



# Benedictine Oblates of Nebraska

January 2004

## OBLATE ASSIGNMENTS

**LINCOLN CHAPTER**, Madonna Rehabilitation Hospital  
Sunday, Jan 11, 2004 7-9 p.m. North Commons  
Monday, Jan 12, 2004, 7-9 p.m. Flanagan Room  
Text: Preferring Christ, Chapters 50-55, pages 128-136

**ASHLAND/GREENWOOD CHAPTER**, Ashland, CCD Center  
Thursday, January 8, 2004, 7-9 p.m.  
Preferring Christ, Chapters 65-66, & Interlude IX, pgs. 158-163  
Thursday, January 22, 2004, 7-9 p.m.  
Preferring Christ, Chapters 67-73, pgs. 164-171

**HASTINGS CHAPTER**, St. Michael's Church, Family Room  
Saturday, January 10, 2004, 9:30 a.m. - 11:30 a.m.  
Preferring Christ, Chapter 3 & Chapter 4, pages 26-35

**STEINAUER CHAPTER**, Banquet Hall, across from St. Anthony's Church  
Monday, January 5, 2004 7-9 p.m.  
Preferring Christ, Chapter 53, p.130 through Chapter 57, p. 138  
Monday, Jan 19, 2004 7-9 p.m.  
Seeking God, Read Chapter 6, review study questions, Leader: Marjorie

**OMAHA CHAPTER**, All Saints Episcopal Church, 9302 Blondo, Omaha,  
Tuesday, January 13, 2004, 7:30-9:30 p.m.  
Because of the cancellation of the meeting (snowstorm) we will continue in the Handbook: Adopting a Personal Rule of Life. Each person will present their Personal Rule of Life.  
Tuesday, January 27, 2004, 7:30-9-30 p.m. Introduce Preferring Christ, explaining use of text. Read Foreword, Introduction and Prologue pages, 5 through 8.

## HAPPY NEW YEAR 2004 SUCCESSFUL NEW YEAR'S RESOLUTIONS!

This is a topic that gets considerable attention each year but so many times our resolutions do not work. As we flip the calendar into 2004, we review the past year but we also look forward to the next 12 months. Reflecting on our spiritual goals and our desire to have a greater awareness of God in our lives, we ask ourselves how we might be truly in earnest about our priorities. Research and study have found ways to help us "have a fighting chance" for success.

Within the last several years, a University of Washington survey revealed that 63% of the people questioned were still keeping their "number one" New Year's resolution after two months. The keys to making a successful resolution are a person's confidence that he or she can make the behavior change and the commitment to making the change. Resolutions are a process, not a one-time effort that offers people a chance to create new habits. Even if people are successful, they need to follow-up on their efforts over the years.

"Willing Works, Psycho Spiritual Transformation" says there are four secrets to successful resolutions: 1) Know the sequence by which change happens; 2) Be impeccably honest with yourself about where you are in the change you want to make; 3) Select your "change commitment" on where you ARE, not where you WANT to be; 4) Address the blocks which may arise as you enact your "change commitment plan."

Change occurs in a predictable sequence, which includes the following:

1. **GLEAMS**: Wanting to want. Wanting the end (the goal) but not the means (what you have to do to achieve the goal). Accept what changes you are presently ready to commit to. Commit to identifying the blocks that may prevent the change.
2. **COMMITMENT**: Wanting. It is embracing the goal, becoming willing, ready and motivated.
3. **PREPARATION**: Priorities realignment or also known as changing our habits, priorities or lifestyle to make time and energy to follow through on our commitment.
4. **TRAINING**: This is where the change process moves into full swing. The commitment shows through the extent to which one is consistent in following the "regimen." I am developing a new discipline.
5. **MANIFESTATION**: Repeatedly and consistently applying your training toward the committed goal. Success is starting to happen. Here is where problems may surface. Questions are asked, "Do I want this amount of good?" Many people may feel safe in wanting but not safe in having
6. **ANCHORING**: Here the new pattern becomes rooted, anchored, and resistant to backsliding and graceful and fine-tuned.
7. **TEAMWORK**: A sense of individual mastery leads to wanting to create something with others who have mastery that's larger than can be manifested alone.
8. **MENTORING**: Leadership. Taking others under your wing to coach. For instance, I might say, "I feel so comfortable with my new found pattern and to

doing it with others that I'm now enjoying being in a leadership, teaching position with others."

