

Benedict Inn Retreat & Conference Center
1402 Southern Avenue
Beech Grove, IN 46107-1197

317-788-7581 ~ www.benedictinn.org
A Ministry of the Sisters of St. Benedict, Our Lady of Grace Monastery

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Benedict Inn Retreat & Conference Center Program & Retreat Schedule July - December, 2021



For peace of mind, body & spirit

1402 Southern Avenue ~ Beech Grove, Indiana 46107
317-788-7581 ~ benedictinn@benedictinn.org ~ www.benedictinn.org
A ministry of the Sisters of St. Benedict, Our Lady of Grace Monastery



*"All guests who present themselves are to be welcomed as Christ."
- Saint Benedict*

The Benedictine Sisters of Our Lady of Grace Monastery in Beech Grove, Indiana welcome you! We are excited to offer many new programs as we begin the second half of 2021. As you take time to peruse this program booklet, you will find opportunities for spiritual growth through creativity and prayer.

Our variety of programs and retreats are meant to serve as tools for your spiritual journey as you deepen your relationship with God. The Benedict Inn Retreat & Conference Center welcomes people of all faiths. We hope you can join us for those events and retreats that call out to you.

Don't forget to "like" us on Facebook, visit our website, and sign up for our monthly newsletter so you will always be "INN" the know! We are grateful for your continued support! For more information on our facilities and programs visit our website at:

www.benedictinn.org or call us at 317-788-7581.

Mission Statement

*The Benedict Inn Retreat & Conference Center,
a ministry of the Sisters of Saint Benedict of Beech Grove, Indiana,
enhances lives through programs and rental facilities in a
hospitable, peaceful environment.*



For peace of mind, body and spirit

July - December, 2021 Programs at a Glance

July

Peace & Nature Garden Walk	July 8
Personal Day of Retreat	July 13

August

Yoga & Spirituality - Session I	August 2 - Sept. 13
Personal Day of Retreat	August 11
Peace & Nature Garden Walk	August 12
The Lord's Prayer - A New Perspective	August 21

September

Yoga & Spirituality - Session II	Sept. 20 - Oct. 25
Personal Day of Retreat	September 14
Healing from Sexual Abuse	September 10 - 12
Companions on the Journey	Sept. 14 - Oct. 19
Angels of Grace Annual Awards Luncheon	September 25

October

The Greatest Story Ever Told	October 10
Personal Day of Retreat	October 13
SoulCollage© - My True Name	October 16

November

Yoga & Spirituality - Session III	November 1 - Dec. 13
Personal Day of Retreat	November 9
Come to the Manger	November 29

December

Shop INN-Spired Annual Christmas Sale	December 4
Personal Day of Retreat	December 8
Come to the Manger - Virtual Retreat	December 11



Register online for programs at www.benedictinn.org or call 317-788-7581

December - Continued

Shop INN-Spired Annual Christmas Sale & Open House

Saturday, December 4

9:00 am - 3:00 pm



Santa knows the best bargains in town can be found at our annual **Shop INN-Spired Christmas Sale & Open House**. With hundreds of items marked at **50 - 75% OFF**, you'll find something for everyone on your Christmas shopping list. Don't miss great prices on collector items such as Lladro figurines, Bing & Grondahl Christmas plates, Madame Alexander Dolls, Hallmark Christmas ornaments, and so much more! Shop for one-of-a-kind items prayerfully created by the Sisters of St. Benedict and friends. Enjoy a cup of hot cider and Christmas cookies while you shop.

Shop INN-Spired will be open on Saturdays in December from 9:00 am - Noon. Our BIG sale in the little shop will offer even more savings this year. Throughout December, stop in during our regular business hours Monday - Friday from 9:00 am - 4:00 pm and Saturdays from 9:00 am - Noon. Spend \$50 or more and get an additional 10% off your total purchase with the coupon below. So if you can't make our ONE DAY SALE - there are still opportunities to SAVE!

