

Review

The of Benet Hill Monastery



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*Longing is like the rosy dawn.
After the dawn out comes the sun.
Longing is followed by the vision of God.*

-Ramakrishna

Message from Prioress

By [Sister Clare Carr, OSB, Prioress](#)



"Longing is like the rosy dawn. After the dawn out comes the sun. Longing is followed by the vision of God." -Ramakrishna

Dear Friends and Families,

"Longing, longing, longing... O God, you are my God, and I long for you. My whole being desires you; like a dry, worn-out, and waterless land, my soul is thirsty for you."

-Psalm 63-from Good News Translation

This psalm is often used in funeral celebrations, and yet it fits so well with the possibilities that each new day brings. Every morning we have an opportunity to lean into that longing for God, longing for wholeness and holiness. We long for connections, for healing, for hope, and for love.

We long for peace in a world that at times seems mad. Mad with car bombings, hate talk, violence, trafficking the young, and sending our young women and men into war. When will there be an end to the suffering we witness and experience? ***"Oh God, you are my God, and I long for you."***

My answer to this is found in the quiet mornings alone with my God –that is where my confidence lies. I carry my burdens to God; lean into Him and discover God's presence in the gentle motion of my rocking chair and the beauty of nature outside my window. God is in the Sacred Scriptures spoken each day. God is sometimes in the anguish of my prayer and in the gratitude of my simple thanks. God is in a cup of coffee and in the prayers of our community.

Oh God, come to us, your people and give us the hope of a new day, a new year. Give us the courage to reach out to the broken within us and among us; to the immigrant, the enslaved, and the bullied. Help us find ways to make life more beautiful.

Blessings and Peace,

Sister Clare Carr OSB

Many photos in this issue were taken by sisters and staff of Benet Hill Monastery. Thank you!

Taizé Prayer Service

By [Sister Ana Cloughly, OSB, Director of Contemplative Vision](#)



Our Taizé Prayer for Peace is held every year on December 31st, the evening before the World Day of Peace observed by the Catholic Church. We gather in [Our Lady of Peace Chapel](#) with people of all faith traditions to pray together with simple readings, sung chants and silence. Our theme this year was on care for the poor; our prayer encompassing the earth for all who suffer from poverty.

Left: [Sister Mary Jane Vigil, OSB](#) is leading the congregation using gestures to the sung **Peace Prayer**. Taizé prayer services usually feature an icon. We used **Mary, Mother of God** (to right of Sister Mary Jane.)

Front Cover

By [Sister Mary Teresa Hicks, OSB](#)

Cover photo taken by Sister Mary Teresa Hicks, OSB of sunrise at Benet Hill in December 2017.

Photography is a form of prayer for me. I can capture a single moment in time and give thanks to our loving God for the beauty of the gift. My favorite subject matter is creation. God speaks in the wonder of nature. I have photographed the grandeur of the Grand Canyon, the cobalt blue of the Sea of Galilee, the ever changing wonder of Pikes Peak, the rolling prairies of Colorado, the sun, moon and stars. Animals and insects, squirrels, birds and the occasional lizard are moving wonders.

I am mesmerized by the wisdom of trees. I see God in the lighting of the image. I stand in awe and listen with **the ear of my heart** for the voice of God as I click the shutter of my camera.

"This is the day the Lord has made. We will rejoice and be glad in it." -Psalm 118:24

We Remember - Sister Katherine Wawersich, OSB

By Sister Charlotte Redpath, OSB and [Sister Ana Cloughly, OSB](#)

"Blessed are you...rejoice and be glad."

-Matthew 5

[Sister Katherine Wawersich](#) died peacefully on December 20, 2017 at the age of 96. She was a loving and powerful presence to her family, friends, and community. As a holy woman, gentle and wise, and a gifted musician, Sister Katherine lived with a deep sense of gratitude for her Benedictine life.

Born on March 29, 1921 in Minneapolis, Minnesota, Sister Katherine graduated from St. Benedict Academy, St. Joseph, MN in 1939 and earned a double Bachelor of Arts in Music and History from the University of St. Catherine, St Paul, MN in 1956. She continued at the University of Notre Dame and earned an MA in Music Education with a special focus in choral music in 1967.

Sister Katherine's mother, who died when Katherine was only five-years old had a very special love for the Benedictine way of life which held a profound and lifelong influence on Katherine. Katherine entered St. Benedict Monastery in St. Joseph, MN in 1937 and made her first monastic profession in 1941 and her perpetual monastic profession in 1944.

Sister Katherine taught and served as choir director in Catholic schools in Minnesota from 1944 to 1973 including Archbishop Murray High School where she served as the Chair of the Music Department and Director of Liturgy. In 1948, she helped found St. Paul Monastery in St. Paul, MN and served as their Director of Music and Liturgy.

