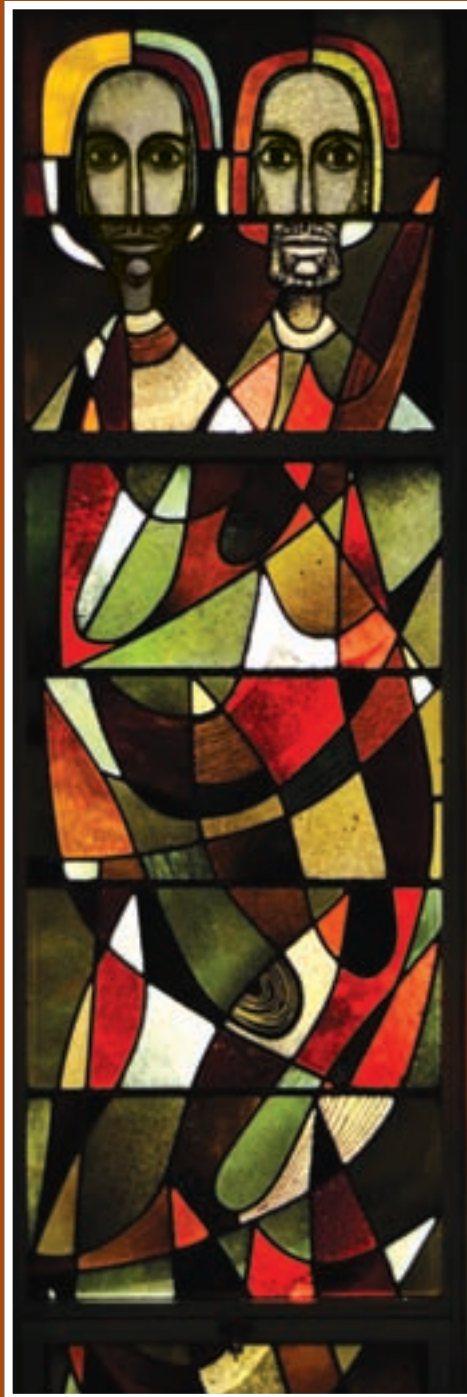


NORBERTINE CENTER FOR SPIRITUALITY

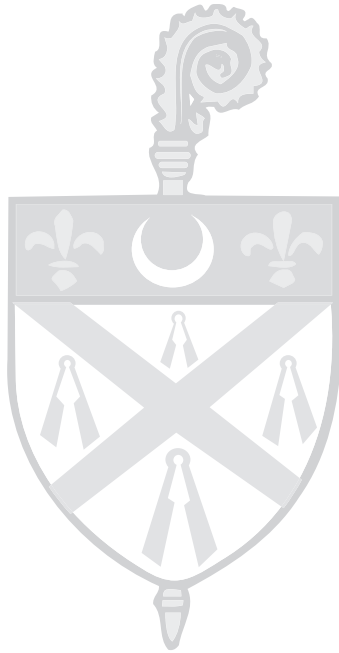
Sacred space for spiritual growth and renewal

Summer - Fall 2011



St. Norbert Abbey
Norbertine Center for Spirituality
1016 N. Broadway, De Pere, WI 54115

920.337.4315
www.norbertines.org
ncs@norbertines.org



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

Norbert and Bernard

The window points out the close unity between Norbert of Xanten and Bernard of Clairvaux, whose lives and aims bore a distinct similarity. One of Norbert's interests was the reform of the clergy; Bernard's the reform of monastic life. A series of flames surmounts the figures of the two saints to indicate their love for one another and their zeal for their common efforts.

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

Many spiritual writers have said that we spend the first part of life seeking our identity and where we fit in, where we belong, and the other half trying to discover where the real meaning and purpose of life is. Both quests ask: What is real; What is false; Who am I; Who is God; Who are you; How do we know when love is real or friendship can be trusted; Does anything make a difference? Discernment is always key to finding the next best step to take in life whether it is choosing a career, a new job, retirement, a partner or making a life-altering decision.



We are fortunate at the Center because our daily work is to help people recognize and discover the path God wants for them. Thus we present programs and opportunities to the wider community giving them coping skills and the right tools to discover a more meaningful way of life. We offer silence, reflection, prayer, programs, retreats, days away, workshops and spiritual direction, which help people listen to what God is saying to them. Earlier this year we received a letter from a participant which stated, "The Center is truly an amazing place, a spiritual oasis in the midst of very busy lives. I have talked with many people at the programs I've attended from all walks of life. They have expressed openly the value of the Center and its programs in their lives." I hope you will join us.

