



2023
RETREATS



ST. ANDREW'S ABBEY

CONTENTS

WELCOME	1
ABOUT US	2
2023 RETREATS AT A GLANCE	3
PRIVATE & GROUP RETREATS	4

ABBEY-SPONSORED OVERNIGHT RETREATS 5

WINTER	5
SPRING	7
SUMMER	9
AUTUMN	13
CHRISTMAS	17

RETIROS EN ESPAÑOL 18

ABBEY-SPONSORED DAY RETREATS 20

MEET THE PRESENTERS	21
CONTACT INFORMATION	25

*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.

2023

RETREATS AT A GLANCE

JANUARY

- 13–16** Mid-Winter Dance Workshop:
Creating and Dancing the Times of Our Lives
- 20–22** Marriage Enrichment Retreat

FEBRUARY

- 6–10** The Gospel Mysticism of Ruth Burrows
- 21–24** Lenten Silent Retreat

MARCH

- 13–17** Priests' Retreat: *Keepers of the "Divine Dream"*
- 20–22** The Reality of the Unseen:
Looking at Mysticism and Religious Experience as a Gift of Being Human
- 26** Retiro de Cuaresma (*en Español*)

APRIL

- 6–9** Sacred Triduum
- 21–23** God Is Love At the Heart of Creation II
- 24–27** Spring Artists' Retreat

MAY

- 8–12** Priests' Retreat:
Keepers of the "Divine Dream"
- 13** The Music of Saint Hildegard of Bingen
- 22–26** The Eucharist and Social Justice
- 26–28** Pentecost Retreat

JUNE

- 2–4** In the Spirit of AA: A *Twelve-Step Retreat*
- 22–25** The Transformative Power of Story
- 26–28** Discernment in Daily Life
- 30–7/2** Cinema Divina Retreat

JULY

- 7–9** The Healing Power of God
- 10–14** Benedictine Spirituality Retreat 2023
- 14–16** Divinization/Theosis:
The Ancient Tradition of Transformation in Christ
- 21–23** The Un-Silent Retreat:
Listening Deeply to the Sounds of the Desert
- 28–31** Summer Dance Workshop:
Moving with the Wings of Our Better Angels

AUGUST

- 7–13** Iconography
- 18–20** Praying in the Circle of St. John
- 28–9/1** Healing Our Wounds:
Forgiveness in the Spiritual Life

SEPTEMBER

- 1–3** Everyday Spirituality:
Living the Ordinary Extraordinarily
- 29–10/1** Retiro de Silencio (*en Español*)

OCTOBER

- 16–19** Still Full of Sap, Still Green:
A Spirituality of Aging

PRIVATE & GROUP RETREATS

PRIVATE RETREATS are generally available on weekdays. Weekends have limited availability and *may* be on a “wait list” basis only.

Monday–Saturday Night

\$95 single; \$162 for shared
(\$81 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

\$111 per night single; \$190 per night for
2 persons shared (\$95 per person);
includes 3 meals and a meeting room.

Friday and Saturday Night

\$283 single; \$444 for 2 persons shared
(\$222 per person);
includes 6 meals and a meeting room.

If the Abbey provides the facilitator:

Monday–Thursday Night

\$123 per night single; \$214 per night for
2 persons shared (\$107 per person);
includes 3 meals.

Friday and Saturday Night

\$308 single; \$492 for 2 persons shared
(\$246 per person);
includes 6 meals.

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

- 23–27** Praying with St. Charles de Foucauld, Universal Brother
- 27–29** The Way of Beauty
- 30–11/2** Autumn Artists’ Retreat

NOVEMBER

- 6–9** Guess What’s Coming For Dinner!:
A Cooking Retreat/Workshop
- 10–12** Edith Stein:
Her Journey from Darkness into Light
- 13–17** Priests’ Retreat:
Thriving in the Call of God
- 22–24** Thanksgiving at Valyermo
- 24–26** Mirror of the Soul:
Experiencing the Psalms as Contemplative Prayer
- 27–30** Practicing Silence in a Noisy World:
Moving Beyond Isolation & Loneliness to Fruitful & Prayerful Solitude

