



Oblate Newsletter

SACRED HEART MONASTERY

Yankton, South Dakota

NOVEMBER 2022

S. Patricia Heirigs, Oblate Director | Patricia.Heirigs@yanktonbenedictines.org
(605) 668-6017 | <http://yanktonbenedictines.org/oblates/>

Dear Oblates,

I am reminded of Psalm 19, ***"The heavens declare the glory of God, and the firmament proclaims his handiwork."*** The season of fall is here! The trees, in their splendid glory, change colors often, as the wind blows and whips them to the ground. It truly is a beauty of nature.

Sister Valerie Cheney died Saturday, October 29, after a short illness. Her funeral was on Wednesday, November 2, All Souls Day. We will miss her, but the saints and angels will enjoy her humor and laughter.

We have several persons preparing to become Oblates at the Monastery and at Mount Marty University. They will become Novices in April. Please pray for them as they continue in their formation program on the Oblate Way of Life.

During the month of November, we have several feasts that we celebrate, beginning with All Saints and All Souls Days. On November 16, the Feast of St. Gertrude, the Sisters, and our Employees will have breakfast together. Thanksgiving is on November 24 this year. Our coffee room's sign says, ***"Thanksgiving is both thanks and giving."*** It sums up what the feast really is! Let us ask ourselves how we respond to giving and receiving.

Please mark on your calendars the dates of our **Oblate Retreat**, November 11-13. The theme of *"Liturgy of the Hours in a Workaholic World,"* is a good one in our modern age. How do we find time to pray during our life of busyness, work, and varied activities?

Our next Monastery **Oblate Meeting** is on Sunday, November 20, at 1:00 pm in Room 215. We will finish the final chapters 71-72-73 in our book, *"Preferring Christ,"* by Norvene Vest. I would like your ideas on what book we should study next in our program. Please, think about it!

Have a Blessed Thanksgiving with your family and friends as you give thanks to God for all the blessings you have received.

God's Blessings,
Sister Patricia Heirigs



We've had some glorious fall mornings at the Monastery. This photo of Bishop Marty Chapel in the sunrise was captured the last week of October, before the leaves fell from the trees.



Sioux Falls Chapter News

We have about a dozen active Oblates who meet the first Wednesday of every month from 7:00-8:00 pm at Platinum Valley Apartments, 6315 South Connie Ave, Sioux Falls, SD.

We will be finishing the book, "The Oblate Life," soon. Our group has chosen to study the book, "The Monastic Heart," by Joan Chittister.

Every year at Christmas our group meets and has a Christmas party together. We mingle the social with the spiritual setting.

S. Barbara McTague

Mount Marty Chapter News

Greetings, MMU Oblates -- It doesn't seem possible that November is here already. Our Oblate meetings for this month are on Thursday, Nov. 17 @ 4:00pm in the Board Room in SLC; Friday, Nov. 18 @ 3:00pm in the Board Room; and Sunday, Nov. 20 in the Monastery Room 215.

And, we celebrate Thanksgiving the following Thursday, Nov. 24. I wish each of you a Happy Thanksgiving! May your celebrations with family and friends be blessed.

In the spirit of Benedictine peace and gratitude,
S. Rosemarie Maly

Upcoming Opportunities

November 11 - Sister Jeanne Ranek will do a presentation on "Discernment," for the Avera Leaders in Ministry Group at the Broom Tree Retreat Center.

November 11-13 - **Oblate Retreat**, "Liturgy of the Hours in a Workaholic World," given by Sister Mary Jo Polak.
Registration forms due Wednesday, November 9, 2022.

November 16 - **Feast of St. Gertrude**, The Sisters and employees will have breakfast together.

November 19 - **Contemplative Mornings**, Sister Doris Oberembt hosts "Contemplative Mornings," the third Saturday of each month.

December 3 - **Advent Retreat** at Sacred Heart Monastery. "The Desert Will Bloom," on Saturday, December 3, 2022 from 9:30-11:30 a.m. Register to participate in this Zoom retreat by December 1 at noon.

December 17 - **Contemplative Mornings**, Sister Doris Oberembt hosts "Contemplative Mornings," the third Saturday of each month.

January 6, 2023 - The staff of the Retreat Center will provide Mount Marty University faculty and staff the program for Mission Day.



Monastery Happenings



Several sisters, oblates, employees, and Mount Marty students helped to serve The Banquet in downtown Yankton, on September 15. Over 200 people were served a meal with four given cakes in celebration of their birthdays.

Thirteen sisters and several others from Yankton attended the "Love Your Neighbor Tour" on September 24, at the United Way Community Impact Center, Yankton, SD. The tour had visited 25 cities in South Dakota making people aware of the importance of supporting Amendment D, Medicaid expansion.



The Mount Marty University Board of Trustees met on October 13-14, in the Board Room at the University. On Thursday, October 13, they attended Mass with the sisters.

The weekend, October 28-30, was Lancer Days when Mount Marty University celebrates Homecoming and Alumni Weekend. Many activities were planned for both the University and the Sisters.



Several Sisters celebrated their special year of graduation from Mount Marty High School, College, or Nursing School.

The Monastery sponsored a float in the MMU Homecoming parade.

The MMU football team won its Homecoming game on Saturday afternoon.

