 non-refundable). \$70 per day for Friday and Saturday only includes lunch and dinner. \$60 for Sunday, includes brunch.

Register by November 2, 2010. Please register early as space is limited.

Sacred Space: A Writing Workshop with Nan Phifer

Exploring Sacred Space through Words we'll use writing to identify those architectural elements that move us beyond our self-contained smallness into the mysterious presence of God. We'll write to remember and analyze the way flame, water, earth and air, elements in all their forms, uplift the human spirit. We'll consider which sounds, smells, lights, colors, tastes and touch expand the soul, bringing awareness of God. Together we'll identify architectural components that contribute to the sites where we worship, commune, meditate, inquire and serve; and we'll ponder ways material structures affect how we transcend and are transformed. Though this workshop focuses on places of corporate worship, it is applicable to all the spaces we wish to make sacred. Presenter: Nan Phifer is an associate director of the Oregon Writing Project at the University of Oregon, Eugene, and author of *Memoirs of the Soul: A Writing Guide*.

Friday, November 12, 7- 9 p.m.

Saturday, November 13, 9:30 – 3:30 p.m.

\$125, \$25 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. \$80 commuter fee, includes Friday dinner and Saturday lunch. Register by November 11.

Yet again...wonderful hospitality - great food and comfortable rooms. Amazing gardens. Very peaceful."

A Thanksgiving Weekend Retreat

Using the book, **Uncommon Gratitude: Alleluia For All That Is**, by Sister Joan Chittister and Archbishop Rowan Williams, Sister Dorothy Jean will lead reflections on "uncommon gratitude," and how we can incorporate gentle gratitude into our lives.

Friday, November 26, 7 – 8:00 p.m.

Saturday, November 27, 9:30 a.m. – 3 p.m.

\$125, \$25 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. \$80 commuter fee, includes Friday dinner and Saturday lunch. Saturday only: \$55 includes Saturday lunch. Register by November 23.



Led by Elin Stetz. No charge for lunch or discussion.

9:30 a.m. - noon

Saturday, September 18

Book: *The Pillars of the Earth* by Ken Follett

Saturday, October 16

Book: *The Help* by Kathryn Stockett

Saturday, November 20

Book: *A Passage to India* by E.M. Forster

Saturday, December 11

Sharing Poetry

book talk

“A comfortable place to listen in silence and come out of the world. Thank you so much for letting us have this space – that meant so much!”

Taize Prayer Service

Music, Scripture, Silence
7 - 8 p.m.

Benedictine Sisters’
Queen of Angels Chapel
All are welcome.

Sunday, October 17
Sunday, November 21
Sunday, December 12



4th Annual Iris Fundraiser

We are pleased to announce that The Fourth Annual Iris Fundraiser for Shalom Prayer Center begins in July. This year we have 4 beautiful and unique iris, donated by Schreiner’s Iris Gardens of Salem, OR. They are the ever-popular **Queen of Angels** iris, named in honor of Queen of Angels Monastery; the **Celebration Song** iris sold in honor of the 35th anniversary of Shalom Prayer Center in 2008; the **Lenten Prayer** iris sold in 2009; plus the spectacular two-tone blue **Over Alaska** iris for 2010. The cost is 3 iris for \$25 or one iris for \$10. You can have the iris mailed to you or sent as a gift to your friends. The cost of mailing is \$9 for up to 10 rhizomes.



Before July 15, you can stop by or call the Shalom Gift Shop and pre-order your iris now with a pre-order special price of 3 iris for \$20 or one iris for \$8. Or you can come by the gift shop after July 15 and purchase your iris. Thank you very much for your support of the Shalom retreat ministry. Special gratitude to the Schreiner’s for their generosity in providing the iris to Shalom at no charge, so that all profits go to Shalom Prayer Center, a ministry of Benedictine Sisters. For more information, please contact Christine at 503.845.6773 or shalom@mtangel.net.

Meeting Space Available

Shalom Prayer Center offers meeting space for groups, churches, and organizations. For more information, please contact Sr. Dorothy Jean at welcome@mtangel.net.

Dreams are stories told in image and language at times incomprehensible to the dreamer. Listening to dreams in a group can help us pay attention to God’s presence in image and word in our awakened life. Understanding our dreams can clarify our vision so as to live wisely and in grace. Come with your dreams to a monthly Dream Group held on **Saturday, September 18, October 16, November 13, February 19, March 19 and April 16 from 10 a.m. – noon.** Cost: \$20 per Saturday or \$115 for the six sessions. Deposit: \$10 per session or \$25 for the 6 sessions. Limit: 15 participants. Newcomers are welcome month by month; however, sign up early to secure your place in the group. Buy lunch for \$6 or bring your own lunch.

Facilitator: Peggy McGurn, PhD

monthly dream group

December



Advent Retreat

“He pitched his tent in our midst.” An Advent Retreat centering on the Gospel Readings for the Four Sundays of Advent. Using teachings and *Lectio Divina*, the group led by Sister Jeanette von Herrmann, will reflect on God, Emmanuel, and how to better recognize God’s daily presence in our midst.

Presenter: Sister Jeanette von Herrmann, OSB, PhD in Biblical Studies from Catholic University, former prioress of Benedictine Sisters, writer, retreat presenter.

Friday, December 3, 7 – 8:30 p.m.

Saturday, December 4, 9:30 a.m. – 3 p.m.

\$125, \$50 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. \$80 commuter fee, includes Friday dinner and Saturday lunch. Register by December 2.

