

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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Permit No. 911



## *Benedict Inn Retreat & Conference Center Program & Retreat Schedule July - December, 2020*



*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 in the second half of 2020. 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, 2020  
 Programs at a Glance**

**July**

Personal Day of Retreat	July 1
Peace & Nature Garden Walk	July 9

**August**

Personal Day of Retreat	August 4
Yoga & Spirituality - Session I	August 3 - Sept. 14
Peace & Nature Garden Walk	August 13
The Gates of Heaven - Merton Retreat	August 21 - 22

**September**

Personal Day of Retreat	September 9
No Regrets - A Sage-ing® International Program	September 12
Yoga & Spirituality-Session II	Sept. 21 - Oct. 26
Angels of Grace Awards Luncheon	September 26

**October**

Me Too: From Shame to Survivor	October 1, 8, 15, 22
Yoga & Spirituality - Session II (Continued)	October 5, 12, 19, 26
Personal Day of Retreat	October 6
Soul Collage	October 24

**November**

Yoga & Spirituality - Session III	November 2 - Dec. 7
Personal Day of Retreat	November 4
Breaking Free - Coping with Anxiety	November 7

**December**

Waiting in Joyful Hope	December 1
Shop INN-Spiced Christmas Sale & Open House	December 5
Personal Day of Retreat	December 8
Sunday Advent Scripture Readings - How they speak to us	December 12



**Register online for programs at [www.benedictinn.org](http://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
- ~ Flexible break-out spaces ~ Chapel
- ~ 43 bedrooms & bathrooms ~ Secured entrance & rooms
- ~ Gift shop ~ On-site dining service ~ Picnic areas
- ~ Labyrinth ~ Lovely gardens, walking paths & benches

A member of the Association of Benedictine Retreat Centers, the Benedict Inn is fully self-supported through our programs and retreats, rental facilities, personal donations, and sales from our gift shop, *Shop INN-Spired*. If you are looking for a group retreat, hosting a meeting or workshop, or needing a quiet space for a personal retreat, there is always room at the Benedict Inn. 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, OSB at 317-788-7581, extension 2, or e-mail [facilities@benedictinn.org](mailto:facilities@benedictinn.org).

### Are you called to be a Spiritual Director?

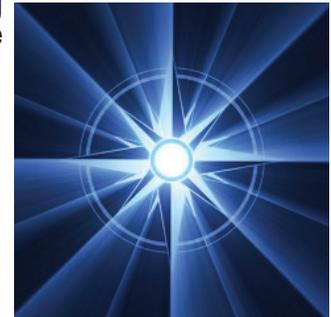
**TIME IS RUNNING OUT TO REGISTER FOR OUR 2020-2022 CLASS!  
REGISTRATION DEADLINE IS JUNE 15, 2020**

Our Spiritual Direction Internship Program (SDI) is starting soon! Since 1991, the Benedict Inn Retreat & Conference Center continues to offer a renowned, two-year training program. **Spiritual Direction Internship** is for those with a desire to enrich spiritual life, discern the call to become a spiritual director, and need to experientially develop the skills necessary for spiritual direction.

**The Benedict Inn Retreat & Conference Center is now taking applications for our 2020 - 2022 class!**

**Applications for the upcoming SDI program must be received by June 15, 2020. The two - year program begins in September, 2020. For more information or to apply, please contact:**

**Bev Hansberry - Spiritual Direction Internship Program  
317-788-7581, extension 3  
or e-mail [spiritualdirection@benedictinn.org](mailto:spiritualdirection@benedictinn.org).**



## Reasons to Make a Retreat



*“Be still and know...”*

- 1. Take a breath and step back from worldly distractions.** Distractions surround us 24/7, and sometimes we just need to step back and take a breath. Throughout the centuries, men and women have been called by the Holy Spirit to retreat and spend time with God. Jesus spent 40 days in the desert praying and fasting as he prepared for the important work of his public ministry. Sometimes inviting his disciples to “come away by yourselves and rest awhile,” Jesus directed them to retreat. Saints and mystics would often seek solitude in order to listen to 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.** In today’s busy world, there are so many distractions, it can be challenging to listen to what God is trying to tell us. 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 retreat is the perfect time to examine and revise our goals, behaviors, strengths and weaknesses. Stepping away 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. Spend the day as relaxed or as structured as you wish. Call to schedule your personal retreat today. 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.



