



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 2017

A Word from St. Benedict's Rule

PREPARING FOR ETERNITY

Brothers, now that we have asked the Lord who will dwell in his tent, we have heard the instruction for dwelling in it, but only if we fulfill the obligations of those who live there. We must, then, prepare our hearts and bodies for the battle of holy obedience to his instructions. What is not possible to us by nature, let us ask the Lord to supply by the help of his grace. If we wish to reach eternal life, even as we avoid the torments of hell, then—while there is still time, while we are in this body and have time to accomplish all these things by the light of life—we must run and do now what will profit us forever.

Source: *The Rule of Benedict*, RB Prol. 39–44

Reflection by Saint Augustine

FROM A DISCOURSE ON THE PSALMS

Our thoughts in this present life should turn on the praise of God, because it is in praising God that we shall rejoice forever in the life to come; and no one can be ready for the next life unless he trains himself for it now. So we praise God during our earthly life, and at the same time we make our petitions to him. Our praise is expressed with joy, our petitions with yearning. We have been promised something we do not yet possess, and because the promise was made by one who keeps his word, we trust him and are glad; but insofar as possession is delayed, we can only long and year for it.]It is good for us to persevere in longing until we receive what was promised, and yearning is over; then praise alone will remain We are praising God now, assembled as we are here in church; but when we go our various sways again, it seems as if we cease to praise God. But provided we do not cease to live a good life, we shall always

be praising God. You cease to praise God only when you swerve from justice and form what is pleasing to God. If you never turn aside from the good life, your tongue may be silent but your actions will cry aloud, and God will perceive your intentions; for as our ears hear each other's voices, so do God's ears hear our thoughts.



St. Augustine of Hippo
by Joos van Wassenhove, 1474
Musée du Louvre, Paris

Hospitality: A Reflection by Jim O'Hanlon, Oblate

"LIVING AS A FOLLOWER OF JESUS"—AN EXCERPT

Chapter 53, "On the Reception of Guests," provides part of the answer as to how to live in harmony with 1 John 2:6. "All guests who present themselves are to be welcomed as Christ, for he himself will say: I was a stranger and you welcomed me." Hospitality honors the sacred worth of every human being. As we welcome

CHAPTERS	DEANS	LOCATIONS
Hastings	Julienne Bryan, julienne.bryan@nebraskabenedictineoblates.org	Family Room, St. Michael's Church, Hastings
	Carol Barry, majorcarolb@yahoo.com	Madonna Rehabilitation Hospital
	Steve Blum, steve.blum@nebraskabenedictineoblates.org	Sheridan Room
Lincoln	Carol Olson, carol.olson@nebraskabenedictineoblates.org	5401 South St.
	Jim Rea, jim.rea@nebraskabenedictineoblates.org	Lincoln
	Mary Schroer, mary.schroer@nebraskabenedictineoblates.org	
Steinauer	Marcia Borchert, marcia.borchert@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer

others, we respect them as children of God. That every life is holy must be fundamental to how we live. The implications of the expression of hospitality in our daily lives are significant. Practicing hospitality has special meaning for relations with those who are different from us in any way, by race, religion, gender, place of origin, or age. The passage in the Rule says, “all guests,” not just those with whom we are comfortable. It certainly indicates that the frequent negative rhetoric we hear today about immigrants and those who are different from us is out of line with these teachings. Hospitality is for all.

Source: *Spirit and Life*, May/June 2017, a publication of the Benedictine Sisters of Perpetual Adoration, Clyde, Missouri.

Entire Article: www.benedictinesisters.org/images/spiritandlife/SL_May-June_2017_web.pdf#page=14.

Monastery Updates

MONASTERY NEWSLETTERS

To view the full Oblate Newsletter and for online copies of the Yankton Benedictines Newsletter go to the Sacred Heart Monastery Web site and select “Recent News”—Newsletter.

Web site: www.yanktonbenedictines.org.

Worship Notes

OPPORTUNITIES FOR PRAYING THE DIVINE OFFICE

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.

Some Lincoln oblates begin their gatherings in the Ryan Memorial Chapel with Morning Prayer. Everyone is invited to pray with them. This month, **Morning Prayer** will be held at **8:00 a.m. on two Saturdays—June 10 and 24**. Please consider adding this prayer office to your spiritual life.