DECEMBER

- 1–3** Advent Retreat
- 3** Retiro de Adviento (*en Español*)
- 15–17** Monastic Evangelization in the Modern World
- 22–26** Christmas at Valyermo
- 29–1/1** New Year Retreat:
The Spirituality of Saint Benedict and His Disciples

ABBAY-SPONSORED OVERNIGHT RETREATS 2023



WINTER 2023

PLEASE NOTE: *Prices listed are suggested donations to the Abbey.
The monks of St. Andrew's Abbey thank you for your support.*

MID-WINTER DANCE WORKSHOP:

***Creating and Dancing the Times
of Our Lives***

Friday, January 13 – Monday, January 16

The phrase “the dance of life” seems natural to us in some ways, but what if we really work to define our personal choreographies and the “times” when we are called into a different rhythmic setting, just as Ecclesiastes projects? Come join companions of like mind

as we enter into this very human contemplation of the movements of our lives.

Presenter: John West, Obl.OSB

Room, board, and tuition: \$431 for single;
\$316.50 per person shared

MARRIAGE ENRICHMENT RETREAT

Friday, January 20 – Sunday, January 22

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. Some exercises designed to enhance the positive dynamics of marriage will be included in the presentations. Both the spiritual and psychological dimensions of the marital union will be explored. God is seen as the source of our being and of our being in a 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: \$308 single;
\$246 per person shared



THE GOSPEL MYSTICISM OF RUTH BURROWS

Monday, February 6 – Friday, February 10

This retreat will consider the spiritual writings of English Carmelite nun Ruth Burrows. We will reflect on the source of her spiritual insights, the foundations of her mystical doctrine, and what it means for her to be drawn into and to become the “Yes” of Jesus Crucified, and the transformation that ensues. The retreat will include time for pondering key texts from a wide variety of her published works, including *Before the Living God*, *To Believe in Jesus*, and *Guidelines for Mystical Prayer*.

Presenter: Fr. Stephen Coffey, OSB Cam
Room, board, and tuition: \$493 per single;
\$431 per person shared

LENTEN SILENT RETREAT

Tuesday, February 21 – Friday, February 24

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: \$370 single;
\$322 per person shared



SPRING 2023

PRIESTS' RETREAT: *Keepers of the "Divine Dream"* . . .

Monday, March 13—Friday, March 17

...for us, for our people, and for our world. The centerpiece for this retreat will be Pope Francis' book: *Let us Dream: The Path to a Better Future*. (This retreat is also offered May 8-12)

Presenter: Fr. Joseph Brennan, OSB
Room, board, and tuition: \$493 single

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

Monday, March 20—Wednesday, March 22

This retreat will reveal and illumine our inner experience of God, in its subtle and 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: \$246 single;
\$216 per person shared

SACRED TRIDUUM

Thursday, April 6—Sunday, April 9

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: \$431 single; \$354 each shared

GOD IS LOVE AT THE HEART OF CREATION II

Friday, April 21—Sunday, April 23

This retreat will delve further into the themes that Cistercian Abbot Thomas Keating has developed on the relationship between contemplation and cosmology. Topics to be explored via video presentations include: Into Unity Consciousness, Playing with God, Silence and Centering Prayer, Surrendering to Love, and a Word About Service. Periods of centering prayer, *Lectio Divina*, and *Visio Divina* will be key to the process of this retreat.

Presenter: Fr. Stephen Coffey, OSB Cam Room, board, and tuition: \$308 single; \$246 per person shared

SPRING ARTISTS' RETREAT

Monday, April 24—Thursday, April 27

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: \$370 single; \$322 per person shared

PRIESTS' RETREAT:

Keepers of the "Divine Dream" . . .

Monday, May 8—Friday, May 12

...for us, for our people, and for our world. The centerpiece for this retreat will be Pope Francis' book: *Let us Dream: The Path to a Better Future*. (This retreat is also offered March 13–17)

Presenter: Fr. Joseph Brennan, OSB Room, board, and tuition: \$493 single

THE EUCHARIST AND SOCIAL JUSTICE

Monday, May 22—Friday, May 26

This retreat will explore how the Eucharist

opens our eyes to the sufferings of this world and gives us hope to challenge the structures of injustice, confident in God's promises. Based on the book by Margaret Scott of the Handmaids of the Sacred Heart of Jesus, we will connect seven themes from eucharistic texts which embrace a whole host of social issues around poverty and injustice. During this time of eucharistic revival, we will explore the connections between adoration and reparation, liturgy, and social ethics, rediscovering the dimension that God intended for the Eucharist: To be the life of the world.