For peace of mind, body & spirit  
[www.benedictinn.org](http://www.benedictinn.org)

## Peace & Nature Garden

*“With nature’s help, humankind can set into creation all that is necessary.”*

*~St. Hildegarde of Bingen*

Benedict Inn Retreat & Conference Center welcomes you to the Peace & Nature Garden.



Envisioned as a serene environment for meditation, reflection, and a native plant oasis, the garden is now in its seventh year. We can't say it's complete, because that's up to God. However, it looks more beautiful with each passing season. What was once a field of grass now has a walking path, benches, plants, artwork and people enjoying this inspiring place. 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 Community Walks where you will discover beautiful native plants, butterflies and artwork.

## About our Labyrinth

*“You will show me the path of life, fullness of joy is in your presence.”*

*~Psalms 16:11*

Originally a tennis court, the Labyrinth at the Benedict Inn Retreat & Conference Center was created in honor of the 50th anniversary of Our Lady of Grace Monastery. In 2005, our Labyrinth was created as a replica of an ancient one constructed around 1120 AD, in the stone floor of Chartres Cathedral in France. A labyrinth is a meditative walking path based upon the ancient symbol of pilgrimage. It represents a path to the Holy Land, resting in the center, and the journey outward. The Labyrinth is an archetype, a divine footprint, found in all religious traditions around the world. Unlike a maze, the labyrinth has only a single path with no tricks or dead ends. You cannot get lost on a labyrinth. The path becomes a mirror for where we are in our lives. Walking a labyrinth is like a brief pilgrimage. Walk it with an open mind and heart. Intention is an important part of the labyrinth journey. How might you bring intention and purpose to your prayer walk today?



For peace of mind, body & spirit

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## Presenters, Facilitators, Instructors

### ***Me Too: From Shame to Survivor & Breaking Free: Coping with Anxiety***



**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 in Nursing from Indiana University, a Master of Science in Nursing from MCP Hahnemann University in Philadelphia, Pennsylvania, and a Doctorate from Purdue University.

### ***SoulCollage®***



**Lisa Heckaman & Lisa Hess** seek to live in creative collaboration for the healing and wholeness of women and men seeking a more conscious way of life: they hold sacred spaces for deep listening and personal transformation in circle-way gatherings, one-on-one spiritual direction, and SoulCollage®. Both are spiritual directors.

### ***Waiting in Joyful Hope***



**Sr. Jennifer Mechtild Horner, OSB** currently serves as prioress of Our Lady of Grace Monastery. She has a MA in Theology with an emphasis in Monastic Studies. Sr. Jennifer loves the Benedictine way of life and feels blessed that God called her to the monastic life. In her free time, she enjoys reading, hiking, camping, ceramics and Zentangling.

### ***Advent Scripture Readings - How They Speak to Us***



**Fr. Jeff Godecker** comes from New Albany Indiana and was ordained in 1969. He has a BA degree in English Literature and a Master of Divinity degree from Saint Meinrad. He has given retreats throughout the Archdiocese for many years and has directed convocations and retreats for the priests of Indianapolis and Lafayette.

**Stay INN the know! Sign up for our monthly newsletter & e-mail alerts today!**  
[www.benedictinn.org](http://www.benedictinn.org)

## Schedule of Programs & Events

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

July

### **Personal Day of Retreat**

**Wednesday, July 1**

**9:00 am - 4:00 pm**



Spend a quiet day with God on a Personal Day of Retreat. Rest, relax, renew, and reconnect with your spirit. Walk the Labyrinth, Peace & Nature Garden, and the beautiful monastic grounds. The Benedict Inn is a peaceful and holy place where you will find serenity and hospitality. A Personal Day of Retreat makes a thoughtful and appreciated gift - whether for a friend or yourself!

