

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

SHALOM PRAYER CENTER



Shalom Words from Sister Dorothy Jean:



One of the nicest words in the English language is “welcome.” The staff at the Shalom Prayer Center would like to say this beautiful word to you. You are invited to come for a personal retreat, a group retreat or for spiritual direction, experience “Welcome,” and know that you truly are.



Christine Zollner, administrative assistant, is ready to welcome you to Shalom Prayer Center.

“Thank you for the wonderful hospitality of Shalom. I always feel as if I have come “home” and am at peace there. No matter what pain or turmoil I may have brought with me, it cannot pass through the doors.”

The Labyrinth

Come and walk the indoor labyrinth at Shalom Prayer Center. Experience for yourself what discoveries and insights may be yours. The labyrinth is available to all Shalom retreatants. The general public: by appointment only.



Monday - Saturday
8:30 a.m. - 4:30 p.m.
Sunday: 12 - 2:30 p.m.



“One of the finest selections of spirituality books in Oregon!”



January

POH Gathering:

What is “Prayer of the Heart?”

Come for a morning of Prayer of the Heart, reflection, and teaching. Presenter: **Dorothy Pulkka, OSB**

Saturday, January 9, 9 a.m. – 12:30 p.m.
\$25, \$15 deposit; bring a sack lunch.
Register by January 7.

A Retreat Day on *Lectio Divina*: “to learn the Heart of God through the Words of God.” (St. Gregory the Great)

This day is devoted to teaching, discussion, and quiet time as we focus on the ancient prayer, *lectio divina*. Come and deepen your understanding of praying the Word of God. Presenter: **Antoinette Traeger, OSB**

Saturday, January 16, 9:30 a.m. – 3 p.m.
\$50, \$25 deposit; bring a sack lunch or buy lunch for \$6
Register by January 14

With Open Hearts: Joy and Other Hidden Treasures.

This retreat will focus on the “hidden treasures” that we each have. What role does your faith have in bringing out your hidden treasures? We will discuss how we can better impact our community with hearts that are open in loving service to others. Presenter: **Linda Pawlowski**

Saturday, January 16, 9:30 a.m. – 3 p.m.
Freewill offering for the day.
Bring a sack lunch or buy lunch for \$6
Register by January 14

Book Talk

Acedia and Me: A Marriage, Monks, and a Writer’s Life
by Kathleen Norris. Led by **Elin Stetz**
Saturday, January 16, 9:30 a.m. – noon
Complimentary

Taize Prayer Service

Music, Scripture, Silence
Queen of Angels Monastery Chapel
January 17, 7-8 p.m.
All are welcome!



Writing to Recognize the Sacred in Our Lives

Through writing, we’ll explore some of our most meaningful experiences. Nan will guide us in writing easily and spontaneously, and we’ll apply a medieval, monastic practice, *Lectio Divina*, to our own texts. This ancient way of listening can illuminate the sacred in our lives, cultivate a sense of wonder, and may bring awareness of holy presence. Even inexperienced writers will enter into powerful writing, experience life-affirming reflections, and glimpse the spiritual depths that underlie our significant experiences. Nan Phifer is an associate director of the Oregon Writing Project at the University of Oregon, Eugene, and author of *Memoirs of the Soul*.

Friday, January 22, 7-8:30 p.m. – Saturday, January 23, 9 a.m. – 3:30 p.m. \$125, deposit \$50, includes Friday overnight and Saturday breakfast and lunch. Commuter fee: \$75; bring a sack lunch or buy lunch for \$6. Register by January 20.

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.

Meeting Space Available for your group, church or organization, call Sister Dorothy Jean Beyer, 503.845.6773, or email her: welcome@mtangel.net.



May

Living with God in Later Life: Creating Spiritual Wellness

Our interactive workshop explores dimensions of spirituality as a paradigm to successfully navigate older adulthood. Grounded in our faith narrative, we will examine essential tasks to creating spiritual wellness such as learning from suffering, practicing forgiveness, discovering meaning/purpose in living, and engaging in focused life review. Presenter: **Jeff Lukehart, Ph.D.**, Coordinator, Center for Successful Living, NorthWest Senior & Disability Services, Salem.