MONASTERY AND CHAPTER GATHER PETITIONS

If you would like to send your prayer requests to the monastery, please use Sacred Heart Monastery’s prayer submission form.

On the Web: 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.

On the Web: www.nebraskabenedictineoblates.org/contact/.

SHORTER CHRISTIAN PRAYER INSTRUCTION

We leave the Easter Season on Pentecost, June 4, 2017. The prayers for Pentecost are on pp. 489–498. On the Monday after Pentecost we will start with Week I, p. 54.

We are in Ordinary Time from Pentecost until Advent, so we just follow the four-week Psalter (no extra ribbons needed).

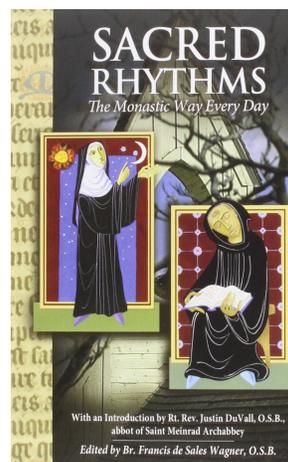
Chapter News

ANNUAL POTLUCK DINNER: MARK YOUR CALENDAR

On Sunday, June 11, 2017, all oblates of the Nebraska Chapters are invited to celebrate the end of another year of oblate gatherings. We will meet at 4:30 p.m. in the Sheridan Room at Madonna in Lincoln, beginning the celebration with food and fellowship. We will then move to the Chapel for Vespers. Paper products and drinks will be provided. Please bring a salad, vegetable, dessert, or main dish to share. Family members are welcome! Sr. Phyllis Hunhoff and Sr. Patricia Heirigs will be joining us.

This year we will again offer a book exchange at the potluck! Bring your spiritual books that you no longer need. We will have a space to display them for others to take home.

NEW BOOK FOR 2017–2018 CHAPTER GATHERINGS



For the next two years, the Chapters will be studying from the book *Sacred Rhythms: The Monastic Way Every Day* by Br. Francis de Sales Wagner, OSB. It can be purchased on Amazon, which provides the following description:

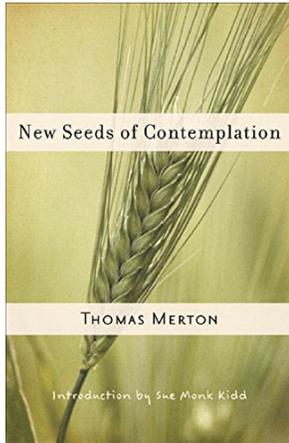
The Christian life is meant to be one of unity. It is about making the whole of life holy. The

path of eternal life is an integrated journey we must make each day by embracing rhythmic lives of prayer, work, faithfulness and conversion. These rhythms, through the grace of God, give our lives strength and sacred purpose, most often through the very ordinary.

This ideal found concrete expression early in the history of Christianity through the lives of monks and nuns living according to the ancient

Rule of St. Benedict. While not everyone is called to be a monk or a nun, all Christians are called to faithfully live the Gospel, and the Rule of St. Benedict offers a time-honored way for anyone to do just that.

NEW CELL GROUP BOOK



For the next several years, the cell groups will be studying from the book *New Seeds of Contemplation* by Thomas Merton. This is one of Thomas Merton's most widely read and best-loved books. Christians and non-Christians alike have joined in praising it as a notable successor in the meditative tradition of

St. John of the Cross, *The Cloud of Unknowing*, and the medieval mystics, while others have compared Merton's reflections with those of Thoreau. This book seeks to awaken the dormant inner depths of the spirit so long neglected by Western humanity and to nurture a deeply contemplative and mystical dimension in our lives.

WORLD OBLATE CONGRESS

The Fourth International Congress of Benedictine Oblates will meet in Rome in November 2017. We are pleased to announce that one of our oblates, Jim Rea, will be attending! The last time we had representatives from the Nebraska Oblates was in 2005, when Carol Olson and Marti Fritzen attended the first World Oblate Congress. Carol and Marti found the experience deeply meaningful, and shared their insights with the Chapters' members. Jim will be representing all of us at this important meeting. If you would like to help defray the cost (around \$2000) he would be most grateful for any assistance. Please send your donations to the chapter:

Nebraska Benedictine Oblates
2843 S. 42nd St.
Lincoln, NE 68506.

