



2021 RETREATS



ST. ANDREW'S ABBEY

DISCLAIMER

At the time of this printing, Saint Andrew's Abbey is still in the midst of dealing with the COVID-19 pandemic. In scheduling Retreats and Workshops for 2021, we do not know when we will be open to the public. When we do open, we cannot be sure what guidelines will be mandated by the State or by the Archdiocese of Los Angeles. Among the uncertainties are the maximum number of retreatants permitted on the premises as well as social distancing guidelines. Consequently, we may be compelled to restrict the number of retreatants who can attend the onsite workshops. We kindly ask your patience and cooperation as we strive to serve the needs of those who seek spiritual solace and tranquility at the Abbey.

May the Lord continue to bless and protect you until we are able to meet again face to face here at the Abbey, in God's time.



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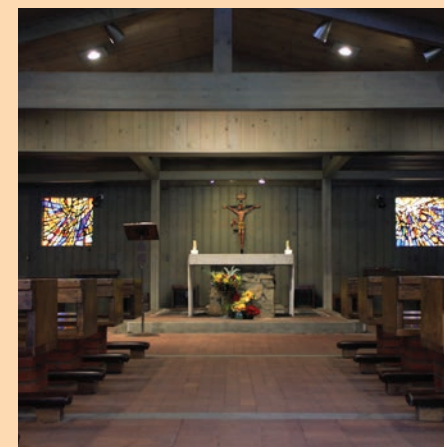
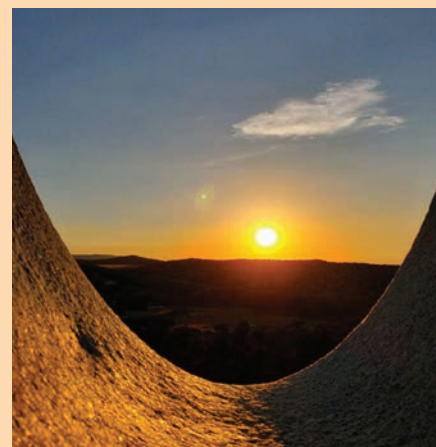
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*So I am going to allure her,
lead her once more into the desert,
where I can speak to her tenderly.*

HOSEA 2:16



WELCOME TO VALYERMO

NESTLED IN THE NORTHERN foothills of the San Gabriel Mountains, Saint Andrew's Abbey lies on the edge of the Mojave Desert at an altitude of 3,600 feet.

Here the seasons are experienced in dramatic fashion. Summers are hot and dry with temperatures

reaching into the 100's; winter days are generally sunny, while night time temperatures often dip to well below freezing. Spring offers glorious blooming trees and flowers; autumn spectacular color changes. Visitors will find a special beauty in the high desert in each and every season.



ABOUT US

ST. ANDREW'S ABBEY is a Roman Catholic Benedictine Monastery. Named for its motherhouse in Brugge, Belgium, it was established in 1955 by several missionary monks who had been expelled from China. The founding members bought the Hidden Springs Ranch in Valyermo, California, transforming it into a spiritual oasis that has served Southern California and beyond for over fifty years. Today the abbey is home to twenty monks.

With special emphasis on hospitality, the monastic community welcomes people of all faiths to enjoy the peace, silence, and rhythm of the life of the monks who follow the Rule of St. Benedict. You are invited to join the monks for the singing of the Divine Office and daily celebration of the Eucharist. Spiritual counseling and direction and the Sacrament of Reconciliation are available upon request. You

are also welcome to visit **Abbey Books and Gifts** and on weekdays the ceramics factory, or simply to walk or sit and enjoy the beautiful grounds.

The Retreat Center provides accommodations for overnight guests participating in both directed and private retreats. The facilities include seventeen rooms, each with two twin beds and a private bath. Linens, towels, and soap are provided. The rooms are newly "refreshed," comfortable, and welcoming. Meals are served home-style and shared with the monks.

The Welcome Center opened in Spring 2008. This beautiful facility houses the Conference Center, which can accommodate day groups of up to 50 persons and Abbey Books and Gifts which, in addition to an excellent selection of books and religious articles, now sells our signature ceramic saints and angels.

2021 RETREATS AT A GLANCE

JANUARY

- 9 Beginning Again
- 15–18 Mid–Winter Dance Workshop:
Moving to Become Spiritually Whole
- 22–24 Leadership and the Rule of Benedict:
Purity of Heart

FEBRUARY

- 9 Release—Renew—Reinvent
- 16–19 Lenten Silent Retreat

MARCH

- 1–5 Priests' Retreat:
*Walking the Way of the Heart
Through the Gospel of John...*
- 20 Taller Cuaresmal en Español
- 29–31 Holy Week Silent Retreat

APRIL

- 1–4 Sacred Triduum
- 13 Release—Renew—Reinvent
- 16–18 Dealing with Death
- 19–23 Transformation for A New Creation
- 23–25 The Wisdom of Early Monasticism
- 26–29 Spring Artists' Retreat

MAY

- 5–7 The Reality of the Unseen:
*Looking at Mysticism and Religious
Experience as a Gift of Being Human*
- 7–9 Poverty of Spirit
- 10–14 Priests' Retreat:
*Walking the Way of the Heart
Through the Gospel of John...*
- 21–23 Pentecost Retreat
- 31–6/4 Mysticism of Teilhard de Chardin

JUNE

- 4–6 Caring for our Common Home
- 22 Release—Renew—Reinvent
- 23–25 Discernment in Daily Life
- 25–27 Faith and the Human Condition:
*A Look into the Writings and
Relationship between
Adrienne von Speyr and
Hans Urs von Balthasar*

JULY

- 2–4 Marriage Enrichment
- 7–11 Benedictine Spirituality:
*The Rule of St. Benedict as a
Wisdom Document to be
Implemented in Every Age*
- 16–18 Medieval Monastic Mystics and
Their Worlds
- 22–25 Sacred Summer Dance Workshop:
*Moving to Reunite Our Hearts with
Mother Earth*
- 26–30 Paths to the Heart

AUGUST

- 6–8 Who Am I?
Meeting the Self in the Prodigal Son
- 10 Release—Renew—Reinvent
- 9–13 Three Witnesses to Higher Truth:
*20th Century Martyrs of
the Nazi Regime*
- 13–15 Thomas à Kempis as Spiritual Guide
- 20–22 In the Spirit of AA:
A Twelve-Step Retreat
- 23–27 Hildegard of Bingen: *Prophet of the
Cosmic Christ*
- 27–29 Praying in the Circle of St. John

PRIVATE & GROUP RETREATS

PRIVATE RETREATS are available on weekdays. Weekends have limited availability and may be on a "wait list" basis only.

