



Benedictine Oblates of Nebraska

Associated with Sacred Heart Monastery

March 2006

ASSIGNMENTS

LINCOLN CHAPTER

Sun., Mar 12, 2006 7-9 p.m. North Commons
Mon., Mar 13, 2006, 7-9 p.m. Flanagan Room
Text: Path of Life, Ch 8, Eucharist, pgs. 103-121

HASTINGS CHAPTER, St. Michael's Church, Family Room

Sat., Mar. 11, 2006, 9:30 a.m. - 11:30 a.m.
Preferring Christ, Chapt 58-60 (pp 140-147)
New members: Formation Handbook (4th meeting assignment)

STEINAUER CHAPTER, Banquet Hall, across from St.

Anthony's Church
Monday, Mar 6, 2006, Text: Path of Life, Ch. 11, Humility, pgs 154-167

OMAHA CHAPTER: All Saints Episcopal Church, 9302

Blondo
Tuesday, Mar. 14, 2006, 7-9 p.m.
Text: Preferring Christ, Chapters 58-61, pgs., 139-149
New members: Formation Handbook assignment

INTERNATIONAL PRAYER FOR PEACE DAY

2006: A special thank you for being so enthusiastic with your responses. March 21, 2006 will be a very special Feast of St. Benedict. Here is a note (partial) submitted by Teresa Harms:

“Why Peace Begins With You!”

By Deepak Chopra (Reprinted from Chopra.com). The approach of personal transformation is the idea of the future for ending war. It depends on the only advantage that people of peace have over warmakers: sheer numbers. If enough people in the world transformed themselves into peacemakers, war could end. The leading idea here is critical mass. It took a critical mass of human beings to embrace such ideas as electricity and fossil fuels. When the time is right and enough people participate, critical mass can change the world. Can it end war? There is precedent to believe that it might. The ancient Indian ideal of Ahimsa, or non-violence, gave Gandhi his guiding principle of reverence for life. In every spiritual tradition it is believed that peace must exist in one's heart before it can exist in the outer world....if we personally transform ourselves into a peacemaker, you won't become an activist marching in

the streets. You will not be “anti” anything. No money is required. All you are asked to do is to go within and dedicate yourself to peace.”

The Observance of Lent RB 49

Ash Wednesday March 1
LENTEN PREPARATION-2006

The principles of Lent that St. Benedict recommends in RB 49 lend themselves to a process of discernment that might be used for a sincere look at our Lenten conversion. Like the spring season, it can be a time of growth and joy. It is a time for renewal to do for God, others and myself.

1. Refraining from sin/repentance - looking at obstacles on our journey (vs. 3)
2. Apply ourselves to prayer with tears (deepen our relationship with God) (vs. 4)
3. Lectio Divina will help me discover a hunger for God's Word/scripture (vs. 5)
4. Fasting (get in touch with how our compulsions are driving us) and almsgiving/sharing (vs. 5)

I will make the following Lenten Resolutions!

Date _____

The following thoughts may help you in your preparation.

Fasting is an integral part of Lent. Traditionally it has included reducing the amount of food we eat and abstaining from meat.

1. We fast to allow our physical hunger to remind us of our spiritual hunger for God. 2. The purpose of fasting is to turn our attention to both God and others. Things to Fast From....

- watching television
- buying new things: clothes, music, magazines, jewelry
- snack or junk foods
- spending money on entertainment
- being angry at other people
- holding resentments
- gossiping
- being dishonest

Feasting - The dictionary defines a feast as "something that gives unusual or abundant pleasure. 1. Jesus tells us what gives us the most real and lasting joy: it is sharing ourselves with love for others, for our friends, our family, and also for our neighbors in need. 2. During Lent, we pay attention to feasting on joy, compassion, service, and hope, so that we might grow in faith all year long. Things to Feast On....

- Prayer
- acts of kindness to others
- forgiveness
- participating at Church
- participating in liturgy and Eucharist
- giving our time in service
- acts of service and charity
- giving money to people who are hungry or in need
- giving personal possessions to people in need: clothes, books, shoes

THE SEARCH FOR HAPPINESS and Christian Renunciation has been difficult to resolve for us over the centuries. Acquiring happiness and delighting in it is one of the most essential things that God wants for us. The Lord created us to be fully happy in this life and eternally happy in the life to come. God has given us so many ways to experience appropriate pleasure, whether spiritual or of the senses. But there is also Christian renunciation. Christ calls for many forms of renunciation and of self-denial, thus we take up our cross each day. While these two seem to oppose each other, they are compatible. First, to assure authentic happiness, we renounce what gives apparent and fleeting happiness. Secondly, and more difficult to understand, is the practice of voluntary penances. Here we are dealing with the renunciation necessary to strengthen a weakened will to avoid temptations of legitimate earthly pleasures. Why would we do this? The joyful experience of giving something to God out of pure love, imitating, even though poorly, the completely gratuitous gift of love, God gives us. On a higher level, this is the experience of the saints and mystics, difficult for us to understand but found in their offerings of love. Christian renunciation tells us that we find human happiness in the love with which we make such sacrifices. Although astonishing to worldly eyes, we find happiness in imitating the poor and crucified Christ,

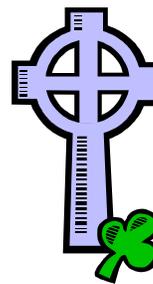
the heights of Christian experience. Let us ask God's grace to help us. (Thoughts from Temptation and Discernment by Segundo Galilea)

OBLATE NOTE:

Congratulations to Oblate Marti Fritzen who has retired from the Lincoln City Libraries after many years of faithful service.

INSPIRATIONAL

by Edward Borgens, husband of
Oblate Elizabeth K. Rodacker



I believe in God and in His Son,
The Great I Am, the only One,

Through faith I know that He'll soon come.

Whether I die or whether I live
To Jesus Christ my heart I give.

Sometimes I worry about the past,
And about the future, nearing fast,
So at His Cross I must now cast
My daily burdens, they seem so vast.

He'll come again soon, I hope and trust
To end all death and raise the dust.

Then life external likes newborn Spring
Will be fulfilled, let our hearts sing
All praises to our Lord and King.