

Wisdom Ways Center for Spirituality

Carondelet Center, 1890 Randolph Ave.

St. Paul, MN 55105 651.696.2788

email: info@wisdomwayscenter.org

website: www.wisdomwayscenter.org

A Ministry of the Sisters of St. Joseph of Carondelet-St. Paul Province

Retreat Centers Spiritual Direction Training Programs Centers Offering Spiritual Direction

Dear Friends of Wisdom Ways,

Since Wisdom Ways was created in 1994, we have worked to create a network of resources for spirituality in contemporary life and culture, and to serve and enrich theological education and spiritual opportunity. This resource booklet is a very tangible embodiment of these activities.

Many people are seeking places, programs and persons where the ongoing practice of spiritual guidance is available. Our region is rich in resources for deepening one's spiritual life, and linking seekers with resources is the aim of this particular booklet.

Inclusion in this booklet is not an endorsement, nor is the list exhaustive; but we believe you will find it useful. While we have exercised care in our choices, we trust that you will use your own good judgment. In particular, see read through the website for Spiritual Directors International, www.sdiworld.org, to learn the suggested guidelines for choosing a spiritual director. This website includes "Guidelines for Ethical Conduct" for Spiritual Directors. We encourage you to discuss these guidelines with your spiritual director.

Compiling this booklet has been a collaborative effort. Special thanks go to Connie Botz, Katherine Dutton, Diane Gardner, and Kay Vander Vort, who played a major role in the original edition.

We wish you blessings on your spiritual journey.

—Staff of Wisdom Ways

Wisdom Ways Mission

Wisdom Ways Center for Spirituality offers innovative programs to explore the spiritual dimensions of contemporary life for women and men and to reimagine and embody all that women can be as agents of transformation in church and society. Established in 1994, Wisdom Ways is a ministry of the [Sisters of St. Joseph of Carondelet](#), St. Paul Province, who build their ministries around love of God and the dear neighbor without distinction.

Wisdom Ways Objectives

- To serve and enrich theological education and spirituality through offering programs, workshops, lectures, conferences, retreats and online resources that reflect a wide variety of

spiritualities and cultures.

- To offer regular opportunities to the broader community for prayer and reflection.
- To create a network of resources for spirituality in contemporary life and culture and to collect and disseminate information for individuals and groups seeking resources, speakers, specific programs, and spiritual support.

Wisdom Ways Resources

Programs

Our year-round programs seek to widen theological discourse, foster critical thought and reflection on life, and deepen spiritual practices. Programs include a monthly [spiritual spa](#), [seasonal rituals](#), an annual autumn [soul conference](#), [meditation offerings](#), presentations by spiritual leaders and theologians, and [labyrinth walks](#): all providing opportunities to re-imagine and embody all that we can be as agents of transformation in church and society. Inclusive of peoples from diverse spiritual traditions and experiences, these programs encourage imagination, honor creation, and integrate the voice of the feminine.

Come to Wisdom Ways to learn with others in the ever-widening circle of conversations, explorations and practices that support spirituality within our contemporary culture.

Labyrinth Resources

Wisdom Ways has more than 25 labyrinths for rental for use at gatherings, rituals, and prayer services. http://wisdomwayscenter.org/other/resources_to_rent/labyrinthresources.html

Labyrinth Resources to Rent

See [Additional Ritual Resources to Rent](#), including: floor banners, scarves, fabric, masks, books, musical instruments, singing bowls, gongs, and more...

Wisdom Ways Library

Wisdom Ways' collection of more than 2,000 books, audio, DVD and video tapes on spirituality-related themes is located in the west parlor of Carondelet Center. Browse our Labyrinth Library of beautiful and inspiring images and background on the labyrinth!

