



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 + **June 2016**

A Word from St. Benedict's Rule

AS BEST YOU CAN

"Brothers who work so far away that they cannot return to the oratory at the proper time—and the abbot determines that is the case—are to perform the Work of God where they are, and kneel out of reverence for God. So too, those who have been sent on a journey are not to omit the prescribed hours but to observe them as best they can, not neglecting their measure of service."

Source: *The Rule of Benedict*, RB 50:1–4

A Word from the Wise

FREEDOM FROM THINGS

"What an immense struggle it is to break the fetter binding us so strongly to material things, to stop worshipping these things, and to acquire instead a state of holiness. Indeed, unless our soul is truly noble and courageous it cannot embark on such a task. For our goal is not merely the purification of the passions: this by itself is not real virtue, but preparation for virtue. To purification from vicious habits must be added the acquisition of the virtues."

"With respect to its intelligent aspect, to purify the soul is to eradicate and completely expunge from it all degrading and distorted features, all 'worldly cares,' as the Divine Liturgy puts it, all turbulence, evil tendencies and senseless prepossessions. With respect to its desiring aspect, it is to purge away every impulsion towards what is material, to cease from viewing things according to the senses, and to be obedient to the intelligence. And with respect to the soul's incensive power, purification consists in never being perturbed by anything that happens."

From *The Philokalia*. "Theoretikon" by St. Theodoros the Great Ascetic.

MARK YOUR CALENDARS: ANNUAL POTLUCK DINNER

On Sunday, June 12, 2016, all oblates of the Nebraska Chapters are invited to celebrate the end of another year of oblate gatherings. We will meet at 4:30 p.m. at Madonna in Lincoln. We will begin the celebration in the Sheridan Room with food and fellowship. Paper products and drinks will be provided. Please bring a salad, vegetable, dessert, or main dish to share. Family members are welcome! Sr. Patricia Heirigs, Oblate Director, and Sr. Phyllis Hunhoff, Associate Oblate Director, will be joining us for the potluck.

After the potluck and fellowship, we will then move to the Chapel for Vespers.

This year we are introducing a book exchange at the potluck! Bring your spiritual books that you no longer need. We will have a space to display them so that others may pick ones to take home. Books not taken will be donated.

Sacred Heart Monastery News

THOUGHTS FOR THE SUMMER

Our Benedictine Oblates are a beautiful witness to us Sisters with your daily prayers and lectio. We are united in your prayers and generosity. As we begin our summer and continue our spiritual journey, take time for prayer and play. Be positive and encouraging to others who are in need. Continue to live our Benedictine values every day in the ordinary events of your lives and reach out to others. Create good and growing memories and know that wherever you go, God is with you.

God's Blessings, Sr. Patricia Heirigs

To view the full Oblate Newsletter and for online copies of the Yankton Benedictines

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	<i>5401 South St.</i>
	<i>Jim Rea</i> , jim.rea@nebraskabenedictineoblates.org	<i>Lincoln</i>
	<i>Mary Schroer</i> , mary.schroer@nebraskabenedictineoblates.org	
Steinauer	<i>Marcia Borchert</i> , marcia.borchert@nebraskabenedictineoblates.org	<i>Banquet Room, Convent House B&B, Steinauer</i>

Newsletter go to the Sacred Heart Monastery Web site and select “Recent News”—Newsletter.

Web site: www.yanktonbenedictines.org.

Worship Notes

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 two Saturdays—June 11 and 25**. Please consider adding this prayer office to your spiritual life.

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/.

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

Sunday, May 29, is either the Solemnity of Corpus Christi or the eighth Sunday in Ordinary time, which would make it Week IV.

In the front of *Shorter Christian Prayer*, p. 15, is a list of what week from the prayer book to use, beginning on the Monday after Pentecost. Here is an update for everyone whose list has run its course.

On the Monday after Pentecost, use the Week indicated in this list:

2016: Week III	2019: Week II	2022: Week II
2017: Week I	2020: Week I	2023: Week IV
2018: Week III	2021: Week IV	2024: Week III.