Fr. Conrad Kratz, O. Praem.

Your positive response to our past programs has been most appreciated and we hope this new brochure will offer nourishing possibilities as well.

For the first time in recent years, we are offering summer programming. Sr. Judy's ever-popular **Authentic Freedom** is a treasure-of-a-series and we hope you can join us. Also, room is still available for our **Summer Directed Retreat** (see page 10 for details).

We are pleased to offer two Scripture series this fall. Fr. Conrad again will be offering **Old Testament** presentations and while he will focus on different biblical characters, the presentations will continue to be endearingly human and humorous. And we are most grateful to have with us Fr. Brian Prunty, O. Praem., who will be offering **The Journeys and Messages of St. Paul**.

A new annual initiative has been developed entitled, **Abbey Lectures**. This year's theme is **Re-imagining Christianity**. Given the speakers and topics, we are quite excited about it.

Our **Men's Morning of Spiritual Renewal** (October 29), is filled with provocative programs and exceptional speakers. Last year's morning proved to be tremendously successful and we have no doubt this year's event will be just as satisfying.

Besides programs and retreats, our Center also welcomes those who wish to find sacred space just "to be."

We certainly hope you'll continue to find opportunities at the Center which will support you on your life's journey and enhance your relationship with God. It is lovely, sacred space and as our mission statement shares, all are welcome – always.

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 candlelit services include simple chants, rich silence and prayers of praise and intercession.

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

Holy Hour for Vocations

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

PLEASE NOTE...

Suggested donation per program is \$5.00, 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.

Authentic Freedom

Note: We have been asked to repeat this course because of its impact on the lives of previous participants. Many of us are prisoners of the perceptions we hold which cause us to live a life that is not free. In these sessions, seven fears that hold us captive are explored within the world and within ourselves including: I am not loved; I am alone; I am not free to express my truth. It is the truths behind these fears that can lead us to live a life of "Authentic Freedom." A recent participant shared, "This course can only be described as life-changing." **Registration required by July 12.**

July 15, 22, 29, August 5, 12, 19, 26, September 9 - Fridays 10:00 - 11:55 am

Presenter: Sr. Judy Miller, CSJ

Cost: \$70 (includes workbook)

Pilgrimage Tour to New Mexico

A pilgrimage may lead us to discover something of ourselves and something of God; discoveries that can be made if we are open to such grace. This pilgrimage-tour begins at the Norbertine Priory and Hermitage Retreat Center in Albuquerque, which is situated on 70 acres of natural desert overlooking the city, the Rio Grande Valley and the Sandia and Manzano Mountains. Participants will be offered opportunities to spend time with artisans, parishioners, monks and of course the Norbertine Community.

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. **Space is limited.**

August 6 - 14 Saturday through Sunday

Facilitated by members of the Norbertine Community

Cost: \$995 (includes lodging, most meals, touring costs, admission and speaker fees; does not include travel to and from Albuquerque)

\$100 non-refundable deposit due July 1

Best Loved Stories of the Old Testament

The Hebrew Scriptures are filled with the importance of dreams in our spiritual journey. Using techniques to discover the interpretation of our own dreams, this fall's series presents the stories of Joseph, Miriam and Job and how dreams helped them discover valuable life lessons.

Registration required by September 2.

September 7, 14, 21 - Wednesdays 11:45 am - 12:45 pm (includes lunch) OR 6:30 - 7:30 pm

September 7

Joseph: Journey through Hell into Wholeness

September 14

Miriam: The Power of Jealousy

September 21

Job: Why Do Bad Things Happen to Good People

Presenter: Fr. Conrad Kratz, O. Praem.

Cost: Morning presentation with lunch - \$15 per session

Evening presentation - suggested donation \$5

Take, Bless, Break and Share: Eucharist and eucharist

Based on the actions of Jesus, we will examine ways we live the Eucharist and continue its celebration. Treat yourself to a day of renewal. Minimum 10 participants.

Registration required by September 6.

