



HORIZONS

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ST. SCHOLASTICA MONASTERY, Fort Smith, AR

October, 2009

NEW FACES IN NEW PLACES

When **Sister Maria DeAngeli** was installed as prioress of St. Scholastica Monastery on May 28, she needed to delegate her former positions--Gift Shop Manager and Formation Director--to other sisters.

Sister Pat Bolling, who had been working in Information Technology and as Assistant Vocation Director, became the Manager of the Gift Shop. With her assistants, Sisters Barbara Schroeder and Vivian Luyet, she has been taking a complete inventory to prepare for the debut of the "Monastery Online Gift Shop." Gareth Pereira, who now shoulders most of the Information Technology responsibilities, set up the new monastery website with mechanisms in place to bring the gift shop online. Taking inventory and photographing each item will be the first two steps towards realizing this dream. Keep checking www.stscho.org for the online gift shop debut.

When not working with customers, Sister Pat can usually be found in her corner gift shop office, where she continues to update the website and help with technology when her schedule permits. She also continues to be active in music ministry, both as an instrumentalist and with the choir.



Sister Dolores Vincent Bauer, who had been serving as Assistant Procurator, will serve as the new Formation Director. To prepare for this assignment, she enrolled in the Fall 2009 semester at St. John's University, Collegeville, Minnesota, taking courses in monastic studies. Although she misses her community, she sends regular e-mails from her temporary home. She attends evening prayer with the monks, and is adding some computer proficiency courses to her busy schedule to help her handle her coursework efficiently.



Sister Alice O'Brien, who also works as a part-time infirmary RN and in spiritual direction, has become Assistant Vocation Director. Sister Alice, who worked with vocations at Our Lady Queen of Peace Monastery in Columbia, Missouri, brings some experience and new ideas to her assignment. Since becoming Assistant Vocation Director, she and Sister Kimberly have hosted three guests at Come and See Weekends and led four young women in the Summer Discernment Retreat. In October, they will help lead the 5th Grade Vocation Day in Subiaco and travel to Collegeville, Minnesota, for the National Vocation Directors Retreat. In November, they are expecting two more guests at Come and See Weekends. God is blessing the hard work of the new vocations/formation team--Sisters Kimberly, Alice, and Dolores Vincent--

as they build on the hard work of their predecessors.

Sister Kimberly Prohaska has accepted a position as part-time Campus Minister at University of Arkansas-Fort Smith. Working with Liz Tinquist, the new diocesan youth director, the UAFS administration, Catholic Campus Ministry president Kristen Knight Garrett, and lay leaders Jeff Hines and Jeff Smith, Sister Kimberly is planning a full schedule of spiritual, educational, and recreational activities for the group. Sister Kimberly, who has a degree in Pastoral Ministry from Dominican University, brings a solid background and her trademark energy and enthusiasm to this new job, while she continues to serve as St. Scholastica's Vocation Director.

As Sister Maria completes her first four months as prioress, she is grateful to see her new appointees blossoming in their new roles, and to see those who are continuing in their positions work so faithfully for the community.

A Message From the Prioress



Recently I have become more aware of the noise all around me. Noise from early morning until I fall asleep at night. It came to me that I could make something positive of the noise rather than letting it be a disturbance.

Reflecting on the word LISTEN, the Rule of Benedict came to mind. St. Benedict begins the Prologue of the Rule with the word LISTEN. How are we to listen? We listen not only with our ears, but with the ears of our hearts. Listening with one's heart goes deeper. Benedict teaches us how to listen with the ears of our hearts by following the seventy-three chapters of the Rule.

Several mornings every week there is the garbage truck that passes my window with banging and rattling. I listen to its beeping as it backs up to turn around. I open my eyes and say 'thank you, God; it isn't my alarm.' The same with the milk delivery truck. Another prayer of thanks for a few more moments of sleep. There are sounds from the hall that tell me my neighbors are awake and preparing for another day as I listen to their steps go back and forth. I thank God that all is well at the moment.