Vatican II opened areas of freedom for women religious. Using her musical gift outside of her community, she sang with the Minnesota Bach Society which on occasion was accompanied by the Minnesota Orchestra. The liturgical changes called for by the Council gave her an opportunity to be a part of the Archdiocesan Worship Board. She also participated in the revision and simplification of the Liturgy of the Hours.

In late 1973, Sister Katherine became the Pastoral Associate for St. Charles Borromeo Parish, Minneapolis and in 1974-1984 served as Pastoral Associate and Director of the Befriender Ministry at Guardian Angels Parish, Lake Elmo, MN.



L to R: [Sister Katherine](#) shares some special time with [Sister Charlotte](#).



Trusting in the will of God for her life, Sister Katherine became a founding member of Spirit of Life Monastery in Lakewood, Colorado in 1981. This new life brought new opportunities in ministries that had mostly been closed to women. Sister Katherine became a staff chaplain for Mercy Hospital in Denver, CO from 1984 – 1988. While serving her community of Spirit of Life Monastery as Assistant Prioress, Sister Katherine also served the larger community as Director of Pastoral Care and Outreach at St. Jude Parish in Lakewood, CO.

In 1997, Sister Katherine began the process of transferring her vow of stability from Spirit of Life Monastery to Benet Hill. Here she shared her musical skills as the Assistant Director of Music for community and as Schola Director. She taught music, liturgy and liturgical history to women in formation and taught and mentored prospective Oblates in the Benedictine way of life.

Inspired by the words of Gerald Manley Hopkins, "*The world is filled with the grandeur of God*"; Sister Katherine's many acts of service reflected her sense of awe and gratitude for hands and prayers that healed and influenced the lives of others. Sister Katherine was a woman of great compassion and integrity. Her faith and her service of love and prayer lives on in the presence of God.

In deepest sympathy we remember our dear sisters and their families who have lost loved ones.

[Sister Marilyn Carpenter](#) for the loss of her best friend and great benefactor to *Sisters' Thrift & Boutique*, Penny Rossetti

[Sister Evangeline Salazar, OSB](#) for the loss of her brother, Nick Salazar.

[Sister Rose Ann Barmann, OSB](#) for the loss of her cousins, Rita Barmann Alexander and James Barmann.

[Sister Anne Stedman, OSB](#) for the loss of her niece, Jeanne Anderson.

Vocations: "Trust in God; Trust also in me."



Reflection of First Profession of Monastic Vows

By Sister Mary Colleen Schwarz, OSB, Vocation Director



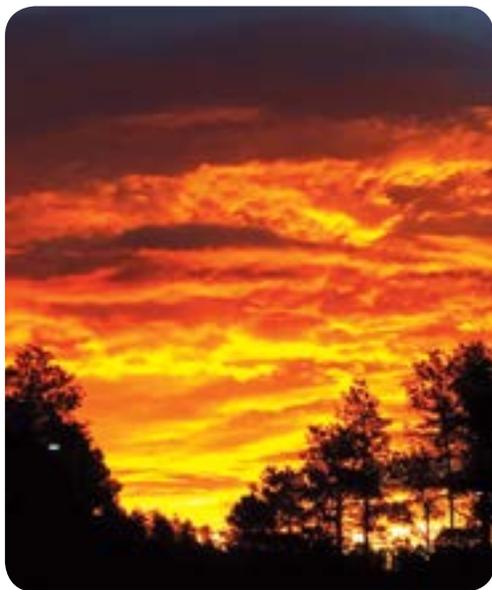
"Trust in God; trust also in me."
Unpacking the seven words of this exhortation is no small challenge, but it is vital that we do so because it is a critical anchor in difficult times. It is the antidote for a troubled heart.

All of us want to trust in God—we want a certain faith, assurance, and peace at those times when our own world seems to be crumbling into pieces. Having a clear sense of identity as a child of God is vital. But there is more. In my life experience, I have discovered that a compassionate

heart must accompany our trust in God. Compassion puts action to our faith.

Compassion is a choice we can make at any time. It requires no special schooling, no extra time or money, nothing but awareness and a decision to lead with love. While acting kindly is compassionate, compassion is more about how closely I want to connect with my heart. Compassionate action says more about me than the person receiving it, but in the end it is the one thing that will change us both.

I desire to lead with my heart. My actions provide the opportunity to move closer to my values, to align with my highest self, and to live in peace, love, creativity and compassion. Our very nature is more expansive when we offer grace—even when people hurt us. Stay close to your true nature; operate from your highest self. This is how a deep trust in God is lived out in this world. Listen to the wisdom of your soul...lead with your heart.



*"And after the dawn of the morning,
the sun greets me and acknowledges my
spirit and strength!" -Avijet Das*

By Sister Mary Teresa Hicks, OSB



L to R: Sister Mary Teresa Hicks, OSB with Sister Anne Stedman, OSB; Novice Director holding Sister Mary Teresa's art depicting Benedictine humility. January 7, 2018- Sister Mary Teresa's First Profession.