September 10 - Saturday 9:00 am - 3:00 pm

Presenter - Sr. Judy Miller, CSJ

Cost: \$50 per person (includes morning refreshments, lunch, handouts)

September 11: Ten-Year Anniversary Mass

As we remember the 10th anniversary of the terrorist attack in the United States, we continue to pray for peace and understanding among all nations and religions. This Mass will be offered in thanksgiving for the selfless service of all emergency responders, those who tragically lost their lives that day as well as their families and friends.

September 11 - Sunday 10:00 am Abbey Church

The Aramaic Lord's Prayer: Deepening Freedom

"I never knew such a common prayer could be so powerful. It has taken on a whole new meaning in my life," shared a previous participant of this series. The Lord's Prayer, as taught by Jesus, is a powerful tool for releasing fear and coming to authentic freedom. This prayer will be relearned using the Aramaic language in which it was first spoken and experienced in order to discover its strength.

September 12, 19, 26, October 3, 10, 17 - Mondays 10:00 - 11:55 am

Presenter: Sr. Judy Miller, CSJ

Cost: \$70 (includes workbook)

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 13, 20, 27, October 4, 11

Session II: October 25, November 1, 8, 15, 22

Presenter: Barbara Kratz; Lifeguard: Jane Berkovitz

Cost: \$12 per week (includes class and daily use of pool while enrolled in the session)

Running on Empty

Work, family, prayer time, exercise...are you running on empty just trying to fit it all in? Do your efforts fall short and leave you overwhelmed and feeling "not good enough?" Join author and life coach Jane Birr to wake up what you value, re-connect to your faith, passions and strengths and form a simple yet effective plan to unleash your vibrant health in body and spirit.

September 13 - Tuesday 6:30 - 8:00 pm

Presenter: Jane Birr

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

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 14 - Wednesday; October 13 - Thursday; November 17 - Thursday 4:00 - 9:00 pm
 Cost: \$30 (includes dinner, private room, event and use of Abbey prayer spaces)
 Optional: \$65 (includes above, plus overnight stay, Morning Prayer and breakfast)

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 14 - Wednesday; October 18 - Tuesday; November 2 - Wednesday
Days of Renewal are scheduled from 9:00 am - 5:00 pm (Mass 4:30 pm)
 Cost: \$30 (includes private room, lunch, enrichment presentation, Abbey amenities)
 Also available by appointment:
 Spiritual Direction: \$40 Sr. Judy Miller, CSJ Call 920.337.4316
 Massage: \$60 Eric Peters, massage therapist Call 920.366.0899

Just Write 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 20, November 15, January 17, March 20 - Tuesdays 7:00 pm
 Presenter: Fr. Mark Falcone, O. Praem.
 Cost: No fee

Body Image: Loving Ourselves

We are made in the image and likeness of God. Our bodies are temples of the Holy Spirit. These are phrases we've often heard, yet persistent questions linger: Why is it so difficult to love these bodies of ours? How do we appreciate ourselves when living in a culture that only seems to embrace a very narrow image of beauty? Whether you're eight or eighty, loving our bodies can be challenging. Join Judy as she navigates the body image culture for women and men of all ages.

September 22 - Thursday 6:30 - 7:30 pm
 Presenter: Judy Turba
 Cost: Free will offering (suggested donation \$5)

Journey Out of Shame

Throughout our lives, many of us struggle with shame and guilt, both of which can be debilitating. Pastor John, who is known for his inspirational and impassioned presentations, will provide a method of being released from these destructive patterns of thoughts and actions. It will be a testimony of the journey out of shame toward self-acceptance.

September 27 - Tuesday 6:30 - 8:00 pm
 Presenter: Pastor John Reed
 Cost: Free will offering (suggested donation \$5)

The Language of Music

This presentation is for people who know very little about music and wish to learn how to read and understand the music alphabet.

September 27 - Tuesday 6:30 - 8:00 pm

Presenter: Fr. Mark Falcone, O. Praem.

Cost: \$10.00

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 - Tuesday 3:30 pm Center for Spirituality parking lot on north side of the Abbey

Presenter: Fr. Mark Falcone, O. Praem.

Pastoral Outreach: The Perspective of an Ex-Missionary

Thirty-four years working in the barrios of Lima; thirty years ministering to those in prison; many years offering hospital ministry. Fr. Rod Fenzl, O. Praem., has a missionary's heart, always drawn to the poor and marginalized in impoverished countries and in his own backyard. Join this inspirational man, who continues to serve faithfully and humbly, as he shares some of his most memorable experiences throughout his life of ministry and service.