Monday–Saturday Night

\$85 single; \$145 for 2 persons shared (\$72.50 per person);
includes 3 meals.

Please note: We generally do not have guests on Sunday night as it is community night for the monks.

GROUP RETREATS are available on weekdays and some weekends.

If the group provides its own facilitator:

Monday–Thursday Night

\$99 single; \$170.50 for 2 persons shared (\$85.25 per person);
includes 3 meals and meeting room.

Friday and Saturday Night

\$253 single; \$397 for 2 persons shared (\$198.50 per person);
includes 6 meals and meeting room.

If the Abbey provides the facilitator:

Monday–Thursday Night

\$110 single; \$175 for 2 persons shared (\$96.25 per person); includes 3 meals.

Friday and Saturday Night

\$275 single; \$440 for 2 persons shared (\$220 per person);
includes 6 meals and meeting room.

DAY RETREATS are also available for groups of 7–50 persons.

SEPTEMBER

- 6–10 God is Love at the Heart of All Creation
- 17–19 Images of Divine Love and the World to Come
- 18 Spiritual Gifts Workshop

OCTOBER

- 12 Release—Renew—Reinvent
- 18–21 Still Full of Sap, Still Green: A Spirituality of Aging
- 29–31 Love Was His Meaning: The Spirituality of Julian Norwich

NOVEMBER

- 1–4 Autumn Artists' Retreat
- 8–11 Guess What's Coming For Dinner!: A Cooking Retreat/Workshop
- 11–14 Edith Stein: Her Journey from Darkness into Light
- 15–19 Priests' Retreat: Thriving in the Call of God
- 24–26 Thanksgiving at Valyermo
- 26–28 Advent Retreat
- 27 Taller Adviento en Español

DECEMBER

- 6–10 Ammas, Monks, and Archetypes
- 10–12 Experiencing the Liturgy as Contemplative Prayer
- 14 Release—Renew—Reinvent
- 17–19 Spirituality and Art
- 24–26 Christmas at Valyermo
- 31–1/2 New Year Retreat: "Behold, I make all things new!" (Rev. 21:5)

ABBAY-SPONSORED OVERNIGHT RETREATS WINTER 2021

MID-WINTER DANCE WORKSHOP Moving to Become Spiritually Whole

Friday, January 15 – Monday, January 18

"It is not what you are or have been
that God looks at with his merciful
eyes, but what you would be."

—14th century English mystic and
author of *The Cloud of Unknowing*

The work and prayer of sacred dance will provide participants the preliminary steps toward knowing one's true self and walking on an individual path toward spiritual wholeness with all Creation. Join dancers, musicians, artists, liturgists, and poets of faith to voice, dance and step into new ways of creativity and prayer. Our work will help us recharge our energies and commitment to personal and global renewal. Bring comfortable clothes and your creative masks!

Presenter: John West, Obl.OSB

Room, board, and tuition:

\$385 single; \$316.50 each shared

LEADERSHIP & THE RULE OF BENEDICT: Purity of Heart

Friday, January 22 – Sunday, January 24

Whether religious or secular, leaders are prey to addictive and neurotic thoughts and psychological projection, and their dysfunctional thinking and acting leads to unhealthy organizational environments. The concept of purity of heart, developed in the early years of Christian monasticism, has much to offer leaders, not only in understanding "the way things really are" in organizations, but in how

personal well-being is connected to community well-being, and vice versa.

Presenters: Michael Carey, Obl.OSB; Ph.D.

Fr. Francis Benedict, OSB

Room, board, and tuition:

\$275 single; \$220 each shared

LENTEN SILENT RETREAT

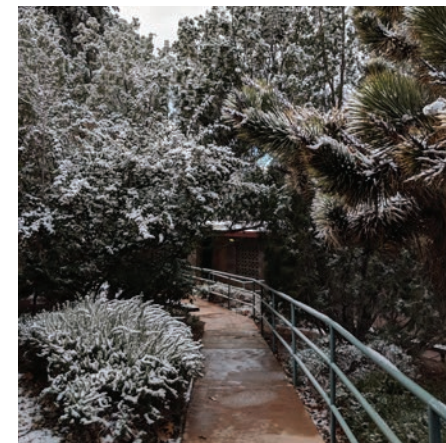
Tuesday, February 16 – Friday, February 19

During these days of silence at the monastery, the whole Church begins the sacred season of Lent. Short reflections will be offered daily with a special emphasis on the traditional Lenten practices of prayer, fasting, and almsgiving. The desert silence and the liturgies of the monastery will provide an atmosphere conducive to deep reflection. This is a wonderful opportunity to make our Lenten pilgrimage more fruitful this year.

Presenters: Monks of Valyermo

Room, board, and tuition:

\$330 single; \$287.50 each shared





SPRING 2021

PRIESTS' RETREAT

Walking the Way of the Heart Through the Gospel of John...

Monday, March 1—Friday, March 5

... Rekindling the mystical dimension of our priestly life and ministry. To aid us on our journey together during these days of retreat we will be reflecting on two works: *Drawn into the Mystery of Jesus through the Gospel of John* by Jean Vanier, and *Written That You May Believe: Encountering Jesus in the Fourth Gospel* by Sandra M. Schneiders. (This retreat is also offered May 10–14)

Presenter: Fr. Joseph Brennan, OSB
Room, board, and tuition: \$440 single

HOLY WEEK SILENT RETREAT

*Monday, March 29, 12 noon—
Wednesday, March 31, 2:30pm*

Examining the last days of Christ's life, this silent retreat will focus on His betrayal, suffering, and death. These painful events inform our own struggle through difficult relationships, unstable health, times of

uncertainty, and the search for that illusive thing called hope. All suffering finds its redemption in Christ's suffering. This is the lesson of Holy Week.

No formal reflections will be given by the leader. Directed quiet activities will be available and the group will meet to share discoveries. The intention is to give the Holy Spirit room to guide, direct, and instruct each participant as is best for them. The desert silence and the liturgies of the of the monastery will provide an environment where the space between us and God becomes thinner. During this retreat, the leader will be available for private Spiritual Direction.

