



# St. Placid Priory

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Fall - Winter

August 2016

## Pilgrimage

By Liz Langeland, Obl.OSB

This has been a year of journeying, of pilgrimage--both outer and inner. My outer, walking pilgrimage followed the *Camino de Santiago*, the Way of St. James, across northern Spain to the Cathedral of *Santiago de Compostela*, believed to be the final resting place of the apostle St. James. The inner pilgrimage began with my travel planning and continues to this day.

So why undertake such a journey? I'd heard of "the Camino" off and on through the years but recently more often, and I came to sense that it was calling to me. It called to my love of walking and hiking in nature. It called to my wish for spaciousness, for time and space more freely to process the life transition in which I had landed. And it called so loudly and persistently that I couldn't *not* answer. So I spent two months walking roughly 500 miles from the foothills of the Pyrenees in France to Santiago, then to Finisterre on the Atlantic coast of Spain.

It is said that the Camino has three sections: the first is a physical challenge, the second a psychological challenge, and the final one a spiritual challenge. I have come to see that there is also an inner and outer aspect to each of these challenges.

I felt I was well prepared for crossing the Pyrenees, which starts with walking steeply uphill on day one! I crossed the Pyrenees in two days instead of the one long day suggested by the guidebook, and was able to relish my time in the mountains and avoid many of the early injuries which plagued dozens of my fellow pilgrims. But later, I descended some of the steeper trails rather quickly



Liz Langeland at Cape Finisterre

and became hampered by leg pain and shin splints. That was a good reminder to listen to my body. It was this listening that gave me so many pain-free days. It also led me to let go some of my travel expectations.

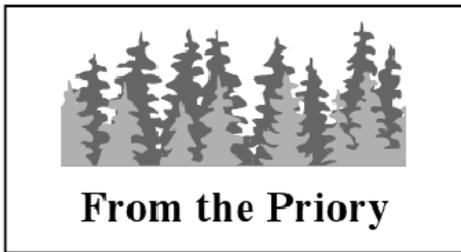
I've heard it said that the *Meseta* (the long, high plateau region of the Camino) "plays with your mind." Other pilgrims talk about the boring, unending, straight paths with uninterrupted horizon. I found literal, grace-filled spaciousness. All along, each day was spacious with choices like where to stop for morning *café con leche* (coffee with milk), how far to walk that day and where to get a bed for the night. It was much closer to living *in the present* than life at home.

The final third of the route is said to challenge the spirit. Returning to the rolling hills and mountain passes made my spirit soar! I was being fed day after day by interactions with fellow pilgrims from all over the world. It felt like a connection among a large world family where we could enjoy the uniqueness of each other's culture but without the hierarchy of our countries

as broadcast in the world news. My spirit was fed too with retreat time at monasteries along the way, sharing the familiar rhythm of the Liturgy of the Hours and feeling the close kinship when I'd introduce myself, adding "*Soy Oblata de San Benito!*" (I'm an oblate of St. Benedict) and immediately be treated to a warm smile and a hug. The *challenge* to my spirit was continuing to find my own Camino experience in the midst of sharing others' experiences along the way. It was good practice in listening to my own heart and spirit.

At the Santiago Pilgrims' Office, waiting to receive my *Compostela* (certificate of completion), I was among pilgrims who had come there via many other routes. It reminded me that not only do we each travel our own physical Camino route but each pilgrim's inner Camino will also follow its own way. On entering the cathedral square in Santiago, instead of the great emotion I'd expected, I felt a bit numbed knowing my journey was almost over. But all along the way I was moved by knowing that millions of pilgrims across centuries had walked much the same path. I had hoped, too, for a clear epiphany for my life's path coming off the Camino, but found that all along the way my life was slowly "breaking open" and I wouldn't be able to return to life as usual.

One need not travel the world to be a pilgrim. A pilgrimage can follow one's favorite hiking trail, the beach, or the Sacred Path of Enchantment right here at St. Placid Priory. Where is the path that will challenge you physically, psychologically or spiritually? In her poem "Tourist or Pilgrim," Macrina Wiederkehr, OSB wrote "*There is a road that runs straight through your heart. Walk on it.*"



St. Martin's University sponsored a **Martin Luther King, Jr. Celebration** on Friday, January 22. **Sister Laura Swan, Oblate Barbara Robertson, Novice Molly Cady, Karin and Gregg Wallner-Bickham, Janice Ariza** and Janice's daughter **Alexis Thiessen**, attended. The evening consisted of a lovely dinner with a student art show as well as a dramatic performance by spoken word artist, **Ebony Stewart**.

**Sister Monika Ellis** facilitated a day of reflection at **St. Gabriel Parish** in Port Orchard, Washington.



**Benedictine Vocation Discernment Retreat**

Five Catholic women, two from St. Martin's University, participated in our February 6-7 **Benedictine Vocation Discernment Retreat**.

On March 2-3, **Sister Sharon McDonald** attended the regional **Leadership Conference of Women Religious (LCWR)** meeting in Beaverton, Oregon.

Our spring fundraising concert on March 6 featured **Wood'n'Strings**. **Vicki Boeckman** and **Miyo Aoki** on recorders and **Jonathan Oddie** on harpsichord gave us a lovely afternoon of renaissance and baroque music.

