



2022 RETREATS



ST. ANDREW'S ABBEY





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DISCLAIMER:

As of this printing, Saint Andrew's Abbey is still in the midst of the COVID-19 pandemic. In scheduling Retreats and Workshops for 2022, we do not know what changes, if any, will be made to the L.A. County Covid mandates now in place. Among the uncertainties are the maximum number of retreatants permitted in the Retreat House as well as social distancing guidelines. Consequently, we may be compelled to restrict the number of retreatants who can attend the onsite Workshops. At the same time, we are expanding our online offerings. In addition to the Abbey-sponsored Zoom Retreats listed below, some onsite Retreats will also be available by Zoom. Please call our office for further information. 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.

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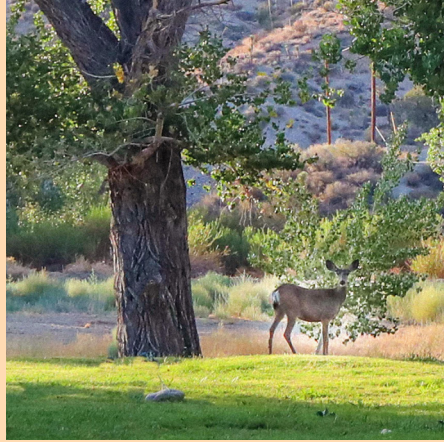
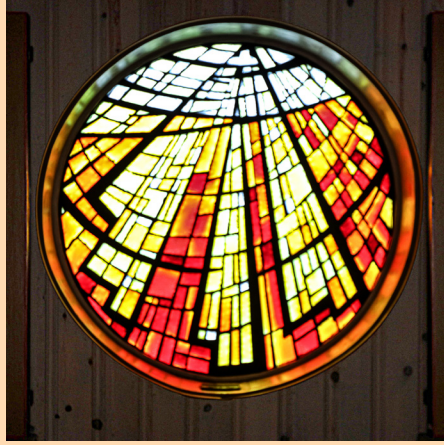
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*So I am going to allure her,
lead her once more into the desert,
where I can speak to her tenderly.*

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.



2022

RETREATS AT A GLANCE

JANUARY

- 7–9 Images of Divine Love and the World to Come **ZOOM ONLY**
- 14–17 Mid-Winter Dance Workshop: *Dancing the Hope in Front of Me*
- 21–23 The Healing Power of Faith: *Jesus as Our Therapist*

FEBRUARY

- 4–6 The Individual and the Community: *The Benedictine Vows of Relationship*
ZOOM ONLY
- 12 Analizando Nuestras Pérdidas y Deschaciéndose de Nuestras “Pierdras”
EN PERSONA O POR ZOOM
- 21–25 Three Witnesses to Higher Truth: 20th Century Martyrs of the Nazi Regime

MARCH

- 1–4 Lenten Silent Retreat
- 14–18 Priests’ Retreat: *Walking the Way of the Heart Through the Gospel of John...*
- 21–25 Transformation for A New Creation

APRIL

- 1–3 Everyday Spirituality: *Living the Ordinary Extraordinarily*
ZOOM ONLY
- 9 Retiro de Cuaresma
ZOOM ONLY / SOLAMENTE POR ZOOM
- 14–17 Sacred Triduum
- 22–24 The Wisdom of Modern Monasticism
- 25–28 Spring Artists’ Retreat

MAY

- 4–6 The Reality of the Unseen: *Looking at Mysticism and Religious Experience as a Gift of Being Human*
- 6–8 Mary “Mystical Rose”: *Reflections on the Virgin Mary as Meditated by the Mystics*
- 9–13 Priests’ Retreat: *Walking the Way of the Heart Through the Gospel of John...*
- 23–27 Mysticism of Teilhard de Chardin

JUNE

- 3–5 Pentecost Retreat
- 10–12 Caring For Our Common Home
- 20–22 Discernment in Daily Life
- 27–7/3 Iconography Workshop

JULY

- 6–10 Benedictine Spirituality: *St. Benedict’s Teaching on Humility*
- 15–17 Reading and Praying the Sacred Scriptures: *The Monastic Art of Lectio Divina*
- 22–24 Faith and the Human Condition: *Exploring the Spiritual Friendship of Adrienne von Speyr and Hans Urs von Balthasar*
- 28–31 Summer Dance Workshop: *Dancing the New Season of Life*

AUGUST

- 1–5 Healing Our Wounds: *Forgiveness in the Spiritual Life*
- 12–14 “The Leaping Blaze of Charity”: *Bernard of Clairvaux as Spiritual Guide*
- 19–21 In the Spirit of AA: *A Twelve-Step Retreat*



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 shared
(\$72.50 per person);
includes 3 meals.