Please note this retreat is conducted Monday, Tuesday, and Wednesday of Holy Week. It is intentionally designed to give participants the opportunity to retreat during Holy Week, without missing their own parish's observances of Maundy Thursday, Good Friday, and Holy Saturday.

Presenter: Lisa Marion, Obl.OSB
Room, board, and tuition:

\$220 single; \$192.50 each shared

SPRING 2021

SACRED TRIDUUM

Thursday, April 1—Sunday, April 4

The Sacred Triduum is the holiest time of the liturgical cycle of the Church. You are invited to share the monastic experience of this sacred liturgy beginning on Holy Thursday and concluding on Easter Sunday. (*Since this time is rooted in silence and reflection, we ask that you plan to arrive in sufficient time to be settled in your rooms before 4 p.m.*)

Room and board:

\$385 single; \$316.50 each shared

DEALING WITH DEATH

Friday, April 16—Sunday, April 18

Death is never easy. We all struggle to make sense of it. The promises of Eternal Life are found throughout the Scripture. Come, rest, and think on eternal things. Process in a safe place, allowing the truth of Scripture to inform your thoughts about death. The retreat leader is well-acquainted with death and the process one must journey through to find peace. She first experienced the sting of death at a young age when her grandmother was violently murdered -- an event that forever changed the dynamics in her family and their lives. Since that time, she has buried numerous family members and friends. Whether you're struggling with processing the death of a loved one, or your own death, come join in this uniquely restful opportunity to contemplate God's promises.

Presenter: Lisa Marion, Obl.OSB

Room, board, and tuition:

\$275 single; \$220 each shared

TRANSFORMATION FOR A NEW CREATION

Monday, April 19—Friday, April 23

This weekend retreat will explore the mysticism of two of the 20th century's profound

spiritual mentors: the French Jesuit scientist Teilhard de Chardin & the American philosopher & contemplative practitioner Beatrice Bruteau. Her theology rests on Teilhard's vision. Whereas Teilhard saw the grand cosmic scheme of Christ in evolution, Beatrice developed an understanding of the human person in evolution. She invites us to participate in the divine ecstasy that leads to personal transformation and a new creation. *Presenter:* Fr. Stephen Coffey, OSB Cam

Room, board, and tuition:

\$440 single; \$385 each shared

THE WISDOM OF EARLY MONASTICISM

Friday, April 23—Sunday, April 25

In this workshop we will acquaint ourselves with the spiritual sources St. Benedict encouraged his followers to read, as well as selections from his Rule and early monastic commentaries on the *Rule* of Benedict. The goal of the workshop is to provide participants with an introduction to ancient sources on monastic spirituality and contemplative prayer.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.; M.D.

Room, board, and tuition:

\$275 single; \$220 each shared

SPRING ARTISTS' RETREAT

Monday, April 26—Thursday, April 29

This retreat is open to artists at all levels including beginners. Photographers, sculptors, and writers are also welcome to come and experience the colors and beauty of the high desert in the setting of the monastery. Escape the stress of daily life while deepening a spiritual vision in your art. (*A materials list will be provided.*)

Presenter: Deloris Haddow, Obl.OSB

Room, board, and tuition:

\$330 single; \$287.50 each shared

THE REALITY OF THE UNSEEN Looking at Mysticism and Religious Experience as a Gift of Being Human

Wednesday, May 5—Friday, May 7

This retreat will reveal and illumine our inner experience of God, in its subtle and its dramatic forms. Being human is acknowledging our dependence on the Unseen, the Transcendent, the Creative Source—God. Made in God's image and likeness, mystics experience this more-than-human knowing and loving that comes from their Creator. Are we not all called to be in mystical communion with God? Paying attention to God's interventions in saintly lives can illumine our personal path of religious experience that draws us closer to God and to our true selves. The works of William James, Evelyn Underhill, and Bernard McGinn will be a few sources in our explorations.

Presenters: Fr. Francis Benedict, OSB

Tony Verhallen

Room, board, and tuition:

\$220 single; \$192.50 each shared

POVERTY OF SPIRIT

Friday, May 7—Sunday, May 9

The attitude of spiritual poverty is not meant just for those in religious life. As the soul tries to obtain closer union with God, it realizes that it must die to self in order for the Lord to increase. Scripture says, "He must increase, but I must decrease" (Jn 3:30). It also tells us, "Do not love the world, or the things in the world. If any one loves the world, love for the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the pride of life, is not of the Father but is of the world" (1 Jn 2:15-16).

This retreat will provide an opportunity to discover, or perhaps rediscover, the true wealth which comes to us from living a life

of spiritual poverty. This retreat will use as a launching point, *Poverty of Spirit* by Johannes Baptist Metz, and will explore the nature of spiritual poverty as well as the different types of spiritual poverty to which we are called. We will look to monastic perspectives, Scripture, and the lives of the Saints to further support our study.

Presenter: Fr. Angelus Echeverry, OSB

Room, board, and tuition:

\$275 single; \$220 each shared

PRIESTS' RETREAT

Walking the Way of the Heart Through the Gospel of John...

Monday, May 10—Friday, May 14

... Rekindling the mystical dimension of our priestly life and ministry. To aid us on our journey together during these days of retreat we will be reflecting on two works: *Drawn into the Mystery of Jesus through the Gospel of John* by Jean Vanier, and *Written That You May Believe: Encountering Jesus in the Fourth Gospel* by Sandra M. Schneiders. (This retreat is also offered March 1–5)

Presenter: Fr. Joseph Brennan, OSB

Room, board, and tuition: \$440 single

PENTECOST RETREAT

Friday, May 21—Sunday, May 23

This preached retreat is for oblates of St. Andrew's Abbey or anyone interested in Benedictine spirituality. The focus of the retreat is the *Rule* of St. Benedict and the liturgy of Pentecost.

Presenters: Monks of Valyermo

Room, board, and tuition:

\$275 single; \$220 each shared

MYSTICISM OF TEILHARD DE CHARDIN

Monday, May 31—Friday, June 4

This retreat will consider the 5 "circles of mysticism" through which Teilhard de Chardin, French Jesuit and scientist, passed during his years as a stretcher bearer on the French-German front during the First World War. We will consider a few mystical experiences that he encountered during this fruitful period of his life. Then we will pay careful attention to how this spiritual journey later became evident in his classic work *The Divine Milieu*. We will culminate with a choral reading of Teilhard's *Mass on the World*.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board and tuition:

\$440 single; \$385 each shared

CARING FOR OUR COMMON HOME

Friday, June 4—Sunday, June 6

This workshop will enter on the issues and implications of ecological and climate change. It will look at the biblical basis for the commission given to us by a loving God that we are to care for the earth, reflecting on the correct and proper relationship between humanity as caretaker to the rest of creation. In addition to scripture you will be asked to read, before the workshop begins, Pope Francis I's encyclical *Laudato Si*.