**Prairie Oksendahl** came to us through Morningside Services as Assistant Housekeeper on March 13, 1998. This year she celebrated her 18th anniversary at St. Placid Priory. Prairie has a very special smile; a friend of ours calls her "Sunshine!"



**Prairie Oksendahl**

**Sister Mary Giles Mailhot** participated in the Irish Wolfhound's Saint Patrick's Day parade in Cathlamet with friend **Mary Horton**.



**Sister Clarissa Goeckner, OSB**

We enjoyed having **Sister Clarissa Goeckner, OSB** of **St. Gertrude's Monastery**, Cottonwood, ID spend a month with us beginning March 29, part of her sabbatical as outgoing prioress.



**Novice Molly Cady, Candidate Maureen Cleary and Sister Laura Swan**

**Candidate Maureen Cleary, Sister Laura Swan** and **Novice Molly Cady** walked in the April 16 Thurston County 5k Race Against Trafficking. For more on human trafficking see: [www.waengage.com/tccat](http://www.waengage.com/tccat)



**Candidate Maureen Cleary and Sister Lucy Wynkoop**

**Sister Lucy Wynkoop** and **Candidate Maureen Cleary** attended the meeting of the **National Religious Vocation Conference** in Beaverton, Oregon, May 20-21.



**Sister Mary Walczewski, OSB**  
**Dec. 7, 1925 – Feb. 22, 2016**

Our **Sister Mary** (formerly Lydia) **Walczewski**, 90, died on February 22 this year. She was born December 7, 1925 in Gilman, MN to Peter and Julie (Landowski) Walczewski. Sister Mary entered St. Benedict's Convent in St. Joseph, MN and made her Monastic Profession on July 11, 1946. She joined the staff at St. Cloud Hospital, St. Cloud, MN.

A founding member of St. Placid Priory in 1952, Sister Mary served her monastic community at **Visitation** and **Holy Rosary** parish convents, Tacoma; **All Saint's** convent, Puyallup, where she also filled in as Second Grade teacher one year; and at **St. Placid Priory**, Lacey.

Sister was a Licensed Practical Nurse working at St. Peter Hospital and nursing our sick and frail Sisters at the Priory. In her later years, she became a fiber artist. She spun wool, and needle-felted gorgeous birds.

Sister Mary is survived by her brothers **Stanley, Bernard, Joseph, Dominic, James, and Isidore**, and her sister **Rose**; many nieces, nephews, and cousins as well as her Benedictine Community at St. Placid Priory.

Donations in memory of Sister Mary Walczewski may be sent to St. Placid Priory, 500 College Street NE, Lacey WA 98516.

Beginning in February, **Fayne Ansley** stayed with us for a short time as a live in volunteer. Fayne is a watercolor artist, and several community members very much enjoyed a watercolor class she gave us in painting flowers.

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**Keith Underwood, Jeff Stillman** and others participated in a missionary trip to **Juarez, Mexico** April 1-8. They were a part of a **St. Michael's Parish** ministry project. Keith is our chef and kitchen manager, and Jeff is a friend of the Priory.

St. Placid's Big Annual **Rummage Sale** on April 9 was very successful this year—thanks to many who donated items, to all those who worked to make it happen and to everyone who came bargain-hunting. We appreciate your support!

**Sister Laura Swan** and Novice **Molly Cady** departed on May 16 to attend the **Novice and Director's Institute** at **St. Benedict's Monastery**, St. Joseph, MN. Novice Molly enjoyed meeting other novices, and Sister Laura was one of the presenters. Novice Molly returned home to the Priory on May 28, and Sister Laura went on to give a presentation on Benedictine History to the **American Benedictine Colleges and Universities**, at the **College of St. Scholastica** in Duluth, MN.

Our friends from the **Young Ladies Institute** in Tacoma came to visit us on the afternoon of May 25. They brought us loads of helpful paper products, and we all enjoyed catching up over dessert and coffee.

**Candidate Maureen Cleary** attended the 31st **Monastic Institute** July 3-7 at St. John's University, Collegeville, MN. **Prioress Michaela Hedican**, St. Benedict's Monastery, St. Joseph, MN and **Abbot John Klassen**, St. John's Abbey, Collegeville, MN presented on *Monastic Profession: Baptism, Kenosis, and Growing Into Christ*. Candidate Maureen was also able to visit **St. Benedict's Monastery**, from which St. Placid Priory was founded.



**Sister Angela Hoffman, OSB**  
50<sup>th</sup> Jubilee

**Sister Angela Hoffman** celebrated 50 years in monastic life on Sunday, July 10 with her Benedictine community, high school classmates, family members and friends at an afternoon reception at St. Placid Priory. She renewed her monastic promise at 4:30 Evening Praise, then we continued the celebration at a festive dinner.



**Volunteer Jerry Haupt with some of his handmade walking sticks**

**Jerry Haupt** has been a volunteer at St. Placid Priory for some years, and has accomplished many projects which increase the beauty of our grounds. His latest, however, is making beautiful walking sticks for your hiking pleasure from wood found in St. Placid Priory's woods. He has used maple, fir, hazel and others. Thanks, Jerry for your creativity and generosity!



