



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 + Winter 2018

A WORD FROM ST. BENEDICT'S RULE

Always try to find space for silence, but especially at night. This should be written into the schedule: when there are two meals, everyone will sit together after supper and listen to a spiritual classic like Cassian's *Conferences* or a saint's biography--something that will benefit everyone, though it shouldn't be too complicated since it's easy for some monastics to get confused at the end of the day. Save the hard reading for another time.

RB Ch 42, vv1-4 *The Rule of Saint Benedict: A Contemporary Paraphrase* by Jonathan Wilson-Hargrove

WELCOME NEW NOVICE OBLATES!

The Nebraska Benedictine Oblates welcomed two novices to our group. Jonathan Went joins the Lincoln Chapter and Lynn David Schriever has joined the Hastings Chapter. Let's show them hospitality as they join us in exploring Benedictine spirituality!

MARK YOUR CALENDERS FOR THE ANNUAL NEBRASKA BENEDICTINE OBLATE OBLATION CEREMONY!

The annual Oblation ceremony will be held on Sunday, November 11, 2018 at 2:30 pm. 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 for new members, Final Oblation for Novice Oblates, and Renewal of

oblation for current members. A reception will follow in the North Commons. Friends and family are invited to attend. Sr. Patricia Heirigs, Oblate Director, and Sr. Maribeth Wentzlaff, prioress, will be coming from Sacred Heart Monastery for the ceremony. Those making Initial and Final oblation will meet at 1:15 in the Chapel for orientation to the ceremony and to meet the Sisters. Sr. Phyllis Hunhoff will be unable to attend due to having back surgery on November 7. We pray for a complete and speedy recovery for Sr. Phyllis!

IMPORTANT INFORMATION REGARDING THE LEADERSHIP OF THE NEBRASKA OBLATES

The Leadership of the Benedictine Oblates of Nebraska (Sister Patricia Heirigs, Oblate Director, and Sister Phyllis Hunhoff, Associate Oblate Director, and the Deans from the Hastings, Lincoln, and Steinauer Chapters) believes that it is important for leaders to take an extended time away from their tasks and responsibilities, in order to reflect on their service, refresh themselves, and return to their duties with new energy and perspective.

This past year, Mary Schroer took a year away from her position as a Dean for the Lincoln Chapter. Upon completion of her sabbatical, however, she has decided not to return to the role of Dean. We wish Mary well with her new endeavors, and are grateful for her service, insights, and especially with her caring and supportive mentoring of new members and Novices. She truly has a gift for this role! With the support of Sacred Heart Monastery, I'm happy to announce that Charlotte Liggett will be a new Dean

CONTACT

Hastings	Juliene Bryan, juliene.bryan@nebraskabenedictineoblates.org Carol Barry, majorcarolb@yahoo.com Steve Blum, steveblum@windstream.net	St. Cecilia's Guadalupe Center 415 N Kansas Hastings
Lincoln	Jim Rea, James13048@gmail.com Charlotte Liggett, cmliggett2010@aol.com Carol Olson, carol.olson@nebraskabenedictineoblates.org	Madonna Rehabilitation Hospital, Sheridan Room, 5401 South St, Lincoln
Steinauer	Marcia Borchert, marcia.borchert@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer
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for the Lincoln Chapter. Charlotte brings new energy and vision to our Chapter and for our Nebraska Oblate community. Please join me in congratulating her!

This summer as the Leadership met for a weekend retreat at Sacred Heart, each Dean was encouraged to discern their need for a sabbatical from leadership. The Hastings and Steinauer Deans will not be taking a sabbatical. However, it's important for each Oblate to understand that they have continued their service for many years without time away. Please keep them in your prayers and offer them support and encouragement.

