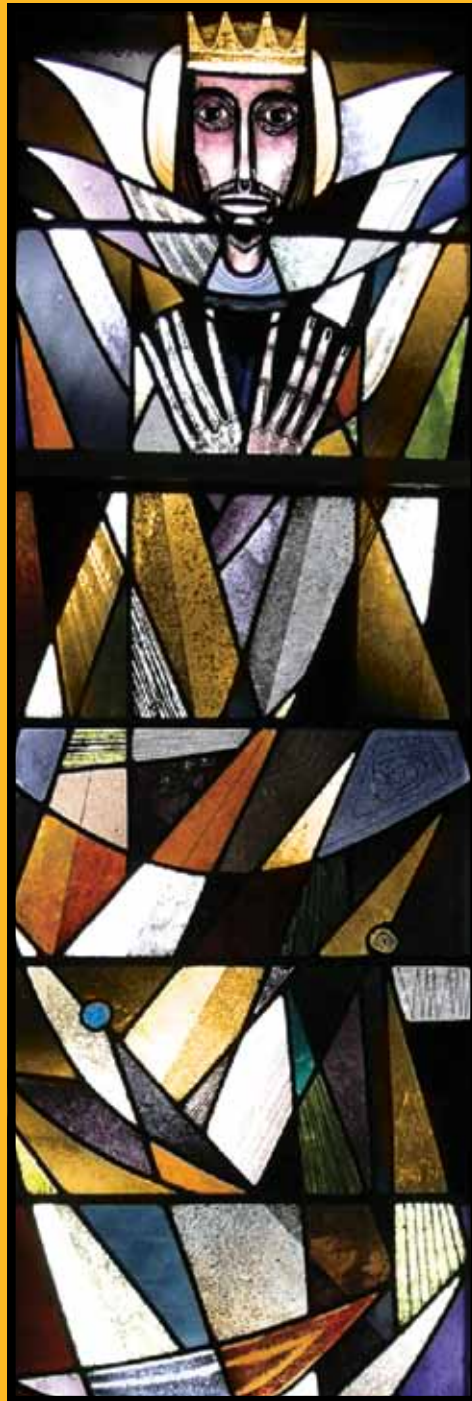
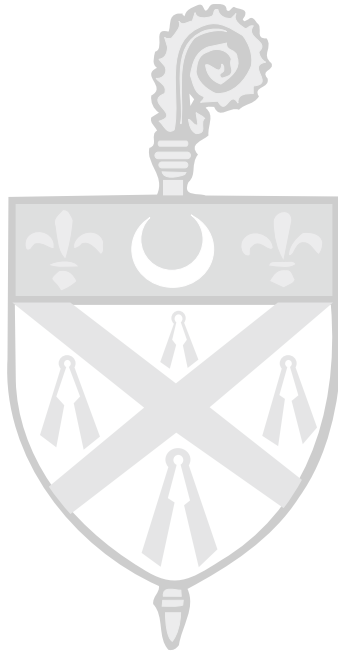


# NORBERTINE CENTER FOR SPIRITUALITY

Sacred space for spiritual growth and renewal

**Fall - Winter 2010  
Preview 2011**





## MISSION OF THE CENTER

The Norbertine Center for Spirituality, sharing in the Spirit and mission of Jesus Christ and the ministry of the Norbertine Community of De Pere, offers to people of all faiths a sacred space and opportunities for spiritual growth and renewal.



## COVER ARTWORK

### **Canonization of St. Norbert**

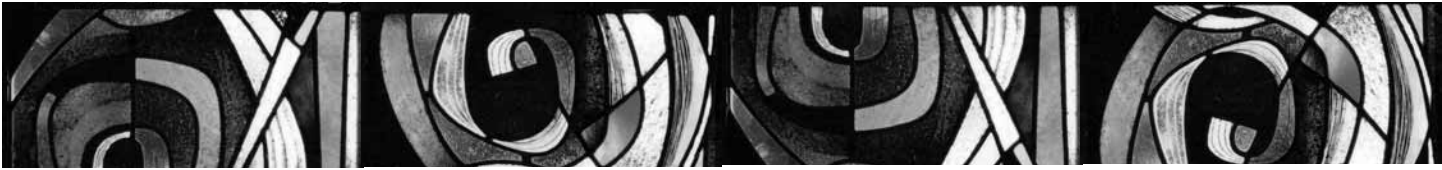
In 1582, Norbert was canonized a saint of the Church. The crowns superimposed on the figure of the saint suggest his heavenly reward.

### **Abbot's Chapel Windows - The Life of St. Norbert**

The eight windows in the Abbot's Chapel depict events from the life of St. Norbert. The symbolism and character are treated in a broad and simple manner, each window being filled with one basic thought or event that was important in Norbert's life.

*Emil Frei Studios – Francis Deck designer*





## LETTERS FROM THE DIRECTORS OF THE CENTER AND PROGRAMMING

This past year, a retreatant offered a powerful insight about the Norbertine Center for Spirituality. She thanked us for offering such wonderful opportunities for growth in the Holy Spirit. She went on to say, "I know that the Center for Spirituality was originally where seminarians lived. I'm sure it's hard with the decline in religious numbers, but there is one blessing that has come forth. This sacred place was opened up for people of all faiths to discern the presence of God. So if the original purpose was for religious formation, it is still fulfilling its purpose but in a new way." Perhaps her remark puts flesh on the passage from Scripture - that the Holy Spirit works for the good in all circumstances if we but believe and follow.

