Womens Day
Women of Wisdom

Saturday, October 3rd
8:30 am - 3:00 pm

$50 includes lunch
2 for $90

KEYNOTE: S. OLGA WITTEKIND, PHD
(Retreat Director & Spiritual Director)
We will look at the archetypal images of wisdom
and the spirituality of God’s Wisdom!

BREAKOUT: S. CLAIRE WHALEN
(Certified TAI CHI Instructor)
Claire will teach several simple TCC movements
selected from the “Joy Through Movement Series.”

BREAKOUT: BEVERLY WILSON
(Artist & Educator)
Beverly will lead us in an art exercise to tap into
the creative wisdom that flows through us.
Meet the OFC Staff!

**S. Olga Wittekind**, Ph.D. is a clinical psychologist trained at St. Louis University and is a Jungian Analyst trained in Zurich and Chicago. She is the Director of the Oldenburg Franciscan Center. S. Olga is a Franciscan Sister who has taught clinical psychology at Marian University, Indianapolis. She enjoys combining psychology and spirituality, and presents workshops and retreats on these subjects. She is a therapist and spiritual director.

**Mary Waskewich** is the Program and Administrative Coordinator. She is motivated by opportunities that allow her to integrate her passions and skills into projects and programming that drive positive change. Whether it’s programming to further develop and enrich spirituality or implementing wellness initiatives, she is motivated while organizing programs and activities in accordance with the mission and goals of the OFC.

**Beverly Wilson** is an art teacher, photographer and graphic designer/digital media specialist. She received her BA from Purdue and her MAE from Ball State. She is the graphic design specialist for the Oldenburg Franciscan Center.
**Quick Index**

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee Talks</td>
<td>6-7</td>
</tr>
<tr>
<td>Contemplative Prayer, Spiritual Direction &amp; Counseling</td>
<td>20</td>
</tr>
<tr>
<td>Meet The Staff</td>
<td>3</td>
</tr>
<tr>
<td>Movie Nights</td>
<td>8-9</td>
</tr>
<tr>
<td>Private &amp;/or Group Retreats</td>
<td>19</td>
</tr>
<tr>
<td>Programs &amp; Retreats</td>
<td>10-18</td>
</tr>
<tr>
<td>Spiritual Directors</td>
<td>21</td>
</tr>
</tbody>
</table>

**July**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>Fairy Tales: Patterns in Our Lives</td>
<td>10</td>
</tr>
<tr>
<td>19</td>
<td>Coffee Talk</td>
<td>6</td>
</tr>
</tbody>
</table>

**August**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Contemplative Prayer</td>
<td>20</td>
</tr>
<tr>
<td>11</td>
<td>Drumming Circle</td>
<td>12</td>
</tr>
<tr>
<td>14</td>
<td>Movie Night: <em>First Cow</em></td>
<td>8</td>
</tr>
<tr>
<td>15</td>
<td>Dreams Are Messages from God</td>
<td>12</td>
</tr>
<tr>
<td>28</td>
<td>A Day of Quiet Renewal</td>
<td>11</td>
</tr>
</tbody>
</table>

**September**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Contemplative Prayer</td>
<td>20</td>
</tr>
<tr>
<td>4</td>
<td>Movie Night: <em>The Secret: Dare to Dream</em></td>
<td>8</td>
</tr>
<tr>
<td>5</td>
<td>SoulCollage®</td>
<td>13</td>
</tr>
<tr>
<td>6</td>
<td>Coffee Talk</td>
<td>6</td>
</tr>
<tr>
<td>10</td>
<td>Interfaith Pilgrimage to Indy.</td>
<td>14</td>
</tr>
<tr>
<td>25</td>
<td>A Day of Quiet Renewal</td>
<td>11</td>
</tr>
</tbody>
</table>
October
3  Womens Day ................................................................. 15
7  Contemplative Prayer .................................................... 20
23 Movie Night: *I Still Believe* ........................................... 9
24 Meher Baba ................................................................. 16
25 Coffee Talk ................................................................. 7
30 A Day of Quiet Renewal .................................................. 11

November
4  Contemplative Prayer .................................................... 20
13 Movie Night: *The Two Popes* ........................................ 9
14 My Life with Pope Francis .............................................. 17
15 Coffee Talk ................................................................. 7
20 A Day of Quiet Renewal .................................................. 11

December
2  Contemplative Prayer .................................................... 20
11 A Day of Quiet Renewal .................................................. 11
12 Advent Retreat ............................................................ 17
13 Coffee Talk ................................................................. 7
26 Audubon Bird Count @ Michaela Farm ......................... 18
OFC Coffee Talks
Free to the public, donations appreciated!