October 4 - Tuesday 6:30 - 7:30 pm

Presenter: Fr. Rod Fenzl, O. Praem.

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

Wednesdays for Women: Christ, the Compassion of God - Imaged and Frustrated by Human Actions.

The fall sessions will consider the mystery of God's compassion from global and personal spiritual perspectives. Each week will focus upon a particular part of our world and examine the tensions between oppressive suffering, just anger, claims about "God's compassion" and reconciliation challenges.

October 5, 12, 19, 26 - Wednesdays 10:00 - 11:30 am OR 6:30 - 8:00 pm

October 5: The Compassion of God in the Scriptures: Furthered and frustrated by experiences of First Nation peoples

October 12: The Compassion of Allah: Furthered and frustrated by Taliban interpretations

October 19: The Compassion of God and the Violence of War

October 26: The Compassion of God and Amish Graciousness

Presenters: Sr. Shawn Madigan, CSJ; Sr. Judy Miller, CSJ

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

PRE-REGISTRATION
IS ALWAYS APPRECIATED

Abbey Lectures: Re-imagining Christianity

C. S. Lewis wrote, on his conversion to Christianity, *"My imagination has been baptized."* To "re-imagine" is to see something more clearly for what it truly has been all along. In the Christian sense, it is about understanding and living the dream of God for us, our society, the Church and the world. Jesus was never afraid to imagine. His parables used imagination, often beginning with the phrase, "consider this." This provocative series will explore how we perceive and envision the world, God, the Church and ourselves. It also will look at the question of power, the role of women and the cost of remaining silent within our families, our communities and our Church.

October 13, November 10, February 9, March 8 - Thursdays 6:30 - 8:00 pm

October 13: Resurrecting the Church - Dr. Paul Wadell

November 10: Re-imagining Power - Dr. Howard Ebert

February 9: Re-imagining Women in the Church - Dr. Bridget Burke Ravizza

March 8: The Cost of Silence - Fr. Conrad Kratz, O. Praem.

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

Brief History of the Mass

From the Last Supper to the Mass of the Apostles; from House Churches to Medieval Cathedrals; from the Tridentine Latin Mass to the vernacular Masses after Vatican II, the Mass has undergone many changes in 2000 years. Yet for us Catholics the Mass is the source and summit of our spiritual lives. The Mass remains, at its core, eternally unchanged and unchangeable.

October 18 - Tuesday 10:00 - 11:30 am

Presenter: Fr. Al McBride, O. Praem.

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

The Journeys and Messages of St. Paul

Paul was the most influential missionary in the first Christian century. During this series, the dynamic but changing message of this great evangelist will be examined. Special attention will be given to his letters and his relationship with Rome.

October 18, 25, November 1 - Tuesdays 6:30 - 8:00 pm

Presenter: Fr. Brian Prunty, O. Praem.

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

Movie and Discussion: Grace Is Gone

A husband cannot bring himself to share the news with his daughters that their mother died when on duty in Iraq. While sorting through this difficult time, he tries to deal with his feelings about the war and how he will break the news to his daughters.

October 20 - Thursday 10:00 am – Noon OR 6:30 - 8:30 pm

Facilitator: Jane Berkovitz

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

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.

Note: participants are invited to join the Schola d'Arezzo Choir.

October 25 - Tuesday 7:00 - 9:00 pm

Presenter: Fr. Mark Falcone, O. Praem.

Cost: \$15

Pope John XXIII

Blessed John XXIII was pope for only five years yet he won the hearts and minds of people the world over, Christians and non-Christians alike. In summoning the second Vatican Council, he once said, "We are not here on earth to guard a museum but to tend a blooming garden full of life." This presentation is a celebration of his life and legacy and why his wit, courage, compassion, faith and devotion to the Lord are needed more than ever. Time for questions and answers will be included.

October 27 - Thursday 6:30 - 8:00 pm

Presenter: Fr. Conrad Kratz, O. Praem.

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

Morning of Spiritual Renewal for Men

Back by popular demand, this morning of reflection offers outstanding speakers, provocative topics, the companionship of men and the peaceful atmosphere of the Abbey and its grounds. As one 2010 participant shared, "This is just what I've been looking for; the morning fed my soul."

