



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 +March 2018

A WORD FROM ST. BENEDICT'S RULE

Although human nature itself is inclined to be compassionate toward the old and the young, the authority of the rule should also provide for them. Since their lack of strength must always be taken into account, they should not be required to follow the strictness of the rule with regard to food, but should be treated with kindly consideration and allowed to eat before the regular hours. Source: *The Rule of Benedict*, Ch 37 vv 1-2 (the Elderly and Children)

ST. GERTRUDE THE GREAT

St. Gertrude was born on the 6th of January in the year 1256 at Eisleben, Germany, a small town in the county of Mansfield. When Gertrude attained the age of five she was placed in the famous Benedictine Abbey of Rodersdorf. Later St. Gertrude joined the order of Benedictine. The Lord appeared to St. Gertrude and told her to love no other book but the Bible and the works of the Fathers of the Church. St. Gertrude was the first great apostle of devotion to the Sacred Heart of Jesus.

Gertrude was one with a bright, free, joyous spirit; because she loved God so purely and so entirely. A loving heart will always be a thankful heart. So the continual incense of thanksgiving which ascended from the heart of Gertrude before the Eternal Throne, was but the fragrant aroma of the love which burned daily deeper and brighter within her.

As a bride of Christ, St. Gertrude began to speak to the heart of His chosen one and to withdraw to listen without distraction or hindrance to those whispers of His love. Jesus came, as He mostly

does, to His beloved ones, when she performed an act of humility and obedience.

The Sisters were not long in perceiving that St. Gertrude was favored by Heaven. One religious who was long tempted by temptation was warned in a dream to apply to St. Gertrude for relief and recommend herself to her prayers. The moment she complied with this, the temptation ceased.



It appeared that Gertrude was specially designed by Providence to help others in her lifetime by her merits and intercessions. She was well favored by the gift of counsel with which she was singularly favored.

Another person of great Sanctity who was praying for the saint, felt a singular impulse of her affection for which she believed to be supernatural. She asked our Lord, what it is He beheld in this Virgin that obliges Him to behold her with such high esteem and love her so much. The Lord replied His goodness alone obliges Him and she contains and perfects in her soul five virtues which pleases Him above all others. "She possesses purity by continual influences of my grace; Humility amidst the great diversity of gifts which I have bestowed on her; true benignity which makes her desire the salvation of the whole world for My greater glory; true fidelity, spreading abroad without reserve, all her treasures for the same end. She possesses a consummate charity; for she loves

CHAPTERS	DEANS	LOCATIONS
Hastings	<i>Julienne Bryan</i> , juliene.bryan@nebraskabenedictineoblates.org	<i>St. Cecilia's Health Ministry Building, Hastings</i>
	<i>Carol Barry</i> , majorcarolb@yahoo.com	<i>Madonna Rehabilitation Hospital</i>
	<i>Steve Blum</i> , steveblum77@gmail.com	<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>

Me with her whole heart, with her whole soul, and with her whole strength; and for love of Me she loves her neighbor as herself.”

St. Gertrude (the Great), a 13th Century Mystic, died at the age of Forty-Six and was taken by St. John the Evangelist to Jesus and permitted to rest her head on His Sacred Heart. Her feast day is November 16th. Submitted by Lincoln Oblate Marianne Guenther, Sources used: The Life and Revelations of Saint Gertrude Virgin and Abbess, of the Order of St. Benedict. Note: Sacred Heart Monastery is a member of the Federation of St. Gertrude

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 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

REPORT ON THE WORLD OBLATE CONGRESS

Jim Rea, Lincoln Dean and Jodi Gehr oblate of Christ the King Priory in Schuyler attended the World Oblate Congress in Rome in November 2017. They gave a presentation on the themes and events of the Congress at the Lincoln Chapter meeting on February 11. A video of the presentation is available on the Nebraska Oblates web site: nebraskabenedictineoblates.org



Jodi Gehr and Jim Rea

REST IN PEACE

We mourn the loss of three Lincoln oblates. Kathryn Robson on January 3, 2018. Catherine Witt on December 12, 2017, and Ken Johnson on February 16, 2018.

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 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.

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 5: The Wisdom Hour; chants p. 188-189.

HASTINGS

The Hastings Gathering will be held on Saturday, March 10, 2018 at 9:30-11:30 am, at St. Cecilia's Health Ministry Building, 415 N. Kansas, Hastings, NE.

LINCOLN

The Lincoln gathering will be held on Sunday, March 11, 2018, at 7:00 pm in the Sheridan Room at Madonna Rehabilitation Hospital.

STEINAUER

The Steinauer gathering will be held on Monday, March 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 15-16.

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, March 26, 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.

Omaha Cell Group

ST. GERTRUDE CELL

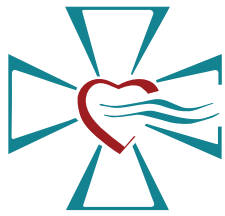
Leader: Phil Kelley
Meetings: Monthly on the fourth Tuesday at 7:00 p.m. at the New Cassel Retirement Center. Members take turn serving as facilitators for the cell's gatherings.