Over the past several months I have discerned the need to take time away as Lead Dean for the Nebraska Chapters. I have greatly enjoyed my service to this group in the capacity as Dean since 2012 and as Lead Dean for the past 5 years. It's time for me to step back from my duties and I will begin a sabbatical starting after the Oblation Ceremony next month, for 1 year. Lincoln Dean Jim Rea will be the Lead Dean until I return next fall.

One of the options that was given to a Dean taking a sabbatical is to share, as they desire, their plan for their time away from leadership. I'd like to share that with you now. A growing area of personal interest is to explore in greater depth, the human body as a connection to the Divine, a kind of "Physio Divina", through the spiritual practice called BioSpiritual Focusing. This fall I've been attending a series of classes led by two spiritual directors to further my knowledge and experience in this practice. I will continue to take time to cultivate the wisdom and perhaps share my knowledge with the Oblates after I return.

Interestingly, this connection to the body is also something I'm working on as a Physical Therapist and will be teaching a class soon at Madonna Rehabilitation Hospital on this topic. There is growing research in PT regarding this connection to the body that they have found can help persons with different illnesses and overall stress reduction. I'm intrigued by this intersection of the human workings of the body and of the workings of the Divine.

The other area that I am going to plan more time to do is Lectio Divina. It's an area that in the past few years I have not given myself time enough to do. I plan on continuing to attend the Chapter Gatherings and my Cell group, which means more

time to prepare for the discussions and letting go of the need to worry about preparations, including coordinating the gatherings. I ask for your prayers during this time away from my leadership duties, and I'm looking forward to continue being part of this community! Thank you! Carol Olson, Lincoln Dean

WELCOME NEW LINCOLN DEAN CHARLOTTE LIGGETT!

After visiting with Sr. Phyllis Hunhoff and spending a year as an oblate novice, I made my final commitment in 2010 to become an Oblate of Saint Benedict associated with Sacred Heart Monastery in Yankton, South Dakota. I believe the Rule of St. Benedict provides guidance in living life that is well balanced, filled with spiritual enrichment, and connected to God and other believers. Using Lectio Divina enables me to understand scripture at a deep level. Saying morning and evening prayers helps me effectively worship my God and Savior. And following the Rule helps me live in community. After spending 30 years in healthcare administration, I now teach nursing administration and healthcare leadership at Nebraska Wesleyan University. -Charlotte Liggett



MARK YOUR CALENDARS FOR OUR ANNUAL RULE OF LIFE SESSION

Spend a few hours in reflection on your personal Rule of Life for the upcoming year. Haven't developed one yet? Come and take the first steps in the company of others. Questions welcomed. Bring a journal, pen, your Personal Rule of Life and Shorter Christian Prayer book. Personal Rule examples and reflective questions will be provided. Charlotte Liggett will lead the retreat to be held in the Flanagan Room at Madonna Rehabilitation Center from 1:30 pm to 4:30 pm on Sunday, January 27th, 2019. There is no cost to the retreat. RSVP to cmliggett2010@aol.com

LITURGY OF THE HOURS TRAINING

A special session will be held on Saturday, November 3, 2018, at 9:30, in the Frontier Room at Madonna Rehabilitation Hospital. Lincoln Oblate Marcia Straatmeyer will demonstrate how to use 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. 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.



View from Sacred Heart Monastery

OBLATE PASSING

We mourn the passing of Michael Flaherty, an oblate of the Lincoln Chapter, who passed away on October 4, 2018. Michael made his final oblation on December 9, 2002. May he rest in peace.

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

Advent marks the beginning of the Liturgical Year. Sunday, December 2, 2018 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. One resource you might like to check for the Liturgy of the Hours for the current day can be found at universalis.com

PILGRIMAGE WITH FR. VOLKER FUTTER

Fr. Volker Futter, Oblate Director at Christ the King Priory, will lead a pilgrimage June 16-July 2, 2019 for Benedictine Oblates and friends. This is the last Pilgrimage that Fr. Volker Futter will lead. The trip is full of visits to various Monasteries in Germany, Austria and Switzerland and includes daily worship. This tour is specifically crafted with

the Benedictine Oblate in mind. This tour may sell out, so inquire soon! See the attached brochure.