Please note: We 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.

- 22–26** Hildegard of Bingen:
Prophet of the Cosmic Christ
- 26–28** Praying in the Circle of St. John

SEPTEMBER

- 2–4** Retiro de Silencio
- 3** The Concept of Service and Authority
in the Life of St. Gregory the Great
ZOOM ONLY
- 5–9** God is Love at the Heart of All
Creation

OCTOBER

- 17–20** Still Full of Sap, Still Green:
A Spirituality of Aging
- 28–30** Love Was His Meaning:
The Spirituality of Julian Norwich
- 31–11/3** Autumn Artists' Retreat

NOVEMBER

- 4–6** The Individual and the Community:
The Benedictine Practice of Humility
ZOOM ONLY
- 7–10** Guess What's Coming For Dinner!:
A Cooking Retreat/Workshop
- 10–13** Edith Stein: *Her Journey from
Darkness into Light*
- 14–18** Priests' Retreat:
Thriving in the Call of God
- 19** Retiro de Adviento
EN PERSONA O POR ZOOM
- 23–25** Thanksgiving at Valyermo
- 25–27** Advent Retreat

DECEMBER

- 5–9** Ammas, Monks, and Archetypes
- 9–11** Mystics of Light and Darkness:
*The Christian Paths of Apophatic
and Kataphatic Prayer*
- 16–18** Book of Job
- 24–26** Christmas at Valyermo
- 31–1/2** New Year Retreat: “Behold, I make all
things new!” (Rev. 21:5)



ABBEY - SPONSORED OVERNIGHT RETREATS

WINTER 2022

MID-WINTER DANCE WORKSHOP:

Dancing the Hope in Front of Me

Friday, January 14 – Monday, January 17

Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life.

—Jacques d'Amboise

No matter how long the cold, bleak days of winter may continue, winter always turns to spring. This is the law the universe and the law of life. As long as we hold on to hope, spring is sure to come.

—Dausaku Ikeda

Come to the Abbey for this mid-winter workshop to pulse, breathe and rhythmically move one another into the hope in front of us, into the sacred encounter with the dream God calls us to be. Dancers, musicians, artists, liturgists and poets of faith are called together this weekend to translate hope into art and prayer reflective of God's creative presence in all of humankind.

Presenter: John West, Obl.OSB

Room, board, and tuition:

\$385 single; \$316.50 each shared

THE HEALING POWER OF FAITH:

Jesus as Our Therapist

Friday, January 21 – Sunday, January 23

The way we deal—or don't deal—with our suffering is the most important determinant of the quality of our lives. It is difficult to learn to deal with suffering in a way that benefits

and heals us, as opposed to damaging or even destroying us. This retreat will integrate psychological and spiritual ideas in an examination of the ways our Christian teachings help us embrace and utilize suffering in the service of psychological/spiritual transformation to our natural state of love, joy and healing.

Presenters: Fr. Francis Benedict, OSB

Maria Rohde, Obl.OSB

Room, board, and tuition:

\$275 single; \$220 each shared

THREE WITNESSES TO HIGHER TRUTH:

20th Century Martyrs of the Nazi Regime

Monday, February 21 – Friday, February 25

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





SPRING 2022

LENTEN SILENT RETREAT

Tuesday, March 1–Friday, March 4

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

PRIESTS' RETREAT: *Walking the Way of the Heart Through the Gospel of John...*

Monday, March 14–Friday, March 18

... 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

TRANSFORMATION FOR A NEW CREATION

Monday, March 21–Friday, March 25

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

SACRED TRIDUUM

Thursday, April 14 – Sunday, April 17

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 4p.m.)

