



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 +Summer 2022

A WORD FROM ST. BENEDICT'S RULE

Prologue – Listen, my child. I want you to place the ear of your heart on the solid ground of the Master's wisdom (what I received, I'm passing on to you). This advice is from a spiritual father who loves you and gives you the sort of counsel that will shape your whole life. Listening is hard work, but it's the essential work. It opens you up to the God that you've rejected when you have only listened to yourselves. If you're ready to give up your addiction to yourself, this message is for you: to listen is to equip yourself with the best resources available to serve the real Master, Christ the Lord.

So, let's go! The scriptures are stirring us, like fire in our bones: *It is high time now for you to wake from sleep* (Romans 13:11b). Let's open our eyes wide to the light that shines out from God, and open our ears to the voice from heaven that shouts out every day: *O that today you would hearken to his voice!* (Psalm 95:7b). And again: *You who have ears to hear, listen to what the Spirit says to the churches* (Revelation 2:7). What does the Spirit say? *Come, children, listen to me, I will teach you the fear of the Lord* (Psalm 34:11). *Run while you have the light of life, lest the darkness [of death] overtake you.* (John 12:35).

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

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

Right after Pentecost, which was Sunday, June 5, 2022, we entered into ORDINARY TIME. On Monday June 6, we started with Psalm Week 2. Sunday, June 12, 2022 was Trinity Sunday (see p. 499 in Shorter Christian Prayer). Sunday, June 19, 2022 we arrived at the 12th SUNDAY IN ORDINARY TIME (see p. 515 in Shorter Christian Prayer), starting in Psalm week 4. We will remain in ORDINARY TIME for the remainder of the year until Advent, which starts November 27, 2022. One resource you might like to check for the Liturgy of the Hours for the current day can be found at universalis.com. Navigate to the link for "Yearly Calendar."

PEACE CENTER AT SACRED HEART MONASTERY

We are currently accepting fully vaccinated and boosted residential retreatants at the Benedictine Peace Center. You are welcome to contact us for reservations.

The Benedictine Peace Center is a peaceful place to rest and renew your relationship with God. Walk along the bluffs overlooking the Missouri River. Meet with a trained spiritual director. Join the monastic community for prayer and meals. Cherish your solitude and create your own spiritual experience.

CONTACT

Hastings	<i>Julienne Bryan</i> , julienne.bryan@nebraskabenedictineoblates.org <i>Carol Barry</i> , majorcarolb@yahoo.com <i>Steve Blum</i> , steveblum77@gmail.com	St. Cecilia's Guadalupe Center 415 N Kansas Hastings
Lincoln	<i>Jim Rea</i> , James13048@gmail.com <i>Charlotte Liggett</i> , cmliggett2010@aol.com <i>Carol Olson</i> , carol.olson@nebraskabenedictineoblates.org	Madonna Rehabilitation Hospital, Sheridan Room, 5401 South St, Lincoln
Steinauer	<i>Marcia Borchert</i> , marcia.borchert@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer
Visit our web site at Nebraskabenedictineoblates.org Like us on Facebook at Nebraska Oblates		

We are:

- A monastic space where you can come for solitude, prayer, and spiritual refreshment
- A resource center for spiritual enrichment programs in a variety of settings, both at and away from the Center.
- A community of women sharing the journey of seeking God with others, together.
- A place where all are welcome, no matter your faith.

Spending time with the sisters at Sacred Heart Monastery can refresh your spirit, help you experience God at a deeper level, and find the restful peace for which you are longing. If you are interested in a retreat at the Peace Center at Sacred Heart Monastery, you may call 605-668-6292 or use the following link - <https://yanktonbenedictines.org/retreat-center/>

CHANGES IN DEANS

Starting in June 2022, Dean Steve Blum and Dean Jim Rea are retiring as Deans of the Nebraska Benedictine Oblates. These two men have served our chapter collectively for more than 18 years. They have generously given their gifts of time, wisdom, hospitality, service, spiritual leadership, and prayer. They exemplify for all of us the Oblate way of life. When you have the opportunity, please thank both Steve and Jim for their efforts on our behalf. You can use their respective email addresses which are listed at the bottom of page #1 of this newsletter.

PRAYER REQUESTS

If you, as a Nebraska Benedictine Oblate 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.

MARK YOUR CALENDARS

Benedictine Oblate Fellowship and Oblation Ceremony – 6/12/2022; 2:00 – 4:00 pm. at Mayflower Room – First Plymouth Church, 2000 D. Str. We are gathering in person for fellowship, renewal, and refreshments. All Oblates will have the opportunity to renew your Oblation. We hope you join us!

Oblates will use the west door of the church to access the Mayflower Room. It is located on the lower level, but an elevator is directly to the left of the entrance. Parking is available on the east side of the building, as well as street parking all along and around the west entrance.

Sr. Phyllis turns 90 in August AND is celebrating her 70th jubilee as a Sister of Sacred Heart Monastery. We will have cards for all of us to send personal messages to her of love, peace, and congratulations.

Hastings Oblate Orientation – 8/27/2022; 9:30 am. Orientation will be in person at St. Cecelia's Guadalupe Center; 217 Kansas Ave. Hastings, NE. If you know of someone interested in exploring Benedictine spirituality please forward their name and contact information to Juliene Bryan at wjbryan@gtmc.net or call 402-984-4674.