Presenter: Fr. Stephen Coffey, OSB Cam Room, board, and tuition: \$493 single; \$431 per person shared

PENTECOST RETREAT

Friday, May 26—Sunday, May 28

This preached retreat is for the 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: \$308 single; \$246 per person shared

IN THE SPIRIT OF AA: A 12-Step Retreat

Friday, June 2—Sunday, June 4

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: \$308 single; \$246 per person shared



SUMMER 2023

THE TRANSFORMATIVE POWER OF STORY

Thursday, June 22–Sunday, June 25

Our modern culture places a high value on non-fiction, deeming it to be the “reality,” while largely minimizing or dismissing the rich source of meaning that can be found in fiction, myth, and parable. Through a psycho-spiritual lens, we will explore how the human psyche can experience significant growth through deep interaction with certain forms of fiction which reflect symbolic and archetypal realities; through a literary lens, we will explore the many activities that fall under the one term “reading” and their effects on the mind and spirit, emphasizing, in particular, the role of the fiction novel on individuals and culture. Can a return to the primacy of fiction and its revelation of the transcendent return the culture to wholeness?

Presenters: Mary Kauffman, Obl.OSB

Michael Mullard, Obl.OSB; Ph.D.

Room, board, and tuition: \$431 per single;
\$354 per person shared

DISCERNMENT IN DAILY LIFE

Monday, June 26–Wednesday, June 28

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, and 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: \$246 per single;
\$216 per person shared

CINEMA DIVINA RETREAT

Friday, June 30 – Sunday, July 2

Cinema Divina uses the form of *Lectio Divina* with film. It is a time of prayer, reflection, and conversation to dive deeper into our story and recognize our call. This unique experience takes the participants on a journey through a film as we reflect together on our common human experience and the ability to live a virtuous life. The film is to be announced.

Presenter: Sister Jennifer Tecla Hyatt, FSP
Room, board, and tuition: \$308 single;
 \$246 per person shared

THE HEALING POWER OF GOD

Friday, July 7-Sunday July 9

God has not abandoned us in our weakness, struggle, or sickness. The Lord has promised that he will be with us always. Scripture tells us that Jesus, “sent them out two by two” to heal the sick who are there and tell them, “The kingdom of God has come near to you.” Jesus also said, “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.” Relying on the Scriptures, this retreat will delve into the Christian realm of healing, particularly by looking at and meditating upon some specific instances in Jesus’ physical and spiritual healings. We will explore how God heals within the emotional, physical, and spiritual dimensions, both in ordinary and extraordinary ways, as well as come to understand what our role and response should be.

Presenter: Fr. Angelus Echeverry, OSB
Room, board, and tuition: \$308 single;
 \$246 per person shared



BENEDICTINE SPIRITUALITY RETREAT 2023

Monday, July 10 – Friday, July 14

The *Rule of Benedict* emphasizes two forms of prayer, in particular: the Liturgy of the Hours [*Opus Dei*] and *Lectio Divina*. Benedict presupposes, without legislating, that monastics enter into silent prayer within these daily *hours* of communal and solitary prayer and reading. Monastic spirituality presupposes a reverence for and a practice of silence so as to be receptive to the Holy Spirit even in the hours of more active daily living, work, and interaction. The emphasis of this year’s Benedictine retreat will be prayer in its many forms and expressions. Of course, the foundation will be in the *Opus Dei* and *Lectio Divina*. There will also be presentations

and experiential practice on such things as Centering Prayer, the Jesus Prayer, the Welcoming Prayer, and the Rosary, inviting the participants to expand our capacity for contemplation within our active lifestyles.

John Cassian, Conference IX, reminds us: “The whole aim of the monk and the perfection of his heart consists in a continual and uninterrupted perseverance in prayer, and as far as is possible for human frailty, it is a striving for immovable tranquility of mind and lasting purity. . . .”