Note that checks made out to the Nebraska Oblates of Sacred Heart Monastery would qualify to be tax deductible.

Here is a reflection by Carol Olson on her experience at the 2005 World Oblate Congress:

My perspective on being a Benedictine Oblate completely changed and was expanded after attending the Congress. Meeting other Oblates from the USA and from around the world, participating in the Liturgy of the Hours several times per day, and listening to presentations on a particular theme broadened my view and helped me to see the value in community, both large and small. Listening to Oblates as they discussed the issues that were important to them and maintaining the connection to their monastery assisted me in understanding what we can do in Nebraska to stay connected to Sacred Heart in South Dakota. It was immensely valuable to make connections with other Oblates, and I still keep in touch with several from that initial meeting twelve years ago.

FAREWELL

Dear Friends,

In mid-June, Anne and I will move from Nebraska to Massachusetts to live near to our daughter and her family—especially our two grandchildren. This move brings so many changes to our lives. I will miss the companionship and camaraderie we have shared as oblates over the last nine years. Thanks to everyone for helping me to grow in my understanding of the Benedictine oblate life.

My cell phone number remains the same: 402.450.2072. My new e-mail address is dfrye@widesky.biz. By the end of July, my new home address will be 46 Dover Circle, Franklin, MA 02038-1548.

Again, thanks for your fellowship.
God's blessings,

David Frye

Cell Gathering

Hildegard von Bingen Cell

- Leader: To Be Decided
- Meetings: Every other Saturday, beginning at 8:00 a.m. with Morning Prayer in the chapel at Madonna Rehabilitation Hospital. Following a time for quiet reflection, the cell then gathers in **Sheridan Room B** (the room where you pick up your name tags at the chapter gathering) for *lectio divina* and conversation on a topic or the

reading. Following this, members may gather in the cafeteria for fellowship.

- This Month: Saturdays, June 10 and 24.
- **Jim and Arlene Rea will host the June 10 gathering at their home.**
- Summer Reading and Discussion: *The Vinedresser's Notebook: Spiritual Lessons in Pruning, Waiting, Harvesting, and Abundance*, by Sister Judith Sutera, OSB, Mount St. Scholastica, Atchison, Kansas.

Details:

- Tools of Good Works (RB 4)
- Humility: Living the Truth (RB 7)
- Good Zeal (RB 72)
- Putting It All Together.

Contact: Sophia Spirituality Center, 913.360.6173

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

Web: www.sophiaspiritualitycenter.org.

Area Retreat Offerings

OVERVIEW

We are fortunate to have several monasteries in our area that provide retreat opportunities. We will continue to call your attention to retreats that may be of interest to our oblates. Please visit each monastery's Website for more information on these and other opportunities for retreat offerings. For the convenience of the approximately 20 percent of our members who do not have Internet access, we have provided the phone number and Web address for each monastery.

ST. BENEDICT CENTER, SCHUYLER, NEBRASKA

Topic: The Joy of the Third Commandment: Retrieving the Sabbath in the Spirit of Moses, Jesus, and Pope Francis

Dates: Saturday, June 24.

Leader: Fr. Dennis Hamm, SJ.

Details: A day of reflection and prayer to help us recover the meaning of the Sabbath and take it personally.

Registration: 402.352.2177

Web: www.stbenedictcenter.com.

SOPHIA SPIRITUALITY CENTER, ATCHISON, KANSAS

Topic: *Growing a Mandala Through Contemplation*

Dates: July 8, 2017, 9:00 a.m. to noon

Details: Mandalas are a form of a spiritual prayer experience that requires no drawing skills. Through centering, one taps a source of praying from within our own innate, undiscovered creativity.

Topic: *Tenth Monastic Institute for Oblates: "Steps to Good Living"*

Dates: July 20–23, 2017

Leader: Fr. Meinrad Miller, OSB.