**BIG Sale in the Little Shop
Coupon**

**SAVE AN ADDITIONAL 10% OFF
on purchases of \$50 or more at
Shop INN-Spired with this coupon.**

Coupon valid December 5 - December 23, 2021.

About the Benedict Inn Retreat & Conference Center

The Benedict Inn Retreat & Conference Center was established as an ecumenical ministry by the Sisters of St. Benedict of Our Lady of Grace Monastery in 1981. Grounded in gospel values and Benedictine hospitality, the Benedict Inn offers retreat and educational opportunities. Our quiet and spacious grounds invite reflection, relaxation, and an atmosphere of peace, prayer, and community, facilitating an



integration of body, mind and spirit.

Our facilities include:

- ~Meeting rooms accommodating 2 - 100
- ~Chapel
- ~Gift shop
- ~Labyrinth
- ~43 bedrooms & bathrooms
- ~On-site dining service
- ~Lovely gardens & walking paths

A member of the Association of Benedictine Retreat Centers, we are fully self-supported through our programs and retreats, rental facilities, personal donations, and sales from our gift shop, *Shop INN-Spired*. We are conveniently located near downtown Indianapolis and the Indianapolis International Airport. Simple, immaculate, and affordable, the Benedict Inn Retreat & Conference Center is the place to be for *peace of mind, body & spirit*. Discover a sanctuary in the city - the Benedict Inn Retreat & Conference Center, where all are "*welcomed as Christ*". Scheduling and pricing information is available by contacting Sister Sheila Marie Fitzpatrick at 317-788-7581, extension 2, or e-mail facilities@benedictinn.org.

Give Yourself the Gift of Spiritual Direction!



People everywhere are longing for a deeper connection with God. And what better way than to have a trusted companion on your spiritual journey? Connect with someone who will prayerfully listen and offer encouragement as you expand your relationship with our Creator. Spiritual direction has been a part of the Christian tradition throughout the ages. Call the

Benedict Inn for a free spiritual direction consultation to help you find a trusted, certified companion that's right for you! For more information contact Bev Hansberry at 317-788-7581, extension 3; visit our website at www.benedictinn.org; or e-mail spiritualdirection@benedictinn.org.

Reasons to Make a Retreat



*“Be still
and know...”*

- 1. Heal the mind, body & spirit.** Throughout the centuries, men and women have been called by the Holy Spirit to retreat and spend time with God. We all need rest and relaxation as a way to heal and strengthen our bodies and minds.
- 2. Address your challenges.** Nothing is more powerful for seeking answers than stepping away from our everyday environment and quieting our hearts and minds. Oftentimes we find a resolution to what weighs upon our hearts when we are silent.
- 3. Become inspired.** Spending time in silence, prayer, and meditation is a great tool for inspiration - whether that means taking action, changing behavior, or creating something new - retreats are a great source of inspiration.
- 4. Listen and respond to God's voice.** Unplug, go off line, and experience the calm and quiet sounds of nature or your own breathing. It is then we hear God speaking to us.
- 5. Remember who you are and who you want to be.** A break from family and work responsibilities provides opportunities for self-examination, and discovering ways to strengthen our love and service for family, community, and God.

Give yourself the gift of being alone with God. Rest, relax, read, walk the Labyrinth, Peace & Nature Garden, and the beautiful grounds at the Benedict Inn - a peaceful and holy place where you will find serenity, hospitality, and spiritual direction. A Personal Day of Retreat makes a thoughtful and appreciated gift - whether for yourself or someone special! **The cost is just \$40, which includes lunch and a private room for the day. Spiritual Direction is available for an additional \$30. Please request spiritual direction when you make your reservation.**

July - December, 2021 Personal Day of Retreat Schedule

Tuesday, July 13	Wednesday, August 11
Tuesday, September 14	Wednesday, October 13
Tuesday, November 9	Wednesday, December 8

Your retreat begins at 9:00 am and ends at 4:00 pm.

