



Benedictine Oblates of Nebraska

Living by the Spirit of The Rule of St. Benedict + Associated with Sacred Heart Monastery
www.nebraskabenedictineoblates.org + info@nebraskabenedictineoblates.org + June 2014

A Word from the Rule

TOOLS FOR THE SPIRITUAL LIFE

“Live by God’s commandments every day; treasure chastity, harbor neither hatred nor jealousy of anyone, and do nothing out of envy. Do not love quarreling; shun arrogance. Respect the elders and love the young. Pray for your enemies out of love for Christ. If you have a dispute with someone make peace with him before the sun goes down. And finally, never lose hope of God’s mercy.”

Source: RB 4:63–74.

Reflection

ON THE HOLY SPIRIT

Who is there who can hear the names of the Holy Spirit and not feel exaltation in his soul, but lift up his thoughts to that supreme nature? For he is called, the Spirit of God, the Spirit of Truth, who proceeds from the Father, the upright Spirit, the guiding Spirit. His chief and distinguishing name is Holy Spirit.

To the Spirit all creatures turn for their sanctification; all who live virtuously seek him, and are by his influence, refreshed and helped towards their own natural end

He is the source of holiness, the light of our understanding, for to every mind he offers his own light for the discovery of truth

He is simple in essence, but manifold in power. He is present to each in his fullness, and in his fullness is present everywhere. He is divided, but does not suffer by division; all share in him, but he remains whole, like a sunbeam whose kindly influence benefits each creature as though it were present to that creature alone, and shines over land and sea and dissolves in the air Through

him hearts are raised on high, the weak are led by the hand, those who are advanced gain perfection. He it is who shines on those whose hearts are purified and stainless and makes them truly spiritual through the common union they have with him This grace enables them to foresee the future, to understand mysteries, to grasp hidden things, to receive spiritual blessings, to have their thoughts fixed on heavenly things, and to dance with the angels. So is their joy unending, so is their perseverance in God unending; so do they acquire likeness to God so—most sublime of all—do they themselves become divine.

Source: Basil the Great of Caesarea (A.D. 329–379)

Worship

MORNING PRAYER

Oblates gather every Friday morning at 7:30 in the Ryan Memorial Chapel at Madonna Rehabilitation Hospital, 5401 South St., Lincoln, Nebraska, to pray Morning Prayer. Everyone is welcome.

FEAST OF ST. BENEDICT

Friday, July 11, 2014, is the feast day of St. Benedict. Morning Prayer that day will be in honor of the feast day. Those who are able to attend will meet at 7:30 a.m. in the chapel at Madonna Rehabilitation Hospital. After Morning Prayer, you are invited to meet for fellowship in the Madonna cafeteria. Snacks will be provided.

Chapter Gatherings

MARK YOUR CALENDARS FOR THE POTLUCK DINNER

On **Sunday, June 8, 2014**, all oblates of the Nebraska Chapters are invited to celebrate the end

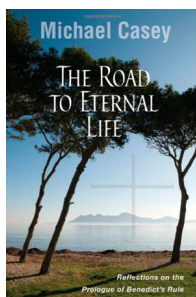
CHAPTERS	DEANS	LOCATIONS
Hastings	<i>Julienne Bryan</i> , julienne.bryan@nebraskabenedictineoblates.org	<i>Family Room, St. Michael’s Church, Hastings</i>
	<i>Carol Barry</i> , carol.barry@nebraskabenedictineoblates.org	<i>Madonna Rehabilitation Hospital</i>
	<i>Steve Blum</i> , steve.blum@nebraskabenedictineoblates.org	<i>Sheridan Room (Sunday)</i>
Lincoln	<i>Carol Olson</i> , carol.olson@nebraskabenedictineoblates.org	<i>Nemaha Room (Monday)</i>
	<i>Jim Rea</i> , jim.rea@nebraskabenedictineoblates.org	<i>5401 South St.</i>
	<i>Mary Schroer</i> , mary.schroer@nebraskabenedictineoblates.org	<i>Lincoln</i>
Omaha	<i>Rod Dolton</i> , rod.dolton@nebraskabenedictineoblates.org	<i>New Cassel Retirement Ctr. Lecture Hall, Omaha</i>
Steinauer	<i>Marcia Borchert</i> , marcia.borchert@nebraskabenedictineoblates.org	<i>Banquet Room, Convent House B&B, Steinauer</i>