Chapter Gatherings

THE SUMMER

There will be no scheduled Chapter Gatherings in the months of July or August. We resume meetings in September. Check with your Cell

leaders to see if your cell will be meeting during the summer months.

Notices for the orientation for those interested in learning more about the oblate life will be sent to newspapers and church bulletins in July. Please consider inviting friends whom you think may be interested in the Nebraska Benedictine Oblates to attend the orientation meetings, or you may invite them to join you at a meeting.

Cell Groups

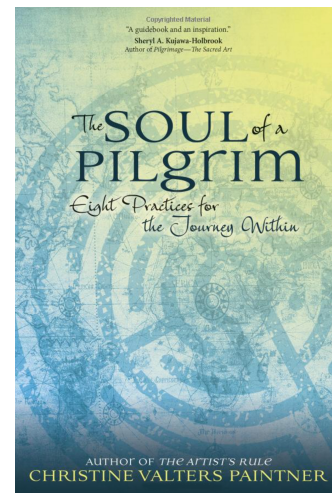
NEW BOOK FOR 2016–2017 CELL GATHERINGS

The Soul of a Pilgrim: Eight Practices for the Journey Within by Christine Valters Paintner has been selected for study by the cell groups for the 2016–2017 oblate year. Christine Valters Painter is a Benedictine Oblate.

The Soul of a Pilgrim Named the 2015 Spirituality & Practice Award Winner

The renowned author of eight books and abbess of the online retreat center *Abbey of the Arts*, Christine Valters Paintner takes readers on a new kind of pilgrimage: an inner journey to discover the heart of God. Eight stages of the pilgrim’s way—from hearing the call to coming home—are accompanied by scripture stories of great biblical journeys and the author’s unique and creative practices of prayer, writing, and photography.

As she did in *The Artist’s Rule* and *Eyes of the Heart*, Christine Valters Paintner once again helps readers travel to the frontiers of their souls to discover the hidden presence of God. In *The Soul of a Pilgrim*, Paintner identifies eight stages of the pilgrim’s way and shows how to follow these steps to make an intentional, transformative journey to the reader’s inner “wild edges.” Each phase of the exploration requires a distinct practice such as packing lightly, being uncomfortable, or embracing the unknown. Paintner shows how to cultivate attentiveness to the divine through deep listening,



patience, and opening oneself to the gifts that arise in the midst of discomfort.

Each of the eight chapters offers reflections on the themes, a scripture story, an invitation to the practice of *lectio divina*, and a creative exploration through photography and writing.

Book Description: www.amazon.com

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: June 11 and 25, 2016
- June 11: **The Epistle of James I**
Group *Lectio Divina: Rule of Benedict*, 4:1–9, David Frye, leader.
Discussion: James. Leader: Carol Roettmer Brewer.
- June: **The Epistle of James II**
Morning Prayer: Steve Blum, leader
Group *Lectio Divina: Rule of Benedict* 4: 10–19, Marianne Guenther, leader
Discussion: James. Leader: David Frye.

Retreats: Sacred Heart Monastery

JOIN THE BENEDICTINE SISTERS FOR A CONFERENCE RETREAT

- Sacred Heart Monastery, Yankton, South Dakota

The Benedictine Sisters of Sacred Heart Monastery invite you to participate in one of their two annual conference retreats. Details follow each of the titles listed below. Registration information about these retreats and the appropriate donation, as well as the full brochure for these conferences, can be found on the monastery's Web site:

www.yanktonbenedictines.org/retreats-at-shm/.

The sisters observe silence through-out the monastery including meals during the retreat. Resident retreatants may join the sisters for daily Morning and Evening Prayer and Eucharist. Limited accommodations are available to participate in these conference retreats. Please provide name, e-mail and mailing addresses, and phone number(s) when you reserve your space.

Details and Registration: Benedictine Peace Center
BenedictinePeaceCtr@mtmc.edu
605-668-6292.

