



# 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 + February 2018

## A Word from St. Benedict's Rule

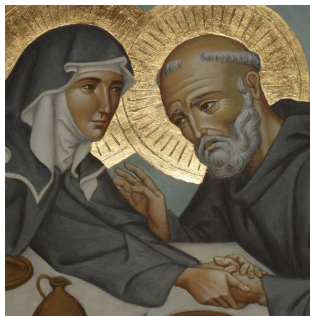
On Sunday all are to be engaged in reading except those who have been assigned various duties. If anyone is so remiss and indolent that he is unwilling or unable to study or to read, he is to be given some work in order that he may not be idle. Brothers who are sick or weak should be given a type of work or craft that will keep them busy without overwhelming them or drive them away. The abbot must take their infirmities into account.

Source: *The Rule of Benedict*, Chapter 48, v22-25

## The Feast of St. Scholastica

We celebrate the feast of St. Scholastica on February 10. Scholastica was the twin sister of St. Benedict. She established numerous monasteries for women. The Dialogues of St. Gregory the Great tell two stories of these holy siblings. One describes their last annual meeting. It was their custom to meet once a year to praise God and discuss sacred subjects. On their last meeting, as night approached, Benedict wanted to return to his monastery. Scholastica asked him to stay and talk until morning. When he refused, she lowered her head and prayed. As she raised her head, a huge thunderstorm began, making it impossible for Benedict to leave. When he asked her what she had done, she replied: "I asked you and you would not listen; so I asked my God and he did listen". Three days later, Benedict was in his cell. Looking up to the sky, he saw his sister's soul leave her body in the form of a dove, and fly up to the secret places of heaven. Rejoicing in her great glory, he thanked almighty God with hymns and words of praise. He then sent his brethren to bring her body to the

monastery and lay it in the tomb he had prepared for himself.



## St. Scholastica Retreat

Join us on Sunday, April 22, 2018 at 2pm for a retreat on St Scholastica at Serenity Acres, Bennet NE. It will be led by Carol Olson and Bill and Lylaine Abbot. The retreat will include background information on St. Scholastica and asks the question: "How can Scholastica impact our spiritual life?" The retreat will focus on how artists demonstrated Scholastica's personal character through their art. We will look more closely to the relationship between she and Benedict, based on their story (told above) as authored by Gregory the Great. Please RSVP by April 20 to: Bill or Lylaine Abbott at 402-488-8688 or Carol Olson: carol.olson@nebraskabenedictineoblates.org

## Welcome

Lincoln oblate novice Erin Caudill made her initial oblation at the Chapter meeting on January 14, 2018. Welcome Erin!

CHAPTERS	DEANS	LOCATIONS
Hastings	Julienne Bryan, julienne.bryan@nebraskabenedictineoblates.org	St. Cecilia's Health Ministry Building, 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 Borchner, marcia.borchner@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer



Lincoln Novice Erin Caudill and Lead Dean Carol Olson

### 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.

### Upcoming Events

There are several upcoming events of interest to oblates:

Sr. Macrina Wiederkehr, OSB will be speaking at the St. Benedict Center in Schuyler Nebraska in September 2018. Sr. Wiederkehr is the author of our current cell book, *Seven Sacred Pauses*.

A regional oblate meeting is planned for August 11-12, 2018 at Immaculata Monastery in Norfolk Nebraska. More details will follow.

Episcopal monk Brother James Dowd is presenting a retreat on Saturday, March 10, at St. Marks on the Campus from 9 am to noon. The theme is a Lenten Reflection.

The Oblate Institute is in Atchison KS July 13-15 with Judith Valente.

### Chapter Gatherings

Readings are from *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day* by Macrina Wiederkehr, OSB. December Reading Assignment: Chapter 4: The Hour of Illumination; chants p. 187-188.

### HASTINGS

The Hastings Gathering will be held on Saturday, February 10, 2018 at 9:30-11:30 am, at St. Cecilia's Health Ministry Building, 415 N. Kansas, Hastings, NE. Oblate Handbook Assignment Lesson #5.

### LINCOLN

The Lincoln gathering will be held on Sunday, February 11, 2018, at 7:00 pm in the Sheridan Room at Madonna Rehabilitation Hospital. The February Chapter meeting will feature a presentation on the World Oblate Congress held in Rome this past fall. Lincoln Oblate Dean Jim Rea and Oblate Jodi Gehr, representing Christ the King Priory in Schuyler, will share their experiences about this every-four-year gathering of Oblates from around the world.

### STEINAUER

The Steinauer gathering will be held on Monday, February 26, 2018, 7:00-9:00 pm in the Banquet Room, Convent House B&B, Steinauer.

### Cell Groups

**Text:** *New Seeds of Contemplation*, Thomas Merton, February reading: Chapters 13-14.

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, February 24, 2018 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*

Lent begins on Ash Wednesday, February 14, 2018. The readings for Lent begin on the first Sunday of Lent, February 18, 2018. On the first Sunday of Lent, we begin Week I with Sunday Evening Prayer I on page 37. The antiphons for Sundays in Lent are in red. At the Reading turn to pages 405-428. One week of texts is given for the Lenten Season.

For those of us with older Shorter Christian Prayer books, here is an update to p. 15 for the Monday after Pentecost:

2018-Week III    2019-Week-II    2020-Week I

2021-Week IV    2022-Week II    2023-Week IV

### *Area Retreat Offerings*

**Sacred Heart Monastery Oblate Retreats** for 2018 are scheduled for the weekends of **April 27-29** and **October 26-28**. The topic is "Scripture and the Rule of Benedict."

### 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.

### **St. Benedict Center Schuyler Nebraska**

#### *Taste of Contemplative Prayer*

February 23-25, 2018 presented by Fr Thomas Leitner OSB. Contemplative prayer is the opening

of mind and heart-our whole being-to God, the Ultimate Mystery, beyond thoughts, words, and emotions. This retreat, involving breath practice, is for beginners on the contemplative journey.

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

***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.