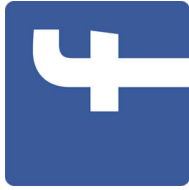


Benedict Inn Retreat & Conference Center  
1402 Southern Avenue  
Beech Grove, IN 46107-1197

317-788-7581 ~ [www.benedictinn.org](http://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 2022***



***For peace of mind, body & spirit***

1402 Southern Avenue ~ Beech Grove, Indiana 46107  
317-788-7581 ~ [benedictinn@benedictinn.org](mailto:benedictinn@benedictinn.org) ~ [www.benedictinn.org](http://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 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 & spirit***

## **January - June 2022 Programs at a Glance**

### **January**

Yoga & Spirituality - Session I	January 3 - 31, February 7
Personal Day of Retreat	January 4
Cave to Mountaintop	January 6, 13, 20 & 27

### **February**

Julian of Norwich - Mother of God	February 4 - 6
Personal Day of Retreat	February 9
Yoga & Spirituality - Session II	February 14 - 28, March 7-21

### **March**

Ash Wednesday Day of Retreat	March 2
Yoga & Spirituality - Session III	March 28, Apr. 4-25, May 9
Coffee & Conversation	March 8, 15, 22, 29, April 5
Personal Day of Retreat	March 9
Priest, Prophet & King Lenten Retreat	March 11 -13

### **April**

Triduum Retreat	April 14 - 17
Good Friday Personal Day of Retreat	April 15

### **May**

Blessed Mother's Beads	May 7
Peace & Nature Garden Walk	May 12
Personal Day of Retreat	May 18

### **June**

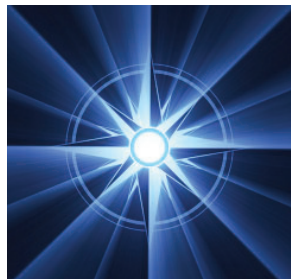
Peace & Nature Garden Walk	June 9
Personal Day of Retreat	June 14
Grace in Tight Spaces	June 18
Monastic Retreat	June 19 - 25



*For peace of mind, body & spirit*

**Register online for programs at [www.benedictinn.org](http://www.benedictinn.org) or call 317-788-7581**

## Spiritual Direction Internship (SDI) Formation Begins September 2022



**Spiritual Direction Internship (SDI)** is designed for a person who desires to enrich his/her spiritual life, to discern whether they have a call to become a spiritual director, and to develop experientially the skills needed for this ministry. Our SDI formation meets the needs of the Roman Catholic and larger Christian community in Indianapolis, Indiana and the surrounding area.

The Benedict Inn Retreat & Conference Center has been

preparing women and men for the ministry of spiritual direction since 1991. SDI is an ecumenical program based on Saint Benedict's words, *Listen with the ear of your heart*.

### Components of the SDI Formation

- Education - four semesters
- Spiritual Formation
- Practicum Individual
- Supervision

### Applicant Qualifications

- Demonstrate spiritual maturity and attentiveness to their relationship with God, themselves, and others.
- Actively engaged in personal spiritual direction for one year prior to the internship.
- Sense a call to journey as a spiritual companion with others.

### Tuition & Fee Information

- Tuition is \$995/semester. Checks, money order or online\* payment.
- Non-refundable application fee of \$30.
- Interns are responsible for purchasing all required books.
- The SDI Formation ends with a five-day directed retreat with a cost of \$475

### Application Process

- Completed application is due by June 30, 2022
- Application forms can be found at <https://www.benedictinn.org/spiritual-direction-internship-program>
- **Contact Bev Hansberry at 317-788-7581, Extension 3 or E-mail at [spiritualdirection@benedictinn.org](mailto:spiritualdirection@benedictinn.org) for more information.**

\*Credit/Debit card payments will be assessed a 5% processing fee.

## 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](mailto: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](http://www.benedictinn.org), or e-mail [spiritualdirection@benedictinn.org](mailto:spiritualdirection@benedictinn.org).**



## Reasons to Make a Retreat



*“Listen with the ear of your heart.”*

**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 2022

#### Personal Day of Retreat Schedule

Tuesday, January 4	Wednesday, February 9
Wednesday, March 9	Friday, April 15*
Wednesday, May 18	Tuesday, June 14

\* Good Friday, April 15 is a silent retreat day. Spiritual Direction is not available.

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

## Schedule of Programs & Events

### June - Continued

#### Monastic Retreat ~ Heartened by Hope

Sunday, June 19 - Saturday, June 25

6:30 pm (Sunday) - 1:00 pm (Saturday)

Cost: \$550 (Includes room and meals)



In a time of chaos, confusion, and uncertainty, drawing from our Judaic/Christian heritage of hope is essential. Spending time with the Scriptures and our Benedictine tradition ensures that we are, *“Always ready to give an explanation to anyone who asks the reason for our hope.”* (1

Peter 3:15) Finding hope in the stories of the Old and New Testaments, the Psalms, the Rule of Saint Benedict, and being hope for the Church will be a few of the areas addressed during this retreat.