Epiphany is a very special feast; the feast of the Magi who followed the Star not knowing where it would lead. Through perseverance of faith, they came to Bethlehem, to a tiny manger. The journey was long and it took them over difficult terrain and presented great challenges. This is a good description of my life's journey.

As a novice for the past two years, I have prayed, studied, cried, written, sung, composed, created and followed the Star just like the Magi. When the kings arrived, they humbly bowed before the Christ-Child and offered their greatest treasures. After a long journey, I too, arrived on Epiphany. I humbly bowed before God, my community, family and friends and I offered my greatest treasure - the gift of the song of my life, in monastic profession. As I professed my vows, I was overcome with joy in the presence of God and yes, I shed a few tears.

On Sunday afternoon before my profession, I took a walk. I walked in silence although my heart wanted to shout, **"At last, this is the day the Lord has made!"** It was difficult to quiet my soul in prayer, as my spirit soared above the clouds. I spent time reflecting at Mary's grotto. Mary said **"Yes"** to God and so have I. Mary didn't know what the future would be and yet she still said, **"Yes."** I do not know what God has in store for me, but I also have said, **"Yes."**

I walked over to the Sanctuary of Peace property and sat on the trunk of a fallen tree. In union with the ancestors, with the warmth of the sun and the breeze of the breath of Spirit on my face, I made my vows to God in solitude. And now, as St. Benedict says, I will continue to **"listen with the ear of my heart."** As I continue to follow the Star, I watch in wonder and awe, as God writes the notes of the song of my life!



L to R: Sister Clare Carr, OSB; Prioress with Sister Mary Teresa Hicks, OSB and Sister Mary Colleen Schwarz, OSB; First Profession Mentor and Vocation Director.

Seasonal Joys of Community Living

Compiled By Gina Berger, Communications Director



This turkey was smart enough to visit the monastery in May, but no where to be found during the holidays!



O Antiphons hanging in the Chapel during Advent were created by [Sister Ana Cloughly](#) for the seasonal liturgical environment.



Below: This photo was taken during Advent. "Advent Moon"



[Sister Mary John](#) treats everyone with fudge on St. Nicholas Day.



Top: Sisters have a gift exchange. Left: [Sister Mary John Thomas](#) waits for others to arrive. The candles on each chair were a gift to every sister from the [Prioress, Clare Carr](#).



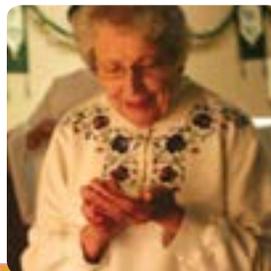
Sisters [Ana Cloughly](#) and [Lucy Hartmann](#) decorate the chapel tree with dried flowers collected all through the year.



Below: [Sister MT](#) loves to be a character (and she is daily)-she was a great Santa Claus at the Employee Christmas Dinner. Her head is slightly tilted up because her eyebrow was slipping!



[Sister Phyllis](#) places baby Jesus in the manger during the Christmas Vigil Service.



Below: Sisters [Mary Jane Vigil](#), [Mary Teresa Hicks](#), [Ana Cloughly](#), [Clare Carr](#) and [Margaret Meaney](#) begin the Christmas Vigil with their traditional monastic ritual of light.



Christmas Day Liturgy

Oblates: New Beginnings

By Jerry O'Hare, Oblate

Being a new [oblate](#) reminds me of the old adage "every day is a new day". Every day I learn something from ancient teachings for the first time; every day I try something old for the first time, and the next day I get to do it all over again! Even the [Holy Rule of St. Benedict](#) takes on different meanings, even though the words remain the same. A few years ago, this "starting anew" everyday would have driven me crazy; I like consistency, certainty and other such illusions. Being an oblate has taught me that God is full of surprises and surrendering to God's will isn't just part of the adventure, it is the adventure!

Combining the practices of prayer, humility and hospitality with the daily practices of work, study and quiet reflection always leads to the next step on my spiritual hiking trail. Most of the time, it's a step that I didn't see coming, but it is something I needed to experience just at that right time.

The trick is to leave myself open and vulnerable to God's will....God's next "dare". It's a gift I want to be open to receive. Being an oblate at Benet Hill makes being open to God's will just that much easier.



Series Shines "Light of Christ" on the Darkness of Human Trafficking

By Amy Roth Sandrolini and [Sister Rose Ann Barmann, OSB](#)



L to R: [Mother Krista Dias](#), Pastor, Chapel of Our Saviour; [Sister Rose Ann Barmann, OSB](#); [Jessa Crisp](#), Founder of Bridge Hope and Amy Roth Sandrolini, Chapel of Our Saviour

The last sessions featured leaders from local organizations offering examples of ways to support efforts combating human trafficking.

