



# 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 + April 2016

## A Word from St. Benedict's Rule

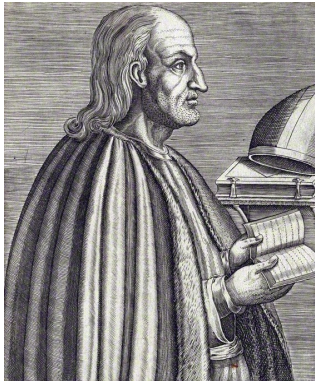
### CULTIVATING SILENCE

"Monks should diligently cultivate silence at all times, but especially at night. Accordingly, this will always be the arrangement whether for fast days or for ordinary days. When there are two meals, all the months will sit the together immediately after rising from supper. Someone would read from the *Conferences* or the *Lives* of the Fathers or at any rate something else that will benefit the hearers, but not the *Heptateuch* or the *Book of Kings*, because it will not be good for those of weak understanding to hear these writings at that hour; they should be read at other times.

Source: The Rule of Benedict, RB 42:1-4

## A Word from the Wise

### HAVE YOU FOUND WHAT YOU SOUGHT, MY SOUL?"



St. Anselm of Canterbury

*Let me know you, let me love you! And you shall be my joy!*

Have you found what you sought, my soul? You sought God, and you found God to be the highest of all things, that than which nothing better could be conceived; you found God to be Life itself and Light, Wisdom and Good, eternal

Blessedness and blessed Eternity; you found God to be everywhere and always.

Lord, my God, who made and remade me, tell my soul what more you are than it already knows. For now, it sees only darkness beyond what it grasps, or rather it sees that it can see no more, for

it itself is darkened. Truly, Lord, you dwell in unapproachable light. I cannot see that light for it blinds me. Yet whatever I see, I see in its light, as the weak eye of the body sees all in the light of the sun but cannot gaze upon the sun itself.

O supreme and unapproachable Light! O blessed Truth, how far are you from me who am so close to you! How distant I am from sight of you, though I am present to your gaze! You are everywhere present, but I see you not. In you I move and am, yet I cannot come to you. You are within me and about me, yet I do not feel your presence.

Let me know you, Lord, and let me love you! And you shall be my joy! If I cannot know you fully here, let me go forward daily until the full light dawns. Let my joy be great in expectation until the day when it is wholly mine.

Lord you bid us through your Son to ask of you, and you promise to answer our prayers so that our joy may be full. Meanwhile, let my mind consider and my tongue speak; let my heart love and my mouth proclaim you. Let my soul hunger and my flesh thirst, and my whole being be pierced with desire, until I enter the joy of my Lord.

From the *Proslogion* by St. Anselm of Canterbury

## Sacred Heart Monastery News

### SPIRITUAL FORMATION PROGRAM

We are happy to announce that the application process for the 2016-2018 Spiritual Direction Ministry Formation Program is beginning soon. If you are discerning a call to companioning others in their spiritual journeys, please send a note of inquiry to me at the address below. Also, if you know of someone who might benefit from this program, please forward the information to them. Thank you!

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

In peace,  
Sr. Jeanne Ranek, OSB  
Benedictine Peace Center  
1005 W 8th St.  
Yankton SD 57078  
605.668.6292  
jeanneranek@mtmc.edu

#### FROM THE MONASTERY'S SOCIAL MEDIA



We invite you to pray with the beauty of creation! Thank you to Paul Harens for this South Dakota sunrise.

Facebook: [www.facebook.com/shmvocation/](http://www.facebook.com/shmvocation/).

#### 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 three Saturdays—April 2, 16, and 30**. Please consider adding this prayer office to your spiritual life.

Oblates also will gather on the fourth Sunday of this month—**April 24—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.

#### 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](http://www.yanktonbenedictines.org/PrayerRequest.php).

You may also send petitions to Marcia Straatmeyer at [mstraat@neb.rr.com](mailto:mstraat@neb.rr.com) or by using the Prayer Request option on the chapter's Web site.

#### On the Web:

[www.nebraskabenedictineoblates.org/contact/](http://www.nebraskabenedictineoblates.org/contact/).