**Sister Rosemarie Terwey, OSB**  
Aug. 30, 1926 – May 4, 2016

**Sister Rosemarie** (formerly Oliver) **Terwey**, age 89, of St. Placid Priory, Lacey, Washington, died at Mother Joseph Residence on May 4, 2016. She was born August 30, 1926 in St. Cloud, MN to James and Violet (Casey) Smith. Following the untimely death of her father, she was raised by Otto and Elizabeth Terwey. Joining St. Benedict's Convent in St. Joseph, MN, she made her Monastic Profession on July 11, 1947.

A founding member of St. Placid Priory in 1952, Sister taught at **Holy Rosary, Visitation** and **St. Ann's** schools, Tacoma; and **St. Placid High School**, Lacey. She also served in prison and jail ministries, and helped many people with healing prayer.

Sister Rosemarie is survived by sisters **Marge Harrison, Gwen Scott, Jean Brusseau** and **Janet Livingston**, and brother **Raymond Murphy**; many nieces, nephews, and cousins as well as her Benedictine Community at St. Placid Priory.

Donations in memory of Sister Rosemarie Terwey may be sent to St. Placid Priory, 500 College Street NE, Lacey WA 98516.

**Did you know?** ...that even if you can't travel to Rome on pilgrimage, during this **Jubilee Year of Mercy** you can visit the **Doors of Mercy** at any of five churches in the Archdiocese of Seattle, among them **Holy Rosary** in Tacoma. For a list of churches and more details, see <http://www.holyrosarytacoma.org/jubilee-year-of-mercy>

**Live-In Oblate Barbara Robertson** left on May 25 to lead a travel study group of **St. Martin's University** students to **Tanzania**. They spent time in several places, including **Dar es Salaam** with **Sister Anamaria, St. Agnes, Chipole** with **Sisters Redemista, Redempta, and Daniela**, and **Iringa** with **Sister Beatrice**.

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## GOINGS ON AT THE CENTER

### Oasis

“Attend to yourself and to your teaching: Persevere in both tasks, for by doing so you will save both yourself and those who listen to you.” –1 Tim. 4:16

This scripture citation is from the daily readings on the day I began participating in the Oasis Program last fall. As I read it that day, it felt like a personal message from God, that taking time to tend to my spiritual life was going to benefit others as well. It is very easy to let life get too busy, and as vital and beneficial taking care of your spirit is, it is often the very thing that does not get taken care of. The monthly Oasis gatherings offered me the opportunity to tend to the spiritual aspect of my life in a variety of ways: spiritual reading, group reflection, spiritual direction, and a personal time for silence and reflection. I found each of these avenues helpful and often an experience of one would flow into and influence the other. For example, something shared by another in our group discussion would provide some food for thought in my personal reflection. It also allowed me the space to take up spiritual practices that had fallen by the wayside in my life, like journaling. After participating in the first couple of monthly sessions I began to refer to Oasis as my “monthly reset button.” For it allowed me the space and time to make my relationship with God a priority in my life. I found that the spiritual focus I experienced in Oasis did have benefits that overflowed into other aspects of my life. I have been able to be more present and aware of God’s spirit in my life and respond to where it is leading me.

—Joann Terranova

**Oasis 2016-2017** offers contemplative retreat time. Six monthly gatherings meet on the third Thursdays and two retreats. Spiritual direction and a group prayer experience are available to aid

your reflection, as is silence. Sisters from St. Placid are the presenters and spiritual directors.

### Longings of the Heart

In this encounter with God, we uncover our true selves through contemplative practices that include silence, stillness, pausing, listening, and responding to the divine presence of the one who loves us unconditionally. Join us as we ask the questions, gently and transparently, in our search for meaning to the longings of our hearts for our lives and the world. **8 sessions are on first Wednesdays 1:30-4:30pm, Oct 5-May3.**

### Clergy Contemplative Retreats

We are all being told over and over again to do self-care. Do you need help in making some time for yourself? Do you yearn for rest, prayer and nurturing in your busy pastoral schedule? What would your life look like if you gave yourself 4 retreats per year with guided lectio divina and a full day of silent prayer, time to journal, time to be—whatever it is that you need? **Retreat Dates: Overnight on Monday-Tuesday, or single day on Tuesday.**

**Opening in Presence**, presented by Jamie Deering, develops practices that nurture *remaining present* to the experience of being loved by, and loving, God. Through extended silence, breath, and movement, we will explore the spiritual journey by looking at a year of exploring the “Both/And.” **7 sessions are on third Tuesdays 9am-12 noon, Oct. 4, 2016-May 2, 2017.**

### Opening in Presence 2016

I grew so much in love and compassion for myself and others in this year’s Opening in Presence contemplative program. It was a blessed opportunity to sit in silence with others and then share, with an emphasis on there being nothing to fix. Instead we practiced *being with* whatever was bubbling up and how that was impacting our experience with the Divine. Each of us could then hear for herself what the Divine was speaking in her own heart while the others in the group were inspired by realizing how it was touching their lives as well as the

speaker’s. We just ended the seven-month program, and I am already looking forward to the next one that will start up in the fall. —Pam Osborne

