

Spiritual EVENTS at



January 10, 2023

Day of Recollection – Deacon Rick Christiansen

“The Rule of St. Benedict and the 12 Steps of Humility”

Gather at the Abbey of the Hills for a Day of Recollection with Deacon Rick Christiansen. Fifteen hundred years ago, St. Benedict wrote *The Rule* which is followed by monasteries all over the world. The chapter on Humility contains his twelve steps, called the “Ladder of Humility,” containing highly-effective, self-help rules for growing in holiness.

- Step 1: Fear of God
- Step 2: Self-Denial
- Step 3: Obedience
- Step 4: Perseverance
- Step 5: Repentance
- Step 6: Serenity
- Step 7: Self-Abasement
- Step 8: Prudence
- Step 9: Silence
- Step 10: Dignity
- Step 11: Discretion
- Step 12: Reverence

In this retreat, learn how applying these rules in your own life will lead to greater holiness and peace, which is not about self-love, but self-abandonment. The day will begin at 10:00 a.m. and end at 3:00 p.m. This day long retreat will consist of two conferences and Mass as well as built in time for adoration and an opportunity for the sacrament of Reconciliation. **Lunch is provided.**

COST: Free-will donation.

The Abbey of the Hills is sustained in large part by the donations of the retreatants. For those who can give, your donation will help “pay the gift of peace” forward to help those with limited means.

REGISTRATION:

Registration is required for meal planning purposes.

To register please visit our website at

<http://www.abbeyofthehills.org>

or call 605-398-9200, email: abbey@abbeyofthehills.org



Deacon Rick Christiansen and his wife, Gwen, are caretakers at the Abbey of the Hills. As such, they help meet the needs of retreatants and create an environment for them to rediscover peace. They are parents to two daughters and one grandchild.

Deacon Rick holds a bachelor’s degree from St. John’s University in Collegeville, MN, home to one of the largest Benedictine monasteries in the United States. He is ordained as a permanent deacon in the Diocese of New Ulm and serves at the Cathedral. Deacon Rick is retired from a career as a Certified Public Accountant and lives in New Ulm, MN.

The Abbey of the Hills - fostering the rediscovery of peace.

www.AbbeyOfTheHills.org

The Abbey of the Hills Inn & Retreat Center
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