THE GOSPEL ACCORDING TO JOHN

- June 19–25, 2016,
- Presented by Fr. Eugene Hensell, OSB

The Gospel of John was the last canonical gospel accepted into the New Testament. Its style is quite different than what is found in the synoptic gospels. The first part of the gospel of John (1–12) is often referred to as “the book of signs.” There are at least seven signs presented in these chapters whose function is to disclose the “real” identity of Jesus. Many of the presentations for this gospel focus on these signs and related material. A monk of Saint Meinrad Archabbey in Indiana, Fr. Eugene is a lover of Scripture and a much sought after retreat presenter. He earned MA and PhD degrees in Biblical Languages and Literature from Saint Louis University and served as Vice-Rector of Saint Meinrad College and President-Rector of the School of Theology before engaging full time in retreat ministry.

THE SPIRITUALITY OF AGING: A SPIRITUALITY OF LETTING GO

- October 2–8, 2016,
- Presented by Sr. Ann Billiard, OLM

As a result of her doctoral research, which examined the relationship between spirituality and well-being in aging Catholic sisters, Sister Ann Billiard has developed workshops and retreats to offer a spiritual model of aging. Sr. Ann is a Sister of Charity of Our Lady of Mercy with 45 years in pastoral ministry, providing a rich combination of life experiences to share with others. She has graduate degrees in pastoral counseling from Loyola College in Maryland. A pastoral counselor and certified GriefRecovery® specialist, Sr. Ann specializes in elder work and has presented workshops and retreats on spirituality and aging throughout the United States, Canada, and Australia.

Retreats: Sophia Spirituality Center

ST. BENEDICT'S STRATEGY FOR PERSONAL FREEDOM NINTH ANNUAL OBLATE INSTITUTE

- Sophia Spirituality Center, Atchison, Kansas
- Thursday, July 14, 2016, 6:00 p.m. to Sunday, July 17, 2016, 12:30 p.m.
- Presenter: Fr. Jerome Kodell, OSB

At this annual event, Benedictine oblates from communities across the country have an opportunity to hear prominent speakers and to

share the experience of Benedictine spirituality in everyday life.

This year's speaker, Father Jerome Kodell, is the former abbot of Subiaco Abbey in Arkansas, and a popular writer and retreat director.

About this institute, he says, "St. Benedict did not give us a law, a mandate to be fulfilled, but a rule, a guide to help us regulate our search for God. He introduces the Rule as 'advice from a father who loves you,' and wants to show us the way to interior freedom."

More information will be available in the coming months through oblate directors of the monasteries.

Details and Registration: 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.

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. Kathleen Norris has drawn deeply from this wisdom in her personal life, marriage, and 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.

Kathleen Norris:

www.barclayagency.com/site/speaker/kathleen-norris.

THE ART OF PAUSING

- St. Benedict Center, Christ the King Priory, Schuyler, Nebraska
- Saturday, June 25, 2016, 10:00 a.m. to 4:00 p.m.

- Presenters: **Sr. Kathleen Courtney and Sr. Marietta Kerkvliet, OSB, Sisters of Sacred Heart Monastery.**
- Commuter Registration Fee: \$40.50.

*"What is this life if, full of care,
we have no time to stand and stare?"*

—William Henry Davies

How can I bring more awareness and balance into my life? What prevents me from taking time with God and those I love? Come share a day of learning, listening and leisure-ing.

Details: www.stbenedictcenter.com.

ANGER, CONFLICT, AND FORGIVENESS

- St. Benedict Center, Christ the King Priory, Schuyler, Nebraska
- 7:00 p.m., Friday, July 22, 2016, to 4:00 p.m., Saturday, July 23, 2016
- Registration Deadline: July 1.

The spiritual approach of this retreat will help you to identify the unresolved anger and ensuing conflicts that affect all your relationships. Learn the difference between forgiveness and reconciliation and learn how to let go of the pain.

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.