Retreat Centers in the Region

ARC ECUMENICAL RETREAT CENTER

1680 - 373rd Ave. NE, Stanchfield, MN 55080

763-689-3540

E-mail: arcretreat@hotmail.com

Web site: www.arcretreat.org

50 miles north of the Twin Cities near Cambridge, space for 24 guests. 93 acres, wooded trails, spring-fed creek, screened gazebo and porch, library, cottage, hermitage, small resident community. Available for individual and group retreats, morning prayer and daily worship at 4pm. Spiritual Companionship available with sliding scale fee. Retreat offerings include: traditions of silence, bread baking, praying the labyrinth, life transitions, and feminine images for God, meditation and prayer, educators' vocational renewal, yoga for body and spirit. ARC stands for Action, Reflection, Celebration.

BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

2675 Larpenteur Ave. E., St. Paul, MN 55109-5097
651-777-7251

Web site: [//www.stpaulsmonastery.org](http://www.stpaulsmonastery.org), follow the Benedictine Center Link

Located at St. Paul's Monastery in Maplewood. Space for 35 overnight or 100 day guests. Offerings include: private, directed, and group retreats, centering prayer, Lectio Divina, spiritual direction, and short courses on spirituality. Able to host groups who are interested in facilitating their own retreats or other gatherings.

CARONDELET CENTER

1890 Randolph Ave., St. Paul, MN 55105
651-696-2750

Web site: www.carondeletcenter.org

A quiet place for rest, prayer, and reflection in the heart of the Twin Cities. Hosts individual and groups for retreats, workshops, and conferences. Spiritual direction and lodging available. Space for 30 overnight guests.

CHI RHO CENTER

9 Rustic Lodge West, Minneapolis, MN 55409
612-827-7123

E-mail: sjchirho@aol.com

Located 1 hour west of the Twin Cities, 3 miles past Annandale on Lake Sylvia. Three winterized buildings accommodating up to 56 guests. Retreat and conference center.

CHRIST THE KING RETREAT CENTER

621 S. 1st Ave. S., Buffalo, MN 55313
763-682-1394

E-mail: Christtheking@kingshouse.com

Web site: www.kingshouse.com

30 miles northwest of the Twin Cities, space for 131 guests. New accommodations on 5 acres overlooking Buffalo Lake. Retreat offerings include: men and women's silent retreats, couples, singles, grief, divorced, and separated.

CHRISTOS CENTER FOR SPIRITUAL FORMATION

1212 Holly Dr., Lino Lakes, MN 55038
651-653-8207

E-mail: christoscenter@msn.com

Web site: www.christoscenter.org

Daytime retreat facility located on 51 acres 20 miles north of the Twin Cities off County Road J. Retreats designed to deepen one's relationship with God through prayer, solitude, and silence. The center offers: days of prayer, spiritual formation groups, and spiritual direction.

CLARE'S WELL

13537 - 47th St. NW, Annandale, MN 55302-3507
320-274-3512

E-mail: clwell@lkdllink.net

Located 60 minutes west of the Twin Cities. 40 acre farm with a large farmhouse, sauna, hot tub, labyrinth and walking paths, hermitages, garden, lake, and woods. A quiet place for personal reflection, healing, communal prayer and ritual, healing touch, and massage.

DUNROVIN CHRISTIAN BROTHERS RETREAT CENTER

15525 St. Croix Trail N., Marine on St. Croix, MN 55047-9796
651-433-2486

E-mail: dunrovin@dunrovin.org

website: www.dunrovin.org

9 miles north of Stillwater on Hwy. 95, with 50 acres along the St. Croix River. 50 beds in 40 single rooms and suites, conference room, chapel, lounge, small meeting room, and dining room. Full food service provided to groups of 10 or more. Junior and senior high retreat programs, facility rental and individual retreats. Life Coaching.

THE DWELLING IN THE WOODS

14044 - 220th St., McGrath, MN 56350
320-592-3708

Web site: www.dwellinthetwoods.org

Located 100 miles north of the Twin Cities. Designed to provide a year round hermitage experience. Private hermitages surrounded by other hermitages in the woods or meadows. Guests are invited to participate in daily meditation, and healing experiences. Rooted in Christian tradition while respecting the sacred scripture and traditions of all faiths.

