



ST. ANDREW'S ABBEY



2024
RETREATS

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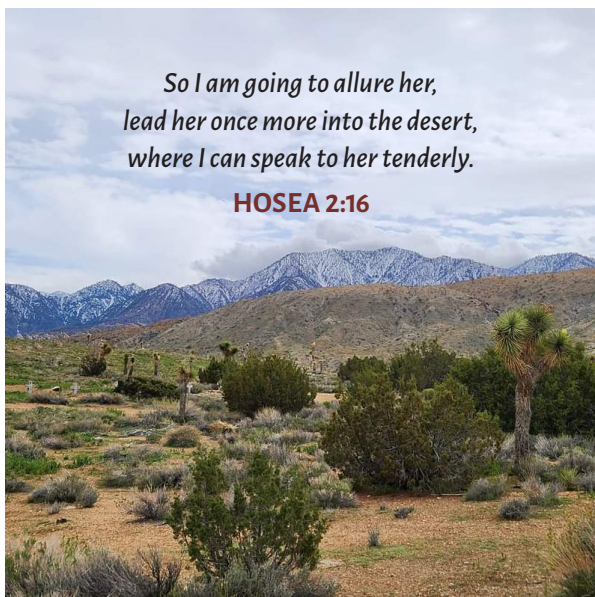
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*So I am going to allure her,
lead her once more into the desert,
where I can speak to her tenderly.*

HOSEA 2:16



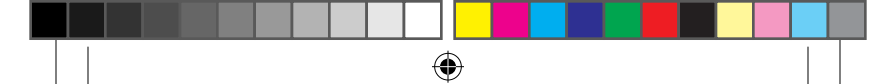


WELCOME TO VALYERMO

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 100s; winter days are generally sunny, while nighttime temperatures often dip to well below freezing. Spring offers glorious blooming trees and flowers; autumn offers spectacular color changes. Visitors will find a special beauty in the high desert 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 sixty years. Today the Abbey is home to twenty monks.

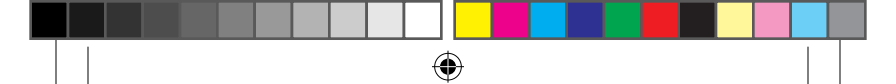
With special emphasis on hospitality, the monastic community welcomes people of all faiths to enjoy the peace, silence, and rhythm of the life of the monks who follow the *Rule* of St. Benedict. You are invited to join the monks for the singing of the Divine Office and the daily celebration of the Eucharist. Spiritual counseling and direction and the Sacrament of Reconciliation are available upon request. You are also welcome to visit **Abbey Books and Gifts**, 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. Meals are served home-style and shared with the monks.

The Welcome Center opened in the Spring of 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.

MONASTIC DAILY SCHEDULE

- 6:00 AM **VIGILS**—Office of Readings (*except on Sundays*)
7:30 AM **LAUDS**—Morning Praise
8:00 AM Breakfast (In silence)
NOON **CONVENTUAL MASS**
12:50 PM Lunch
5:30 PM **VESPERS**—Evensong
6:00 PM Dinner
7:30 PM **COMPLINE**—Night Prayer (*Sunday Vigils on Saturday*)



2024 RETREATS AT A GLANCE

JANUARY

- 12–15** Mid-Winter Dance Workshop: *Dancing into the Promise*

FEBRUARY

- 13–16** Lenten Silent Retreat
16–18 The Healing Power of Faith: *Jesus as Our Therapist*

MARCH

- 10** Retiro de Cuaresma (*en Español*)
28–31 Sacred Triduum

APRIL

- 22–26** Spring Artists' Retreat

MAY

- 4** María, Rosa Mística (*en Español*)
6–10 Priests' Retreat: *Keepers of the "Divine Dream"*
10–12 Accepting the Embrace of God: *The Ancient Art of Lectio Divina*
15–17 ¿Hacia dónde apunta tu brújula espiritual?
Retiro acerca del discernimiento espiritual (en Español)
17–19 Pentecost Retreat
20–24 Sophia/Wisdom in the Writings of John of the Cross

JUNE

- 17–20** Cinema Divina Retreat
20–23 The Transformative Power of Story
24–28 Called to Community: *Becoming Fully Human & Spiritually Alive as Members of One Another*
28–30 Integrating Faith and Public Life

JULY

- 1–7** Iconography
8–12 Benedictine Spirituality: *Hospitality as a Paradigm of the Spiritual Life*
12–14 Retiro de Silencio (*en Español*)
15–19 C. S. Lewis, Prayer and Teacher of Prayer

