



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 + November 2015

A Word from St. Benedict's Rule

THE ELECTION OF AN ABBOT

“Truly, we are forbidden to do our own will, for Scripture tells us: *Turn away from your desires* (Sirach 18:30). And in the Prayer too we ask God that his *will be done* in us (Matthew 6:10). We are rightly taught not to do our own will, since we dread what Scripture says; *There are ways which men call right that in the end plunge into the depths of hell* (Proverbs 16:25). Moreover, we fear what is said of those who ignore this: *They are corrupt and have become depraved in their desires* (Psalm 13[14]:1).”

Source: *The Rule of Benedict*, RB 7:19–22

OBLATION CEREMONY

This year's Oblation Ceremony will be held on Sunday, November 8, 2015, at 2:00 p.m. Let us join those who have heard God's call to share in the Benedictine way of life by making their final oblations and welcome individuals making their initial oblations.

The Oblation Ceremony will be held in the James E. Ryan Chapel at Madonna Rehabilitation Hospital in Lincoln. We will celebrate Vespers, First Oblation for new members, Final Oblation for novice oblates, and Renewal of Oblation for current members. A reception will follow in the North Commons. Friends and family are invited to attend.

Sr. Phyllis Hunhoff, Sr. Penny Bingham, Sr. Mary Jo Polak, and Sr. Patricia Heirigs will be coming from Sacred Heart Monastery for the ceremony.

If you are making your initial or final oblation and are unable to attend the oblation ceremony, please let one of the deans know. We'll arrange a ceremony either after a chapter meeting or individually, as needed.

If you an enquirer making your initial oblation or a novice making your final oblation, please come to the chapel at 12:45 p.m. on November 8 to practice for the ceremony.

To those joining us as novices this year, and those making their final oblation as oblates of Sacred Heart Monastery, we say, “Welcome!” As the Prologue from the Rule of Benedict tells us: *First of all, every time you begin a good work, you must pray to him most earnestly to bring it to perfection* (RB Prol. v. 4). Benedict reminds us that

FOR OBLATES RECEIVING NEWSLETTERS BY U.S. MAIL

We are currently sending printed newsletters each month to forty oblates. If you are receiving a paper newsletter because you originally didn't have e-mail service, but have acquired an e-mail address, we encourage you to switch to receiving the newsletter via e-mail. You will receive it more quickly and save the chapter on mailing costs. In addition, you will have access to information and updates that are only sent via e-mail. If you would like to switch to e-mail delivery of the newsletter, please send your email address to Carol Barry, Lincoln Dean. If you don't have access to e-mail, you will still receive a paper copy through the mail. Newsletters, including archived copies, may also be viewed on our Web site under the “News” tab.

E-mail: majorcarolb@yahoo.com

Web site: www.nebraskabenedictineoblates.org/news/.

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> , majorcarolb@yahoo.com	<i>Madonna Rehabilitation Hospital</i>
	<i>Steve Blum</i> , steve.blum@nebraskabenedictineoblates.org	<i>Sheridan Room</i>
Lincoln	<i>Carol Olson</i> , carol.olson@nebraskabenedictineoblates.org	5401 South St.
	<i>Jim Rea</i> , jim.rea@nebraskabenedictineoblates.org	Lincoln
	<i>Mary Schroer</i> , mary.schroer@nebraskabenedictineoblates.org	
Omaha	<i>Rod Dolton</i> , rod.dolton@nebraskabenedictineoblates.org	<i>New Cassel Retirement Ctr. Lecture Hall, Omaha</i>
Steinauer	<i>Marcia Borchner</i> , marcia.borchner@nebraskabenedictineoblates.org	<i>Banquet Room, Convent House B&B, Steinauer</i>

we are all beginners (RB 73). We look forward to joining with you in community as we advance in our spiritual journey, using the Rule of Benedict as our guide.

Sacred Heart Monastery News

MONASTERY HELD OBLATES' RETREAT

Sr. Mary Jo Polak of Sacred Heart Monastery presented a retreat on *Visio Divina* on October 2–4, 2015. Oblates from Nebraska and South Dakota learned to enhance the experience of *Lectio* through Scripture and illustrations from the St. John's Bible.



Sr. Patricia Heirigs, Sr. Phyllis Hunhoff, Sr. Mary Jo Polak, Lead Dean Carol Olson.