#### SHORTER CHRISTIAN PRAYER INSTRUCTIONS

Prayers for Easter Sunday, March 27, 2016, begin on p. 457. On Easter Sunday we start Week I of the prayer book. Throughout the Easter Season, we turn at the Reading to pp. 464–486. Note that during the Easter Season there are special Easter antiphons (in red). We will be praying the Easter Readings until Pentecost, May 15, 2016.

#### Chapter Gatherings

##### HASTINGS

The Chapter Gathering will be Saturday, April 9, 2016, 9:30–11:30 a.m., in the Family Room at St. Michael's Church.

The discussion turns to Norvene Vest's *Preferring Christ*, Chapters 36–42.

- *Facilitator*: Jeanette Nordhues
- *Reflection*: Greg Burke
- *Prayer Leader*: Sharon Connor.

##### LINCOLN

The Chapter Gathering will be held on Sunday, April 10, 2016, in the Sheridan Room at Madonna Rehabilitation Hospital at 7:00 p.m. The chapter will reflect on and discuss Chapters 36–42, from *Preferring Christ* by Norvene Vest.

Following the discussions, everyone will gather in the Ryan Memorial Chapel for Evening Prayer.

#### 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 or [carol.olson@nebraskabenedictineoblates.org](mailto:carol.olson@nebraskabenedictineoblates.org), if you would like to be put on a list for ride sharing.

##### STEINAUER

The Chapter Gathering will be held on Monday, April 26, 2016, from 7:00–9:00 p.m., in the Banquet Room at Covenant House across from St. Anthony's

Church. The chapter's reading Chapters 36–42, from *Preferring Christ* by Norvene Vest.

### 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 small group meetings are considered supplemental 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. One cell group meets in Omaha.

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 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

- **April:** Chapter 5—"Where and to Whom Can We Go for Discernment?": pp. 170–190.

Full Schedule: [www.nebraskabenedictineoblates.org/cells/](http://www.nebraskabenedictineoblates.org/cells/)

#### GRAND ISLAND CELL GROUP

##### Brother Lawrence Cell

This cell meets Monday, April 25, 2016, 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, April 23, 2016, 9:30–10:30 a.m. in the Library at St. Michael's Church.

#### 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: April 24, 2016

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: April 2, 16, and 30, 2016
- April 2: ***Discernment Matters***  
Morning Prayer: leader TBD  
Group *Lectio Divina*: RB Prol. 22–28  
Discussion: *Discernment Matters*.
- April 16: **"Benedictine Monasticism and Mysticism" I**  
Group *Lectio Divina*: *Rule of Benedict*, 19:1–7.  
Discussion: "Benedictine Monasticism and Mysticism," by Columba Stewart, OSB, pp. 1–10, David Frye, leader.
- April 30: **"Benedictine Monasticism and Mysticism" II**  
Morning Prayer: leader TBD  
Group *Lectio Divina*: *Rule of Benedict*, 20:1–5.  
Discussion: "Benedictine Monasticism and Mysticism," by Columba Stewart, OSB, pp. 11–20, leader TBD.
- May 14: **"Benedictine Monasticism and Mysticism" III**  
Group *Lectio Divina*: *Rule of Benedict*, 42:1–4.  
Discussion: "Benedictine Monasticism and Mysticism," by Columba Stewart, OSB, pp. 21–30, leader TBD.
- May 28: ***Discernment Matters***  
Morning Prayer: leader TBD  
Group *Lectio Divina*: The Prayer of St. Patrick, *Discernment Matters*, p. 207.  
Discussion: *Discernment Matters* Ch. 5, "Imitating Those Who Went Before Us", pp. 191–212, leader TBD.

Beginning in June, we will turn our attention to the epistle of James.

### ***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: April 25, 2016.

### **Preferring Christ Cell**

- Leader: Charlotte Liggett
- Meetings: The fourth Sunday of every month at Madonna, 7:00 p.m.
- This month: April 24, 2016.

### **Omaha Cell Group**

- Leader: Phil Kelley
- Meetings: Fourth Tuesday of each month 7:00–9:00 p.m. at the New Cassel Retirement Center.
- This month: April 26, 2016.