Presenter: Fr. Aelred Niespolo, OSB

Room, board and tuition:

\$275 single; \$220 each shared





SUMMER 2021

DISCERNMENT IN DAILY LIFE

Wednesday, June 23—Friday, June 25

Discernment is an essential theme in the spiritual life. As we progress through our life, we constantly need to make practical decisions within the context of our values. These values are founded on our belief system, our culture, our understanding of and relationship with God. St. Benedict in his Rule is concerned that monks (actually all of us) often make decisions based on self-will or personal preference rather than on the will of God. God intends our good. God's will calls us to become our 'best' self for the good of others. Pursuing the will of God is a way of pursuing the best in life and the best in ourselves as well. This retreat will explore discernment as an ongoing process of spiritual growth toward maturity in the Spirit.

Presenter: Fr. Francis Benedict, OSB

Room, board, and tuition:

\$220 single; \$192.50 each shared

FAITH AND THE HUMAN CONDITION A Look into the Writings and Relationship between Adrienne von Speyr and Hans Urs von Balthasar

Friday, June 25—Sunday, June 27

Adrienne von Speyr [1902–1967] was a Swiss convert to the Catholic faith. She was a medical doctor, a wife, mother, mystic and author of over sixty books on spirituality and theology. She dialogued with and was deeply influenced by the famous theologian Hans Urs von Balthasar [1905–1988] who was also deeply influenced by her spirituality and mystical experiences. As in many spiritual friendships in Catholic history, this relationship yielded much fruitfulness to twentieth century Catholic thought and piety.

Presenters: Fr. Francis Benedict, OSB

Yvonne Comstock Wilber, Obl.OSB; Ph.D.

Room, board, and tuition:

\$275 single; \$220 each shared

MARRIAGE ENRICHMENT RETREAT

Friday, July 2—Sunday, July 4

This retreat is designed for married couples seeking to deepen their relationship with God and one another. It will address components of a healthy marriage and the challenges inherent in a lifetime of loving oneself and one's spouse. Both the spiritual and the psychological dimensions of the marital union will be explored. God is seen as the source of our being and of our being in relationship. Deep reflection on marriage as a vocation and a journey will surely increase our self-understanding and self-confidence in the fulfillment of our call.

Presenters: Fr. Francis Benedict, OSB

Maria Rohde, Obl.OSB

Room, board, and tuition: \$440 per couple

BENEDICTINE SPIRITUALITY The Rule of St. Benedict as a Wisdom Document to be Implemented in Every Age

Wednesday, July 7—Sunday, July 11

This year's Benedictine Spirituality Retreat will unfold the many ways that St. Benedict's wisdom has been translated in the lives of monks, nuns & oblates throughout Benedictine history. Some of these monastic saints and sages will be St. Bede the Venerable, St. Benoit of Aniane, St. Boniface, Oblate St. Henry and our own Blessed Columba Marmion, co-founder of the Congregation of the Annunciation, to which this Valeremo monastery belongs. We value their writing, preaching, work, wisdom, creativity and struggles. A valuable new resource for this historical theme is *A Benedictine Reader: 530–1530*, ed. by Hugh Feiss, Ronald Pepin, et al., Liturgical Press: Cistercian Publications, 2019.

Presenters: Fr. Francis Benedict, OSB

Audrey Spindler, Obl.OSB; Ph.D.

Room, board, and tuition: \$440 single; \$385 per person shared

MEDIEVAL MONASTIC MYSTICS AND THEIR WORLDS

Friday, July 16—Sunday, July 18

Participants in this workshop will be introduced to the writings & history of Benedictine spiritual writers and mystics including Smaragdus, Hildegard of Bingen, Peter the Venerable, and Gertrude the Great, in order to glimpse how the practices of *lectio divina* and liturgical prayer led these saints to record their experience of God in texts, music, and images.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.; M.D.

Room, board, and tuition:

\$275 single; \$220 each shared

SUMMER DANCE WORKSHOP Moving to Reunite Our Hearts with Mother Earth

Thursday, July 22—Sunday, July 25

Come and dance our renewal into the circle of Earth's community. Let this be our sign of unity! Musicians, poets, artists, and dancers of all levels are invited to responsibly join together and create sacred art in tribute to the place of our birth and ongoing transformation. Participants will have the opportunity to offer the work of previous days in an outdoor prayerful setting. Bring comfortable clothes and your creative masks!

Join dancers, musicians, artists, liturgists, and poets of faith to voice, dance & step into new ways of creativity and prayer. Our work will help us recharge our energies and commitment to renewal.

Presenter: John West, Obl.OSB

Room, board, and tuition:

\$385 single; \$316.50 each person shared

PATHS TO THE HEART

Monday, July 26—Friday, July 30

No matter how well-intentioned, interreligious dialogues frequently end because of insurmountable differences in dogma. The greatest longing of the Sufi and Christian souls is to be with God, who is the Beloved. This retreat will explore Sufi and Christian contemplative practices, paths to the heart, which lead the soul of the lover to the Beloved. These practices create a potential mechanism for inter-religious prayer and friendship that opens the heart toward new horizons.

Presenters: Fr. Francis Benedict, OSB

Audrey Spindler, Obl.OSB; Ph.D.

Room, board, and tuition: \$440 single; \$385 per person shared

WHO AM I? Meeting the Self in the Prodigal Son

Friday, August 6—Sunday, August 8

St. Luke, Rembrandt, and Henri Nouwen are our human guides as we examine and discern the different spiritual states revealed in Holy Scripture's parable of The Prodigal Son. Art, writing, and the personal experience combine to help us realize the broader implications of this narrative and how they apply to our own lives. Careful attention to art, close reading of texts, personal reflection, and discussion will form the bases of this retreat.

Presenters: Reese Landi, Obl.OSB

Mary Kauffman, Obl.OSB

Room, board, and tuition:

\$275 single; \$220 each shared

THREE WITNESSES TO HIGHER TRUTH 20th Century Martyrs of the Nazi Regime

Monday, August 9—Friday, August 13

It is of great interest to study the spirituality of Dietrich Bonhoeffer, St. Maximilian Kolbe

& Etty Hillesum. They come from different faith traditions: Lutheran, Catholic, and Jewish. They witnessed with their lives in varying circumstances to the transcendent God and bring hope to believers of every generation who share the desire for a more just society where all people are seen as worthy of respect, dignity, and life itself. Courage, generosity and optimism are virtues they manifested in the worst human circumstances.

