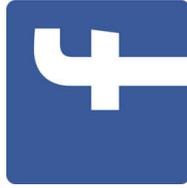


Benedict Inn Retreat & Conference Center
1402 Southern Avenue
Beech Grove, IN 46107-1197

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 January - June, 2021



1402 Southern Avenue
Beech Grove, Indiana 46107
317-788-7581 ~ www.benedictinn.org
For peace of mind, body & spirit



“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 a new year. 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

**January - June, 2021
Programs at a Glance**

January

Yoga & Spirituality - Session I	January 4 - February 8
Personal Day of Retreat	January 12
Soul Healing with Julian of Norwich	January 29 - 30

February

Yoga & Spirituality - Session II	February 15 - March 22
Personal Day of Retreat	February 3
Ash Wednesday Program: Grace	February 17
Combating Racism: A Spiritual Journey	February 23 - March 30
Companions on the Journey	February 24 - March 31

March

Yoga & Spirituality - Session III	March 29 - May 3
Companions on the Journey (Continued)	March 3 - 31
Becoming (Being) Anti-racist (Continued)	March 2 - 30
Personal Day of Retreat	March 9
Sacred Rhythms	March 19 - 21

April

Triduum Retreat	April 1 - 4
Personal Day of Retreat - Good Friday	April 2
Benedictine Spirituality	April 6 - 27

May

Personal Day of Retreat	May 11
Peace & Nature Garden Walk	May 13
Blessed Mother's Beads	May 15

June

Personal Day of Retreat	June 9
Peace & Nature Garden Walk	June 10
Personal Journal: A Tool for the Spiritual Journey	June 11 - 12
Monastic Retreat: Our Journey into Freedom	June 20 - 26

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



The little gift shop with a big selection of books, unique gifts, religious items, and beautifully hand-crafted items has a new look! Shop INN-Spired for pottery, soaps, rosaries & jewelry, books, cards, and more! Meaningful & treasured gifts at affordable prices...

**Monday - Friday
9:00 am - 5:00 pm**

Weekend hours vary. Please call first.



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 ~ 43 bedrooms & bathrooms
- ~ Gift shop ~ On-site dining service
- ~ Labyrinth ~ 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 closer relationship 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 deepen 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 call 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.**

January - June Personal Day of Retreat Schedule

Tuesday, January 12	Wednesday, February 3
Tuesday, March 9	Friday, April 2 - Good Friday*
Tuesday, May 11	Wednesday, June 9

*Spiritual Direction is not available on Friday, April 2 (Good Friday)

Your retreat begins at 9:00 am and ends at 4:00 pm. Please feel free to check in 30 minutes early to get settled in.

Introducing...

Presenters, Facilitators, Instructors

Yoga & Spirituality



Cynthia Budyn believes that exercise is a form of prayer. It helps us understand and open ourselves to a better relationship with God as followers of Jesus Christ. She completed her Master of Divinity at Christian Theological Seminary and is a registered and certified yoga instructor.

Grace: An Ash Wednesday Day of Reflection



Sr. Karen Byerley, OSB recently retired from teaching after 48 years. In 1995, she made a Cursillo at Mount Saint Francis Center for Spirituality where she was a member of the Cursillo secretariat as spiritual advisor. In 2008, Sr. Karen gave the Regional Keynote for Cursillo Region 4. Today she serves her community as archivist.

Sacred Rhythms & Benedictine Spirituality - Listening



Sr. Carol Falkner, OSB serves as the administrator of the Benedict Inn Retreat & Conference Center. She earned a Masters in Education and Administration from Ball State University. Sr. Carol has served as a teacher, principal, and prioress of her community. A trained spiritual director and retreat presenter, Sr. Carol has cherished the Benedictine life for over fifty years.

Sacred Rhythms



and her garden.

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

Peace & Nature Garden Walk



Sr. Angela Jarboe, OSB celebrated 50 years of monastic life in 2018. Her many certifications, leadership roles, experience in teaching, and love of nature and reading enhances her enthusiasm for leading a variety of programs at the Benedict Inn. Sr. Angela currently serves as an adjunct instructor for the Benedict Inn Retreat & Conference Center and enjoys leading the Peace & Nature Garden community walks, when weather permits. In her free time, she enjoys reading, gardening, art, and finds great joy in being in nature.