### **Retreats: Sacred Heart Monastery**

#### ***SPRING OBLATES' RETREAT: WAYS OF PRAYING***

- Sacred Heart Monastery, Yankton, S.D.
- Begins 5:15 p.m., Friday, April 22, 2016
- Ends noon, Sunday, April 24, 2016.
- Cost: \$120.
- Register by April 16, 2016.
- *See the full-page flyer at the end of this newsletter for more details.*

Presenters are Benedictine Sisters of Sacred Heart Monastery: S. Marietta Kervliet on "Praying with the Psalms"; S. Cynthia Binder on "Spirituality and Art"; S. Corinne Lemmer on "Praying with the Body"; and S. Doris Oberembt on "Prayer—Being with God".

#### **Reservations and questions:**

**benedictinepeacectr@mtmc.edu, 605.668.6103, or 605.668.6000. Scholarships are available.**

### **Retreats: Sophia Spirituality Center**

#### ***EXPLORING GOD'S MERCY WITH MYSTICS AND POETS: FAUSTINA, GERTRUDE, HOPKINS, POWERS***

- Sophia Spirituality Center, Atchison, Kansas
- Thursday, April 7, 2016, 9:00 a.m. to 3:30 p.m.
- Presenters: Srs. Sheila Carroll and Gabrielle Kocour, OSB
- Fee: \$55 with \$10 deposit.
- Registration **Deadline: April 1, 2016.**

Pope Francis said, "God never tires of us; we tire in seeking God's mercy." In addition to selections from our mystics and poets, this retreat will include talks, contemplative dialogue, prayer, guided meditation, and a DVD. We will have silence but also shared conversation.

**Details and Registration: [www.sophiaspiritualitycenter.org](http://www.sophiaspiritualitycenter.org).**

#### ***HILDEGARDE OF BINGEN***

- Sophia Spirituality Center, Atchison, Kansas
- Wednesday, April 13, 2016, 9:00 a.m. to 3:30 p.m.
- Presenter: Sr. Therese Elias, OSB.
- Fee: \$55 with \$10 deposit.
- Registration **Deadline: April 1, 2016.**

Hildegard was a visionary, poet, prophet, musician, healer, and advisor to popes and emperors. The revelations of this twelfth-century Benedictine abbess continue to inspire awe for their significance for her own time and for ours as well. This presentation will focus on her cosmic vision of God's love enfolding and permeating the universe. We will explore her legacy for its relevance to our personal and communal journeys today.

**Details and Registration: [www.sophiaspiritualitycenter.org](http://www.sophiaspiritualitycenter.org).**

#### ***NATURE: THE LIVING ICON OF GOD***

- Sophia Spirituality Center, Atchison, Kansas
- Saturday, April 30, 9:00 a.m. to 4:00 p.m.
- Presenter: Sr. Elizabeth Carillo, OSB, et al.
- Fee: \$55 with \$10 deposit.
- Registration **Deadline: April 1, 2016.**

All of creation is an icon of God. We are not only stewards of creation, but offer it back to God as a priestly people. Explore some of the ways that monastic writers, Christian mystics, and contemporary spiritual leaders have experienced and treasured the sacramentality of the created world.

**Details and Registration: [www.sophiaspiritualitycenter.org](http://www.sophiaspiritualitycenter.org).**

#### ***ADDITIONAL RETREATS AT THE SOPHIA SPIRITUALITY CENTER***

The center's full schedule for 2016 is posted on its Web site.

**Details and Registration: [www.sophiaspiritualitycenter.org](http://www.sophiaspiritualitycenter.org).**



### Retreats: St. Benedict Center

#### THE WORD IN THE DESERT

- St. Benedict Center, Christ the King Priory, Schuyler, Nebraska
- Friday, June 3, 2016, 7:30 p.m. to Saturday, June 4, 2016, 4:00 p.m.
- Presenter: Kathleen Norris, OblSB.
- See Web site for commuter and resident fees.
- Early-bird Registration through April 29.
- Friday or Saturday attendance only is possible.

The early Christian monks in the Egyptian desert spoke words of great wisdom to those who sought their assistance.

In our desert experiences, we can benefit from their insights today. Kathleen Norris has drawn deeply from this wisdom in her personal life, in her marriage, and in her relationship with God. Thus, her presentations will be at once intimate and historical, rich in poetry and meditations, brimming with exasperation and reverence, deeply grounded in both nature and spirit, sometimes funny, often provocative, and always important.