This series was offered free of charge thanks to the generous support of the Benet Hill Monastery, an anonymous donor, the [Sisters of St. Francis](#), Creative Financial Services and the Knights of Columbus.

Websites: www.bridgehopenow.org, www.jessacrisp.com and www.joy.org.



L to R: [Sister Rose Ann Barmann, OSB](#); Coordinator of Human Trafficking Prevention Series and Roger Patrizio, Chair of Southern Colorado Human Trafficking Task Force

The Sisters of Benet Hill continue their mission of providing awareness and education regarding social justice issues for the Colorado Springs community.

A four-part prevention program addressing **Human Trafficking** was held this winter at the Pikes Peak Library 21C. "As we hear more about human trafficking crimes in our region, people desire to be educated and learn what they can do about it. Our speakers are shedding light in this area," said [Sister Rose Ann Barmann](#), the inspiration behind the series.

Dr. Jeff Brodsky, the founder of [Joy International](#), shared powerful stories of his organization's work in several countries to prevent the trafficking and exploitation of children, and to provide rescue, restoration and safe houses. Brodsky explained he began going barefoot "out of obedience to God's call to bring awareness of and to be in solidarity with child sex slaves around the world." A Barefoot Mile Walk will be sponsored at Benet Hill on June 9, 2018. Proceeds will support survivors of [Joy International](#) and other non-profits in Colorado.

Human trafficking survivor, [Jessa Crisp](#) spoke with great courage and gripping honesty. She shared the harrowing story of her years of familial and commercial sex trafficking and her journey out of "the life." Today, at 30, Jessa is happy, healthy and the co-founder of [Bridge Hope](#), dedicated to developing mentors for boy survivors. "I am now able to be more than a victim, a survivor, I'm thriving. But healing doesn't happen in isolation, it takes a village."

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."
-Saint Francis of Assisi

Dr. Brodsky has gone barefoot for over eight years.



Dr. Jeff Brodsky, Founder, [Joy International](#)

Meet the Health Care Staff

Compiled By Gina Berger, Communications Director

There are no words big enough, full enough or expansive enough to contain the gratitude and profound appreciation we feel for our nursing staff. These women are a highly dedicated network of committed nurses and kind friends, challenging guardians, and deeply caring helpers in all aspect of our retired sisters' daily needs and requests. - Sisters of Benet Hill Monastery



Above-Kristy Knotek:
I love to exercise, spend quality time with my 2 children and family. I love working with the elderly. I feel this is my calling.



Left-Christine Horsley:
I enjoy working out, mountain biking, and spending time with my family.



Left- Mondy David: *After a few days of work and school, I love being home alone to recharge my energy for the next set of busy days.*



Above-Allison Gigliotti: *My dream is to travel the world. I especially want to visit Ireland.*



Left- Julia Bussell: *I am caring and I love what I do.*

There is a bridge of memories from Earth to Heaven above. It keeps our dear ones near us. It's the bridge that we call love.

-Unknown

We Remember Sue LeFebvre

Susan Rita LeFebvre (April 21, 1955 - October 26, 2017)

Susan was born April 21, 1955, in de Ols, France to Jozef and Jane (Poweska) Czlonka. She graduated from William Tenet High School in 1973. In 1977 Susan graduated from The Pennsylvania State University in State College, PA to start her long and dedicated career in the health care profession. She joined the US Army as a registered dietician in the Army Medical Specialist Corps in 1977. Susan completed training at Fort Sam Houston, TX, and the Walter Reed Medical Center, MD and was stationed at Ft Sill, OK until 1980. While stationed at Fort Sill, OK Susan met her husband, Jim, and they married on February 25, 1979, in Lawton, OK. During their 38 years together Susan and Jim lived in Lawton, OK; Germany; Boston, MA; Yorktown, VA; Bowie, MD; and Colorado Springs, CO while raising their three children Andrew, Bryan, & Stephanie. Susan also received a Masters of Business Administration with a Health Care Concentration from Boston University, and received a Bachelors Degree in Nursing from the University of Colorado at Colorado Springs. Susan was most recently employed at the Benet Hill Monastery as a registered nurse in Colorado Springs for the last 4 years.

Susan loved being part of the Colorado community. She was an active member of the Colorado Springs Catholic Community, Benet Hill Monastery, and volunteered as a registered nurse with the Homeless Shelter in Colorado Springs. She enjoyed reading, playing the piano, ice skating, camping and the outdoors. Most importantly she treasured being with friends and family and always put them first. She also enjoyed watching her kids' activities such as Girl Scouts and church activities. She was a selfless, caring, and loving person who left a lasting impact on anyone that knew her.