### Listening with the Spirit

When I started LWS last September, I was excited to engage with the practices of listening to, learning with and loving others. I felt it was a given that I would be exposed to deep ways of listening well, and I was. I also knew I was in for a wonderful season of learning. This learning proved to be rich and diverse. The gift came with the awareness that it is my group members authentic wisdom and sense of knowing that was the source of so much of my learning. I was challenged by their words and experiences, and encouraged to share from my own. Together, we created a vibrant, collaborative, and safe space in which to explore our call to a ministry of spiritual direction. Though we were strangers in the Fall, we quickly became a community with heart connections that run deep. I am so grateful for the opportunity to continue this exploration with each of these people throughout Year Two and beyond. —Deb Nondorf

See brochures and applications for programs at [www.stplacid.org](http://www.stplacid.org) under Spirituality Center, Long Term Programs

### Individual Retreats

Living and working in Seattle, I am often unable to take advantage of many of the workshops offered at the Priory. However it is quite easy for me to come down for one or two nights at least quarterly. I arrive in the afternoon, take a walk in the forest, go to Mass and dinner with the Sisters, and retreat to my “cell” at the Center for an evening of reading and reflection. The next few days are silent, and peaceful. I meet with my spiritual director before I leave to share the fruits of my stay and get suggestions for my time away again. Consider a private mini-retreat. You will depart refreshed and ready to fact the world once more!

—Rosemarie Oliver

## Program Information Pages 5 - 7

+ Our retreats include the opportunity to join the Sisters for Eucharist, meals, and the Liturgy of the Hours.

+ Spiritual Direction may be available on retreat for an additional fee. Please request an appointment when you register.

+ For information on our presenters, go to our website: [www.stplacid.org](http://www.stplacid.org) and look under Spirituality Center, Programs and Retreats.

### Introduction to Centering Prayer

September 10  
Saturday 9:00am-3:00pm



Sourced from the depths of Christian contemplative tradition, Centering Prayer has emerged as a life-changing practice for those who embrace it. Learn this method or renew your practice of this ancient way of silent prayer. Our day-long format offers a relaxed way to hear the basics, practice, and ask questions.

**Register by prior Friday: \$60**  
**Bring a sack lunch.**  
Minimum 8, Maximum 30  
**Kay Kukowski and Mary Solberg**

### Earth Praise: Celebrating Nature's Gifts

September 17  
Saturday 9:00am-3:00pm



Earth's extraordinary temple offers ripe invitations for discovery and metaphor in our human journey. Nature poetry, sacred texts, exploration of seasonal rituals and contemplative exercises will be conducted outside on the Priory's sacred grounds. This setting will provide an experiential opportunity for an enhanced and appreciative connection with our miraculous planet.

**Register by prior Friday: \$60**  
**(includes \$5 for materials)**  
**Bring a sack lunch,** a journal, walking shoes and a coat.  
Minimum 5, Maximum 12  
**Melissa Layer, MA**

### Your Numinous Moments

September 24  
Saturday 9:00am-3:00pm



We all have unexpected encounters...a time when the embers of our souls burst into flame and causes us to remember that God is with us. When we share them they become our own gospel stories and remind us that we are part of the Now Testament. Come share your numinous moment(s) and be twice blessed.

**Register by prior Friday \$50**  
**Bring a sack lunch;** a journal is optional  
Minimum 5, Maximum 15  
**Jackie Huetter MA, Edu**

### Discernment Techniques of St. Ignatius

October 1  
Saturday 9:00am-3:00pm



Creating peace in the world begins with first creating peace in our hearts. Knowing God's will ultimately leads to peace; from that peace flows love and service, leading to a more peace-filled and just society. Discernment with St. Ignatius of Loyola helps clarify our role and contribution toward this effort.

**Register by prior Friday: \$55**  
**Bring a sack lunch** and a journal.  
Minimum 5  
**Nickie Lynn, MPS**

### Collage and Conversation: Meeting our Personal Archetypes

October 8  
Saturday 9:00AM-4:00PM

Working with collage, we can each access inner archetypal characters. Dialoguing with these visual representations through journaling can become a source of information and delight. Inviting Spirit into this exploration, we will make collaged journals and enter into a rich conversation with what emerges.

**Register by prior Friday: \$60**  
**Materials supplied;** you may also bring compelling images you may have  
**Bring a sack lunch**  
Minimum 5, Maximum 12  
**Melissa Layer, MA**

### Body as Prayer

October 15  
Saturday 9:00am-3:00pm



Movement expresses Spirit. This workshop is for you if you are sensing restrictions of movement alongside an invitation to explore them. Practicing gentle open movement, we deepen trust in God and in our body's ability to let go. This invites re-patterning in the way we recognize our bodies as sacred.

**Register by prior Friday: \$60**  
**Bring a sack lunch,** yoga mat, wear comfy clothes (no hooded clothing) and water bottle  
Minimum 5, Maximum 15  
**Jamie Deering**

### Meeting in the Margins

October 16  
Sunday 1:30-3:30pm



Join author Cynthia Trenshaw to discuss BEing with marginalized people—without *fear*, without *judgment*, without needing to *fix* anything. Cynthia shares stories of her encounters as a “street massage” therapist, as a hospital chaplain, as a midwife to the dying, and as a scared 50-year-old widow whom God “tricked” into service.

**Register by prior Friday \$10**  
**(Free for those who work without a wage with people on the margins)**  
**Cynthia Trenshaw**

### That Which Sustains Us: Silence, Beauty, & Gratitude

October 22  
Saturday 9:00am-3:00pm



Confronted daily with incessant demands for our attention, we can refresh our spirits during times of silence when we focus on the beauty that surrounds us. Then we can re-enter our busy lives with sincere gratitude and inner peace. Images, poems, and stories will help to *re-mind* ourselves what most sustains us.