EPISCOPAL HOUSE OF PRAYER

P.O. Box 5888, Collegeville, MN 56321
320-363-3293

E-mail: houseprayer@csbsju.edu

Web site: www.ehouseofprayer.org

The House of Prayer enjoys the hospitality of St. John's Benedictine Abbey, a short walk away, with its famed abbey church, monastic manuscript library, and miles of wooded walking paths. Space for 17 overnight and 24 day guests. Programs: individual or small group retreats and days of prayer. Provides opportunities for spiritual growth and challenges guests to manifest God's presence, delight, and compassion in a complex world.

FRANCISCAN LIFE CENTER

116 8th Ave. SE, Little Falls, MN 56345-3597
320-632-0695

E-mail: brieland@fslf.org

Web site: www.fslf.org

Enjoy the tranquil setting of the Center which provides a presence and is a resource for interactive relationships. It is on St. Francis Campus which is located in central Minnesota. Through retreats, workshops, rituals and celebrations, we promote the Franciscan Way of Life which opens us to the God who continually seeks us. If interested in hospitality services which include overnight accommodations, meeting rooms for conferences and workshops, and food service call: 320-632-0695. Group tours of campus are available by appointment. are welcome to join the Franciscan Sisters for prayer in Sacred Heart Chapel.

FRANCISCAN RETREATS

16385 St. Francis Lane, Prior Lake, MN 55372
952-447-2182

E-mail: secretary@FranciscanRetreats.net

Web site: www.FranciscanRetreats.net

Offers preached retreats (Midweek [Tuesday to Thursday] and Weekend [Friday to Sunday]) year-round to women, men, and couples; as well as Serenity Retreats (for those in AA or Al Anon). While

formed and informed by the Roman Catholic tradition, Franciscan Retreats is open to all Christian denominations. A typical preached retreat includes four retreat conferences, prayer services, Mass, and an opportunity to receive the Sacraments of Reconciliation and the Sick. There is ample time for personal prayer, spiritual direction, conversation with the other retreatants, as well as time for rest or a walk on our lovely grounds. Room for 58 individuals or 29 couples.

FRANCISCAN SPIRITUALITY CENTER

920 Market Street, La Crosse, WI 54601
608-791-5297

E-mail: fscenter@fspa.org

Web site: www.franciscanspiritualitycenter.org

Located in the east section of St. Rose Convent, Mississippi River and Hixon Forest are nearby.

Programs available: spiritual guidance, days of prayer/reflection, hermitage experience, and directed, guided, or preached retreats.

HOLY SPIRIT RETREAT CENTER

3864 - 420th Ave, Janeville, MN 56048
507-234-5712

E-mail: Retreat@frontiernet.net

Web site: www.rochesterfranciscan.org

34 acre lake site; has 18 bedrooms, meeting room, chapel, kitchen, dining. Hermitage and apartment available for solitude space. Facilities available for group or private retreats.

HOSPITALITY PLACE

18 E. Golden Lake Rd., Circle Pines, MN 55014
763-784-5177

E-mail: ejyackel@aol.com

20 minutes north of Twin Cities. Set in a quiet neighborhood, on a lake, near woods. Emphasis on peace and justice, care of creation, and spiritual growth.

KOINONIA

7768 Pilger Ave. NW, South Haven, MN 55382
320-236-7746

Web site: www.koinoniaretreatcenter.org

A hospitality ministry of Hennepin Avenue United Methodist Church in Minneapolis, welcome to all who seek to broaden and deepen their communal and spiritual lives. 50 miles northwest of the Twin Cities, open all seasons and ideal for churches, family reunions, and non-profit gatherings of 20-120 persons. 3 comfortable lodges, 100 acres of woodland and lakefront. Outdoor meditation labyrinth, canoeing, hiking trails, ski trails, sauna, chapel, meeting and break-out spaces.

