



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 + **October 2016**

A Word from St. Benedict's Rule

FIRST THINGS

"First of all, *love the Lord God with your whole heart, your whole soul and all your strength, and love your neighbor as yourself* (Matt 22:37–39; Mark 12:30–31, Luke 10:27). Then the following: *You are not to kill, not to commit adultery; you are not to steal nor to covet* (Rom 13:9); *you are not to bear false witness* (Matt 19:18; Mark 10:19; Luke 18:20). *You must honor everyone* (1 Pet 2:17), *and never do to another what you do not want done to yourself* (Tob 4:16; Matt 7:12; Luke 6:31)."

Source: *The Rule of Benedict*, RB 4:1–9

Reflection

THE LOVE OF GOD

If God is love he who has love has God within himself. If love is absent, nothing is of the least profit to us (1 Cor. 13:3); and unless we love others we cannot say that we love God, for, writes St. John, "If a man says, I love God, and hates his brother, he is a liar" (1 John 4:12). And again he states: "No man has ever seen God. If we love one another, God dwells in us, and his life is perfected in us" (1 John 4:12). From this, it is clear that love is the most comprehensive and the highest of all the divine blessings spoken of in the Holy Scriptures. And there is no form of virtue that is not dependent upon love and encompassed by it; for love unites and protects the virtues in an indescribable manner. When we receive visits from our brethren, we should not consider this an irksome interruption of our stillness, lest we cut ourselves off from the law of love. Nor should we receive them as if we were doing them a favor, but rather as if it is we ourselves who are receiving a favor; and because we are indebted to them, we should beg them cheerfully to enjoy our hospitality, as the

patriarch Abraham has shown us. This is why St. John, too, says: "My children, let us love not in word or tongue, but in action and truth. And by this, we know that we belong to the truth" (1 John 3:18–19).

From *The Philokalia, A Century of Spiritual Texts*, St. Theodoros the Great Ascetic, #83–84, Eighth Century.

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.

Please see the flyer at the back of this newsletter for more details.

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.

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>

Oblation Ceremony

MARK YOUR CALENDARS!

The Oblation Ceremony will be held on Sunday, November 13, 2016, 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 those who are 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 oblations for new members, final oblations for novice oblates, and renewal of oblations for current members. A reception will follow in the North Commons.

Friends and family are invited to attend. Sr. Phyllis Hunhoff, Sr. Penny Bingham, and Sr. Patricia Heirigs will be coming from Sacred Heart Monastery for the ceremony. Those making initial and final oblations will meet at 12:45 p.m. in the Chapel for orientation to the ceremony and to meet the sisters.

INTRODUCTION TO THE DIVINE OFFICE

A special session will be held on Saturday, November 5, 2016, 9:30–11:30 a.m. in the Lancaster 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. We will also give an orientation to the oblation ceremony. 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 session offers an opportunity to get a refresher course.

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 three Saturdays—October 1, 15, and 29**. 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, October 23**.

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

READINGS

The readings for 2016–2017 come from *Preferring Christ: A Devotional Commentary on the Rule of St. Benedict* by Norvene Vest. The October reading is Interlude VII and Chapters 47–52.

LINCOLN

The chapter will gather on Sunday, October 9, 2016, at 7:00 p.m. in the Sheridan Room at Madonna Rehabilitation Hospital.

In "Perspectives on a Portion of *The Rule*," David Frye will share how the practice of reading various translations and commentaries on *The Rule of Benedict* can help shed light on the richness of the text St. Benedict has left for those who follow him on "the path of God's commandments." Looking in a bit of detail at how RB 31 appears in various forms will demonstrate the helpfulness of comparing translations and listening to them as a chorus of voices.

HASTINGS

The Hastings Gathering will be held on Saturday, October 8, 2016, at 9:30–11:30 a.m., in the Family Room at St. Michael's Church.

- Facilitator: Kathy Schroeder
- Reflection: Sharon Connor
- Prayer Leader: Greg Burke
- Companion: Robin Stroot, Oblate Handbook Lesson #2.

STEINAUER

The Steinauer Gathering will be held on Monday, October 30, 2016, 7:00–9:00 p.m. in the Banquet Room, Convent House B&B, Steinauer.

Cell Groups

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. All of the cell groups across Nebraska except Lincoln's Pax Christi Cell will read the same text. October's discussions focus on Chapter 1.

Schedule: www.nebraskabenedictineoblates.org/cells

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.
- This Month: Monday, October 24.

Hastings Cell Group

Saint Scholastica Cell

- Leader: Lee Ostdiek
- Meetings: The fourth Saturday of the month beginning at 9:30 a.m. in the library of St. Michael's Church, Hastings.
- This Month: Saturday, October 29.

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.
- This Month: Sunday, October 23.

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 cell then gathers in a room for *lectio divina* and conversation on a topic or the reading. Following this, members may gather in the cafeteria for fellowship.
- This Month: Saturdays, October 1, 15, and 29.

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.
- This Month: Monday, October 24.
- Discussion: Pax Christi cell group is a month ahead of the others in discussion of the book. The reading assignment is Chapter 2.

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.
- This Month: Sunday, October 23.

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.
- This Month: Tuesday, October 25.

Shorter Christian Prayer

INSTRUCTIONS

We remain in Ordinary Time until Advent. On Saturday night, October 1, we enter Week III, p. 187, the 27th Sunday in Ordinary Time. Turn to p.

532 for the Magnificat antiphon and concluding prayer.

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

Everywhere a Blessing: A Celtic Spirituality Retreat, presented by Therese Elias, OSB.

Friday–Sunday, October 28–30, 2016.

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

913.360.6173

www.sophiaspiritualitycenter.org.

ST. BENEDICT CENTER, SCHUYLER, NEBRASKA

Amazing Grace: The Gold in Our Brokenness, presented by Sr. Colette Baldwin, RSM.

Saturday, November 19, 2016.

Contact: 1123 Road I, Schuyler NE 68661.

402.352.2177

www.stbenedictcenter.com.

E-Mail Note

ATTENTION AOL.COM USERS

Please check your e-mail configuration to assure that our chapter's general e-mail address, info@nebraskabenedictineoblates.org, is included in your spam filter's whitelist. This setting will assure that messages from the chapter reach you and are not rejected outright by AOL.com. Recent general messages have been returned by many of the AOL.com users in our chapter's list. If you are unsure about how to configure your system, please consult AOL.com's Help section.

– *Fall Oblate Retreat* –

“Ways of Praying”

Presenters are:



S. Marietta Kerkvliet
“Praying with the Psalms”



S. Cynthia Binder,
“Spirituality and Art”



S. Corinne Lemmer,
“Praying with the Body”



S. Doris Oberembt
“Prayer – Being With God”

**Starting Friday, October 28 at 5:15 p.m. —
Sunday, October 30, 2016 at noon**

The retreat is available to both women and men

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

Please Register by October 22, 2016

**To Register: Contact S. Patricia Heirigs by visiting our website at
<http://yanktonbenedictines.org/oblate> or
(605) 668-6017 or (605) 668-6000**



Yankton Benedictines
SACRED HEART MONASTERY
Yankton, South Dakota