



Queen of Angels Monastery  
Est. 1882

Benedictine Sisters

840 South Main Street  
Mt. Angel, Oregon 97362-9527

02/09/2010

To the Director of Programs at Your Center:

I enthusiastically recommend the spiritual writing retreats and workshops offered by Nan Phifer. She has guided groups at the Shalom Prayer Center for the past six years, always attracting a sizeable attendance with many returnees; and this next year she will come twice, one time to lead a retreat for spiritual directors as well as another time for the general public.

Nan is blessed with talent for enabling inexperienced, as well as experienced, writers to draw personal stories from deep within themselves and from these stories see the workings of the Holy Spirit in their lives. She creates an atmosphere in which participants feel safe in revealing their most meaningful experiences, and she provides questions for reflection that give insight into the spiritual dimensions underlying those experiences. With great sensitivity, she structures compassionate sharing of the writings in small response groups. She employs an adaptation of *Lectio Divina* that choruses back to the writers the words they used. You'll find an article about her technique published in the December, 2005, issue of *Presence*.

All of Nan's workshops follow the same gently encouraging writing process, but at our Prayer Center she has never given the same workshop twice. The subjects she has offered here are:

- Writing Spiritual Memoirs
- Writing to Make Whole
- Writing to Explore Your Spiritual Journey
- Confronting Crises and Finding Inner Peace
- Writing into Inner Light
- Writing to Recognize the Sacred in Our Lives

Next November, when Nan leads the group of spiritual directors, her topic will be *Writing to See the Landmarks of Our Spiritual Journeys*. She'll provide detailed handouts so the directors will be able to replicate her process when they give spiritual formation counseling.

Nan has excellent credentials. She teaches a seven-week, continuing education course, *Writing to Explore Your Spiritual Journey*, for Graduate Theological Union in Berkeley, California. She serves as an associate director of the Oregon Writing Project, a summer institute at the University of Oregon, and she is author of a writing guide, *Memoirs of the Soul*, a book that sells steadily in our gift shop. She travels nationwide to give workshops and retreats.

I enthusiastically recommend Nan Phifer as a presenter.

Sincerely,

*Sister Joan Pokorny O.S.B.*

Sister Joan Pokorny  
Past Shalom Prayer Center Director  
Current Director of Spiritual Direction Training Program



**JOAN POKORNY, O.S.B.**

Shalom Prayer Center  
*A Place of Peace*

503.845.2779

503.845.6773

*fax* 503.845.6585

840 S. Main Street  
Mt. Angel, OR 97362

e-mail: [jmposb@yahoo.com](mailto:jmposb@yahoo.com)  
[www.benedictine-srs.org/shalom](http://www.benedictine-srs.org/shalom)

Spiritual Direction • Supervision • Retreats