



# 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 2017**

## A Word from St. Benedict's Rule

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.

Source: *The Rule of Benedict*, Prologue vv48-49

## The Psalms: The Song of the Church

The collection of psalms found in Scripture, composed as it was under divine inspiration, has, from the very beginnings of the Church, shown a wonderful power of fostering devotion among Christians as they offer to God a continuous sacrifice of praise, the harvest of lips blessing his name. Following a custom already established in the Old Law, the psalms have played a conspicuous part in the sacred liturgy itself, and in the divine office. Thus was born what Basil calls *the voice of the Church*, that singing of psalms, which is the daughter of that hymn of praise (to use the words of our predecessor, Urban VIII) which goes up unceasingly before the throne of God and of the Lamb, and which teaches those especially charged with the duty of divine worship, as Athanasius says, *the way to praise God, and the fitting words in which to bless him*. Augustine expresses this well when he says: *God praised himself so that man might give him fitting praise; because God chose to praise himself man found the way in which to bless God*.

The psalms have also a wonderful power to awaken in our hearts the desire for every virtue. Athanasius says: *Though all Scripture, both old and new, is divinely inspired and has its use in teaching, as we read in Scripture itself, yet the Book of Psalms,*

*like a garden enclosing the fruits of all the other books, produces their fruits in song, and in the process of singing brings forth its own special fruits to take their place beside them.*

From the apostolic constitution *Divino Afflatu* of Pope Saint Pius X

## 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](http://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. Please consider adding this prayer office to your spiritual life.

### MONASTERY AND CHAPTER GATHER PRAYER 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](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.

CHAPTERS	DEANS	LOCATIONS
Hastings	Julienne Bryan, <a href="mailto:julienne.bryan@nebraskabenedictineoblates.org">julienne.bryan@nebraskabenedictineoblates.org</a>	St. Cecilia's Health Ministry Building, Hastings
	Carol Barry, <a href="mailto:majorcarolb@yahoo.com">majorcarolb@yahoo.com</a>	Madonna Rehabilitation Hospital
	Steve Blum, <a href="mailto:steve.blum@nebraskabenedictineoblates.org">steve.blum@nebraskabenedictineoblates.org</a>	Sheridan Room
Lincoln	Carol Olson, <a href="mailto:carol.olson@nebraskabenedictineoblates.org">carol.olson@nebraskabenedictineoblates.org</a>	5401 South St.
	Jim Rea, <a href="mailto:jim.rea@nebraskabenedictineoblates.org">jim.rea@nebraskabenedictineoblates.org</a>	Lincoln
	Mary Schroer, <a href="mailto:mary.schroer@nebraskabenedictineoblates.org">mary.schroer@nebraskabenedictineoblates.org</a>	
Steinauer	Marcia Borchert, <a href="mailto:marcia.borchert@nebraskabenedictineoblates.org">marcia.borchert@nebraskabenedictineoblates.org</a>	Banquet Room, Convent House B&B, Steinauer

### **Spiritual Pause Retreat**

Brother James Dowd, Episcopal Benedictine monk, lead a mini-retreat on Contemplative Prayer on Sunday, October 15, 2017. He shared with participants the basics of centering prayer, and all enjoyed the beauty of Serenity Acres.



Steve Blum Lincoln Dean, Brother James Dowd, Carol Olson Lead Dean

### **Introduction to the Divine Office**

A special session will be held on Saturday, November 4, 2017 9:30, in the Lancaster Room at Madonna Rehabilitation Hospital. We will share the history of the Liturgy of the Hours and its connection with the Rule of Benedict, as well as instructions for using the Shorter Christian Prayer book, our chapters' book for the Divine Office. Please plan to come to this session if you are unfamiliar with how to use the Shorter Christian Prayer book, or if you been using Shorter Christian Prayer, but still sometimes feel unsure if you are using it effectively.

### **Mark Your Calendar**

The annual oblation ceremony will be held on Sunday, November 12, 2017 at 2:30 pm. Not that this is a half hour later than in prior years to allow our oblates from outside of Lincoln extra time for their trip.

Let us join those who have heard God's call to share in the Benedictine way of life by making their final oblation, and welcome those who are making their initial oblation. The oblation ceremony will be held in the James E. Ryan Chapel at Madonna Rehabilitation Hospital in Lincoln. We will celebrate Vespers, First Oblation of new members, Final Oblation for novice oblates, and Renewal of Oblation for current members. A reception will follow in the North Commons. We will have vespers pamphlets available, so there is no need to bring your Shorter Christian Prayer books.

Friends and family are invited to attend. Sr. Phyllis Hunhoff, Sr. Maribeth Wentzlaff, and Sr. Patricia Heirigs will be coming from Sacred Heart Monastery for the ceremony. Those making initial and final oblation, as well as those helping at the ceremony (ushers, assistant, reception) will meet at **1:15 pm** in the Chapel for orientation to the ceremony and to meet the Sisters. To those joining us as novices this year, and those making their initial oblation as oblates to Sacred Heart Monastery we say Welcome!