The Annual Thomas Merton Retreat: Thomas Merton and Friendship

Many people called Thomas Merton their friend and mentor. This retreat will explore the interesting topic of Merton and friendship. Nothing was more important to Merton than friends (relationships). By looking at Merton and his very diverse friends, there are lessons to be learned – nothing is more important than true friendship and nothing is more challenging to most of us.

Presenter: Bill Apel, professor at Linfield College, McMinnville, OR, a member of the International Thomas Merton Society Board of Directors, and author of “Signs of Peace: The Interfaith Letters of Thomas Merton,” (Orbis).

Friday, December 10, 7 – 8:30 p.m.

Saturday, December 11, 9:30 a.m. – 3:30 p.m.

\$125, \$25 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. Vespers is at 5 p.m. followed by dinner at 5:30 p.m. Check-in time: 4 p.m. \$80 commuter fee, includes Friday dinner and Saturday lunch.

Register by December 9.

“I felt very welcome, refreshed and renewed. You truly serve the Lord.”



Shalom Christmas Open House

11 a.m. – 3 p.m.

Christmas music by “My Sister and I,” Refreshments, Displays, and Specials in the Gift shop

about Shalom Prayer Center

- You are welcome to join the monastic community in Liturgy of the Hours and Eucharist each day.
- All rooms have bedding and towels furnished.
- Self-service coffee and tea available at all times.
- Guests are welcome to enjoy the Shalom Prayer Gardens; walk the serene grounds, orchards, and vineyard of the monastic community, visit the outdoor Stations of the Cross and the grotto of the Blessed Virgin Mary.
- We have an indoor labyrinth, which you are welcome to use for meditative walking, prayer and discernment.
- You may visit the historic buildings of the monastery and stand under the 1893 historic sequoia tree.
- Our award-winning Queen of Angels chapel, designed by J. David Richen, architect, is just steps away from Shalom.
- You will delight in the home-style, nutritious food prepared in the monastery kitchen.
- You will find quiet and tranquility in the rural country side surrounding Shalom Prayer Center.



October



October 2: Information Session on Spiritual Direction

You are invited to a complimentary afternoon on Saturday, October 2, from 1-2 p.m. to learn about Spiritual Direction.

Abundant Life Retreat

I have come that you may have life and have it more abundantly. (John 10:10)



This retreat provides the opportunity to EXPLORE, REMEMBER, AND PRACTICE awarenesses and disciplines vital to our well-being. We will see once again the connection of BODY, MIND, AND SPIRIT, and find new ways and old ways to integrate and nurture our whole being into an “Abundant Life.”

Presenter: Sister Mary Ellen McAleese, OSF, a member of the Franciscan Sisters, Wheaton, IL, is a spiritual companion, international presenter/facilitator, licensed massage therapist, and certified in Holistic Health Care.

Friday, October 8, 7 - 8:30 p.m.

Saturday, October 9, 9:30 a.m. – 3:30 p.m.

\$130, \$25 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. \$85 commuter fee, includes Friday dinner and Saturday lunch.

Register by October 7.

“Quiet hospitality permeated.”

The Parables of St. Matthew’s Gospel

Using the parables found in Matthew’s Gospel, we will reflect on the messages of Jesus that they reveal to us and what those messages mean in our own lives. Please bring a Bible. Presenter: Sister Jeanette von Herrmann, OSB, PhD in Biblical Studies from Catholic University, former prioress of Benedictine Sisters, writer, retreat presenter.

Friday, October 15, 7 – 8:30 p.m.

Saturday, October 16, 9:30 a.m. – 3 p.m.

\$125, \$25 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. \$80 commuter fee, includes Friday dinner and Saturday lunch.

Register by October 14.

Understanding and Living the Beatitudes

Joe Roy will present three sessions on the Beatitudes. Friday evening’s session is contemplative, using the ancient art of Lectio Divina, using the Gospel of Matthew 5:3-12 and 4:23-7:29. Saturday morning will be a “hands-on” Bible search, exploring the Old Testament origins of the Beatitudes. Saturday afternoon will be lecture-discussion, applying these Beatitude sayings of Jesus to our everyday lives. The three sessions are inter-related but also stand on their own. Come to one or two or all three sessions.

Presenter: Joe Roy has a Master’s Degree in Education from the University of Chicago, and a PhD from Georgetown with a double major in Applied and Theoretical Linguistics. He served in the US Army in Turkey for three years as a Turkish interpreter and had the good fortune to travel in the footsteps of St. Paul and visit the sites of the infant Church in Biblical “Asia.” He has served as director of RCIA at the Cathedral of St. Thomas More in Arlington, VA. He is a parishioner at St. Mary Church, Mt. Angel, OR, where he assists with the RCIA and leads a weekly Bible studies group.



Friday, October 29, 6:30 – 8:30 p.m.;

Saturday, October 30, 9:00 a.m. – 4 p.m.

\$135, \$25 deposit, includes Friday overnight accommodations, Friday dinner, Saturday breakfast and lunch. \$90 commuter fee, includes Friday dinner and Saturday lunch.

Cost for one session only with no meals: \$25.

Register by October 27.

Fall Spiritual Directors Seminar

Friday, October 29, 2010

Hosted at **Shalom Prayer Center, Mt. Angel, OR**

Presenter: Christine Valters Paintner, PhD

Topic: Water, Wind, Earth & Fire: Bringing Nature to Spiritual Direction & Soul Care.

For more information and/or to register with Elaine Andres, please email elaine@sacredpathministry.com. www.sacred-pathministry.com.



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September - December 2010

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a place of peace