



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 + **September 2016**

A Word from St. Benedict's Rule

"NOTHING HARSH, NOTHING BURDENSOME"

"Therefore we intend to establish a school for the Lord's service. In drawing up its regulations, we hope to set down nothing harsh, nothing burdensome. The good of all concerned, however, may prompt us to a little strictness in order to amend faults and to safeguard love. Do not be daunted immediately by fear and run away from the road that leads to salvation. It is bound to be narrow at the outset. But as we progress in this way of life and in faith, we shall run on the path of God's commandments, our hearts overflowing with the inexpressible delight of love. Never swerving from his instructions, then, but faithfully observing his teaching in the monastery until death, we shall through patience share in the sufferings of Christ that we may deserve also to share in his kingdom. Amen."

Source: *The Rule of Benedict*, RB Prol. 45–50

Reflection

OBLATES OF ST. BENEDICT

As we enter another season of gatherings as a Benedictine oblate community, it may be helpful to review the Charism, Mission and Core Values statement from the Sacred Heart Monastery Web site:

Our Charism

The charism entrusted to Benedictines is the call to seek God in cenobitic (monastic) community, to praise God through prayer and ministry, and to listen with eagerness to the Spirit's call into the unknown future. The charism is both flexible and stable. It is an ongoing task and an ever-present gift, calling for a faithful response each day.

Our Mission

Rooted in our rural heritage and growing in relationship with God and one another in monastic community, we live a life of prayer, work, and *lectio*, by which we serve God and God's people in our time and place.

Our Core Values

As we seek God, we consider these three values as central to our lives. Flowing from our mission statement, the Gospel, and the *Rule of St. Benedict*, they are values which we invite others to share with us.

AWARENESS OF GOD

- Seeking God in our prayer together and savoring the word of Scripture;
- Listening for the Divine voice in the stillness of our own hearts;
- Regarding the ordinary with reverence: our work and prayer, people, places, material things, events.

COMMUNITY

- Building trustful and loving relationships with God, with one another, with planet earth, and with our deepest selves;
- Practicing collaboration and cooperation;
- Learning the daily arts of forgiveness and peacemaking.

HOSPITALITY

- Warmly welcoming others as Christ—those with whom we live as well as guests and strangers;
- Opening our hearts and our doors to those pushed to the edges of life: the sick, the needy, the elderly;
- Sharing communal and personal gifts in compassionate service to others.

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

Please visit the Sacred Heart Monastery Web site to learn more about the community with which we are affiliated.

Web: www.yanktonbenedictines.org.

Sacred Heart Monastery News

FALL OBLATES' RETREAT: WAYS OF PRAYING

Sacred Heart Monastery is offering a Fall oblate retreat. This retreat repeats the topic of last Spring's retreat. The retreat will be held October 28–30, 2016, and is entitled "Ways of Praying." The retreat starts Friday, October 28, at 5:15 p.m. and ends on Sunday, October 30, 2016, at noon. Presenters are Benedictine sisters of Sacred Heart Monastery: S. Marietta Kerkvliet 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."

Scholarships are available. The cost is \$120. Register by October 22, 2016.

Registration: patricia.heirigs@mtmc.edu, 605.668.6103, or 605.668.6000.

MONASTERY NEWSLETTERS

To view the full Oblate Newsletter and for online copies of the Yankton Benedictines 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—September 3 and 17**. Please consider adding this prayer office to your spiritual life.

Also, Lincoln oblates gather in the Ryan Memorial Chapel for Evening Prayer on the fourth Sunday each month at 7:00 p.m. This month, they will pray **Evening Prayer** on **7:00 p.m. on Sunday, September 25**.

MONASTERY AND CHAPTER GATHER PETITIONS

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

Chapter Gatherings

LINCOLN

The chapter will gather on Sunday, September 11, 2016, at 7:00 p.m. in the Sheridan Room at Madonna Rehabilitation Hospital.

HASTINGS

The Hastings Gathering will be held on Saturday, September 10, 2016, at 9:30–11:30 a.m., in the Family Room at St. Michael's Church.

STEINAUER

The Steinauer Gathering will be held on September 26, 2016, 7:00–9:00 p.m. in the Banquet Room, Convent House B&B, Steinauer.

The readings for 2016–2017 come from *Preferring Christ: A Devotional Commentary on the Rule of St. Benedict* by Norvene Vest.