- 22–25** Servant Leadership: *Lessons From The Rule of St. Benedict*
- 25–28** Summer Dance Workshop: *Dancing Words of Love*
- 29–31** Discernment in Daily Life

AUGUST

- 9–11** Pilares indispensables para que tu matrimonio sea una aventura de amor (*en Español*)
- 16–18** Dante: *Spiritual Theologian and Guide*
- 26–29** Healing Our Wounds: *Forgiveness in the Spiritual Life*
- 30–9/1** Desert Wisdom on the Spiritual Journey

SEPTEMBER

- 9–12** Survivors of Suicide
- 27–29** Dealing with Death

OCTOBER

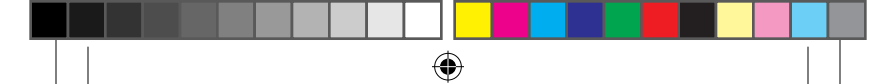
- 5** Guerra Espiritual (*en Español*)
- 21–24** “God Gives the Lonely a Home to Live In”: *Psalms 68:6*
- 28–31** Autumn Artists’ Retreat

NOVEMBER

- 4–7** Recipes of Saint Andrew's Abbey: *A Cooking Retreat/Workshop*
- 11–15** Priests’ Retreat
- 18–22** Exploring Teilhard's Human Phenomenon
- 22–24** A Rhythm of Prayer that Leads to God: *Contemplative Liturgy in the Early Monastic Tradition*
- 27–29** Thanksgiving at Valyermo
- 29–12/1** Advent Retreat
- 30** Retiro de Adviento (*en Español*)

DECEMBER

- 20–22** Divinization in the Rule of Benedict and in Later Benedictine Spirituality
- 23–26** Christmas at Valyermo
- 30–1/2** New Year Retreat: *The Spirituality of Saint Benedict and His Disciples*



PRIVATE AND 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

\$103 per night single; \$88 per person per night shared (\$176 for 2 persons) 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

\$120 per night single; \$103 per person per night shared (\$206 for 2 persons) includes 3 meals and a meeting room.

Friday and Saturday Night

\$306 single; \$240 per person shared (\$480 for 2 persons) includes 6 meals and a meeting room.

If the Abbey provides the facilitator:

Monday-Thursday Night

\$133 per night single; \$116 per person per night shared (\$232 for 2 persons) includes 3 meals.

Friday AND Saturday Night

\$333 single; \$266 per person shared (\$532 for 2 persons) includes 6 meals.

DAY RETREATS and workshops for groups of 20-50 with themes and topics customized to meet your needs.

\$18 per person (includes continental breakfast and meeting room)

Plus \$7 extra per person (per session) when the Abbey facilitator is requested

ABBEY-SPONSORED OVERNIGHT RETREATS

WINTER 2024

Please note: Prices listed are requested donations to the Abbey. Due to rising costs, requested donations have increased. The monks of St. Andrew's Abbey thank you for your support and understanding.

MID-WINTER DANCE WORKSHOP

Dancing into the Promise

FRIDAY, JANUARY 12—MONDAY, JANUARY 15

No matter how challenging or dark the path may be before us, God's promise of the Good and the Light lays just ahead. With a blessed heart and sharp eye, we can move along the guiding signs.

Presenter: John West, Obl.OSB

Room, board, and tuition: \$465 for single; \$382 for each shared

LENTEN SILENT RETREAT

TUESDAY, FEBRUARY 13—FRIDAY, FEBRUARY 16

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: \$400 single; \$348 each shared

THE HEALING POWER OF FAITH

Jesus as Our Therapist

FRIDAY, FEBRUARY 16—SUNDAY, FEBRUARY 18

The way we do [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: \$333 single; \$266 each shared

SPRING 2024

SACRED TRIDUUM

THURSDAY, MARCH 28—SUNDAY, MARCH 31

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: \$465 single; \$384 each shared

SPRING ARTISTS' RETREAT

MONDAY, APRIL 22—FRIDAY, APRIL 26

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: Gregory Michael Hernandez

Room, board, and tuition: \$532 single; \$465 each shared

PRIESTS' RETREAT

Keepers of the "Divine Dream"...

MONDAY, MAY 6—FRIDAY, MAY 10

...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*.