of another year of oblate gatherings. We will meet at 4:30 p.m. in the Chapel at Madonna Rehabilitation Hospital in Lincoln. We will begin the celebration with Vespers in the Chapel and then move to the Sheridan Room for our annual potluck. Paper products and drinks will be provided. Please bring a salad, vegetable, dessert, or main dish to share. Family members are welcome! Sr. Phyllis will be joining us for the festivities.

Lincoln Cell Group

Subiaco Cell

- *Leader:* Tim Fisher
- *Meetings:* Every other Saturday beginning at 8:00 a.m. with Morning Prayer in the chapel at Madonna Rehabilitation Hospital. Then this cell for men moves to a designated room for conversation. This month's meetings are **June 14 and 28**.
- Beginning this month, the cell will reflect on *The Road to Eternal Life* by Fr. Michael Casey, OCSO.



MONASTERY AND CHAPTER GATHER PETITIONS

If you would like to send your prayer requests to the monastery, the Web address for Sacred Heart Monastery's prayer requests is: www.yanktonbenedictines.org/PrayerRequest.php.

You may also send petitions to Marcia Straatmeyer at mstraat@neb.rr.com or by using the Prayer Request option on the chapter's Web site: www.nebraskabenedictineoblates.org/contact/.

Retreats

OBLATE INSTITUTE

The Sophia Center of the Benedictine Sisters of Mount. St. Scholastica in Atchison, Kansas, has some retreat offerings that may be of interest to oblates. On **July 17-20, 2014**, they will hold their seventh annual Oblate Institute. Speaker Kathleen Norris's theme will be "Discovering the Desert: St. Benedict's Sources." You can check their 2014 retreat offerings on the Web:

On the Web: www.mountosb.org/ministries/scheduled-retreat-opportunities.

RETREAT ON CHAPTER FOUR OF BENEDICT'S RULE

The St. Benedict Center of Christ the King Priory in Schuyler, Nebraska, is offering a retreat **September 5-6, 2014**. The retreat begins on Friday at 7:30 p.m. and ends on Saturday at 4:00 p.m. The retreat, "Tools of the Spiritual Craft," will be presented by Fr. Michael Casey, OCSO, Ph.D. The program description says:

At the end of the Prologue of his Rule, Saint Benedict speaks about making progress in faith and good living. What he probably means is advancing in faith through good living. In his much-neglected fourth chapter *On the Implements of Good Works*, he lists seventy-four means by which we can upgrade the quality of our life and our faith. In these days together, we will discuss some aspects of Benedict's program of practical good living in the light of contemporary experience.

Check the Web site for registration and costs. St. Benedict's Center has several retreats offered each month that you might you want to check out. **On the Web:** www.stbenedictcenter.com.

Sacred Heart Monastery

GATHERING OF BENEDICTINE OBLATES

At the National Meeting of North American Association of Benedictine Oblate Directors (NAABOD), a suggestion arose to have a day of sharing with other oblates within our region. The Benedictine Sisters at Immaculata Monastery in Norfolk offered to host a gathering. It is scheduled for **August 10, 2014**, from 9:00 a.m. to 5:00 p.m. The day is in the "planning stages," with the title, "Living as a Benedictine Oblate in Today's World." It will be a day for oblates, with a few talks given by oblates from our different areas, group sharing and interaction and learning about each other's practices in living the Benedictine Way of Life. Since the day is still in the planning stage, the planners are hopeful each community of Oblates would be a part of the day by sharing people who will serve as a speaker, being part of a panel, or providing an icebreaker. If you are willing to do any of these tasks, please let me know. Thank you for considering this ministry.