Stepping out on the deck with my cup of coffee before gathering for Morning Prayer, I listen to nature's prayer. I listen to the trees with their branches and leaves swaying in the wind, singing their morning prayer to their Creator. I listen to the birds begin their songs of praise as they fly from tree to tree. Then there is the conversation between the crows and I think to myself "what are they thanking God for today?"

As we gather in chapel for Morning Prayer and Eucharist I listen to the steps of the sisters coming to their places, picking up their books, leafing the pages, standing at the tap of the chime, the voices of the cantors, inviting us to pray and sing as we, gathered as one, make a joyful noise of gratitude and praise to our God.

Around the monastery these past few months there has been the noise of a new roof being put on the monastery. I listen as the heavy equipment cranks up, as the men receive their orders for the day, as one or two sing a song and laugh now and then. I thank God for each one of them and pray for their safety as they climb around on the roof of a five story building.

We have been blessed with rain this summer, more than usual. With a leaking roof for more than a year, I have listened to the drops of rain as they fell into the buckets scattered around in chapel. The drops made their own rhythmic music as they fell from the ceiling.

We live with noise all around us. It is part of our day. But we can take to heart what St. Benedict calls us to each day and turn the noise into a listening for the voice of God calling us to listen with the ear of the heart.

"Hope is the Power behind Love." - St. John Climacus

- Sr. Maria DeAngeli, OSB

Scho Girls Plan 2010 Reunion



St. Scholastica Alumnae Association officers and local members met for dinner and a meeting at the monastery on September 17.

They presented a gift to the monastery--framed prints of seven angels representing the seven liturgical hours. The prints had been purchased by Sister Maria DeAngeli during her 2008 visit to Rome to undertake an intensive study of the Rule of St. Benedict.

They gave their beloved former principal, Sister Consuella Bauer, a scrapbook filled with birthday cards. Sister Consuella brought a tray full of souvenirs and mementos she had collected over the years and asked each Scho Girl to bring one home.

The 2010 reunion will be held on July 16-18, 2010. For further details, read the upcoming *Alumnator* or the www.stschoalumnae.org website.

*You are invited to the
St. Scholastica Monastery
Art Tour
Sunday, October 18
2:00 - 4:30 p.m.
co-sponsored by
Fort Smith Art Center*

From the Development Office By Sister Elise Forst, OSB



All summer we have watched with interest and wonderment as the roofers have gone through the steps of putting a new roof on our monastery, from taking off the old tiles, painstakingly preparing the foundation for the new tiles, then carefully fitting the new tiles in place. All the sights and sounds over several months have also reminded us of the big price tag on such a large project. We are grateful that our insurance provider will be paying most of the bill, since the damage was due to wind and hail storms. As far as we know now, the only uncovered cost is the \$10,000 deductible. A new roof leads to the next big undertaking - repair of all the interior damage from the leaks over the years. The insurance adjustors are in the process of assessing the amount insurance will cover for the repairs. We know all will not be covered, but at present how much extra will be needed is not yet known. Later this month, you will be receiving our annual appeal letter requesting your help in paying for these necessary improvements to keep our 84 year-old monastery in good shape for the coming years.

Last year's appeal letter contained a request for funds for emergency generators to provide at least some electricity when the power goes out during storms. We have looked at various options, but no decisions have yet been made. The estimated cost at this time seems to be about \$50,000 to provide minimum electrical power for the Infirmary, freezers, and some hallways. Our request for help for this will be included again in this year's appeal.

