

May 17-19
Mary Immaculate Center, Northampton
Benedictine Spirituality Retreat
Sponsored by Trinity Bethlehem and Trinity Mt. Pocono

Dear Sisters and Brothers,

This year, the retreat sponsored annually by Trinity Bethlehem and Trinity Mt. Pocono will be on Benedictine Spirituality, focusing on the concept of community. The retreat description is found below.

Retreat is held May 17-19, at the Mary Immaculate Center,
<http://www.maryimmaculatecenter.org/>

The cost of \$180 includes food, lodging and retreat. Please contact Mo. Laura Howell to register or for more information:

laura@trinitybeth.org, 610-867-4741 X304. Space is limited.

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A Retreat with St. Benedict
The Benedictine Heart – Listening for Christ in Community

"Let us open our eyes to the light that comes from God, and our ears to the voice from heaven that every day calls out this charge: If you hear his voice today, do not harden your hearts."

The Prologue to the Rule of St. Benedict, 9 & 10 and Psalm 95:8

All of us are a part of many different communities – family, marriage or partnership, church, work, school, civic organizations and so forth. In some we are comfortable and free; in others we are challenged as we face stressful situations and relationships. If you would like to explore ways to have a richer, more fulfilling and peace-filled life in your various communities and to find ways of listening for Christ's voice in others, hearing that voice as a guide for your own actions, then you will want to take part in the retreat May 17-19. Together we will explore how the sixth century Rule of Benedict can bring us closer to Christ-centered, Gospel-focused community that promotes mutual respect and healthy relationships.

With the Daily Office framing your day – Morning Prayer, Noonday Prayer, Evening Prayer and Compline – you will learn how the ideas and practices central to Benedictine community can help you build, strengthen and make more joyful communities you are a part of, be these large or small. The retreat will also present how the Rule of St. Benedict can bring balance and peace to your daily life, strengthening your relationships with God, with others and even with yourself. You will receive tools that will provide ways to bring the learning alive in your daily life. The retreat setting will give you a break from

normal responsibilities and activities in order to refresh and renew and provide you with some quiet time with God and community time with each other

Retreat Leader: The Rev. Dr. Jane Tomaine, Rector of St. Peter's Episcopal Church in Livingston, New Jersey, who lead our retreat last May.

Brief Bio

Retreat leader The Rev. Dr. Jane Tomaine is rector of St. Peter's Episcopal Church in Livingston, New Jersey. Jane received a Bachelor of Music degree from Cornell College in Mt. Vernon, Iowa, and a Master of Music degree from Ohio State University, both in organ performance.

Following a career with the Bell System and AT&T she earned Master of Divinity and Doctor of Ministry degrees from the Theological School of Drew University in Madison, New Jersey.

Jane's interest in the Rule of Benedict began in the late 1990's through several summer courses at The General Theological Seminary in New York City. As a part of her doctoral program she introduced the Rule of Benedict to her parish through a parish-wide liturgical, study and renewal program. As a part of this project she wrote a book on the Rule of Benedict for her parish which was published by Morehouse Publishing in May, 2005. *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living* provides the reader with an in depth look at the Rule along with practical ways to apply Benedict's teaching to daily life. Jane currently teaches courses and workshops on the Rule and Benedictine spirituality at parishes and retreat centers, and at the Newark School of Theology.

Peace,
Laura

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