We are Catholic, yes, and also offer hospitality, spiritual direction, programs, and retreats to people of all faith traditions or to those who have none but are searching. We are particularly sensitive to any who may be struggling in their personal, work or church lives: those who have lost their jobs or are going through challenging transitions; those who have felt betrayed by the church or those who fear the church is going backward. And of course there are those who are immensely grateful for the blessings in their lives. Whatever your question, struggle or joy, our doors are always open, as well as our hearts and minds to hear what you need and to provide nourishment for the soul.

*Fr. Conrad J. Kratz, O. Praem.*



With each season, we become wonderfully excited about our new offerings - often developed from ideas we have received from you. This season is no exception. Since our Morning of Spirituality for Women has become so popular, it was suggested that a morning for men be developed. You'll be pleased to know that on **October 30**, a

**Morning of Spiritual Renewal for Men** will be offered - and given the presenters, it should be extraordinary. Details are included in the brochure and online.

Members from our Center and the Albuquerque Norbertine Priory have developed a **New Mexico Pilgrimage Tour** with time for reflection in the desert and tours of sacred religious sites throughout the state. Visit <http://www.norbertines.org/retreats.html> for details.

Few people know that **Mother Teresa of Calcutta** corresponded for a number of years with Fr. Richard Mulroy, a Norbertine missionary in Peru. Her actual letters have been preserved and will be on display during the September 16th program highlighting her correspondence. A perfect program to be offered during her 100th birthday year!

This brochure is filled with many new programs, with a few others "back by popular demand." Take a look and mark your calendars! And please remember, we are continually grateful for your enthusiastic support of our initiatives and efforts and look forward to seeing you this fall and beyond!

*Judy Turba*

### An Invitation to Pray with the Norbertine Community

#### Morning Prayer:

Weekdays 7:30 am  
Saturday 8:00 am Sunday 9:00 am

#### Evening Prayer:

Weekdays 5:05 pm  
Saturday and Sunday 5:00 pm

#### Eucharistic Liturgy:

Weekdays 4:30 pm  
Saturday 8:30 am Sunday 10:00 am

#### Taizé Prayer Around the Cross

Taizé prayer is a quiet, simple way of prayer designed for people of all Christian traditions. These meditative candlelit services include simple chants sung repeatedly, rich silence and prayers of praise and intercession.

Third Sunday of every month 7:00 pm  
(in the Abbey Church)

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## Best Loved Stories of the Old Testament: The Story of David

King David is one of the most fascinating people in the Hebrew Scriptures and his stories are familiar with all readers of the Bible. Learn more about yourself as you learn about David and his struggles with self-esteem and confidence, with bullies and giants as well as with intimacy, friendship, lust, loyalty, desire and power. **Registration required by September 1.**

**September 8, 15, 22, 29 - Wednesdays 11:45 am - 12:45 pm includes lunch OR 6:30 - 7:30 pm**

September 8 David and Goliath (dealing with the "giants" in our lives)

September 15 David and Jonathan (friendship, loyalty and love)

September 22 David and Bathsheba (when human desire becomes an unhealthy obsession)

September 29 David and the Psalms (what places have I reserved for God?)

Presenter: Fr. Conrad J. Kratz, O. Praem.

Cost: Morning session with lunch - \$10; Evening session – suggested donation \$5

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## How Can I Pray When I Can't Even Keep Up with the Laundry? Busy Person's Guide to the Spiritual Life

Explore what Scripture, the saints and church documents offer us in response to this question along with some options that do not involve finding 30 minutes more in your already overloaded schedule.

**Registration encouraged by September 6.**

**September 9 - Thursday 6:30 - 8:30 pm**

Presenter: Dr. Kristina DeNeve

Cost: Free will offering (suggested donation \$5)

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## One Book, One Community – Book Discussion: *Seedfolks* by Paul Fleischman

*"Thirteen voices tell one story of the flowering of a Cleveland vacant lot into a neighborhood garden cultivated by a group of strangers, old, young, Haitian, Korean, Hispanic, tough, haunted, hopeful. Detailing the Garden's founding and first year, Seedfolks is a harvest of hidden lives, a hymn to the power of plants and people."* Join Karen Kohlbeck, member of Food and Local Health Subcommittee of Sustainable Green Bay, for a discussion of Brown County Library's community read.

**Registration encouraged by September 7.**

**September 11 - Saturday 9:00 - 10:30 am**

Facilitator: Karen Kohlbeck

Cost: Free will offering (suggested donation \$5)

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## Remembering 9/11: Mass for Emergency Responders

This weekend, the 9th anniversary of the terrorist attack will be observed. At the St. Norbert Abbey Sunday Mass, all emergency responders will be honored and those present will be acknowledged with prayers and a blessing. Those who tragically lost their lives that day as well as their families and friends will be remembered.

**September 12 - Sunday 10:00 am Abbey Church**

Presenter: Fr. Conrad J. Kratz, O. Praem.

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## Book Discussion: *Extremely Loud and Incredibly Close* by Jonathon Safran Foer

Meet ten year old Oskar as he struggles to cope with his father's untimely death, followed by his grandmother and grandfather's experiences of love and loss.