#### SUGGESTED OBLATE RESOLUTIONS

1. Take time to count your blessings. Write them down and thank God for your many gifts.
2. Review your Rule of Life. Look at one or two of your priorities in light of the above sequence.
3. Complete your 2004 calendar with the monthly meetings and cell meetings.

#### SPIRITUAL OPPORTUNITIES (submitted by Jim Potter, Oblate)

1) Nebraska Wesleyan University is going to have a televised course on "Spiritual Direction: Paying Attention to God." It will be from noon to 1:00 p.m. on consecutive Tuesdays running from January 27 - March 2, 2004. For more information contact Ebb Munden 402-465-2570.

2) Bishop John Shelby Spong will be speaking on "Can a Modern Christian Continue to Believe in the Resurrection of Jesus and Life After Death with Credibility?" The workshop will be held at the First United Methodist Church, 7020 Cass Street, Omaha, NE during March 19 - 21, 2004. For more information call: 402-690-8449.

3) The Nebraska Academy for Spiritual Formation will hold their annual retreat February 8 - 13, 2004 at the Saint Benedict Center in Schuyler, NE. Larry J. Peacock and Jane E. Vennard will lead discussions on "Walking the Sacred Path: Exploring

#### OBLATE NEWS:

- Colleen Baade, Oblate: I'm back in Lincoln as of about two weeks ago. I've returned with picture postcards and marzipan candy made by Dominican & Cistercian nuns to bring to our next meeting. Hope your holidays are happy. Blessings! (I have also invited her to present at our January meeting. SP)
- Mary Anna Fertig, Oblate: Just wanted to thank you all for your prayers and wish you a very Merry Mary Christmas. My mother is doing better and John's mother had a rough time with her open heart surgery, but finally is getting better. I pray for a healthy New Year, for us and all of you. God bless you and again, thanks for your prayers.
- Richard Gerritson, Oblate: Please pray for him who has had a lengthy hospitalization recently.
- Sister Phyllis: Thank you for your many notes and acts of kindness over Christmas. May you all receive an abundance of blessings in 2004!

**For behold, the kingdom of God is within you. -Luke 17:21**

#### JANUARY FEASTDAYS:

Jan 1	Solemnity of the Virgin Mary, Mother of God. From the earliest times, Mary has been honored under the title of Mother of God. It is the oldest of Marian celebrations - from the Council of Ephesus in 431. The liturgy evokes the role of Mary in the accomplishment of salvation.
Jan 2	Epiphany - the Manifestation of the Magi: This is the third major celebration of Christmastime. The mystery of the Epiphany - the showing forth - of the glory of God is both a present reality and an object of hope.
Jan 9	Baptism of the Lord: On this day, the Lord Jesus came to the banks of the Jordan and was henceforth elevated into the glory of the Father.
Jan 17	St. Anthony, Abbot & Father of monasticism, born about 250 in Egypt who lived first as a hermit but accepted the call to help prisoners, the victims of the Diocletian persecution. He promoted monasticism who had gathered about himself, in the desert, men and women who joined to live for Christ in community.
Jan 28	St. Thomas Aquinas, Doctor of Church was born in 1225 in the castle of Aquino (not far from Monte Cassino). As a youngster he studied at the Benedictine Abbey, then at Naples. He joined, against his family's will, the Dominican Order, as they wanted him to be abbot of Monte Cassino - for prestige and economic reasons! He was the brilliant student of St. Albert the Great in Paris and Cologne and wrote the Summa Theologica.

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