SACRED HEART MONASTERY

Come for a Personal Retreat at the Monastery: The Benedictine Peace Center is designed for silent personal retreats in monastic space, where you can be alone and/or join the Benedictine Sisters at prayer and meals. Your personal retreat can be any length and you may request a spiritual director. First night is \$50 with added nights \$40. For further options, go to Yankton Benedictines - Retreat Center or contact Sr. Jeanne Ranek: jeanne.ranek@mtmc.edu or 605-668-6024

Come for a Monastic over-night visit:

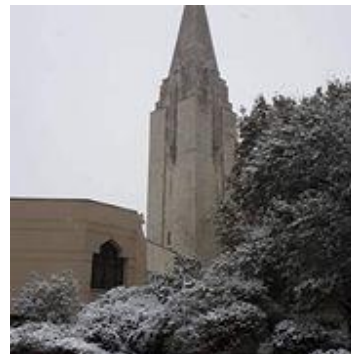
Suggested arrival at 4 pm. Vespers at 5pm followed by supper with tour of monastery. Morning Prayer, Mass and breakfast with further optional opportunities for overviews of Benedictine history, Lectio, Divine Office, etc. until 11:30 am. Lunch, and departure. Small donation if possible. At least two weeks advance notice and openings as available in the guest department. Contact Sr. Phyllis Hunhoff: phyllis.hunhoff@mtmc.edu or 605-668-6257

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.



Winter Scene at Sacred Heart

TOUR INCLUSIVE FEATURES:

- Roundtrip airfare from Omaha including current taxes and current fuel surcharges, (other cities at applicable rates)
- Transportation via a modern coach with reclining seats, wash-cabin, refrigerator, air-conditioning, etc.,
- Services of a friendly and experienced coach-driver and English-speaking tour escort,
- 10 nights accommodation in first-class 3 & 4 star-hotels, all with private facilities and breakfast daily throughout,
- 2 nights accommodations in Münsterschwarzach,
- 2 nights accommodations at Abbey St. Ottilien,
- 2 dinners & 1 lunch at Münsterschwarzach & St. Ottilien,
- Eight 3-course dinners in hotels & local restaurants,
- One dinner and wine-tasting with Kirch family,
- One special lunch in Salzburg,
- One three course farewell-dinner with one drink at our hotel in Neuss and one piece porterge at hotels throughout the tour,
- Local, English-speaking guides for sightseeing: Bamberg: ½ day, Cologne Cathedral, ½ day, Innsbruck, Salzburg,
- Entrance fees: Pommersfelden Castle, Herrenchiemsee Castle, guided tour of Stams Abbey and library, boat cruise from Konstanz to Meersburg, river cruise on the Rhine, a lake cruise on Lake Chiemsee, guided tour of Cologne Cathedral, sightseeing stops at Mainz, Garmish, Rothenburg, Ulm, Augsburg, etc., cog-wheel train and cable car ride up Pilatus mountain, Church and Monasteries visits as listed in itinerary,
- Travel Agency Services of True Travel Inc Omaha.

Total Tour cost per person:

\$4989.00 per person, double occupancy, (single supplement: \$400.00). (Please note that credit card payments are subject to an additional 3% convenience charge.) This published tour rate is subject to currency fluctuations, based on current Euro exchange rate of 1.16, and a minimum of thirty five participants. Complete terms and conditions will be advised at time of reservation. This tour itinerary and rate are subject to change and revisions.

Additional Items not included:

Trip Cancellation and Interruption insurance, incidental charges, optional tours & meals not listed, gratuities to tour director, driver, and local guides.