Presenters: Fr. Francis Benedict, OSB

Audrey Spindler, Obl.OSB; Ph.D.

Room, board, and tuition: \$440 single; \$385 per person shared

THOMAS À KEMPIS AS SPIRITUAL GUIDE

Friday, August 13—Sunday, August 15

One of the most enduring and well-known works of late medieval spirituality is *The Imitation of Christ* by Thomas à Kempis. This retreat will examine the text as a model for our own spiritual lives in the twenty-first century. Thomas' emphasis on interiority and the role of the Holy Eucharist in the spiritual life, in particular, will be analyzed and set up as a model. Further, the Benedictine roots of his spirituality will be addressed.

Presenter: Rev. Greg Peters, Obl.OSB; Ph.D.

Room, board, and tuition:

\$275 single; \$220 each shared

IN THE SPIRIT OF AA A Twelve-Step Retreat

Friday, August 20—Sunday, August 22

Spend a weekend getting back to the key that unlocks the 12-Steps for those who follow them. We will take a slightly different approach to these conventional steps and traditions. Recovery can be a traumatic shock to the system, as are all experiences of God. We find God in adversity and weakness; in

our common disease will be found our common strength and courage.

Presenter: Fr. Isaac Kalina, OSB

Room, board, and tuition:

\$275 single; \$220 each shared

HILDEGARD OF BINGEN Prophet of the Cosmic Christ

Monday, August 23—Friday, August 27

This retreat will focus on the spirituality of St. Hildegard, 12th century Benedictine abbess who was named Doctor of the Church by Pope Benedict XVI. We will consider selected passages of her writings, and in particular her *Scivias*, to come to a greater awareness of her Christology, her cosmology and her monastic spirituality, as well as her "way of the heart" on the spiritual journey. Ample time for personal prayer and reflection will be provided.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board, tuition:

\$440 single; \$385 each shared

PRAYING IN THE CIRCLE OF ST. JOHN

Friday, August 27—Sunday, August 29

The literature bearing the name of John — a Gospel, three letters, and the Book of Revelation — comprises some of the latest New Testament documents to have been written. Disparate in literary style and quality, these texts nevertheless reflect to varying degrees an outlook on the Christian mystery associated with what might be called the "circle" of Christians influenced by St. John the Apostle. In the course of this retreat, you will be invited to allow themes characteristic of Johannine literature to draw you into prayer as it were in the company of John's circle.

Presenter: Fr. Isaac Kalina, OSB

Room, board, and tuition:

\$275 single; \$220 each shared

GOD IS LOVE AT THE HEART OF ALL CREATION

Monday, September 6—Friday, September 10

This retreat is based on the latest work of Cistercian Abbot Thomas Keating, founder of Contemplative Outreach. We will view selected videos from his series *God Is Love: The Heart of All Creation*. Themes to be explored include: Cosmology; Human Evolution; Christ, Evolution and All Creation; Into Unity Consciousness; and Surrendering to Love. In addition to time for personal reflection, retreatants will practice centering prayer for 30 min. three times each day, and evenings will be devoted to the practice of *visio divina* on paintings by artist William Condgon correlating with the themes of the day.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board, and tuition:

\$440 single; \$385 each shared

IMAGES OF DIVINE LOVE AND THE WORLD TO COME

Friday, September 17—Sunday, September 19

In this workshop we will engage in visual *lectio divina*, employing examples of ancient and medieval Christian art that depict the mysteries of our ongoing spiritual journey and our final destiny of union with God. Images to be studied will include Byzantine icons, illuminated manuscripts, and the work of late medieval artists.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.; M.D.

Room, board, and tuition:

\$275 single; \$220 each shared



AUTUMN 2021

STILL FULL OF SAP, STILL GREEN

A Spirituality of Aging

Monday, October 18 – Thursday, October 21

This retreat will be inspired by research and by many writers' reflections on spirituality for the second half of life. Creative living within the season of wisdom, greater and ongoing maturation, and positive transformation of the inner life will be some of the meditations for a full life in the Spirit. Experiencing limitations during one's aging process will be explored as opportunities for transcendence and spiritual fecundity that could not be profoundly realized in earlier seasons of growth.

Presenters: Fr. Francis Benedict, OSB

Diane Bunker, Obl.OSB; Ph.D.; M.Div.

Room, board, and tuition:

\$330 single; \$287.50 each shared

LOVE WAS HIS MEANING

The Spirituality of Julian of Norwich

Friday, October 29 – Sunday, October 31

This retreat will explore major themes from Julian of Norwich's spiritual masterpiece *Revelations of Divine Love*. Julian was a 14th-century English anchoress living in seclusion in her native Norwich. She experienced a series of 16 revelations of Christ Crucified while on her sickbed and spent the next decades of her life reflecting on their meaning. She is known for her profound saying: "Indeed all manner of thing shall be very well!" The retreat will provide time for *lectio divina* on selections of her text as well as time for personal prayer and reflection.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board, and tuition:

\$275 single; \$220 each shared

AUTUMN 2021

AUTUMN ARTISTS' RETREAT

Monday, November 1 –

Thursday, November 4

This retreat is open to artists at all levels including beginners. Photographers, sculptors, and writers are also welcome to come and experience the colors and beauty of the high desert in the setting of the monastery. Escape the stress of daily life while deepening a spiritual vision in your art. (A materials list will be provided.)

Presenter: Deloris Haddow, Obl.OSB

Room, board, and tuition:

\$330 single; \$287.50 each shared

GUESS WHAT'S COMING FOR DINNER!

A Cooking Retreat/Workshop

Monday, November 8 –

Thursday, November 11

Once upon a time, up in the cold north, there was an elderly widower who grew quite fond of making a different soup each night of the week. You wouldn't believe what edible riches and delights the winter months provide for the pot on the stove. Come and spend a week of learning and fun in the monastery kitchen. Taste and see how good different veggies go together with legumes, with rice, with squash, mushrooms, breads you get the idea!