**September 13 - Monday 10:00 - 11:00 am**

Facilitator: Jane Berkovitz

Cost: Free will offering (suggested donation \$5)

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## Authentic Freedom

Many of us are prisoners of the perceptions we hold which cause us to live a life that is not free. In these sessions, the seven fears that hold us captive are explored including: I am not loved; I am alone; I am not free to express my truth; and how they are manifested in our world and in us. The truths that can lead us to living a life of "Authentic Freedom" also are explored. A recent participant wrote: *"This course far surpassed my expectations and can only be described as life-changing."* Minimum of 5 participants. **Registration required by September 8**

**September 13, 20, 27, October 4, 11, 18, 25 and November 1 - Mondays 6:30 - 8:30 pm**

Facilitator: Sr. Judy Miller, CSJ

Cost: \$65 (includes workbook)

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## Water Exercises and the Word of God for Women

Join us in the Abbey pool for gentle water exercise, spiritual music and prayer: nourishment for the body, mind and spirit.

**Tuesdays 9:00 - 10:00 am in the Abbey pool**

**Session I: September 14, 21, 28, October 5, 12**

**Session II: October 26, November 2, 9, 16, 23**

Presenter: Barbara Kratz; Lifeguard: Jane Berkovitz

Cost: \$9 per week – includes class and daily use of pool while enrolled in the session

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## Enhancing the Sunday Readings (ongoing – morning OR evening)

Participants will meet one hour each week for Scripture study. Reflections will be shared on the upcoming Sunday's readings in a way that allows the sacred text not only to inform us but to transform us and our week. You are invited to join us every week or every once in awhile.

**Beginning September 14 - every following Tuesday 10:30 - 11:30 am OR 6:30 - 7:30 pm**

Facilitator: Sr. Judy Miller, CSJ

Cost: Free will offering

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## Twilight Retreat

Need a few hours to recoup and regroup your spirit? You're invited to participate in an evening of prayer, reflection and enrichment. Join the Norbertine Community for Mass, followed by evening prayer. After dinner, attend a scheduled event or enjoy quiet time for reflection.

**September 15 - Wednesday and/or October 14 - Thursday 4:00 - 9:00 pm**

Facilitator: Sr. Judy Miller, CSJ

Cost: \$20 (includes dinner, private room, event and use of Abbey prayer spaces)

Optional: \$50 (includes above, plus overnight stay, morning prayer and breakfast)

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## A Day Away: Nourishing Your Body, Mind and Spirit

Treat yourself to a day apart: a day of renewal and rest. Enjoy Abbey amenities: beautiful grounds, prayer spaces, swimming pool, a peaceful room of your own, and an enrichment presentation. Open to men and women.

**September 15, October 13 - Wednesdays**

**November 9, December 7 - Tuesdays**

**Days of Renewal are scheduled from 9:00 am - 5:00 pm (Mass 4:30 pm)**

Cost: \$20 includes: private room, lunch, enrichment presentation, Abbey amenities.

Also available by appointment:

Massage: \$60 Eric Peters, massage therapist Call 920.366.0899

Spiritual Direction: \$35 Sr. Judy Miller, CSJ Call 920.337.4316

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## Letters from Mother Teresa of Calcutta to a Norbertine

Mother Teresa corresponded with Norbertine Fr. Richard Mulroy, O. Praem. for many years while he served the Norbertine mission in Lima, Peru. In fact, it was through Fr. Mulroy's encouragement that Mother Teresa visited Lima and eventually developed her first South American mission. Fr. John Tourangeau, O. Praem., who worked closely with Fr. Mulroy in Peru, will share his thoughts about this dedicated Norbertine and his relationship with Mother Teresa. Insights regarding the letters, which will be on display, and personal information about this Blessed woman will be shared.

**September 16 - Thursday 6:30 - 8:00 pm**

Presenters: Fr. John Tourangeau, O. Praem., Judy Turba, MSE  
Cost: Free will offering (suggested donation \$5)

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## Intro to Tai Chi

Tai Chi, often referred to as meditation in motion, is a series of slow, relaxed movements, which reduce stress and improve concentration for people of all ages. In fact, Tai Chi has been known to slow the aging process, lower blood pressure, strengthen muscle and reduce anxiety.

**September 21 - Tuesday 6:30 - 8:00 pm**

Presenter: Eric Peters, Asian Bodywork Therapist  
Cost: Free will offering (suggested donation \$5)

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## Write Now Poetry Club

This club is a gathering of people who write poetry and wish to share their poems with others in a relaxed atmosphere. Themes are provided and writers have an opportunity to improve their skills. Open to anyone who loves to write. If interested, call Fr. Mark Falcone, O. Praem. 920.337.4352.

**September 28, November 16, January 18, March 15 - Tuesdays 7:00 pm**

Presenter: Fr. Mark D. Falcone, O. Praem.  
Cost: No fee

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## Mary: Who Is She?

A different perspective of Mary will be presented: how she grew to accept Jesus as God; Mary as Theotokos; the impact of Mary's appearance near Green Bay at Robinsonville; the significance of the rosary. The question, "How did you come to know Mary and what is her significance for you?" will be explored.