As we prepare our physical surroundings to serve us into the future, we are also educating our Sisters to meet our future needs. Sister Therese Moreno just received her degree in theology from St. Gregory University in Shawnee, Oklahoma, through a program offered by the diocese of Little Rock. Sister Cecelia Brickell is currently on campus at St. Gregory's getting her degree in theology, and Sister Dolores Vincent Bauer is taking classes on monastic studies at St. John's University in Collegeville, Minnesota, to prepare for being formation director. Here at the monastery, Haymee Giuliani, one of our Oblates, is teaching Spanish to a group of Sisters and friends. It's exciting to see all the interest in learning new things and expanding horizons.

We remember all our benefactors in our prayer with hearts filled with gratitude.

*Please remember us when revising or making your will. Our legal name is
St. Scholastica Monastery, Fort Smith, Arkansas.*

BEFORE



DURING



PRAYERFULLY ANTICIPATING THE "AFTER"

In Loving Memory



Sister Anita Berkemeyer, OSB, 90, of Fort Smith passed away Friday, June 26, 2009 in St. Scholastica Monastery. She was born November 7, 1918 in Atkins, Arkansas to Clemence and Mary Elizabeth Berkemeyer. She earned a Bachelor's Degree in Education at Incarnate Word College, San Antonio, Texas in 1963 and taught elementary school for over 40 years at Sacred Heart School, Charleston; St. Edward School, Little Rock; St. Benedict School, Subiaco; Sts. Peter and Paul School, Morrison Bluff; St. Joseph School, Fayetteville; St. Gabriel School, Kansas City; St. Vincent de Paul School, Rogers; St. Theresa School, Little Rock; and the Nazareth, Texas public school. After her retirement from teaching in 1987, she served as the monastery's Oblate Director and ministered to the sick and shut-ins at St. Joseph Church, Paris.

Sister Anita loved acting, singing and dancing and enjoyed performing in monastery skits. She was also an accomplished hair stylist. She was preceded in death by her parents, brothers Carl and Bernard Berkemeyer and Sister Herman Joseph Berkemeyer.

She is survived by three brothers: Herman Berkemeyer of Lake Village, Arkansas; Raymond Berkemeyer of Morrilton, Arkansas; and John Berkemeyer of Atkins, Arkansas; seven sisters: Marie Beck of Conway, Arkansas; Louise Sponer of Hattiesville, Arkansas; Rita Rehm of Perry, Arkansas; Helen Ward of Morrilton, Arkansas; Paula Patton of North Little Rock, Arkansas; Marilyn Riedmueller of Morrilton, Arkansas; Pat Stout of Morrilton, Arkansas; several nieces and nephews and her monastic community.

Sister Adelma Pabst, OSB, who was a radiological and medical technician for 40 years, entered into eternal life on July 20, 2009 at the age of 87, at St. Scholastica Monastery. She was born on January 27, 1922 in Pleasant Green, Missouri to Aloysius and Wilhelmine Pabst. She entered St. Scholastica Convent on August 31, 1938 and made her monastic profession on June 24, 1941. She became certified as a radiologic technologist in 1946 and was a member of American Society of Radiologic Technologists. She attended Incarnate Word College in San Antonio, Texas and became certified as a laboratory technologist in 1961. During her career, she worked at St. Joseph's Hospital, Boonville, Missouri; Municipal Hospital, Clarksville; St. Vincent's Infirmary, Little Rock; St. Mary's Hospital, Dermott; and Conway County Hospital, Morrilton. After retiring from hospital work, she worked in St. Scholastica Infirmary 1975-82 and in the monastery gift shop 1982-84.

After receiving her Pastoral Care certificate in 1986, she worked in counseling at Arkansas Children's Hospital and Conway County Hospital. Even after her retirement she continued to volunteer as receptionist.

Sister Adelma is survived by two brothers, Robert Pabst, Tyler, Texas; and John Pabst, Missouri; one sister, Dolores Krewet, Festus, Missouri; nieces and nephews and the members of her monastic community.