Room and board:

\$385 single; \$316.50 each shared

THE WISDOM OF MODERN MONASTICISM

Friday, April 22 – Sunday, April 24

In this workshop we will reflect together on several different strands of modern Benedictine spirituality. These will include: liturgical contemplation, exemplified by Abbot Prosper Gueranger and the Solmes Congregation; and the revival of Benedictine missionary evangelization, begun by Abbot Boniface Wimmer and the American Cassinese Congregations and continued by Belgian Abbot Theodore Neve, Abbot-Founder of Valyermo.

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

Room, board, and tuition:

\$275 single; \$220 each shared

SPRING ARTISTS' RETREAT

Monday, April 25 – Thursday, April 28

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 4 – Friday, May 6

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

MARY "MYSTICAL ROSE":

Reflections on the Virgin Mary as Meditated by the Mystics

Friday, May 6 – Sunday, May 8

An exploration on the mystical life of Mary through various meditations on her person/role from a mystical perspective. This retreat is open to all who would like to enrich or



embark upon their knowledge of and devotion to Mary, the Mother of God.

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 9—Friday, May 13

...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



ABBEY-SPONSORED OVERNIGHT RETREATS

MYSTICISM OF TEILHARD DE CHARDIN

Monday, May 23—Friday, May 27

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

PENTECOST RETREAT

Friday, June 3—Sunday, June 5

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

CARING FOR OUR COMMON HOME

Friday, June 10—Sunday, June 12

This workshop will center 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.

Presenter: Fr. Aelred Niespolo, OSB

Room, board, and tuition:

\$275 single; \$220 each shared





SUMMER 2022

DISCERNMENT IN DAILY LIFE

Monday, June 20 – Wednesday, June 22

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

ICONOGRAPHY WORKSHOP

Monday, June 27 – Sunday, July 3

This intensive icon painting workshop will provide an opportunity to experience the process of icon painting. Participants will learn traditional iconographic techniques, working

with egg tempera on gesso and the Byzantine four-color (tetrachrome) palette. This practical instruction will be combined with theoretical instruction in the history of iconography, iconographic composition, and the theology of icons. Each participant will work on an icon of Jesus Christ and will take home the completed icon. No experience is necessary. All supplies and materials will be provided by the instructor.

Presenter: Victoria Brennan, Ph. D

Room, board, and tuition, & materials:

\$600 per person

BENEDICTINE SPIRITUALITY:

St. Benedict's Teaching on Humility

Wednesday, July 6 – Sunday, July 10

A retreat for oblates and those interested in Benedictine monastic spirituality. This year's focus will be on the virtue and the practice of humility in one's daily life, utilizing Chapter 7 and other texts of the Rule and the monastic tradition. Although Benedict's words and emphases may not strike many as relevant or in keeping with contemporary psychological trends, his teaching provides us with a perennial wisdom. Michael Casey remarks: "True humility is a quality that enhances humanity," and "Let his Rule become for us a doorway to



a tradition of life and thought that continues to have much to contribute to the present and future of the Church.”

Presenters: Fr. Francis Benedict, OSB

Audrey Spindler, Obl.OSB; Ph.D.

Room, board, and tuition: \$440 single;

\$385 per person shared

READING AND PRAYING THE SACRED SCRIPTURES:

The Monastic Art of Lectio Divina

Friday, July 15—Sunday, July 17

In this workshop we will both study the ancient history, and practice together the monastic art of *lectio divina*, reflecting on its value as a model of spiritual progress.

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

Room, board, and tuition:

\$275 single; \$220 each shared

FAITH AND THE HUMAN CONDITION:

Exploring the Spiritual Friendship of Adrienne von Speyr and Hans Urs von Balthasar

Friday, June 22—Sunday, June 24

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 shared a profound friendship with the famous theologian Hans Urs von Balthasar [1905–1988], who was deeply influenced by Adrienne’s 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. (cand)

Room, board, and tuition:

\$275 single; \$220 each shared

ABBEY-SPONSORED OVERNIGHT RETREATS

SUMMER DANCE WORKSHOP:

Dancing the New Season of Life

Thursday, July 28—Sunday, July 31

There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique — Martha Graham to Agnes de Mille. Come and choreograph movements, write poems, sing music and build stories for a 3 part setting, a triptych of your life’s experience: (1) The Memory of Life before it was paused; (2) Reflections on the Pause; (3) Movements of Promise into the Season of Life that lies ahead. Join the dance of all life as it moves into the sacred unknown.

