



# Oblate Newsletter

## SACRED HEART MONASTERY

Yankton, South Dakota

JANUARY 2023

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Dear Oblates,

As I write this newsletter, we are greeted with our first significant snowfall of the season. The reported amount was 12.5 inches, the most snow at one time in several years. I hope your Christmas was good and that you were able to spend time with family and friends. The beginning of a new year is a time to review the past and look forward to peace and hope in a bright future.

Our Christmas season was very short this year with Advent being four full weeks, so some of the major feast days were on weekdays instead of Sundays. We had many beautiful Christmas celebrations and liturgies which last through January 9, the feast of the Baptism of Jesus. After that, we return to Ordinary Time in the liturgy.

Throughout the Monastery, we see many crib sets displayed in various places. The small living group named "Emmaus" gathered all their crib sets from each Sister in their group and exhibited them on the shelves in their living room. It made a beautiful Christmas display. (pictured on the right)

On New Year's Eve, we spent our one-hour prayerful reflection on "Mary, Queen of Peace." It centered on the prayer, the "Magnificent" which holds powerful words to help us through our transformation journey in 2023. After our prayer service, the Sisters enjoyed a party in the Chapter Room, organized by Sister Bonita Gacnik and many volunteers.

Our next **Monastery Oblate meeting will be held on Sunday, January 15, 2023, at 1:00 pm in Room 215.** The new group of Oblates will meet in the Chapter Room at the same time, studying their third lesson in the formation book.

In thanksgiving for the many blessings received in the past, we look forward to new beginnings. May your New Year be filled with wonder, surprises, and renewed hope in all the blessings God has prepared for us.

God's Blessings,

*Sister Patricia Heirigs*



# Upcoming Opportunities

**January 28**

## **Benedictine Wisdom for Today**

Learn the wisdom of the Benedictine path. Join us in reflecting on ways in which gifts of this monastic tradition can help on the journey of living the Scriptures and seeking God in all life experiences. For more information go to <https://yanktonbenedictines.org/retreat-center/benedictine-path/>.



## **February 18 Pre-Lenten Online Retreat**

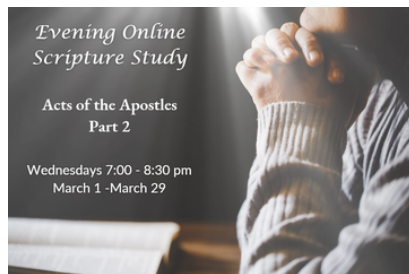
Get ready for Lent by attending this retreat, drawing on the Cycle A Scriptures you will hear throughout the season. Join the Samaritan woman in finding life-giving waters at the well. Register by noon on Feb. 16. More information and registration form at <https://yanktonbenedictines.org/online-lenten-retreat/>.



**March 1- 29**

## **Evening Online Scripture Study**

Acts of the Apostles Part 2.



**March 8- 29**

## **Morning Online Scripture Study**

The Gospel of Mark Part 2: Registration information for both scripture studies at

<https://yanktonbenedictines.org/retreat-center/scripture-study/>



## **April 6-9 Silent Triduum Retreat**

More information at <https://yanktonbenedictines.org/retreat-center/season-group-retreats/>

## *Mount Marty Chapter News*

Greetings to all MMU Oblates! Happy New Year!

This Sunday, January 8, is the **Feast of Epiphany**. On this feast, we celebrate the mystery of God's revelation that extends to and includes all people as one diverse body. All are welcome in God's kingdom, in God's loving embrace. God's self-revelation through Christ invites us to be attentive to where and through whom God's presence shows itself among us in the ordinary moments of every day.

The Magi were guided to this presence by a star. One of my favorite Epiphany songs, by songwriter and singer, Michael Card, is "We Will Find Him". I share with you the Refrain of the song, and invite you to reflect on the readings for Epiphany and ponder this refrain as we celebrate this feast...

*"We will find Him; we will find Him; we will follow His star.  
We will search and we will follow, no matter how far;  
In castles, through kingdoms we know where to start  
To find the king whose kingdom is the heart."*

The first meetings of the semester will be on **Thursday, January 26** - 4:00pm in Board Room (SLC 110)

**Friday, January 27** - 3:00pm in Board Room (SLC 110)

**Sunday, January 29** - 3:00pm in Monastery, Rm 215.

I will give you future dates at this meeting. Look forward to being with you again.