**Cost: \$40 (Includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30. If you wish to receive spiritual direction, please schedule in advance.** Each month, we offer a Personal Day of Retreat on a specific day, but you are invited to join us anytime that fits into your schedule.

### **Peace & Nature Garden Walk**

**Thursday, July 9**

**7:00 - 8:30 pm**



Discover the miracles of nature on a Peace & Nature Garden walk with Sr. Angela Jarboe, OSB. Experience the simplicity

and beauty as you discover Indiana native plants and pollinators, and why they are vital to our existence. You'll be introduced to birds, butterflies, and other pollinators as well as inspirational artwork. Come see how our garden has grown! *This is a fun & educational opportunity for the kids!*

**Cost: Free - donations accepted. Please register in advance.**

**Presenter: Sr. Angela Jarboe, OSB**

### **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).



*For peace of mind, body & spirit*

## August

### Personal Day of Retreat Tuesday, August 4 9:00 am - 4:00 pm



Spend a quiet day with God on a Personal Day of Retreat. Rest, relax, renew, and reconnect with your spirit. Walk

the Labyrinth, Peace & Nature Garden, and the beautiful monastic grounds. The Benedict Inn is a peaceful and holy place where you will find serenity and hospitality. A Personal Day of Retreat makes a thoughtful and appreciated gift - whether for a friend or yourself!

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### Yoga & Spirituality Session I Mondays, August 3, 10, 17, 24, 31 & Sept. 14 5:30 - 6:45 pm



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**

### Peace & Nature Garden Walk Thursday, August 13 7:00 - 8:30 pm



Discover the miracles of nature on a Peace & Nature Garden walk with Sr. Angela

Jarboe, OSB. Experience the simplicity and beauty as you discover Indiana native plants and pollinators, and why they are vital to our existence. You'll be introduced to birds, butterflies, and other pollinators as well as inspirational artwork. Come see how our garden has grown! *This is a fun & educational opportunity for the kids!*

**Cost: Free - donations accepted. Please register in advance.**

**Presenter: Sr. Angela Jarboe, OSB**

### The Gates of Heaven are Everywhere ~ A Merton Retreat

Friday, August 21 - Saturday, August 22  
5:00 pm (Friday) - 3:00 pm (Saturday)



Get away for a weekend retreat designed to help you see & hear, and to be drawn into the ever present reality of God.

During this retreat we will use **Thomas Merton - A Book of Hours** by Kathleen Deignan, to pray the hours at dawn, mid-day and dusk. Experience meditation in the gardens of the Benedict Inn, Visio Divina, poetry, journaling, art, music, and prayerful movement interwoven with times of silence and rest. Please bring a journal, and appropriate clothing for outdoor activities. Some copies of **Thomas Merton - A Book of Hours** will be available for purchase in our gift shop, or you may bring your own copy.  
**Cost: \$175 (Includes room & meals)**  
**Presenter: Sylvia Harrison**

## Introducing...

### Presenters, Facilitators, Instructors

#### Peace & Nature Garden Community Walk



**Sr. Angela Jarboe, OSB** celebrated 50 years of monastic life in 2018. Her many certifications, leadership roles, experience in teaching, love of nature and reading enhances her enthusiasm for leading a variety of programs at the Benedict Inn.

#### 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.

#### The Gate of Heaven is Everywhere: A Thomas Merton Retreat



**Sylvia Harrison** is a spiritual director, a Merton Group Leader, a retreat leader, a *SoulCollage*® facilitator, and a former teacher. Sylvia became interested in Thomas Merton several years ago at a retreat based upon the writings of Merton. The profound impact Thomas Merton had on Sylvia led her to start a Merton Group with three other women.

#### No Regrets - A Sage-ing® International Program



**Alan Rider** first encountered Sage-ing® as a young chaplain intern at a San Francisco area hospital in the 1970's. He retired from a career in ministry as a Lutheran pastor and vocational counselor. Alan launched an elder's ministry at his last pastoral post and is executive producer of *Sage-ing*® International's global Elder Forum webinar series.