Presenter: Fr. Joseph Brennan, OSB

Room, board, and tuition: \$532 single

ACCEPTING THE EMBRACE OF GOD

The Ancient Art of Lectio Divina

FRIDAY, MAY 10—SUNDAY, MAY 12

Lectio Divina, the ancient Christian art of praying the scriptures, is a way of allowing the Bible, the Word of God, to become a means of union with God: in other words, through *lectio divina*, the reading of sacred scripture becomes the gateway to contemplative prayer. In this workshop, ancient and modern approaches to the practice of *lectio divina*, as well as its application to the practice of contemplative prayer will be studied and practiced.

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

Room, board, and tuition: \$333 single; \$266 each shared

PENTECOST RETREAT

FRIDAY, MAY 17—SUNDAY, MAY 19

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: \$333 single; \$266 each shared

SOPHIA/WISDOM IN THE WRITINGS OF JOHN OF THE CROSS

MONDAY, MAY 20—FRIDAY, MAY 24

This retreat will provide an opportunity to appreciate the Wisdom Christology that John of the Cross employs in all of his writings. Special attention will be paid to John's process of spiritual development, especially in the *Spiritual Canticle*, and the key role that Sophia plays for him. Retreatants will have an opportunity to pray with Scriptural texts from the Wisdom Literature and the New Testament that John employs frequently in his spiritual writings.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board, and tuition: \$532 single; \$465 each shared

SUMMER 2024

CINEMA DIVINA RETREAT

MONDAY, JUNE 17–THURSDAY, JUNE 20

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

Presenter: Sister Jennifer Tecla Hyatt, FSP

Room, board, and tuition: \$333 single; \$266 each shared

THE TRANSFORMATIVE POWER OF STORY

THURSDAY, JUNE 20–SUNDAY, JUNE 23

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: \$465 single; \$382 each shared

CALLED TO COMMUNITY

**Becoming Fully Human & Spiritually Alive as
Members of One Another**

MONDAY, JUNE 24–FRIDAY, JUNE 28

The early Christian community in Jerusalem (Acts 2: 42-47) prayed and shared all things in common. St. Benedict proposed that those monks who live a community

life are the strongest kind of monks, because growth in love must be concrete: involving mutual encouragement, inspiration, obedience to higher shared values, correctives to ego-centeredness, and constant reminders of the need for a God-centered way of life. No one is an island unto themselves. Belonging to others and sharing life with others is the normal path of human maturity, wisdom, and flourishing. While the nuclear family is the foundation of community living, there are many other modes and experiences of 'life together' that become intentional life choices. This workshop will explore ways that each of us can become 'members of one another' by developing relations of trust, modes of belonging, tending the individual good while building a togetherness that is truly an image of Trinitarian love even in our broken and imperfect world.

Presenters: Fr. Francis Benedict, OSB

Norvene Vest, Obl.OSB

Room, board, and tuition: \$532 per single; \$465 for each shared

INTEGRATING FAITH AND PUBLIC LIFE

FRIDAY, JUNE 28—SUNDAY, JUNE 30

A workshop based on the book *Claiming Your Voice: Speaking Truth to Power* [Liturgical Press, 2022] by Norvene Vest. *Her book received honorable mention in the 'Faithful Citizen/Religious Freedom' category of the Catholic Media Awards this year.* In her book she integrates our relation to public life in America with Benedictine spirituality for the benefit of the common life we share in society. Troubled by a contemporary urgent question: Has American polity lost the ability to critique itself about its foundational purpose and its ongoing integrity? Applying Hebrew prophecy and Benedictine principles, as well as drawing from her graduate degrees in Political Theory, Christian Theology, and Mythology/Depth Psychology, Dr. Vest shows how to restore that essential political and spiritual perspective in practice.

Presenter: Norvene Vest, Obl.OSB

Room, board, and tuition: \$333 single; \$266 each shared

ICONOGRAPHY

MONDAY, JULY 1—SUNDAY, JULY 7

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: \$900 per person

BENEDICTINE SPIRITUALITY RETREAT

Hospitality as a Paradigm of the Spiritual Life

MONDAY, JULY 8—FRIDAY, JULY 12

Chapter 53 of the *Rule* of St. Benedict emphasizes the role of hospitality in the life of the monastery. Virtually every Benedictine monastery has a guest house to provide the disciple-monks the opportunity to ‘welcome guests as Christ Himself.’ This retreat will show that the virtue of hospitality can be seen through the larger lens of human and spiritual relatedness. We all have implicit and explicit relationships with God, with self and with others. In prayer, one makes room for God, the Initiator of our life and consciousness, commits time to the desire God has for us to be and to ‘be love’ in God’s likeness. Being made in God’s image, we cannot be fulfilled without a daily and conscious devotion to the Source of our being. In the interior life of the soul, God manifests His presence and divine will, leading us toward self-knowledge, ongoing conversion and human maturity. In our communal relations, the love of God is the Source that overflows in our families, friendships and ministries, in our welcome of pilgrim, stranger, neighbor, and the poor.