**Presenter: Sister Michaela Hedican, OSB** joined the Benedictine Sisters of Saint Bede Priory during her senior year of high school in 1962, making her perpetual profession on July 11, 1967. She is a graduate of the College of Saint Scholastica in Duluth, Minnesota and holds two masters degrees - one in religious education and the other in theology. As a member of Saint Bede Priory, Sister Michaela taught science and religion to elementary and junior high students. She served her community

as vocation director and novice director from 1974 - 1979. In 2003, Sister Michaela was elected president of the Federation of Saint Benedict and in 2008, was elected prioress of Saint Bede Monastery in Eau Claire, Wisconsin. She served as prioress until the Saint Bede community merged with Saint Benedict's Monastery in August, 2010. In 2011, she was elected the 16th prioress of Saint Benedict's Monastery in St. Joseph, Minnesota. During her years as prioress, Sister Michaela played a significant role in all aspects of the St. Bede sister's transition to Saint Benedict's Monastery. Following her term as prioress, Sister Michaela participated in a program for certification in spiritual direction in Tuscan, Arizona.



*For peace of mind, body & spirit*

## Schedule of Programs & Events June

### Grace in Tight Spaces

Saturday, June 18

9:00 - 11:30 am

Cost: \$35



It's easy to feel God's grace when our lives are going well. It is during these times when our blessings feel abundant. But what about those times when we experience pain and suffering? Recognizing God's grace in difficult times can feel impossible.

**Grace in Tight Spaces** is a look at those moments – the undiscovered blessings – remembering how

God's grace is always alive and available to us. Journey through the tight spaces in your life through the lens of Scripture and the Rule of St. Benedict at this morning of discussion and reflection.

*"Do not be daunted by fear and run away from the road that leads to salvation. It is bound to be narrow at the outset. But as we progress in this way of life and in faith, we shall run on the path of God's commandments, our hearts overflowing with the inexpressible delight of love."* (RB – Prologue)



**Presenter: Sr. Kathleen Yeadon, OSB** has been a member of Our Lady of Grace Monastery since 1991. With a Masters in Scripture from St. John's University in Collegeville, Minnesota, she delights in making the Word come alive in our everyday lives. For nine years, Sr. Kathleen worked as a youth minister, focusing on street kids in Houston, Texas, Guatemala, and Panama. She taught Sacred Scripture and Social Justice for senior high school students at Bishop Chatard High School. Today, Sister Kathleen serves as the Family Outreach Coordinator at Providence Cristo

Rey High School. Born and raised in Indianapolis, Sister Kathleen enjoys reading, writing, hiking, and discovering new ways to encounter God.



Register online at [www.benedictinn.org](http://www.benedictinn.org) or call 317-788-7581

## Yoga & Spirituality January - June, 2022 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. Instructor: Mary Doherty**

### Session I

January 3  
January 10  
January 17  
January 24  
January 31  
February 7

### Session II

February 14  
February 21  
February 28  
March 7  
March 14  
March 21

### Session III

March 28  
April 4  
April 11  
April 18  
April 25  
May 9

**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 tenth 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.

**Peace & Nature Garden Walks with  
Sister Angela Jarboe, OSB will be starting up soon!**  
Thursday, May 12      Thursday, June 9  
7:00 - 8:30 pm

Visit our website at [www.benedictinn.org](http://www.benedictinn.org) or call 317-788-7581 for information and registration.



## Schedule of Programs & Events

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

### January

#### Cave to Mountaintop: Benedict's Vision for a Spiritual Life

Thursdays, January 6, 13, 20, 27

7:00 - 8:30 pm - Virtual Program via Zoom

Cost: \$25/Session or Series of 4 sessions for \$75



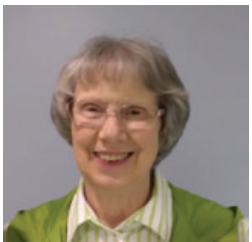
Benedict of Nursia (480-557) lived in a time of chaos not unlike our own. From Nursia to Rome for study and then to a cave near Subiaco and on to Monte Casino, his life continues to influence monastics and spiritual seekers who find his *Rule* a valuable guide for a spiritual life. **In these virtual sessions, we will review his life and some spiritual values of *The Rule of St. Benedict* that are relevant in our time.**

**January 6 - The Life & Miracles of St. Benedict** ~ Using images and sections of St. Gregory the Great's *Dialogues II*, we will follow the journey of Benedict's life and introduce his *Rule* for those who desire to follow Christ.

**January 13 - The Rule of Benedict: Imitating Christ's Humility and Obedience** ~ We will consider two virtues that for Benedict are one reality and the significance for spiritual life.