Introducing...

Presenters, Facilitators, Instructors

Benedictine Spirituality - Obedience



Sr. Kathleen Yeadon, OSB has been a member of Our Lady of Grace Monastery since 1991. For nine years, she served as a youth minister in Indianapolis and worked as a youth minister, focusing on street kids in Houston, Texas, Guatemala and Panama for three years. She received her graduate degree in Monastic Studies and Sacred Scripture from St. John's University in Collegeville, Minnesota.

Benedictine Spirituality - Good Zeal



Sr. Julie Sewell, OSB, a member of Our Lady of Grace Monastery, is the Vocation Director for her Benedictine Community. She has a Bachelor's degree in history and philosophy from Xavier University in Cincinnati, Ohio. Sr. Julie has a certificate in spiritual direction and offers individual spiritual direction and retreat direction where she leads workshops on various topics.

Benedictine Spirituality - Forgiveness



Sr. Antoinette Purcell, OSB is Director of Oblates for the monastic community as well as a spiritual director. Previously, she served as Director of the Spiritual Direction Internship for Benedict Inn. Sr. Antoinette was the 1996 recipient of National Catholic Educational Association's OUTSTANDING GRADUATE AWARD. She enjoys nature, music, reading (especially poetry) puzzles, and movies for fun and relaxation.

Blessed Mother's Beads



Sr. Nicolette Etienne, OSB & Kathy Willis are long-time friends who often work together teaching rosary making at retreats and workshops. Sr. Nicolette entered Our Lady of Grace Monastery in 1986, and is a middle school religion teacher at Holy Name Catholic School in Beech Grove. Kathy is an attorney and lives with her husband and two children in New Albany, Indiana. The two friends have been making rosaries together for over 10 years.



For peace of mind, body & spirit

Yoga & Spirituality January - June 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

January 4
January 11
January 18
January 25
February 1
February 8

Session II

February 15
February 22
March 1
March 8
March 15
March 22

Session III

March 29
April 5
April 12
April 19
April 26
May 3

Classes are held on Mondays 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 eighth 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 artwork.

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

Thursday, May 13

Thursday, June 10

Cost: FREE but contributions are gratefully accepted. Please register in advance for the Peace & Nature Garden Walk. The program begins at 7:00 pm and ends at 8:30 pm. Great fun for kids of all ages!

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

Schedule of Programs & Events

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

January

"Of all the spiritual tasks given to us, this is the one that most pleases our Beloved: that we rejoice in the joy the blessed Trinity takes in the liberation of our souls."

~ Julian of Norwich

Soul Healing with Julian of Norwich



Friday - Saturday, January 29 & 30

7:00 pm (Friday) - 3:30 pm (Saturday)

In this overnight retreat, journey with Julian of Norwich and taste the transformational, healing, and redemptive power of Christ's passion. Experience a deeper appreciation of the sensual and spiritual aspects of your soul. Dive into Julian's parable of the Lord and Servant; her image of the hazelnut; and what she meant when she said, "*sin has no substance*".

Discover the joy that awaits those who love God through the eyes of Julian of Norwich.

A copy of "*The Showings of Julian of Norwich - A New Translation*" by Marabia Starr will be referenced in this retreat. **We will have some copies available for purchase in our gift shop, but please call first to reserve your copy. Bring a journal and wear comfortable, appropriate clothing.**

Cost: \$175 (Includes meals & room)



Presenter: Carolyn Berghuis, MS, ND, CTN is an Inspirational Catholic Speaker, author of *Understanding The Jesus Code*, developer of *The LIVE Method*, and Traditional Naturopath, who lights up audiences with inspiring talks that encourage others to rediscover their Christ joy within. By combining her extensive knowledge in holistic medicine with her faith in God, Carolyn offers a unique approach to those seeking greater health, happiness, and wholeness. Carolyn holds a MA in Theology from

Saint Meinrad Seminary and School of Theology, a doctoral degree in Naturopathy, a MS in Holistic Nutrition, and a BS in Mathematics. Together with her husband, Scott, Carolyn enjoys a rich family life with their three beautiful children and seven amazing grandchildren.