Recommended Reading: Korneel Vermeiren, OCSO, *Praying with Benedict: Prayer in the Rule of St. Benedict*

Presenters: Fr. Francis Benedict, OSB
Audrey Spindler, Obl.OSB; Ph.D.

Room, board, and tuition: \$493 per single;
\$431 per person shared

DIVINIZATION/THEOSIS:

The Ancient Tradition of Transformation in Christ

Friday, July 14 – Sunday, July 16

The notion of “divinization” has traditionally been associated with Eastern Christian spiritual theology, particularly the Byzantine understandings of the sacraments and spiritual progress. In this workshop, we will encounter early Christian descriptions of *theosis*/divinization, and we will discover how both the *Rule of Benedict* and Gregory the Great’s *Life of Benedict* reflects this ancient tradition. Finally, we will reflect together on how this can enrich the lives of those who live according to the Benedictine Way.

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

Room, board, and tuition: \$308 single;
\$246 per person shared

THE UN-SILENT RETREAT: *Listening Deeply to the Sounds of the Desert*

Friday, July 21 – Sunday, July 23

As retreatants drawn to the desert, we often seek to cultivate the practice of silence, quieting ourselves to hear the voice of God. Yet the desert monastics were deeply attentive to the sounds around them: the wind, the raven, the thunder of a desert storm. They cultivated the practice of deep listening—not to silence the world but to be attuned to nature and learn from it. As we are mindful of the sounds around us, we can cultivate inner harmony and care for the earth and its inhabitants. In this retreat, we will draw from the wisdom of the desert fathers and mothers, and include the voices of Pope Francis and Thich Nhat Hanh, theologian Kim Haines-Eitzen, acoustic ecologist Gordon Hempton, and the poetry of various artists.

Presenters: Fr. Francis Benedict, OSB
Yvonne Wilber, Obl.OSB; Ph.D.

Room, board, and tuition: \$308 single;
\$246 per person shared

SUMMER DANCE WORKSHOP: *Moving With the Wings of Our Better Angels*

Thursday, July 27 – Sunday, July 30

Come unfold and glide through your dance of life that has been informed by dear friends, family members, and companions. Some may be present with you now; others may be felt and known only in spirit. All are your angels who continue to dance with you.

Presenter: John West, Obl.OSB

Room, board, and tuition: \$431 for single;
\$354 per person shared

ICONOGRAPHY

Monday, August 7 – Sunday, August 13

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 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, tuition, and materials:
 \$700 per person shared

PRAYING IN THE CIRCLE OF ST. JOHN

Friday, August 18 – Sunday, August 20

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: \$308 single;
 \$246 per person shared

HEALING OUR WOUNDS:

Forgiveness in the Spiritual Life

Monday, August 28 – Friday, September 1

We give them, we suffer them, and our bodies hold on to them for years: *Wounds*. We can imprison ourselves in them and wither emotionally for far too long without the transforming power of forgiveness. It is

Divine Love that liberates us from resentment, self-pity, and isolation. The love that forgives opens a path to inner freedom. God reveals such love in Jesus. When we experience authentic forgiveness, we begin to live again in hope and gratitude. When we ponder such experiences, we desire to enter more personally into the mystery of forgiveness toward others, to become reconcilers ourselves. The process of forgiveness requires the full engagement of desire, willingness, and courage. The whole person—body, mind, and soul—must engage in this endeavor. Without forgiveness, our Christian life and our emotional well-being are incomplete. This is an essential part of becoming our truest selves, the person God intends us to be.

Presenters: Fr. Francis Benedict, OSB
 Audrey Spindler, Obl.OSB; Ph.D.
 Room, board, and tuition: \$493 per single;
 \$431 per person shared

EVERYDAY SPIRITUALITY:

Living the Ordinary Extraordinarily

Friday, September 1 – Sunday, September 3

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 Celtic, Benedictine, Franciscan, and Ignatian spiritual traditions, 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, Obl.OSB; Ph.D.
 Room, board, and tuition: \$308 single;
 \$246 per person shared



AUTUMN 2023

STILL FULL OF SAP, STILL GREEN:

A Spirituality of Aging

Monday, October 16—Thursday, October 19

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: \$370 single;
\$322 per person shared