READINGS SCHEDULE FOR 2016–2017

- September: No reading
- October: Interlude VII; Chapters 47–52
- November: Oblation Ceremony, no readings or discussion
- December: Chapters 53–57
- January: Interlude VIII; Chapters 58–60
- February: Chapters 61–63
- March: Chapters 64–66
- April: Interlude IX; Chapters 67–70
- May: Chapters 73–73; Afterword.

Please note: this is the only time the full reading schedule will be published in the newsletter.

Full Schedule: www.nebraskabenedictineoblates.org

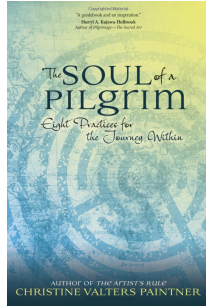
Cell Groups

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

CELL GROUP READINGS: 2016–2017

Text: *The Soul of a Pilgrim: Eight Practices for the Journey Within*, Christine Valters Painter, OblSB, Sorin Books, 2015.

The cell groups will spend time with this book from the fall of 2016 through the spring of 2017. Here is the guide for readings and reflections.

2016

September: "How to Be a Pilgrim" (poem after the title page) and Introduction
October: Chapter 1
November: Chapter 2
December: Chapter 3

Schedule: www.nebraskabenedictineoblates.org

2017

January: Chapter 4
February: Chapter 5
March: Chapter 6
April: Chapter 7
May: Chapter 8 and Conclusion

Cell Group Gatherings

Oblates are encouraged to further their oblate experience by joining a cell group. Following are the available cell groups for 2016–2017. Listings include meeting dates, times, and locations.

Grand Island Cell Group

Brother Lawrence Cell

- Leader: Jeanette Nordhues
- Meetings: The fourth Monday of the month beginning at 4:30 p.m. at First Christian Church, 2400 W 14th St., Grand Island.

Hastings Cell Group

Saint Scholastica Cell

- Leader: Lee Ost diek
- Meetings: The fourth Saturday of the month beginning at 9:30 a.m. in the library of St. Michael's Church, Hastings.

Lincoln Cell Groups

Beginners' Cell

- Leader: Marti Fritzen
- Meetings: Monthly on the fourth Sunday at 7:00 p.m., beginning with Vespers in the chapel at Madonna Rehabilitation Hospital. Then the group goes to the Platte Room for its gathering.
- 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. Following a time for quiet reflection, the members of this cell then gather in a room for *lectio divina* and conversation on a topic or the reading.

Following this, members may gather in the cafeteria for breakfast and fellowship.

Pax Christi Cell

- Leader: Lorene Ludy
- Meetings: Monthly on the fourth Monday from 7:00 to 8:30 p.m. at Mary Lu Long's house, 1615 Brent Blvd., Lincoln.

Preferring Christ Cell

- Leader: Charlotte Liggett
- Meetings: Monthly on the fourth Sunday at 7:00 p.m., beginning with Vespers in the chapel at Madonna Rehabilitation Hospital.

Omaha Cell

- Leader: Phil Kelley
- Meetings: Monthly on the fourth Tuesday at 7:00 p.m. at the New Cassel Retirement Center. Members take turn serving as facilitators for the cell's gatherings. This cell will reflect on readings from *Preferring Christ: A Devotional Commentary on the Rule of St. Benedict* by Norvene Vest.

Area Retreat Offerings

INTRODUCTION

We are fortunate to have several monasteries in our area that provide retreat opportunities. We will continue to call your attention to retreats that may be of interest to our oblates. Please visit each monastery's Web site for more information on these and other opportunities for retreat offerings. For the convenience of the approximately 20 percent of our members who do not have Internet access, we have provided the address and phone number for each monastery.

SOPHIA CENTER, ATCHISON, KANSAS

Saturday, October 1, 2016, 9:00 a.m.–4:00 p.m.

Traveling the Road of Mercy: A Thomas Merton Retreat, presented by Sr. Sheila Carroll, OSB.

Register by October 1.

Contact: Sophia Center, 751 S 8th, Atchison, KS 66002.

913.360.6173

www.sophiaspiritualitycenter.org.

ST. BENEDICT CENTER, SCHUYLER, NEBRASKA

Friday, October 21, 2016, 7:30 p.m.–Sunday,

October 23, 2016, 1:00 p.m.

Praying with the Psalms, presented by Fr. Mauritius Wilde.

Contact: 1123 Road I, Schuyler NE 68661.

402.352.2177

www.stbenedictcenter.com.