Registration required by October 23. Details available online.

October 29 - Saturday 8:00 am - 1:00 pm

Session 1 (select 1 program)

- Gridiron Saints
- "Recalculating!?! My Lord God, I have no idea where I am going!" How can strong, intelligent, self-assured men yield control to God?
- Live, Love, Learn and Leave a Legacy

Fr. Jim Baraniak, O. Praem.

Fr. Tim Shillcox, O. Praem.

Jim Smits, CCSW

Session 2 (select 1 program)

- "When You say, 'Our Father,' You've Said it All"
- Strong in the Broken Places: Adam, Jesus and Me
- Staying Faithful Today

Fr. Dan Felton

Pastor Lee Goodwin

Fr. Al McBride, O. Praem.

Session 3 (select 1 program)

- Praying the Hard Things
- Men at Work/Spirit at Work
- The Ongoing Spiritual Quest; Seek the Treasure Within

Fr. John Bostwick, O. Praem.

Larry Connors, FACHE

Msgr. Jim Feely

Cost: \$40 (includes morning refreshments, lunch, programs)

Introduction to Centering Prayer (morning OR evening sessions)

Centering prayer is a method of living in tune with the indwelling Spirit. Time will be given not only to reflect on the "what" and the "how" of centering prayer, but also "to do" centering prayer. The first session will focus on the "what" and the "how", while the second session will emphasize the experience of centering prayer.

November 2 and 16 - Wednesdays 10:30 - 11:30 am OR 6:30 - 7:30 pm

Presenter: Sr. Judy Miller, CSJ

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

JOIN THE NORBERTINE COMMUNITY FOR DAILY PRAYER

- Details on page 1 -

Movie and Discussion: Where God Left His Shoes (National Homelessness Week)

After months of living in an inner-city homeless shelter, Frank Diaz is given the opportunity to get an apartment for his family on Christmas Eve. When Frank learns that he must first provide proof of employment before taking occupancy, he and his stepson set out to find a job that could change the life of his entire family.

November 8 - Tuesday 10:00 am - Noon OR 6:30 - 8:30 pm

Facilitator: Jane Berkovitz

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

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 8 - Tuesday 6:30 - 8:00 pm

Presenter: Fr. Mark Falcone, O. Praem.

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

Abbey Lectures: Re-imagining Power

See page 6 for details.

November 10 - Thursday 6:30 - 8:00 pm

Presenter: Dr. Howard Ebert

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

A Mass to Honor Our Nation's Veterans

On the Sunday following 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 13 - Sunday 10:00 am Abbey Church

Presider: Fr. Michael Weber, O. Praem., Lt. Col. USAF (Ret)

Veterans' Stories of Hope, Healing and Spirituality

Note: Since this program has become one of our most powerful and heartfelt presentations we have decided to offer it annually. 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 of critical importance to healing, personal growth and fulfillment.

November 14 - Monday 6:30 - 8:30 pm

Facilitator: George Kamps, MSW

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

Coincidence and the Holy Spirit

The Holy Spirit works in many different ways in our lives. Among the least understood, but a 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.

November 17 - Thursday 6:30 - 8:00 pm

Presenters: Fr. Conrad Kratz, O. Praem.; Judy Turba
Cost: Free will offering (suggested donation \$5)

Advent Series

The images and emotions of Advent are many: expectancy, hope, silence, yearning, Mary, Jesus, Joseph, yet most of our time and thoughts revolve around parties and presents. What a perfect time of year to step away from the frantic pace of the season to focus on the true meaning of the season. Please join us for this popular annual series.

December 3, 10 - Saturdays 9:15 - 11:00 am

December 3: Give God a Chance! Let God Give Maturity to Your Values - Msgr. Jim Feely

December 10: Mary as Priest - Fr. Tim Shillcox, O. Praem.

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

ENHANCING THE SUNDAY READINGS

(ongoing - morning OR evening)

Participants will meet one hour each week to reflect on the upcoming Sunday's readings in a way that allows the sacred text not only to inform us but also transform us. You are invited to join us every week or every once in awhile.

Every Tuesday (ongoing) 10:30 - 11:30 am OR 6:30 - 7:30 pm

Facilitator: Sr. Judy Miller, CSJ
Cost: Free will offering

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 at 2:00 pm.