Presenter: John West, Obl.OSB

Room, board, and tuition:

\$385 single; \$316.50 each person shared

HEALING OUR WOUNDS:

Forgiveness in the Spiritual Life

Monday, August 1—Friday, August 5

We give them, we suffer them, our bodies hold on to them for years: *Wounds*. Without the transforming power of forgiveness, we can imprison ourselves in them and wither emotionally. But Divine Love liberates us from resentment, self-pity, and isolation. This forgiving love leads to inner freedom. God reveals such love in Jesus. Experiencing true forgiveness helps us to live in hope and gratitude, and to enter more personally into the mystery of forgiving others, to become reconcilers ourselves. Forgiving requires the full engagement of desire, will, and courage. The whole person—body, mind, and soul—must be engaged. Without forgiveness, our Christian life and emotional wellbeing are incomplete. It is an essential part of becoming the person God intends us to be.

Presenters: Fr. Francis Benedict, OSB

Audrey Spindler, Obl.OSB; Ph.D.

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



“THE LEAPING BLAZE OF CHARITY”: *Bernard of Clairvaux as Spiritual Guide*

Friday, August 13–Sunday, August 15

In his *Paradiso*, Dante’s final steps toward a vision of the Holy Trinity are guided by the twelfth-century Cistercian abbot Bernard of Clairvaux (d. 1153). Dante assures us that Bernard is a proper and trained guide because he has “tasted Heaven’s peace” for himself. Bernard had a mystical experience of the Holy Trinity, and wrote his *On Loving God* to guide others. This retreat will examine the thought of Bernard on mystical union and how he can be a guide for us today.

Presenter: Rev. Greg Peters, Obl.OSB; Ph.D.
Room, board, and tuition:

\$275 single; \$220 each shared

IN THE SPIRIT OF AA: A 12-Step Retreat

Friday, August 19–Sunday, August 21

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 22–Friday, August 26

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 26–Sunday, August 28

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 varyingly reflect an outlook on the Christian mystery associated with 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 5–Friday, September 9

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



AUTUMN 2022

STILL FULL OF SAP, STILL GREEN: *A Spirituality of Aging*

Monday, October 17–Thursday, October 20

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.

Presenter: Fr. Francis Benedict, OSB

Room, board, and tuition:

\$330 single; \$287.50 each shared

LOVE WAS HIS MEANING: *The Spirituality of Julian of Norwich*

Friday, October 28–Sunday, October 30

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 ARTISTS' RETREAT

Monday, October 31–Thursday, November 3

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 7—Thursday, November 10

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 10—Sunday, November 13

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 14—Friday, November 18

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 VALYERMO

Wednesday, November 23—Friday, November 25

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 25—Sunday, November 27

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 5—Friday, December 9

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

**MYSTICS OF LIGHT AND DARKNESS:
*The Christian Paths of Apophatic and
Kataphatic Prayer***

Friday, December 9—Sunday, December 11

In this workshop we will study the interrelationship between the traditional Christian contemplative paths of apophatic (imageless, simple, “dazzling dark”) prayer and kataphatic (image-filled, complex, “bright”) prayer. We will reflect on these two “ways” in the writings of their principal exponents, including Gregory of Nyssa, Dionysius the

ABBAY-SPONSORED OVERNIGHT RETREATS

Areopagite, and Gregory Palamas.

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

Room, board, and tuition:

\$275 single; \$220 each shared

BOOK OF JOB

Friday, December 16—Sunday, December 18

The Book of Job is about struggle - the struggle of a good and pious man trying to make sense of the world and of his life in which bad things happen, in which evil is experienced. It asks the big question of why do these things happen if God is just and good. Its even greater significance is in the kind of stance Job is led to take in his challenge to God, his demand for an answer. In this workshop we will look at the dilemmas proposed in this important book of Wisdom literature, and how Job comes to terms with his world, his God and himself.