Sister Madonna Schmitt was inducted into the 2nd Annual Mount Marty Fine Arts Hall of Fame on Sunday, October 30. *Right: S. Madonna's sister Janice Wermers (left) is pictured with fellow inductees.*



October was designated as "Make a Difference" month. Sisters and employees donated canned goods, paper products, toiletries, kitchen, and laundry items to three local non-profits: Contact Center, Pathways - Homeless Shelter, and River City Domestic Violence Women's Shelter.

Employees and sisters were encouraged to dress up in costumes for Halloween. Some of the costumes were quite unique! *Right: S. Phyllis Hunhoff*



During the month of November, we celebrate the feasts of All Saints and All Souls. Sister Valerie Cheney was buried in the Monastery cemetery on All Souls Day.

Prayer Requests

- For continued healing for Sisters Maribeth Wentzlaff, Madonna Schmitt, Barbara Kowalkowski, and Anna Dangel.
- For all those suffering from cancer, especially Sister Barbara Kowalkowski's mother.
- For Sister Carol Jean's mother who had surgery at the Mayo Hospital in early November.
- For Peace in the troubled countries of the world.
- For Oblate Diane Nicholson and her concerns about her daughters.
- For Oblate Janene Cabalka and her continued good health.
- For Oblate Jason Schulte and his family concerns.
- For all of the Oblates and their families.

In Memory

Sister Valerie Cheney

Patricia Lafferty - mother of Sister Terry Lafferty

Alice Colgan - mother of Sister Erin Colgan

Shirley Eich - sister of Sister Madonna Schmitt

Father Jerry Cosgrove



*Have a Blessed
Thanksgiving*

CONTACTS

Yankton	S. Patricia Heirigs, Director patricia.heirigs@yanktonbenedictines.org	
Mount Marty University	S. Rosemarie Maly Rosemarie.Maly2@mountmarty.edu	Sacred Heart Monastery 1005 West 8th Street Yankton, SD
Online	S. Bonita Gacnik Bgacnik@mountmarty.edu	
Sioux Falls	S. Barbara McTague Barbara.McTague2@yanktonbenedictines.org	First Wed. of month 7:00-8:00 pm Platinum Valley Apartments 6315 South Conie Ave. Sioux Falls, SD

News from Nebraska



The members of Lincoln's and Omaha's Nebraska Benedictine Oblates (NBO) greatly enjoyed meeting in person at Madonna Rehabilitation Hospital in Lincoln, NE for their October 2022 chapter meeting. Madonna has new construction allowing for improved patient care areas as well as more meeting space. Thus, the group was delighted to be able to be in person once again. In addition, the meeting room we used was well-equipped to allow for a virtual meeting. Consequently, several more Oblates were able to attend the meeting

virtually. It is the intention of the Deans that the Lincoln/Omaha chapter will continue to meet in-person at Madonna going forward, but virtual meeting capability will also be provided. In the event of snow, if it snows 3 inches or more, our in-person meeting at Madonna will automatically be cancelled, but we will continue virtually for that particular meeting only. Inscribed on the water sculpture where the Oblates are sitting is a quote from the Rule of St. Benedict:

"Care of the sick must rank above and before all else so they may be truly served as Christ."



The meeting at Madonna was facilitated by Lead Dean, Carol Olson. She provided the Reflection for the meeting as well as directing our efforts and assisting with managing the technology.

Barb Michaels led the group in a discussion of a portion of chapter 8 in *Ancient Paths: Discover Christian Formation the Benedictine Way*.



CHAPTER BOOK READINGS

Ancient Paths: Discover Christian Formation the Benedictine Way

November - Ch. 8B (pp. 139-151)

December - Ch. 9A (pp. 152-161)

January - Ch. 9B (pp. 162-171)

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

Advent marks the beginning of the Liturgical Year. Sunday, November 27, 2022 is the first Sunday of Advent. We begin with Evening Prayer 1 on Saturday night, page 37. At the Reading we turn 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.

You might want to use the O Antiphons 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 Canticle of Mary. The O Antiphons end December 23rd because evening 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/prayers/o-antiphons-advent>.

CELL BOOK READINGS:

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

November – The Nativity of Christ (pp. 47-55)

December – The Presentation in the Temple (pp. 57-65)

January – Jesus Is Found in the Temple and The Baptism of Jesus (pp. 67-85).

MARK YOUR CALENDAR

Chapter Meetings for Lincoln and Omaha Oblates

November 13, 2022

December 11, 2022

January 8, 2023

All meetings will be at Madonna with virtual capabilities provided.

Spiritual Pauses held for the benefit of Nebraska Benedictine Oblates

December 10: Liturgy of the Hours
at Madonna, in-person and virtual

January 14: Rule of Life
at Madonna, in-person and virtual

March 18: Visio Divina with Illuminations & Icons (tentative)
at Madonna, in-person and virtual

All Spiritual Pauses will be held at 9:30.
Specific room arrangements and Zoom link will be sent closer to meeting times via email.

CONTACTS

Hastings	Julienne Bryan Julienne.Bryan@nebraskabenedictineoblates.org	St. Cecilia's Guadalupe Center 415 N. Kansas Hastings, NE
Lincoln	Carol Barry - majorcarolb@yahoo.com Charlotte Liggett - cmliggett2010@aol.com Carol Olson - carol.olson@nebraskabenedictineoblates.org	Madonna Rehabilitation Hospital, Sheridan Room 5401 South Street Lincoln, NE
Steinauer	Marcia Borchert Marcia.Borchert@nebraskabenedictineoblates.org	Banquet Room Convent House B&B Steinauer, NE