PRAYING WITH ST. CHARLES DE FOUCAULD, UNIVERSAL BROTHER

Monday, October 23—Friday, October 27

This retreat will follow the spiritual itinerary of Charles de Foucauld, canonized by

Pope Francis on May 15, 2022. The point of departure of his conversion is to recognize the absolute of God, to desire to live only for Him, to rejoice in His happiness, and to do everything possible to imitate his Beloved Jesus, in particular His poverty. Then we are invited to pass from an exterior Christ to a Christ who lives in us, of whom we are witnesses, in the sharing of the life of our brothers and sisters. In us and through us, Jesus wants to continue to save them and to love them. Our love must not be a matter of words: obedience is its touchstone, and it expresses itself in our prayer of which the summit is the intimate union of the Eucharist where Jesus gives himself to us. Our death is an act of total abandonment and confident love as will have our life. Ample time will be devoted to *Lectio Divina* on the writings of St. Charles.

Presenter: Fr. Stephen Coffey, OSB Cam
Room, board, tuition: \$493 single;
\$431 per person shared

THE WAY OF BEAUTY

Friday, October 27—Sunday, October 29

Another way to say *Christ in all His glory* is to say *Christ in all His beauty*. An experience of Christ through beauty awakens faith or fortifies it to a deeper surety. God allows us to see breathtaking beauty in nature. David Clayton proposes that “the aims for the supernatural transformation of the person are so that he can in turn transfigure the whole culture through the divine beauty of his daily actions. There is no human activity, no matter how mundane, that cannot be enhanced by this formation in beauty.” While the manifestations of the Holy Spirit are rarely praised beyond “the work was inspired,” the work of some has been done by saints or beatified persons, such as Fra Angelico or Antoni Gaudi. Creativity driven by the manifestation of the Holy Spirit in people results in many forms of beauty that bring others to a sense of Christ’s beauty. These can range from August Kekule’s benzene ring formation [chemistry], to the glorious movement of Pete Sampras’

tennis serve [biomechanics] and on to draw from sacred music, including Valyermo’s Fr. Angelus Echeverry’s compositions “Suscipe me” and “Flos Carmeli” and more. This retreat will enliven our experience of beauty in many of its manifestations and expressions. Presenters: Fr. Francis Benedict, OSB Audrey Spindler, Obl.OSB; Ph.D.
Room, board, and tuition: \$308 single; \$246 per person shared

AUTUMN ARTISTS’ RETREAT

Monday, October 30—Thursday, November 2

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: \$370 single; \$322 per person shared



GUESS WHAT'S COMING FOR DINNER!:***A Cooking Retreat/Workshop****Monday, November 6—Thursday, November 9*

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, bread . . . you get the idea!

Presenter: Fr. Isaac Kalina, OSB
Room, board, and tuition: \$370 single;
 \$322 per person shared

EDITH STEIN:***Her Journey from Darkness into Light****Friday, November 10—Sunday, November 12*

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 Auschwitz.

Presenters: Fr. Joseph Brennan, OSB
 Cheryl Evanson, Obl.OSB
 Michaela Russell, Obl.OSB
Room, board, and tuition: \$308 single;
 \$246 per person shared

PRIESTS' RETREAT:***Thriving in the Call of God****Monday, November 13—Friday, November 17*

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: \$493 single

THANKSGIVING AT VALYERMO*Wednesday, November 22—Friday, November 24*

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: \$246 single; \$216 per person shared

MIRROR OF THE SOUL:***Experiencing the Psalms as Contemplative Prayer****Friday, November 24—Sunday, November 26*

In ancient and modern monastic spirituality the chanting of psalms is believed to have the power of both purifying the soul and enabling the Christian to perceive God's inner purposes ("logoi") embedded within history and creation. In this workshop the monastic tradition of psalmody will be studied and practiced by participants in order to help them appreciate three spiritual levels or uses of the Psalter: first, the psalms as a means of repentance and inner transformation; second, the Psalter as a mirror of one's relationships in the world; and third, the Psalter as a window into heaven.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.; M.D.
Room, board, and tuition: \$308 single;
 \$246 per person shared

PRACTICING SILENCE IN A NOISY WORLD:

Moving Beyond Isolation & Loneliness to Fruitful & Prayerful Solitude

Monday, November 27—Thursday, November 30

A retreat for Oblates of St. Benedict, Christians longing for contemplative prayer and monastic liturgy, and all who seek to deepen their spiritual life through reflections on silence and solitude. How ordinary people can intentionally 'make room for God' and incorporate the time-honored practices of silence and solitude within our busy lives. How do we encounter God when we are alone, when God seems far off or silent, when prayer is 'unanswered' or when we are burdened with grief or loneliness?