Presenter: Fr. Aelred Niespolo, OSB

Room, board, and tuition:

\$275 single; \$220 each shared

CHRISTMAS 2022

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, 2022—

Saturday, January 2, 2023

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



RETIROS EN ESPAÑOL

[English translations in right column]

ANALIZANDO NUESTRAS PÉRDIDAS Y DESHACIÉNDOSE DE NUESTRAS “PIERDRAS”

Sábado, el 12 de febrero, 9:00a.m.-3:30 p.m.

EN PERSONA O POR ZOOM

Caminamos en la vida cargando sobre los hombros y en el corazón pérdidas emocionales, espirituales y materiales con las cuales no nos hemos reconciliado. Vivimos en un pasado que constantemente perturba nuestro presente, y aunque creemos que estamos en control de nuestra realidad, terminamos agobiados por el peso de dichas pérdidas y cargas emocionales.

¿Cuáles son las pérdidas de tu vida y las ‘piedras emocionales’ que no te han permitido alcanzar tu potencial? ¿Qué es lo que agobia y controla tu corazón, que no te permite vivir en paz y en totalidad? Este taller te ayudará a lidiar con tus pérdidas y aliviar el peso de las piedras y deshaciéndose de ellas.

Presentador: Carlos Obando, Obl.OSB

Donación: En Persona—\$45 (incluye café o té en la mañana y el almuerzo)

Por Zoom—\$30

ANALYZING OUR LOSS AND GETTING RID OF OUR “EMOTIONAL BURDENS”

Saturday, February 12, 9:00a.m.-3:30p.m.

IN-PERSON OR VIA ZOOM

We walk in life carrying emotional, spiritual, and material losses on our shoulders and in our hearts with which we have not reconciled. We live in a past that constantly disrupts our present, and although we believe that we are in control of our reality, we end up burdened by the weight of these losses and emotional burdens.

What are the losses in your life and the ‘emotional stones’ that have not allowed you to reach your potential? What is it that burdens and controls your heart, that does not allow you to live in peace and in totality? This workshop will help you deal with your losses and ease the weight of the stones by getting rid of them.

Presenter: Carlos Obando, Obl.OSB

Donation: In-Person—\$45 per person (includes tuition, morning beverages, and lunch after Mass)

Via Zoom—\$30 per person



RETIRO DE CUARESMA

Sábado, el 9 de abril, 9:00a.m.-3:30p.m.

SOLAMENTE POR ZOOM

La Cuaresma es el tiempo litúrgico de conversión, que la Iglesia marca 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 a través del Misterio Pascual.

Presentador: Carlos Obando, Obl.OSB

Donación: \$30 por persona

RETIRO DE SILENCIO

*Viernes, el 2 de septiembre-Domingo,
el 4 de septiembre*

SOLAMENTE EN PERSONA

¿Añoras unos días de tranquilidad emocional y espiritual? ¿Buscas unos momentos de silencio en tu vida? ¿Sientes la necesidad de estar a solas con el Señor a través de la meditación y contemplación? Si así lo desea tu corazón, te invitamos a nuestro retiro de silencio que se llevará a cabo en el pequeño oasis que ofrece la Comunidad Benedictina de la Abadía de San Andrés, ubicada en Valyermo.

Recuerda que este retiro de silencio es la oportunidad de hacer un alto en el camino, con el fin de tomarse un tiempo para reflexionar, meditar e interiorizar verdades profundas que en medio del ruido y la cotidianidad no es posible contemplar con claridad.

Presentador: Carlos Obando, Obl.OSB

Donación: \$275 cuarto individual; \$220 por persona cuarto compartido

LENTEN RETREAT

Saturday, April 9, 9:00a.m.-3:30p.m.

VIA ZOOM ONLY

Lent is the liturgical time of conversion, which the Church marks to prepare us for the great feast of Easter. It is time to repent of our sins and to change something within us to be better and to be able to live closer to Christ. In Lent, Christ invites us to change our lives. The Church invites us to live Lent as a path towards Jesus Christ, listening to the Word of God, praying, sharing with others and doing good works. It also invites us to live a series of Christian attitudes that help us become more like Jesus Christ. During this workshop we will examine our lives through the Paschal Mystery.