Presenters: Fr. Francis Benedict, OSB

Elizabeth Seward, Obl.OSB

Room, board, and tuition: \$532 single; \$465 each shared

C.S. LEWIS**Prayer and Teacher of Prayer****MONDAY, JULY 15–FRIDAY, JULY 19**

How does a boy who gave up Christianity because of God's failure to answer prayers for a dying mother become a best-selling Christian teacher of prayer? Come to our C. S. Lewis workshop and also feel free to join the Benedictine monks for their prayer. In morning and afternoon conferences, Dr. Ford will lead discussions of all of Lewis's books, essays, poems, examples, pictures, and stories about prayer. (A bibliography is available for those who want to start the reading.)

Presenter: Dr. Paul Ford**Room, board, and tuition:** \$532 single; \$465 each shared**SERVANT LEADERSHIP****Lessons From The Rule of St. Benedict****MONDAY, JULY 22–THURSDAY, JULY 25**

A retreat designed for those in positions of leadership in non-profit organizations:

Parish Administrators, Directors of Religious Education, School principals, Pastors, Foundation Executives, Healthcare leaders, Board members and those who aspire to positions of leadership

Benedict's Rule is a treasure trove of leadership wisdom that has guided Benedictine Communities for over 1500 years. Steeped in The Rule's chapter on humility, this retreat focuses on how those entrusted with governing and leading organizations and their respective stakeholders can navigate the moral hazards of today's secular culture within which they operate. Purity of heart, strength of character, an orientation toward the other, and a spirituality based on contemplative prayer are key elements of the Servant Leader, one who mentors, inspires and nurtures those whom he or she leads. The *Rule* of St. Benedict enlightens leaders as they journey through the uncharted waters of today's complex business environment.

Presenters: Fr. Francis Benedict, OSB

Curtis Kauffman, Obl.OSB

Room, board, and tuition: \$400 single; \$348 each shared

SUMMER DANCE WORKSHOP**Dancing Words of Love****THURSDAY, JULY 25–SUNDAY, JULY 28**

Without gestures and actions, it is challenging to love well. Come explore the movements and gestures that might define a whole new personal sacred place where you can dwell with your loved ones and renew the blessings of life.

Presenter: John West, Obl.OSB

Room, board, and tuition:

\$465 for single; \$382 for each person shared

DISCERNMENT IN DAILY LIFE**MONDAY, JULY 29–WEDNESDAY, JULY 31**

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:

\$266 single; \$233 each shared

DANTE**Spiritual Theologian and Guide****FRIDAY, AUGUST 16–SUNDAY, AUGUST 18**

The *Divine Comedy* is simultaneously one of the greatest poems ever written as well as one of the most profound presentations of the spiritual life, containing a well-developed and robust spiritual theology. Using Dante's masterpiece as guide this retreat will explicate Dante's theology of Christian living as well as his theology

of grace, which makes the Christian journey to union with God possible.

Presenter: Rev. Dr. Greg Peters, Obl.OSB

Room, board, and tuition: \$333 single; \$266 each shared

HEALING OUR WOUNDS

Forgiveness in the Spiritual Life

MONDAY, AUGUST 26—FRIDAY, AUGUST 30

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.

Presenter: Fr. Francis Benedict, OSB

Room, board, and tuition: \$532 single; \$465 each shared

DESERT WISDOM ON THE SPIRITUAL JOURNEY

FRIDAY, AUGUST 30—SUNDAY, SEPTEMBER 1

The practical and contemplative wisdom of the Fathers and Mothers of the Desert is part of the spiritual heritage of all Christians. In this workshop we will focus on their understanding of spiritual progress, particularly the practices and forms of prayer they considered to be the foundation of Christian contemplation. Workshop participants are encouraged to read *Sayings of the Desert Fathers*, translated by Benedicta Ward and published either by Cistercian Press or Penguin Books.

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

Room, board, and tuition: \$333 single; \$266 each shared

AUTUMN 2024

SURVIVORS OF SUICIDE

MONDAY, SEPTEMBER 9—THURSDAY, SEPTEMBER 12

Our retreat for survivors of suicide loss welcomes anyone who has lost a loved one to suicide. In our time together, we will celebrate the lives of those we have lost to suicide. At the monastery, we will find refuge in a safe place to remember and honor our loved ones and work through our grief. Time is also intentionally set aside for rest, relaxation and reflection. We welcome people of every faith and walk of life to join us.