Susan is survived by her husband, Jim, of Colorado Springs; her sons: Andrew LeFebvre of Aurora, and Bryan LeFebvre of Colorado Springs; her daughter Stephanie (LeFebvre) Medberry of Thornton; her brothers Michael Czlonka of Bowie, MD; and David Czlonka of Rio Vista, CA. She was preceded in death by her parents.

Memorial services were held at Benet Hill Monastery on November 13, 2017.



"Sue was very encouraging and supportive of me while I was in nursing school-which meant a lot to me. I miss her words of wisdom!"
- Christine

"Sue was a great friend who was always there for me. She gave me spiritual advice that I will cherish forever. She was truly a woman of God and loved to teach His word." -Kristy

"Sue was a very organized nurse. She had high standards and everything had to be in its place. I miss her sense of humor!" -Mondy

"Sue was a very nice nurse. I miss her smile and her joyfulness." -Julia

"Sue was a talkative, kind woman. She was a very gentle soul." -Allison

A Day in the Life

Compiled By Gina Berger, Communications Director

On December 10, Sisters [Mary Jane Vigil](#), [Evangeline Salazar](#), and Vincent Crowder attended the film, **The Sultan and the Saint** at the Fine Arts Center. This event was sponsored by the [Sisters of Saint Francis](#) and Colorado College.

The Sultan and The Saint tells the story of an encounter between Saint Francis of Assisi (Christian) and Sultan Malik Al-Kamil (Muslim). Through respect and dialogue, they were instrumental in bringing an end to the senseless violence of the Crusades. This film spoke with urgency to our present Muslim/Christian divide and our call to bridge the chasm. -**St. Francis Pray for Us.**



Sister Joseph Marie Jacobsen, OSB

When I began my hour of Adoration/Prayer before the Blessed Sacrament, I for the first time realized the beauty of the stained-glass window behind the Tabernacle. As I sat in prayer and looked at the window I was truly amazed at its beauty. Divided into four parts, each part flows into the whole. I was mesmerized while looking through the window at the forest as the snow fell. This was truly a prayerful hour.

Sisters [Mary Jane Vigil](#), [Mary Teresa Hicks](#), [Deborah Kuhl](#) and [Anne Stedman](#) attended the Southwest Liturgical Conference January 16 - 19 in Cheyenne, Wyoming. There were over four hundred other liturgists and musicians attending. The prayer and Eucharist were profound: the music was outstanding: and the speakers were excellent. The sisters described the conference as: "**uniquely creative**", "**touched my heart**", **set me on fire**" and "**gave me hope**".

On January 7th [Sister Mary Teresa](#) made her first profession. The reception of a sister into [vowed life](#) is a great joy and privilege. It speaks of the mystery of God and God's call to us. It is an affirmation that religious life is alive and well. As we read in the **Holy Rule: A Spirituality for the 21st Century** by Joan Chittister, "**The monastic life is a complete reordering our values and our priorities**". Monastic life calls us to a "**depth of soul that changes our lives and focuses our efforts and leads us to see the world differently**". We are very blessed to have Sister Mary Teresa journey with us into a lasting future. -[Sister Clare Carr, Prioress](#)



Every fall, Devaka Premawardhana, PhD brings his History of Christianity students from Colorado College to Benet Hill Monastery to experience our [monastic community](#). The students start the day by joining the sisters for [morning prayers](#) and with presentations on our history, traditions, and monastic practices by [Sisters Rose Ann Barmann](#) and [Ana Cloughly](#). Later the students explore our forest and [prayer sites](#) before joining the sisters for a communal meal. Having the students here is a great joy for us. Before leaving, all students are invited to visit [Sister Phyllis'](#) room to select a stuffed animal from her collection. We look forward to seeing more students this fall.



On December 28th, Sister [Mary Jane](#) joined [Sister Marilyn](#) and her friends Linda & Mike Worthey for a visit to the [Denver Botanic Gardens](#) to see the Blossoms of Light exhibit. "**Every garden plot, tree trunk, tree branch and pond was aglow with lights of every kind, shape and color. Before we made our way through the fairy land of lights, we bought two pair of Holospex glasses which magically turned every light into a snowflake or snowman. It was a treat to see each display change into hundreds of snowflakes or snowmen. The bright moon also transformed when looking through these glasses. The final display was a whole field of light stakes which gave the impression of moving and dancing as the lights changed colors. What a festival of lights! What a dazzling winter wonderland! We concluded our trip with hot chocolate and more light displays in downtown Denver.**"

Alumnae News

By Carolyn Treacy Nummela, Class of '67



I had an awesome education and was taught by some amazing women. We were all very lucky to be shown how to spread our wings and fly! We flew! I am grateful for this and our environment of peace and love.