Theme: “Exploring Traditions of Spirituality”

MIRABAI STARR
Chris Wesselman
( Retreat Facilitator & Spiritual Director)

Sun., July 19th
10:45 am—noon
Freewill donation

Mirabai Starr is a writer, teacher, and bereavement counselor who seeks to honor all the world’s faith traditions. She has translated St. John of the Cross. Come learn about loss and longing for God from her experiences!

CARMELITE SPIRITUALITY
S. Jean Alice McGoff, OCD
(Prioress of the Carmelite Community in Oldenburg)

Sun., Sept. 6th
10:45 am—noon
Freewill donation

Carmelite Spirituality began in the 13th century on Mount Carmel in Northern Israel. They lived their lives in solitude, silence and prayer. They found union with God in prayer, work and solitude.

I have so much to do that I shall spend the first three hours in prayer.
Martin Luther

center@oldenburgosf.com - 812.933.6437
OFC Coffee Talks
Free to the public, donations appreciated!

Join us in the Convent Chapel at 9:30 am for Liturgy!

Benedictine Spirituality
Rita Brink, OSB
(Director of Development at St. Walburg Monastery)
Sun., Oct. 25th
10:45 am—noon
Freewill donation

St. Benedict of Nursia founded the Benedictines in the 6th century. His Rule invites all to listen deeply with the ear of the heart and come closer to God!

Ignatian Spirituality
Fr. Ed Kinerk, S.J.
(Director of Sacred Heart Retreat House)
Sun., Nov. 15th
10:45 am—noon
Freewill donation

St. Ignatius of Loyola founded the Society of Jesus in 16th century Spain. His followers became known as Jesuits.

Native American Spirituality:
Nicolas Black Elk (1863-1950)
S. Mary Ann Stoffregen, OSF
(Pastoral Minister)
Sun., Dec. 13th
10:45 am—noon
Freewill donation

Black Elk, an Oglala Lakota, early in his life had a great vision that taught him to heal his people. Coming from a long line of medicine men, Black Elk embraced Christianity. “I saw the sacred hoop of my people was one of many hoops that made one circle....” Come meet this Native American saint!
Film, Faith & Franciscanism

Free movie nights; donations appreciated!
Some movie nights are followed by retreats.

First Cow
Fri., Aug. 14th
Friday Film Series—Freewill Donation
6:30 – 9:00 pm
Retreat Option: “Dream Retreat”
See p. 12 for details!

Two travelers, on the run from a band of vengeful hunters in the 1820s Northwest, dream of striking it rich. Their tenuous plan to make their fortune on the frontier comes to rely on the secret use of a landowner’s prized dairy cow!

Will be a ‘ZOOM EVENT’

The Secret: Dare to Dream
Fri., Sept. 4th
Friday Film Series—Freewill Donation
6:30 – 9:00 pm
Retreat Option: “Soul Collage”
See p. 13 for details!

Miranda Wells is a hardworking young widow who is struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray’s presence reignites the family’s spirit -- but he carries a secret that could change everything!
Film, Faith & Franciscanism

Join us for refreshments, movies, & Franciscan conversation!

I Still Believe
Fri., Oct. 23rd
*Friday Film Series—Freewill Donation* 6:30 –9:00 pm
*Retreat Option: “Meher Baba”* See p.16 for details!

It is based on the life of American contemporary Christian music singer-songwriter Jeremy Camp and his first wife, Melissa Lynn Henning-Camp, who was diagnosed with ovarian cancer shortly before they married. Camp’s song “I Still Believe” is the film’s namesake. The true-life story of Christian music star Jeremy Camp and his journey of love and loss that looks to prove there is always hope.

