



Benedictine Oblates of Nebraska

Associated with Sacred Heart Monastery

October 2009

ASSIGNMENTS:

Lincoln Chapter: Sheridan Rooms & North Commons Cafeteria on Sunday and Lancaster Room on Monday, Madonna Rehab Hosp, **Sunday, October 11, 2009 or Monday, October 12, 2009:** Desiring Life, Chapter 3, Developing Character. pgs: 60-71, Questions for Reflection # 1, page 168

Steinauer Chapter: *Banquet Room, across from St. Anthony's Church* **Monday, October 5 2009:** Praying the Psalms: Ps. 95 (Hymn), Ps. 14 (Community Lament), Ps. 65 (Thanksgiving). See "Praying the Psalms" at the end of this newsletter.

Hastings Chapter: St. Michael's Church, Family Room, 9:30 – 11:30 a.m. **Saturday, October 10, 2009:** Desiring Life, Chapter 3, Developing Character. pgs: 60-71, Questions for Reflection # 1, page 168

Omaha Chapter: New Cassel Retirement Center, Lecture Hall, 900 N 90th Street, Omaha, NE, **Saturday, October 10, 2009:** Desiring Life, Chapter 3, Developing Character. pgs: 60-71, Questions for Reflection # 1, page 168

CELL ASSIGNMENTS ARE ON THE WEBSITE: Please earmark this website in your "Favorites" for easy access:

<http://sites.google.com/site/nebraskabenedictineoblates/>.

Then you can always use it for your meeting dates and assignments and the newsletter. The newsletter and assignment sheets will be printed for those without email.

THANK YOU! A special thank you to all who assisted with the Sunday evening presentation of Sister Wilma and for your positive responses. It was a wonderful way to begin the year and I do pray that you will have a more reflective response to the Psalms. If I can be of any assistance to any of you, do let me know. Sister Phyllis

BOOKS RECOMMENDED BY SISTER WILMA: Beginning Biblical Studies, by Marielle Frigge, OSB, a member of Sacred Heart Monastery, published by Anselm Academic Press, Winona, Minnesota. You can also get it at the SHM Gift Shop. Sister Marielle wrote this text for college students who know very little about

the Bible. She expects them to understand various concepts and ways of writing so the material is self explanatory, but written for readers at senior high school or College student level.

And God Said What? by Margaret Nutting Ralph, published by Paulist Press. This book introduces the reader to the WAY the Bible is written; explains various literary forms with examples of each. Sr. Wilma suggested that this book is for those who are a bit more informed about the Bible though much of the information is about the level of the material she presented.

Praying the Psalms by Thomas Merton: Merton shows us how to draw out the richness of worship from the Psalter and to use it to achieve "the peace that comes from submission to God's will and from perfect confidence in him."

WELCOME TO OUR NEW MEMBERS/INQUIRERS:

LINCOLN: Nancy Childs, Linda Davis, Sean Ellis, Jane Haire, Charlotte Liggett, Collette Masek, Lilla Revesz, Anna G. Schundrenko, Linda Stevenson, Patricia Ullrich, Dan Warren and Julie Warrington.

HASTINGS: Jeanette Nordhues, Grand Island, Robin Stroot, June Hill, Aurora, Sharon Nolte and Gerry Kuhn, Grand Island.

OMAHA: Ann Cole, Charles E. Luczynski and Beverly Rudloff.

RETREAT FOR OBLATES AT SACRED HEART MONASTERY: A semi-quiet retreat with the topic of Weaving Life Together is scheduled October **16th-18th**. The retreat theme focuses on Benedictine community life and how it permeates all aspects of our lives. It will begin the evening of Friday, Oct. 16th and end the morning of Sunday, Oct. 18th. 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 at 1005 W. 8th Street, Yankton, S.D. 57078, jbauer@mtmc.edu, 605-668-6009. There is an answering machine for the telephone number. Sr. Joelle says: Hopefully we will have some Oblates from each chapter

who will be able to make this retreat. This same retreat will be offered in the spring. If finances are difficult for you at this time there is a scholarship available. Please contact Sr. Joelle if you are interested in this.