Oblate Hermina Udouj, 96, of Little Rock died Wednesday, July 22, 2009. She was born to Conrad and Gretchen Kraemer Elsen in Subiaco on February 11, 1913. She was married to the late Rudolph Udouj and is survived by five children. In addition to being an oblate, she was a member of Immaculate Conception Church in Fort Smith and an RSVP volunteer.



GRACE

By Sister Anita Berkemeyer, OSB

O God give me the grace to live in such a way
That I may be ready to die at any time;
I know that you love me God,
And will always be with me.
I fear death for I have never experienced it before.
Let me know that at death Jesus will carry me
In His arms to take that last trip to eternal life
with Him.
He has already died for all the graces we need.
Jesus, I surrender my life and my death to you.



Justpeace is continuing its witness at the northeastern corner of Creekmore Park, facing Rogers Avenue, on the first Sunday of each month from 12:15 - 12:45 p.m.

Some members are studying Spanish, attending the 12 p.m. Hispanic Mass each Sunday at Immaculate Conception Church, and getting to know the Hispanic community.

During this time, they came to know a young man who lived in poverty all his life and helped him to obtain a scholarship to attend Subiaco Academy. He is thrilled and grateful to have received this opportunity. Although the scholarship is generous, it does not cover all his expenses. \$5,000 more is needed. If you would like to help this promising young man, please call Sister Maria De Angeli.

Pax Chrsti Co-Founder Fr. Emmanuel Charles McCarthy Discusses "Jesus' Way of Nonviolent Love"



On September 22-25, Fr. Emmanuel Charles McCarthy inspired sisters, retreatants, and visitors with his eye-opening insights and unique perspectives about Jesus' Way of Nonviolent Love. On September 26, he visited the annual Diocesan Council of Women Religious in Little Rock to make a presentation there. In his dynamic yet gentle way, he encouraged listeners to seek the truth and allow it to transform their lives.

It is possible...to spend a lifetime listening to the Eucharistic Prayers and never apprehend that what is being remembered is a Person—who rejected violence, forgave everyone, prayed for persecutors, returned good for evil.

- Fr. Emmanuel Charles McCarthy, "The Nonviolent Eucharistic Jesus: A Pastoral Approach"



The retreat center patio, built this summer, was a gift from many friends of the center.

2010 Retreat Preview

There is a DEPTH in each of us that we haven't completely discovered. May it slowly be revealed to us.

- Macrina Wiederkehr, OSB

Days of Recollection in 2010

February 13 Caregiver's Retreat

Sister Rachel Dietz and the staff of Peachtree Hospice invite caregivers to renew their spirits, relax and receive the love and care they give all day every day. Learn that you are not alone and that the load you carry can be made lighter.

June 12 Prologue of St. Benedict

Sister Ethel Marie Sonnier, who works in retreat ministry at Hesychia House of Prayer, invites retreatants to listen with the ear of their hearts as they are introduced to the scripture-based Rule of St. Benedict.

October 16 The Rosary: A Breath of Fresh Prayer

Cassandra Poppe, *Arkansas Catholic* columnist, Director of Intercessories Family Ministry and creator of the Rosary Quilt shares her insights on praying the Rosary as a family.

November 20 Gourd Prayer Bowl Workshop

Sister Melissa Ann Letts, an artisan at Red Plains Monastery, returns to teach participants how to make their own gourd prayer bowls while learning the spirituality and meaning of Native American symbols.

December 11 Advent Day of Recollection

Sister Rachel Dietz will show us how to see Mary as our model as we endure our own "waiting" for God's action to be revealed in our own life experiences.

Weekend Retreats in 2010

January 29-30 Iconography

Rev. Paul Fetsko, a Greek Orthodox priest and chaplain at St. Edward's Hospital, will teach participants about the history of the icons which have inspired Eastern Christianity for many centuries.

February 19-21 Thomas Merton on Lent

Dr. John King, a Merton Scholar, will focus on Thomas Merton's method of Lenten prayer, including prayer journaling as a means of focusing one's prayer and conversion during Lent.