The Two Popes
Fri., Nov. 13th
*Friday Film Series—Freewill Donation* 6:30 –9:00 pm
*Retreat Option: “Joy of the Gospel”* See p.17 for details!

Behind the Vatican walls, Pope Benedict and the future Pope Francis must find common ground to forge a new path for the Catholic Church. See their characters come alive!

Harriet: The Life of Harriet Tubman
Fri., Dec. 11th
*Friday Film Series—Freewill Donation* 6:30 –9:00 pm
*Retreat Option: “Advent Retreat”* See p.17 for Details!

This is the story of Harriet Tubman’s escape from slavery and the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad. Her life is full of heroic deeds! Come see her “Advent-Waiting heart!”

www.oldenburgfranciscancenter.org
Programs & Retreats

“I believe in fairy tales. They are the basis of all our performance of storytelling and film-making - when we twist the real events of the world into something that offers us hope - and I believe in that.” ~Charles Sturridge

Fairytales contain layers of symbolic imagery that parallel our life stories. When we attend to the archetypal images (i.e. witches, princes/princesses, dragons, etc.) and the heroic patterns in these stories, we can learn a great deal about ourselves! We will look at how figures overcome their difficult trials. We can apply these examples as a source of empowerment for our own life journeys! Come for deeper personal work!

Fairy Tales: Patterns In Our Lives
S. Olga Wittekind, PhD & Claire Sherman, PhD
(Clinical Psychologists)  
Sat., July 18th
9:30 am – 11:30 pm
$25/CEU's additional $15

PRESENTED USING ZOOM
You will receive a link to use the day of the program!
Programs & Retreats

“It is requisite for the relaxation of the mind that we make use, from time to time, of playful deeds and jokes.”
~Thomas Aquinas

A Day Of Quiet Renewal  
Fridays:  
Aug. 28th, Sept. 25th, Oct. 30th, Nov. 20th, Dec. 11th  
9:00 am – 4:00 pm  
$20 includes lunch/$70 with Spiritual Direction  

Masks will be required while on the grounds of the Convent and at Michaela Farm

Experience a day of renewal and relaxation. Take time out of your busy schedule to spend some quiet time on the grounds of the Sisters of St. Francis.

Grab a place to sit and read, journal or simply be still and enjoy God’s gift of nature!

Take a walking tour of the shrines or to Michaela Farm for fresh vegetables and a Labyrinth walk.

Experience Spiritual Direction with a Sister. Spend time to center and renew yourself.
Programs & Retreats

“Dreams are the guiding words of the soul.”
~C.G. Jung

Dreams lead us into our inner landscape. Using a Jungian approach, we will learn about symbols and archetypal themes found in our dreams. S. Olga will provide techniques to help us work with our dreams and help us to grow in wholeness on our personal journeys with God. Come for a retreat with your inner guide! Beginners and advanced dreamers welcome!

Our Dreams Are Messages From God:
Listen to God’s Voice Today
S. Olga Wittekind, PhD
(Jungian Analyst)

Sat., Aug. 15th
9:30 am – 2:30 pm
$25/CEU’s additional $15

PRESENTED USING ZOOM
You will receive a link to use the day of the program!

Would you like to be a part of a drumming circle at OFC? Come to this informational meeting and set possible dates for a weekly circle at OFC.
Programs & Retreats

“Every human has four endowments: self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change”
~Stephen Covey

SoulCollage®:
Discovering a Deeper Awareness of God’s Mystery Within
Lisa Heckaman
(Certified SoulCollage® Facilitator)
9:00 am-3:00 pm
$60 includes supplies & lunch

Do you enjoy creative play that has personal meaning and healing power? Our spiritual journeys can wax and wane over all the various transitions of life, but there are gentle ways to be with and celebrate the diverse experiences that bring us into wholeness. In this one day retreat, participants will gather in quiet prayer both within themselves and in community. The intuitive process of SoulCollage® invites us to gather images and make personal collage cards for the purpose of self-expression and discovery. Join us for this soul-tending day and lean into a deeper awareness of God’s Mystery within. All supplies are provided! Space is limited; register early!
“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” ~Lao Tzu

