



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 2020

A WORD FROM ST. BENEDICT'S RULE

Chapter 4 – The Tools for Good Works. In the craft of life with God, we need tools to work with. Most of all, keep this tool close at hand: *Love the Lord your God with all your heart, with all your soul, and with all your might...and love your neighbor as yourself* (Matthew 22:37-39). And never let these get buried too deep in the tool box: *Do not kill, and do not commit adultery...neither steal nor long for what belongs to someone else* (Romans 13:9a); *do not give a false report about anything* (Matthew 19:18d). *Respect everyone* (1 Peter 2:17a), and *never do to someone else what you wouldn't want done to yourself* (Matthew 7:12).

Leave your own will behind so you can follow Christ (cf. Matthew 16:24); *put your body into training* (cf. 1 Corinthians 9:27); don't cater to your every desire, but love fasting as an opportunity to rush ahead in your pursuit of Christ. Use the extra time and resources you have to assist the poor, *to clothe the naked, to visit the sick* (Matthew 25:36a), to bury the dead. If someone is in trouble, help them. If someone is sad, comfort them.

Source - The Rule of Saint Benedict: A Contemporary Paraphrase by Jonathan Wilson-Hargrove

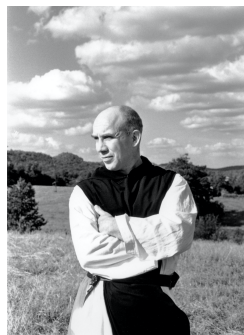
SHORTER CHRISTIAN PRAYER INSTRUCTIONS

We remain in Ordinary Time until the first Sunday of Advent (December 1, 2020). Until then we will continue to follow the four week psalter in the Shorter Christian Prayer book. As a reference on

Sunday, August 23, 2020 we will be in Week I, page 48. Find the antiphon for Cantic of Mary on page 526 (21st Sunday in Ordinary Time) and concluding Prayer on page 525 (21st Sunday in Ordinary Time). One resource you might like to check for the Liturgy of the Hours for the current day can be found at universalis.com

IN COMMUNION – WE ARE ONE, BY S. JEANNE RANEK OSB FROM YANKTON BENEDICTINES; SACRED HEART MONASTERY – PEACE CENTER

Thomas Merton once wrote, "We are one, but we don't know it." Perhaps the pandemic crisis can serve to heighten our awareness of the profound reality that we are one, the Body of Christ, bonded by our care for all we are suffering, endangered, or frightened of today.



We speak of "social distancing." Might we actually be called to deeper bonding socially and spiritually as we conscientiously practice "physical distancing"? Our new bishop in the Diocese of Sioux Falls speaks of "spiritual communion."

CONTACT

Hastings	Juliene Bryan, julienne.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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Friends, it is real. Let's be mindful of a spiritual communion that cannot be severed by a virus. Most Christians are unable to worship together, to celebrate Eucharist gathered in churches. The Holy Spirit is not bound by space, and in the Spirit we can know that we are one – one in love and compassion and spiritual communion.

May you and all your loved ones be well and come to a greater awareness of God's undaunted love for us in good times and in times like ours. We at the Benedictine Peace Center hold all of you in prayer and invite you to join us spiritually in a powerful, prayerful intervention as we bond with all the suffering and all the caregivers worldwide today.

NEBRASKA BENEDICTINE OBLATE PRAYER COMMUNITY

You are invited to become part of the Nebraska Benedictine Oblate (NBO) Prayer Community. An ongoing prayer effort has started in order to pray for family, friends, acquaintances, and loved ones who may be experiencing physical, mental, or spiritual health issues. If you are a Nebraska Benedictine Oblate or Novice and would like to be part of this prayer initiative, please send your name and preferred email address to Tim and Ginny Adams at: timothy12@gmail.com

You will be put on a distribution list and will receive emails from Tim and Ginny weekly or more often as needed, with names of individuals for whom you can pray along with the specific request for that person. The following guidelines which can be used to pray for others are provided as approved by the Nebraska Benedictine Oblate Deans:

- Thanksgiving to God for the life of the particular Oblate or person identified in the request.
- Specific prayer request as stated in email from Tim and Ginny.
- Prayers from the heart for the Oblate or person.
- Ending such as the following: *"Lord as you will, and as you know, have mercy."*

The above guidelines are simply suggestions. The NBO Prayer Community participants are encouraged to pray as the Holy Spirit leads. Prayer requests that come from the NBO Prayer Community are not to be given to other "prayer

chains" nor put on any social media sites. Thank you for your willingness to serve in this capacity, particularly during these unprecedented times.

PRAYER REQUESTS

If you, as a Nebraska Benedictine Oblate or Novice desire to have prayer for yourself, a family member, friend, co-worker, etc.; please email the person's name and specific prayer request to: timothy12@gmail.com Prayer requests can be made to this email address at any time as Tim and Ginny Adams will monitor the submissions and distribute the prayer requests to the NBO Prayer Community on a regular basis.

OBLATION CEREMONY – IMPENDING CHANGE

Each year we conduct a special Oblation Ceremony to welcome novices and new members, and reaffirm our vows as Nebraska Benedictine Oblates associated with Sacred Heart Monastery in Yankton, SD. Normally, this ceremony occurs in November. However, the Oblation Ceremony is being moved on a permanent basis to spring of each year. Thus, the Oblation Ceremony for this coming year will be held either in April or May of 2021 and will be announced in our Winter Newsletter. There will not be an Oblation Ceremony in November, 2020.

BENEDICTINE OBLATE INFORMATIONAL MEETINGS

Would you like to share the joy and peace you experience being a Benedictine Oblate with friends and family members? Please invite them to participate in the next Benedictine Oblate Informational meeting. Benedictine Oblates are Christian men and women of all faiths who are interested in enriching their Christian way of life. Benedictine Oblates live in today's society by being a witness to Christ by word and example. Oblates learn to live a life of deeper prayer through Lectio Divina, to say Liturgy of the Hours in the monastic tradition, and to strengthen one's spirituality.

In Lincoln – The meeting will be held August 23, 2020; 7:00 pm via Zoom. Please ask interested parties to contact Lead Dean, Carol

Olson, at 402-486-0864 or

carol.olson@nebraskabenedictineoblates.org.

In Steinauer – The meeting will be held August 31, 2020; 7:00 pm at Convent House, Banquet Room (near St. Anthony's Church), 311 N Hickory St. Steinauer, NE. Please ask interested parties to contact Marcia Borchert at db92140@windstream.net

In Hastings – the meeting will be held August 22, 2020; 9:30-11:00 am at St. Cecilia's Guadalupe Center, 415 N. Kansas Ave. Hastings, NE. Please ask interested parties to contact Juliene Bryan at 402-982-4674 or wjbryan@gtmc.net

MARK YOUR CALENDARS –

ZOOM Events – Chapter meetings have been held via Zoom for the last few months. These meetings have been spiritual and fruitful. All Nebraska Benedictine Oblate chapter meetings Fall 2020 (September – December) will be held via Zoom. Please watch for emails from Jim Rea providing the **link** to participate and a **password** which is now required to enter the meeting. A password is being used to assure privacy for the participants.

08/22/2020; 9:30 am – Hastings Oblate Informational Meeting – See above contact information.

08/23/2020; 7:00 pm – Lincoln Oblate Informational Meeting;
August 23, 2020; 7:00 pm. Meeting will be held via Zoom. Specific Zoom invites will be sent to all who are interested. See above contact information.

08/31/2020; 7:00 pm – Steinauer Oblate Informational Meeting – See above contact information

9/13/2020; 7:00 pm – September Chapter Meeting will be held via Zoom and we will have prayer, announcements, Lectio Divina, and discussions.

10/11/2020; 7:00 pm – October Chapter Meeting will be held via Zoom and we will have prayer, announcements, Lectio Divina, and discussions.