March 19-21 Heart of the Hunter: A Contemplative Retreat

"To be hunted by God is not to die but to fall in love. The spears of God's love slice through your being and you are both wounded and healed." Sister Macrina Wiederkehr will lead retreatants in a hunt for life's fullness and meaning through God.

April 30-May 2 The Power of Centering Prayer

Nick Cole will review the history and methods of centering prayer and give participants opportunity to experience the Divine Therapy in practice. Silence will be an integral part of this retreat.

June 18-19 Acceptance: Give Up Messing With Your Life

Rev. Lowell Grisham, the pastor of St. Paul's Episcopal Church in Fayetteville, shares his insights on watching life with wonder and responding freely.

August 27-28 Contemplative Prayer: Window to Our True Selves

Sister Diane Langford, CDP guides retreatants in contemplative prayer, helping them to become more conscious of their false selves so that they can be truly free.

October 8-9 Living the Spiritual Life in the Modern World

Sister Joanne Yankauskis, OSB of Red Plains Monastery will lead retreatants to recognize the sacredness in every moment and listen to God's voice deep within.

October 15-17 Living From the Inside Out

Rebecca Wiederkehr is a licensed clinical social worker who has worked with women, personal empowerment, and spirituality for over 25 years. She will speak on the role of forgiveness in mental health and help retreatants to become more centered and find peace within themselves.

November 12-14 Sacred Pauses: The Practice of Living Mindfully

Sister Macrina Wiederkehr and singer-songwriter Velma Frye will present a feast of poetry, song, story, prayer, and ritual along with periods of silence, all grounded in the deep yearning for union with the Beloved.

Longer Retreats in 2010

January 7-10 Silent Directed Retreat

Msgr. Scott Friend, other diocesan priests, and the spiritual directors in the St. Scholastica monastic community will work individually with participants in a silent retreat based on the Spiritual Exercises of St. Ignatius.

April 1-4 Triduum Retreat

Experience the Triduum in silence with the sisters as you participate at Mass, Liturgy of the Hours, and other prayer services during the most sacred week of the liturgical year. The retreat begins at 2 p.m. Holy Thursday with an orientation and ends after lunch on Easter Sunday.

September 16-22 Learning to Abide: A 5 Day Silent Lectio Retreat

Sister Macrina Wiederkehr will guide retreatants in reading scripture contemplatively and prayerfully. Themes will be drawn from Macrina's book in process, *Learning to Abide*, *The Song of the Seed* and from Stephen Binz's book, *Conversing with God in Scripture*.

Classes in 2010

Sister Magdalen Stanton will give afternoon and evening **Calligraphy Classes** in Spring and Fall, 2010. New groups for **Retreat in Daily Life, Introduction to Spiritual Direction, and Year 4 of Spiritual Direction Formation** will open in October 2010.

Our Senior Sisters, Still Serving Grace-fully and Faithfully

When the psalmist wrote that the just “shall bear fruit even in old age, ever vigorous and sturdy” (Psalm 92:10) he must have had the senior sisters in mind. Besides spending many hours in the chapel and in adoration, our retired sisters can be seen ministering to one another and helping out with monastery chores.

Sister Agatha Knittig, 87, loves and many of her cookies and breads are sold in the gift shop all year round. Fall is her busiest season as she starts preparing for the annual bake sale, which will be held on December 12-13 this year. Sister Agatha, who taught elementary school for more than 45 years, can often be found in the retreat center kitchen baking or occasionally canning, skills she learned growing up on the family farm. Visitors to the gift shop often have an opportunity to



sample Sister Agatha’s baking. Every Tuesday Sister Agatha joins Sister Elise Forst on a visit to MediHome, Arkoma, Oklahoma, bringing her happy smile and reading materials to the residents there.