Presenter: Fr. Isaac Kalina, OSB

Room, board, and tuition:

\$330 single; \$287.50 each shared

EDITH STEIN

Her Journey from Darkness into Light

Thursday, November 11 –

Sunday, November 14

Join us as we reflect on the life and times of Teresa Benedicta of the Cross, a brilliant philosopher and poet, a mystic and searcher

of the truth, and a Jew—a daughter of Israel. Her encounter with the cross in the life of a Christian friend sparked an inner transformation that led to her baptism into the Catholic faith. Her reading of the life of Teresa of Avila brought her to the door of the Cologne Carmel where she began her contemplative journey as a Carmelite nun. Her Jewish identity and her Catholic faith collided with the oppressive Nazi regime and led to her martyrdom at Aushchwitz.

Presenters: Fr. Joseph Brennan, OSB

Cheryl Evanson, Obl.OSB Michaela Russell, Obl.OSB

Room, board, and tuition:

\$385 single; \$316.50 each shared

PRIESTS' RETREAT

Thriving in the Call of God

Monday, November 15 – Friday, November 19

These days together will explore those elements of our spiritual and ministerial life that bring deep fulfillment and soul satisfaction: prayer, mindfulness, personal presence to others, joy in the celebration of the Eucharist and the Sacraments, and the remembering of all God's good gifts.

Presenter: Fr. Francis Benedict, OSB

Room, board, and tuition: \$440 single

THANKSGIVING AT VALVERMO

Wednesday, November 24 – Friday, November 26

This non-directed retreat provides time to reflect on all God has given to us and to enjoy the festive celebration of Thanksgiving with the monastic community.

Room and board:

\$220 single; \$192.50 each shared

ADVENT RETREAT

Friday, November 26—Sunday, November 28

On this first weekend of Advent we will offer a potpourri of monastic insights, enabling participants to experience the Advent season as a time rooted in scripture, history, art, music, and liturgy.

Presenters: Monks of Valyermo

Room, board, and tuition:

\$275 single; \$220 each shared

AMMAS, MONKS, AND ARCHETYPES

Monday, December 6—Friday, December 10

This retreat will take a look at 4 monastic figures: Amma Syncletica, St. Benedict, St. Hildegard, and Thomas Merton and their corresponding archetypes: the warrior, the sage, the visionary, and the inner monk. Each day will include an introduction to the figure, *lectio divina* on the theme, *visio divina* of an icon of the figure, and personal reflection on the archetype and its shadow through mandala making. Let figures from our sacred tradition become relevant to our lives as they help us to illuminate parts of ourselves that need further development to grow in wholeness and in our relationship to God.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board, and tuition:

\$440 single; \$385 each shared

EXPERIENCING THE LITURGY AS CONTEMPLATIVE PRAYER

Friday, December 10—Sunday, December 12

Beginning in the fourth century Christian teachers increasingly emphasized the twin

roles of sacred scripture and liturgy as the primary sources of contemplative prayer. In the workshop we will study of ancient, medieval, and modern spiritual authors who encourage us to experience sacred liturgy as a spiritual ascent towards intimate union with Jesus Christ.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.;

M.D.

Room, board, and tuition:

\$275 single; \$220 each shared

SPIRITUALITY AND ART

Friday, December 17—Sunday, December 19

This workshop is an introductory investigation of how one discovers a theology or spirituality in a work of art. Some basic tools for interpretation will be offered. How the arts explore and express theological meaning both implicitly and explicitly? What does a deeper appreciation of art in all its form offer to a fallen world? How does art indicate the presence of an incarnate redeemer? How can an experience of art deepen one's own personal spirituality and theology? Every creation has an ability to build up or to tear down the dimensions of God in our lives, thus it is important to understand how we are influenced in our interior lives by what we allow, or do not allow, to nourish us. The participant is encouraged to bring their own laptop or tablet to the retreat for better viewing of various art works.

Presenter: Fr. Aelred Niespolo, OSB

Room, board and tuition:

\$275 single; \$220 each shared



CHRISTMAS 2021

CHRISTMAS AT VALYERMO

Thursday, December 24—Saturday, December 26

On the Solemnity of Christmas we first contemplate the mystery of the Word becoming Flesh. The liturgical celebration at the Abbey starts with First Vespers on Christmas Eve and ends with Night Prayer on Christmas Day.

Room and board:

\$220 single; \$192.50 each shared

NEW YEAR RETREAT

"Behold, I make all things new!"
(Rev. 21:5)

Thursday, December 31, 2020—

Saturday, January 2, 2021

In this New Year's workshop we will ponder images and texts from the Christian East

and West that depict our inner renewal in Christ. First is the Eastern icon of the *Anastasis* or resurrection; second is Dante's depiction of transformation in the end of the "Purgatorio" and the "Paradiso" of his *Divine Comedy*; third is St. Gregory the Great's model of contemplation and renewal at the end of the *Life of Benedict*. Handouts of texts and images will be provided to workshop participants.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.; M.D.

Room, board, and tuition:

\$275 single; \$220 each shared

ABBAY-SPONSORED DAY RETREATS

BEGINNING AGAIN

Saturday, January 9, 9:00 a.m. – 4:00 p.m.

This past year presented us all with a crisis, something unexpected, affecting us on a Global level. Many things changed and it is uncertain if we will ever return to life as we knew it. We want to move on to 2021, but it is important not to move forward too quickly.

Through the movement of Reflection and Anticipation this day retreat will give you the opportunity to look back at 2020 and look forward to 2021. Short reflections will be given, with directed silent activities. The Abbey gardens and grounds provide the perfect setting for contemplation. Rest, reflect, and anticipate, knowing that God, who was with you in the past, will be with you in the future as well.

Presenter: Lisa Marion, Obl.OSB

Donation: \$45 per person includes tuition, morning beverages, and lunch after Mass.

RELEASE–RENEW–REINVENT

Every other month on

Tuesdays, 9:30 a.m. – 2:00 p.m.

(see dates below)

Our world has been disrupted in unprecedented ways since the arrival of the Pandemic in 2020. Because of COVID-19, we have all had to face significant challenges in our lives. If you find yourself dealing with fear and uncertainty, you are not alone! The good news, however, is that we have options. We can hunker down, alone and in fear, or we can look for opportunities to reinvent our lives. On this retreat, you are invited to

create a “new virus” of hope, caring and love is spread one person at a time, and it can be more contagious than COVID-19. We will come through this challenging time together, stronger in our personal and spiritual lives. Years from now we look back on 2020 and recognize that we were part of an epic time in history, when “love” triumphed over fear, and goodness prevailed.