Sharon Connor, Juliene Bryan, Sr. Patricia Heirigs, Phil Kelley, Matt Gibilisco, Shirley Cruickshank, Carol Barry, Carol Olson, Mark Nesladek, and Sr. Mary Jo Polak attended Sacred Heart Monastery's Oblate Retreat October 2–4, 2015. In the center is a cutout of Bishop Martin Marty, the first bishop of Dakota Territory. Bishop Marty invited the Benedictine Sisters to come to South Dakota in the late 1800s.

ROOTS AND GROWTH OF SACRED HEART MONASTERY

The Yankton Benedictines trace our roots to St. Benedict, who founded the Benedictine way of life at Monte Cassino, Italy in the fifth century. The Rule of Saint Benedict has at its core the life of the community with a balance of work and prayer.

From there, Benedictines spread throughout the world, including Switzerland and the community of Maria Rickenbach. In 1874, five sisters from Maria Rickenbach came to Maryville, Missouri. Out of this mission grew the beginning of Sacred Heart Monastery in 1880. Bishop Martin Marty OSB, the Vicar Apostolic of Dakota Territory, soon visited the young community and asked the sisters to assist him in ministering to the Native American people at Fort Yates on the Standing Rock Reservation in present-day North and South Dakota.

Because of the distance from Missouri to Fort Yates, the sisters moved the motherhouse to Zell, South Dakota, and in 1889 relocated to the bluffs of the Missouri River in Yankton where we purchased an empty school building adjacent to Bishop Marty's residence.



The sisters of Sacred Heart Monastery gather with guests.

Here in Yankton there currently are ninety-eight members who live a community life according to the Rule of St. Benedict. The Benedictine Sisters of Yankton serve the people of the area in a variety of ministries including education, health care, parish ministry, social services, retreats, and a variety of volunteer

activities. We sponsor Mount Marty College in Yankton, and together with the Presentation Sisters of Aberdeen, South Dakota, sponsor Avera Health, a multi-state health care system.

Source: <http://yanktonbenedictines.org/who-we-are/our-history/>

More info: <http://yanktonbenedictines.org/>.

Worship

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.

Two of the Lincoln cell groups 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—November 14 and 28**. Please consider adding this prayer office to your spiritual life.

Two cell groups hold their gatherings on the fourth Sunday of the month—**November 22—at 7:00 p.m.** in the Ryan Memorial Chapel by praying **Evening Prayer** together. Everyone is invited to share this time for praying the Divine Office.

INSTRUCTIONS FOR SHORTER CHRISTIAN PRAYER

We continue in Ordinary time until the first Sunday of Advent, November 29. Sunday, November 1, finds us in Week III of the Psalter. Evening Prayer I, Saturday night, is found on p. 187. The antiphon for Canticle of Mary and concluding prayer is found on p. 536. Continue through the Psalter until the first Sunday of Advent, November 29, when we'll switch to Week IV.

INTRODUCTION TO THE DIVINE OFFICE

A special session will be held on Saturday, November 7, 2015, 9:30–11:30 a.m. in the Platte Room at Madonna Rehabilitation Hospital. Lincoln Oblate Marcia Straatmeyer will demonstrate how to use *Shorter Christian Prayer*, our chapter's book for the Divine Office.

Please plan to come to this session if you are unfamiliar with how to use *Shorter Christian Prayer*. Have you been using *Shorter Christian Prayer*, but still sometimes feel unsure if you are

using it effectively? This is an opportunity to get a refresher course.

MONASTERY AND CHAPTER GATHER PETITIONS

If you would like to send your prayer requests to the monastery, please use Sacred Heart Monastery's prayer request 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/.

WORSHIP COMMITTEE MEMBER NEEDED—LINCOLN CHAPTER

The Liturgical Committee is in need of a new member. This committee, headed by Marti Fritzen, chooses Scripture passages, hymns, antiphons, and readings from the Rule of Benedict for use during Vespers at the Lincoln Chapter's monthly gathering. We meet through e-mail—no travel required for meetings! Current members are Marti Fritzen, David Frye, and Carol Barry. If you are interested in joining the worship planning committee, please contact Marti Fritzen or any of the deans.

Chapter Gatherings

HASTINGS

The general meeting will be Saturday, November 14, 2015, 9:30–11:30 a.m., in the Family Room at St. Michael's Church.

The topic is *Lectio Divina*.

