

Retreat and Conference Centre Activities — Sister Mary Coswin, OSB

Shekinah Spiritual Formation Graduates

On Sunday, April 23 after a delicious turkey dinner with family, friends and supervisors, the women who had successfully completed the 2-year Shekinah Spiritual Formation received their certificates and were launched for the ministry of spiritual direction. Each one will discern when, how and where to offer this ministry of the Church.



L to R: Susan Shefchyk, Tracy Maloney-Bullock, Sister Mary Coswin (program director), Janet Monks, Bonny Reitmeier, Karen Merkel-Kopp, Frances Chinchilla and Brigitte Dupuis.

25th Anniversary HeartSong Retreat For Persons Living with HIV/AIDS

This year marks the 25th year that our Retreat Centre is offering to those living with HIV/AIDS and caregivers a free 2-day retreat. With permission from participants we will bring you some photos in the December newsletter. The team has planned a new event with a meditation and movement session, entertainment with Sierra Noble and the usual spa treatments like healing touch, haircuts and more. Like last year, the participants will sing for the Sisters in the Monastery Chapel, a joyful and meaningful time for both groups.



HeartSong Retreat facilitators:

Back Row (l-r) **Fa-ther Roland Lanoie**, Sister Mary Coswin, Chas Van Dyck

Front Row (l-r) Jocelyn Preston, Faigie Greaves, Maggie McKenzie

Jonathan Wilson-Hartgrove, founder of *Rutba House*, a Christian community and house of hospitality, in Durham, North Carolina, will speak on *Awakening Hope* at St. Benedict's Retreat Centre.



Sept. 15th evening & 16th
Mark your Calendars or Register now at 204.339.1705

Shekinah Seminar

Sister Veronica Dunne, rndm (left) leads a role play at a Shekinah Seminar. In the role play is **Brigitte Dupuis** (middle) and **Tracy Maloney Bullock** (right), Shekinah students.



New Conference Co-ordinator



We welcome **Pat Nitychoruk**, the new Conference Co-ordinator at the Centre. You will be welcomed and well served when you come or call.

Consider a workshop/in-service training for your group. Let us take care of everything.

Mindfulness Meditation Retreat

Re-creating the Heart of Compassion



Jonathon Austman and Dawn MacDonald facilitate the retreat.



Nineteen persons participated in the retreat held March 12-16, 2017. They are seen here in meditation groups.