On the Road with OFC: Interfaith Pilgrimage to Indy! Thurs., Sept. 10th
9:00 am-5:00 pm
$70 includes lunch, donations & transportation
$50 without transportation

Join us for the day for an Interfaith Pilgrimage to Indianapolis. We will spend the morning touring the Hindu Temple of Central Indiana. After lunch at one of Indianapolis’ great restaurants we will spend the afternoon touring the Islamic Center of Indianapolis. Come learn and experience the richness of these two diverse religions! Space is limited so register early.

This program could be changed to a virtual tour. Please call our office at 812.933.6437 for the most current information!
Programs & Retreats

“For wisdom is more precious than rubies, and nothing you desire can compare with her.”
~Proverbs 8:11

Women’s Day: Women of Wisdom
Saturday, Oct. 3rd
8:30am-3:00pm
$50 includes continental breakfast, lunch/2 for $90 bring a friend

We are all women of wisdom! We have an inner source of sacred power within us that gives meaning to our lives. We will look at the Wise-woman archetype in psychology and the Wisdom literature from the Bible. Come celebrate the wonderful gift of our lives!

KEYNOTE: S. OLGA WITTEKIND, PHD
(RETREAT DIRECTOR & SPIRITUAL DIRECTOR)
We will look at the archetypal images of wisdom and the spirituality of God’s Wisdom!

BREAKOUT: S. CLAIRE WHALEN, OSF
(CERTIFIED TAI CHI INSTRUCTOR)
Claire will teach several simple TCC movements for this breakout session. These are selected from the “Joy Through Movement Series” of 19 movements and one pose developed by Justin Stone in the 1970’s. The full 8-week course is designed to maintain balance and harmony in the midst of daily life. This session will introduce a few movements with participant practice.

BREAKOUT: BEVERLY WILSON
(ARTIST & EDUCATOR)
Beverly will lead us in an art exercise to tap into the creative wisdom that flows through us.
"No amount of prayer or meditation can do what helping others can do."
~Meher Baba

The Teachings of Meher Baba,
The Silent Master
Patrick Murphy Welage
(Retired professor of Theology, Philosophy, and Theatre Arts & Certified Laughter Yoga Teacher)

Sat., Oct. 24th
9:30 am – 2:30 pm
$45 includes lunch

We will explore the teachings of Meher Baba of India (1894-1969), who claimed, “I have come not to teach but to awaken.” Baba maintained silence for the last 44 years of his life, yet he traveled the world to spread his message of love and to bring together all religions “like beads on a string.” Baba also gave the message of “Don’t Worry, Be Happy,” as a directive to his disciples in the 1930’s, long before the Bobby McFerrin song! Come learn about this celebrated spiritual master and what he has in common with St. Francis!
Programs & Retreats

“We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace.” ~Pope Francis

Joy:

A PERSPECTIVE ON MY LIFE WITH POPE FRANCIS
Fr. Ed Kinerk, S.J.
(Director of Sacred Heart Retreat House)
Sat., Nov. 14th
9:30 am – 2:30 pm
$45 includes lunch

Pope Francis has invited us to find joy in our lives. Fr. Ed will unpack Pope Francis’ writings of The Joy of the Gospel. Pope Francis’ smile and the Gospels will show us how to live this perspective of joy, even in the midst of suffering and loss.

Advent Retreat

Sat., Dec. 12th
9:30 am-2:30 pm
$45 includes lunch
“Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.”
~Calvin Coolidge

Audubon Bird Count @ Michaela Farm

Sat., Dec. 26th
7:30 am – 1:00 pm
$10 includes lunch

Join us in tabulating species & number of birds for use in a national database that helps determine trends in bird populations! Beginners welcome! Meet at Michaela Farm at 7:30 a.m. Lunch at OFC.
Private &/or Group Retreats

“You’re my place of quiet retreat;
I wait for your Word to renew me.”
~Psalm 119:114

Individual retreatant overnight stays are available on the Convent grounds and at the San Domiano house located on Michaela Farm. Call (812) 933-6437 for reservations.