Presenters: Fr. Francis Benedict, OSB
Hon. Mary Fingal Schulte (Ret.), Obl.OSB; J.D.
Room, board, and tuition: \$370 per single;
\$322 per person shared

ADVENT RETREAT

Friday, December 1—Sunday, December 3

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: \$308 single;
\$246 per person shared

MONASTIC EVANGELIZATION IN THE MODERN WORLD

Friday, December 15—Sunday, December 17

Christian monasticism was almost extinguished during the secularizing frenzy of the French Revolution and the Napoleonic wars that followed. Beginning in the early nineteenth century men and women rediscovered the value and beauty of the monastic tradition, and created new Benedictine congregations that revived the monastic practice of evangelization in a variety of new forms. In this workshop, we will consider monastic missionaries, scholars, liturgists, and musicians who renewed the monastic communities we know today, and who offer us unique models of evangelization in our own time.

Presenter: Fr. Luke Dysinger, OSB; D.Phil.; M.D.
Room, board, and tuition: \$308 single;
\$246 per person shared





CHRISTMAS 2023

CHRISTMAS AT VALYERMO

Friday, December 22–Tuesday, 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: \$493 single;
\$431 per person shared

NEW YEAR RETREAT: *The Spirituality of Saint Benedict and His Disciples*

Friday, December 29, 2023–Monday, January 1, 2024

In the early sixth century the monk we have come to know as “Benedict” wrote a rule for monasteries that has been in continuous use for more than fifteen hundred years. Part of the reason for the success of the Benedictine Rule is its author’s willingness to gently adapt and improve existing ascetical and spiritual practices in accordance with the

needs of his age. In this workshop, we will study selected portions of Benedict’s Rule to discover how his wise approach to work and prayer may be lived out in our own day, and we will also study select texts by his later biographers and disciples to see how his wisdom was developed and applied in the centuries after his death.

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

Room, board, and tuition: \$431 single;
\$354 per person shared



RETIROS EN ESPAÑOL

[English translations in right column]

RETIRO DE CUARESMA

Domingo, el 26 de marzo, 9:00a.m.-3:30p.m.

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 mini retiro examinaremos nuestras vidas a través del Misterio Pascual.

Presentador: Carlos Obando, Obl.OSB

Donación: \$50 por persona

LENTEN RETREAT

Sunday, March 26, 9:00 a.m.-3:30 p.m.

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 mini-retreat, we will examine our lives through the Paschal Mystery.

Presenter: Carlos Obando, Obl.OSB

Donation: \$50 per person



RETIRO DE SILENCIO

Viernes, el 29 de septiembre-Domingo, el 1 de octubre

¿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: \$308 cuarto individual; \$246 por persona cuarto compartido

RETIRO DE ADVIENTO

Domingo, el 3 de diciembre, 9:00a.m.-3:30p.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 mini retiro y a través de oraciones y reflexiones, tendrás la oportunidad de un encuentro con Jesús donde Él pueda renovar y restaurar tu vida.

Presentador: Carlos Obando, Obl.OSB

Donación: \$50 incluye café o té en la mañana y el almuerzo

SILENT RETREAT

Friday, September 29—Sunday, October 1

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: \$308 single room; \$246 for each shared room

ADVENT RETREAT

Sunday, December 3, 9:00a.m.-3:30p.m.

“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 a great time of waiting and after that wait of many centuries, Christ manifested himself in all the glory of His 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 prayers and reflections, you will have the opportunity of an encounter with Jesus where He can renew and restore your life.

