



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 +Spring 2022

A WORD FROM ST. BENEDICT'S RULE

Chapter 49 – Keeping Lent The monastic life is a continuous Lent of fasting toward God's kingdom. But since there aren't many of us who are strong enough to run a marathon every day, we encourage the whole community to set aside the season of Lent as a time to refocus on our goal and strip away anything that is slowing us down in our pursuit. The best way to do this is be diligent about unlearning bad habits and to devote ourselves to prayer with tears – to reading, to soul-searching confession, and to self-denial.

So, during these days, we will add to our normal rhythms some extra fasting and time for private prayer so that each of us will have something beyond our usual sacrifice to offer to God *with the joy of the Holy Spirit* (I Thessalonians 1:6c). Each person should choose a fast from some food or drink, or from sleep, or from needless talking, or from idle jokes. Having cast aside these things, each person should rush on toward holy Easter with joy and a renewed longing for the resurrection life.

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

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

Ash Wednesday, March 2, 2022. On the first Sunday of Lent, March 6, 2022, we began 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 10, 2022. At the Reading, turn to page 429. The Easter Triduum begins on Holy Thursday, April 14, 2022 so turn to page 436. On Easter Sunday, April 17, 2022, 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 5, 2022. One resource you might like to check for the Liturgy of the Hours for the current day can be found at universalis.com

WORDS ABOUT PRAY, WORK, PLAY, AND CELEBRATE FROM SACRED HEART MONASTERY IN YANKTON, SD

Pray

God is the source of all gifts in our lives and we express our gratitude in prayer. As a whole community we gather three times a day to give thanks and praise to God. We also seek to know Jesus on a personal level and do this by praying with the scriptures, with creation or by just sitting in God's presence.

Work

Our overall work is to spread the kingdom of God in the world. The sisters' prayer and community life together provides the energy we need to do this ministry. Each sister's gifts and talents are matched with the ministry needs so that she may grow in her

CONTACT

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personhood and those to whom she ministers may see the action of God in their lives.

Play

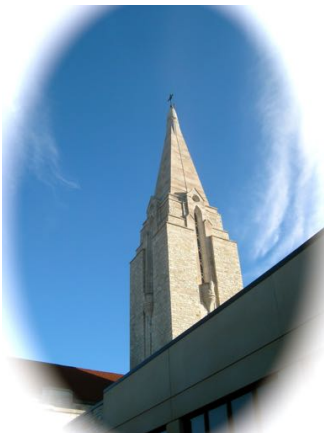
It is part of our tradition to work hard and to play hard. Play is a great way to nourish our relationships with others, to re-energize, to get in touch with creation, and to nourish the child in us. Laughter is great medicine.

Celebrate

We need to take time out of our ordinary schedules to celebrate the important events of our lives. How do we do this? By celebrating birthdays, feast days, professions, jubilees with much anticipation and excitement. Funerals are also important as we gather to celebrate the sister's life among us and her birth into eternal life. If we were to list some of the high points of community life, celebrations would be near the top of the list.

If you are interested in learning more about the Sisters of St. Benedict at Sacred Heart please use the following website:

<https://yanktonbenedictines.org/who-we-are/>



PILGRIM ROAD – A LENTEN MEDITATION

If your life is a garden, then Lent is not a project to be accomplished, but rather an opportunity to let God help you to look carefully at your garden and help it be more fruitful. Prayer, fasting, and works of charity are traditional ways of

doing this. If your life is a garden that needs to be watered and weeded but cannot be forced or controlled, ask the Lord to help you this Lent to let go of your need to control, and to teach you how to be patient with God's slow way of doing things.

Is there an area of your life where you tend to be especially impatient? Think of the people you interact with most often. This Lent try to treat each of them like a well-watered garden in need of nurturing.

Sacred Scripture – “Then the Lord will guide you always and give you plenty even on the parched land. He will renew your strength, and you shall be like a watered garden, like a spring whose water never fails.” Isaiah 58:11 (NAB)

Rule of St. Benedict – “First of all, every time you begin a good work, you must pray to God most earnestly to bring it to perfection.” Prologue, v.4.

Source – Pilgrim Road: A Benedictine Journey through Lent by Albert Holtz, O.S.B.



HOW TO HELP UKRAINE

As Benedictine Oblates we are called to people of peace. In fact, the Oblates Prayer states, “O Loving God, I ask your blessing this day on all the Oblates of Saint Benedict and those with whom we are affiliated. Help us to become people of prayer and peace.”

During this time of war and destruction in Ukraine, may we pray for (1) safety for the people of Ukraine, (2) end of armed aggression, and (3) peaceful resolution of all conflicts and disagreements.

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
carol.olson@nebraskabenedictineoblates.org.

In Steinauer – Interested parties contact Marcia Borchert at 402-869-2342 or
db92140@windstream.net

In Hastings – Interested parties contact Juliene Bryan at 402-984-4674 or
wjbryan@gtmc.net

MARK YOUR CALENDARS

Potluck – June 12, 2022 at 4:30 pm; more to come.

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.

Spring Lincoln Chapter Meetings:

- April 10, 2022

- May 8, 2022

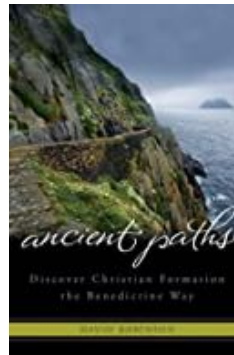
Friday Morning Prayer at 7:30 am (Zoom)
– if you are interested in doing Lauds every Friday morning via Zoom with other Oblates, please send your request to Barb Michael at
babsie0626@aol.com

CELL GROUP MEMBERSHIP

All Benedictine Oblates are invited and encouraged to join a cell group. If you are not currently part of a cell group and would like to be, please contact Carol Olson at
carol.olson@nebraskabenedictineoblates.org

- **Pax Christi** lead by Lorene Ludy
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. Please email babsie0626@gmail.com

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 April, 2022 are as follows:

- 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/>

A new Chapter book will be selected and identified for chapter meetings starting September 2022. The deans are currently in the process of reviewing books that will help all of us to understand and apply Benedictine Spirituality.

CELL GROUP BOOK SELECTION

Reading assignments for April and May, 2022 are as follows:

- 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.