**January 20 - The Rule of Benedict: Imitating Christ's Prayer and Service** ~ Prayer and service must flow out and feed each other. Consider how the *Rule* addresses the importance for one who follows Christ.

**January 27 - Living Benedict's Spiritual Vision in the 21st Century** ~ Discuss Benedictine values that challenge and support our efforts in living an intentional and authentic Christian life.



**Presenter: Sister 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 the Benedict Inn Retreat & Conference Center. Sister Antoinette has a Masters in Pastoral Studies from Loyola University, Chicago; a Masters in Education from Ball State University, Muncie, IN; and a Bachelor of Arts from St. Benedict College, Ferdinand, IN. She was

the 1996 recipient of the National Catholic Educational Association's **Outstanding Graduate Award** and is a member of American Benedictine Academy, Spiritual Directors of Central Indiana, Spiritual Directors International and North American Association of Benedictine Oblate Directors. She enjoys nature, music, reading (especially poetry) puzzles, and movies for fun and relaxation. Sister Antoinette has been a professed member of Our Lady of Grace Monastery in Beech Grove, Indiana since 1964.

## Schedule of Programs & Events

### May

#### Blessed Mother's Beads

Saturday, May 7

10:00 am - 3:30 pm

Cost: \$75 (Includes lunch and materials)



Sr. Nicolette Etienne, OSB learned the prayerful art of rosary making from her mother several years ago. We are excited that she wants to share this "holy hobby" with you! Join us for this very special program where you will learn the art of rosary making; more about our Blessed Mother, Mary; the history and mysteries of the Holy Rosary and so much more!  
**Class size is limited for this popular program, so register early!**



**Presenters: Sr. Nicolette Etienne, OSB & Kathy Willis** are long-time friends who often work together teaching rosary making at retreats and workshops throughout the year. 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 ten years.



**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.**

## Schedule of Programs & Events April

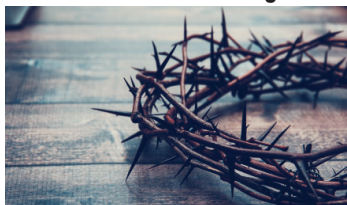
### Triduum Retreat

Thursday, April 14 - Sunday, April 17

4:30 (April 14) - 1:00 pm (April 17)

Cost: \$375 (Includes room and meals)

Please note: Check-in begins at 4:30 pm on Thursday, April 14th.



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.

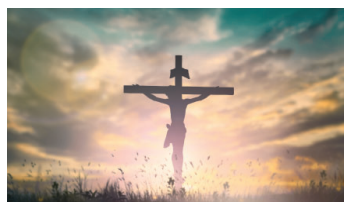
### Personal Day of Retreat - Good Friday

Friday, April 15

9:00 am - 4:00 pm

Cost: \$40 (Includes a private room and lunch).

Spiritual Direction is not available on Good Friday.



Continue your Lenten journey and observe Good Friday in the silence and solitude of a personal day of retreat. Spend this holy day with our Lord, Jesus Christ, who willingly gave us the ultimate gift of love and redemption through his sacrifice.

Please note: At this time, we are uncertain if we can welcome guests at the monastery for Good Friday Services due to COVID-19 restrictions. Please call 317-788-7581 or visit our website at [www.benedictinn.org](http://www.benedictinn.org) prior to your arrival to confirm if the monastery is open to guests.

Our regularly scheduled Personal Day of Retreat is moved to Friday, April 15 (Good Friday). Please call for options if you wish to reserve a different day for a personal day of retreat and we will do our best to accommodate your schedule.

*For peace of mind, body & spirit*

## Schedule of Programs & Events February

### Soul Healing II With Julian of Norwich ~ Jesus as Mother

Friday, February 4 - Sunday, February 6

8:30 am (Friday) - 1:00 pm (Sunday)

Cost: \$300 (Includes room and meals) \$275 if paid registration is received before January 15, 2022!



In this weekend retreat, journey with Church Mystic Julian of Norwich and experience the perfect love of Jesus as Mother. Perfect love is an endless manifestation of the Holy Trinity, a gift extended to all. The natural outflow of this gift is mercy and grace. Mother Jesus invites you into mercy and grace through his body where he sustains and nourishes you. Develop a deeper appreciation of Mary's role in this perfect love and experience the motherhood of God.

Note: Recommended book for this retreat, *The Showings of Julian of Norwich - a New Translation* by Marabia Starr and *Understanding the Jesus Code* by Carolyn Berghuis will be available for purchase in our gift shop. However, please call first to reserve your copies. This is a popular retreat, so register early. Class size is limited!