Sister Vivian Luyet, 91, returned to the monastery in January, 2008 after spending many years at St. Joseph’s in Little Rock. Although she had recently recovered from cancer, Sister Vivian offered to work in the monastery gift shop five mornings a week. Learning how to process credit cards was a bit of a challenge, but Sister Vivian really enjoys meeting her customers, especially her former students from St. Boniface School, where she served as teacher and principal for 29 years.



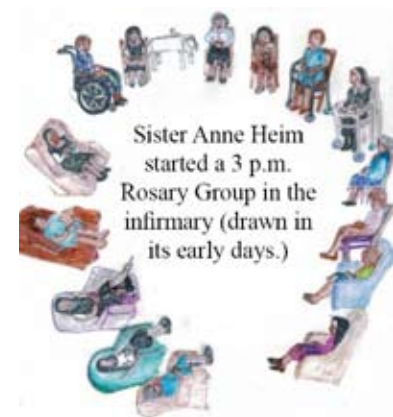
Sister Xavier Perona, 88, worked as a nurse for over 56 years, and retired from the Veteran’s Hospital in Fayetteville in 1993. Upon returning to St. Scholastica Monastery, she became the director of the Infirmary for 5 years, retiring from nursing duties in 1998.

Last week, Sister Xavier moved into the infirmary herself, but she keeps too busy to spend much time in her beautiful new room. She helps with dishwashing and does laundry for many of the sisters who are no longer able to do their own. Fridays are laundry days and Monday mornings are spent ironing the altar cloths for the monastery chapel. Despite some aches and pains, Sister Xavier always has a friendly smile and a kind word for everyone she meets.

Sister Valeria Moellers, 94, was a beloved piano teacher until she started losing her vision due to macular degeneration. Despite her vision problems, she continued to play the organ in chapel until a few years ago. Now she mentors Sister Alice O’Brien, who is in temporary profession, in piano. Sister Alice describes the notes on the page to Sister Valeria, who tells her how they should be played, listening and gently correcting her as she learns her pieces. After a year of lessons, Sister Alice is able to play at noon praise every day, and is becoming a dedicated musician.

Sister Josita Nahlen, 92, a former teacher and principal, is an accomplished seamstress. She spends some time each day in her fifth floor sewing room, making crafts for the gift shop and doing mending for the sisters.

Sister Anne Heim, 96, known as “the flying nun” after winning racewalking trophies in statewide and national Senior Olympics competitions, is still a sister in perpetual motion. She is the sacristan at Trinity Junior High School, visiting twice a week to clean the altar and launder the altar cloths before school Masses. At the monastery she helps in the dining room, filling sugar bowls, salt and pepper and napkin holders and straightening chairs. Sister Anne has a great devotion to the Rosary and started the 3 p.m. rosary group in the infirmary every day.



Sister Richard Walter, 93, a gifted cook and gardener prior to retirement, loves to help whenever she can. She is the infirmary’s towel folder, and when the sisters go out to pick pecans, she gets a lot of enjoyment out of shelling them.

In our next issue, we will focus on the accomplishments and contributions of some more of our senior sisters, including several who are still working full time in the monastery.

A VIEW FROM UAFS CAMPUS MINISTRY

by Sister Kimberly Prohaska, OSB

One never knows how the path of life will go and this is especially true for those of us who have handed our lives over to God in the religious life.

Here in Fort Smith, we boast of a lovely college campus. Our sisters over the years have been a part of the University of Arkansas, Fort Smith in a variety of ways. We have been students, teachers and supporters of UAFS.

Most recently, I was approached by the Diocese of Little Rock to consider the possibility of becoming the UAFS Catholic Campus Minister. I have to admit the request from Liz Tingquist, the diocesan Director of Youth and Campus Ministry, came as a surprise as I have been working rather contentedly for St. Scholastica as Vocation Director for eight years.

I took in the request and prayed with it for a bit. I dialogued with our prioress, Sister Maria De Angeli, about the potential part time ministry and what that would mean to me and to the community.

