

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

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Benedict Inn Retreat & Conference Center Program & Retreat Schedule January - June, 2023



For peace of mind, body & spirit

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 continue our journey through 2022. 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 2023
Programs at a Glance**

January

Cave to Mountaintop - Part II	January 5, 12, 19, 26
Yoga & Spirituality - Session I	January 9, 16, 23, 30
Personal Day of Retreat	January 11

February

The Letter: Movie & Discussion	February 5
Yoga & Spirituality - Session I - con't	February 6, 13
Personal Day of Retreat	February 7
The Prayers of Jesus	February 15
Yoga & Spirituality - Session II	February 20, 27
From Ashes to Resurrection Joy	February 22
Coffee & Conversation	February 28

March

Yoga & Spirituality - Session II - con't	March 6, 13, 20, 27
Coffee & Conversation - con't	March 7, 14, 21, 28
Personal Day of Retreat	March 8
No Greater Love Lenten Retreat	March 10, 11, 12

April

Yoga & Spirituality - Session III	April 3, 10, 17, 24,
Coffee & Conversation - con't	April 4
Triduum Retreat	April 6, 7, 8, 9
Good Friday Personal Day of Retreat	April 7
Created in Love - Caring for Our Common Home	April 22
Blessed Mother's Beads	April 29

May

Yoga & Spirituality - Session III - con't	May 1, 8
Pause & Let Your Soul Catch Up	May 6
Personal Day of Retreat	May 9
Peace & Nature Garden Walk	May 25

June

Personal Day of Retreat	June 7
Monastic Retreat - Resilience	June 18 - 24
Peace & Nature Garden Walk	June 29

Schedule of Programs & Events June

Monastic Retreat - Resiliency: The Benedictine Way

Sunday, June 18 - Saturday, June 24

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

Cost: \$550 (Includes room and meals)



Abba Poeman said, "Give to your heart that which satisfies your heart." But what does satisfy the heart? In these series of conferences, Michael Peterson, OSB, will offer topics (such as Friendship; Creation; Entrusting, Gratitude, Sacred Time; etc.), which offers to respond to this

question. Such heart-giving leads to a more resilient life.



Presenter: Father Michael Peterson, OSB, spent most of his early life in Minnesota. He graduated from the University of Minnesota Morris with a degree in choral music. In 1996, he became a monk at Blue Cloud Abbey in South Dakota. When Blue Cloud closed in 2012, Father Michael was called to rediscover his monastic vocation. While a student in the Saint John's School of Theology Seminary, he became acquainted with the Collegeville community and transferred his stability to Saint John's Abbey in Minnesota.

Father Michael plays the Native American flute and has recorded a CD. (Listen to a sample of his music on www.youtube.com.) He is deeply involved in interreligious dialogue, especially with Buddhist monks and nuns. He is the president of Monastic Interreligious Dialogue (MID) and has begun to meet with Somali Muslims in the Saint Cloud area.

At Saint John's Abbey, Father Michael serves as assistant oblate director, abbey organist, a member of the vocation team, and is a chaplain for the College of Saint Benedict and Saint Benedict's Monastery.



For peace of mind, body & spirit

About the Benedict Inn Retreat & Conference Center



Celebrating over forty years of hospitality, 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".

Want more information? Contact Sister Sheila Marie Fitzpatrick at 317-788-7581 or e-mail facilities@benedictinn.org.

Shop INN-Spired for Unique & Affordable Gifts!



Shop INN-Spired is our little gift shop with a big selection of books, unique gifts, religious items, jewelry, and beautiful hand-crafted items, prayerfully made by the Sisters of St. Benedict at Our Lady of Grace Monastery. Unique, prayerfully created, inspirational, and affordable...

Shop INN-Spired ~ Special gifts for special people.

Open Monday - Friday

9:00 am - 4:00 pm

Weekend hours vary. Please call us!