Details: [www.stbenedictcenter.com](http://www.stbenedictcenter.com).

Kathleen Norris:

[www.barclayagency.com/site/speaker/kathleen-norris](http://www.barclayagency.com/site/speaker/kathleen-norris).

#### 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](http://www.discerninghearts.com).

### Retreats: Knowles Mercy Spirituality Center

#### WATERLOO, NEBRASKA, CENTER OFFERS RETREATS

The Sisters of Mercy offer a variety of day and overnight retreats on diverse topics at this retreat center. A sampling of offerings includes the following retreats:

- *Corporal and Spiritual Works of Mercy: A day of prayer and reflection:* Thursday, April 26, 9:00 a.m. to 3:00 p.m., \$40, including continental breakfast and lunch.
- *Living Mindfully Retreat Day:* Wednesday, May 25, 9:00 a.m. to 3 p.m., \$40, including continental breakfast and lunch.

Full Schedule and Registration: [www.kmscenter.org](http://www.kmscenter.org).

### Nebraska Chapter Retreat: "Keep This Little Rule"— Shaping a Personal Rule for the Oblate Life

#### OBLATES GATHER FOR PRAYER AND CONTEMPLATION OF THE PATHS OF THEIR LIVES AS OBLATES

Sixteen oblates from the Nebraska Chapter gathered at Serenity Acres, Bennet, Nebraska, on Saturday, March 12, for Midday Prayer, fellowship, several hours of discussion and reflection on the spiritual discipline of crafting and keeping personal rules for the oblate life, and for Evening Prayer. Oblates Mary Schroer and David Frye shared both their experiences in meeting periodically to encourage one another in this task and several resources available for inspiring the questions that lead to reflection and the creation of personal rules. Some reactions to the day follow.



Twelve of the sixteen oblates who gathered for the retreat.

"It's an eye-opening experience. Starting with outlines made it simple for me to write my personal rule for living. The handouts were very useful and inspiring."

—Amaechi Izeogu

"I found this time very helpful in reflecting on what God is asking of me and how I can respond in sharing a personal rule for my oblate life."

Bill Abbott

"Thank you for the time to privately, in the midst of others, to review my Rule of Life in a quiet, beautiful, and supportive setting. The Holy Spirit will surely guide all who attended this retreat!"

—Carol Olson

"A beautiful way to spend a day in prayer and meditation. This retreat helped me begin an in-depth development of my own personal rule."

—Anonymous

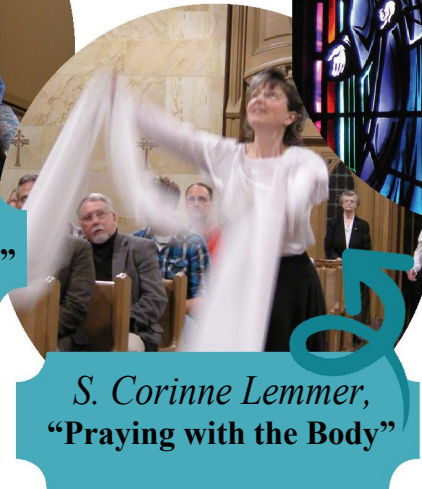
# – *Spring Oblate Retreat* –

## *“Ways of Praying”*

Presenters are:



*S. Marietta Kervliet*  
“Praying with the Psalms”



*S. Corinne Lemmer,*  
“Praying with the Body”



*S. Cynthia Binder,*  
“Spirituality and Art”



*S. Doris Oberembt*  
“Prayer – Being With God”

**Starting Friday, April 22 at 5:15 p.m. —  
Sunday, April 24, 2016 at noon**

---

The retreat is available to both women and men

**| The retreat is \$120 | Scholarships are available. |**

**Please Register by April 16, 2016**

---

**To Register: Contact S. Patricia Heirigs by visiting our website at**

**<http://yanktonbenedictines.org/oblate> or**

**(605) 668-6103 or (605) 668-6000**



***Yankton Benedictines***  
SACRED HEART MONASTERY

Yankton, South Dakota