After leaving [Benet Hill Academy](#), I attended Seattle University, then CSU Extension and on to CU in Boulder. Then came the Viet Nam War and Kent State. I decided to join VISTA and was sent to the Upper Peninsula of Michigan, right on Lake Superior.

My last 50 years have been good. I have been married 44 years- seems like a life time. I have two fine children and three grandchildren. I have met and lost a lot of fine people in my life. I have had bumps on the road and easy paths. All in all it has been fun.

Thank you so much to the fabulous sisters that showed me the way. You were definitely an inspiration to me and my fellow classmates.

It was nice seeing my fellow classmates at the last reunion and I plan on being at future reunions. Thomas Wolf was wrong, I believe, "**You can go home again.**"

In deepest sympathy we remember our [alumnae](#) sisters and their families who have lost loved ones.

Jama '77, Jeana '80-82, and Maralee '81 for the loss of their mother, Carmela McDowell.

Margaret Dinmore '66 and Kathy Dinmore '78 for the loss of their father, Richard Dinmore.

Lisa Riutzal Sauter '79 for the loss of her mother, Rosemary Riutzal.

Priscilla Aires Przybylawski '75 for the loss of her father, Francis Aires.

Nancy Hedemark Nay '71 for the loss of her father, Truman Hedemark.

Mission Advancement

By Carin Willis, Interim Director of [Mission Advancement](#)



Photo of heart shaped rock taken at the [Labyrinth](#) at Benet Hill Monastery.

'Thank You' is the best prayer that anyone could say.
-Alice Walker

Our hearts are filled with gratitude for the generosity of our supporters whose gifts support the Sisters of Benet Hill Monastery! We want to share some end of year giving highlights:

- ❤️ CO Gives Day 2017 Giving Total-**\$7,758.60**
- ❤️ Fall Appeal Giving Total-**\$45,021.25**
- ❤️ Other End of Year Gifts-**\$59,398.00**

Pathways to Peace:

Enjoy a guided tour of the Monastery, hear about the [history](#) of the Sisters of Benet Hill, and learn about their present day mission and ministries. Please join us in 2018 for our next Pathways to Peace at the Monastery. Bring a friend, neighbor or loved one!

2018 Schedule

- March 8
- May 10
- July 12
- September 13
- November 8

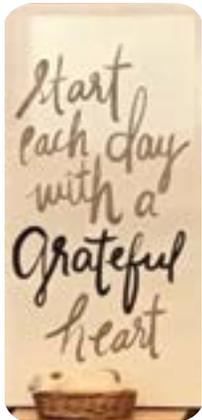
Please RSVP to Carin Willis in [Mission Advancement](#): cwillis@benethillmonastery.org



L to R: [Sister Anne Madeleine Brost, OSB](#) and [Sister Mary Glenn, OSB](#) joyfully made phone calls to many donors who gave end of year gifts to the Sisters of Benet Hill. Sisters Mary and Anne Madeleine live in the [Whitewater Community](#) near Grand Junction.

Advent Retreat: Show Up, Slow Down and Wait

By Vincent Crowder



[Sister Marilyn Carpenter, OSB](#) led the Advent Retreat with over 25 participants.



Coming from a Protestant upbringing, Advent among Benet Hill's catholic, universal, contemplative community was for me clearly a season of "New Beginnings" and a "Dawn of New Horizons."

The Advent Retreat's invitation to Show Up, Slow Down and Wait echoed recent suggested wisdom to Pause, Ponder and Pray. Early that morning a promise came; "This day will be a pilgrimage that will lead to a change in how you look at everything!"

From Sister Marilyn's opening question, "How's your heart today?" a spacious haven was opened for the roaring fire about to be set within. With the "Ear of my Heart," I heard Spirit sing melodic proverbs urging

presence and consciousness: "Let it be," "Be still and know that I am God," "I will calm all suffering and darkness that troubles you," "Start each day with a grateful heart," and "Allow your heart to be broken open, a vessel that I will fill with an attitude of gratitude."

As the day progressed, I overheard some angst from several who lamented the year's mere three weeks of Advent that hardly left time to fulfill the season's demands. In the faith tradition of my upbringing there is little knowing about Advent thus I was grateful for three weeks, entirely unaware that most years allow four!

May you too proceed with a grateful heart.

Ministry: New for 2018

By Katherine Flahive, Director of BSFP

The Spiritual Formation Program is transforming into a larger program accessible to a broader population and extending an invitation to a younger community, meeting them where they are and in their language. To try and meet this need, Katherine Flahive, Director of the Benedictine Spiritual Formation Program has launched a "test website" entitled [Spirituality Beyond Horizons](#) to market the [Global Online Spiritual Direction Program](#) and Living Spiritually classes, retreats and workshops. There will be a link to this "test website" in the future for these new classes on the Benet Hill Monastery website on the [Ministry page](#).