Presenter: Fr. Francis Benedict, OSB

Mary Stover, EdD

Room, board, and tuition: \$400 single; \$348 each shared

DEALING WITH DEATH

FRIDAY, SEPTEMBER 27—SUNDAY, SEPTEMBER 29

Death is never easy. We all struggle to make sense of it. It is difficult to process because we aren't designed to die. We were designed to live at peace in a garden, forever.

The promises of Eternal Life are found throughout the Scriptures. This retreat will allow you the time and space to contemplate these promises. Come, rest, and think on eternal things. Process in a safe place, allowing the truth of Scripture to inform your thoughts about death.

Spiritual Director and Retreat Leader, Lisa Marion, first experienced the sting of death at the age of 9, when her grandmother was violently murdered, an event that forever changed the dynamics in her family and their lives. Since that time, she has buried her mother, two uncles, an aunt, a niece, her husband, and countless friends.

Well acquainted with death and the process one must journey through to find peace, join Lisa in this uniquely restful opportunity. Whether you're struggling with processing the death of a loved one, or your own death, come and find answers in God's promises. Please note, during this retreat, Lisa will be available for private Spiritual Direction.

Presenter: Lisa Marion, Obl.OSB

Room, board, and tuition: \$333 single; \$266 each shared

“GOD GIVES THE LONELY A HOME TO LIVE IN”**Psalm 68:6****MONDAY, OCTOBER 21–THURSDAY, OCTOBER 24**

Loneliness is a universal human experience. Everyone feels it some of the time. Too many experience it most of the time. Noreena Hertz remarks that the twenty-first century, is the ‘loneliest century’ people throughout the world have ever known. Loneliness is a much different human experience or feeling than aloneness or solitude, which can be a healing balm within a busy world or a busy mind. Loneliness can lead one to accompany one’s inner self toward God, preparing one for a deep relatedness to others or it can lead to a deadly feeling of isolation, devoid of loving or experiencing love. Such a psycho-spiritual malady must be attended to and not avoided. How can loneliness be transformed to a solitude that makes room, becomes a capacity for union with God and the human family? Loneliness can become an invitation for depth relationship with God and the truest part of our self that can progressively make room for others, welcoming others, companioning others toward true belonging, at-home-ness, and promote sacrificial giving and altruistic love. The psalm verse above is an invitation to see the whole of life, even with its most painful realities, as catalysts of hope leading us toward God as our ultimate home while making peace with our imperfect lives in a troubled world. Alone or with others, our God-relatedness must become the sanctuary of the self that develops a capacity to embrace in empathy the universal thirsting for God which can never be fully quenched by anyone less than God.

Presenter: Fr. Francis Benedict, OSB

Room, board, and tuition: \$400 single; \$348 per person shared

AUTUMN ARTISTS’ RETREAT**MONDAY, OCTOBER 28–THURSDAY, OCTOBER 31**

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: Gregory Michael Hernandez

Room, board, and tuition: \$400 single; \$348 person each shared

RECIPES OF SAINT ANDREW'S ABBEY

A Cooking Retreat/Workshop

MONDAY, NOVEMBER 4–THURSDAY, NOVEMBER 7

Come and spend a week of learning and fun in the monastery kitchen. This year, be among the first to try out favorite recipes submitted by our monks! No prior experience necessary, only a desire to serve one another as together we seek to nourish both body and soul.

Presenter: Fr. Isaac Kalina, OSB

Room, board, and tuition: \$400 single; \$348 each shared

PRIESTS' RETREAT

Thriving in the Call of God

MONDAY, NOVEMBER 11–FRIDAY, NOVEMBER 15

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: \$532 single

EXPLORING TEILHARD'S HUMAN PHENOMENON

MONDAY, NOVEMBER 18–FRIDAY, NOVEMBER 22

Pierre Teilhard de Chardin's book *The Human Phenomenon* developed many of the fundamental scientific concepts of his evolutionary thinking. They provided the foundational ideas for his integration of evolution with Christian theology and spirituality. This retreat will explore connections between Teilhard's evolutionary scientific ideas and his spirituality and theology.