I soon met with Liz Tingquist and lay leader Jeff Hines; the Chancellor of the University, Mr. Paul B Beran, Ph.D; and Vice Chancellor of UAFS Arleene P. Breaux, Ed.D. We met at the university and were given a lovely tour of the campus.

The Campus Ministry of the Diocese expresses the following:

Catholic Campus Ministry in the Diocese of Little Rock witnesses to the Gospel of Jesus Christ by teaching and preaching the Word of God and by gathering together the community for worship and service. It is the Catholic Church's presence and witness to all people involved in and with institutions of higher education.

Diocesan Catholic Campus Ministry has certain essential responsibilities and functions that "reflect the general mission of the Church on campus." ("Empowered by the Spirit: Campus Ministry Faces the Future," November 1985)

The Goals of the Diocese and all Campus Ministry in Arkansas include:

Goals

- Forming the faith community
- Appropriating the faith
- Forming the Christian conscience
- Educating for justice
- Facilitating personal development
- Developing leaders for the future

Services

- Ministry resources for campus ministers and faculty advisors
- Funding for campus ministry programs and centers
- Annual diocesan campus ministry convention
- Annual diocesan campus ministry fall retreat

Leadership workshops

- Retreats
- Program planning
- Mission trips

I am very new to this ministry on behalf of the community and the Diocese of Little Rock. I have the honor of working with some great young adults. Our president Kristen Garrett and our CMAC representatives, Jacob Hendershot and Gloria Trinidad are amazing. Jeff Hines and Jeff Smith are terrific spiritual leaders for our Fort Smith Young Adults. We have our UA Fort Smith Staff advisor Gloria Schneider and Deacon Greg Pair who are always there for CCM UAFS. Personally, I come with Campus ministry experience as a college student and my degree in Pastoral Ministry from Dominican University, but it is, I believe, the grace of God and the people I am blessed to work with that will allow Catholic Campus Ministry of UA Fort Smith to continue being the great organization it is.



News Briefs

Sister Cecelia Brickell, who will make her final profession next June, attended the Benedictine Spirituality Workshop and Retreat at Sacred Heart Monastery, Yankton, South Dakota June 9-30.

Sister Alice O'Brien visited St. John's Abbey, Collegeville, Minnesota June 28 - July 2 to attend the Monastic Institute: Household Economics: Simplicity and Sustainability in Community.

Liturgist **Sister Stephanie Schroeder** attended the Monastic Liturgy Forum at St. John's Abbey, Collegeville, Minnesota July 12-18.

August 19-24, **Sisters Rachel Dietz and Hilary Decker** attended the Retreat Directors' Conference at Our Lady of Grace Monastery, Beech Grove, Indiana.

Sisters Maria DeAngeli and Elise Forst attended the Benedictine Development Symposium at Schuyler, Nebraska August 3-7.

On September 18, **Sister Catherine Markey** received the "Valiant Woman Award" from Church Women United in recognition for her work for peace and justice in the River Valley area.

Sister Therese Moreno received her B.A. in Theology from St. Gregory University, Shawnee, Oklahoma, after having completed her studies through the Little Rock Theology Institute.

**YOU ARE INVITED TO ATTEND THE
MONASTERY BAKE SALE
DECEMBER 12-13, 2010
ST. SCHOLASTICA RETREAT CENTER**

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<http://www.stscho.org/Horizons.html>



With her award-winning book, "Seven Sacred Pauses," Macrina Wiederkehr, OSB teaches us to live mindfully through the hours of the day.

Now, with the release of her 2010 limited edition inspirational calendar, "A Year of Blessings," she gives us the opportunity to live mindfully and prayerfully throughout the year.

The calendar, whose proceeds will benefit the Retreat Center, is available for \$10 at St. Scholastica Gift Shop, on our website at www.stscho.org, or by phone order at (479) 783-4147 ext. 334.