



Benedictine Oblates of Nebraska

Associated with Sacred Heart Monastery

March 2011

PREPARING FOR LENT, Ash Wednesday, March 9
(SEE BELOW)

QUESTIONS FOR MARCH CHAPTER

MEETING (The Oblate Life):

- Have you been a victim of negative silence? Can you move negative silence to a positive silence “we call God?” pg 123. Reflect on one of the scripture quotes pg 125 and solitude.
- Tickle talks about the “work” of prayer and that prayer should reflect a balance among the various divisions. What do these divisions mean for you? Chapter 14

LINCOLN CHAPTER: Sheridan Rooms & North Commons on Sunday and Lancaster Room on Monday, Madonna Rehab Hosp: Sunday, March 13, 2011 or Monday, March 14, 2011: The Oblate Life by Gervase Holdaway, OSB, Chapters 13 & 14. Note questions and comments above. We will hear Colleen Baade give the reflection on Sunday evening and Duncan Miller on Monday evening. Julie Warrington will lead prayer on Monday night.

STEINAUER CHAPTER; Banquet Room, across from St. Anthony’s Church: Monday, Monday, February 28, 2011, 7 pm: Psalm 40:1-18. Here I am, Lord. “Right” sacrifice? Curse stated how? Two themes, Psalm 44:1-27. Why Does God Favor Some? Not Us? How tradition “handles” massive suffering? Were questions answered?

Monday, March 28, 2011: (Lent) Four Servant Poems from II Isaiah, a) 40:1-7: b) 42:1-7: c) 50:4-9; d) 52:13-53:12 Early Church used these pictures of great holiness of God’s servant as a means to interpret Jesus’ suffering and death. Study the Passion account in Mark (chapters 14 and 15) to understand how Mark used these poems as a way to describe Jesus’ suffering. Reflection/Facilitator: Paul Duryea Lead Prayer: Alan Companion: Joyce

HASTINGS CHAPTER: St. Michael’s Church, Family Room, 9:30 – 11:30 a.m.

Saturday, March 12, 2011: The Oblate Life by Gervase Holdaway, OSB, Chapters 13 & 14. See questions and comments above. Refection/Facilitator: Gay D.

Companion: Bob P. Prayer Leader: Dan D.

Cell meeting: Saturday, March 26, (Lent) Four Servant Poems from II Isaiah a) 40:1-7: b) 42:1-7: c) 50:4-9; d) 52:13-53:12

OMAHA CHAPTER: New Cassel Retirement Center, Lecture Hall, 900 N 90th Street, Omaha, NE, 7-9 pm, Tuesday, March 8, 2011: The Oblate Life by Gervase Holdaway, OSB, Chapters 13 & 14, See questions and comments above. Reflection and facilitator: Sister Marietta, Companion Leader: Lucille Fortune, 6th meeting/session

Cell meeting: Tuesday, March 22, 2011

CHOIR PRACTICE: 6:15 pm, prior to Sunday Chapter meeting, Mar. 13

LITURGICAL PRESS BENEDICTINE RESOURCES:

- There is a new brochure from St. John’s Abbey which provides their Benedictine books and medals. You can access by going to <http://www.mountosb.org/souljourners.html> or call 1-800-858-5450 to order or receive the brochure.
- 4th Annual Monastic Institute for Benedictine Oblates: July 14-17 at Sophia Center, Mount St. Scholastica, Atchison, KS. Any Oblate is welcome to attend. Norvene Vest will be the speaker and the total cost is \$300. You can make contact at <http://www.mountosb.org/souljourners.html>. For those without internet access, write to Micaela Randolph, OSB, Sophia Center, 751 S. 8th St. Atchison, KS 66002.

OBLATE NOTES: Oblate Scott Taylor of Hastings sends us this humorous observation: If you sit in front of the computer all afternoon praying as you work, passersby will say you're a geek. But if you sit in front of the computer all afternoon praying as you work with a Bible opened to the Psalms, passersby will say you're an oblate! :)

PREPARING FOR LENT! As Benedictines, we have the perfect path to follow for our Lenten preparation as we read Chapter 49 of the Holy Rule, "The Observance of Lent!" Together, let us make this our very best Lent, ever. St. Benedict says, "Few of us has the strength to make life a continuous Lent, so let's at least keep Lent in a manner that is pure and wash away the ways we have been negligent." He goes on to say that we can do this by devoting ourselves to prayer, to reading, to compunction of heart and self-denial. We all have the tools to do this. The most important aspects of our Benedictine Way of Life are Lectio Divina and the Liturgy of the Hours.

We just completed the chapter on Lectio Divina. There have been so many favorable comments about this chapter. Let us see how we can incorporate this into our days of Lent. Can we find that time during the day to assure ourselves that we will do this? The next two chapters for our study are on Silence and Prayer. These chapters are again excellent for each of us. It says we actively need silence. Silence comes when we do Lectio and it comes when we say the Liturgy of the Hours.

Many of you are already saying at least some parts of Morning Prayer and Evening Prayer. Maybe this Lent will be the time to take another step in joining the rest of our Benedictine family in saying the Hours. Benedict adds that we must have compunction of heart and self-denial. Another tool we have is our Rule of Life. Let us take it out, dust it off and see where we are. This is an excellent self-examination along with our desire for greater union with God.

And so St. Benedict continues: "During these days, therefore, we will add to the usual measure of our service, something by way of private prayer and abstinence...so each of us have something above the assigned measure to offer God of his own will with the joy of the Holy Spirit...and look forward to holy Easter with joy and spiritual longing." I will be joining you in this plan. *Sister Phyllis*

THE ART OF PILGRIMAGE: The Seeker's Guide to Making Travel Sacred By: Phil Cousineau (Book report by Oblate Nancy Ludden)

What is a pilgrimage? We generally think of a pilgrimage as travel to a place like a monastery, Mecca, Israel, a famous cathedral or a mountaintop. Although the author writes about international travel, he believes any journey can be a pilgrimage. If we are intentional, we can transform even the most ordinary trip into a sacred journey.

Cousineau defines the phases of pilgrimage as: The Longing, The Call, The Departure, The Pilgrim's Way, The Labyrinth, The Arrival and Bringing Back the Boon.

He offers contemplative exercises along the way. In the Departure phase he asks the traveler to imagine the moment of departure as a crossing of a threshold. "As you plan your leave taking, consider what you might offer at the shrines you plan to visit. Ask yourself what your gratitude will be BEFORE you leave. Keep one pocket in your satchel just for these." As we approach the Arrival phase, he suggests we imagine what the equivalent of a gracious arrival would be. Will I let my joy show? Will I take a moment to ponder how I am no longer a stranger to this place? In this sacred place do I see eternity shine through, like sunlight through a rose window? Cousineau suggests bringing back an aspect of the journey for a home altar—to keep the memories alive.

This book is filled with guidance for the seeker who approaches travel as a pilgrimage.

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