



# 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) + Spring 2019

## **A WORD FROM ST. BENEDICT'S RULE**

The twelfth step is to let humility shape the way you carry yourself every bit as much as it shapes your thoughts, so that it makes a real difference in how you act at common prayer or out in the garden; when making a trip away from the community or when you're on the job. Remember, every rung of the ladder connects prayer to action. Whether the climber is sitting, walking, or just standing around, humility should shape her whole posture. Since she is aware of her sin and weakness, she should always live as if she were before the Lord for the final reckoning, constantly praying in her heart the prayer that the publican said with downcast eyes: Lord, I am a sinner, not worthy to look up to heaven (Luke 18:13b). And likewise, the psalmist's prayer: I am bowed down and humbled in every way (Psalm 37 [38]:7-9).

RB Ch 7, vv62-66 *The Rule of Saint Benedict: A Contemporary Paraphrase* by Jonathan Wilson-Hargrove

## **WELCOME NEW OBLATES AND NOVICE OBLATE!**

The Nebraska Benedictine Oblates welcomed Lynn David Schrievers as a novice in the Hastings Chapter at the annual oblation ceremony on November 11, 2018. Kathy Williams and Erin Caudill made their final oblation as oblates of Sacred Heart Monastery. Kathy is an oblate of the Hastings Chapter and Erin is an oblate of the Lincoln Chapter. Let's show them hospitality as they join us in exploring Benedictine spirituality!



*New Oblates Kathy Williams and Erin Caudill*

For those who were unable to attend the ceremony a Renewal Certificate is attached to this newsletter. Please mail to: Nebraska Benedictine Oblates 2843 S 42 St. Lincoln NE 68506

## **A MESSAGE FROM THE PRIORESS**

*Sr. Maribeth Wentzlaff, Prioress of Sacred Heart Monastery, gave the following reflection at the Oblation Ceremony November 11<sup>th</sup>, 2018:*

What a glorious day! Sr. Pat and I have been looking forward to this day for a long time! Sr. Phyllis truly wanted to be here and sends her greetings and love.

First, I want you to know that you are a shining star of the Sacred Heart Monastery Oblate program. Your fidelity to our community and the guidelines of the Rule of St. Benedict are to be commended. Thank you for the efforts you have made to come to meetings, retreats, and other programs. All of you are more than just a name on a paper. Please know that you are always welcome in Yankton.

This year, our theme at the Monastery comes from Isaiah 40:31: "They that hope in the

## **CONTACT**

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<b>Lincoln</b>		Madonna Rehabilitation Hospital, Sheridan Room, 5401 South St, Lincoln
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Lord will renew their strength." The focus is on "hope." The Christian symbol for hope is the anchor. I love to fish, so I know the importance of an anchor when I am out fishing. It holds the boat steady while it is on the water. The early Christians were being persecuted and killed and knew that their newly found faith in Christ was their anchor that would hold them fast in turbulent times.

These are turbulent times in religious life; our numbers are decreasing, the average age of religious men and women is climbing, and overall opinion about religion is waning. We need our oblates now more than ever to continue to spread the good news about the Benedictine way of life to the world. We need you to be an anchor for us as we face turbulent waters ahead.

Thank you for all you do and may God bless us as we navigate the waters of the school of the Lord's service together!

#### **FALL OBLATE RETREAT**



*PARTICIPANTS AT THE FALL OBLATE RETREAT INCLUDED, FROM THE LINCOLN CHAPTER, CAROL OLSON, CAROL BARRY, AND DALE SCHROEDER*

The fall Oblate retreat was held at Sacred Heart Monastery on October 26-28, 2018. Fr. Valerian Odermann spoke on the topic "Scripture and the Rule of Benedict".

#### **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](mailto: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](mailto:phyllis.hunhoff@mtmc.edu) or 605-668-6257

#### **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. The retreat will be offered in the Flannigan Room at Madonna Rehabilitation Hospital in Lincoln from 1:30 pm to 4:30 pm on Sunday, January 27th, 2019, on developing/updating a Rule of Life for yourself. There is no cost to the retreat. Please RSVP to [cmliggett2010@aol.com](mailto:cmliggett2010@aol.com) by Friday, January 25.

#### **OBLATE PASSING**

We mourn the passing of Nancy Ludden, an oblate of the Lincoln Chapter, who passed away on December 10, 2018. Nancy made her final oblation on January 14, 2001. May she rest in peace.

#### **FEAST OF ST. SCHOLASTICA**

We celebrate the feast of St. Scholastica, twin sister of St. Benedict, on February 10. She established numerous monasteries for women during her lifetime. The Dialogues of St. Gregory the Great tell of her last visit with her brother. Not wanting to leave their meeting, she prayed to God to intervene. He sent a storm that delayed their departure, allowing for more time for prayer. She died soon afterwards and was buried by Benedict in the tomb he had prepared for himself.

#### **SHORTER CHRISTIAN PRAYER INSTRUCTIONS**

On the Monday of the Baptism of the Lord, January 13, 2019, we will switch to Week I on page 54. We will be in ordinary time from January 13

until Ash Wednesday, March 6, 2019. On the first Sunday of Lent, March 10, 2019, 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 text is given for the Lenten season.

We continue in the Lenten prayers until Palm Sunday April 14, 2019. At the Reading, turn to page 429. The Easter Triduum begins on Holy Thursday, April 18, turn to page 436. On Easter Sunday, April 21, 2019, we start Week I. During the Easter Season we turn at the Reading to pp. 464-486. We remain in the Easter season until Pentecost Sunday, June 9, 2019.

One resource you might like to check for the Liturgy of the Hours for the current day can be found at [universalis.com](http://universalis.com)

#### ***RENEWAL OF OBLATION***

Those who were unable to attend the oblation ceremony but would like to renew their oblation may do so by returning the attached Renewal Certificate. Send the signed certificate to:  
Nebraska Benedictine Oblates 2843 S 42 St.  
Lincoln NE 68506.

#### ***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.



# 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 signatures)

November 11, 2018