We will offer a book exchange table at the Oblation ceremony. Bring your spiritual books that you no longer need. We will have a space to display them for others to take home. Books not taken will be donated.

### **Rest In Peace**

We mourn the loss of Oblate Sharon Connor, of the Hastings Chapter, who passed away October 12 after a brief illness. Juliene Bryan held the deceased oblates service prior to Sharon's funeral. It was a beautiful tribute that her family appreciated.

We also mourn for Omaha oblate Charles Luczyinski, who passed away on October 14, 2017.

We remember, also, Lincoln Oblate Joanie Perry who passed away on September 30. All will be remembered at the Oblation ceremony on November 12th at 2:30pm in the chapel at Madonna Rehabilitation Hospital in Lincoln.

### **Chapter Gatherings**

Readings are from *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day* by Macrina Wiederkehr, OSB. Due to the Oblation Ceremony, the Lincoln and Steinauer Chapters will not be holding Chapter Gatherings in November.

### **Hastings**

The Hastings Gathering will be held on Saturday, November 11, 2017 at 9:30-11:30 am, at St. Cecilia's Health Ministry Building, 415 N. Kansas, Hastings, NE. Oblation Ceremony for those unable to make the Lincoln meeting. Morning prayer, fellowship and refreshments, prayer leader Juliene Bryan.

### Cell Groups

**Text:** *New Seeds of Contemplation*, Thomas Merton, November reading: Chapters 5-6.

Cell Groups-Oblates are encouraged to further their oblate experience by joining a cell group. Following are the available cell groups, including meeting dates, time, and location.

#### Hastings Cell Group

##### SAINT SCHOLASTICA CELL

**Leader:** Lee Ostdiek

**Meetings:** The cell groups meets this month on Saturday November 18, 2017 (one week earlier due to the Thanksgiving holiday) beginning at 9:30 a.m. -10:30 am at the St. Cecilia's Health Ministry Building, 415 N Kansas Ave.

#### 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:** Carol Roettmer Brewer

**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. Details: Find out [more](#).

##### PAX CHRISTI CELL

**Leader:** Lorene Ludy

**Meetings:** Monthly on the third Tuesday from 7:00 to 8:30 p.m. at Mary Lu Long's house, 1615 Brent Blvd., Lincoln.

#### PREFERRING CHRIST CELL

*DUE TO CHARLOTTE LIGGETT'S CONTINUED ABSENCE TO CARE FOR HER MOTHER, THE PREFERRING CHRIST CELL WILL MEET WITH THE BEGINNERS CELL. THE FOURTH SUNDAY OF THE MONTH AT 7:00 PM, MEET IN THE CHAPEL FOR VESPERS PRIOR TO THE MEETING.*

Omaha Cell Group

#### ST. GERTRUDE 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.

#### Shorter Christian Prayer Instructions

We remain in Ordinary Time until Advent. On Saturday night, November 4, 2017, we are in **Week II, page 187, the 26th** Sunday in Ordinary Time. Turn to page **530** for the Magnificat antiphon and concluding prayer.

#### Area Retreat Offerings

##### OVERVIEW

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 Website 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 phone number and Web address for each monastery.

St. Benedict Center Schuyler Nebraska

Sunday November 26, 2017-December 10, 2017, 8:00am through Sunday, Dec 18, 2016 7:00pm . View a wonderful display of nativity scenes! 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 & North America and Europe and to pray for our families. There is no charge.

Contact: 1123 Road I Schuyler NE 68661,  
<http://www.stbenedictcenter.com>, (402)-352-2177

In all cases, use your best judgment: Be Safe

Sophia Center Atchison Kansas

### **Visio Divina**

Friday, November 3, 2017, 9:30 a.m. to 4:00 p.m. Presented by Judith Sutera, O.S.B.

One need not read in order to meditate and practice lectio. Since ancient times, people have prayed by reflecting on pictures and symbols. Participants will learn some principles about "reading" images and will engage with the art of the monastery, especially the "Atchison blue" windows.

Contact: Sophia Center 751 S 8th Atchison, KS 66002, (913)360-6173,  
<http://www.sophiaspiritualitycenter.org>

### **Newsletter Volunteer Request**

One of the many things that David Frye did for us was to take my WORD copy of the newsletter and put it into a template, add his artistic touches and turn it into a beautiful newsletter. While I'll continue to compose the new content for the newsletter, I'm asking for your help on the template part. Is there anyone more techno-savvy than I who would be willing to take on this task? We print newsletters monthly from September through June. Jim Rea releases the email version, and I send out the paper newsletters, so it's just a matter of completing the template. If you would like to contribute your talents and time to the oblates, please consider this task. You can contact me at MajorCarolB@yahoo.com, through our oblate email, or contact one of the deans. Thank you! Carol Barry Lincoln Dean

### **General Announcements Snow Policy**

It seems timely to restate our snow policy.

1.Should we have three to four inches of snow, we will cancel the meeting without notice. The meeting will not be rescheduled. The next month's meeting will occur as scheduled with that month's assignment.

2.Should we have a snowstorm that seems hard to judge, an e-mail will be sent. For those without e-mail, please call someone with e-mail.