**Register by prior Friday: \$60**  
**Bring a sack lunch**  
Minimum 6, Maximum 14  
**Jan Lawry**

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**Breaking Free**

October 29  
Saturday 9:00am-3:00pm



Using Marilyn Sewell's anthology of stories from Maya Angelou, Gloria Steinem and others, this workshop brings women together to discuss aging as the development of character, a breaking free of old restraints, and an opportunity to deepen their spiritual lives.

**Register by prior Friday: \$60**

**Bring a sack lunch** and a journal.

Minimum 6, Maximum 24

**Amelia Carroll**

**Silent Centering Prayer Retreat**

November 4-6, 2016, and March 3-5, 2017  
Friday 7:15pm-Sunday 1:30pm

This silent retreat is a rare opportunity to be with others committed to the contemplative path. Sustained by multiple periods of Centering Prayer and tapping into chant, lectio divina and meditative walking, we intentionally create an environment that supports our continuing Centering Prayer practice.

**Register by prior October 14 \$200**

*For those with six months of prior Centering Prayer practice*

Minimum 8, Maximum 10

**Kay Kukowski and Mary Solberg**

**Spirituality for the Second Half of Life**

November 5  
Saturday 9:00am-3:00pm



Serious seekers know intuitively that there is something different about the second half of life, marked by generativity and love. Based on work by Richard Rohr, Barbara Brown Taylor, Joan Chittister's *The Gift of Years—Growing Older Gracefully*, and others, this retreat invites us deeper into spiritual maturity for women and men, all ages.

**Register by prior Friday: \$50**

**Bring a sack lunch**

Minimum 8, Maximum 20

**Tom Cashman**

**Praying with Art**

November 12  
Saturday 9:00am-3:00pm



"Drawing is seeing," said Frederick Franck. "To see well is the beginning of the spiritual life," wrote Robert Waldron in his book *Thomas Merton: Master of Attention*. In this workshop, we will learn how drawing can open the eyes of our heart and help us be with God more deeply.

**Register by prior Friday: \$50**

**Bring a sack lunch**, drawing supplies, sketch pad, and journal.

Minimum 6, Maximum 20

**Roy DeLeon**

**Desert Ascetics**

November 19  
Saturday 9:00am-3:00pm



Christianity was born in the desert: that place of simple and raw encounter with the Divine. The desert ascetics were intense, ardent seekers and masters of spirituality. The desert mothers were creative, non-traditional, intelligent, passionate, generous and unique seekers. They sought solitude yet mentored many in their spiritual journey. Eventually, the desert ascetics deeply influenced Celtic spirituality. We will spend time together exploring the unique vision and message of these desert mothers in light of our own questions, concerns and hopes today. While ancient, these women are also contemporary.

**Register by prior Friday: \$50**

**Bring a sack lunch**

Minimum 6, Maximum 20

**Laura Swan, OSB**

**Our Advent Waiting**

December 2-4  
Friday 7:15am-Sunday 1:00pm

A silent beginning to Advent may deepen your journey to Christmas. The opening session will involve prayer, relaxation, and some materials for possible use during the retreat. We will close the retreat with group prayer and sharing. A spiritual director will be available for those



who wish, to listen with you as you discern God's actions in your life.

**Register by prior Friday: \$160**  
**with spiritual direction \$200**

Minimum 3, Maximum 10

**Therese Gonneville, OSB**

**Advent Mercy**

December 10  
Saturday 9:00am-3:00pm



Advent is a season which calls us to be merciful. Jesus' incarnation and life manifest God's tender love and mercy to us, calling us to greater intimacy. We will reflect on how new life and rebirth come to us through the mercy of an intimate God and a compassionate Jesus and how each of us is called to midwife this new life.

**Register by prior Friday: \$50**

**Bring a sack lunch**

Minimum 15

**Lucy Wynkoop, OSB**

**Mandala Exploration**

January 14  
Saturday 9:00am-3:00pm

Mandala-making is an ancient practice for self-exploration, insight, balance and well-being. World religions have embraced the sacred circle in art, movement and sound; Hildegard had circular visions of God. We will learn more about this powerful meditative form in a fascinating Powerpoint presentation, followed by creation of several of our own mandalas.

**Register by prior Friday: \$60**

**Bring a sack lunch** and a journal.

Minimum 5, Maximum 12

**Melissa Layer, MA**

**Beginner's Silent Retreat**

January 20-22  
Friday 6:00pm – Sunday 1:30pm

Take the plunge into a silent retreat. Learn firsthand new ways of being and resting in God by praying, using scripture, journaling and art. We will begin with an introduction to a silent retreat, make a silent retreat, and have a closing with opportunities to

Please see [www.stplacid.org](http://www.stplacid.org) for presenter information and program descriptions

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share what happened in the silence.

**Register by prior Friday:** \$160  
**with spiritual direction** \$200

Minimum 5, Maximum 10

**Lucy Wynkoop, OSB**

### Everyday Contemplatives and Ordinary Mystics

January 28  
Saturday 9:00am-3:00pm



We will learn from poets, saints and mystics how to be more awake, alive and available in the midst of our busy lives, drawing from the deep well of ancient contemplative practices. This practical workshop focuses on growth in inner freedom, while easing the inner voices of anxiety and fear.