- *Facilitator*: Kathy Schroder
- *Reflection*: Tana Skarniak
- *Prayer Leader*: Jeanette Nordhues.

LINCOLN, OMAHA, AND STEINAUER

These chapters have no general gatherings or readings for November, as the gathering for the Oblation ceremony takes their place.

LINCOLN CHAPTER RIDE-SHARING

Do you need a ride in order to get to the Lincoln Chapter gatherings? Are you able to give someone a ride? We'd like to match you up! Contact Carol Olson, Lead Dean, 402.486.0864, if you would like to be put on a list for ride sharing.

Consider Joining a Cell

Have you considered joining a cell group? The Hastings and Lincoln Chapters offer cell groups, small groups of oblates that meet monthly for study and fellowship. These gatherings are in addition to the monthly chapter gatherings. The small group format enables us to support one another in our spiritual journey as Benedictine Oblates. The Nebraska Cell groups are currently studying *Discernment Matters* by Sr. Mary Margaret Funk.

Please see the listings of cell groups below. The Hastings Chapter has cell groups in both Hastings and Grand Island. The Lincoln Chapter offers various cell groups, meeting at different times and days.

Cell groups are reserved for those who 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.

Cell Groups

READING FROM DISCERNMENT MATTERS

All of the cell groups across Nebraska—except Lincoln's Subiaco Cell—share the same plan of scheduled readings for reflection from September through May.

Discernment Matters: Listening with the Ear of the Heart, Sr. Mary Margaret Funk

- **November:** Chapter 2, cont.—“The Jesus Prayer/Prayer of the Heart”: pp. 118–125.
- **December:** Chapter 2, cont.—“Breakpoints When the Ascetical Practice Becomes Prayer and Cautions at This Stage in the Practice”: pp. 125–132.

Full Schedule: www.nebraskabenedictineoblates.org/cells/

GRAND ISLAND CELL GROUP

Brother Lawrence Cell

This cell meets Monday, November 23, 2015, 4:30–5:30 p.m. at the First Christian Church, 2400 W 14th St., Grand Island.

HASTINGS CELL GROUP

St. Scholastica Cell

This cell meets Saturday, November 21, 2015, 9:30–10:30 a.m. in the Library at St. Michael's Church. This gathering is one week early, due to Thanksgiving.

LINCOLN CELL GROUPS

Beginners' Cell

- Leader: Marti Fritzen
 - Meetings: Monthly on the fourth Sunday at 7:00 p.m., beginning with Vespers in the Ryan Memorial Chapel at Madonna Rehabilitation Hospital. The group then moves to the Platte Room for its discussion.
 - This month: November 22, 2015.
- The Rule of Benedict (RB 73:8) says that the rule is for beginners; we are all beginners and all are welcome to this cell.

Hildegard von Bingen Cell

- Leader: David Frye
- Meetings: Every other Saturday beginning at 8:00 a.m. with Morning Prayer in the chapel at Madonna Rehabilitation Hospital.
- This Month: November 14 and 28, 2015.
- November 14: ***Discernment Matters***
Morning Prayer: Steve Blum, leader
Group *Lectio Divina*: Luke 18:35–43, “... have mercy on me ...,” Carol Brewer, leader.
Discussion: *Discernment Matters*, Marianne Guenther, leader.
- November 28: **“Stop Googling. Let's Talk.”**
Morning Prayer: Member of the Subiaco Cell Group
Lectio Divina: John 20:24–29, “Jesus came and said, ‘Peace be with you,’” leader to be named.
Discussion: “Stop Googling. Let's Talk,” column by Sherry Turkle, David Frye, leader.

Pax Christi Cell

- Leader: Lorene Ludy
- Meetings: The fourth Monday from 7:00 to 8:30 p.m. at Mary Lu Long's house, 1615 Brent Blvd., Lincoln.
- This month: November 23, 2015.

Preferring Christ Cell

- Leaders: Paul Blotkamp and Charlotte Liggett
- Meetings: The fourth Sunday of every month at Madonna, 7:00 p.m.
- This month: November 22, 2015.

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: November 14 and 28, 2015.

Reflection

FROM LITURGICAL PRELUDES

by Archbishop Luis M. Martínez

Perfect joy is deep. It is not like earthly delight, which intoxicates the senses and scarcely reaches the soul, nor like that spiritual exultation which merely agitates its surface; no, joy follows from love and perfect love finds God in the depths of the spirit.