How to Make Your Reservations:

Please send your \$500.00 per person refundable deposit via check payable to True Travel as soon as possible and send via postal mail to:

TRUE TRAVEL, INC



153 North 72nd Street

Omaha, NE 68114

Phone: (402) 558-8222

1-800-238-8783

email: group@truetravel.com

You will receive trip cancellation insurance information, registration form, and tour terms and conditions after your deposit has been received. Final payment will be due on or before February 15, 2019.

You may also contact Father Volker Futter for additional information and questions concerning this tour:

Benedictine Mission House

P.O.Box 528

Schuyler, NE 68661

(402) 352-2177

fr

olker@benedictinemissionhouse.com



Footsteps of St. Benedict & Scholastica in Germany, Austria & Switzerland

A Pilgrimage for Benedictine Oblates and Friends

June 16 - July 2, 2019

Escorted by Fr. Volker Futter

We invite you to join us on our special Pilgrimage Tour, visiting Benedictine monasteries and shrines of Germany, Austria and Switzerland! Celebrate daily mass with your fellow pilgrims and discover the spirit of St. Benedict. Join us for an experience of a lifetime and discover Germany Austria and Switzerland with this fully escorted tour!
Father Volker Futter



Our Itinerary:

Day 01: Sunday, June 16: Departure from United States to Frankfurt Airport via scheduled airline.

Day 02: Monday, June 17: Arrival Airport

Frankfurt – Schwarzhach am Main Upon arrival at Frankfurt Airport we will be picked up by a modern motorcoach and we will meet Fritz, our tour escort who will accompany us throughout the tour. Afterwards we will be transferred to the Abbey of Münsterschwarzach for dinner and overnight. D



Day 03: Tuesday, June 18: Pommersfelden, Banz, Vierzehnheiligen - Bamberg-Volkach After breakfast we will drive to the beautiful Pommersfelden Castle, where we will enjoy a guided tour of this former aristocratic house. After the visit we will

then visit the baroque Basilica of Vierzehnheiligen and then to Schloß Banz. On the way back to Münsterschwarzach, we will stop by the famous Bavarian town of Bamberg. Tonight will be a celebration as we enjoy dinner at the Kirch family winery in Volkach, then we return back to our accommodation in Münsterschwarzach. BD

Day 04: Wednesday, June 19: Rothenburg - Ulm - Augsburg - St. Ottilien: Our next full day in Germany will take us south from Münsterschwarzach. The first stop today will be in the beautiful medieval town of Rothenburg ob der Tauber. You will see the famous townhall and St. James Church during a guided tour of the town.

Afterwards we will drive via Ulm and Augsburg, both of which we will visit, on our way to St. Ottilien. Tonight will be our first night's stay in the Abbey. BD



Day 05: Thursday, June 20: Ettal, Wieskirche, Oberammergau & Tutzing: After our breakfast, we will drive towards the Alps for a visit of the Abbey of Ettal, where we will have Mass. After a lunchbreak in Oberammergau, we will travel to the very beautiful Wieskirche, the masterpiece of the great churchbuilder Dominikus Zimmerman. In the afternoon we will continue to Tutzing at Starnberg Lake, to visit the Benedictine Sisters' monastery. We will join the sisters for an evening meal and return to St. Ottilien for overnight. BD

Day 06: Friday, June 21: Garmisch - Innsbruck - St. Johann: This morning we will leave St. Ottilien and start our journey to Austria. First we will enjoy a visit to the very picturesque town of Garmisch. Then we will enter the Austrian Tyrol and see the Olympic city of Innsbruck, then this afternoon we will continue further east and stay in St. Johann at the Hotel Sport Austria. BD

Day 07: Saturday, June 22: Salzburg: After a short ride in our deluxe motorcoach, we will reach the city of Salzburg, where we will first visit St. Peter's Abbey for Mass. After a short walking tour through the Oldtown, we will enjoy lunch in the "Peterskeller"! There will be some free time before we leave Salzburg

for some more sightseeing and shopping before our drive back to our Hotel Sport Austria in St. Johann, Tirol, Austria. BLD