**Waiting in Joyful Hope**  
**Tuesday, December 1**  
**6:00 - 8:30 pm**



In Advent, we wait in joyful hope for the celebration of the Feast of Christmas. During this interactive presentation we

will learn from the people that were part of the Christmas story about what it means to wait in joyful hope. Exploring our own lives, we will discover how God has worked in our hearts through the gift of waiting.

**Cost: \$45 (Includes dinner)**

**Presenter: Sr. Jennifer Mechtild Horner, OSB**

**Shop Inn-spired Annual Christmas Sale**  
**Saturday, December 5**  
**9:00 am - 3:00 pm**



**SAVE THE DATE!**

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 our great prices on collector items such as Lladro figurines, Bing & Grondahl Christmas plates, Madame Alexander Dolls, Hallmark Christmas ornaments, and so much more! Get into the spirit of giving at this **ONE DAY ONLY** event! Enjoy hot cider, cookies, prayerfully handcrafted items by the Sisters of St. Benedict, and great bargains. **Mark your calendars for this ONE DAY ONLY event - Saturday, December 5th from 9:00 am - 3:00 pm!**

**Personal Day of Retreat**  
**Tuesday, December 8**  
**9:00 am - 4:00 pm**



Spend a quiet day with God on a Personal Day of Retreat. Rest, relax, renew, and

reconnect with your spirit. Walk the Labyrinth, Peace & Nature Garden, and the beautiful monastic grounds. The Benedict Inn is a peaceful and holy place where you will find serenity and hospitality. A Personal Day of Retreat makes a thoughtful and appreciated gift - whether for a friend or yourself!

**Cost: \$40 (Includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30. If you wish to receive spiritual direction, please schedule in advance.** Each month, we offer a Personal Day of Retreat on a specific day, but you are invited to join us anytime that fits into your schedule.

**Sunday Advent Scripture Readings:**  
**How They Speak to Us**  
**Saturday, December 12**  
**9:00 am - 11:30 am**



Advent is a special season in the liturgical year. It is a time of preparation and waiting for the feast of Christmas.

The Sunday readings help us understand and prepare our hearts for the coming of the birth of Christ. Filled with spiritual richness, Father Jeff Godecker will explain the Sunday Advent scripture readings and how they relate to our lives during this busy season. Come join us as we prepare our hearts for Christmas!

**Cost: \$35**

**Presenter: Fr. Jeff Godecker**

**Personal Day of Retreat**  
**Wednesday, September 9**  
**9:00 am - 4:00 pm**



Spend a quiet day with God on a Personal Day of Retreat. Rest, relax, renew, and

reconnect with your spirit. Walk the Labyrinth, Peace & Nature Garden, and the beautiful monastic grounds. The Benedict Inn is a peaceful and holy place where you will find serenity and hospitality. A Personal Day of Retreat makes a thoughtful and appreciated gift - whether for a friend or yourself!

**Cost: \$40 (Includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30. If you wish to receive spiritual direction, please schedule in advance.** Each month, we offer a Personal Day of Retreat on a specific day, but you are invited to join us anytime that fits into your schedule.

**No Regrets - A Sage-ing® Presentation**  
**Saturday, September 12**  
**9:00 am - 4:00 pm**



In this interactive workshop, we will explore the last stage of life from a number of perspectives. How

do we feel about our own mortality? What we will leave as a legacy? What we can do now to prepare and thrive in the present? How do we support family and friends as they face their own mortality? This program is based upon the best-selling book, **From Age-ing to Sage-ing®: A Profound New Vision of Growing Older**, by Rabbi Zalman Schachter-Shalomi. (The referenced book is not required reading for this program.)