Image courtesy of @reverendally.org

Schedule of Programs & Events

June

The Personal Journal - A Tool for the Spiritual Journey



Friday - Saturday, June 11 & 12

7:00 pm (Friday) - 3:30 pm (Saturday)

Keeping a journal is a spiritual practice that explores our minds and hearts while training the ear to listen to God's words. Such a prayerful practice deserves a beautiful book! During this retreat, you will create your own journal using a simple book-making technique. Discover various journaling techniques, which will encourage, inspire, and challenge you to go deeper into your writing. Join us for this prayerful weekend as we open ourselves to God's word within us.

Cost: \$175 (Includes room meals & supplies)



Presenter: Susan Yanos has been a professor of writing and literature, a director of religious education, and director of a Ministry of Writing Program. She currently serves as a spiritual director, and teaches theology at Seton High School in Richmond, Indiana. Her books include *Women, You Are Free: A Spirituality for Women in Luke*; *Emerging from the Vineyard: Essays by Lay Ecclesial Ministers* and *The Tongue Has No Bone; a book of poems*.

Monastic Retreat: Our Journey into Freedom



Sunday, June 20 - Saturday, June 26

7:00 pm (Sunday) - 1:00 pm (Saturday)

In this week of retreat, we will focus on the life of St. Benedict. Pope St. Gregory the Great depicts images and scenes in his Dialogues of the Saints, including St. Benedict. Focusing on this resource, we will examine what this offers us for our own spiritual journey into a life lived in the freedom of the Gospel that leads us to Christ and our eternal home. St. Benedict is a role model for us, for our life of discipleship, and our relationships with others along the journey.

Cost: \$550 (Includes room & meals)



Presenter: Fr. Mauricius Wilde, OSB was born and raised in Hildesheim, Germany. When he was 19, he entered the Benedictine monastery in Muensterschwarzach, where he studied theology and philosophy at Wuerzburg University. In 1990, Fr. Mauricius professed his final vows and completed his doctorate on the mystic, Meister Eckhart. In 2002, Fr. Mauricius was ordained a priest. Currently, Fr. Mauricius serves as the Prior of the Abbey of Sant' Anselmo all' Aventino in Rome, Italy.

Image courtesy of Archive.OSB.org- image by Jeanne Kerremans from L'Admirable Légende de Saint Benoit (Bruges, 1948).

Schedule of Programs & Events May

Blessed Mother's Beads



Saturday, May 15
10:00 am - 2:00 pm

The Rosary... a powerful prayer that quiets our hearts and minds, allowing us to put the world in perspective. We've all heard about miraculous events which occurred from praying the Rosary. Some famous, and some very personal. Yet in all instances, we knew our Blessed Mother Mary was listening.

What better way to recite this beautiful prayer than with a rosary prayerfully created by *you!*

Back by popular demand!

Sister Nicolette Etienne, OSB learned the prayerful art of rosary making by her mother several years ago. We are excited that she wants to share this "holy hobby" with you! Place yourself in the loving presence of our Blessed Mother as you join us for this very special program where you will:

- Learn the prayerful art of rosary making;
- Create your own rosary or rosary bracelet;
- Learn more about our Blessed Mother, Mary;
- Unlock the history and mysteries of the Holy Rosary;
- Share your "Rosary Miracles"
- And so much more!

Spend an afternoon honoring Mary at this special program. **This program sold out in the past and class size is limited to 20 participants, so register early!**

Cost: \$60 (Includes supplies and lunch)

Instructors: Sr. Nicolette Etienne, OSB and Kathy Willis



Stay *INN* the know!

Sign up for our monthly newsletter today at www.benedictinn.org

Schedule of Programs & Events February

Grace: An Ash Wednesday Day of Reflection



Wednesday, February 17
10:00 am - 4:30 pm

What is *grace*? It seems like a simple question, yet can sometimes be difficult to recognize. Come explore the many facets of this unique and powerful gift from God at our Ash Wednesday Day of Reflection. Begin the Lenten season in an atmosphere of discovery as we reflect on the effects of grace in our lives.

Cost: \$60 (Includes lunch)

Presenter: Sr. Karen Byerley, OSB

Combating Racism - A Spiritual Journey



Tuesdays, Feb. 23, March 2, 9, 16, 23 & 30
7:00 - 8:30 pm

Are you interested in exploring anti-racist scripture, policy, and current events that address taking meaningful action on systemic racism? This interactive program is intended for those desiring to explore how to begin, or continue,

the work of dismantling racism to create a more racially just and compassionate society. Discover ways to engage in spiritual growth practices that encourage a focus on your relationship with God, provide opportunities to join wholeheartedly with others through prayerful listening and response.

