



# 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) + Summer 2019

## A WORD FROM ST. BENEDICT'S RULE

We believe that God is present everywhere and that *in every place the eyes of the Lord are watching the good and the bad* (Proverbs 15:3). If this is always true, how much more so when we are saying the divine hours of prayer? This is why we have to always remember what the psalmist says: *Serve the Lord with fear* (Psalm 2:11a), and again: *Sing praise wisely* (Psalm 47:7b), and: *In the presence of angels I will sing to you* (Psalm 138:1b). The thing to consider at prayer, then, is how we ought to behave in the presence of God and his angels. We should stand to sing the psalms in such a way that our very being is in harmony with our voices. RB Ch 19 vv1-8 *The Rule of Saint Benedict: A Contemporary Paraphrase* by Jonathan Wilson-Hargrove

## OBLATE ANNUAL POTLUCK DINNER

On **Sunday, June 9, 2019**, all oblats of the Nebraska Chapters are invited to celebrate the end of another year of oblate gatherings. We will meet at 4:30 pm in the Sheridan Room at Madonna Rehabilitation center for food and fellowship. We will then move to the Chapel for Vespers. Paper products and drinks will be provided. Please bring a salad, vegetable, main dish, or desert to share. Family members are welcome! Bring your Shorter Christian Prayer books.

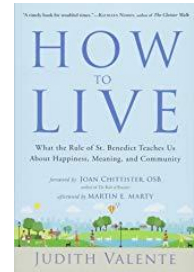
This year we will again offer a book exchange at the potluck Bring your spiritual books that you no longer need. We will have space to display them for others to take home. Any books not taken will be donated.

## SUMMER TOUR JUNE 23

You are invited to join fellow oblats in a summer tour On June 23, 2019. Our first stop will be to visit the Holy Family Shrine near Gretna where we will hear a twenty minute talk about the Shrine. We will pray vespers in the chapel, so bring your Shorter Christian Prayer book. We will then drive to the Cloisters on the Platte where we will pray the Stations of the Cross. We will carpool from Madonna at 1:30 and get to the shrine by 2:30, have the talk and vespers, then leave at 4-4:30 to the Cloisters for the stations. Cloisters on the Platte requests a \$10.00 donation for viewing and praying the Stations of the Cross. With the \$10.00 comes an audio recording with headphones. Oblats are welcome to bring a friend or family members with them on this tour.

## NEW BOOK FOR CELL MEETINGS!

For the next two years we will be studying from *How to Live: What the Rule of St. Benedict Teaches Us About Happiness, Meaning, and Community* by Judith Valente. The Rule of St. Benedict arose from an era when a great civilization was threatened by violence, economic forces that favored the wealthy, political leaders that lacked the trust of the public, and rampant xenophobia. Similar to the anxieties and frustrations of the 6th century, we are living in a time where societies need to stress community over competition, consensus over



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conflict, simplicity over self gain, and silence over the constant chatter and distractions of our lives.

In *How to Live*, Judith Valente explores the key elements of the rule and clearly demonstrates how incorporating this ancient wisdom can change the quality and texture of our lives offering a way forward from the divisions gripping our country. These fresh and profound explorations are inspiring and thoughtful, and will motivate readers to live a meaningful life. (from the description of the book on Amazon)

#### **MARK YOUR CALENDARS FOR THE FALL OBLATE RETREAT**

The annual oblate retreat at Sacred Heart Monastery will be held on October 25-27, 2019. The presenter will be Lead Dean Carol Olson on the topic of Benedictine Charisms. More information will follow in the fall newsletter.

#### **OBLATE PASSING**

We mourn the passing of Frances Knosp who left this life on March 31, 2019. Frances was an oblate of the Lincoln Chapter and made her final oblation on November 11, 2001. May she rest in peace.

#### **FEAST OF ST. BENEDICT**



On March 21 of 547 AD, Benedict knew he was near death. He was carried into the church, received the Eucharist, and, supported by his brothers raised his arms in prayer before dying. He is remembered on March 21, the day of his death, and on his official feast day of July 11. One Benedictine prayer that may be said on his feast day is the following: O God, who filled your most blessed Confessor Benedict with the spirit of all the righteous : grant us, your servants, who celebrate his solemnity, that filled with his spirit, we may faithfully accomplish, with your assistance, that which we have promised. Through our Lord. Amen

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

We are in the Easter Season until Pentecost, June 9, 2019. The prayers for Pentecost begin on p. 489. On the Monday after Pentecost we will switch to Week II and will remain in Ordinary time until Advent.

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)

#### **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

##### **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 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 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

#### **12TH ANNUAL OBLATE INSTITUTE: HUMILITY**

The annual oblate institute will be held on Thursday through Sunday, July 11-14, 2019 at the Sophia Spirituality Center, Atchison KS. The presenter will be Sr. Judith Sutera, OSB. Sister Judith Sutera blends her background in social sciences and monastic theology to explore many facets of this core Benedictine value and the challenges to its healthy expression in our times. Fee: \$325, single room; double room and commuter rates available (\$75, non-refundable deposit) **We have a waiting list for bedrooms; We are still registering commuters.** Register online or call 913-360-6173. [If Sophia rooms are filled, guests will be responsible for making arrangements in one of the area motels.]