Saturday, May 1, 9:30 a.m. - 3:00 p.m.
\$50, \$25 deposit; bring a sack lunch or buy lunch for \$6.
Register by April 28.

May 2: Information Sessions on Spiritual Direction and the Spiritual Direction Training Program

You are invited to a complimentary afternoon on Sunday, May 2, to learn about Spiritual Direction and its benefits for your spiritual life, from 1-2 p.m. Following this session, Sister Joan Pokorny, director of Spiritual Direction Training Program, "With Hearts Expanding," will present information to those interested in enrolling in this program, 2:15 p.m. - 3:15 p.m.

POH Gathering: Prayer of the Heart & Chronic or Progressive Illness



Come for a morning of Prayer of the Heart, reflection, and teaching.
Presenter: **Dorothy Pulkka, OSB.**

Saturday, May 15, 9 a.m. - 12:30 p.m.
\$25, \$15 deposit; bring a sack lunch.
Register by May 12.

Book Talk

Mind of the Maker by Dorothy Sayers. Led by **Elin Stetz.**
Saturday, May 15, 9:30 a.m. - noon
Complimentary

The 14th Annual Sister Marilyn Schwab Memorial Lecture

May 11, 7-8 p.m. in the Hospitality Center of the Benedictine Sisters. Sponsored by Shalom Prayer Center and the Providence Benedictine Nursing Center Foundation. The lecture is free and open to all. This year's speaker will be announced in early 2010.

Taize Prayer Service

Music, Scripture, Silence
Queen of Angels Monastery Chapel
Sunday, May 16, 7-8 p.m.
All are welcome!

Building the House:

A Day of Reflection with Mary Oliver

The contemporary poet Mary Oliver has written that each of her poems must have a spiritual purpose. Come and explore the spiritual purpose of our words and how we all help to build the house of language and poetry. The day will have time for writing, silence, sharing and discussion.
Presenter: **Hilda Kleiman, OSB.**

Saturday, May 22, 9:30 - 2:30 p.m.
\$45, \$25 deposit; bring a sack lunch or buy lunch for \$6
Register by May 20.

With Open Hearts: Hospitality

Opening the door to wayfarers; welcoming the stranger, especially those most in need; these are some of the topics we will explore together. Jesus went out into the highways and byways, seeking those most in need of His presence. We come together to encourage one another, to learn from one another, and to better impact our community with hearts that are open in loving service.
Presenter: **Linda Pawlowski.**

Saturday, May 22, 9:30 a.m. - 3 p.m.
Freewill offering for the day.
Bring a sack lunch or buy lunch for \$6
Register by May 20



June

What St. Benedict Says about Reverence

Reverence is much needed in our lives and in our world. Join in exploring reverence in light of the Rule of St. Benedict. Please bring the Rule of St. Benedict or buy one at the gift shop. **Presenter: Dorothy Jean Beyer, OSB.**

Saturday, June 5, 9:30 a.m. – 2:30 p.m.
\$45, \$25 deposit; bring a sack lunch or buy lunch for \$6.
Register by June 3.

Taize Prayer Service

Music, Scripture, Silence
Queen of Angels Monastery Chapel
Sunday, June 20, 7-8 p.m.
All are welcome!

Icon and Illuminated Manuscript Institute, for both Beginners and Advanced Students, is scheduled for June 25 – July 3. Email Kathy Sievers: iconinstitute@msn.com for more information or for an application.

July

Women: Called to Faith and Holiness: A silent retreat for women

During this 7-day retreat, each day will focus on a different biblical woman (Esther, Vashti, Miriam, the Sinful woman of Luke's gospel, the bleeding woman of Luke's gospel, Mary & Elizabeth, and Tabitha) whose life demonstrates the faith and holiness each of us is called to by God. Through teachings and lectio divina, retreatants will be invited to deepen their own commitment to discipleship and sanctity. Led by **Jeanette von Herrmann, OSB.**

Friday, July 9, 7 p.m. - Saturday, July 10, 4 p.m.
Come for the whole retreat or when you are able.

\$560, deposit \$50 (includes room and all meals).
Commuter fee: \$55 per day, includes lunch.
Register by July 6.

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.