One of the new classes this spring is "Living Spirituality in the Modern World" offered at Iliff School of Theology, Tuesday evenings, April 17-May 22, 2018. This new introductory class will open up a path of self-discovery amidst an increasingly tech-driven, distracted culture.

There's More! Additional course opportunities offer anyone seeking spiritual depth and growth a way to connect on a deeper level. Courses are in a 6-week format and retreats/workshops are one-day experiences offered at four different locations. The 2-year [Global Online Spiritual Direction Program](#) accepts students each spring to begin in September. Applications are online.



6-week courses:

- Living Spiritually in the Modern World
- Science Informed Spirituality
- The Spiritual/Mystical Journey
- Spiritual Relapse
- Personal Spiritual Experiences
- Introduction to Spiritual Direction

Retreats/Workshops

- Healing Wounds from Church of Choice or Church of Origin
- Suffering and Transformation
- Discerning your Call in Your Life
- Introduction to the Rituals of the Unspoken Transitions of Life
- Spirituality and Creative Expression
- Spiritual Connections

Katherine Flahive, M. DIV., osb Oblate
Benedictine Spiritual Formation Program Director
P (303) 601-6222; kflahive@benethillmonastery.org

Mystics Block 4

*See through a mystics eyes...
Hear through a mystics ears...
Know God through a mystics life...
Please Join us....*

Black Elk



Block 4: Fridays -Feb. 23 - March 16, 2018
9:30 am to 11:30 am

Fee: \$100

Francis of Assisi Etty Hillesum
Beatrice Bruteau Thomas Berry

Contact: Sister Ana Cloughly, OSB; sana@benethillmonastery.org; (719) 633-0655 Ext. 150

Spring Retreat

"YOU ARE LOVED, FORGIVEN AND PURSUED BY A JEALOUS GOD."

Saturday, April 14, 2018 9:00 am to 1:00 pm

Fee: \$45

Presenter: [Sister Rose Ann Barmann, OSB](#)

Retreat Description: *Come and realize anew that from your mother's womb, you are cherished and invited to participate in the **Oneness and Threeness of God**. We will explore our personal invitation into the Mystery and wonder of God's Divine Community. Experience and rest in the knowledge that you are loved, forgiven and pursued by a jealous God.*

Register for classes/retreats on our website: www.benethillmonastery.org

Find "[Events](#)" on the home page: make your selection.

Lenten Concert ~ March 4

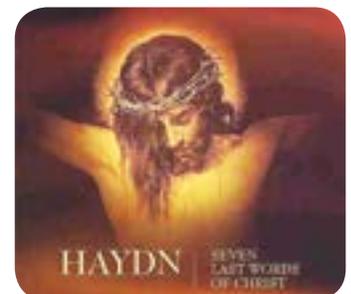
Get Tickets Now for this Powerful Event

Sunday, March 4 2:30 pm

The Seven Last Words of Christ on the Cross

Op 51 - Franz Joseph Haydn

Jacob Klock and Elisa Wicks, violins;
Ingrid Rodgers, viola;
Pam Chaddon, cello



Purchase Tickets online at: www.benethillmonastery.org

Tickets: Adult: \$20 Seniors/Students: \$15



Spiritual Conversations ~ A Natural Balance: Christianity's Contribution to the Global Ecological Conversation



NEW ONLINE COURSE:

June 28, 2018 – Aug 9, 2018

Fee: \$65

Facilitators: Maria Plafcan and
[Sister Ana Cloughly, OSB](#)

This six-week course explores the most pressing ecological questions of our time. Our primary goal is discovering how we respond to God's call to care for the earth.

Questions we will ponder: Is climate change a consequence of human activity, part of the Earth's natural cyclical processes or perhaps both? How does deforestation, pollution, water scarcity and the loss of biodiversity affect our lives? We will examine these issues from the scientific, ethical and spiritual perspectives.

Each week you will receive a module containing informational videos, reading material and reflection questions that prepare us for a weekly conversation online. Please see more details on our website:

www.benethillmonastery.org

Find "[Events](#)" on the home page: make your selection.

Healing Our Losses: Dancing with Grief Retreat

By Amy Agape, PhD.



Amy Agape and [Sister Marilyn Carpenter, OSB](#) led the *Healing Our Losses Retreat*. Both Amy and Sister Marilyn have extensive experience working in grief ministry.

On January 27, 2018 many courageous and vulnerable participants gathered for a day of time, space and ritual in order to grieve their various losses. Although grief support has always been an important part of human interaction, we seem to have lost some of our capacity to perform it. In contemporary Western culture, which repeatedly tells us to "*let it go*"; the bereaved are often invisible; they are left to grieve alone.