Perfect happiness is the joy of Jesus, that joy of which he spoke to the disciples at the Last Supper: "These things I have spoken to you that my joy may be in you, and that your joy may be made full." He had spoken to them of love and of suffering; and had disclosed to them the mysteries of union with him in order that his own deep joy might fill the hearts of his disciples Perfect love brings with it the joy of Jesus because it transforms into him; for now who loves with that most pure love is mystically Jesus and consequently has in the heart both the sorrows and profound joy of Jesus.

On that same blessed night, Jesus promised to us: "Ask and you shall receive, that your joy may be full. But now I am coming to you, and these things I speak in the world, in order that they may have my joy made full in themselves."

Retreats

SACRED HEART MONASTERY HOLIDAY FAIR

- Saturday, October 24, 2015—9:30 a.m.—2:30 p.m.
- Sacred Heart Monastery, Yankton, South Dakota

For months, the sisters have been preparing for the annual holiday fair.

Breads, jams, jellies, handmade items, plants, books, etc. will be on sale that day. All proceeds from the baked and canned goods go to the International Sisters Education Fund.

Details: yanktonbenedictines.org.

THE GREAT-GRANDMOTHERS OF JESUS

- Sophia Spirituality Center, Atchison, Kansas

- Saturday, November 5, 2015, 9:30 a.m.–3:30 p.m.
- Presenter: Sr. Irene Nowell, OSB.

Matthew lists four women in the genealogy of Jesus (chapter 1). What do we know about these women? Who are the other women in his ancestry? What can these women tell us as we begin another Advent season?

Details and Registration: www.sophiaspiritualitycenter.org.

MINISTERING TO BODY, MIND, AND SPIRIT

- Sophia Spirituality Center, Atchison, Kansas
- Saturday, November 14, 2015, 9:00 a.m.–12:30 p.m.
- Presenter: Sr. Linda Zahner, OSB.

This workshop is for everyone interested in learning how to use the brilliance and wisdom of the body's energies for wellness and wholeness. Come and learn how to unlock the secrets of this medicine that is essential for health, vitality, and well-being. When your energies are vibrant, so are you, in body, mind, and spirit.

Details and Registration: www.sophiaspiritualitycenter.org.

CHANTING AS PRAYER

- St. Benedict Center, Christ the King Priory, Schuyler, Nebraska
- Friday, November 6, 2015, 7:30 p.m. through Sunday, November 8, 1:0 p.m.
- Presenter: Fr. Mauritius, OSB, PhD

St. Augustine says: "Singing belongs to the one who loves" and, "He who sings prays twice." Chanting is the daily exercise of the Benedictine monks. St. Benedict reminds us that we stand "in the presence of the angels" when we sing. This retreat is for all who love to sing (not necessarily for those who feel they are perfect in singing). How can we enhance our prayer by making full use of our voice? How can we express ourselves by singing, so that "our minds are in harmony with our voices," as St. Benedict puts it? We want to make psalmody, Gregorian chant, and other Church music vehicles for our journey to God.

CHRISTMAS CRAFT SHOW

- St. Benedict Center, Christ the King Priory, Schuyler, Nebraska
- November 29–December 13, 2015

- Monday–Friday, 2:00–6:30 p.m.
- Saturday–Sunday, 10:00 a.m.–7:00 p.m.
- Free admission.

A great variety of crafts and gifts made by area artists will be on sale. The Book and Gift Store will be open throughout the week: Monday–Friday, 10:00 a.m.–4:00 p.m.; Saturday, 9:30–10:45 a.m., 1:00–4:00 p.m.; and Sunday, 1:00–3:00 p.m. View a unique display of nativity scenes from around the world.

Everyone is invited to make a pilgrimage to St. Benedict Center at the beginning of the Year of the Family, to view very beautiful nativity scenes from the Holy Land, from Africa, Asia, South and North America and Europe and to pray for our families.

Details: www.stbenedictcenter.com.

PODCAST: THE RULE OF BENEDICT

Fr. Mauritius Wilde, OSB, Prior of Christ the King Priory in Schuyler Nebraska, presents a podcast on the *Rule of Benedict*. With host Kris McGregor, Fr. Mauritius provides commentary on various verses from chapters of the Rule.

Web: www.discerninghearts.com.

A GLIMPSE OF THE MONASTERY LIFE



Sunrise at Sacred Heart Monastery.