

S. MARY WHITE OSB

The Benedictine life has helped me realize a dream I've had since childhood. That is, to help enhance the lives of children. Children in families with opportunities for economic stability, raised in communities of faith, by emotionally stable adults, have the best chance of a full life. So I seek ways to address economic poverty, as well as that of the mind and the spirit.



Licensed by the state as a mental health provider, I meet with people individually. Some seek spiritual guidance in addition to the psychological. In spite of a deep, sometimes cloaked, hunger for God, many have struggles with religion and church. Some carry ideas about God that must be examined and sometimes “unlearned.” It’s joyfully humbling to accompany persons in such a sacred part of life.

In addition, as a teacher of adult spirituality through retreats, lectures and a meditation class I teach at St. Mary’s University in Minneapolis, I witness peoples’ awakening to the best they can be. I enjoy exposing people to ways of praying which best suits their needs, their personality and their culture. Many are surprised to discover that contemplative prayer isn’t just for monks, but for everyone. These and other forms of prayer, such as sacred imaging are powerful means toward healing and wholeness.

Many people I work with lack financial or physical means. I know that the poor are especially precious to God, and that each of us experiences some form of material or spiritual poverty. In gratitude to generous volunteers and donors, I can serve those who can’t pay, such as prisoners, the elderly, the underemployed, the chemically addicted, the sick and those on the fringes of society and church. Many find God through their suffering; and I gain personally from this. We all give; we all receive.

I’m so grateful to be a part of God’s work in these ways. The Monastery’s Justice and Peace Committee welcome any inquiries about how each of you might participate in this work.