Presenter: Carlos Obando, Obl.OSB

Donation: \$30 per person

SILENT RETREAT

Friday, September 2—Sunday, September 4

IN-PERSON ONLY

Do you long for a few days of emotional and spiritual tranquility? Are you looking for a few moments of silence in your life? Do you feel the need to be alone with the Lord through meditation and contemplation? If your heart so desires, we invite you to our silent retreat that will take place in the small oasis offered by the Benedictine Community of the Abbey of San Andrés, located in Valyermo.

Remember that this silent retreat is the opportunity to stop along the way, to take time to reflect, meditate and internalize deep truths that in the midst of noise and everyday life it is not possible to contemplate clearly.

Presenter: Carlos Obando, Obl.OSB

Donation: \$275 single room; \$220 each shared room



**RETIRO DE ADVIENTO***Sábado, el 19 de noviembre, 9:00a.m.-3:30p.m.***EN PERSONA O POR ZOOM**

“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 la meditación y contemplación, tendrás la oportunidad de tener un encuentro con Jesús donde Él pueda renovar y restaurar tu vida.

Presentador: Carlos Obando, Obl.OSB*Donación:* En Persona—\$45 (incluye café o té en la mañana y el almuerzo)

Por Zoom—\$30 por persona

ADVENT RETREAT*Saturday, November 19, 9:00a.m.-3:30p.m.***IN-PERSON OR VIA ZOOM**

“Advent means the coming of Christ at the Incarnation.” It is the time when we Christians prepare for the coming of the Lord. It is said that the Old Testament was the great time of waiting and after that wait of many centuries, Christ manifested himself in all the glory of him giving us the opportunity of a new life in the Spirit. In our case, we don't have to wait centuries for him to come. Those who have longed for the coming of the Lord have always been ready to meet the Beloved. During this workshop and through meditation and contemplation, you will have the opportunity to have an encounter with Jesus where He can renew and restore your life.

Presenter: Carlos Obando, Obl.OSB*Donation:* In-person—\$45 per person includes tuition, morning beverages, and lunch after Mass

Via Zoom—\$30 per person





ABBAY - SPONSORED ZOOM RETREATS

[For Zoom retreats offered in Spanish, please see "Retiros en Español"]

SPECIAL ZOOM TALK

THE CONCEPT OF SERVICE AND AUTHORITY IN THE LIFE OF ST. GREGORY THE GREAT

Saturday, September 3, 10:00a.m. – 11:30p.m.

VIA ZOOM ONLY

Gregory's view of service and authority are rooted in his understanding of the Incarnation as an act of humility; and that the authority stems from humility, not power. He grounded his entire notion of pastoral care on this concept of authority as service, not servitude of those obeying. He is considered by many church historians as the greatest of all pontiffs in the history of the Roman Church.

Presenter: Fr. Aelred Niespolo, OSB

Donation: \$30 per person

WEEKEND ZOOM RETREATS

IMAGES OF DIVINE LOVE AND THE WORLD TO COME

Friday, January 7 – Sunday, January 9, 2022

VIA ZOOM ONLY

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 Duysinger, OSB; D.Phil; M.D.

Donation: \$150 per person

THE INDIVIDUAL & THE COMMUNITY:

The Benedictine Vows of Relationship

Friday, February 4 – Sunday, February 6

VIA ZOOM ONLY

St. Benedict understood that life lived in community was essential to the spiritual growth of the individual monk, and we know how important it is for our own health and development to have a community of people who both support and challenge us. What can we learn from the Benedictine dynamics of stability, obedience, and *conversatio*—which monks commit to when entering the monastery—to assist us as we form community, whether in our families and friends, our neighborhoods of faith communities, or our workplaces or cities? This workshop includes small group interactions on questions related to the relationship between the individual and the community both in the Rule of St. Benedict and in our own lives.

