



# 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 + Fall 2019

## A WORD FROM ST. BENEDICT'S RULE

The psalmist reminds us again and again that our thoughts are always present to God: God searches hearts and minds (7:9b), and: The Lord knows human thoughts (94:11). Again, the psalmist prays: You know my thoughts from afar (139:2b), and: the thoughts of people should bring you praise (76:10a). In order to guard herself against bad thoughts, the virtuous sister should always say to herself: I will be blameless in God's sight if I guard myself from my own wickedness (Psalm 18:23). In truth, we can't chase after our own desires, for Scripture tells us: Turn away from your desires (Sirach 18:30b), And in the Lord's Prayer, also, we ask God that his will be done in us (Matthew 6:10B)...What's more, we fear what Scripture says about those to ignore this: They are corrupt, and their desires are wicked (Psalm 14:1b).

*Ch 7:14-22, The Rule of Saint Benedict: A Contemporary Paraphrase by Jonathan Wilson-Hargrove*

## NEBRASKA BENEDICTINE OBLATE ANNUAL INFORMATIONAL MEETINGS

The annual orientation meetings for those interested in becoming oblates are approaching soon! The dates and times for the three Chapters:

Madonna Rehabilitation Hospital, 5401 South St., Lincoln, NE at 7 p.m., Sunday, August 25 in Sheridan Rooms A and B. For information: Lead Dean Jim Rea, 402-770-5732.

Convent House, Banquet Room, (near St. Anthony's Church), 311 N Hickory St. Steinauer NE, at 7 p.m., Monday, August 26. For information: Oblate Dean Marcia Borchner, db92140@windstream.net

St. Cecilia's Guadalupe Center, 415 N. Kansas Ave, Hastings, NE at 9:30-11:00 a.m., Saturday, August 17, 2019. For information: Oblate Dean Juliene Bryan, 402-984-4674, wjbryan@gtmc.net

This is an opportunity to learn more about oblates and does not commit participants to join. Please consider inviting anyone you know who may be interested in learning more, and perhaps join them at the meeting as a gesture of hospitality.

## MARK YOUR CALENDARS FOR THE FALL OBLATE RETREAT

The Fall Oblate Retreat will be held on the weekend of October 25-27, 2019, at Sacred Heart Monastery. The presenter will be Carol Olson of Lincoln, NE, the lead Dean of the Benedictine Oblates of Nebraska. Carol will address the Benedictine Charisms: Ten Gifts of Extraordinary Power for Benedictine Oblates. Carol is a dedicated Oblate who lives the spirit of Benedict in a very prayerful way. See the attached flyer for more information.

## SHORTER CHRISTIAN PRAYER INSTRUCTIONS

We remain in Ordinary Time until the first Sunday of Advent (December 1). Until then we will continue to follow the four week psalter in the Shorter Christian Prayer book. As a reference, on Sunday, August 25, we will be in Week I, page 48. For the antiphons and concluding prayer, turn to

## CONTACT

<b>Hastings</b>	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
<b>Lincoln</b>	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
<b>Steinauer</b>	Marcia Borchner, marcia.borchner@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer

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Like us on Facebook at [Nebraska Oblates](https://www.facebook.com/NebraskaOblates)

page 525. 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)

**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 chapter assignments will be sent to the cell leaders to share with their group.

**CHAPTER ASSIGNMENTS FOR 2019-2020 FROM THE ROAD TO ETERNAL LIFE BY MICHAEL CASEY**

- **September:** Chapters 25–27
- **October:** Chapters 28–30
- **November:** Oblation Ceremony, no readings or discussion
- **December:** Chapters 31–34
- **January:** Chapters 35–37
- **February:** Chapters 38–40
- **March:** Chapters 41–43
- **April:** Chapters 44–46
- **May:** Chapters 47–50.