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, 2023	
Personal Day of Retreat Schedule	
Wednesday, January 11	Tuesday, February 7
Wednesday, March 8	Friday, April 7*
Tuesday, May 9	Wednesday, June 7
Your retreat begins at 9:00 am and ends at 4:00 pm.	
*Spiritual Direction is not available on Good Friday.	

Schedule of Programs & Events

May

Pause & Let Your Soul Catch Up

Saturday, May 6

Time: 9:00 am - 3:00 pm

Cost: \$75 (Includes lunch)



Feeling tired deep down to your bones? Taking on more responsibility than you can handle? Feel like self-care is a luxury you cannot afford? Like a computer, sometimes our life needs more than a reboot. It requires unplugging and counting to ten to reset our programming. Before the many activities of summer begin, come spend some time

unplugging. Learn ways to revive a sabbath practice in your life. Discern what responsibilities God is asking you to carry and which ones you are carrying that may not be part of God’s plan. Discover how a spiritual discipline of self-care can turn your negative thoughts and feelings into an attitude of gratitude. Join us for this pause so our souls can catch up!



Presenter: Cindy Sturgeon has a certificate in spiritual direction from the Benedict Inn Retreat & Conference Center and is an oblate of Our Lady of Grace Monastery. She grew up in the Moravian Church in Hope, Indiana, and is now a member of Center United Methodist Church in Indianapolis. Before retiring in 2020, Cindy served as Office Manager for Ecumenical and Interfaith Programs at the University of Indianapolis and led retreats for students in the Lantz Center for Christian Vocations and Formation. In 2009 and 2011, Cindy co-led groups of students on spiritual pilgrimage to Taize, France. Of all the titles Cindy has held, her favorite is Grandma Cindy. She is married to David and together they have four children and eight grandchildren. Cindy is always looking for the sacred in our everyday, ordinary lives and teaches others to pause and let their souls catch up.

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

Schedule of Programs & Events

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

January

From Cave to the Mountaintop - Part II: Benedict's Vision for a Spiritual Life

Thursdays, January 5, 12, 19, 26 - Presented via Zoom

7:00 - 8:30 pm

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



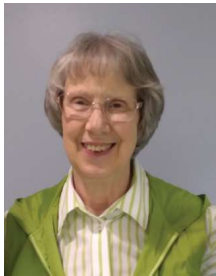
Benedict of Nursia (480-557) lived in a time of chaos not unlike our own. From Nursia to Rome for study and then to a cave near Subiaco and on to Monte Casino, his life continues to influence monastics and spiritual seekers who find his Rule a valuable guide for the spiritual life. In these virtual sessions,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

January 5 - Envisioning Benedictine Wisdom for the Spiritual Life

January 12 - Finding Peace and Hope in the Midst of Chaos

January 19 - Living with a Welcoming Spirit

January 26 - Building the Kingdom of God



Presenter: Sr. Antoinette Purcell, OSB is the Director of Oblates for the monastic community as well as a spiritual director. Previously she served as Director of the Spiritual Direction Internship Program for the Benedict Inn Retreat and Conference Center. Sr. 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 is a member of American Benedictine Academy, Spiritual Directors of Central Indiana, and

North American Association of Benedictine Oblate Directors. She enjoys nature, music, reading (especially poetry), puzzles, and movies for fun and relation. Sr. Antoinette has been a professed member of Our Lady of Grace Monastery in Beech Grove, Indiana since 1964.

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Schedule of Programs & Events

April

Created in Love: Benedictine Values in Caring for Our Creation

Saturday, April 22

9:00 am - Noon

Cost: \$35



We live today in a world with many crises: Major weather events; fires; mass extinction; drought; refugees, and many others. How do we respond to these earth-shattering events? We are called to a profound ecological conversion, but how do we respond? What wisdom does St. Benedict offer to help us in our conversion?

We will break open some texts in scripture, the Rule of St. Benedict, and Pope Francis' encyclical, *Laudato Si'* to gain awareness of the power of love to bring about a deep change in ourselves and in our world.