Lincoln Oblate Orientation – 8/28/2022; 7:00 pm. Orientation will occur via Zoom. If you know of someone interested in exploring Benedictine spirituality, please forward their name and contact information to Carol Olson at carol.olson@nebraskabenedictineoblates.org

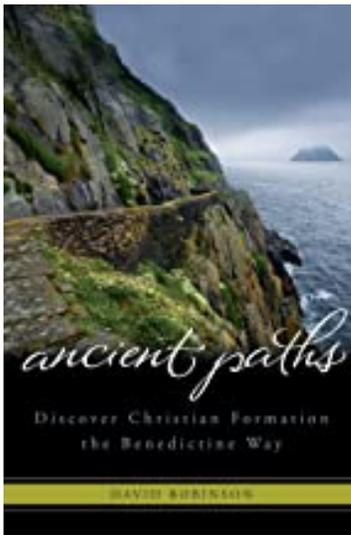
Steinauer Oblate Orientation – 8/29/2022; 7:00 pm. Orientation will be in person at Convent House Banquet Room. If you know of someone interested in exploring Benedictine spirituality please forward their name and contact information to Marcia Borcher at marcia.borcher@nebraskabenedictineoblates.org

Special Opportunity – 7/9/2022 via Zoom. The Board of American Benedictine Academy (ABA) has announced that Benedictine Oblates may “attend” via Zoom three presentations provided by Sr. May Forman, OSB; Sr. Laura

Swan, OSB (author of *The Forgotten Desert Mothers: Sayings, Lives, and Stories of Early Christian Women*); and Rev. Donald Richmond. If you are interested in taking advantage of this exciting opportunity, please contact Julie A. Ferraro, Executive Secretary of ABA at ABAcadSec@gmail.com. Ms. Ferraro will send you a Zoom link.

Walk a Prayer Labyrinth – On Sunday 7/17/2022 (afternoon) you are invited to pray while walking a prayer labyrinth in Lincoln. There are several excellent prayer labyrinths in southeast Lincoln. Details for this event will be sent via email closer to the date.

CHAPTER BOOK SELECTION



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

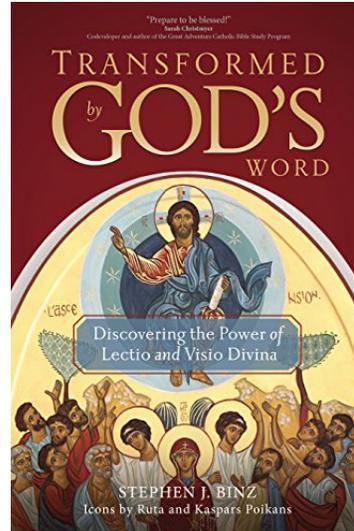
The chapter book we will continue studying this coming year is *Ancient Paths: Discover Christian Formation the Benedictine Way* by David Robinson. This book provides the classic path for growing a Christian community. This innovative guide to Christian formation offers an ancient-yet-contemporary approach to growth in Christ. The book is available as a paperback

Reading assignments for this next Oblate year (September 2022 – April 2023) are as follows:

- September 2022 – Chapter 7 (pp. 109-126)
- October 2022 – Chapter 8A (pp. 129-139)
- November 2022 – Chapter 8B (pp. 139-151)

- December 2022 – Chapter 9A (pp. 152-161)
- January 2023 – Chapter 9B (pp. 162-171)
- February 2023 – Chapter 10 (pp.172-181)
- March 2023 – Chapter 11 (pp. 182-197)
- April 2023 – Chapter 12 & Afterward (pp. 198-208)
- May 2023 - TBA

CELL GROUP BOOK SELECTION



Transformed by God's Word: Discovering the Power of Lectio and Visio Divina

The cell book for the next two years has been selected for 2022-2023 and 2023-2024. This book is available in hard copy (soft cover) or as an electronic book.

Bestselling author and biblical scholar Stephen J. Binz presents the first book to combine the ancient Western practice of lectio divina (sacred reading) with the lesser-known Eastern Orthodox tradition of visio divina (sacred seeing). Binz offers a life-changing way to pray through twenty gospel readings paired with beautiful, never-before-published contemporary icons. St. Benedict urged his followers to listen to God's Word "with the ear of the heart." Eastern Orthodox spiritual writers focused on gazing at icons, as St. Paul said, with "the eyes of the heart." Popular speaker and retreat leader Stephen J. Binz draws on the richness of both traditions by combining lectio and visio divina. Contemplation is more difficult than ever during this digital age and Binz offers a proven and

profound way to cut through the noise and pray the gospels. He walks you through six steps: reading, seeing, meditating, praying, contemplating, and acting.

Reading assignments for *Transformed by God's Word: Discovering the Power of Lectio and Visio Divina* for our next Oblate year (September 2022 – May 2023) are as follows:

- September 2022 - Preface, The Ancient Tradition of Lectio Divina, Experiencing God's Word through Icons, & The Formative Experience of Lectio and Vision Divina (pp. vii-26)
- October 2022 - Annunciation & Visitation (pp. 27-45)
- November 2022 - The Nativity of Christ (pp. 47-55)
- December 2022 - The Presentation in the Temple (pp. 57-65)
- January 2023 – Jesus Is Found in the Temple & The Baptism of Jesus (pp. 67-85)
- February 2023 – The Wedding at Cana (pp. 87-95)
- March 2023 – The Proclamation of God's Kingdom (pp. 97-104)
- April 2023 – The Transfiguration of Jesus Christ (pp. 105-113)
- May 2023 – The Last Supper (pp. 115-122)

Reading assignments for 2023-2024 Oblate Year
TBA.