Supervision Support Groups for Spiritual

Directors, facilitated by Sister Joan, 9 a.m. - noon. Meeting dates: 1/8, 2/12, 3/12, 4/16, 5/14. 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 is also available for supervision of individual spiritual directors.

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. The new class of Year I begins September 1, 2010. For more information, contact **Sister Joan Pokorny**, 503 845-2779 or jmposb@yahoo.com Please register early; since space is limited. Note: Classes for Year II begin August 31, 2010.

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.
Shalom website: www.benedictine-srs.org/shalom

Please note: Shalom Prayer Center reserves the right to cancel any retreat that does not meet the minimum number of participants.



February

On Christian Hope

Guided by the Scriptures and Pope Benedict XVI's recent encyclical letter, "*Spe Salvi: On Christian Hope*," we will explore the virtue of hope in our lives. Come and enjoy the silence, writing and discussion.

Presenter: **Hilda Kleiman, OSB.**

Saturday, February 6, 9:30 a.m. – 2:30 p.m.

\$45, \$15 deposit; bring a sack lunch or buy lunch for \$6

Register by February 4.

“May Our Hearts Be Moved To Repentance, Prayer & Reconciliation

A day of quiet prayer as we begin the journey of Lent, moving our hearts to grow deeper into God's life. Join us for Ash Wednesday with quiet reflection time and two biblical reflections led by **Jeanette von Herrmann, OSB.**

Saturday, February 17, 9:30 a.m. – 3 p.m.

\$50, \$25 deposit; bring a sack lunch or buy lunch for \$6

Register by February 15.

POH Gathering:

Prayer of the Heart & Our Body

Come for a morning of Prayer of the Heart, reflection, and teaching. Presenter: **Dorothy Pulkka, OSB.**

Saturday, February 20, 9 a.m. – 12:30 p.m.

\$25, \$15 deposit, bring a sack lunch.

Register by February 18.

Book Talk

Persuasion by Jane Austen. Led by **Elin Stetz.**

Saturday, February 20, 9:30 a.m. – noon

Complimentary



Taize Prayer Service

Music, Scripture, Silence

Queen of Angels Monastery Chapel

February 21, 7-8 p.m.

All are welcome!

“Just a note of thanks for all the wonderful hospitality from you and all the sisters! There is a great sense of peace here.”

Understanding and Living the Beatitudes

Come and discover the message of the Beatitudes found in the Gospels according to Matthew and Luke. Explore the Old Testament origins of the Beatitudes. Discern how to apply the Beatitudes in your everyday life. Bring a Bible.

Presenter: **Joe Roy.**

Friday, February 26, 7-8:30 p.m.;

Saturday, February 27, 9 a.m. – 9 p.m., \$145, deposit \$50, includes Friday overnight accommodations and meals on Saturday. \$100 for commuters, for both Friday and Saturday (includes Saturday meals). \$80 for commuters on Saturday only (includes meals).

Register by February 24.

Private and Directed Retreats

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: 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.



March



Meditation Practices for Healing the Inner Child

Psychology and spirituality teachers suggest that we have a vast resource of healing potential. This retreat is designed to bring these healing re-

sources into consciousness through contemplative meditation. Participants will be guided to appreciate God's gift of wisdom and attend to the Inner Child within one's inner sacred space. Led by **Peggy McGurn**, who uses contemplative meditations as counselor and spiritual director.

Friday, March 5, 7-9 p.m.

Saturday, March 6, 9 a.m. – 4 p.m.

\$130, \$50 deposit, includes Friday overnight accommodations, breakfast and lunch. \$85 commuter, includes Saturday lunch.

Register by March 3.

"There's so much gratefulness to express I can hardly find the words! Let me begin by thanking you all for your loving kindness, for this wonderful, prayerful place."

Go in the Peace of Christ to the World

Using teachings and Lectio Divina, we will focus on the themes of Shalom/peace in both biblical testaments and how each of us is called to the ministry of peace making in today's world. Presenter: **Jeanette von Herrmann, OSB**.

Friday, March 19, 7 - 8:30 p.m.

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

\$115, \$50 deposit; includes Friday overnight accommodations, breakfast and lunch. \$50, commuter includes Saturday lunch.

Register by March 17.

