



# Benedictine Oblates of Nebraska

Associated with Sacred Heart Monastery

January 2010

## ASSIGNMENTS:

**Lincoln Chapter:** Sheridan Rooms & North Commons Cafeteria on Sunday and Lancaster Room on Monday, Madonna Rehab Hosp: Sunday, January 10 or Monday January 11, 2010: Desiring Life by Norvene Vest: Chapter 4, Benedict and Virtue, pgs: 87-100, Questions for Reflection # 3, page 169

**Steinauer Chapter:** Banquet Room, across from St. Anthony's Church Monday, January 4, 2010: Ps. 19A (Hymn/nature), Ps. 51 (Individual lament), Ps. 19 B (Wisdom), (Don't delete Ps. 51; essential that it be discussed, etc.)

**Hastings Chapter:** St. Michael's Church, Family Room, 9:30 – 11:30 a.m. Saturday, January 9, 2010: Desiring Life by Norvene Vest: Chapter 4, Benedict and Virtue, pgs: 87-100, Questions for Reflection # 3, page 169 Facilitator: Sister Phyllis Companion leader: Bob Phillips

**Omaha Chapter:** New Cassel Retirement Center, Lecture Hall, 900 N 90th Street, Omaha , NE, Tuesday, January 12, 2010: Desiring Life by Norvene Vest: Chapter 4, Benedict and Virtue, pgs: 87-100, Questions for Reflection # 3, page 169

**RETREAT FOR OBLATES:** The next Oblate Retreat is scheduled for Feb.26-28, 2010 with the topic of Weaving Life Together. The retreat theme focuses on Benedictine community life and how it permeates all aspects of our lives. It will begin the evening of Friday, Feb. 26th and end the morning of Sunday, Feb. 28th. The cost for a single room, including meals, is \$90; a room with two people is \$140. Make your reservations now by contacting Sr. Joelle Bauer at 1005 W. 8th Street, Yankton, S.D. 57078, jbauer@mtmc.edu, or 605-668-6009. There is an answering machine for the telephone number.

**PUT THIS ON YOUR CALENDAR:** "The Psalms: Primer for Prayer," another beautiful opportunity to learn about the psalms from an international speaker! Sister Irene Nowell, OSB, a Benedictine of Mount St. Scholastica in Atchison, Kansas, will be with us Saturday, March 20, 2010 from 9 a.m. to 12 noon in the Sheridan Rooms at Madonna. She is highly recommended by those who have heard

her. Sister Irene Nowell is the director for the sisters in formation. She holds a bachelor's degree in music from Mount St. Scholastica College, a master's degree in theology from St. John's University, and a doctorate in biblical studies from Catholic University. There will be a \$10 fee.

**CHOIR PRACTICE** before our Sunday night Chapter meeting, January 10 will be at 6:15 pm.

## ENJOY THE LITURGY OF THE HOURS:

live at <http://divineoffice.org>. This is a beautiful website where you can pray out loud with a small community saying Morning and Evening prayer. You will need to do a simple pre-registration and then click on the microphone arrow to hear it. They have different music and patterns of saying the office on different days and you can follow along with your office book if you wish.

## FINDING WAYS TO ASSIST TANZANIA,

**AFRICA:** After hearing Sister Joyce Feteral's presentation, we learned that Sacred Heart Monastery is committing resources to help the Benedictines in Ndanda, Africa. The needs of this Tanzanian monastery are major and include school supplies to assist in their schools as well as larger needs like a water tower, basic agricultural equipment and supplies and support for their dispensary.

The dispensary has very small rooms: a supply room, a birthing room, a lab, an exam room, and an overnight room for patients needing extended treatment. They have a gas generator which runs a refrigerator for their vaccines. It is very clean and the people from the neighboring villages come for care. In the dispensary they need another generator, lab equipment, an additional cooler, cots and medicine.

If you are able, you can make your gift to Sacred Heart Monastery (send to Sister Phyllis, 5441 Glade Street, Lincoln, NE 68506) and it will be forwarded directly to the Sisters in Tanzania. There are no intermediary and no administrative costs. The Benedictine Sisters of Our Lady of Help of Christians Community will graciously receive your gift.

**OBLATION RENEWAL:** For those of you who have not made your Oblation Renewal, please sign and return the Renewal form below.

In the Name of our Lord Jesus Christ. Amen

I renew my oblation as an Oblate of St. Benedict for the community of Sacred Heart Monastery, Yankton, South Dakota. I promise again to serve God and all people according to the Rule of St. Benedict through my daily prayer and work. May I be inspired to live in Christ and to bring His love to the world and His peace to all hearts.

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(Oblate signature) January 2010

## WHAT WILL THE NEW YEAR BRING

by Oblate Ken Johnson

Each year as I come to this time in my life,  
It causes me to wonder, will the next one bring  
happiness, or strife?

We need to look back to where we have been,  
Where some of the events seem to bring sadness and  
others a grin.

I have come to learn that it is more how we accept what  
we get,  
Rather than what actually comes, and its what we do  
with it.

Our attitude allows us to be happy or sad,  
Regardless of whether what comes along is good or bad.  
I recall some of the opportunities I have had to try to  
help my grandson,

Who seems to be blossoming in the glow of the sun.

His laughter and challenging questions are a  
wonderment to this old man's mind,

Causing me to wonder, "am I that far behind."

I was blessed in '09 to be able to spend some time with  
my brother's family on the west coast,  
Where their hospitality and graciousness shown to me  
were surely the most.

We saw many natural and man made sights and traveled  
a bit,

But just the opportunity to get together was the high  
point of the trip.

Also, I had the chance to return to South Dakota, my  
birth place,

Where my ever loving sister lives and her son took me to  
revisit some spots and revived memories for us to  
retrace.

They shared of their time and home cooked meals,  
Which brought on the nostalgia of how coming back  
home feels.

But I also visited my brother in law in the Grand Island  
Veteran's home,

Where I watched his health decline which caused me to  
bemoan,

That it difficult to watch his attitude rapidly decline  
when there is still a lot of life to live,

Especially because of his previous zest for living and he  
could have a great deal to give.

It was difficult to see the old veterans around the dinning  
table,

Where most of them needed help to feed themselves  
because only a few were still able.

These were the fighting men of a few decades before,  
Who endured the rigors of battle on some distant shore.

I can only hope that I will not wind up this way in the  
years yet to be,

And will be able to hang onto my faculties and still be  
able to see.

But none of we mortals knows what tomorrow will  
bring,

Or whether or not it will allow us to be alert and cheerful  
and not just hanging on by a string.

We each need to remain optimistic as we look ahead,  
Choosing, when possible, to stay active and contributing  
and not simply being led.

So, as I look to the new year I hope to remain up beat  
and happy about the life I have to live,

Such that I can contribute to others while I still have  
something to give.

May 2010 bring each of us joy and happiness to spare,  
Such that we look forward to each day with a  
willingness to share.



Sister Phyllis Hunhoff, OSB,  
Associate Director ♦

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