Dates: February 9, August 10, April 13,

October 12, June 22, December 14

Presenter: Sr. Joan Marie Sasse, OSB

Donation: \$45 per person includes tuition, morning beverages, and lunch after Mass.

SPIRITUAL GIFTS WORKSHOPS

Saturday, September 18, 9:00a.m. – 4:00p.m.

All Christians are given Spiritual Gifts. These gifts are given to help God accomplish things. They are for the lifting up and the edification of the whole Church.

Through reflective exercises this retreat will help you see how you were created and what gifts you have been given. We'll discover the differences between “Spiritual gifts” and “Spiritual fruit” and how temperament and personality all come into play to make you who you are.

Come discover what you're supposed to do with your one precious life—and learn to become the best person that you can be based on your unique gifts and temperament!

Presenter: Lisa Marion, Obl.OSB

Donation: \$45 per person includes tuition, morning beverages, and lunch after Mass.



TALLERES EN ESPAÑOL

TALLER CUARESMA EN ESPAÑOL

Sábado, 20 de Marzo, 9:00a.m. – 3:30 p.m.

La Cuaresma es el tiempo litúrgico de conversión, que marca la Iglesia para prepararnos a la gran fiesta de la Pascua. Es tiempo para arrepentirnos de nuestros pecados y de cambiar algo dentro nosotros para ser mejores y poder vivir más cerca de Cristo. En la Cuaresma, Cristo nos invita a cambiar de vida. La Iglesia nos invita a vivir la Cuaresma como un camino hacia Jesucristo, escuchando la Palabra de Dios, orando, compartiendo con el prójimo y haciendo obras buenas. Nos invita a vivir una serie de actitudes cristianas que nos ayudan a parecernos más a Jesucristo. Durante este taller examinaremos nuestras vidas haciéndonos tres preguntas fundamentales: 1. ¿A qué tengo que morir? 2. ¿A qué tengo que darle vida nueva? 3. ¿A qué tengo que resucitar?

Presentador: Carlos Obando, Obl.OSB

Donación: \$45 incluye café o té en la mañana y el almuerzo.

TALLER ADVIENTO EN ESPAÑOL

Sábado, 27 de Noviembre, 9:00a.m. – 3:30 p.m.

Adviento significa “venida”. Es el tiempo en que los cristianos nos preparamos para la venida del Señor. Se dice que el Antiguo Testamento fue el gran tiempo de espera y después de esa espera de muchos siglos, Cristo se manifestó en toda su gloria dándonos la oportunidad de una nueva vida en el Espíritu. En nuestro caso, no tenemos que esperar siglos para su venida. Los que han ansiado la venida del Señor siempre han estado listos para el encuentro con el Amado. Durante este taller y a través de una reflexión teológica tendrás la oportunidad de un encuentro con Jesús donde Él pueda renovar y restaurar tu vida.

Presentador: Carlos Obando, Obl.OSB

Donación: \$45 incluye café o té en la mañana y el almuerzo.

SPECIAL RETREATS & WORKSHOPS

A DAY AT THE MONASTERY:

A Field Trip for Students

This field trip is designed for students grades 5-12 who are interested in learning about monasticism today and its contrasts with monasticism of the Middle Ages.

The day begins with a brief history of monasticism and a mini-tour of the Abbey, followed by a question-and-answer session with a monk and a tour of the ceramics factory, where students learn how our signature angels and saints are made. Mass at noon with the monastic community presents an opportunity for students to hear the monks sing plainchant. After lunch, students are welcome to visit Abbey Books and Gifts before departure. The special school rate includes a snack and lunch:

\$20 per student (10-30 students)

\$15 per student (over 30 students)

\$8 per adult chaperone

Teachers' lunches are *gratis*

To schedule this field trip for your group, please contact the Retreat Office at 661-944-2178.

OTHER DAY-RETREATS & WORKSHOPS

We also offer retreats and workshops with themes and topics customized to meet your needs.

\$28 per person (includes continental breakfast, lunch, and meeting room)

Plus \$5 extra per person (per session)

when Abbey facilitator is requested

For further information, please contact the Retreat Office at 661-944-2178.

MEET THE PRESENTERS

Fr. Francis Benedict has been a monk of Valyermo since 1967. He earned an MA in Philosophy from Loyola-Marymount University and an MS in Theology from Mt. Angel in Oregon. He was ordained a priest in 1976. He served as the Abbey's abbot for 16 years. His special areas of ministry include spiritual direction, preaching retreats, and working with 12-step recovery groups. In addition to many responsibilities at the Abbey, he now serves as the Director of Oblates.

Fr. Joseph Brennan has been a monk of Valyermo since 1994 after having served as a parish priest in the Archdiocese of Los Angeles for over 20 years. He is a spiritual director at the Cardinal Manning House of Prayer for priests in Los Angeles as well as St. Andrew's Prior.

Dr. Diane Bunker is a retired psychologist who worked with older people receiving care in Rehabilitation Medicine and Hospice. She obtained her M.Div. and Ph.D. from Fuller Theological Seminary in Pasadena. She comes with a wealth of personal, professional and pastoral experience.

Dr. Michael Carey is an oblate of Valyermo. He is an Associate Professor of Organizational Leadership at Gonzaga University in Spokane, WA. He has taught leadership studies at the graduate level for 33 years at Gonzaga and works to ensure that Gonzaga's graduate leadership programs follow in the tradition of Jesuit education that stretches back to St. Ignatius of Loyola. But his first love is St. Benedict and the community of St. Andrew's Abbey, which he has been connected to since 1971.

Fr. Stephen Coffey, a Massachusetts native, is a monk of the Camaldolese Congregation of the Order of St. Benedict and lives at the Monastery of the Risen Christ in San Luis Obispo, where he is director of oblates. He is a retreat director, spiritual director, and is involved in other formation ministries at the Hermitage in Big Sur and at San Lorenzo Seminary in Santa Ynez. He is a graduate of St. John's School of Theology in Collegeville, MN and holds degrees in Christian Spirituality from Creighton in Omaha and in Pastoral Leadership from Chaminade in Honolulu.

Fr. Luke Dysinger has been a monk of Valyermo since 1976. He is a priest and a physician who writes and teaches in the fields of mystical theology and biomedical ethics. He received a D.Phil. in patristics at Oxford University and is professor of church history and moral theology at St. John's Seminary in Camarillo, CA.

