



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION

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News Release

Oct. 21, 2010

BSPA members attend Sacred Pauses workshop

CLYDE, Mo.— “Sacred Pauses: Living Mindfully” was the theme of the workshop Benedictine Sister Nancy Rose Gucwa, OSB and Novice Clarisa Cutaia attended in September.

Hosted by Mount St. Scholastica’s Sophia Center in Atchison, Kans., the event featured Sister Macrina Wiederkehr, OSB and her book, “Seven Sacred Pauses,” which focuses on the Benedictine practice of honoring the hours by consciously pausing throughout the day to pray.

“The hours’ are how we divide our day: midnight, dawn, mid-morning, noon, mid-afternoon, evening and night,” Sister Nancy Rose said. “Over the centuries, monastics pause as a community to pray, celebrating each morning by praying the Psalms (Lauds), noon prayers, Vespers in the evening and Compline at night. The retreat was meant for those who, like monastics, wish to move through their day and pause with prayer or meditation with greater mindfulness.”

Other topics presented were waiting as keeping vigil, being attentive to nature, careful listening, acceptance and gratitude. About 40 people attended, including other Benedictines and lay people.

“I enjoyed the way Sister Macrina reminded us of the importance of pausing throughout the day and to remember God is always there no matter what we are doing,” Novice Clarisa said. “We also had quiet time to reflect on our own lives and to be creative and write our own poem. There were other people in formation present we were able to connect with once again. It was a joy to see them.”



Sister Nancy Rose



Novice Clarisa

<MORE>

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“The highlight for me was hearing the music of Velma Frye who composed beautiful songs with catchy melodies and musical instruments that complimented the lyrics of Sister Macrina’s poetry,” Sister Nancy Rose said. “I thoroughly enjoyed the workshop and feel that it enhanced my desire to pause throughout the day for prayer.”

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