**NEW LINCOLN CELL GROUP!**

Lincoln Dean Charlotte Liggett will be leading a cell group, starting this fall. The *Preferring Christ* cell will meet on the fourth Sunday of the month at 7:00 pm at Madonna Rehabilitation Hospital. The meeting will begin with Vespers in the Madonna Chapel with the *Beginner's Cell*, then break off for the cell meeting (room to be determined). If interested, contact Charlotte at [cmliggett2010@aol.com](mailto:cmliggett2010@aol.com)

**SACRED HEART SISTERS ATTEND ANNUAL MEETING**



Srs. Bonita Gacnik, Mary Jo Polak, Rosamarie Maly, Mariell Frigge, Barbara McTague, Patricia Heirigs

Six sisters of Sacred Heart Monastery (and oblate, Carol Barry, Lincoln) attended the annual North American Association of Oblate Directors (NAABOD) meeting on July 5-10 at St. Benedict Retreat Center in Schuyler. The theme was "Continuing the Sacred Tradition: Benedictine Spirituality Today and Tomorrow". Carol Barry will give a presentation on the conference at Chapter gatherings this fall.

**SUMMER PILGRIMAGE JUNE 23, 2019**



Seventeen oblates and their guests from the Lincoln and Steinauer chapters participated in the summer pilgrimage to the Holy Family Shrine and the Cloisters on the Platte. At the Shrine, we were treated to a talk by the architect, Jim Dennell, on the history of the building of the Shrine. At the Cloisters we prayed the Stations of the Cross, which are depicted in breathtaking outdoor sculptures.

**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 for meals and prayer. Your personal retreat may 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: or 605-668-6024.

**Come for a Monastic over-night visit:** Suggested arrival at 4 pm. Morning Prayer, Mass and breakfast with further optional opportunities. Lunch and departure. Small donation if possible. Contact Sr. Phyllis Hunhoff: [phyllis.hunhoff@mtmc.edu](mailto:phyllis.hunhoff@mtmc.edu) or 605-668-6257

# Fall Oblate Retreat

## **Benedictine Charisms: Ten Gifts of 'Extraordinary Power' for Benedictine Oblates**

Benedictine spirituality provides us with a path to follow in our daily lives as Oblates. Carol Olson will share Ten Benedictine Charisms given with love from the Holy Spirit and how they can be used every day. The retreat will include short conferences, ample time for reflective silence and prayer, options for various spiritual practices, and guidance in further exploration of the charisms through suggested readings from the Rule of Benedict and scripture.



### ***Presenter: Carol Olson***

Carol Olson was born in North Platte, attended a Lutheran School from K-8 and then a Catholic High School. She currently attends a congregation of the Evangelical Lutheran Church of America (ELCA).

Carol received her Physical Therapy degree in 1996 and has worked as an Inpatient PT at Madonna Rehab Hospital, Lincoln, NE, campus since then. During her PT career she has helped people with many different types of illness and injury, and is a board-certified Neurologic Clinical Specialist; currently she specializes in stroke and brain injury. Carol has also led the Madonna Stroke Support Group since 2006.

In 2012 Carol received her Spiritual Direction Certificate from Sacred Heart Monastery. Since then she has led many retreats for Lutheran and Episcopalian churches, as well as many conferences for the Benedictine Oblates of Nebraska. She enjoys leading retreats that help participants "try out" various spiritual practices of different modes, and about Benedictine Spirituality. Her main emphasis currently is honoring the connection between humans and the Divine through Embodied Prayer and Body Awareness. She lives in Lincoln, enjoys a variety of crafting, hiking at prairies and mountains, and has two cats.

Carol made her Final Oblation in January of 1998. She is currently on sabbatical from her position as Lead Dean of the Benedictine Oblates of Nebraska affiliated with Sacred Heart Monastery.



**Friday, October 25, 2019 at 5:00 p.m. -  
Sunday, October 27, 2019 at noon**

The retreat is available to both women and men

**| The Retreat Costs \$150. Scholarships are available. |**

Please Register by **October 18, 2019** 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**

During the summer take time to read the rule of Benedict. Set aside a few minutes each day to read and reflect and thank God for his blessings!  
Have a Happy and Safe Summer!