Presenter: Fr. Stephen Coffey, OSB Cam

Room, board, and tuition: \$532 single; \$465 each shared

A RHYTHM OF PRAYER THAT LEADS TO GOD

Contemplative Liturgy in the Early Monastic Tradition

FRIDAY, NOVEMBER 22—SUNDAY, NOVEMBER 24

The principal sources of contemplative prayer in the early Church were the Scriptures and the sacred liturgy, where the Scriptures are transformed into poetry and song. In this workshop we will seek to rediscover in liturgical prayer our capacity to both delight in and to reverence the mystery of the God of Love. Readings from early monastic sources will be provided and participants will be encouraged to share the liturgy of the hours with the monastic community.

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

Room, board, and tuition: \$333 single; \$266 each shared

THANKSGIVING AT VALYERMO

WEDNESDAY, NOVEMBER 27—FRIDAY, NOVEMBER 29

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: \$266 single; \$233 each shared

ADVENT RETREAT

FRIDAY, NOVEMBER 29—SUNDAY, DECEMBER 1

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: \$333 single; \$266 each shared

DIVINIZATION IN THE RULE OF BENEDICT AND IN LATER BENEDICTINE SPIRITUALITY

FRIDAY, DECEMBER 20—SUNDAY, DECEMBER 22

The notion of “divinization” has traditionally been associated with Eastern Christian spiritual theology, particularly the Byzantine understandings of the sacraments and spiritual progress. In the light of the Incarnation of Christ at Christmas we will discover during this workshop how both the *Rule* of Benedict and the writings of Benedictine contemplative writers reflect this ancient

tradition; and we will reflect together on how this can enrich the lives of those who are interested in the Benedictine Way.

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

Room, board, and tuition: \$333 single; \$266 each shared

CHRISTMAS 2024

CHRISTMAS AT VALYERMO

MONDAY, DECEMBER 23–THURSDAY, 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: \$400 single; \$348 each shared

NEW YEAR RETREAT

The Spirituality of Saint Benedict and His Disciples

MONDAY, DECEMBER 30, 2024–THURSDAY, JANUARY 2, 2025

In the early sixth century the monk we have come to know as “Benedict” wrote a rule for monasteries that have 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: \$400 single; \$348 each shared



ABBEY-SPONSORED DAY RETREATS

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

BEGINNING AGAIN

SATURDAY, JANUARY 6, 9AM–4PM

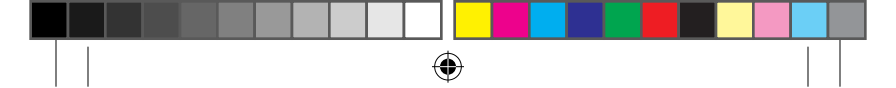
In His Divine Providence, God made provision for beginnings in our lives. Birthdays, anniversaries, seasons, cycles—all examples of beginnings. The month of January brings with it the opportunity to begin again.

Perhaps it was a year of triumphs and milestones. Regardless of how the year played out, it is important not to move forward too quickly. The whole of our experiences are part of this journey of life.

Join us for this annual retreat. Take the opportunity to reflect on how God was at work in your life last year, and anticipate how He will be present to you in the coming year. A gentle day of Reflection and Anticipation. Short reflections and directed quiet activities will be given by the presenter. The Abbey gardens and grounds provide the perfect setting for contemplation. Rest, reflect, and anticipate, knowing that God, who was with you in the past year, will be with you in the coming year as well.

Presenter: Lisa Marion, Obl.OSB

Donation: \$55 per person including tuition, morning beverages, and lunch.



TALLERES EN ESPAÑOL

RETIRO DE CUARESMA

Domingo, el 10 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: \$55 por persona incluye matrícula, café o té en la mañana y el almuerzo.

MARÍA, ROSA MÍSTICA

SÁBADO, EL 4 DE MAYO, 9:00 A.M. – 3:30 P.M.

Este retiro se centrará en la figura de la Santísima Virgen María, Rosa Mística. Nos acercaremos a ella a través de los ojos de los místicos, así como del Catecismo, las Sagradas Escrituras.

Presentador: P. Angelus Echeverry, OSB

Donación: \$55 por persona incluye matrícula, café o té en la mañana y el almuerzo.

¿HACIA DÓNDE APUNTA TU BRÚJULA ESPIRITUAL?

Retiro acerca del discernimiento espiritual

MIÉRCOLES, EL 15 DE MAYO AL VIERNES, EL 17 DE MAYO

¿Qué debo hacer? Es la pregunta clásica que nos hacemos la mayor parte del tiempo especialmente aquellos que anhelan tener una intimidad con Dios y no se sienten satisfechos. Hay momentos donde el ser humano experimenta una «añoranza santa» y al mismo tiempo desean llenar sus vacíos emocionales y espirituales, pero no saben cómo. ¿Cómo discernir la voluntad de Dios? ¿Qué debo hacer? ¿Cómo sé que lo que estoy haciendo complace el corazón de Dios?