11/08/2020; 7:00 pm – November Chapter Meeting will be held via Zoom and we will have

prayer, announcements, Lectio Divina, and discussions.

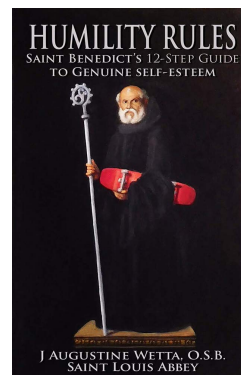
12/13/2020; 7:00 pm – December Chapter Meeting will be held via Zoom and we will have prayer, announcements, Lectio Divina, and discussions.

CELL GROUP MEMBERSHIP

All Benedictine Oblates are invited and encouraged to join a cell group. If you are not already part of a cell group, please select one of the following as both are welcoming new participants:

- **Pax Christi** lead by Lorene Ludy will meet via Zoom 3rd Tuesday of every month 4:00-5:30 pm starting in September. Please email loreneludy@gmail.com
- **Beginner's Cell** lead by Barb Michael will meet via Zoom 3rd Sunday of every month 7:00-8:30 pm starting in September. Please email babsie0626@gmail.com

CHAPTER BOOK SELECTION



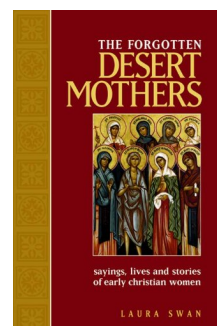
Humility Rules: Saint Benedict's Twelve Step Guide to Genuine Self-Esteem

The chapter book we will be reading this Oblate year is *Humility Rules: Saint Benedict's Twelve Step Guide to Genuine Self-Esteem* by J. Augustine Wetta, O.S.B. With candor, humor, and a unique approach to classical art, Father Augustine, a high school teacher and coach, breaks down Saint Benedict's method into twelve pithy steps for finding inner peace in a way that can be applied to anyone's life. This book is available as an eBook.

Reading assignments for the Chapter book will start with selections from the Oblate Handbook. This will set the context for what we are reading in Humility Rules as well as help us become more familiar with the Handbook. The reading assignments are as follows:

- **September** – Selections from the Oblate Handbook available at <https://www.nebraskabenedictineoblates.org/wpcontent/uploads/2016/09/OblatesHandbook-SacredHeartMonastery.pdf>
 - In the Monastic Tradition section; “The place of monasticism in the modern world” (p. 44) and “Living in community”, including “Primary Ingredients of Christian Community” (pp. 48-52)
- **October** – Humility Rules by Wetta, OSB – Introduction (pp. 11-25)
- **November** – Humility Rules by Wetta, OSB – Step #1 “Fear of God” (pp. 27-37) and Step #2 “Self-Denial” (pp. 39-49)
- **December** – Humility Rules Wetta, OSB – Step #3 “Obedience” (pp. 51-65) and Step #4 “Perseverance” (pp. 63-73)
- **January** – Humility Rules by Wetta, OSB – Step #5 “Repentance” (pp. 75-85) and Step #6 “Serenity” (pp. 87-97)
- **February** – Humility Rules by Wetta, OSB – Step #7 “Self-Abasement” (pp.99-109) and Step #8 “Prudence” (pp. 111-121)
- **March** – Humility Rules by Wetta, OSB – Step #9 “Silence” (pp. 123-133) and Step #10 “Dignity” (pp. 125-145)
- **April or May** – Humility Rules by Wetta, OSB – Step #11 “Discretion” (pp. 147-157), Step #12 “Reverence” (pp. 159-169), and Conclusion (pp. 171-173).

CELL GROUP BOOK SELECTION



The Forgotten Desert Mothers: The Sayings, Lives, and Stories of Early Christian Women.

The cell book we will be starting this coming Oblate year is *The Forgotten Desert Mothers* by Laura Swan, O.S.B. This book is an introduction to the sayings, lives, stories, and spirituality of women in the postbiblical, early Christian movement.

