



# Benedictine Oblates of Nebraska

*Living by the Spirit of The Rule of St. Benedict + Associated with Sacred Heart Monastery*  
[www.nebraskabenedictineoblates.org](http://www.nebraskabenedictineoblates.org) + [info@nebraskabenedictineoblates.org](mailto:info@nebraskabenedictineoblates.org) + **December 2017**

## A Word from St. Benedict's Rule

On hearing the signal for an hour of the divine office, the monk will immediately set aside what he has in hand and go with utmost speed, yet with gravity and without giving occasion for frivolity. Indeed, nothing is to be preferred to the Work of God. RB Ch 43: vv 1-3

Source: *The Rule of Benedict*, Chapter 43, v1-3

## Welcome

On Sunday, November 12, 2017 the Nebraska Oblate Chapters celebrated our annual oblation ceremony. Sr. Maribeth Wentzlaff, Sr. Patricia Heirigs and Sr. Phyllis Hunhoff were in attendance for the occasion, followed by a reception in the Sheridan Room. Visit our website at [nebraskabenedictineoblates.org](http://nebraskabenedictineoblates.org) and view the picture gallery. Those oblates unable to attend the Oblation ceremony will be able to sign Renewal Certificates or, for Novices, Initial Enrollment or Final Oblation Certificates at their Chapter meetings. Making final oblation was Paula Sayker, Lincoln oblate. Making initial oblation was Donna Ingold, Lincoln Chapter.



Sr. Maribeth Wentzlaff, Prioress, Donna Ingold, Paula Sayker, Lincoln Chapter, Sr. Patricia Heirigs, Oblate Director

## Words from Sr. Maribeth Wentzlaff, Prioress

Each fall, the Prioress at the Monastery chooses a theme for the year. The theme I chose is from Psalm 34:5: "Look to God, that you may be radiant with joy." To me, this says two things: 1st-in everything we do, we must look to God for wisdom and guidance. 2nd-as a result of looking to God, we will find a sense of peace, and joy will be a by-product. Because you have chosen the oblate way of life, you are connected with the Sisters of Sacred Heart Monastery in our pursuit this year of seeking God and being radiant with joy. The Sisters' prayer for you is that you will be filled with good zeal (from RB 72) to carry that joy of Benedict to those around you in your state of life. Ut in omnibus glorificetur Deus-that in all things, God may be glorified! God bless you!



Oblates Sign Renewal Certificates

## 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).

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

### **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.

### **Fall Oblate Retreat**

The fall oblate retreat was held at Sacred Heart Monastery on October 27-29, 2017. The retreat, "Five Steps to a Vibrant Christian Life" was presented by Fr. Tom Hillenbrand OSB of Christ the King Priory in Schuyler Nebraska. Retreatants included oblates from the Lincoln, Sioux Falls, and Yankton Chapters.



Fr. Tom Hillenbrand, left, with the retreatants. On the right are Sr. Patricia Heirigs, Oblate director, and Carol Olson, Lead Dean Nebraska Oblates

### **Rest In Peace**

We mourn the passing of Steinauer oblate C. Paul Duryea on November 5, 2017. May he rest in peace.

We recently noted in the newsletter the deaths of three of our Nebraska oblates. While we try to let you know of all oblates who die during the year, we are not always aware of their passing. Please help us by notifying a dean if you learn of an oblate's death so that we can honor them and inform other oblates by mentioning them in the newsletter.

### **Thank you**

Thank you to Leland Ostdiek, Hastings oblate, for generously making dozens of copies of the Oblate Handbook, and sharing it with our Nebraska chapters. We are most grateful.

### **Chapter Gatherings**

Readings are from *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day* by Macrina Wiederkehr, OSB. December Reading Assignment: Chapter 2: The Awakening Hour, chants p 183-185.