Schedule of Programs & Events November & December

Come to the Manger

Monday, November 29 6:00 - 9:30 pm (In person)

Saturday, December 11 9:00 - 11:30 am - Held via Zoom



In this Advent retreat, we will focus on the characters in the first several chapters of the Gospels of Matthew and Luke. Journey with Mary, Joseph, the Shepherds, and the Magi to the manger and discover what their experiences say to us about our own spiritual pilgrimage. What will we bring to the manger with us this year? What do we need to ask of Jesus this year? What do we want to give thanks for this past year? Travel with us from the foretelling of the birth of John the Baptist, the angel Gabriel's visit to Mary to the gifts of the Magi to the manger and discover how we can prepare our hearts for Christmas and beyond.

Cost: \$45 (Includes meal)

Please note: The November 29th program begins at 7:00 pm and dinner begins at 6:00 pm.

Cost for the Saturday, December 11 program is \$35 and is held via Zoom.



Presenter: Sister Julie Sewell, OSB has been a member of Our Lady of Grace Monastery since 2005. In March 2021, Sister Julie was elected the 9th Prioress of her community. Prior to her election as Prioress, she served as the Vocation Director. She has a bachelor's degree in history and philosophy from Xavier University in Cincinnati, Ohio. Her graduate studies were in health planning and she spent thirteen years in the health administration field. Sister Julie is a certified in Spiritual Director.



For peace of mind, body & spirit

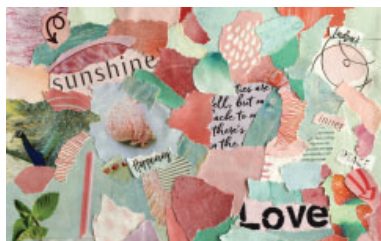
Schedule of Programs & Events

October - Continued

My True Name - A SoulCollage© Retreat

Saturday, October 16

9:00 am - 4:00 pm



Self-discovery: Becoming aware of one's true potential, character, motives... We spend our entire lives on a journey of self-discovery, always asking "Who am I, really?" Traveling this road can be difficult, painful, joyful, spiritual, playful.... Who we are and our self-perception is formed from many social and cultural influences

throughout our lifetime. Our various identities come into play at various times and stages in our life, we cannot define one without the other – they are all linked together. Each serves a purpose and is equally important. Cultural and societal expectations tell us who and how we should be, constantly sending us mixed and confusing messages. This program will focus on all facets of who we are, embracing even the hidden sides which we sometimes cannot love - discovering our true name. In this day of self-discovery, participants will use images to create self-portraits for meditation/prayer, embracing who they are and who they strive to be.

Cost: \$75 (Includes materials and lunch)



Presenter: Kathy Perron serves as Marketing Director and Shop INN-Spired gift shop manager of the Benedict Inn Retreat & Conference Center. During the pandemic lockdown, Kathy discovered SoulCollage© through an online workshop and enjoyed this process so much she became a trained facilitator. The combination of journaling and creating images to visually represent her thoughts and feelings has become a powerful part of her spiritual

journey which she enjoys sharing with others. Kathy and her husband, Jim, are members of Holy Spirit Parish on the east side of Indianapolis, where she serves as a lector and volunteers in the SPRED Ministry. She enjoys reading, traveling, hiking, cooking, and discovering new outlets for creativity. Spending time with her husband, two daughters and four grandchildren are at the top of her list. Kathy and Jim have enjoyed living in Indianapolis since 2004.

Yoga & Spirituality

July - December, 2021 Schedule

Yoga & Spirituality is a Christian, ecumenical approach to holistic fitness. It is an exercise program that is great for those 50 years & older! This form of centered prayer integrates the mind, body, and spirit while providing a supportive and encouraging environment for exercise. All levels and abilities are welcome - whether you are a beginner or advanced - Yoga & Spirituality is a great opportunity to stretch, strengthen and step away from the stress of your busy day.