SPECIAL EVENT: "A Benedictine Visit to Tanzania". Sister Joyce Feterl, OSB of our monastery will be here Saturday, December 5 at 10:00 to 11:30 a.m. to tell us of the unprecedented work of our monastery in Africa. She will give a short history of Sacred Heart Monastery's missionary work, a summary of the places visited, show touching pictures of the Benedictine Sisters and their ministries and some time for questions. Sister Mildred Busch, Procurator asked her to accompany her to Tanzania as an extra set of eyes and ears to observe how our monastery can further assist the Sisters beyond offering them education. The monastery regularly has two Sisters from Tanzania, educating them at our college, Mount Marty College. Sister Joyce graduated from MMC, taught elementary physical education and later received an MBA from the University of Sioux Falls. More recently she has worked in the business office for the Sioux Falls Catholic School system and now at MMC.

CENTERING PRAYER GROUP will be meeting **Tuesday, October 6 @ 7:00 p.m.** in the **Downstairs Parlor, St. Paul United Methodist Church, 1144 "M" Street, Lincoln.** As preparation for our next meeting, we will read Chapters 5-8 of *Forty Days to a Closer Walk with God: The Practice of Centering Prayer* (Upper Room Books) by J. David Muyskensand. If you haven't already purchased the book, it is available in paperback. If you have any questions or need to contact us, Jim's office number is 472-9240 and his e-mail is jpotter2@unl.edu. Deb's office number is 472-9333, ext. 353, and her e-mail is dmiller71@neb.rr.com. Our home telephone number is 475-3665 and our address is 3901 South 27th Street, Unit #35 Lincoln, NE 68502. Blessings, Jim Potter & Deb Miller, Oblates

CHOIR PRACTISE before our Sunday night Chapter meeting, October 11 will be at 6:30 pm.

PRAYING THE PSALMS

1. **"The Psalms teach us to pray through imitation and response...**Real prayer is always an answer to God's revelation. The Psalms are BOTH prayer and revelations about God, the perfect ideal soil for learning prayer.
2. **The Psalms take us deep into our own hearts** 1000 times faster than we would ever go if left to ourselves...Religious/moral people tend to want to deny the rawness and reality of their own feelings, especially the darkness of them...The secular world

has almost made an idol of emotional self-expression...But the Psalmists neither 'stuff' their feelings nor 'ventilate' them. They *pray* them—they take them into the presence of God until they change or understand them.

3. **Most importantly, the Psalms force us to deal with God as He is, not as we wish he was.** 'Left to ourselves, we will pray to some god who speaks what we like hearing, or to the part of God we manage to understand. But what is critical is that we speak to the God who speaks to us, and to everything He speaks to us...the Psalms train us in that conversation.' (quote from Eugene Peterson's Answering God) "

Additional Note: The Imprecatory Psalms can be confusing with their cries for vengeance upon Israel's or the psalmist's enemies. "Basically, realize that calls for justice are absolutely right, and remind us how important God's holiness and justice are. But secondly, recognize that the Psalmists did not have the justice of God completely satisfied in Christ. Thus we pray for our enemies, not wish them ill. Yet we as Christians can pray these Psalms as longings for social justice and hatred against the 'power and principalities' behind the world." *Quotes from Dr Tim Keller's January 2006 MCM teaching notes, c2006, used with permission.*

Suggestions:

1. **Try to understand a psalm before praying it.** What was the Psalmist going through when he wrote this particular Psalm? The Psalms also point to Christ. Where might this psalm fit into His life?
2. **Linger over a Psalm.** Is there a particular verse that is particularly relevant to your life right now? Chew on it. Read it aloud over and over, with a different emphasis on each word. Why is this word chosen or important here? What difference would this make in my life if I believed this with all my heart? If I applied this to my life? Pray for yourself and others from it.
3. **Use the Psalms to praise God** for different aspects of His character. Redeemer Presb Church
4. **Take your reflections to your Cell group for "Faith Sharing."**

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