Reading assignments for the Cell Group book will start with selections from the Oblate Handbook. This will set the context for what we are reading in The Forgotten Desert Mothers as well as help us become more familiar with the Handbook. The reading assignments are as follows:

- **September** – Selections from the Oblate Handbook available at <https://www.nebraskabenedictineoblates.org/wpcontent/uploads/2016/09/OblatesHandbook-SacredHeartMonastery.pdf>
 - In the Monastic Tradition section; “Simplification of Life” (pp. 53-58)
- **October** – The Forgotten Desert Mothers by Swan – Front page icons with descriptions; Introduction and portion of Chp. 1 (pp. 1-11); and “A Calendar of Feasts of Holy Women” (pp. 201-204)
- **November** – The Forgotten Desert Mothers by Swan – Chp. 1 “Entrance to the Desert or Monastery” to end of chapter (pp. 11-19)
- **December** – The Forgotten Desert Mothers by Swan – Chp. 2 “Desert Spirituality” (pp. 20-31)
- **January** – The Forgotten Desert Mothers by Swan – Chp. 3 “The Sayings of the Desert Mothers” up to Amma Syncletia (pp. 32-43)
- **February** – The Forgotten Desert Mothers by Swan - Chp. 3 “The Sayings of the Desert Mothers” starting with Amma Syncletia (pp. 43-64)
- **March** – The Forgotten Desert Mothers by Swan – Chp. 3 “The Sayings of the Desert Mothers” starting with Amma Theodora (pp. 64-70)
- **April** – The Forgotten Desert Mothers by Swan – Chp. 4 – “Bright Stars in Desert Sky: Lesser Known Desert Mothers” reading through Eugenia of Alexandria (pp. 71-82)
- **May** – The Forgotten Desert Mothers by Swan – Chp. 4 – “Bright Stars in Desert Sky:

Lesser Known Desert Mothers” starting with Euphrasia the Elder and Euphrasia the Younger through Mastridia of Jerusalem (pp. 82-94)

The remainder of The Forgotten Desert Mothers will be read during our 2021-2022 Oblate year. Reading assignments for that year will be in the Fall 2021 Newsletter.

SACRED HEART MONASTERY

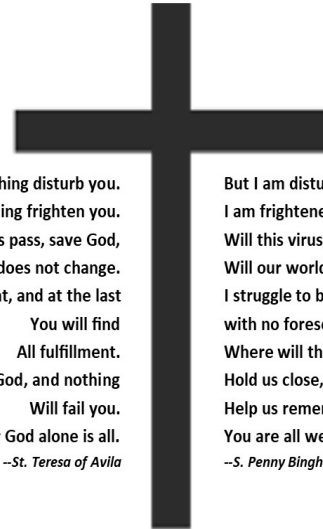
Due to safety precautions for COVID-19, Sacred Heart Monastery is not receiving guests until further notice. Know of our prayers for victims, their families, and care givers.

The Peace Center is offering reflections during the COVID-19 pandemic, hoping that it will unite us in faith and hope and strengthen our love for all God’s people. The staff of the Benedictine Peace Center will add reflections during this period of the pandemic. You can find their page as follows:

<https://yanktonbenedictines.org/center-reflections-during-covid-19/>

contemplate the words from St. Teresa of Avila on the left side of the cross and the words of S. Penny Bingham, OSB on the right side of the cross.

Let Nothing Disturb You?



Let nothing disturb you.
Let nothing frighten you.
For all things pass, save God,
Who does not change.
Be patient, and at the last
You will find
All fulfillment.
Hold God, and nothing
Will fail you.
For God alone is all.
--St. Teresa of Avila

But I am disturbed.
I am frightened.
Will this virus pass over us?
Will our world ever seem normal again?
I struggle to be patient in this crisis
with no foreseeable end.
Where will this lead us, to what end?
Hold us close, God.
Help us remember your faithful love.
You are all we need.
--S. Penny Bingham, OSB, June 2, 2020

The following image is copied from the aforementioned site, the Peace Center at Sacred Heart Monastery in Yankton, SD. You are invited to