Presenter: Sr. Sheila Marie Fitzpatrick, OSB, is the Director of Facilities at the Benedict Inn Retreat & Conference Center and a Benedictine Sister for 25 years. She is a Master Naturalist, Tree Steward, an Aldo Leopold Educator, and has led efforts at Our Lady of Grace Monastery in caring for creation. Sister Sheila initiated and led the project to create the Peace & Nature Garden at the Benedict Inn and works closely with the Archdiocese of Indianapolis and the Beech Grove

community on numerous environmental initiatives. She enjoys reading and spending time in nature.



For peace of mind, body & spirit

Introducing... Our Facilitators for Lenten Programs & Retreats



Sister Heather Jean Foltz, OSB, will present ***From Ashes to Resurrection Joy - An Ash Wednesday Day of Reflection***. She serves as Vocation Director for Our Lady of Grace Monastery. Sr. Heather Jean earned a B.A. in Religion with a minor in Sociology from the University of Indianapolis. She enjoys journeying with others as they listen and discern God's call. She has lived and cherished the Benedictine life since 2009. For over 10 years, Sr. Heather Jean served the St. Paul Hermitage Community, a residential and long-term care facility formerly owned and operated by the Sisters of St. Benedict. She enjoys working with the elderly and is passionate about helping individuals with dementia to continue to use their gifts throughout the course of their journey. Prior to entering monastic life, Sr. Heather Jean served as the Employment Center Coordinator at Horizon House, which is a day center for the homeless in Indianapolis. She enjoys music, reading, cooking, being outdoors and spending time with her niece and nephews.



Patty Moore, will present ***Coffee & Conversation*** and co-facilitate ***No Greater Love Lenten Retreat*** with Sr. Carol Falkner, OSB. She works at the Benedict Inn Retreat & Conference Center as Assistant to the Directors of Facilities and Programming. Patty is also a Spiritual Director having completed the Spiritual Direction Internship Program thru the Benedict Inn and an Oblate of Our Lady of Grace Monastery in Beech Grove. She is a member of St. Rose of Lima Catholic Church in Franklin, IN where she serves a Lector, Eucharistic Minister, member of the Faith Formation Commission, and leads two bible studies. Patty cherishes spending time with her 3 daughters and 9 grandchildren, traveling, camping, cooking, reading, and tending her garden.



Sister Carol Falkner, OSB, will co-facilitate ***No Greater Love Lenten Retreat*** with Patty Moore. Sr. Carol Falkner, OSB has lived and cherished the Benedictine life for over fifty years. She has served as a teacher, principal, and prioress of her community. On June 30, 2022, Sr. Carol retired as Administrator of the Benedict Inn Retreat & Conference Center. Today, she continues to serve her community as Sub-prioress of the monastery. Sr. Carol earned a master's degree in Education and Administration from Ball State University. She is a trained spiritual director and retreat presenter. She enjoys pottery, reading and camping.

Schedule of Programs & Events February

The Letter - Movie & Discussion

Sunday, February 5

2:00 - 4:00 pm

Cost: \$5 Fundraiser benefits OLG Laudato Si' Action Plan



Laudato Si', Pope Francis' encyclical on climate change and ecology, offers a transformative new vision of environmental protection. Laudato Si' Movement, in partnership with Off the Fence Productions, has released *The Letter*, a film which brings Pope Francis' vision of integral ecology to life. It shares the core messages of *Laudato Si'* in a compelling way by sharing the stories of four people whose voice is not being heard – the voice of the Indigenous, the voice of the young, the voice of the poor, and the voice of nature. Come join us for a viewing of the film, followed by a discussion led by Sr. Sheila Marie Fitzpatrick, OSB.

