

A Deeper Walk with God



Foundations of Benedictine Spirituality

A Retreat for Everyone

⊕ Offered twice. Attend the session that fits your schedule ⊕

Weekend session

Friday, March 4 through Sunday, March 6, 2022

Weekday session

Sunday, March 6 through Tuesday, March 8, 2022



Why this retreat?

Some 1500 years ago, amid political, economic, cultural, moral, and social collapse, in a world in dread of invasion, famine, and plague, Benedict of Nursia crafted a way for Christians to grow in personal holiness and wholeness, and to live in thriving, healthy communities.



His orderly rhythm of prayer, work, study, service, hospitality, and relationships has enabled countless monks and laypeople alike to live a harmonious, balanced life in deeper union with God. Those who follow this path of Christian tradition experience growth in peace, joy, and strength, both as individuals and in families, churches, and communities. Benedictine spirituality strongly influenced the *Book of Common Prayer* and the spiritual life of the Anglican tradition that continues in the Episcopal Church.

Confusion, worry, and darkness are all around us still. If you are yearning for the quiet depths of God's love below the anxious, stormy waves of life, join us. In an environment of refreshment, rest, prayer, quiet, and fellowship, you will learn values, principles, and practices that you can build into your life right now, and begin enjoying a deeper walk with God.

Details

You may register for the weekend *or* the weekday session of this retreat, as your schedule allows. There is no remote or hybrid attendance option.

Retreatants are asked to read a short book, *Benedictine Promises for Everyday People* by Rachel M. Srubas, before arrival.

Retreatants stay in the King's Inn at Christ the King Center in Greenwich, New York. Rooms are single occupancy except for attendees from the same household. A commuter option is available. Your presence at all presentations, worship, and fellowship opportunities will allow you and the other retreatants to derive maximum benefit. For more information, contact Father Tom Malioneck at 518-755-9716 or by e-mail at FatherTom15@gmail.com.

Registration and cost

Register at <https://albanyepiscopaldiocese.org/benedictine/> or by calling Mother Meaghan Keegan at 518-692-3350. Financial assistance is available; inquire when registering.

cost per person:	single occupancy	\$300
	double occupancy	\$200
	commuter (all activities and meals)	\$100

Schedule

DAY 1 ☉ Friday, March 4 / Sunday, March 6

Locations — Common prayer and worship: Saint Michael's Chapel. Meals: Welcome Center. Conferences and social activities: Rittgers Room of the King's Inn.

- 4:00 p.m. Arrival and check-in (Welcome Center)
- 5:00 p.m. **Welcome, introductions, orientation**
- 5:30 p.m. Evening Prayer
- 6:00 p.m. Dinner
- 7:00 p.m. **Conference: Overview and *Lectio Divina***
- 8:30 p.m. Compline
- 9:00 p.m. Social time; retire to room

DAY 2 ☉ Saturday, March 5 / Monday, March 7

- 7:30 a.m. Morning Prayer
- 8:00 a.m. Breakfast
- 8:45 a.m. **Conference: The Benedictine Spirit in Anglicanism**
Daily Office; *Rule of Benedict*; rule of life; Benedictine values
- 10:00 a.m. Break
- 10:15 a.m. **Conference: The Church's Mission is Worship**
Introduction to quiet prayer
- 11:30 a.m. Noonday Prayer
- 12:00 noon Lunch
- 1:00 p.m. **Rest, Reading, or Recreation** (holy conversations, spiritual direction, and the Sacrament of Reconciliation are also available)
- 5:30 p.m. Evening Prayer
- 6:00 p.m. Dinner
- 7:00 p.m. **Conference: The Church's Mission is to Proclaim the Gospel**
Hospitality and Evangelism
- 8:30 p.m. Compline
- 9:00 p.m. Social time or retire to room

DAY 3 ☉ Sunday, March 6 / Tuesday, March 8

- 7:30 a.m. Morning Prayer
- 8:00 a.m. Breakfast
- 8:45 a.m. **Conference: Book Discussion of**
Benedictine Promises for Everyday People by Rachel M. Srubas.
Stability: Staying Put;
Obedience: Listening Well;
Conversion of Life: Being Changed by God
- 10:15 a.m. Break
- 10:30 a.m. Holy Eucharist
- 12:00 p.m. Lunch
- 1:00 p.m. Check out



Retreat Team



Bishop Michael Smith, OblSB,* is the retired Bishop of North Dakota, and assists the Dioceses of Albany and Dallas, and the Navajoland Area Mission. In addition to his extensive theological training, he holds degrees in Social Work, Music, and Psychology.

** Oblate of Saint Benedict: a person formally affiliated with a monastery of the Order of Saint Benedict (OSB), who seeks to live in harmony with the spirit of the Benedictine Rule.*

Patricia Mackey Stone, OblSB, is a member of the Church of the Incarnation in Dallas, Texas, where she hosts Centering Prayer and *Lectio Divina*. She holds an M.A. in Counselling, a Certificate in Spiritual Direction, and is working on a Master's in Theological Studies at Nashotah House.



Carrie Headington is Canon Evangelist of the Diocese of Dallas and Founder of the Good News Initiative. She works with churches and denominations locally, nationally, and internationally to be the hands, feet, and mouthpieces of God in their daily lives. Carrie holds advanced degrees in Apologetics and Evangelism from Oxford University.

Mother Elizabeth Papazoglakis is Associate Rector of St. George's, Clifton Park, and Transition Minister for the Diocese of Albany. She holds a D.Min. from Nashotah House, an M.Th. from Sacred Heart School of Theology, and an M.A. in Counseling. She is on the faculty at the Saint George's chapter of Community of Hope International, which forms communities in Benedictine spirituality and service through a ministry of compassionate listening. She is on the Diocesan Council and Disciplinary Board.



Father Tom Malioneck is Rector of St. Paul's, Kinderhook, Dean of the Hudson Valley, and a member of the Albany diocesan Standing Committee. Long involved in healing, spiritual direction, and formation ministry with a focus on healthy spiritual development. He holds an M.A. in Ministry from Nashotah House, a Certificate in spiritual direction, an M.A. in Slavic Linguistics, and a B.A. in Linguistics.

Mother Meaghan Keegan is Rector of St. Paul's, Greenwich, and Priest-in-Charge of St. Stephen's, Schuylerville. She is also Communications and Business Officer of the Diocese of Albany. She is in her last semester at Trinity School for Ministry, where she is working towards an M.A.R. in Church History and Theology. Prior to theological studies she earned a B.A. in Fine Art and an M.S. in Recreation and Tourism. She has been planning and administering camps and retreats for over twenty years.



Sponsors

This retreat is made possible through the generous assistance of the [Stanton Center for Ministry Formation](#) of the Diocese of Dallas.

[The Healing Ministry at Christ the King Center](#) extends the healing power of Jesus Christ to all in need through individual and communal prayer, workshops, and retreats, training, and spiritual growth and development programs. [Christ the King Center](#) provides first-class accommodations, food service, and program and worship facilities in a spirit-filled, beautiful, rural setting.