



# Benedictine Oblates of Nebraska

Associated with Sacred Heart Monastery

October 2010

**ASSIGNMENTS:** All assignments for the Chapter meetings are on our website  
<http://sites.google.com/site/nebraskabenedictineoblates>

## QUESTIONS FOR OCTOBER CHAPTER MEETINGS:

- How can you relate to some of the early examples of Oblate life in Chapter 3?
- How would you write a few words on the subject of Benedictine spirituality as others have done in Chapter 4?
- Discuss the various ways that Hodgetts uses the metaphors of fish and ocean in Chapter 5. Read RB 53.
- Why do you think Srubas chose those particular three Benedictine principles in her Oblate collage? (Chapter 6).

**Lincoln Chapter:** Sheridan Rooms & North Commons Cafeteria on Sunday and Lancaster Room on Monday, Madonna Rehab Hosp: Sunday, October 10, 2010 or Monday, October 11, 2010: The Oblate Life by Gervase Holdaway, OSB, Chapters 3, 4, 5 & 6. See questions above. Marcia Straatmeyer will give the Sunday night reflection and Roger Brink will give the Monday night reflection.

**Steinauer Chapter:** Monday, Sept. 27: Banquet Room, across from St. Anthony's Church: 10TH ANNIVERSARY CELEBRATION OF STEINAUER CHAPTER: 6:30 Potluck with Fr. Adam of Conception presentation.

**Hastings Chapter:** St. Michael's Church, Family Room, 9:30 – 11:30 a.m.  
Saturday, October 9, 2010: The Oblate Life by Gervase Holdaway, OSB, Chapters 3, 4, 5 & 6. See questions above. Lee Ostdiek will give the reflection and be facilitator. Companion: Carol B. Prayer Leader: Dawn L.  
Cell: Saturday, October 30, 9:30 am.

**Omaha Chapter:** Tuesday, October 12, 2010: New Cassel Retirement Center, Lecture Hall, 900 N 90th Street, Omaha, NE, 7-9 pm, The Oblate Life by Gervase Holdaway, OSB, Chapters 3, 4, 5 & 6. See

questions above. Companion Leader: Phil Kelley, 2nd meeting/session.  
Cell: Tuesday, October 26, 2010

**FACEBOOK TRAINING:** To assist those who are unfamiliar with Facebook or for anyone wanting to get better acquainted with Facebook, you are welcome to attend the training class being given by Jim Rea on Saturday, October 2 at 9:30 a.m. at Madonna Rehabilitation Hospital in the Sheridan Rooms. You will come to know our "Nebraska Oblates" Facebook group and it is our hope that this will be an opportunity to share our spiritual experiences with each other.

**RETREAT FOR OBLATES:** A semi-quiet retreat with the topic of Rooted in Love, is scheduled October 22nd-24th. The retreat theme focuses on Benedictine stability. It will invite you to deepen your various commitments by being Rooted in Love. The retreat begins Friday evening of Oct. 22nd and ends the morning of Sunday, Oct. 24th. If you leave Lincoln at 12 noon, you will arrive in time for 5:15 pm Vespers with the Sisters, followed by supper in the refectory/dining room with the Sisters. The cost for a single room, including meals, is \$90; a room with two people is \$140. Reservations can be made by contacting Sr. Joelle Bauer: [jbauer@mtmc.edu](mailto:jbauer@mtmc.edu), 605-668-6009. There is voice mail for the telephone number. If finances are difficult for you at this time there is a scholarship available. Please contact me if you are interested in this. Sister Joelle Bauer

**PRAYER FOR NEW Prioress:** (In March 2011 Sacred Heart Monastery will be electing a new prioress. We ask for your prayers.) God of all Faithfulness, in these challenging times, we ask you to enlighten the hearts and minds of all the sisters of Sacred Heart Monastery as they prepare to elect the next Prioress. May they select a sister among them who is best able to lead the Monastery into the future in the Benedictine way of life according to Your will. We ask this in Christ's name and through the power of the Holy Spirit. Amen.

