

Other Opportunities for Spiritual Formation at the Benedictine Peace Center

Spiritual Direction
Personal Retreats
Group Retreats
Contemplative Mornings
Online *Lectio Divina*
Retreats for Parish groups, Oblates,
or other groups

Online or On-site options

Save the Date

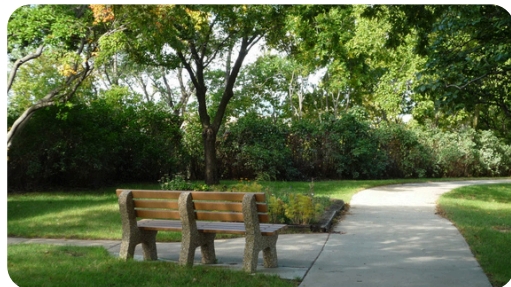
January 14 onsite | January 17 on-line
Learning to Pray the Liturgy of the Hours

January 28 onsite | January 31 online
How the Liturgy of the Hours Changes Us

February 17 - Lenten Retreat

March 28-31 - Triduum Retreat

View our webpage for new offerings:
[www.YanktonBenedictines.org/
retreat-center](http://www.YanktonBenedictines.org/retreat-center)



Benedictine Peace Center

*A ministry of the Benedictine Sisters
of Sacred Heart Monastery*

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YanktonBenedictines.org/Retreat-Center

Online Scripture Study

Lent 2024

The Psalms



Benedictine Peace Center

SACRED HEART MONASTERY

Yankton, South Dakota

Study of The Book of Psalms
Wednesday morning OR
Wednesday evening
February 14 - March 27
(7 weeks)

Gather for an online study of **The Psalms, the prayer book of the Bible.** The Psalms are ancient prayers that still speak to today's world in their honest humanity. They have been part of the prayer of Christians, throughout the centuries, especially revered in the monastic tradition as the core of the Liturgy of the Hours.

Using the materials from the Little Rock Scripture Study, **S. Mary Jo Polak** will facilitate these studies on Zoom. Together we will discuss the readings, watch a supplemental video, share wisdom, and pray together.

Each gathering will include an opportunity to learn about and pray the Liturgy of the Hours!

Registration Deadline: February 7
Cost: \$75

Wed mornings 9:30 - 11:00 a.m.

or

Wed evenings 7:00 - 8:30 p.m.

Meetings on Zoom with *a trial option for in-person participation at the Benedictine Peace Center.*

Please contact S. Mary Jo at the contact information below to inquire about this option.



Online Registration form, links to order text, and additional information can be found at Yanktonbenedictines.org/scripture-study/ or contact maryjo.polak@yanktonbenedictines.org 605-668-6021

Friday Morning *Lectio Divina* - Praying Together with Scripture

On Friday mornings, as our schedule allows, meet virtually to share *Lectio Divina*, a time



for praying with the Gospel of the following Sunday. Our meetings, led by **S. Doris Oberembt**, will include reading the Gospel several times, interspersed with quiet times of reflection and sharing the fruit of our reflection.

Meeting time: 10:00 - 11:00 a.m. CST

We use Google Meet; prior to our meeting time, you will be sent an email with the link needed to connect by computer, smartphone (with camera and mic) or by phone (audio only).

To register any time, contact S. Doris at doberembt@yanktonbenedictines.org or 605-668-6023, giving her your email address.

More information at www.yanktonbenedictines.org/lectio/