**Cost: \$80 (Includes lunch)**

**Presenter: Alan Rider**

**Yoga & Spirituality**  
**Session II**  
**Monday Evenings**  
**September 21, 28, October 5, 12, 19 & 26**  
**5:30 - 6:45 pm**



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 & spirit and provides 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**

**Angels of Grace Awards Luncheon**  
**Saturday, September 26**  
**10:00 am - 2:00 pm**



Join us as we celebrate the angels in our lives - the women who make a difference. 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](http://www.benedictinn.org) for more information. Proceeds benefit women's programming at the Benedict Inn!**

## October

### Me Too: From Shame to Survivor

Thursdays, October 1, 8, 15, 22

7:00 - 9:00 pm



In the United States, one in three women experience some form of sexual abuse or violence

in their lifetime. (National Violence Resource Center) This powerful four-part program is for women who have experienced sexual assault/abuse. **Me Too** offers the opportunity to speak and heal in a safe, anonymous, and supportive environment. Discover the path to healing and journey from victim to survivor. While this program is not intended to take the place of individual counseling with a licensed therapist, we will proceed at a pace that meets the needs of the participants as a group. You are not alone! **Me Too** will empower you to go from shame to survivor. **Register for this program today! Due to the sensitivity of this topic, we ask that participants commit to all 4 sessions of this program. Cost: \$60 Presenter: Rachel Waltz**

### Personal Day of Retreat

Tuesday, October 6

9:00 am - 4:00 pm



Spend a quiet day with God on a Personal Day of Retreat. Rest, relax, renew, and reconnect with your spirit. Walk the Labyrinth, Peace & Nature Garden, and the beautiful monastic grounds. The Benedict Inn is a peaceful and holy place where you will find serenity and hospitality.

**Cost: \$40 (Includes a private room for the day and lunch)**

**Spiritual Direction is available for an additional fee of \$30. If**

**you wish to receive spiritual direction, please schedule in advance. Each month, we offer a Personal Day of Retreat on a specific day, but you are invited to join us anytime that fits into your schedule.**

### SoulCollage®

Saturday, October 24

9:00 am - 4:00 pm



Do you enjoy creative play that has personal meaning and healing power? Our spiritual journeys can

wax and wane over all the various transitions of life, but there are gentle ways to be with and celebrate the diverse experiences that bring us into wholeness. In this one-day retreat, participants will gather in quiet prayer both within themselves and the community. The intuitive process of **SoulCollage®** invites us to gather images and make personal collage cards for the purpose of self-expression and discovery. Join us for this soul-tending day and lean into a deeper awareness of God's Mystery within. **This popular program sold out last year, so register early! Class size is limited! Cost: \$110 (Includes lunch & materials) Presenters: Lisa Heckaman & Lisa Hess**

## November

### Yoga & Spirituality

Session III

Mondays, November 2, 9, 16, 23, 30 &

December 7

5:30 - 6:45 pm



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 & spirit and provides 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**

### Breaking Free: Coping with Anxiety

Saturday, November 7

9:00 am - Noon



**Stress...worry...anxiety...**It's the little things that can trigger the countless health and emotional problems that keeps us from living our best lives - the lives we were meant to live. We all have anxiety and thoughts of not being "good enough", and anxiety is a natural and helpful emotion when we face a serious threat. Yet this painful and exhausting emotion can consume us when our thoughts spiral out of proportion. Suddenly we can no longer quiet our minds and we see ourselves as broken, weak, inadequate...

This program is for those who want to quiet the chatter and learn to accept themselves as a deserving and worthwhile individual. Learn to recognize the dysfunctional thoughts and behaviors we engage in daily. Then discover simple relaxation techniques to help quiet the mind. Allow yourself the gift of **Breaking Free** from the secrets, lies and other falsehoods we tell ourselves.

**Cost: \$40**

**Presenter: Rachel Waltz**

### Personal Day of Retreat

Wednesday, November 4

9:00 am - 4:00 pm



Spend a quiet day with God on a Personal Day of Retreat. Rest, relax, renew, and reconnect with

your spirit. Walk the Labyrinth, Peace & Nature Garden, and the beautiful monastic grounds. The Benedict Inn is a peaceful and holy place where you will find serenity and hospitality. A Personal Day of Retreat makes a thoughtful and appreciated gift - whether for a friend or yourself!

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