Benedictine Peace,  
S. Rosemarie Maly

## *Sioux Falls Chapter News*

Our next Oblate meeting is Wednesday, January 11, 2023, at 7:00 pm. Each of us will bring a plate of goodies to share, since we did not have our Christmas party.

We are beginning our new book, "The Monastic Heart," by Sister Joan Chittister. We will discuss chapter one.

God's peace and blessings as we begin our New Year!  
S. Barbara McTague



# Monastery Happenings

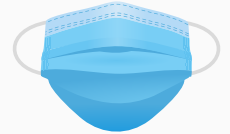


Sacred Heart Monastery Monastic Council met with the Presentation Sisters at a **Sponsorship Meeting at Avera** Offices in Sioux Falls on November 19, 2022. They meet bi-annually to discuss their sponsorship of the many institutions they are responsible for.

Mount Marty University received two outstanding achievements in November 2022. The Nursing Department had the CCNE review their Doctoral Program and the visiting accreditors acknowledged that the department met all of the standards without any recommendations. MMU also had a planned visit from the **Higher Learning Commission** and received a favorable report. We extend our congratulations to all those at the University who are involved in this work and carry on the mission of Mount Marty University.



Several Sisters in the Care Center got Covid so the Sisters were not able to attend Mount Marty University Band Concert or the Vespers Concert in the Bishop Marty Memorial Chapel. However, we were able to watch the **Vespers Concert on Public TV** on Christmas Eve.



Many of our events and activities of the Christmas season were postponed because of the Sisters who had Covid.

**Sister Dorothy Olinger** died peacefully during the night of December 26. Her wake was on Friday evening, December 30, and the funeral was Saturday, December 31, 2022. We will miss her in many ways, especially for her love of playing cards.



On January 5, 2023, we had a **retirement party for Carol Reub**, Activities Director, for the Care Center Sisters. She retired from her duties on December 23, 2022.



Mount Marty University had a **Mission Formation Day** on January 6, 2023 at the monastery. The Monastery Peace Center Staff coordinated this day with its special events.

Some of the sisters helped decorate the Monastery float for the **Holiday Festival of Lights** Parade in Yankton on Thursday, December 1. Julie Amsberry, our Communications Director, created the design and helped build a Gingerbread Chapel. Some of the Sisters walked or rode on the float along with 60 other floats on a starlit night. It was a beautiful sight and the float received an **Honorable Mention** for the stained glass windows.



The sisters have adopted two orphaned kittens. After a naming contest in house, **Mittens and Ringo** were officially welcomed. Pictured here with Sisters Kit and Penny.



Several Sisters are involved in the **ERTH program** in Yankton. ERTH designs lessons for adults with special needs. Their Christmas party was held in our Chapter Room on Saturday, January 7, 2023.

## Prayer Requests



- Healing from surgery for Sister Doris Oberembt, Sister Marietta Kerkvliet, and Sister Terry Lafferty
- For continued healing for Sister Maribeth Wentzlaff, Sister Madonna Schmitt, and Sister Anna Dangel
- For peace in Ukraine
- For all those who asked us for prayers
- For all still suffering from Covid
- For all the Oblates and their families

## In Memory

**Pope Benedict XVI**

**Bishop Paul Swain of Sioux Falls. SD**

**Sister Dorothy Olinger**

**Sister Jeanne Geise of Watertown, SD**

**Clarence Jansen, father of our employee Dale Jansen**

**Celia Miner, friend of the Sisters**

**Connie Cunico-Bailey, sister of Sister Bonita Gacnik**



### CONTACTS

#### Yankton

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#### Mount Marty University

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#### Sioux Falls

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Sacred Heart Monastery  
1005 West 8th Street  
Yankton, SD

First Wed. of month 7:00-8:00 pm  
Platinum Valley Apartments  
6315 South Conie Ave.  
Sioux Falls, SD



# News from Nebraska

## SPIRITUAL PAUSE – LITURGY OF THE HOURS

Saturday December 10, 2022 Nebraska Benedictine Oblates met to review the messages and mechanics of doing **Liturgy of the Hours**. Lead Dean, Carol Olson, provided a Powerpoint presentation on the history and development of Liturgy of the Hours. Dean Carol Barry explained how to use **Shorter Christian Prayer** for praying Lauds (morning prayer) and Vespers (evening prayer) every day of the year. There were additional resources presented with explanation that other books are also used throughout the Catholic Church as religious and lay people pray Liturgy of the Hours. As Nebraska Benedictine Oblates we are encouraged to **pray the Hours twice a day, Lauds and Vespers**, using the Shorter Christian Prayer. There continues to be a weekly Zoom call, arranged by Carol Barry, for any Oblate that would like to pray with a group. This occurs every Friday morning at 7:30 am. If you are interested in participating in Lauds on Friday, please send an email with your desire to Carol Barry at [majorcarolb@yahoo.com](mailto:majorcarolb@yahoo.com).