**Register by prior Friday:** \$50  
**Bring a sack lunch**  
Minimum 5

**Jodi Kilcup, PhD**

### Introduction to the Enneagram

February 4  
Saturday 9:00am-4:00pm



The Enneagram of Personality Types is a tool for recognizing how habits of thinking, feeling and acting cause us to live under the illusion of separateness from God and each other. Learn the nine distinct world-views that make up the Enneagram and begin to discover your own type. Class fee includes a copy of *The Essential Enneagram* by Dr. David Daniels and Virginia Price, PhD. (revised 2009).

**Register by prior Friday:** \$60  
**Bring a sack lunch**  
Minimum 6, Maximum 20

**Debra Janison**

### Benedictine Vocation Discernment

February 4-5  
Saturday 8:30am-Sunday 12:30pm

Come join the Sisters to listen to your call from Scripture and from the Prologue of the *Rule of Benedict*. Experience being with the Sisters in a community setting for reflection time, prayer, dialogue, work and leisure. If you are a Catholic single woman

discerning whether you have a vocation to the Benedictine way of life, this is a wonderful opportunity to share in community life with the Sisters of St. Placid Priory.

**Register by prior Friday:** No fee  
**Benedictine Sisters** Contact Sister Lucy Wynkoop at [lwynkoop@stplacid.org](mailto:lwynkoop@stplacid.org) or 360.438.2595

### Dancing with Monks and Mystics

February 11  
Saturday 9:00am-3:00pm



Are you interested in dancing your prayers? Come and explore simple participatory dances based on the gifts of monks and mystics throughout time. Dance with the likes of the prophet Miriam, St. Brigid, St. Francis, St. Hildegard of Bingen, Thomas Merton, and more. This will be a retreat day, including simple chants and dances for everybody. No experience necessary!

**Register by prior Friday:** \$50  
**Bring a sack lunch**  
Minimum 5, Maximum 30  
**Betsey Beckman**

### Wisdom Women

A lively group of readers/thinkers who enjoy sharing about many kinds of religious and spiritual topics. We meet the **first Monday** of the month October through June, **7:30-9:00PM** in the Spirituality Center. Our **first fall gathering is October 3**. We will be reflecting on our only fiction book, *Your Heart is a Muscle the Size of a Fist* by Sunil Yapa. It's about the World Trade Organization protests in Seattle, 1999, from the viewpoint of seven people. We will discuss pages 3-134. The other two books chosen by the group for 2016-2017 are *Courage to Think Differently* edited by George S. Johnson, and *What Did Jesus Ask?* edited by Elizabeth Dias. Both of these books have multiple contributors.

New members are always welcome. Contact facilitator Sister Mary Giles at 360.437.1771 for more information. A yearly \$50.00 donation to the Priory Spirituality Center to attend this group.

### New Novels

*Two of our friends* have recently published novels that our Sisters have enjoyed reading.

**Rosalind Ziccardi's** novel is *Sealed and Delivered* (Redemption Press), which Sister Lucy calls "a powerful story of Annah's learning what real love is." Betrayal, sin, transformation, and ultimately redemption—all the "stuff" of a good read. See a synopsis at [sacredsparks.net/new-page-3/](http://sacredsparks.net/new-page-3/)

*Saving Nary* (CreateSpace), a novel by **Carol DeMent**, is an endearing story of Nary, a Cambodian refugee resettled in Oregon, and the community that finally becomes community through her. See *Saving Nary* at [amazon.com](http://amazon.com).

### Spiritual Direction

Spiritual direction has continually been a blessed conduit for God to work in my life. This welcoming companionship for the journey has touched my soul. Along the way we have celebrated the joys of faith, family and the beautiful gifts that this Benedictine community shares. At times, some wise, inspired questions are posed and the gentle struggle ultimately yields appreciative living. Highlights have been: squaring off on habitual attachments and finding that, given fresh perspective and non-judgmental support, I can "begin again." My spiritual director has given me nourishing examples of Art Lectio that are written on my heart. Such a joy! I have shared this prayer form with my husband, son and parish community.

--Kathy Androes-Downes

**Spiritual Direction** is available at the Center. You may come either as a regular directee or have Spiritual Direction while on retreat.

► **An explanation of Spiritual Direction is available at:**  
<http://www.stplacid.org/spirituality-center/spiritual-direction/>

► **See Spiritual Directors' bios at:**  
<http://www.stplacid.org/spirituality-center/spiritual-directors/>

## For This We Give Thanks

We pray daily for our deceased friends and relatives. We give thanks for their lives among us, and for their intercession for us and for our world:

+Elizabeth Winder  
+Margaret Wojtanowicz  
+John Oliver  
+Monte Lorang  
+Alfred Ingersoll  
+Edward Baumiller  
+Carole Ann Robbins

+Recently **Sister Luca Chin, OSB** of **Taiwan**, beloved mentor to many, died. Our **Sister Lucy Wynkoop** visited there once, and other Sisters here knew her through gatherings and shared interests. On her visit, with Sister Luca's help, Sister Lucy bought beautiful gongs which we now use in our chapel to signal the beginning of prayers.