Prayers of Jesus: Lessons in Empowering our Prayers

Wednesday, February 15

6:30 - 8:30 pm

Cost: \$35



Why does it seem sometimes, that God doesn't answer our prayers? Can a Jesus manner of praying bring us greater meaning, purpose, and contentment in our faith and spiritual lives? Jesus prayed in an effective manner about the things that mattered. In what manner do we pray? We will review the teachings and example of Jesus to discover how He drew strength and wisdom through prayer. Following the example of Jesus, we can transform our lives and unlock the grace of God already present within and among us.



Presenter: Fr. Steve Schafflein, retired, was ordained in 1978 and has served in a variety of parishes in the New Albany, Connersville, Batesville, and Seymour Deaneries of the Indianapolis Archdiocese. In addition to parish ministries, Fr. Steve has served in deanery positions Pre-Cana, Youth Ministry, and Separated/Divorced/Remarried Catholic Ministry. He has served on a part-time basis as chaplain to Richmond State Psychiatric Hospital and the former Henryville Correctional Facility. In his free time, Fr. Steve has a passion for outdoor activities and has done extensive hiking throughout the lower forty-eight states.

Lent begins on Ash Wednesday, February 22nd! Enhance your Lenten journey this year. Join us for these programs & retreats!

Schedule of Programs & Events February - Continued

From Ashes to Resurrection Joy - An Ash Wednesday Day of Reflection Wednesday, February 22

9:00 am - 4:00 pm

Cost: \$75 (Includes lunch)

Facilitator: Sr. Heather Jean Foltz, OSB



"The life of a monk ought to be a continuous Lent."

(RB 49) Lent is a time to empty ourselves, making a place for God's Spirit to enter. St. Benedict teaches the importance of Lent throughout our spiritual journey. Join us for this special Ash Wednesday program where we will begin our Lenten journey with discussion, sharing, and

creative expression. Discover how prayer, fasting, and service to others leads to resurrection joy!

Coffee & Conversation

Tuesdays, February 28, March 7, 14, 21, 28, April 4

10:00 - 11:30 am

Cost: \$125 Series of 6 sessions or \$25/session

Facilitator: Patty Moore



How do you live your one broken life? In this six week series of discussion/sharing, we will journey into the invitation of discovering more time, more meaning, more authentic relationships. There is a way, especially when things in our lives are not as we had imagined and/or hoped they would be, that makes life take the form of more – more abundance, more intimacy, more God. This series is adapted and based on the Study Guide of New York Times best selling author, Ann Voskamp's book, *The Broken Way*. Journals provided.

Tuesday, February 28th

Tuesday, March 7th

Tuesday, March 14th

Tuesday, March 21st

Tuesday, March 28th

Tuesday, April 4th

How Do We Live This One Broken Life?

Living Cruciform

Learning to Receive

Real Koinonia

Embracing Inconvenience

Who We Serve

Schedule of Programs & Events Lenten Programs & Retreats March & April

No Greater Love - A Pilgrimage from the Garden to the Resurrection Friday, March 10 - Sunday, March 12

Cost: \$300 (Register before March 1st & save \$25! Includes room & meals)

Facilitators: Sr. Carol Falkner, OSB and Patty Moore



Filmed on location in the Holy Land, *No Greater Love*, by Dr. Edward Sri is a biblical pilgrimage that reveals Christ's amazing love for us. Journey with us as we walk step-by-step with Jesus from the garden of Gethsemane to the Resurrection. This weekend retreat will consist of prayer, silence, video presentations and discussion.

Triduum Retreat

Thursday, April 6 - Sunday, April 9

4:30 (April 6) - 1:00 pm (April 9)

Cost: \$375 (Includes room & meals)



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 7

9:00 am - 4:00 pm

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



Observe Good Friday in the solitude of a personal day of retreat. Commemorate this day when our Lord, Jesus Christ willingly gave us this ultimate gift of love and redemption through his sacrifice. **Spiritual Direction is not available on Good Friday.**

Meet our Lenten program presenters on the next page!