



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 2021

A WORD FROM RULE OF ST. BENEDICT

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* (I 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.

You should not live the same way other people do; for you, the love of Christ takes first place. You don't lash out in anger or nurse a grudge against someone who's wronged you (no, you've learned a better way to deal with the trials that everyone faces). Don't fool yourself. When you greet someone with the peace of Christ, mean it! Don't avoid someone who needs

to receive God's love through you. Make promises you can keep, always telling the truth to yourself even as you're honest with others.

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

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

Advent marks the beginning of the Liturgical Year. Sunday, November 28, 2021 was the first Sunday of Advent. We began with Evening Prayer 1 on Saturday night, page 37. At the Reading we turned 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

THE O ANTIPHONS

Since we are now in Advent, we would like to provide information about the O antiphons that you might want to use during this special season. The final eight days of Advent are accentuated by the "O" statements that lead to the eight days of the Christmas octave. They are called the O Antiphons because they each begin with the letter O and address Jesus with a traditional title primarily from the prophecies of Isaiah and Micah. The O Antiphons may be read at Evening Prayer, December 17th – December 23rd, before the Cantic of Mary. The O Antiphons end December 23rd because evening

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prayer on December 24th is the beginning of the Christmas vigil. If you are interested in using the O Antiphons you can find them at this link - <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/the-o-antiphons-of-advent>

2022 YEAR OF GRACE LITURGICAL CALENDAR

If you are interested in purchasing the 2022 Year of Grace Liturgical Calendar, you can find them for sale at the following link - <https://www.ltp.org/>

BENEDICTINE OBLATE INFORMATION

As Benedictine Oblates we have many opportunities to live out the Holy Rule in our daily lives. Our commitment to the Benedictine way of life becomes evident as we worship, serve our communities in various ways, and live a life of peace and love. If you have a friend or family member interested in being a Benedictine Oblate, please invite them to contact one of the deans as listed below in the following communities:

In Lincoln – Interested parties contact Lead Dean, Carol Olson, at 402-440-5214 or carol.olson@nebraskabenedictineoblates.org.

In Steinauer – Interested parties contact Marcia Borcher at db92140@windstream.net

In Hastings – Interested parties contact Juliene Bryan at 402-984-4674 or julienebryan47@gmail.com

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, If interested, 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. If

interested, please email babsie0626@gmail.com

PEACE CENTER OF SACRED HEART MONASTERY

The Sisters maintain a Peace Center at Sacred Heart Monastery in Yankton as part of the monastery. You might consider a personal retreat there, where (1) you can find a place to rest a while and renew your relationship with God, (2) walk in nature on the bluffs overlooking the Missouri River, (3) meet with a spiritual director who can listen and guide your retreat, and (4) join the monastic community for prayer and meals or cherish your solitude.



<https://yanktonbenedictines.org/center/>

MARK YOUR CALENDARS

Lincoln Chapter Meetings – With the recent increase in Covid-19 infections, we are continuing to meet via Zoom. When we meet via Zoom, our meetings will start at 7:00 pm. You will be sent a Zoom link by Lead Dean Carol Olson via your email address. This will be on Saturday prior to our meeting Sunday evening.

Winter Lincoln Chapter Meetings:

- December 14, 2021
- January 9, 2022
- February 13, 2022
- March 13, 2022

Friday Morning Prayer at 7:30 am (Zoom) – if you are interested in doing Lauds every Friday morning via Zoom with other Oblates, please send your request to Barb Michael at babsie0626@aol.com

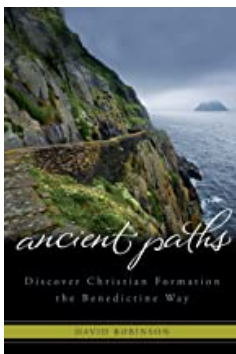
Spiritual Pause: *Composing a Rule of Life.*
Saturday, January 8, 2022 at 9:30 am Zoom.

The Rule of Life is a plan or pattern intended to organize your use of time and energy to assure maximum spiritual nurturance. Please read pp. 71-77 of the Benedictine Oblate Handbook.

Spiritual Pause: *Visio Divina: St. John's Bible Illuminations and Icons.* **Saturday, March 12, 2022 at 9:30 am Zoom.**

Visio Divina is holy gazing at Icons or religious art in an order to deepen one's understanding of God and his creation.

CHAPTER BOOK SELECTION



***Ancient Paths: Discover Christian Formation the Benedictine Way* by David Robinson**

The chapter book we are reading this Oblate year is *Ancient Paths: Discover Christian Formation the Benedictine Way* by David Robinson. This book provides the classic path for growing a Christian community. This innovative guide to Christian formation offers an ancient-yet-contemporary approach to growth in Christ. The book is available as a paperback or an eBook. We will read the book over a two-year period.

Reading assignments for December, 2021 through April, 2022 are as follows:

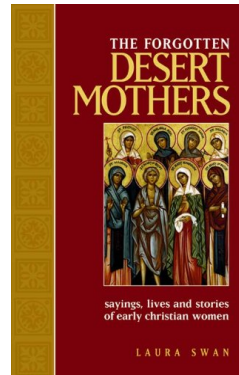
- December – Chapter 2B (pp. 29-40)
- January – Chapter 3 (pp. 41-55)

- February – Chapter 4 (pp. 56-75)
- March – Chapter 5 (pp. 76-91)
- April – Chapter 6 (pp. 92-108)

For all reading assignments for the Chapter, you may also use the following link

<https://www.nebraskabenedictineoblates.org/gatherings/monthly-readings/>

CELL GROUP BOOK SELECTION



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

The cell book we continue to use 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 December, 2021 through May, 2022 are as follows:

- December – Chapter 6; Mentors of the Monastic Way (pp.127-135)
- January – Chapter 6; Rome through end of chapter (pp. 135-149)
- February – Epilogue; The Gift of the Desert (pp. 151-169)
- March – *Oblate Handbook*; Monastic Tradition – Life of Anthony, Basil's Rule, Evagrius Ponticus (pp. 40-42)
- April – *Oblate Handbook*; Monastic Tradition – John Cassian, the Place of Monasticism in the Modern World (pp. 43-45)
- May – *Oblate Handbook*; Monastic Tradition – Contemplative Availability (pp. 58-62)

For all reading assignments for the Cell Groups you may also use the following link
<https://www.nebraskabenedictineoblates.org/cells/>

SACRED HEART MONASTERY

We are excited to share with you the following message from the Peace Center at Sacred Heart Monastery in Yankton, SD, "We are currently accepting fully vaccinated retreatants at the Benedictine Peace Center on a very limited basis. You are welcome to contact us for reservations at 605-668-6292."

<https://yanktonbenedictines.org/center/>

The Benedictine Peace Center seeks to be

- A monastic space where persons can come for solitude, prayer, and spiritual refreshment.
- A resources center for spiritual enrichment programs in a variety of settings at and away from the Center.
- Through the Benedictine Peace Center, the Sisters of Sacred Heart Monastery share the communal journey of seeking God with other pilgrims whom we meet on the way.
- The Peace Center welcomes men and women of all faiths.