Watch for more information!

—Sister Joelle Bauer, Oblate Director

VOLUNTEER OPPORTUNITIES AT SACRED HEART MONASTERY

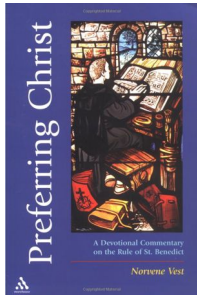
Sister Phyllis has extended an invitation to the Nebraska Oblates to volunteer for service projects at Sacred Heart Monastery! Opportunities may include helping in the garden for grape and rhubarb harvests, assisting with items in the gift shop, and other tasks. More information will follow. This would be a great way to help our monastery and get to know the sisters better.

BRING A FRIEND

Do you know someone who may be interested in the Benedictine Oblate program? You are always welcome to bring a guest to the Chapter meetings. You or your friend can also contact a dean for information on what we do, and for information on joining.

Looking Ahead to the Fall's Readings

NEW CHAPTER BOOK FOR 2014–2017



Starting in September, members of the chapters will discuss *Preferring Christ: A Devotional Commentary on the Rule of Saint Benedict*, by Norvene Vest. This text provides a foundational understanding of the Rule of St. Benedict. As an oblate herself, Norvene guides us

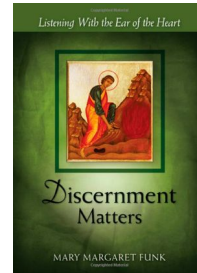
in applying the Rule to our individual lives. In order for us to go deep into understanding the Rule in this way, we will be studying this book for the next three years. Some of us may have an older copy that also doubled as a workbook; the new version does not include the space for writing, but the chapters are divided up in the same way, so purchasing a new book would not be necessary. This book is considered a “classic” in learning about the Rule in order to live as oblates of St. Benedict, and we are excited to begin to study it again.

We will share our Lectio experiences with this book at our Chapter gatherings. You are welcome to participate, whether you are an Inquirer or Novice or you have made your Final Oblation in affiliation with Sacred Heart Monastery.

NEW CELL BOOK FOR 2014–2016

Oblates who participate in cell groups will begin a two-year study of the book, *Discernment Matters: Listening with the Ear of the Heart* (*The*

Matters Series), by Mary Margaret Funk, OSB. This book provides a background of John Cassian’s “Eight Thoughts” (Cassian had a significant influence on St. Benedict and his Rule) as well as a brief history of spiritual practices that benefit one’s discernment and a description of the process of discernment itself. Discernment comes from a word meaning to “sift out”; it is a way of listening to one’s inner self as well as God’s voice as heard in daily life, our relationships, and our activities. It is very helpful to understand this process as a Benedictine Oblate, especially as we ask the deep questions in our lives: “What is God calling me to do? What do I really want? How can I live as an oblate?” It helps, too, in many other areas of life. Join us as we learn more about this essential process.



Cell groups are reserved for those that have made their Final Oblation in affiliation with Sacred Heart Monastery, unless other arrangements have been made. Please see Carol Olson, Lead Dean for more information.

A Retreat in Yankton

NEBRASKA OBLATES VISIT SACRED HEART MONASTERY



Oblates from several Nebraska chapters visited Sacred Heart Monastery May 16–18, 2014. They gathered for a semi-silent retreat, “Matters of the Heart in *The Rule of St. Benedict*,” presented by Sr. Mary Jo Polak, OSB. Pictured above are oblates Shirley Cruikshank, Lorene Ludy, Sr. Phyllis Hunhoff, Shirley Wenzl, Mary Lu Long, and Carol Olson, Lead Dean. Steve Blum, Lincoln Dean, took the picture. Other oblates from Nebraska included Charlotte Liggett, Charlene Gondring, Gina Love Aguilar, Joan Meisner, Lou Ann Green, Rod Dolton, and Jim Rea.