## REMOVAL OF OBLATE DIRECTORY FROM

**WEBSITE:** We have learned that our Oblate membership directory has somehow been posted on the web. As this is a private list, we do not wish to have it on online. We have tried to remove it but so far we are unsuccessful. If you are the person who has posted the directory please remove it. We have not sent out an updated directory for now.

**OBLATE NOTE:** From Marta Wheeler -- Dear Friends: I have just completed my 4th year in serving Giltner and Phillips, NE as a United Methodist local pastor. My education at St. Paul School of Theology Course of Study School in Kansas City is now half done. Plans are to graduate in July, 2012. My husband and I live in the parsonage in Giltner. He is a traveling salesman for Wausau Building Materials and is very busy. Although my schedule does not permit time to attend Oblate meetings, I often think of you all and still feel a spiritual closeness to you. The Daily Office remains a vital part of my daily spiritual practice. Also important to me are writing and reading spiritual poetry and lectio. Central Nebraska is a great place to experience God through nature. My favorite time of year is March when all the cranes, geese and ducks provide us with great spiritual fulfillment and wonderful poetry fodder. I miss all of you and one day will pop in and surprise you. Blessings and love!

## GRATEFULNESS, THE HEART OF PRAYER BY BROTHER DAVID STEINDL-RAST,

**O.S.B. (A reflection by Mary Schroer):** The saying is true that we are our own worst enemy – at least I’ve observed this in myself. How do I stand in my own way? I’ve come to believe it’s primarily in my head. No really, it is! If I view myself or my situation as limited then it is limited but if I pick up a “different set of glasses” which allow me to perceive the silver lining of that same situation, it looks completely different – more positive. And with this positive perspective, my heart swells with gratitude.

We’ve all experienced gratefulness – often just for brief moments possibly when seeing a rainbow, an infant sleeping, the first flower of spring, or breathing in the crisp autumn air – remember how our hearts quicken, feels light and expansive, with a flicker of love? Do you remember meeting that rare individual whom embraces grateful living? They live their life with a joyful, giving presence – they walk with a quiet strength.

How do I get from someone who is ever-ready with a sneer just beneath the surface of who I present to others (okay, so not always beneath the surface), to someone who embraces the qualities of gratefulness? I know it’s

a gradual process, at least for most of us. I find The Rule is a great discipline to allow the expression of this perspective shift – to allow the grace of God to work within me. St. Benedict says: “They judge it is the Lord’s power, not their own that brings about the good in them. They praise (Ps 14[15]:4) the Lord working in them, and say with the Prophet: Not to us, Lord, not to us give the glory, but to your name alone (Ps 113[115]:9). “Prologue 29 – 30.” It is in the putting into practice of The Rule, that the fruits of gratefulness result: praise, thanksgiving and blessing.

The Lord has drawn my heart to do lectio on gratefulness and it is through this practice of grateful living that I believe my heart can expand to more fully receive his love. Gratefulness, the Heart of Prayer by Brother David Steindl-Rast O.S.B. is the book I have chosen (or did the Lord choose for me?) to help me on this journey. He also has a website [www.gratefulness.org](http://www.gratefulness.org) which I encourage you to visit.

Brother David helps break down the practice of gratefulness into a manageable approach. Because it can be difficult to imagine that gratefulness could ever become our basic attitude toward life, it’s helpful to start small. Our Creator meets us where we are so Br. David recommends beginning the path of grateful living with where we already find ourselves to be grateful. We’ve all had these experiences in our lives and by being mindful of them, we will learn to see how numerous they really are. Practice seeing something/someone as if for the first time and journal about it.

Have you ever noticed the depth of color in a stormy sky- the brilliant whites, light shades of gray into purple, into dark gray, into black? Have you ever noticed how your friend’s hair flips over their ear, how smooth a human head can be or the earthy-green smell of a late summer garden?

Brother David has much more to say about the topic of gratefulness. If you’re not inclined to read more on the topic, then I encourage you to at least practice seeing your life differently. Each of us are uniquely made and only we can experience God in our own unique way.

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