**September 30 - Thursday 6:30 - 8:00 pm**

Facilitators: Fr. Willie Van De Loo, Sr. Judy Miller, CSJ  
Cost: Free will offering (suggested donation \$5)

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## Using Under/Unemployment to Find Your Dream Job

Whether we are actively employed, underemployed, unemployed or even retired, what we do and how we do it reflects our attitude, behavior and reality toward life. With concepts from the book, *The Power of Story*, we will view our current (work) story to create a new identity and beginning.

The energy pyramid will be examined in order to assess our physical, emotional, mental and spiritual practices and how they can lead to increased peace, health and performance. Additional spiritual, emotional and employment resources will be provided.

**October 2 - Saturday 8:00 am - 12:00 pm**

Presenter: Jim Smits, CCSW  
Cost: Free will offering

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Pre-registration for all programs is appreciated.

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## Feast of St. Francis: Blessing of the Animals

St. Francis was a lover of animals partly because of their unconditional love. Bring your beloved pets to the Abbey grounds where Fr. Mark Falcone will bless them on this special feast day.

**October 4 - Monday 2:00 pm Center for Spirituality parking lot on north side of the Abbey**  
 Presenter: Fr. Mark Falcone, O. Praem.  
 Cost: No fee

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## Coffee and Conversation: Fr. Alfred McBride and His Books

Fr. Alfred McBride, O. Praem., is a highly regarded and prolific author, having published 40 books and over 200 articles. This nationally renowned Norbertine has served on numerous boards of directors, as college president and professor and as founding director of the department of religious education at the National Catholic Education Association. Given his expertise, profound faith and charming Irish personality, we are delighted to bring you this series--highlighting Fr. McBride and some of his favorite books.

**October 5 - Tuesday; November 10 - Wednesday 10:00 - 11:30 am**  
 October 5: *How to Pray Like Jesus and the Saints*  
 November 10: *The Story of the Church: Revised and Expanded*  
 Presenter: Fr. Alfred McBride, O. Praem.  
 Cost: Free will offering (suggested donation \$5)

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## Gregorian Chant Workshop

Learn about Gregorian chant as well as how to read and sing medieval chant manuscripts. Participants will conclude the workshop with a performance in the Abbey church.

**October 5 - Tuesday 6:30 - 8:30 pm**  
 Presenter: Fr. Mark D. Falcone, O. Praem.  
 Cost: \$15

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## Wednesdays for Women: Bold Women, Nonviolent Spiritualities

This series will focus on women whose lives of bold love affected a large circle of people seeking human dignity, equality and hope for a better future for all people. Each weekly discussion will focus upon a particular woman, her foundational spirituality and threads of the spirituality that can be lived in unique ways by each of us. Some themes from Muslim, Hindu, Quaker and Buddhist spiritualities will be explored. Time for prayer in the particular tradition will be included.

**October 6, 13, 20, 27 - Wednesdays 10:00 - 11:50 am OR 6:30 - 8:00 pm**  
 Presenters: Sr. Shawn Madigan, CSJ, Sr. Judy Miller, CSJ  
 Cost: Free will offering (suggested donation \$5)

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## Body and Soul: Yoga, Centering Prayer, Lunch

The morning begins with a one hour yoga class followed by centering prayer and concluding with a delicious lunch in the Abbey dining room. Yoga class is geared to beginners and those with some experience. Mats are supplied or available for purchase. Loose fitting clothing is recommended. Minimum of 6 participants. **Registration required by October 1.**

**October 8, 15, 22, 29, November 5 and 12 - Fridays 10:00 am - 12:30 pm**  
**(Yoga: 10:00 - 11:00, Centering Prayer: 11:10 - 11:45, Lunch: 11:50 - 12:30 pm)**  
 Presenters: Yoga - Angela Lydia, Certified Personal Trainer  
 Centering Prayer - Sr. Judy Miller, CSJ  
 Cost: \$18 per session includes yoga and centering prayer  
 \$25 per session includes yoga, centering prayer and lunch

## Claiming Our Gifts

*"Everything in the universe has a 'nature,' which means potential as well as limits. The problem is, we live in a culture that tends to focus on our limitations."* ~ Parker Palmer

Identifying our gifts should be easy, but it often isn't. Yet it is critical that we do identify them--- for where our gifts lie, there often lie our joy and purpose in life. In this interactive program, the challenge of claiming our strengths and gifts will be explored, personal gifts identified and living our strengths encouraged.

**October 14 - Thursday 6:30 - 8:00 pm**

Presenter: Judy Turba, MSE

Cost: Free will offering (suggested donation \$5)

## Dreams I

Dreams figure prominently in many Bible stories and in the early days of the Church. Dreams continue to help people in their spiritual quest of discovering what is being asked of them today. Jerome Taylor, a renowned dream expert said, *"All dreams come in the service of health and wholeness."* This overview is a brief introduction to the art of working with dreams and is intended for beginners.

**October 21 - Thursday 6:30 - 8:00 pm**

Presenter: Fr. Conrad J. Kratz, O. Praem.

Cost: Free will offering (suggested donation \$5)

## Pilgrimage Tour to New Mexico

The serenity of the desert; prayer with the Norbertines; meditative writing; tours of sacred sites throughout New Mexico. The pilgrimage-tour begins at the Norbertine Priory and Hermitage Retreat Center in Albuquerque. Participants will be offered opportunities to enter into a desert experience guided by Norbertine Fathers.