### **HASTINGS**

The Hastings Gathering will be held on Saturday, December 9, 2017 at 9:30-11:30 am, at St. Cecilia's Health Ministry Building, 415 N. Kansas, Hastings, NE. . Facilitator-Jim Hoffman; Reflection-Kathy Schroeder; Prayer Leader-Robin Stroot; Companion-Susan Janda, Novice Assignment: Oblate Handbook, Lesson #3.

### **LINCOLN**

The Lincoln gathering will be held on Sunday, December 10, 2017, at 7:00 pm in the Sheridan Room at Madonna Rehabilitation Hospital. Carol Olson, and Bill and Lylaine Abbott attended the North American Association of Benedictine Oblate Directors meeting in Duluth MN this summer. They will be sharing a reflection from a presentation given by Sr. Mary Reuter OSB, of St Benedict's monastery in St. Joseph, MN: "God is speaking--listen today". They will also be leading Group Lectio Divina, focusing on listening to God's presence during ordinary, daily tasks.

## STEINAUER

The Steinauer gathering will be held on **November 27, 2017. Note change in date due to the holiday).** 7:00-9:00 pm in the Banquet Room, Convent House B&B, Steinauer.

## 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 December 16, 2017 (one week earlier due to the 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. **Note-the meeting is December 17 due to the Christmas holiday.**

### 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

Advent marks the beginning of the Liturgical Year. Sunday, December 3, 2017 is the first Sunday of Advent. We begin with Evening Prayer 1 on Saturday night, page 37. At the Reading turn to page 356. Weekdays in Advent are on pages 358-376, and are repeated each week during Advent.

On Sundays in Advent note that the Advent Antiphons are shown in red in the Psalmody. There are a selection of Advent hymns on page 578. If you would like, you can substitute the "O Antiphons" on December 17-23 for the Magnificat antiphon. On Christmas Eve Day, Morning Prayer, turn to page 378. Christmas Day prayers start on Christmas Eve with Evening Prayer I on page 380.

During the Christmas Season, for weekdays after Christmas, see pages 392-395. Continue following the prayers for the Christmas Season until the Feast of the Epiphany.

Remember you may substitute the O Antiphons for the usual antiphon for the Canticle of Mary during December 17-24.

## **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.

### **Sophia Spirituality Center, Atchison, Kansas**

**Advent Music Retreat** presented by Sr. Susan Barber, OSB, Sunday December 10, 2017, 1:00-4:00 pm

Prepare the way of the Lord through Advent song. We will explore the spirituality of traditional and contemporary Advent hymn texts and music. Lection divina and audio divina will be part of our reflection. We will conclude the afternoon with an Advent songfest. Free will offering.

### **BRIDGES FOR CONTEMPLATIVE LIVING WITH THOMAS MERTON**

Thursday, December 7 | 10:30 - 11:45 a.m. Sister Gabrielle Kocour, OSB & Sister Sheila Carroll OSB.

Selections from Thomas Merton will be used to awaken insight and wisdom for the journey toward spiritual transformation and a more peace-filled life. Sessions are held at Mount St. Scholastica, 801 South 8th, Atchison, KS. Free will offering is accepted.

### **Snow Cancellation 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.

### **Save the date!**

A retreat will be offered at Serenity Acres in Bennett, NE, in the afternoon on Sunday, January 28th, 2018, on developing/updating a Rule of Life for yourself. There is no cost to the retreat; more details to follow.

### **Renewal of Oblation**

In the Name of our Lord Jesus Christ. Amen

I renew my oblation as an Oblate of St. Benedict for the community of Sacred Heart Monastery, Yankton, South Dakota. I promise again to  
serve  
God and all people according to the Rule of St. Benedict  
through my daily prayer and work. May I be  
inspired to  
live in Christ and to bring His love to the world  
and His peace to all hearts.

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(oblate signature)

(date)

(You may email or scan your signed certificate of renewal to any dean, or mail to Nebraska Oblates 2843 S 42 St Lincoln, NE 68506)