LOYOLA, Spiritual Renewal Resource

389 N. Oxford St., St. Paul, MN 55104-4734
651-641-0008

E-mail: info@loyolaspiritualitycenter.org

Web site: www.loyolaspiritualitycenter.org

Located near Lexington and I-94, no overnight accommodations. Programs include spiritual direction, spiritual growth groups, spiritual exercises, retreats. Workshops: Spirit at Work, Artist's Way, bio-spiritual focus, discernment, dreams, Enneagram, faith development, grief issues, journaling, mid-life, and more. Dedicated to helping people of all faiths and levels of spirituality see and respond to God's actions in daily life.

MARYHILL RENEWAL CENTER

1988 Summit Ave., St. Paul, MN 55105
651-696-2970

Ecumenical, small resident community of the Daughters of the Heart of Mary, located near the University of St. Thomas. Available to small groups or individuals for Bible study and prayer. No overnight accommodations available.

McCABE RENEWAL CENTER

2125 Abbotsford Ave., Duluth, MN 55803
218-724-5266

E-mail: McCabeCenter@msn.com

Web site: www.duluthbenedictines.org/ministries_mccabe.php

Small resident community of Benedictine Sisters located near I-35 on 4 acres with walking areas. Space for 18 guests. Opportunities to nurture the whole person through private and group retreats, workshops, and a variety of programs, including massage therapy, spiritual direction, and fifth step.

MT. OLIVET RETREAT CENTER

7984 - 257th St. W., Farmington, MN 55024
952-469-2175

Web site: www.mtolivetreteat.org

45 minutes south of the Twin Cities, space for 100+ guests. 155 acres of woods, wetlands, and prairie grass, recreational facilities, prayer labyrinth. Opportunity for quiet reflection in a modern facility, and programming that nurtures spiritual, emotional, and intellectual growth.

PACEM IN TERRIS

P.O. Box 418, St. Francis, MN 55070
763-444-6408

Web site: www.paceminterris.org

Located 35 miles north of the Minneapolis/St. Paul metro area and 55 miles southeast of St. Cloud, 16 hermitages in wooded area and 3 special needs hermitages. Offers a unique opportunity to experience God's presence in the silence and solitude of individual hermitages, within the beauty of a natural, wooded setting.

SACRED GROUND CENTER FOR SPIRITUALITY

1890 Randolph Avenue, Saint Paul, MN 55105
651-696-2798

E-mail: sacredground@sacredgroundspirit.org

Website: www.sacredgroundspirit.org

Contact Person: Michele Krakowski

Retreats provide an opportunity to rest in God's love. Offerings include one-day retreats, overnight directed retreats, 5th Steps, Extended Ignatian Exercises and 8-week Retreat in Everyday Living series. We also offer individual spiritual direction.

ST. FRANCIS CENTER

116 8th Ave. SE, Little Falls, MN 56345
320-632-0637

2 hours NW of Twin Cities, meeting rooms for workshops, conferences, and retreats, space for 53 overnight guests. Fitness center and therapeutic massage available. Two hermitages in the woods offer a space for quiet contemplation. Retreat house for private or group retreats. Spiritual direction is

available.

SPIRITUAL LIFE PROGRAM

St. John's Abbey, Collegeville, MN 56321

320-363-3929

E-mail: spirilife@csb.edu

Web site: www.saintjohnsabbey.org/guesthouse

On the campus of St. John's Abbey and University near St. Cloud, space for 44 guests. Spacious grounds, pool, gym, lakefront. Large resident community of Benedictine monks. Ecumenical, open to male and female guests. Retreats: individual, private, or directed, and small groups (20 or less).

SPIRITUALITY CENTER

104 Chapel Lane, St. Joseph, MN 56374

320-363-7116

E-mail: dmanuel@csbsju.edu

Web site: www.sbm.osb.org/benspiritualitycenter.html

Located at the Monastery of St. Benedict, west of St. Cloud, space for 11 private rooms. 90 acres of grounds, woodlands, trails. Programs: spiritual direction, directed or private retreats, centering prayer, day or overnight retreats, evening programs. Guests are invited to worship with the Benedictine community. A quiet space for personal prayer and reflection.