Fr. Angelus Echeverry has been a monk of Valyermo since 2011. He holds a Masters in Classical Music Composition and is currently Organist and Choir Master. He has a deep love for what he calls "The 4 M's of my life": Music, the Mystical life, the holy Mystery we call Trinity, and Mary, the Blessed Virgin, Mother of God. To listen to Fr. Angelus' music, please visit: www.angelusecheverry.com

Cheryl Evanson is an oblate of Valyermo and former administrator of the Retreat Center at St. Andrew's. She earned an MA in Education from the University of Denver and was an educator/curriculum specialist for over 30 years. She has facilitated retreats



and workshops on team-building, balancing work and prayer, women in scripture, and Edith Stein.

Deloris Haddow is an oblate of Valyermo. She is an artist and educator who studied in Europe, Ukraine, and Iran. She is involved with the California Plein Air Association and is a member of Faith and Forum, a liturgical art organization. She is a spiritual director/facilitator for adults, leading retreats and workshops on centering prayer.

Fr. Isaac Kalina has been a monk of Valyermo since 1984. Having completed his theological degree in Rome at Collegio Sant' Anselmo, he was ordained a priest in 1989. He has served the Abbey as Prior, Sub-prior, Kitchenmaster, Youth Director, Assistant Novicemaster, Vocation Director, and Juniormaster. He is involved in retreats and workshops, bilingual ministry, 12-step recovery, addiction counseling, spiritual direction, and grief coaching.

Mary Kauffman is an oblate of Valyermo. She has an MA in English and has taught ESL, various levels of English and writing, and literature courses at several colleges in the Los Angeles and Orange County areas. Now retired, she enjoys sharing her love of reading and writing through participation in different reading and literary groups, particularly those with an emphasis on discovering the transcendent and increasing our Christian awareness through exploration of the written word.

Reese Landi is an oblate of Valyermo and has worked in Orange County as an RN for 30 years in critical care and recovery. In addition to her BS in Nursing, she is a life-long artist who is certified through Brandman University to work with Art & Creativity for Healing, a non-profit group that uses art

as therapy for Wounded Warriors, battered women, autistic children, pediatric cancer patients, and others.

Lisa Marion is an oblate of Valyermo and Spiritual Director in Orange County. An energetic leader she has over 25 years of pastoral experience ministering to people of all ages and stages of life. Leading numerous events both locally and nationally, she conveys her awareness of God and his love with a subtle yet honest sense of humor. Having experienced many seasons of trial and suffering, Lisa is well equipped to journey with others through their own trials and seasons of struggle. Her attunement to the Holy Spirit makes her uniquely gifted for this ministry. For more information about Lisa and her ministry visit: www.dailypax.com — subscribe to join her growing community of those seeking peace and spiritual growth.

Fr. Aelred Niespolo has been a monk of Valyermo since 2001 and was ordained to the priesthood in 2005. Having completed the Master of Theology program at Oxford University, he teaches at St. John's Seminary in Camarillo. He is editor of the *Valyermo Chronicle* and has served as Director of Oblates.

Carlos Obando nació en Costa Rica y vive en Los Estados Unidos desde 1966. Está casado, tiene tres hijos y tres nietos. En el año 2009 obtuvo una maestría de la Universidad de Loyola Marymount, Los Ángeles, en Teología Pastoral. Es instructor en la Universidad de Loyola en el Centro de Religión y Espiritualidad, el Instituto para el Ministerio Pastoral y también para la Escuela de la Renovación Carismática en la Diócesis de Orange. Ha sido Director Espiritual por más de 20 años. Trabaja con la comunidad hispana desde 1979 en los condados de Los Ángeles y Orange

en la formación de líderes y dando retiros a jóvenes y adultos.

The **Rev. Dr. Greg Peters** is an oblate of Valyermo, an Associate Professor of Medieval and Spiritual Theology at Biola University, La Mirada, CA and the Servants of Christ Research Professor of Monastic Studies and Ascetical Theology at Nashotah House Theological Seminary in Wisconsin. As an Anglican priest, he serves as Rector of the Anglican Church of the Epiphany, also in La Mirada. He is the author of *Reforming the Monastery: Protestant Theologies of the Religious Life*, *The Story of Monasticism: Retrieving an Ancient Tradition for Contemporary Spirituality* and *The Monkhood of All Believers: The Monastic Foundation of Christian Spirituality*.

Maria Rohde is an oblate of Valyermo and a licensed Marriage and Family Therapist. She earned a BA in Psychology at UCLA and an MA in Community/Clinical Psychology at California State University Northridge. She has been in private practice in the Antelope Valley for 25 years and works primarily from a cognitive-behavioral perspective, specializing in treatment of anxiety disorders.

Michaela Russell is an oblate of Valyermo. She has a BA in International Studies/East Asia and a Graduate Certificate in Advanced International Affairs. Michaela spent many years in Asia and is fluent in Mandarin. She has co-facilitated retreats on the desert mothers, women in scripture, and Edith Stein.

Dr. Audrey Spindler is an oblate of Valyermo and a presenter and facilitator of Centering Prayer under Contemplative Outreach. Having earned her Ph.D. and RD, she is a former professor of Foods and Nutrition and Director

of the Didactic Program of Dietetics in the School of Exercise and Nutritional Sciences at State University. She received over 10 teaching awards and published more than 40 refereed papers.

Tony Verhallen is a retired high school teacher. He taught courses on Ethics, Church History, and Scripture at Pius X High School in Downey, St. Bernard High School in Playa del Rey, and Servite High School in Anaheim. He does volunteer work for the Western Service Workers Association, an organization that assists low-income families, and weekly conducts discussions and reflections on the Scriptures at St. Boniface parish in Anaheim.

John West is an oblate of Valyermo and the founder of the Valyermo Dancers. A gifted dancer, choreographer, liturgist and writer, he has been conducting workshops at St. Andrew's Abbey and Holy Spirit Retreat Center, as well as at international and national collegiate and university levels. His professional associations include serving on the board of the Sacred Dance Guild and as a member of the prestigious North American Academy of Liturgy.

Dr. Yvonne Comstock Wilber is an oblate of Valyermo and works as an academic librarian and adjunct instructor of Religion at California Lutheran University in Thousand Oaks. She holds master's degrees in Library Science and Intellectual Leadership, and she earned her Ph.D. in Humanities with a major in Philosophy. Yvonne's intellectual work lies at the intersection of the humanities, technology, and ecology, which supports her "heart work" in helping people build bridges across all sorts of differences.



CONTACT INFORMATION

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