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.

ST. BENEDICT CENTER SCHUYLER NEBRASKA

"And Yet It Moves" (Galileo Galilei). Seeking God through Astronomy, Fr. Christoph Gerhard, OSB. Saturday, March 17, 2018, 10:00 a.m. - 4:00 p.m. Science and faith do not contradict each other; rather they are related and offer us different, complementary approaches to the one reality. One can lead the other to greater depth and truth. Together we will have a look into the universe and its physics. In Scripture and in Christian tradition we find God, the Creator of the universe. Relating both to each other will bring about a stimulating conversation about God and God's fascinating world. If the sky allows it, in the evening we will observe the beauty of the starry sky with and without a telescope.



February 2018

Oblate Newsletter

SACRED HEART MONASTERY

Yankton, South Dakota

S. Patricia Heirigs, Oblate Director

(605) 668-6017

email: patricia.heirigs@mtmc.edu

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Upcoming Opportunities:

The next **Yankton Oblate Meeting** will be on Sunday, February 18, 2018. The Oblates will meet at 1:00 pm in Room 215 at the Monastery. We will discuss chapter 33 on “Leisure and the Benedictine Oblate” and chapter 34 on “Health and Sickness.” Mary Kreber, Marge Stoeber, and Luana Johnson are praying for more vocations to our Monastery, and Luana Johnson is furnishing refreshments.

The new people planning to become Oblates will prepare lesson 4 for the February meeting and meet in the Bethany Room, directly in from the front door.

The ceremony for receiving a novice, final oblation, and renewal of oblation will be held on Sunday, April 15, 2018 at 1:00 pm at our regular Oblate meeting. The Oblation ceremony will be held during our mid-day prayer in Bishop Marty Memorial Chapel. Please plan to be present for the ceremony in the Chapel by 12:45 pm, so we can be ready for prayer. A reception will follow in the Chapter Room. Please mark this date on your calendar. Hopefully many of you will be able to be present for your renewal on April 15, 2018.

This year we have seven people preparing to become Novices and at least one making her final Oblation. If there are any of you who were prepared to make your final Oblation but could not make the ceremony at the time, please let me know and we will help you in this process.

The ***Oblate Retreat*** will be held the weekend of April 27-29, 2018. Please see flyer on the other side of this newsletter.

Spring Theology Institute | How Can Human and Divine Desire Be Reciprocal?

March 10, 2018 at 9 a.m. - Noon | For: Young Adults and older

Louis Roy, O.P. will describe our awareness of desiring God, with its ambiguities and discuss the suggestion that God may very well desire us. He will show how the Trinity offers us a radical liberation of desire. Location: Sacred Heart Monastery – Chapter Room

Cost: **Free** Contact: S. Marielle Frigge by March 7 for planning purposes; 668-6000 or Email: mfrigge@mtmc.edu

The ***Fourth International Oblate Congress*** was held last November 4-10, 2017, in Rome, Italy. Sacred Heart Monastery had two couples represent us at this Congress. Both couples (Lois and Howard Lehmkuhl of Ames, Iowa, and James and Arlene Rea of Lincoln, NE) are willing to come to Yankton on May 20, 2019, to give us a presentation of their experiences at the Oblate Congress. This presentation will be held at our regular May Oblate meeting at 1:00 pm in our Chapter Room.

– *Spring Oblate Retreat* – *“Scripture and the Rule of Benedict”*

Presenter: *Fr. Valerian Odermann, O.S.B.*



Being a product of the Prairie to our “Dakota” neighbor, Fr. Valerian Odermann grew up working as a ranch hand in the badlands of western North Dakota. He became a monk and was ordained a priest of Assumption Abbey, Richardton, ND. His educational background includes studies and degrees in philosophy, mathematics, pastoral theology, religious studies, and education. In his good-humored nature he remarks “educated beyond my intelligence!” His passion for many years has been teaching, which spans a variety of ages from elementary to college level. He says I am, “Privileged to be part of profound transformations and a blessing to get paid for doing what one loves.” He served a decade and a half in Bogotá, Colombia at the Abbey’s foundation (Tibatí). Living “on the edge” where life’s concerns ran deeper than “liking” someone on Facebook. Fr. Valerian came to the southern “Dakota” and is now living in Yankton, SD. He shares, “I’m being made holy by the Sisters of Sacred Heart Monastery” where he serves as chaplain to both the Sisters and college students at Mount Marty College.

**Friday, April 27, 2018 at 5:00 p.m. —
Sunday, April 29, 2018 at noon**

This retreat will be offered again on (Presenter pending)

**Friday, October 26, 2018 at 5:00 p.m. —
Sunday, October 28, 2018 at noon**

The retreat is available to both women and men

| **The retreat costs \$120** Scholarships are available. |

Please Register by **April 20, 2018** for the retreat opportunity listed above.

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