Travelers will visit various sacred sites throughout the state such as: Acoma, Ohkay Owingeh and Isleta pueblos; Christ in the Desert Monastery, Ghost Ranch, Chimayo, Santa Fe's churches and museums as well as breathtaking scenic locations. Details can be found online at [www.norbertines.org/retreats.html](http://www.norbertines.org/retreats.html). Pilgrimage is limited to 12 participants.

**October 23 - 30 Saturday through Saturday**

Facilitators: Fr. Fran Dorff, O. Praem., Frater Graham Golden, O. Praem.

Cost: \$995 includes lodging, most meals, touring transportation costs, admission and speaker fees. Does not include travel to and from Albuquerque.

**\$100 non-refundable deposit due October 1.**

## A Journey Toward Wellness: Nutrition and its Impact on Body and Soul

The food you eat has a direct effect on your body, mind and spirit. Series will include: improving diet and exercise, practicing temperance through portion control, reading food labels and gaining insight about food choices.

Each week explores topics related to health, using biblical references to encourage a holistic wellness journey. Journaling and physical activity tracking will be encouraged. Each session can stand alone although the four sessions enhance and expand upon each other.

**Registration encouraged by October 24 .**

**October 28, November 4, 11, 18 - Thursdays 6:30 - 8:00 pm**

Presenter: Carolyn Schaefer, PhD

Cost: Free will offering (suggested donation \$5)

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## Morning of Spiritual Renewal for Men

More men are beginning to see the importance of the inward Gospel journey - of what it means to be a man, friend, spouse, father, worker, etc. Outstanding speakers will be offering workshops to help men get in touch with their faith and what God asks of them. Enjoy the companionship of others while in the peaceful atmosphere of the Abbey and its grounds. For program descriptions go to [www.norbertines.org/day\\_of\\_renewal.html](http://www.norbertines.org/day_of_renewal.html) **Registration required by October 22.**

**October 30 - Saturday 8:00 am - 1:00 pm**

### Session I (select 1 program)

- Healthy Male Role Models in Scripture - Fr. Tim Shillcox, O. Praem.
- Henri Nouwen: Spiritual Guide for Men - Fr. David McElroy, O. Praem.
- Discover Your Role as a Modern Man - Eric Peters

### Session II (select 1 program)

- Lead Us Not Into Temptation - Fr. Dan Felton
- Sports Heroes Behaving Badly: A Call to Brotherhood! - Fr. Jim Baraniak, O. Praem.
- Your Story, Your Life, Your Choice - Jim Smits, CCSW

### Session III (select 1 program)

- Surrender? Me? Surrender to God; He Will Do Everything For You - Msgr. Jim Feely
- Staying Faithful...To God, Family, Community - Fr. Al McBride, O. Praem.
- Thomas Merton and the "True Self" - Fr. John Bostwick, O. Praem.

Cost: \$30 includes beverages, rolls, lunch, programs

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## Clearly Speaking

In order to communicate the ancient stories of faith, readers of Scripture must be conscious of their role – that of storytellers who must convey to listeners that these events happened in real time to real people. These classes focus on attaining the skills of speaking with confidence, clarity and comfort in order to make Scripture readings come alive for parish congregations. Class open to all skill levels. Minimum of 10 participants. **Registration deadline October 29.**

**November 3 and 10 - Wednesdays 6:30 - 8:30 pm**

Presenter: Jane Stannard

Cost: \$20 (includes both sessions, handouts)

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## A Mass to Honor Our Nation's Veterans

On the Sunday preceding Veteran's Day, join us in the Abbey Church for a special mass as we honor our veterans, their families and those still serving our country. We are grateful to those called to lay down their lives, the ultimate gift. A social will immediately follow.

**November 7 - Sunday 10:00 am**

Presenter: Fr. Steve Vanden Boogard, O. Praem., retired military chaplain

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## Veterans' Stories of Hope, Healing and Spirituality

*Note: This was one of our most provocative programs offered last year and it is worth repeating. After hearing these personal experiences, one realizes the price of freedom and the personal cost of war. Veterans, their families and friends and the general public are encouraged to attend.*

When people choose to serve their country, they begin a journey down an uncharted road, impacting their mind, body and spirit. It is the "warrior's heart" that enables the soldier to travel where harm may await, and the same heart must find its way home. A panel of veterans will share their journey of healing the spiritual wounds of their service during this presentation. George Kamps, veteran and social worker, has counseled over 300 veterans and found the path leading to spiritual reconnection is of critical importance to healing.

**November 8 - Monday 6:30 - 8:00 pm**

Facilitator: George Kamps, MSW

Cost: Free will offering (suggested donation \$5)

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## Self Acupressure

The ancient Chinese technique of acupressure utilizes the application of pressure to specific points to promote good health. In this three part series, participants will learn how to activate acupressure points to help relieve pain, reduce tension, promote overall health, and calm mind, body and spirit.

**November 9, 16, 23 - Tuesdays 6:00 - 7:30 pm**

Instructor: Eric Peters, Asian Bodywork Therapist

Cost: \$45

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## Coffee and Conversation: Fr. Alfred McBride and His Books *The Story of the Church: Revised and Expanded*

**November 10 - Wednesday 10:00 - 11:30 am**

Presenter: Fr. Alfred McBride, O. Praem.