Durante este retiro exploraremos como Dios trata siempre de comunicarse con el ser humano para manifestarle su voluntad; y al mismo tiempo trataremos de contestar estas y otras preguntas sabiendo que el discernimiento requiere escuchar atentamente al Espíritu de Dios, que nos invita a la santidad y una vida ejemplar.

Presentador: Carlos Obando, Obl.OSB

Donación: \$333 cuarto individual; \$266 por persona cuarto compartido

RETIRO DE SILENCIO

VIERNES, EL 12 DE JULIO AL DOMINGO, EL 14 DE JULIO

¿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: \$333 cuarto individual; \$266 por persona cuarto compartido

PILARES INDISPENSABLES PARA QUE TU MATRIMONIO SEA UNA AVENTURA DE AMOR

VIERNES, EL 9 DE AGOSTO AL DOMINGO, EL 11 DE AGOSTO

El libro *el Cantar de los Cantares* en su capítulo 2 dice “Mi Amado es para mí, y yo para mi Amado”. El retiro está basado en esta premisa de que somos el uno para el otro unidos en solo corazón. El matrimonio es una alianza y no un acuerdo social. Es el lugar donde dos corazones se unen eternamente para vivir en totalidad su aventura de amor. El matrimonio constituye una comunidad de amor y lo sostienen varias columnas: la fidelidad, la confianza, la entrega del uno al otro, el perdón mutuo, y en un contexto espiritualmente sano.

Durante este retiro tendremos momentos de oración, reflexión, sanación interior y renovación de los votos

matrimoniales. Te invitamos a que pases un fin de semana con tu ser amado donde ambos puedan descansar, orar y reflexionar acerca de tu matrimonio.

Presentador: Carlos Oando, Obl.OSB

Donación: \$333 cuarto individual; \$266 por persona cuarto compartido

GUERRA ESPIRITUAL

SÁBADO, EL 5 DE OCTUBRE, 9:00 A.M. – 3:30 P.M.

En este retiro exploraremos el tema de la guerra espiritual y la importancia de la oración, no sólo para combatir el mal, sino como medio ordinario de nuestra santificación.

Presentador: P. Angelus Echeverry, OSB

Donación: \$55 por persona incluye matrícula, café o té en la mañana y el almuerzo.

RETIRO DE ADVIENTO

SÁBADO, EL 30 DE NOVIEMBRE, 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 Oando, Obl.OSB

Donación: \$55 por persona incluye matrícula, café o té en la mañana y el almuerzo.



SPECIAL RETREATS AND WORKSHOPS

A DAY AT THE MONASTERY

A Field Trip for Students

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

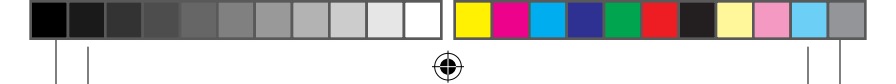
\$27 per student (10-30 students)

\$11 per adult chaperone

Teachers' lunches are *gratis*

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





MEET THE PRESENTERS

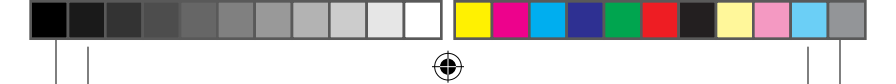
FR. FRANCIS BENEDICT has been a monk of Valyermo since 1967. He earned a BA in philosophy from Loyola-Marymount University and an MA in Theology from Mt. Angel in Oregon. He was ordained a priest in 1976. He served as the Abbey's first abbot [1992-2008]. His special areas of ministry include spiritual direction, preaching retreats, and working with 12-step recovery groups and individuals. In addition to many responsibilities at the Abbey, he also 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.

FR. STEPHEN COFFEY is an ordained monk of the Camaldolese community of California. He is engaged in extensive retreat ministry as well as spiritual direction for priests, religious, and laity. He formerly served on the staff of Shalom Prayer Center.

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.