Presenter: **Carolyn Berghuis MS, ND, CTN** is an inspirational Catholic speaker, author of *Understanding The Jesus Code*, developer of *The LIVE Method*, and a traditional naturopath who lights up audiences with talks that encourage listeners to rediscover their Christ joy within. Filled with compassionate, loving enthusiasm for life, her presentations incorporate joy that lifts the hearts of her attendees. Her educational background, coupled with the richness she receives through her Catholic faith, helps Carolyn recognize the divinity found in all of God's children. 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.



Register online at [www.benedictinn.org](http://www.benedictinn.org) or call 317-788-7581



## Schedule of Programs & Events March

*Lent begins on Ash Wednesday, March 2nd. Enhance your spiritual journey by attending these Lenten programs and retreats in March and April at the Benedict Inn Retreat & Conference Center! Sign up today at [www.benedictinn.org](http://www.benedictinn.org) or call 317-788-7581*

**The Cross: The Heart of the Lenten Journey**  
**Ash Wednesday, March 2**  
**10:00 am - 4:30 pm**  
**Cost: \$65 (Includes lunch)**  
**Presenter: Sr. Betty Drewes, OSB**



Throughout the Lenten season, the invitation is always to deepen our love of Jesus. The heart of the cross is always Love! Join us for this Ash Wednesday retreat where we will explore the deeper meaning of the cross of Jesus through discussion, sharing, and creative expression. Follow and love through the cross and be changed forever on your Lenten journey!

**Coffee & Conversation**  
**March 8, 15, 22, 29, April 5**  
**10:00 - 11:30 am**  
**Cost: \$25/Session or \$100 for series (Save \$25!)**  
**Presenter: Patty Moore**



How do we find joy in the midst of deadlines, debt, drama, and daily duties? What do we do when our days are filled with the mundane, and the frustration of daily living? In this five week series of discussion and sharing, we will learn to embrace the everyday blessings that immerse us in Christ's fullness with grateful hearts. Join us as we take on the life changing discipline of journaling God's gifts - taking the time to really look at life and finding the good in it. This program is based on Ann Voskamp's book, *One Thousand Gifts*. Journals provided.

**March 8 - Attitude of Gratitude**  
**March 15 - Grace in the Moment**  
**March 22 - All is Grace**  
**March 29 - Trust: The Bridge to Joy**  
**April 5 - Empty to Full**

## Schedule of Programs & Events March - Continued

**Priest, Prophet, and King: A Lenten Retreat**  
**Friday, March 11 - Sunday, March 13**  
**8:30 am (Friday) - 1:00 pm (Sunday)**  
**Cost: \$300 (\$275 if paid registration received before 1/5/22)**  
**Facilitators: Sr. Carol Falkner, OSB and Patty Moore**



How well do you know Jesus? The Anointed One - the ultimate priest, prophet, and king foreshadowed throughout the Hebrew Scriptures. Join us for this Lenten retreat where we will focus on deepening our personal relationship with Jesus. Through Father Robert Barron's teachings, we will explore the biblical models of priest, prophet, and king, and how Jesus is the ultimate fulfillment of each one. Discover who Jesus really is and realize your own priestly, prophetic, and kingly mission!

### Introducing Our Lenten Program Facilitators!



**Sr. Betty Drewes, OSB** is our presenter for ***The Cross: The Heart of the Lenten Journey*** on Ash Wednesday. She is a member of the spirituality ministry team for her Ferdinand Benedictine community. Sr. Betty has a BS and MS in education from Saint Benedict College in Ferdinand, IN and Saint Francis University in Fort Wayne, IN respectively, a Masters in Pastoral Ministry from Creighton University in Omaha, Nebraska, and participated in a three months study program in the Holy Land through Catholic Theological Seminary in Chicago. In her free time, Sr. Betty loves walking in nature, reading, traveling, spending time with family and friends, and expressing her spirituality in creative ways.



**Patty Moore** will facilitate ***Coffee & Conversation*** and ***Priest, Prophet, and King Lenten Retreat*** in March and works at the Benedict Inn Retreat & Conference Center as Assistant to the Directors of Facilities and Programming. She is a Spiritual Director having completed the Spiritual Direction Internship Program through the Benedict Inn and an Oblate of Our Lady of Grace Monastery. Patty is a member of St. Rose of Lima Catholic Church in Franklin, IN where she serves in many ministries and leads Bible study groups. Patty enjoys spending time with her three daughters and nine grandchildren, traveling, cooking, reading, and her



**Sr. Carol Falkner, OSB** will facilitate ***Priest, Prophet, and King Lenten Retreat*** in March and presently serves as the administrator of the Benedict Inn Retreat & Conference Center, a ministry owned and operated by the Sisters of St. Benedict. She earned a Masters in Education and Administration from Ball State University. She has served as a teacher, principal, assistant director of the Benedict Inn and prioress of her community. She is a trained spiritual director and retreat presenter. She has lived and cherished the Benedictine life for over fifty years. She enjoys pottery, reading and camping.