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

Donation: \$150 per person

EVERYDAY SPIRITUALITY:

Living the Ordinary Extraordinarily

Friday, April 1 – Sunday, April 3

VIA ZOOM ONLY

According to Henri Nouwen, "To live in the present, we must believe deeply that what is most important is the here and now" and thus, "we must learn to live each day, each hour, yes, each minute as a new beginning, as a unique opportunity to make everything new." Employing Nouwen's rich insights into our spiritual life in conversation with the core



features of both Benedictine and Ignatian spirituality, we will examine in this weekend retreat more closely how the ordinariness of our daily existence can be lived out extraordinarily when we learn to be truly present in the moment.

Presenter: Wil Hernandez, PhD, Obl. OSB

Donation: \$150 per person

THE INDIVIDUAL & THE COMMUNITY:

The Benedictine Practice of Humility

Friday, November 4—Sunday, November 6

VIA ZOOM ONLY

Thomas Merton wrote that the goal of monastic life was purity of heart, “. . . a clear unobstructed vision of the true state of affairs, an intuitive grasp of one’s own inner reality as anchored, or lost, in God through Christ.” In St. Benedict’s *Rule*, the way to purity of heart was through the practice of humility;

for him, humility required much from the individual if it was to be authentic, and so he recommended living in community and moving through twelve developmental steps to obtain it. Before St. Benedict wrote his 6th century *Rule*, 3rd–5th century desert monks Evagrius Ponticus and John Cassian identified eight deadly thoughts that could derail the spiritual journey. What do these eight deadly thoughts—as well as the twelve steps of humility—have to offer us in the 21st century as we work out our own salvation through the practice of humility? This workshop includes small group interactions on questions related to the relationship between the individual and the community in light of the eight deadly thoughts and the twelve steps of humility.

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

Donation: \$150 per person



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 Sub-Prior.

VICTORIA BRENNAN, a native of Ukraine, holds a doctorate in Eastern Ecclesiastical Studies from the Pontifical Oriental Institute in Rome. Her areas of specialization include Theology of Icons, Byzantine Art and Architecture, Byzantine Spirituality, and Medieval Illuminated Manuscripts. She has taught courses in theology and art at the Ukrainian Catholic University in Lviv, Ukraine, and at St. John's Seminary in Camarillo, where she presently works as a Library Director. In addition to her theological and academic study of Byzantine Sacred Art, Victoria pursues her love of this tradition as an iconographer.

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 nearly 35 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.angelusechevery.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 an educator. Her studies have taken her to explore art in Europe, Asia and the Mid-East with a special interest in the spiritual icons of the Ukraine. A long-time member of the Plein Air Association of Southern California, she is particularly attracted to landscape art. She has been leading workshops and retreats at the Abbey for over 20 years.

WIL HERNANDEZ is an international retreat leader, spiritual director, and author of several books on Henri Nouwen. An oblate of Valyermo, he devotes a lot of his time propagating the enduring legacy of Nouwen through retreats, courses and workshops that he conducts all over the US, Canada and abroad. Aside from managing the Nouwen Legacy Associates (www.nouwenlegacy.com), Wil serves as the executive director of CenterQuest—an ecumenical hub for the study and practice of Christian spirituality (www.CQCenterQuest.org).

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, workshops, bilingual ministry, 12-step recovery, addiction counseling, spiritual direction and grief coaching.

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 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. Ha trabajado en la Diócesis de Orange desde 2001 como instructor en el antiguo Instituto Pastoral para el Ministerio (IPM), y en el Centro para la Religión y Espiritualidad de la Universidad de Loyola Marymount/Extensión (LMU/Extension) durante 2005-2013 y la Escuela de la Renovación Carismática. Fue Director de Programas en el Instituto Loyola para la Espiritualidad, Orange, CA. Ha sido director espiritual durante los últimos 28 años. Actualmente está jubilado pero continúa trabajando en la pastoral Hispana y la formación de los aspirantes al diaconado en la Arquidiócesis de Los Ángeles y la Diócesis de Orange.



MEET THE PRESENTERS

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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.

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 is a Ph.D. candidate in Humanities with a major in Philosophy. Yvonne's intellectual work lies at the intersection of theology and philosophy, which supports her "heart work" of helping people embrace their authentic selves.







CONTACT INFORMATION

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thank you for your support
and assure you of our prayers.





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