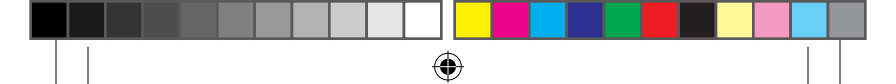
P. ANGELUS ECHEVERRY es monje de Valyermo desde 2011. Tiene una Maestría en Composición de Música Clásica y actualmente es Organista y Maestro de Coro. Tiene un profundo amor por lo que llama “Las cuatro ‘Emes’ de mi vida”: la Música, la vida Mística, el Santo Misterio que llamamos Trinidad y María, la Santísima Virgen, Madre de Dios. Para escuchar al Música de P. Angelus, visite: www.angelusecheverry.com

DR. PAUL FORD has been reading C.S. Lewis since he was fifteen years old (since 1962) and has become an internationally recognized expert on the life and writings of C.S. Lewis and author of the award-winning book, *Companion to Narnia* (now in its fifth edition, HarperCollins, 2005) and of the *Pocket Companion to Narnia* (HarperCollins, 2005). His most recent Lewis-related publications are: *Yours, Jack: Spiritual direction from C.S. Lewis* (San Francisco: HarperOne, 2008) and *Words to Live By: A Dictionary for the Mere Christian* (San Francisco: HarperCollins, 2007)

GREGORY MICHAEL HERNANDEZ is a landscape-based visual artist living in Pasadena, CA. His paintings, photography and sculptures explore the religious and political dimensions of land use. Growing up in Hesperia, CA, cemented his lifelong connection to the Mojave Desert. See his work at www.gmhstudio.com

SISTER JENNIFER TECLA HYATT 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, Florida, she also is an associate of the Pauline Center for Media Studies. Over the past ten years, she 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.



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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.

CURTIS KAUFFMAN has been an Oblate of St. Andrew's Abbey since 1997. He has been a business owner, leadership and executive coach, consultant on strategy and governance, healthcare writer and publisher, and for the past several years has been Board Chair for the governing board of Providence St. Joseph Health System's Southern California Region. He studied in the graduate program in Religious Studies at Mt. St. Mary's College and is a graduate of the Catholic Bible Institute's program on Sacred Scripture.

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

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

MICHAEL MULLARD is a licensed Marriage and Family Therapist with a Ph.D. in Clinical Psychology, emphasizing

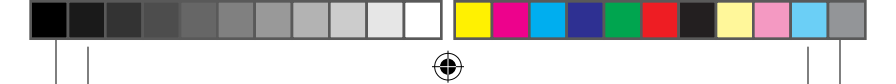
depth psychology. He has been an Oblate of New Camaldoli Hermitage since 2004 and has been hanging out with Benedictines since 1980. He lives in Southern California.

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.

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 the treatment of anxiety disorders.

ELIZABETH SEWARD has been an Oblate of Valyermo since 2000 and strives to practice hospitality 'in so far as her state in life permits' in her personal and professional life. She has been a teacher for some 40 years and now



MEET THE PRESENTERS

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leads an online international handwork teacher training program, sharing with others the human value of 'the work of our hands.' Her teaching has been deeply influenced by Parker Palmer's books on education. The core value of hospitality to 'otherness' in the classroom and beyond impelled her to seek a doctorate in Education, and most recently a second Master's in Education and Spirituality.

MARY STOVER founded alifeYOUUnited in 2016. Her doctoral research focused on preadolescent suicide and servant leadership. Her dissertation, *A Description of Preadolescent Suicidal Ideation by Mental Health Professionals* in Washington State, showed the need for a consistent, school-based suicide prevention curriculum for students as young as five. Her most recent research is focusing on suicide postvention as prevention and working with survivors of suicide loss. She recently presented her research with the American Association of Suicidology and the World Summit on Suicide Research. She teaches at Gonzaga University, Whitworth University, and the community colleges of Spokane.

NORVENE VEST is an Episcopal laywoman and Benedictine Oblate returning this summer to her home monastery of St. Andrew's. She has written six books on Benedictine Spirituality for Oblates and for people living in the everyday world outside the cloister. She is an internationally recognized writer and speaker.

JOHN WEST is an oblate of Saint Andrew's Abbey 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.



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To view our online catalogue and register
online, (service fees may apply) please visit:
www.saintandrewsabbey.com

ABBAY YOUTH RETREAT CENTER

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ACKNOWLEDGEMENTS

Editor: Stephanie Gordon-Madrid, Denise DuBreuil

Design: Michael Schrauzer

Photography: Joseph Billé, Denise DuBreuil

Stephanie Gordon-Madrid, Leslie Blough

Among the principal sources of income for the Abbey are the funds generated by these retreats. The monks of St. Andrew's Abbey thank you for your support and assure you of our prayers.