We are grateful for our **global connections**, for community and diversity:

► For example, on August 6 the **Sisters of St. Agnes**, Chipole, **Tanzania**, celebrated their **75<sup>th</sup> Jubilee** of being a community. Our **Oblate Rita Pougiales** has been volunteering at the St. Agnes

elementary school, and was present at what we had heard was to be a “ten cow celebration”—because of the many guests expected to gather for prayers, drumming, dancing and celebrating.

► As a Benedictine community, we are part of the **Federation of St. Benedict** whose members are from the **United States, Puerto Rico, Taiwan, Japan** and the **Bahamas**. Representatives from monasteries in each geographic area attend meetings together every three years to strengthen spiritual and community connections.

► During the summer, **Sister Maureen Alexander, SJC** of **Grenada** came to the Spirituality Center on retreat for two weeks. A Seattle friend of hers connected her to us!



► In July and August, our **Sister Angela Hoffman** was in **Spain** with a group of other professors and students from the **University of Portland** where she teaches. They were working on an archeological dig, a **Roman** city found under a farmer's field, with members of the **University of Barcelona**. See <https://sites.up.edu/pollentia/> to follow the progress of the **University of Portland Pollentia Expedition**.

**Benedict says, “Seek peace and pursue it.”** We are involved in creating a community of justice and peace and mercy here, beginning at home and reaching out to the world:

► Occasionally, we gather after Evening Praise to pray especially for events and people in our world that need healing.

► **Sister Monika Ellis** is planning an **Art Fair** focusing on **Images of Peace** on Friday, **May 19, 2017, 7:00–9:30 pm**. A steering committee consisting of Sister Monika, **Affiliate Camille Wooden** and **Center Coordinator Janice Ariza**, are already working on plans. Be sure to mark your calendar for this event!

► Here at St. Placid Priory we use **Appreciative Inquiry** in our communications and our community planning—a way of discerning what is **going well** and of focusing on what we want to **increase** in our community. Benedict calls this “the ointment of encouragement” (RB 28:3)—may it ripple out to all the world around us!



## Oblates

On June 28, we celebrated our Foundation Day by inviting our Oblates to dinner and welcoming with joy four new Oblates and one Oblate candidate. **Ann Cacciari, Marilyn Freeman, Jolene Russell** and **Barbara Williams** made their oblation in our chapel in a ritual led by **Sister Sharon McDonald**, Prioress, and **Sister Lucy Wynkoop**, Oblate Director. New Oblates signed their oblation documents on the altar, and Sister Sharon co-signed. **Kathy Androes-Downes** became an Oblate candidate, receiving the Rule of Benedict which she will study.

**St. Gertrude's Monastery**, Cottonwood, ID, hosted the **NW North American Association of Benedictine Oblate Directors and Oblates** meeting Aug. 26-28, focusing on “Developing Leadership Within Our Communities.” **Camille Wooden**, Co-Director of Oblates, **Cheryl Gudger, Liz Langeland** and **Jolene Russell** attended with other Northwest Oblates.



**New Oblates Marilyn Freeman, Ann Cacciari, Barbara Williams and Jolene Russell, and new Oblate Candidate Kathy Androes-Downes** at the main entrance of the Priory, with the sculpture of St. Placid and his water jar in the background



**Sisters stand and chant “Uphold me O God” as they renew their monastic promise on June 28**



**Three Affiliates, Liz Langeland, Cheryl Gudger and Camille Wooden, stand and make their commitment**

**We**, the Benedictine Sisters of St. Placid Priory, a monastic community, cultivate a contemplative spirit that leads to hospitality and works of justice. We witness Gospel values in building community. We are committed to nurturing spiritual growth in ourselves and others, collaborative leadership, stewardship of the environment, and taking risks in following God's call.

### The Priory Spirituality Center

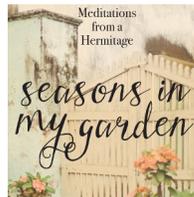
is an ecumenical Christian ministry that encourages people of all faiths to seek and discern the voice of God in their lives and in the world. We offer a peaceful and contemplative setting for personal reflection. We encourage and challenge people to know the presence of God in their lives through classes, workshops, retreats and individual spiritual direction.

The Priory Spirituality Center is a ministry of St. Placid Priory and reflects the Benedictine values of peace, hospitality, community, learning and prayerful discernment.

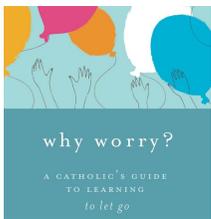


### Sister Laura's Scriptorium: Books that Merit Attention

**Seasons in My Garden: Meditations from a Hermitage**, by Elizabeth Wagner, Ave Maria Press, 2016. Especially gardeners (of every variety) will appreciate journeying with Sister Elizabeth through the seasons as her garden invited her into a deeper awareness of God's gift of faith, hope and mercy. This is a gentle read.



**The Complete Cloud of Unknowing, with The Letter of Privy Counsel**, translated by Fr. John Julian, Paraclete Press, 2015. Centering prayer, along with other traditions of contemplative prayer, have their foundations in The Cloud of Unknowing, a medieval text whose author is unknown. What I like about this translation, besides the easy American English, is that the translator provided helpful commentary on the left side of the page. We learn more about the contemplative prayer tradition while also being invited in to a lectio process.