Cost: Free will offering (suggested donation \$5)

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## Losing Your Life To Save It: Necessary Losses and Gospel Living

Judith Viorst's book, *Necessary Losses*, shares deep insights about loss and its critical impact on our growth and development. It dovetails beautifully with the Gospels' doctrine of the Cross. As Viorst shares, "To start to become aware of the ways in which our responses to loss have shaped our lives can be the beginning of wisdom and hopeful change." Join Fr. Tim and Judy as they share reflections, connections and applications from these rich spiritual resources.

**November 16 - Tuesday 6:30 - 8:00 pm**

Presenters: Fr. Tim Shillcox, O. Praem., Judy Turba, MSE

Cost: Free will offering (suggested donation \$5)

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## Movie and Discussion: *God Bless the Children* (National Homelessness Week)

Join us for this thought provoking movie about a young mother and her daughter who end up on the streets, homeless and helpless, drifting through the social system, going from shelter to shelter.

**November 18 - Thursday 10:00 am - 12:00 pm OR 6:30 - 8:30 pm**

Presenter: Jane Berkovitz

Cost: Free will offering (suggested donation \$5)

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## Book Discussion: *Same Kind of Different As Me* by Ron Hall, Denver Moore

(Presented in conjunction with the Brown County Homeless and Housing Coalition during National Hunger and Homelessness Week)

Tony Pichler, Diocese of Green Bay Lay Ministry Formation Director and volunteer with the homeless ministry, will lead a discussion on this work of nonfiction that describes the budding relationship of a shelter resident and a volunteer.

**November 20 - Saturday 9:15 - 10:45 am**

Presenter: Tony Pichler

Cost: Free will offering (suggested donation \$5)

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## Look Who's Talking

Join Fr. Mark and his pet parrot Guido as they show a documentary highlighting the scientific research of parrot intelligence. A discussion about parrots as companion pets will follow.

**November 30 - Tuesday 6:30 - 8:00 pm**

Presenter: Fr. Mark Falcone, O. Praem.

Cost: No fee

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**The Rose and the Weeds (World AIDS Day)**

Join Dianne Wagner as she shares the compelling story of her beloved brother who died of AIDS and her family's walk of faith and love. Her brother's death, on the Feast of the Transfiguration, changed her perspective of who God is as well as her view of the Church and society today.

**December 1 - Wednesday 10:00 - 11:30 am OR 6:30 - 8:00 pm**

Presenter: Dianne Wagner

Cost: Free will offering (suggested donation \$5)

**Advent Reflection: Saying "Yes" to God**

Enter into Advent by joining us for the annual morning of reflection. With Mary as our model, this Advent session will focus on saying "yes" to God, examining how we carry Christ within us and finally how we bring Him to the world. (Optional: Mass with the Norbertines at 8:30 am)

**December 4 - Saturday 9:15 - 11:00 am**

Presenter: Fr. Conrad J. Kratz, O. Praem.

Cost: Free will offering (suggested donation \$5)

**Book Discussion: Finding Grace: A True Story About Losing Your Way in Life... And Finding It Again by Donna Van Liere**

This is a powerful story of a woman's journey of broken dreams and how a painful legacy of the past is confronted and met with peace. For anyone who has struggled to understand why desires - even simple ones - are sometimes denied and asked "Where is God when I need Him most?"

**December 9 - Thursday 10:00 - 11:00 am**

Presenter: Jane Berkovitz

Cost: Free will offering (suggested donation \$5)

CONCERTS AT THE ABBEY

resounding... inspiring... glorious...

**Canon John Bruce Memorial Concerts**

Through Canon John's generosity, the concerts are free and open to the public so that all may share in the beauty of the Abbey and the organ music within its walls. Concerts are Saturdays 2:00 pm.

- October 23, 2010**      **Christopher Herrick**  
Former chorus master and organist of Westminster Abbey
- December 4, 2010**      **Christopher Houlihan**  
Juilliard graduate and student of Paul Jacobs
- April 9, 2011**              **Jean Baptiste Robin**  
French organist from Versailles, France
- May 14, 2011**              **Joan Lippincott**  
Foremost American organist

**Schola d' Arezzo Concerts** (Gregorian Chant Choir)

- January 2, 2011 - Sunday 2:30 pm**      **St. Norbert Abbey**
- May 1, 2011 - Sunday 2:30 pm**      **St. Norbert Abbey**

# RETREATS

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## Private Retreats

A private retreat is a time to come away from one's usual routine to enjoy personal reflection, quiet and solitude. Private retreats are available to anyone for any length of time throughout the year.

Cost: \$85 per overnight includes spiritual direction, private room, three meals and the use of the Center's amenities. (\$60 without direction)

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## Twilight Retreats

September 15 and/or October 14 (see page 3 for details)

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## Days Away: Nourishing Your Body, Mind and Spirit

September 15, October 13, November 9 and December 7 (see page 3 for details)

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## Norbertine Priory Retreats

Pilgrimage Tour to New Mexico October 23-30, 2010 (see page 6 for details)

Looking to really get away for a retreat? Check out the websites and retreat offerings of the Norbertine Pories in New Mexico and Mississippi.

Santa Maria de la Vid Priory, Albuquerque, NM [www.norbertinecommunity.org](http://www.norbertinecommunity.org)  
St. Moses the Black Priory, Raymond, MS [www.stmosestheblackpriory.org](http://www.stmosestheblackpriory.org)

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## Morning of Spirituality for Women

This lovely morning of renewal for your body, mind and spirit will include provocative programs, opportunities for prayer and reflection, a delightful lunch and wonderful women. Details available online and in the Winter/Spring 2011 brochure.