October 15, 2011

Michael Hey

Juilliard student of Paul Jacobs who is "simply stellar"

March 10, 2012

Nathan Laube

Preeminent young performer, Curtis Institute of Music graduate

April 14, 2012

Jonathan Dimmock

Considered one of the nation's leading organists

Schola d' Arezzo Concerts (Gregorian Chant Choir)

January 8, 2012 - Sunday

2:30 pm

Abbey Church

April 29, 2012 - Sunday

2:30 pm

Abbey Church

RETREATS

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: \$65 per overnight (includes private room, three meals and use of the Abbey's amenities; \$100 with spiritual direction)

Summer Directed Retreat

A time of prayer, silence and solitude with the daily opportunity to meet with a spiritual director.

July 26 - Tuesday evening dinner through August 1 - Monday lunch
(Registration may be made for 3,4,5,6 days)

Spiritual directors include: Fr. Conrad Kratz, O. Praem.; Sr. Judy Miller, CSJ

Cost: \$435 - 6 days; \$400 - 5 days; \$340 - 4 days; \$255 - 3 days
 (includes lodging, meals, daily meetings with spiritual director)

Pilgrimage Tour to New Mexico

(see page 2 for details)

August 6 - 14 Saturday through Sunday

Take, Bless, Break and Share: Eucharist and eucharist

(see page 3 for details)

September 10 - Saturday 9:00 am - 3:00 pm

Twilight Retreat

(see page 3 for details)

September 14 - Wednesday; October 13 - Thursday; November 17 - Thursday 4:00 - 9:00 pm

A Day Away: Nourishing Your Body, Mind and Spirit

(see page 4 for details)

September 14 - Wednesday; October 18 - Tuesday; November 2 - Wednesday
 Days of Renewal are scheduled from 9:00 am - 5:00 pm (Mass 4:30 pm)

Morning of Spiritual Renewal for Men

(see page 7 for details)

October 29 - Saturday 8:00 am - 1:00 pm

HILDEGARD OF BINGEN READING ROOM

Located within the Center is a lovely new reading room with views of the cloister garden and the front lawn of the Abbey. A small library is housed there, with sacred art on display - a perfect place to read and reflect. It is open to the public - just stop in at the Center's main office and let us know you're here.

OUTREACH PROGRAMS

The Center 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 Joy of Being Human

"God saw all that was created and found it good; and when it came to man and woman, God saw it as VERY good." Using humor, modern day life, Sacred Scriptures and spiritual writings, the inherent dignity and goodness of human nature will be examined. With understanding and compassion, even our weakest or sinful parts can be viewed as magnets for God's magnificent love.

Presenters: Fr. Conrad Kratz, O. Praem.; Judy Turba

• The Spirituality of Change

There are few "absolutes" in life and change is one of them. If one truly enters into the change experience, whether it's change we choose or change that's thrust upon us, the opportunity for personal and spiritual growth is possible. Through the use of faith, spiritual writings, humor and psychology, this presentation offers insights and understanding about the change process and how it pertains to our own lives.

Presenters: Fr. Conrad Kratz, O. Praem.; Judy Turba

• 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 questions, "How do I exercise my power and how does it influence my spirituality?"

Presenter: Sr. Judy Miller, CSJ

• Is Your God Too Small?

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

• Coincidence and the Work of the Holy Spirit

The Holy Spirit works in many different ways in our lives. Among the least understood, but a 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 Kratz, O. Praem.; Judy Turba

• 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. This retreat can be tailored to any particular needs of the parish or school staff.

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

• 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 which includes 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 also others and God.

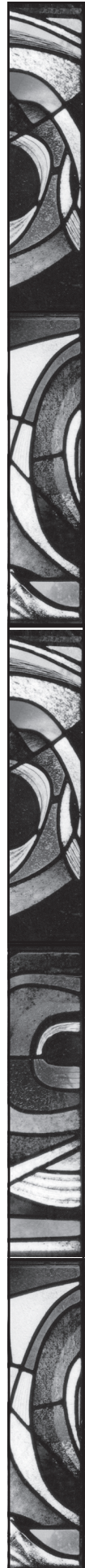
Presenter: Fr. Conrad Kratz, O. Praem.

• 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 and faith insights she has gained.