TOTINO-GRACE RETREAT CENTER

1350 Gardena Ave. NE, Fridley, MN 55432-5899

763-572-9128

E-mail: retreat@totinograce.org

Web site: www.totinograce.org

Located on the campus of Totino-Grace High School. Providing the opportunity to foster faith, community, and service to the Totino-Grace Community and alumni, the church, and outside professional agencies.

VILLA MARIA CENTER

29847 Cty. 2 Blvd., Frontenac, MN 55026

651-345-4582

Toll free: 866-224-4582

E-mail: villamaria_retreats@yahoo.com

Located between Red Wing & Lake City off Hwy. 61, space for 96 guests. 70 acres surrounded by state park and trails. Hosts retreats and meetings for visiting groups, and offers its own programs, directed and private retreats, as well as spiritual direction.

WOMANWELL: A Place for Spirituality and Healing

1784 La Crosse Avenue, St. Paul, MN 55119

651-739-7953

Email: seeking@WomanWell.org

Web site: www.WomanWell.org

Contact Person: Delmarie Gibney, FSPA, D.Min

WomanWell is a centering space inviting seekers to that ever-refreshing well of renewal within themselves. Our programs include process-oriented workshops, personal reflection and group sharing and the creative arts, facilitated by skilled professionals. An emphasis is given to the Universe Story and how we integrate our new learnings into our spirituality. Complementary Therapies are offered including Acupuncture, Reiki and massage. Our center is located in east St. Paul.

Spiritual Direction Training Programs

ASLAN INSTITUTE

4141 Old Sibley Memorial Highway, Eagan, MN 55123

651-686-8818

E-mail: cathy@aslaninst.com

Website: www.aslaninst.com

Contact Person: Cathy Nordheim

Certified spiritual directors with master's degrees in Theology offer spiritual growth opportunities for individuals through personal spiritual direction and for groups through customized retreats and workshops. Topics may include: spiritual renewal, holistic health and wellness, discerning God's will, discovering and using our spiritual gifts, revitalizing our marriages, the art of forgiveness, loving with compassion, and living a centered life.

CENTER FOR SPIRITUAL GUIDANCE TRAINING PROGRAM

c/o WomanWell 1784 La Crosse Avenue, St. Paul, MN 55119

651-739-7953

E-mail: Seeking@WomanWell.org

Web site: www.WomanWell.org

Contact Person: Delmarie Gibney, FSPA

Ecumenical two-year program, group training one weekend a month from October through May.

Retreats, required readings and personal reflection time. Incorporates resources from Eco-Feminism, Eastern Thought, The New Cosmology and Indigenous Traditions.

CHRISTOS CENTER FOR SPIRITUAL FORMATION

1212 Holly Drive, Lino Lakes, MN 55038

651-653-8207

Web site: www.christoscenter.org

Contact Person: Pat Hendricks

A two year certificate program for those desiring to be spiritual directors. Topics include: history and tradition of spiritual direction, prayer, the spiritual direction relationship, human development, ethics, discernment, scripture and theology in spiritual direction. Format includes time for prayer, teaching and group work (first year: group spiritual direction; second year: peer supervision).

THE COLLEGE OF ST. CATHERINE

2004 Randolph Ave., St. Paul, MN 55105

651-690-6603

Web site: www.stkate.edu

Contact Person: Kay VanderVort

This ecumenical spiritual direction graduate certificate program is for both women and men who are interested in developing their skills in spiritual direction and in acquiring competence in fields of theology, spirituality and psychological development. The program emphasizes the need for a holistic approach to the ministry as well as academic competence. Components: completion of masters level theology courses totaling 24 credits, supervised internship, and workshops.