Cost: \$25/Session or \$125 for 6 sessions.



Presenter: Dr. Mary Beth Riner believes Lent is a time to consider how we might change to live a more faith-filled life. As a spiritual director and a nurse educator of 29 years, she knows that a change in practice is more likely to occur after exposing ourselves to new ideas and ways of being. Doing the work of becoming anti-racist is necessary to create a more just society.



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

Schedule of Programs & Events February - Continued

Companions on the Journey



**Wednesday February 24, March 3, 10, 17, 24 & 31
7:00 - 8:30 pm**

This six - part study introduces participants to foundational spiritual practices. We will be using the book, ***Companions on the Journey***. It is structured to cultivate Christian covenant community, encouraging participants to build relationships with one another as they deepen their relationship with God. Using the journey of Abraham as an example, participants will outline significant “stops” along their life’s journey.

Cost: \$130 - Includes all 6 sessions and book.

Please commit to attending all 6 sessions.



Presenter: Tracey D. Leslie is a United Methodist clergywoman and a certified spiritual director. Throughout her twenty-five years in ministry, she has served churches of varying sizes in associate and senior pastor roles, including a focus on discipleship. Tracey 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 been a spiritual formation facilitator at United Theological Seminary.

Schedule of Programs & Events March

Sacred Rhythms of Prayer



**Friday, March 19 - Sunday, March 21
9:00 am (Friday) - 1:00 pm (Sunday)**

Are you longing for a deeper connection with God? Are you ready to explore life-giving rhythms in everyday life? Free yourself from the constant mental, emotional, and physical chaos, and explore the practices that spiritual seekers have used throughout history to grow closer to God. This weekend retreat

provides guidance for you in a way that links the Christian faith to the most compelling desires of the human soul. Discover the beauty and delight of the natural rhythms in the created order.

Cost: \$250 (Includes room and meals)

Retreat Facilitators: Sr. Carol Falkner, OSB & Patty Moore

Schedule of Programs & Events April

Triduum Retreat



**Thursday, April 1 - Sunday, April 4
4:30 (April 1) - 1:00 pm (April 4)**

Enter into the rhythm of the Triduum with the Sisters of St. Benedict and experience Holy Week in the spirit of this monastic community! Participate in silence, prayers, and rituals of these powerful and meaningful services. You will be welcomed to an Agape Feast;

Holy Mass of the Lord’s Supper; Adoration of the Blessed Sacrament; Liturgy of the Lord’s Passion; Easter Vigil; Easter Prayer; and Mass of the Resurrection. Discover the beauty of this journey to Easter.

Cost: \$350 (Includes room and meals)

Please note: Check-in begins at 4:30 pm on Thursday, April 1st. Due to the COVID-19 pandemic, please call before registering to ensure the monastery is open to the public. Thank you.



**Benedictine Spirituality
Tuesdays, April 6, 13, 20 & 27
7:00 - 8:30 pm**

“The body and soul are like two sides of a ladder into which God has built various steps. The ladder becomes your life, and as your heart is humbled, so the Lord will lift you up to Heaven.” (Rule, Chapter 7)

In today’s world where pop culture promotes self-love, self-praise and self-promotion, we still search for inner peace and happiness. Benedictine Spirituality is not just for monastics! Discover how this centuries old Rule of St. Benedict still applies today and can enhance your day to day spirituality. Join Sisters Kathleen Yeadon, Julie Sewell, Carol Falkner, and Antoinette Purcell as you discover how this centuries-old Rule can be incorporated into your daily life.

Session 1 - Sr. Kathleen Yeadon, OSB will journey the narrow path of obedience. Discover how the gift of obedience is an act of love.

Session 2 - Sr. Julie Sewell, OSB examines ways to foster good zeal in our lives by making choices of the heart.

Session 3 - Sr. Carol Falkner, OSB will focus on the wisdom of listening.

Session 4 - Sr. Antoinette Purcell, OSB explores the challenge and the gift that is forgiveness.

Cost: \$90 for series or \$25/session

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