



*Sisters of Saint Francis*  
*Rochester, Minnesota*

[www.rochesterfranciscan.org](http://www.rochesterfranciscan.org)

# 2021 Retreat

June 6-12, 2021 | Assisi Heights

*Please note: If COVID-19 Prohibits in-person retreats, we will host via Zoom.*

## Holding the Holy: Enhancing the Sacred in the Second Half of Life

Presented by Father James Burns and Sister Gabriele Uhlein

**Sunday, June 6 – Saturday, June 12, 2021**

### Description:

Our retreat directors will provide an integrated approach using the spiritual and psychological research on the stage of the second half of life. **Father James Burns** will examine the second half of life through the lens of the postdoctoral investigation he was part of at Boston University that researched the brain's impact on the aging process. He will explore the effects of aging and the gift of spirituality as a mediator in this stage of our life's journey.



**Sister Gabriele Uhlein** will offer retreatants an inquiry into “Spiritual Eldering” and late life happiness from her Franciscan perspective and Jungian studies. Building on the insights of Father Burns and using Clare of Assisi's life as a mirror, she will offer reflections and practices that affirm the natural wisdom of the Soul available as we mature as Spiritual Elders. Through the expertise of these presenters, participants will be invited to open the container of sacred gifts which flow from our spirituality, bringing aliveness, depth and meaning in the second half of life.

## About Our Presenters

**Rev. James P. Burns, IVD, PhD**, joined Saint Mary's University of Minnesota as its 14th president in July 2018. He arrived with a sense of duty to honor the rich 100-year legacy of the university and a clear vision to serve the educational needs of students for the next 100 years. Leveraging his prior experience as Dean of Woods College of Advancing Studies at Boston College, Burns embarked upon an ambitious strategic planning process. "Building a Future Full of Hope" was launched in his first 18 months as the university's president, a strategic plan embracing the university's Lasallian Catholic mission and identity while looking forward to innovative curriculum and pedagogy; a plan predicated on strategic risk-taking while also mindfully stewarding its resources.

Father Burns relies on his education and training to guide his leadership, including an undergraduate degree in accounting and a master's degree in counseling psychology, both from the University of St. Thomas; a doctorate in counseling psychology from Northeastern University; pre- and post-doctoral fellowships at Yale, Harvard and Boston University; and associate and assistant professorships in the psychology department at the University of St. Thomas. At Boston University, among other areas, his research explored the impact of spirituality and faith on the elderly, the aging process, and its moderating effects upon age-related declines. Burns is a Catholic priest of the Archdiocese of St. Paul and Minneapolis and a member of Voluntas Dei Institute.

**Gabriele Uhlein, PhD**, is a Wheaton Franciscan sister deeply influenced by the spirit of Hildegard of Bingen, Francis of Assisi and Teilhard de Chardin. She lives and works at the Christine Center, a woodland sanctuary for sincere seekers of all faith traditions. ([www.christinecenter.org](http://www.christinecenter.org)) Gabriele's creativity workshops concentrate on the cultivation of intuition, and her spiritual deepening workshops focus on heart-centered, integral presence. Her most current long-term commitment is the evolution of a Spiritual Eldering Circle that is grounded in incarnation spirituality and anchored at the Christine Center.

Gabriele's academic background is in depth psychology and process theology. She has served her community as both vocation and formation director, and as provincial councilor. As a retreat director and community facilitator, S. Gabriele is known for her practical perspective and her integration of spiritual practices into the flow of everyday life. She has written articles for Franciscan journals, and continues to promote the profound connection between creation, contemplation, and compassion in everyday life. As the Franciscan scholar and artist-in-residence at the Christine Center, incarnational art and personal ritual making complement her spiritual guidance and spiritual deepening offerings.