**January 22, 2011 - Saturday**

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## Triduum Retreat

The Triduum, which begins Holy Thursday, is the central liturgical celebration of the Christian year. This retreat provides an opportunity to pray individually and with the Norbertine Community. Conferences are provided which complement the liturgical celebrations. Additional information available online at [www.norbertines.org](http://www.norbertines.org).

**April 21 - 24, 2011 Holy Thursday - Easter Sunday 10 am Liturgy**

Details for all retreats can be found online at  
[www.norbertines.org/retreats.html](http://www.norbertines.org/retreats.html)  
or by calling the Center at 920.337.4315

## ABBEY TOURS

Tours are available of St. Norbert Abbey with its renowned windows, sacred artifacts, cloister gardens and noted architectural features.

Call the center to arrange a tour, 920.337.4315.

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## REGISTRATION

Registration for all programs can be made online at [www.norbertines.org/registration\\_form.html](http://www.norbertines.org/registration_form.html) or by calling the Center at 920.337.4315



### PLEASE NOTE...

**Suggested donation per program is \$5, unless otherwise indicated.** However, anyone who wishes to participate in our programs should be able to do so. The Center will accept a donation within your means should you be unable to pay the suggested fee.

## SPIRITUAL DIRECTION...

Sharing your faith journey with an experienced person can help one grow into a deeper personal relationship with God. While money is not meant to be an obstacle on the spiritual direction journey, a donation of \$35 - \$40 per session is suggested, if possible.

Fr. John Bostwick, O. Praem. - 920.337.4315  
 Fr. Andy Cribben, O. Praem. - 920.337.4315  
 Ms. Patricia DeGroot - 920.373.0567  
 Fr. Conrad J. Kratz, O. Praem. - 920.337.4376  
 Sr. Judy Miller, CSJ - 920.337.4316  
 Jim Smits, CCSW - 920.337.4315  
 Fr. John Tourangeau, O. Praem. - 920.337.4333



### Support Services

Fr. Andy Cribben, O. Praem. - Hispanic liaison - 920.337.4315  
 Eric Peters - Massage therapist - 920.366.0899  
 Fr. Bill Ribbens, O. Praem. - AA spiritual direction, 4th and 5th step support - 920.337.4336  
 Engaged Encounter Weekends - Green Bay Diocese - 920.272.8315  
 Lakeshore Retrouvaille Weekends - 920.336.6549  
 Marriage Encounter Weekends - Marriage Encounter of Green Bay, Inc. - 920.544.5166

## OUTREACH PROGRAMS

The Norbertine Center for Spirituality offers programs for your parish, school or organization either at the Abbey or your place of work or worship.

The following on-the-road programs and retreats are currently being offered:

### • **The Spirituality of Change**

Through the use of humor, faith and psychology, this presentation offers spiritual insights and understanding as we face the changes and transitions in our lives.

Presenters: Fr. Conrad J. Kratz, O. Praem., Judy Turba, MSE

### • **Coincidence and the Work of the Holy Spirit**

The Holy Spirit works in many different ways in our lives. Among the least understood, but most common form of this grace, is a phenomenon called "coincidence." Join Fr. Conrad and Judy for this interactive program as they explore the concept of synchronicity and its impact on our lives.

Presenters: Fr. Conrad J. Kratz, O. Praem., Judy Turba, MSE

### • **The Power of Love and the Love of Power**

Power is central to spirituality. To be alive is to have power. This session will examine the question, "How do I exercise my power and how does it influence my spirituality?"

Presenter: Sr. Judy Miller, CSJ

### • **Who is Your God?**

As our faith develops, our image of God expands. Our Christian heritage has many images and stories of God and Jesus. Explore lesser known stories to broaden and deepen the reality of God in your life.

Presenter: Sr. Judy Miller, CSJ

### • **Parish Team and School Staff Development Retreat**

Participants will learn how to work more effectively together, understand work as vocation and embrace their gifts and differences. The Strengths Deployment Inventory, a proven, memorable tool for improving team effectiveness, is also available for an additional fee. This retreat can be tailored to any particular needs of the parish or school staff.

Presenters: Fr. Conrad J. Kratz, O. Praem., Sr. Judy Miller, CSJ, Judy Turba, MSE

### • **Parish Renewal/Mission: A New Beginning, A New Journey, A Happier Way**

Experience a three or four day retreat for the entire parish (open to all denominations) and staff with Fr. Conrad preaching at all weekend liturgies. Presentations include: appreciating self through humor, holiness, wholeness, happiness and forgiveness; how to handle hurt, loss, anger, change and illness; how to find purpose by thinking not only of oneself, but of others and God.

Presenter: Fr. Conrad J. Kratz, O. Praem.

### • **A Return to Zambia**

In 2008, Judy and her husband Jerry spent time in Zambia's schools for the poorest of the poor. In 2010 they returned to this country and its people who have captured their hearts. Join Judy as she shares her most recent adventures (this time during the rainy season) through heartwarming stories and stunning photography involving the precious Zambian children and the life/faith insights she has gained.