**Why Worry? A Catholic's Guide to Learning to Let Go**, by Jeff Dunn, Twenty-Third Publications, 2016. Saints, Scripture, and pastoral common sense—a book more of the heart than the head. This is a wonderful resource for all the “worry warts” among us.

**Called to Community. The Life Jesus Wants for His People**, edited by Charles Moore, Plough Publishing, 2016. Looking for a Good book for your parish or social justice group? Your book discussion group? This is an excellent resource. We live in a world

**Registration:** You may use this form to register for a day program, a retreat program or a private retreat. **The Center is open for private retreats unless a programmed retreat is scheduled.** For more information, call 360.438.2595, fax 360.438.9236 or email spiritualityctr@stplacid.org Please make checks payable to: **The Priory Spirituality Center**, located at 500 College St NE, Lacey WA 98516.

Please register me for the following program/s &/or retreat/s:

Program \_\_\_\_\_

Program Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Tel \_\_\_\_\_ Eve Tel \_\_\_\_\_

Email \_\_\_\_\_

Commuter? \_\_\_\_\_ Overnight? \_\_\_\_\_ (Willing to share a double room if necessary? Yes \_\_\_\_\_ No \_\_\_\_\_)

*Spiritual Direction may be available by appointment. Please call 360.438.2595*

**We request half the registration fee as a non-refundable deposit for a program or retreat at the time of registration to confirm space. Any donation you make above program costs will be used for scholarships.**

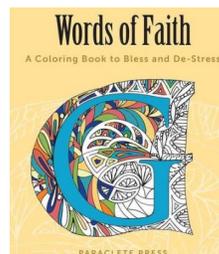
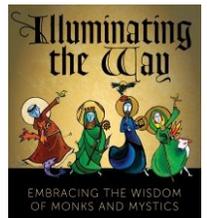
Full Payment enclosed \$ \_\_\_\_\_

Deposit enclosed \$ \_\_\_\_\_

Scholarship Donation enclosed \$ \_\_\_\_\_

of increasing polarity and even isolation. The poignant writings here (by many of your favorite authors) give rich food for thought.

**Illuminating the Way: Embracing the Wisdom of Monks and Mystics**, by Christine Valters Paintner, Ave Maria Press, 2016. This is a lovely source (including beautiful artwork) for your prayerful reading time. Not merely telling something of their stories but reflecting on their wisdom for us through thoughtful explorations of archetypes, icon symbolism, scripture reflections, poetic meditations, and poetry.



**Words of Faith: a Coloring Book to Bless and De-Stress**, 2015. Coloring books are all the rage right now and Paraclete Press offers us one based on the wonderful illuminated letters of medieval books. Each is connected to a spiritual value and sacred text. Enjoy!





**Benedictine Sisters  
St. Placid Priory**  
The Priory Spirituality Center  
The Conference Center  
The Priory Store  
500 College St NE  
Lacey, WA 98516-5339

Fall - Winter  
August 2016

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**What's New at the Priory Store –**

—by Zoila Roberts

Hello, allow me to introduce myself. I am Zoila Roberts, a native of El Salvador, arrived in the US in 1965, graduated in 1969 with a Science degree in Medical Technology from Kansas Newman College (back in those days it was Sacred Heart College) in Wichita, Kansas. I got married and had two daughters. After a successful career in the medical field for over thirty years, I retired. In 2005, I moved to this beautiful city where I had hoped to find my dream job in a gift shop. While I didn't find it for ten years, I did find a rewarding position as a bilingual receptionist at Sacred Heart Catholic Church here in Lacey. As luck would have it, I met Dana Hein who works at St. Placid Priory and Voila! My dream job has been found! I am now so excited to be at the newly re-opened gift shop at St. Placid Priory. I am so happy to be here in this beautiful, peaceful place and surrounded by beautiful people. I am eager and willing to serve in whatever way I can be of most help.

Please stop by and look at the beautiful assortment of religious items available: many excellent inspirational books on spirituality and healing—as well as for the growth and deepening of our Catholic faith. Looking forward to meeting you and serving you.

Blessings,  
Zoila



**Spirituality Center Staff**

Janice Ariza – Center Coordinator  
Lucy Wynkoop, OSB – Program Coordinator  
Mary Giles Mailhot, OSB – Staff  
Monika Ellis, OSB – Staff  
Therese Gonnevillle, OSB – Staff  
Jan Sharkey – Volunteer Office Staff

**Weekend Hospitality Staff**

Camille Wooden, Obl. OSB  
Kathy Androes-Downes, Obl. OSB  
Eva Hayward-George, Obl. OSB  
Live-In Volunteer Alicia Chen

**Directions**

**Coming South on I-5**

Take Exit 109  
Right turn onto Martin Way  
Right at next light onto College St. NE  
Second Right turn is our driveway

**Coming North on I-5**

Take Exit 109  
Left turn onto Martin Way  
Right at second light onto College St. NE  
Second Right turn is our driveway

The Priory Store welcomes as payment VISA and MasterCard. We gratefully continue to accept telephone orders and special orders for books and religious articles. Call us at 360-438-1771.

The Store, located off the lobby in the Priory, is open Friday Noon to 3:00 PM, and Saturday 10:00 AM to 3:30 PM.