Presenter: Judy Turba

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





THE PRAYER LABYRINTH

On the lawn of the Abbey grounds, outside the Center for Spirituality, is a Labyrinth, an ancient meditation and prayer tool. Combining the images of circles and spirals, one is invited to walk its path representing a journey to our own center and back again out into the world. It is a tool of integration between the mind and body; a time to surrender to life's journey with an open heart and open mind. Walking the labyrinth creates a sacred space that fosters wholeness, healing and spiritual renewal.

The labyrinth is open during daylight hours and is located on the north side of the Abbey adjacent to the parking lot. Directions for walking the labyrinth can be found inside the Center's doors.



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 \$40 per session is suggested, if possible.

- Fr. John Bostwick, O. Praem. - 920.337.4315
- 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
- Robin Therese - 920.468.2521
- Fr. John Tourangeau, O. Praem. - 920.337.4333



Support Services

- Fr. Rod Fenzl, O. Praem. - Hispanic liaison - 920.337.4315
- Fr. Bill Ribbens, O. Praem. - AA spiritual direction, 4th and 5th step support - 920.337.4336
- Eric Peters - Massage therapist - 920.366.0899
- 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



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, Ann Herlache,
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 the Norbertine Community
- private, directed and 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 and sauna
- tennis and basketball courts
- home-cooked meals
- wildlife pond
- nearby Fox River biking and hiking trail
- experienced staff

MAP AND DIRECTIONS

From U.S. 41 - Exit Hwy. 172 east, follow Hwy. 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 Hwy. 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

JULY

- 15 Authentic Freedom
- 17 Taizé Prayer
- 22 Authentic Freedom
- 26-8/1 Summer Directed Retreat
- 29 Authentic Freedom

AUGUST

- 5 Authentic Freedom
- 6-14 Pilgrimage to Albuquerque
- 12 Authentic Freedom
- 19 Authentic Freedom
- 21 Taizé Prayer
- 26 Authentic Freedom

SEPTEMBER

- 7 Best Loved Stories of the Bible
- 9 Authentic Freedom
- 10 Retreat: Take, Bless, Break and Share
- 11 Mass: Remembering September 11th
- 12 Aramaic Lord's Prayer
- 13 Running on Empty
- 14 Best Loved Stories of the Bible
- 14 A Day Away
- 14 Twilight Retreat
- 18 Taizé Prayer
- 19 Aramaic Lord's Prayer
- 20 Just Write Poetry Club
- 21 Best Loved Stories of the Bible
- 22 Body Image: Loving Ourselves
- 26 Aramaic Lord's Prayer
- 27 Journey Out of Shame
- 27 The Language of Music

OCTOBER

- 3 Aramaic Lord's Prayer
- 4 Blessing of the Animals
- 4 Pastoral Outreach: The Perspective of an Ex-Missionary
- 5 Wednesdays for Women
- 10 Aramaic Lord's Prayer
- 12 Wednesdays for Women
- 13 Re-imagining Christianity: Resurrecting the Church
- 13 Twilight Retreat
- 15 Abbey Organ Concert
- 16 Taizé Prayer
- 17 Aramaic Lord's Prayer
- 18 Brief History of the Mass
- 18 The Journeys and Messages of Paul
- 18 A Day Away
- 19 Wednesdays for Women
- 20 Movie and Discussion: Grace is Gone
- 25 The Journeys and Messages of Paul
- 25 Gregorian Chant Workshop
- 26 Wednesdays for Women
- 27 Pope John XXIII
- 29 Morning of Spiritual Renewal for Men

NOVEMBER

- 1 The Journeys and Messages of Paul
- 2 Introduction to Centering Prayer
- 2 A Day Away
- 8 Movie and Discussion: Where God Left His Shoes
- 8 Look Who's Talking
- 10 Re-imagining Christianity: Re-imagining Power
- 13 Mass to Honor Our Nation's Veterans
- 14 Veteran's Stories of Hope, Healing and Spirituality
- 15 Just Write Poetry Club
- 16 Introduction to Centering Prayer
- 17 Coincidence and the Holy Spirit
- 17 Twilight Retreat
- 20 Taizé Prayer

DECEMBER

- 3 Advent Series: Give God a Chance
- 10 Advent Series: Mary as Priest
- 18 Taizé Prayer