FRANCISCAN SPIRITUALITY CENTER

912 Market Street, LaCrosse, WI 54601-4782

608-791-5295

The Spiritual Direction Preparation Program extends over three years, giving participants an opportunity

to integrate theory and practice. Program requirements: workshops, practicing direction skills, meeting quarterly with a supervisor who is an experienced director, participating in annual evaluations, and the “Foundations for Servant Leadership” and “The Journey” programs.

SACRED GROUND CENTER FOR SPIRITUALITY

1890 Randolph Ave., St. Paul, MN 55105

651-696-2798

E-mail: sacredground@sacredgroundspirit.org

Web site: www.sacredgroundspirit.org

This ecumenical formation program based on Ignatian Spirituality prepares women and men to become spiritual directors. It consists of two years of classes exploring theology, psychology and spirituality and three years of facilitated supervision. Prerequisites: at least 35 years old; currently receiving spiritual direction; member of a faith community; sense of a call to spiritual direction ministry; and a willingness to discern that call with God and Sacred Ground Team. Students must also complete the Spiritual Exercises of St. Ignatius by the end of the program.

SHALEM INSTITUTE

5430 Grovener Lane, Suite 140

Bethesda, MD 20814

Offers both in-house and extension classes in spiritual direction. Application to the spiritual guidance training program open to English-speaking people anywhere in the world. Draws especially from Christian contemplative tradition with emphasis on immediate, open presence of God in different aspects of human living. Limited scholarships available. Two-year Winter Program: new program starts each September with residencies each winter. Application deadline is May 15th. Two-year Summer Program: new program starts each February with residencies each summer. Application deadline is October 1st

Additional Resources for Spiritual Direction and Programs

City House

1730 New Brighton Blvd. #203, Minneapolis, MN 55413

763-227-0686

E-mail: tomallen@city-house.org

Web site: www.city-house.org

Blog: www.spiritonthemargins.org

The mission is now being expanded to invite people into a relationship with persons on the margins as a spiritual practice. City House proactively seeks to offer companionship to persons on the margins of our society using volunteer spiritual directors to provide this ministry.

Sanctuary, A Center for Psychotherapy, Spiritual Direction and Education

2451 Fairview Ln, Mound MN 55364

651-255-6711

website: www.Sanctuary-tc.org

The staff of Sanctuary is committed to psychotherapy and pastoral counseling being an important way to foster spiritual growth and healing. They believe in the power of therapy to promote positive changes in both individuals and families. Call to schedule an appointment at one of our various locations.

Spiritual Direction offered by Sisters of St. Joseph:

Roseann Giguere, CSJ 651-696-2982

Catherine Jenkins, CSJ 651-690-0960

(5th Step from 12-Step Program)

Elizabeth Kerwin, CSJ 651-641-0008

Margaret L. Kvasnicka, CSJ 651-696-8650 (women only)

Mary Lamski, CSJ 651-641-0298

Susan Oeffling, CSJ 651.696.2757

Gina Webb, CSJ 651.696.2757

Resources for Spiritual Direction

Guidelines for those

Receiving or Seeking Spiritual Direction

Below is a list of Centers known to Wisdom Ways that have a staff of experienced spiritual directors in the Twin Cities area. It is important that you feel comfortable in the spiritual direction relationship, therefore, you might want to interview more than one person. You have a right to ask questions about a director's training and background, their approach to the spiritual life, their attitude toward particular issues, confidentiality in the relationship, how they are supervised, etc. It is important you feel at ease with your director and that you know she or he is someone you can trust.

Centers Offering Spiritual Direction

BENEDICTINE CENTER

651-777-7251

CENTER FOR SPIRITUAL GUIDANCE

651-739-7953

CHRISTOS CENTER FOR SPIRITUAL FORMATION

651-653-8207

LOYOLA, A Spiritual Renewal Resource

651-641-0008

SACRED GROUND CENTER FOR SPIRITUALITY

651-696-2798