Presenter: Carlos Obando, Obl.OSB

Donation: \$50 per person includes tuition, morning beverages, & lunch after Mass

ABBAY-SPONSORED DAY RETREATS

[For day retreats offered in Spanish, please see “Talleres en Español”]

THE MUSIC OF SAINT HILDEGARD OF BINGEN

Saturday, May 13

St Hildegard was highly gifted by the Lord. Among her many gifts was music. In this one-day retreat, we will look at some of Hildegard's music and her vision of music: Its mysterious, divinely-inspired nature, and its function and power within the liturgy. This will serve as a springboard for a general discussion on liturgy as well as an introduction to Fr Angelus' own liturgical compositions inspired by our Saint. Though being a singer or musician is not a requirement to attend the retreat, we will be forming a Schola (choir) in order to sing through some Antiphons and Psalmody so as to illustrate certain musical and liturgical points.

Presenter: Fr. Angelus Echeverry, OSB

Donation: \$ 50 per person including tuition, morning beverages, and lunch after Mass.

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:

\$25 per student (10–30 students)

\$10 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.

\$31 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.

A native of Ukraine, **VICTORIA BRENNAN** 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 St. John's Seminary in Camarillo where she currently works. 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. He has taught leadership studies

at the graduate level for over 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, and 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 a 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 the 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 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).

SISTER JENNIFER TECLA HYATT, FSP, is a member of the Daughters of St Paul, a religious community dedicated to

evangelization with the media. She has a BA in Theology and is a Master Catechist in the Archdiocese of Los Angeles. Currently the Manager of Pauline Books and Media in Miami, FL. Sister also is an associate of the Pauline Center for Media Studies. Over the past ten years, Sister has facilitated various film and Scripture activities for both children and adults, as well as given presentations on media literacy and integrating culture, faith, and media. She is a proud member of the elite Catholic Speakers Organization, CatholicSpeakers.com.

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.

MICHAEL MULLARD is a licensed Marriage and Family Therapist with a Ph.D. in Clinical Psychology, emphasizing depth psychology. He has been an Oblate of New Camaldoli Hermitage since 2004 and has been hanging out with Benedictines since 1980. He lives in Southern California.

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 Escuela de la Renovación Carismática en la Diócesis de Orange. Ha sido Director Espiritual por

más de 25 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, adultos y matrimonios. Actualmente coordina los Ejercicios Espirituales para los Aspirantes y sus Esposas a través de la Oficina del Diaconado, en la Arquidiócesis de Los Ángeles.

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 the 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.

HON. MARY FINGAL SCHULTE (RET.) has been an Oblate of Saint Andrew's Abbey for 14 years. A retired Orange County Superior Court judge, she is now a mediator and arbitrator whose practice focuses on high-conflict litigation. She is a lector in her local parish.

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 WILBER is an oblate of Valyermo. She earned her Ph.D. in Humanities at Faulkner University and is an academic librarian and part-time faculty in the Religion Department at California Lutheran University. Yvonne has co-led several retreats at the Abbey, employing her interests in interfaith and ecology to explore how theology and faith inform our actions in the world.



CONTACT INFORMATION

ST. ANDREW'S ABBEY

31001 North Valyermo Road
PO Box 40
Valyermo, CA 93563
661-944-2178
www.saintandrewsabbey.com

ABBEY DEVELOPMENT OFFICE

661-944-8959
development@valyermo.com

ABBEY BOOKS & GIFTS

661-944-2178 ext. 120
artshop@valyermo.com

ABBEY CERAMICS

661-350-4805
monkskorner@valyermo.com

Among the principal sources of income for the Abbey are the funds generated by these retreats.

ABBEY RETREAT OFFICE

661-944-2178
retreats@valyermo.com
To view our online catalogue and register online, please visit:
www.saintandrewsabbey.com

ABBEY YOUTH RETREAT CENTER

661-576-9868
youthcenter@valyermo.com

ACKNOWLEDGEMENTS

Editor: Stephanie Gordon-Madrid
Design: Michael Schrauzer
Photography: Mary Schulte, Rudy Mamril, Stephanie Gordon-Madrid

The monks of St. Andrew's Abbey thank you for your support and assure you of our prayers.





ST. ANDREW'S ABBEY

31001 North Valyermo Road

PO Box 40

Valyermo, CA 93563

661-944-2178

retreats@valyermo.com