

Spiritual Formation in the Benedictine Tradition

Benedictine spirituality nourishes men and women in any and all vocations. Check our website to explore Peace Center offerings to find a workshop or program that fits your needs:

[www.yanktonbenedictines.org/
benedictine-path/](http://www.yanktonbenedictines.org/benedictine-path/)



Silence and Prayer

Guests are welcome to join the monastic community for Liturgy of the Hours, Eucharist & meals.



The Peace Center is located in a wing of Sacred Heart Monastery on the bluffs overlooking the Missouri River. Grounds provide natural beauty and space for prayerful walks.

Come, Rest Awhile

Staff

Jeanne Ranek, OSB—Peace Center Director, spiritual direction, retreats, supervision, Spiritual Enrichment Program, Benedictine Charism Forum, outreach

Doris Oberembt, OSB—Spiritual direction, retreats, supervision, Lectio Online, Contemplative Mornings, Benedictine Charism Forum

Mary Jo Polak, OSB—Spiritual direction, retreat leader, supervision, outreach, Scripture study groups, Spiritual Enrichment Program

Ss. Penny Bingham, Marietta Kerkvliet, Joyce Streff, Carmella Luke—Adjunct Staff

Ss. Marlene Stetz, Patricia Heirigs, Aidan Bourke, & Jill Young—Hospitality



Contact us—

[BenedictinePeaceCtr@
yanktonbenedictines.org](mailto:BenedictinePeaceCtr@yanktonbenedictines.org)
(605) 668-6292

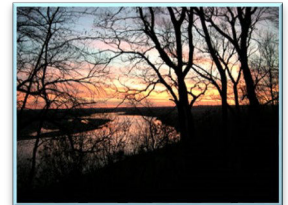
Visit our website:

[https://
www.yanktonbenedictines.org/
retreat-center/](https://www.yanktonbenedictines.org/retreat-center/)

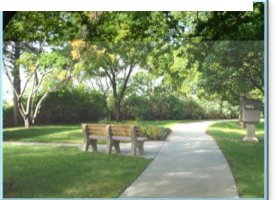
Benedictine Peace Center

*Sacred Heart Monastery
1005 West 8th Street
Yankton, SD 57078*

Retreats



*Spiritual
Refreshment
in a
Monastic
Setting*



*Benedictine Peace Center
Yankton, SD*

Silent Personal Retreats

“Come away for awhile and rest” as Jesus often did. Take time to read, walk, rest and pray, time apart to refresh, revitalize and gain new perspectives.

Your retreat can last a day or may extend to a week or a month. Choose to journey in solitude or request the guidance of a spiritual director. Move into a deeper intimacy with God, self, others and all of creation.

How to Plan Your Retreat

Contact us with the online registration form on our website, e-mail or phone.

[www.yanktonbenedictines.org/
contemplative-space](http://www.yanktonbenedictines.org/contemplative-space)

BenedictinePeaceCtr@yanktonbenedictines.org
(605) 668-6292

- ◆ Enter preferred & alternative dates.
- ◆ Do you wish to meet with a spiritual director during your retreat?
- ◆ Ask any questions you may have.

Enjoy—

- ◇ Peaceful monastic ambiance
- ◇ Comfortable single bedroom/private bath
- ◇ Prayer, Eucharist, and meals with the Benedictine Sisters
- ◇ Natural beauty & space to walk
- ◇ Chapels & Meditation Room
- ◇ Lounge and Libraries

Online Lectio

Share reflections on Sunday Gospel readings with a group online Fridays, 10:00-10:45 a.m.



*Find inner peace listening
to God in silence and
peace-filled beauty.*

Sabbatical Time

The Benedictine Peace Center may be the place for your sabbatical if you are seeking a longer time for rest and renewal. Work with us to design your renewal time. Join the monastic community for prayer and meals, enjoy nature, rest. Options include individual spiritual direction, cultural events, and other creative projects.

Contemplative Mornings

A group gathers once a month for a morning of contemplative prayer. Contact us for dates and information.

Spiritual Enrichment Program

Enrich your faith journey with this one-year program open to men and women who desire a deeper relationship with God. Participants meet for two hours online monthly for shared *lectio divina*, reflective dialogue on chapters of the selected book for the year, and a brief presentation on the current topic. An individual silent two-overnights retreat at the Peace Center is included, scheduled to fit your calendar.



Spiritual Direction



A spiritual director is a trained spiritual companion who can help you attend to God's presence in your life. Director and directee typically meet monthly for an hour. Contact us to arrange a meeting with one of the spiritual directors on staff and discuss your hopes and expectations.

Scripture Study

Daytime and evening Scripture study series are offered online each Fall and Lent. Each series runs approximately six weeks using widely respected Little Rock Catholic Bible Study Program.

Visit our website; phone or e-mail to inquire about topics or to register.

Supervision Groups

Spiritual directors may join an online or in-person supervision group. Groups meet online eight Tuesday mornings or in person five times in the course of a year.

Group Retreats

- ◆ Advent Retreat (half-day, online)
- ◆ Lenten Retreat (half-day, online)
- ◆ Paschal Triduum Retreat (in person)
- ◆ Oblate Retreats
- ◆ Retreats for a group you bring
- ◆ Group retreats in your location

*The Benedictine Peace Center
welcomes men and women
of all faiths.*