Presenter: Judy Turba, MSE

The complete list of programs is available online at: [www.norbertines.org/on-the-road.html](http://www.norbertines.org/on-the-road.html)



## ABOUT THE CENTER

The Norbertine Center for Spirituality and Retreat House is located within St. Norbert Abbey, a distinguished landmark located in De Pere, Wisconsin. The Abbey is in the center of over 150 acres of both natural and landscaped beauty with charming cloister gardens within its walls. The church is a wonder, majestic and sacred. The famed stained glass windows are a study of the saints, liturgy, Scripture, sacred symbols and light itself.

### **Norbertine Center for Spirituality Staff:**

Fr. Conrad J. Kratz, O. Praem., Jane Berkovitz, Linda Grub, Rosemary Mann,  
Sr. Judy Miller, CSJ, Jim Smits, Judy Turba, Dianne Wagner

### **The Center provides:**

- programs and workshops
- days of renewal and reflection
- on-site parish missions
- individual spiritual direction
- prayer with Norbertine community
- private, directed & preached retreats
- 12 step and recovery retreats
- justice and peace presentations
- outreach presentations
- 55 private bedrooms
- five meeting rooms
- prayer spaces
- library
- cloister garden
- outdoor labyrinth
- walking paths
- indoor swimming pool/sauna
- tennis and basketball courts
- home-cooked meals
- wildlife pond
- nearby Fox River biking/hiking trail
- experienced staff

## MAP AND DIRECTIONS

**From U.S. 41** - Exit Hwy 172 east, follow highway 172 east to Webster Ave. exit; turn right (south) approximately one mile to the Center. Park in the first parking lot to the right.

**From I-43** - Exit Hwy. 172 - exit #180. Follow highway 172 west to Webster Ave. exit; turn left (south) approximately one mile to the Center. Park in the first parking lot to the right.





# CALENDAR OF EVENTS

## September

- 8 Best Loved Stories of the Old Testament
- 9 How Can I Pray When I Can't Keep Up with the Laundry?
- 11 Book Discussion: *Seedfolks*
- 12 Remembering 9/11: Mass for Emergency Responders
- 13 Book Discussion: *Extremely Loud and Incredibly Close*
- 13 Authentic Freedom
- 15 A Day Away: Nourishing Your Body, Mind and Spirit
- 15 Best Loved Stories of the Old Testament
- 15 Twilight Retreat
- 16 Letters from Mother Teresa of Calcutta to a Norbertine
- 19 Taizé Prayer
- 20 Authentic Freedom
- 21 Intro to Tai Chi
- 22 Best Loved Stories of the Old Testament
- 27 Authentic Freedom
- 28 Write Now Poetry Club
- 29 Best Loved Stories of the Old Testament
- 30 Mary: Who Is She?

## October

- 2 Using Under/Unemployment to Find Your Dream Job
- 4 Authentic Freedom
- 4 Feast of St. Francis: Blessing of Animals
- 5 Coffee and Conversation: Fr. Al McBride and His Books
- 5 Gregorian Chant Workshop
- 6 Wednesdays for Women
- 8 Body and Soul: Yoga and Centering Prayer
- 11 Authentic Freedom
- 13 A Day Away: Nourishing Body, Mind and Spirit
- 13 Wednesdays for Women
- 14 Twilight Retreat
- 14 Claiming Our Gifts
- 15 Body and Soul: Yoga and Centering Prayer
- 17 Taizé Prayer
- 18 Authentic Freedom
- 20 Wednesdays for Women
- 21 Dreams I
- 22 Body and Soul: Yoga and Centering Prayer
- 23 Abbey Organ Concert
- 23 Pilgrimage Tour to New Mexico
- 25 Authentic Freedom
- 27 Wednesdays for Women
- 28 A Journey Toward Wellness
- 29 Body and Soul: Yoga and Centering Prayer
- 30 Morning of Spiritual Renewal for Men

## November

- 1 Authentic Freedom
- 3 Clearly Speaking
- 4 A Journey Toward Wellness
- 5 Body and Soul: Yoga and Centering Prayer
- 7 A Mass to Honor our Nation's Veterans
- 8 Veteran's Stories of Hope, Healing and Spirituality
- 9 A Day Away: Nourishing Your Body, Mind and Spirit
- 9 Self Acupressure
- 10 Clearly Speaking
- 10 Coffee and Conversation: Fr. Al McBride and His Books
- 11 A Journey Toward Wellness
- 12 Body and Soul: Yoga and Centering Prayer
- 16 Losing Your Life To Save It
- 16 Self Acupressure
- 16 Write Now Poetry Club
- 18 A Journey Toward Wellness
- 18 Movie and Discussion: *God Bless the Children*
- 20 Book Discussion: *Same Kind of Different As Me*
- 21 Taizé Prayer
- 23 Self Acupressure
- 30 Look Who's Talking

## December

- 1 The Rose and the Weeds (World Aids Day)
- 4 Advent Reflection: Saying "Yes" to God
- 4 Abbey Organ Concert
- 7 A Day Away: Nourishing Your Body, Mind and Spirit
- 9 Book Discussion: *Finding Grace*
- 19 Taizé Prayer

## Partial Preview of Winter/Spring 2011 offerings

- Morning of Spiritual Renewal for Women (January 22)
- Masculine and Feminine Spirituality
- Lenten Series (begins March 12)
- Wednesdays for Women
- Triduum Retreat (April 21-24)