Men and women of all faiths are invited to make private or group day retreats “up to 60 persons” at the Oldenburg Franciscan Center.

For overnight groups local hotels have adjusted rates for OFC guests. For more information about hotel discounts call Mary at 812.933.6437

Please call us or visit our website for more information! We’re happy to help you plan the type of retreat that best meets your needs!

www.oldenburgfranciscancenter.org
Prayer & Spirituality

“When you can’t put your prayer into words, God hears your heart.”

Contemplative Prayer

Wednesdays, 3:00 - 4:30 pm
S. Olga Wittekind, OSF
(Psychologist and Spiritual Director)
Aug. 5 Sept. 2
Oct. 7 Nov. 4 Dec. 2

Guided by modern contemplatives like Merton, Keating, and Rohr, we practice contemplative prayer, share God’s movement in our lives, and reflect on our experiences through the process. All are welcome!

Spiritual Direction

by appointment

As we advance in our journeys with God, we often need the support of a “listening other” to help guide and encourage us along the way. Several of our Franciscan Sisters and Associates are trained in the art of spiritual direction and have years of experience listening and helping others recognize and attend to God’s movement in their lives. Contact us to learn more! 812-933-6437.

Counseling

Whether you face anxiety, depression, or are struggling with changes in your life… counseling can help!! Licensed psychologists available: 812-212-0371.
Meet Our Spiritual Directors

**S. Janet Born, OSF** is a spiritual director with an interest in adult spiritual formation. She loves sharing with spiritual seekers.

**S. Marj English, OSF** is a spiritual director who loves the ministry because she palpably experiences the presence of God in the process.

**S. Kathleen Mulso, OSF** is a spiritual director who completed Jesuit Training in the Spiritual Exercises and has an interest in Franciscan & Everyday Spirituality.

**S. Barb Piller, OSF** is a spiritual director, educator and leader. She enjoys walking with others on their spiritual journey.

**S. Ann Vonder Meulen, OSF** has served as a spiritual director and offers a variety of art retreats at OFC and the Jesuit Spiritual Center in Cincinnati.

**Christy Wesselman** is a spiritual companion, retreat and workshop facilitator and Associate with the Sisters of St. Francis, Oldenburg.

**S. Olga Wittekind, OSF** is a Jungian Analyst and spiritual director. She enjoys working with Dreams.
RSVPs may be made to center@oldenburgosf.com or 812-933-6437

Please complete registration online at www.oldenburgfranciscancenter.org or
Complete and mail this form along with payment to Oldenburg Franciscan Center PO Box 100, Oldenburg, IN 47036.

Personal Information (please print)

Name

Address          City                                                    State                             Zip

Phone (day)                                            Phone (Evening)

Email (please provide to receive reservation confirmation)

_____ Check if you would like CEU credit for this program

Program Information

Program 1 Name                                                                           Program Date(s)

Program 2 Name                                                                           Program Date(s)

Payment: We accept cash and credit cards

_____ Check enclosed - amount: $______
Mindfulness Retreat

Save the Date

Saturday, January 23, 2021
9:30 am - 2:30 pm

$45 includes lunch
$65 CEU’s & lunch

S. OLGA WITTEKIND, PHD
CLAIRE SHERMAN, PHD
(Clinical Psychologists)

Join us for a day of Mindfulness Meditation Practice. Mindfulness is a practice that helps us pay attention to the present moment. Drawing from the insights of George Ivanovich Gurdjieff and Mechtilde of Magdaburg, a Benedictine nun, we will explore the benefits of Mindfulness for reducing stress and the clutter of our minds. Come and experience the joy and the inner peace this brings!
Return Service Requested

Oldenburg Franciscan Center
Retreat © Renew © Rejoice! ♥

PO Box 100, Oldenburg, IN 47036
812-933-6437 / www.oldenburgfranciscancenter.org

A Ministry of the Sisters of St. Francis, Oldenburg