Cost: \$50 Session of 6 classes or \$10/class. Presenter: Cynthia Budyn

Session I

August 2
August 9
August 16
August 23
August 30
September 13

Session II

September 20
September 27
October 4
October 11
October 18
October 25

Session III

November 1
November 8
November 22
November 29
December 6
December 13

Classes are held on Monday evenings from 5:30 - 6:45 pm. Please bring a yoga mat and wear comfortable clothing.

Peace & Nature Garden

"With nature's help, humankind can set into creation all that is necessary."

~St. Hildegard of Bingen



Welcome to the Peace & Nature Garden!

Envisioned as a serene environment for meditation, reflection, and native plants and pollinators, the garden is now in its ninth year. We can't say it's complete, because that's up to God. However, it looks more beautiful with each passing season. The three-acre garden provides an inviting space for the sisters and visitors to reflect and experience a connection to God, nature, and the natural

ecosystem. Plan to attend one or all of our **Peace & Nature Garden Walks** where you will discover beautiful native plants, butterflies and other pollinators, and inspirational artwork.

Join Sister Angela Jarboe, OSB for a Peace & Nature Garden Walk on

Thursday, July 8 & Thursday, August 12, 2021

There is no cost, but contributions are gratefully accepted. Please register in advance. Walk begins at 7:00 pm and ends at 8:30 pm. Fun for kids of all ages!

Schedule of Programs & Events

Please Note: Registration & check-in begins 30 minutes prior to an event.

July - August

Peace & Nature Garden Walk

Thursday, July 8; Thursday, August 12

7:00 - 8:30 pm



Can you think of a better way to spend a summer evening than with a walk through the Peace & Nature Garden? Discover the fun and fascinating world of pollinators and native plants, and the important role they play in our ecosystem. The Peace & Nature Garden Walk is a great opportunity for people of all ages. Come see how our garden has grown!

There is no cost to attend this program, but please register online at www.benedictinn.org or call 317-788-7581. Freewill donations are gratefully accepted. Presented by Sr. Angela Jarboe, OSB

Personal Day of Retreat

Tuesday, July 13; Wednesday, August 11

9:00 am - 4:00 pm



Heal your mind, body, and spirit with a Personal Day of Retreat! Give yourself some quiet time with God as you rest, walk the beautiful grounds at the Benedict Inn Retreat & Conference Center. It's your day, so make it as structured or relaxed as you wish. A Personal Day of Retreat makes a

thoughtful and appreciated gift - whether for yourself or someone special! **The cost is just \$40, which includes lunch and a private room for the day. Spiritual Direction is available for an additional \$30. Please request your spiritual direction session when you make your reservation.**



www.benedictinn.org

Schedule of Programs & Events

October

The Greatest Stories Ever Told - Healing from Trauma & Abuse

Sunday, October 10

6:30 - 8:30 pm



Sharing our story...a grace-filled act that benefits the giver and recipient. These gifts include:

- Discovering that we are not alone
- Healing and freedom from trauma and abuse
- Forgiveness and reconciliation
- Empowering others to share their story
- Conversion of faith
- Finding God's healing love in our lives

Telling our stories of trauma and abuse is not about placing blame. It is about opening ourselves up to hope, understanding, and compassion. We are reminded that we are all sinners on a quest for holiness. Join Father Steve Schafflein and Patty Moore as they present this powerful and healing program. Our program will begin with a video presentation of the Eva Kor story and her journey of healing and forgiveness.

Cost: This program is free, but we ask that all who are attending register in advance. Freewill contributions are gratefully accepted.