## STEVE BLUM WILL PRESENT LECTIO/VISIO DIVINA DURING LENT

Each Tuesday evening, 6:30-7:30 pm from February 28, 2023 to March 28, 2023, Steve Blum, Nebraska Benedictine Oblate, will provide **Lectio/Visio Divina via Zoom**. This is open, at no cost, to anyone interested in using this method to draw closer to God and prepare one's heart during Lent. These Zoom presentations are sponsored and offered through St. Benedict Center in Schuyler. If interested in participating, you must register using the following link:

<https://christthekingpriory.com/retreats-schedule/2023-zoom-retreat-for-lent-lectio-and-visio-divina-steven-blum-phd>

The Sisters at Sacred Heart Monastery (SHM) hold **Desert Days**, when they engage in silence and prayer. We are invited to join them from our own homes in praying for our world, friends and family, or other requests/praises during the same days. The upcoming **SHM Desert Days** are:  
Jan. 28, Feb 18, April 11 & 22, and May 20.



## CHAPTER BOOK READINGS

*Ancient Paths: Discover Christian Formation  
the Benedictine Way*

January – Ch. 9B (pp. 162-171)

February - Ch. 10 (pp.172-181)

March - Ch. 11 (pp. 182-197)

April - Ch. 12 and Afterward  
(pp. 198-208)

# News from Nebraska

## SHORTER CHRISTIAN PRAYER INSTRUCTIONS

We remain in Ordinary time from Sunday, January 8, 2023 until **Ash Wednesday** which is February 22, 2023.

On the **first Sunday of Lent**, February 26, 2023, we begin 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 repeat these daily prayers every week of Lent.

We continue in the Lenten prayers until **Palm Sunday**, April 2, 2023. At the Reading, turn to page 429.

The **Easter Triduum** begins on Holy Thursday, April 6, 2023 so turn to page 436.

On **Easter Sunday**, April 9, 2023, 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, May 28, 2023.

After **Pentecost Sunday** we will return to 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](http://universalis.com).



## CELL BOOK READINGS:

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

**January** – Jesus Is Found in the Temple and The Baptism of Jesus.

**February** - The Wedding at Cana

**March** - The Proclamation of God's Kingdom

**April** - The Transfiguration of Jesus Christ

## MARK YOUR CALENDAR

### Chapter Meetings for Lincoln and Omaha Oblates

January 8, 2023 - 7:00 pm

February 12 - 7:00 pm (Zoom only)

March 12 - 7:00 pm

*All meetings will be at Madonna in the Lau room, except February 12, with virtual capabilities provided. There will be signage at the front desk.*

### Spiritual Pauses held for the benefit of Nebraska Benedictine Oblates

January 14: Rule of Life

*at Madonna in Lau room, in-person and virtual*

March 18: Visio Divina with

Illuminations & Icons

*at Madonna in Lau room, in-person and virtual*

All Spiritual Pauses will be held at 9:30 am on Saturday morning. Zoom links will be sent via email prior to the Pauses.

## CONTACTS

### Hastings

Julienne Bryan

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St. Cecilia's Guadalupe Center  
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Hastings, NE

### Lincoln

Carol Barry - [majorcarolb@yahoo.com](mailto:majorcarolb@yahoo.com)

Charlotte Liggett - [cmliggett2010@aol.com](mailto:cmliggett2010@aol.com)

Carol Olson - [carol.olson@nebraskabenedictineoblates.org](mailto:carol.olson@nebraskabenedictineoblates.org)

Madonna Rehabilitation Hospital,  
Lau Room  
5401 South Street  
Lincoln, NE

### Steinauer

Marcia Borchert

[Marcia.Borchert@nebraskabenedictineoblates.org](mailto:Marcia.Borchert@nebraskabenedictineoblates.org)

Banquet Room  
Convent House B&B  
Steinauer, NE