Day 08: Sunday, June 23, Chiemsee Islands:

Today we are back in Bavaria and visit its largest lake, the "Chiemsee"! A short boat ride will take us to the Fraueninsel, where we will celebrate Mass in the Benedictine Abbey. Afterwards, there will be free time for lunch and for a walk around the island. In the afternoon, we will travel to the neighboring Herreninsel, to see the Palace of Herrenchiemsee, built by the "Mad" King Ludwig II of Bavaria. Later this afternoon, we will travel back to our hotel in St. Johann for overnight. BD

Day 09: Monday, June 24; Monday, St. Johann - Stams - Uznach - Einsiedeln: Enroute to Switzerland, we will visit the Cistercian Abbey of Stams, situated in the Tyrolean upper valley. Afterwards we will cross the Arlberg mountains and continue via Voralberg and Liechtenstein into Switzerland and the little village of Uznach to visit the abbey there for Mass and dinner and then we continue to or hotel in the Einsiedeln area. BD



Day 10: Tuesday, June 25; Einsiedeln - Pilatus-Lucerne - Lake of Constance After our morning mass in Einsiedeln, today's trip will take us into the heart of Switzerland to the well-known town of Lucerne, situated at the foot of Mount Pilatus and by the lake of the same name. After a trip up the mountain, there will be some time to explore the town and to walk across the famous Chapel Bridge. This afternoon we will continue to the area of Lake Constance, where we will be staying the next two nights. BD



Day 11: Wednesday, June 26; Reichenau Island - Constance - Meersburg This morning we will visit the island of Reichenau, where we will have mass. This afternoon will take us to visiting Meersburg, another very picturesque town along the lakeshore. BD

Day 12: Thursday, June 27: Lake of Constance -

Freiburg - Speyer - Heidelberg: This morning we will be leaving the Constance Lake area and will continue to Germany's Black Forest. The first stop will be in Freiburg, where we will visit the Münster, then our trip will take us to Speyer, where we will visit another of the beautiful Roman cathedrals in Germany. Finally we arrive in Heidelberg, the famous college town for our overnight stay. BD

Day 13: Friday, June 28; Heidelberg - Mainz - Rüdesheim

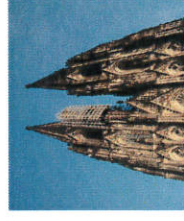
After a morning visit to Heidelberg's famous castle, we will enjoy the view over the entire town. Then we will drive to Mainz to visit another one of the Imperial cathedrals. Later, we will have Mass in Mainz. Our day will end in the famous wine-town of Rüdeshheim, where we will be staying overnight. BD

Day 14: Saturday, June 29; St. Hildegard - Rüdeshheim - Koblenz - Neuss

This morning we will visit Hildegard von Bingen's Abbey, high over the Rhine River valley. After church, we will go back into the valley to enjoy a boat trip along the Rhine River to St. Goar. The banks along the river are studded with castles and ruins. We will also pass by the famous Loreley rock on our way. Then we will reboard our motorcoach and continue on via Bonn, to the town of Neuss for our final two nights in Germany. BD

Day 15: Sunday, June 30; Neuss - Cologne - Düsseldorf

On our final day in Germany, we will visit the special city of Cologne. After Mass, we will enjoy a tour of the Cologne cathedral. On the way back to



Neuss, we will also stop in Düsseldorf for a stroll along Kö, the famous promenade, which is Düsseldorf's longest shopping street! This evening we will enjoy a farewell dinner together in a local brewery in Neuss! Overnight in Neuss hotel. BD

Day 16: Monday, July 1; Neuss - Düsseldorf Airport - Home!

Today with many new unforgettable memories, we say "auf-wiederssehen" to Europe, as we travel to the Düsseldorf airport for our homebound flight. We will arrive back home in the USA later this evening.