Presenters:



Fr. Steven Schafflein is the pastor of St. Rose of Lima Church and School in Franklin, Indiana. Ordained in 1978, Fr. Steve has served in a variety of parishes in the New Albany, Connersville, Batesville, and Seymour Deaneries of the Indianapolis Archdiocese. In addition to parish ministries, he has served in deanery positions in Pre-Can, Youth Ministry, and Separated/Divorced/Remarried Catholic Ministry. He has served on a part-time basis as chaplain to Richmond State Psychiatric Hospital and the former Henryville Correctional Facility. Father Steve has a passion for outdoor activities and has done extensive hiking throughout the lower forty-eight states.



Patty Moore serves as Assistant to the Directors of Facilities and Programming at the Benedict Inn Retreat & Conference Center. She is a certified Spiritual Director and an Oblate of Our Lady of Grace Monastery. A member of St. Rose of Lima Catholic Church, Patty serves in many capacities, including Lector, Eucharistic Minister and Baptismal Preparation Facilitator. She enjoys spending time with her family, traveling, cooking, reading and tending to her garden in her free time.

Schedule of Programs & Events September - Continued

Angels of Grace Awards Luncheon
Saturday, September 25
10:00 am - 2:00 pm



Join us as we celebrate the angels in our lives - women who make a difference in the lives of others. Not only will you enjoy great food, fashion, prizes and fun, but you will be inspired by this year's recipients - three local women - who have distinguished themselves through acts of kindness and compassion for others. Honor the angels in your life by inviting them to this special event!

Cost: \$40/person or table of 8 for \$300 Location: Primo Banquet Hall, 2615 National Avenue, Indianapolis, Indiana

Consider a sponsorship at this popular event! Visit www.benedictinn.org for more information. Proceeds benefit women's programming at the Benedict Inn Retreat & Conference Center!

Introducing our 2021 Angels of Grace Honorees



Denise Jacobson, founder of the **SON Foundation** is the recipient of the **Angel Gabriel Award**. Denise discovered her passion of serving others when, along with her husband Scott, she founded the SON Foundation in 2013. She is passionate about serving the cancer community and helping to alleviate the burdens of others.



Marcy Renken is this year's recipient of the **Angel Raphael Award**. After attending a Worldwide Marriage Encounter weekend in 2010, Marcy and Tom's marriage was transformed. Discovering the power of marriage enrichment, they began the **Celebrate Marriage Ministry** at their parish in 2011.



Justin Phillips, founder and Executive Director of **Overdose Lifeline**, and Indiana-based non-profit, will receive the **Angel Michael Award** for her dedicated work to reduce the stigma of substance abuse and preventing deaths resulting from opioid overdose. Motivated by the loss of her middle child, Aaron Sims, to a preventable drug overdose death in 2013, Justin formed Overdose Lifeline to create awareness and save other lives.

Schedule of Programs & Events August

The Our Father - A New Perspective
Saturday, August 21
9:00 am - 3:30 pm



*The Lord's Prayer...*A journey with Christ that leads us to the center of our Creator. *The Labyrinth...*A journey that leads us to the center of our soul, enabling us to open our hearts along the way. Discover a fresh perspective on the Lord's Prayer and unlock the power of the words Christ used when he taught us to pray. Using the rose symbol in the center of the Labyrinth as a

springboard, we will explore:

- Acknowledging our faith.
- Surrendering thoughts & behaviors that are roadblocks on our spiritual journey.
- Service to God, self and others.
- Recognizing our abundance made possible through God's grace.

Join Sister Cathy Anne Lepore, OSB on this spiritual journey where we will look at the *Our Father* through a different lens. Open the floodgates for forgiveness, strength, and love to invade our hearts and dare to pray with Holy Boldness!