Book Talk

Exiles by Ron Hansen. Led by **Elin Stetz**.

Saturday, March 20, 9:30 a.m. – noon

Complimentary

POH Gathering:

Prayer of the Heart & Lectio Divina

Come for a morning of Prayer of the Heart, reflection, and teaching. Presenter: **Dorothy Pulkka, OSB**.

Saturday, March 20, 9 a.m. – 12:30 p.m.

\$25, \$15 deposit, bring a sack lunch.

Register by March 18th.

Taize Prayer Service

Music, Scripture, Silence

Queen of Angels Monastery Chapel

Sunday, March 21, 7-8 p.m.

All are welcome!

About Shalom Prayer Center

- You are welcome to join the monastic community in Liturgy of the Hours and Eucharist each day.
- Self-service coffee and tea are available at all times.
- There is ample parking
- Guests are welcome to enjoy the Shalom Prayer Garden, walk the sacred grounds 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 clarity.
- You may visit the historic buildings of the monastery and stand under the 1893 historic sequoia.
- 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.
- It is easy to immerse yourself in the quiet and find peace.



April

Holy Week Retreat: “Breaking the Bonds that Bind – Moving into the Freedom of God”

During these holy days, there will be two biblical reflections/teachings each day that will center on the divine call to move from death to life as we remember Christ’s Passion-Death-Resurrection. There will be abundant time for silence, reflection, and joining the monastic community for the Liturgy of the Hours and the Paschal Triduum liturgies. Presenter: **Jeanette von Herrmann, OSB.**

Thursday, April 1 – Saturday, April 3

Presentation times: Thursday, 9:30 a.m., 1:15 p.m.; Friday, 11 a.m., 7 p.m.; Saturday, 9:30 a.m., 1:15 p.m. (Please arrive at 9 a.m.) Come for one or all three days (\$55 per day) includes lunch and dinner. Overnight accommodations: \$46 per night, includes breakfast. \$25 deposit. Register by March 29.

POH Gathering:

Prayer of the Heart & *Meditatio*

Come for a morning of Prayer of the Heart, reflection, and teaching. Presenter: **Dorothy Pulkka, OSB.**

Saturday, April 17, 9 a.m. – 12:30 p.m.

\$25, \$15 deposit; bring a sack lunch. Register by April 16.

Book Talk

Eichmann in Jerusalem: A Report on the Banality of Evil by Hannah Arendt. Led by **Elin Stetz.**

Saturday, April 17, 9:30 a.m. – noon
Complimentary

Taize Prayer Service

Music, Scripture, Silence
Queen of Angels Monastery Chapel
Sunday, April 18, 7-8 p.m.
All are welcome!

“Always Our Children:” A Day of Reflection for Persons Interested in Learning about Catholic Bishops’ Pastoral Message to Gay and Lesbian Persons, their Families, and Those in Ministry with Them

Come for a day of reflection on the positive messages the Bishops have in their pastoral letter. The day will be in a safe, confidential environment and will be positive, not argumentative in tone. Presenters: **Florence and Steve Balog,**

Catholic parents of twin lesbian daughters, have over 15 years experience in parish gay and lesbian ministry and Catholic Parent Support groups. Any question about the day, call the Balogs, 503.845.7850.



Saturday, April 24, 9:00 a.m. – 3:00 p.m.

\$50, \$25 deposit; bring a sack lunch or buy lunch for \$6. Register by April 19.



supporting Shalom

Become one of our partners in making a difference at Shalom by your financial and prayerful support. **Your gift to the Sister Antoinette Traeger Endowment is a wonderful way to honor a dedicated woman who has devoted for 27 years to Shalom.** 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!

Scholarships are available! Inquire by calling Sister Dorothy Jean. 503.845.6773



SHALOM PRAYER CENTER

840 South Main Street

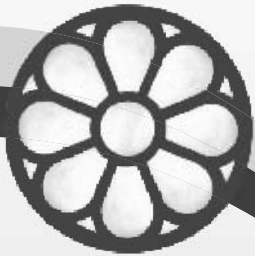
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January - August 2010

SHALOM PRAYER CENTER

A retreat ministry of the
Benedictine Sisters of Mt. Angel