Each of us will one day lose someone or something we hold dear. The passing of loved ones, jobs, homes, health status, and so many other things catapult us into the landscape of grief, a vast and wild terrain we must walk alone. Nevertheless Jesus promised, "*Blessed are those who mourn, for they shall be comforted.*" At this retreat, we mourned and were comforted. We shared our stories of love, witnessed one another's sorrow, and learned practices to aid our grief journeys.

Spiritual Direction is an opportunity to grow in your spiritual life.

- *Are you seeking a closer relationship with God?
- *Are you interested in deepening your spiritual journey?

The Sisters of Benet Hill invite you to explore your relationship with God through [spiritual direction](#). Please make your initial contact with Sister Therese O'Grady, Coordinator for Spiritual Direction and she will help you find a Spiritual Director.

Contact: [Sister Therese O'Grady, OSB](#);

stherese@benethillmonastery.org

Phone: (719) 473-8764

- ♥ Spiritual Direction is a ministry of Benet Hill Monastery.
- ♥ Spiritual Directors are available to journey with you.
- ♥ **We do this on site, online, and by phone.**

"[Spiritual Direction](#) is an opportunity to grow in your spiritual life. My role is to listen and honor your story and your desire to grow closer to God. It is an engagement of the heart for you, God, and your spiritual director."

- [Sister Deb Kuhl, OSB](#),
Spiritual Director (right)



Whitewater Community

By [Sister Anne Madeleine Brost, OSB](#)

One of the most enjoyable times in my week is Thursdays from 12 noon to 1 pm when I minister with *Healing Hands* at the Cancer Pavilion at St. Mary's Hospital in Grand Junction. It is an honor to place my arm on someone's shoulder and assure them that they are in the arms of the Divine, who loves them unconditionally, always. "*I encourage those who come and experience **Healing Hands** to be gentle with their body, and thank their cells for working so faithfully. I suggest to those who have cancer that, rather than fight the disease, they respect the cancer cells and ask them to leave their bodies or be transformed into healthy cells.*" This hour brings me peace and energy for my days.



Above Right: *The Peace Pole located at the [Whitewater Community](#) was created by Shellie Miles, a [Benedictine Spiritual Formation Program](#) graduate of 2017.*

Upcoming Events

Forgiveness Prayer Retreat Fee: \$45
Saturday, March 10, 2018 ~ 9:00 am to 1:00 pm

Presented by: Sister Ana Cloughly, OSB and Steve Gabriel

Have you ever felt hurt by someone, lied to, rejected, misunderstood?
Has the offense of another invaded your thoughts?
Is there something for which you need forgiveness?
Have you struggled with forgiving others or being forgiven?

FREE: Film Series

Partnering with the Rocky Mountain Women's Film Institute

Register for classes/retreats on our website:

www.benethillmonastery.org

Friday, March 9, 2018
Start Time: 6:30 pm
"THE STUDENT BODY"

Benet Hill Monastery

3190 Benet Lane
Colorado Springs, CO 80921-1509

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COVER PHOTO - Sister Mary Teresa Hicks, OSB **CONTRIBUTORS** - Sisters and staff of Benet Hill Monastery, students, alumnae and friends.

By Shari Silva, Manager

Sisters' Thrift & Boutique



L to R: Two of the new managers-
Judy Haefner and Theresa Maez

Happy New Year from Sisters' Thrift & Boutique! We have moved into the new year with lots of gusto and enthusiasm. The first week of January we closed the store for half a day to do a much needed clean up and to create a new look for the store. It was great fun for the managers working as a team to move furniture, clean shelves and most importantly, not break anything. We are excited to introduce three new managers: Linda Duhaime, Theresa Maez and Judy Haefner.

In November, we celebrated and honored our loyal volunteers with a special luncheon at Benet Hill Monastery. The time we spent with the sisters was blessed and cherished and we enjoyed sharing some fun stories from the store.

Our goal this year is to increase our volunteer staff. Please consider volunteering your time and talents to support the retired Sisters of Benet Hill Monastery. Many volunteers have been with us since the store opening five years ago. They enjoy working their shifts and the benefit of new and valued friendships.



Volunteer Appreciation Luncheon with
L to R: Shari Silva, Manager, Terry Baty, Manager,
Frances Tencza, Volunteer.



Linda Duhaime, new Manager, was honored for having the most volunteer hours in 2017. A whopping 300 hours! We could not run the store without faithful volunteers.

Available volunteer shifts:

Monday- Friday: 10:00 am - 1:30 pm
Monday- Friday: 1:30 pm - 5:30 pm
Saturday: 10:00 am - 4:00 pm

If you are interested in volunteering for a worthy cause and in having fun, please contact Verna Narwold, Volunteer Coordinator for the boutique at vernatom@gmail.com.

Benet Hill Monastery * 3190 Benet Ln. * Colorado Springs, CO 80921* PH:719-633-0655

The Monastery is situated in the woodland setting of the Black Forest located in northeast Colorado Springs, off Highway 83.