Cost: \$60 (Includes lunch)



Presenter: Sister Cathy Anne Lepore, OSB is a native of Massachusetts, where her family instilled in her a deep love for gardening and the outdoors. She has been part of the Community at Our Lady of Grace Monastery for the past 26 years. Sr. Cathy Anne is a Licensed, Certified Athletic Trainer (LATC), a Certified Strength and Conditioning Specialist (CSCS), a recently retired 22-year veteran high school Theology teacher, and was recently appointed as Co-Director of Healthcare at the Monastery. Her years of experience in fitness, sports medicine, and teaching

Scripture has taught Sr. Cathy Anne the correlation between health, wellness and spirituality. Her love of nature has led to her helping in the monastic gardens for the past several years. She has created several garden spaces and helps tend the trees on the beautiful monastic grounds. As a former teacher of Theology, Sr. Cathy Anne enjoys delving into the lives of the women in the Bible. As a pilgrim on her spiritual journey, Sister Cathy Anne loves introducing others to the Labyrinth. In her spare time, she enjoys playing the guitar, singing, crocheting, and creating one-of-a-kind artwork. The combination of her creativity, theology, and love and nature makes her a charismatic and inspirational speaker.

Schedule of Programs & Events September

Healing from Sexual Abuse - A Retreat for Women Religious
Friday, September 10 - Sunday, September 12

8:30 am (Friday) - 9:00 pm (Sunday)

If you are a woman religious who has experienced any type of sexual abuse



or trauma, this retreat is for you! Presented by Dr. Rachel Waltz, this retreat will focus on healing and empowerment. This is a time for women religious to come together for support, healing and integration. It is required that all participants of

this weekend already be engaged in some type of one-on-one counseling prior to attending. Topics for this retreat include:

- Speaking our Truth
- Signs & Symptoms
- Who Silenced You
- Forgiveness
- Anger, Trust, Healing. Where is God in all of this?
- Healthy Relationships & Boundaries

Cost: \$350 (includes lodging & meals for Friday - Sunday)

\$325 - Early bird discount if registration is received before July 31, 2021.

Registration for this retreat is limited to 15 participants. Suggested travel days - Thursday, September 9 and Monday, September 13.



Facilitator: Dr. Rachel Waltz is a Nurse Practitioner and educator. For more than 30 years she has provided care for under-served and vulnerable populations including low-income families, victims of sexual abuse/assault, and those struggling with addiction. Rachel has a Bachelor of Science degree in Nursing from Indiana University, a Master of Science in Nursing from MCP Hahnemann University in

Philadelphia, Pennsylvania, and a Doctorate from Purdue University. Currently, Rachel is an Assistant Professor in the School of Nursing at Ball State University. For this retreat, she will utilize the concept of Therapeutic Use of Self. This nursing process consciously brings all her education, experience, and personality to a situation in order to affect a positive and therapeutic change in others.

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Schedule of Programs & Events September - Continued

Companions on the Journey

Tuesdays, September 14, 21, 28, October 5, 12, 19

7:00 - 8:30 pm

Note: This program will be presented through Zoom



This six - part study introduces participants to foundational spiritual practices. It is structured to cultivate Christian covenant community, encouraging participants to build relationships with one another as they deepen their relationship with God. Discover opportunities to view discipleship as

a lifelong journey, not merely a static set of beliefs. Using the journey of Abraham as an example, participants will outline significant "stops" along their life's journey. Discover the many types of prayer and recognize the obstacles in our spiritual journey. The five practices addressed in this program are:

- Scripture
- Prayer
- Generosity
- Evangelism
- Service

Cost: \$125 - Includes all 6 sessions and book.

Please commit to attending all 6 sessions.

We will be using the book, *Companions on the Journey* by Tracey D. Leslie.



Presenter: Tracey D. Leslie is a United Methodist clergywoman and a certified spiritual director. Throughout her twenty-five years in ministry, Tracey has served churches of varying sizes in associate and senior pastor roles, including a focus on discipleship. She received her MDiv from United Theological Seminary in Dayton, Ohio, and a certification as a spiritual director through Benedict Inn Retreat & Conference Center. She has also served as a spiritual formation facilitator at United Theological Seminary.



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