



# Oblate Newsletter

SACRED HEART MONASTERY  
Yankton, South Dakota

SEPTEMBER 2023

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Dear Oblates,

It seems that summer went fast as **September is here already**. The nice rains that we had helped everywhere and we are grateful we didn't have the floods and fires that many parts of our country suffered. We need to keep those parts of the world in prayer.

On Sunday, September 10, 2023, we will have our **orientation meeting for new Oblates** at 1:00 PM in Room 215 at Sacred Heart Monastery. If you know of anyone interested in becoming an Oblate, tell them about this meeting and let me know. Thank you.

Please note that the regular Oblate meeting that usually meets at Sacred Heart Monastery on the third Sunday of the month will meet on the **FOURTH SUNDAY, SEPTEMBER 24, 2023**, at 1:00 PM in Room 215 at the Monastery. We are studying the book, "*Strangers to the City*," by Michael Casey. If you do not have a book, you can order one online or I still have a few books. Since we'll have several new members in our class this month, we'll spend some time getting to know each other. Then we'll start chapter two in our book.

Many activities occurred at our Monastery during the summer months. Our Monastic Community gave the prior administration of Sisters Maribeth Wentzlaff and Sharon Ann Haas a farewell dinner before they left their positions.

We celebrated with joy when **Sister Penny Bingham was elected again as our 15th Prioress**. At her installation as prioress, all the Sisters, her family, and several members of the Yankton community were invited. It was a joyous celebration as we rejoiced with Sister Penny and her administrative team of Sister Candyce Chrystal, Subprioress, and Sister Bonita Gacnik, Procurator. Let us continue to pray for them and each other as we resume our Oblate meetings this fall.

God's Blessings,

*Sister Patricia Heirigs*

Dear MMU Oblates,

Once again, we're off and running for another academic year; and once again we get to continue our monthly meetings in our Oblate journey. This year we will have **3 groups meeting** on the following days and times:

- **Wednesdays** @ 4:00pm starting on Wed., Sept. 20.
- **Fridays** @ 3:00pm starting on Fri., Sept. 22
- **Sundays** @ 3:00pm starting on Sun., Sept. 24. *For this group, we will use a hybrid format (you can join via Zoom, or attend in person, if you live close enough).*

As I am preparing for our meetings and reflect on our journey together, **verse 49 from the Prologue of the Rule of Benedict** keeps resounding in my mind and heart: "*As we progress in this way of life and in faith, we shall run the way of God's commandments with expanded hearts overflowing with the inexpressible delight of love.*"

So, as we begin this year, let us **support and encourage each other** so that, indeed, we can together strive to live the above verse of the Prologue. May the spirit of Benedict help us to bring peace to all with whom we interact each day. Benedictine Blessings to each of you!

*Sister Rosemarie Malý*

# Upcoming Opportunities

**Sept. 10** - Oblate **Orientation** at 1:00 p.m. at SHM in Room 215.

**Sept. 13** - The McVay Family Sundial and Reflection Garden and **Labyrinth dedication** in West Side Park at 2:00 pm. The Sisters of Sacred Heart Monastery sponsored the labyrinth in honor of the 125th Anniversary of Avera Sacred Heart Hospital.

**Sept. 14** - The Sisters, staff, and members of the MMU Volleyball team will be serving the **Yankton Area Banquet**. The Banquet serves meals each Thursday evening throughout the year to anyone in the community. Volunteers help prepare and serve the meals.

**Sept. 15-22** - Every six years a **Visitation Team** of four Sisters from different monasteries in our Monastic Congregation visit each monastic community. While here, they will meet with each committee, each living group, and any Sister interested in meeting. They will give a final report of what is going well and give some ideas of things we can improve on.

**Sept. 27** - Deadline to register for Fall **Online Scripture Study** with S. Mary Jo Polak. You may register for either a morning an evening study of the Psalms. For more information, visit [YanktonBenedictines.org/scripture-study/](http://YanktonBenedictines.org/scripture-study/).

**Sept. 29-30** - **MMU Homecoming/Lancer Days** will be a full weekend of activities including a parade, a football game, and alumni awards ceremonies.

**Oct 1** - MMU Fine Arts Hall of Fame - The 3rd Annual Fine Arts Hall of Fame will honor two sisters. **S. Cynthia Binder** has a love of film. She used to share her favorite foreign films with members of the Gregorian Club (now the Gregorian Fine Arts Association). She also taught a History of Film class at the local prison. **S. Leonarda Longen** (posthumous award) was a master of calligraphy and a photographer. She had a book Manual of Calligraphy which featured four different writing styles.

**Oct 12-13** - MMU Board of Trustees Meeting



SHM Administrative Team  
L to R: S. Candyce Chrystal,  
S. Penny Bingham, S. Bonita Gacnik



The Labyrinth at dusk with the steeple of Bishop Marty Chapel in the background.



S. Cynthia



S. Leonarda

SAVE THE DATE

Advent Retreat  
November 30, 2023

Learn more at [YanktonBenedictines.org/advent](http://YanktonBenedictines.org/advent)

# Monastery Happenings



Abbot Primate Gregory Polan visited the Monastery on June 14. He shared his reflections on Benedictine life with Sisters, Oblates, and community members. Our discussion on Benedictine life as a gift, in and throughout the world, will continue to be a source of prayer for us.

Federation Chapter, now the **Monastic Congregation of St. Gertrude** met at Beech Grove, in June. Our SHM Sister Jeanne Weber was re-elected as President, and S. Kathy Burt was elected as Councilor.



The Sisters participated in a **Conference Retreat** with Michaela Hedican from St. Ben's.



The Mission Committee provided treats for employees and Sisters on Wednesday, July 12 during **Benedictine Awareness Week**. On Friday, July 14 they treated us to Root Beer Floats!



We had a visit from the **Yankton Parish Spirituality Team** on July 29 to find ways to support each other better.



Three Sisters celebrated their **Diamond Jubilees** this summer. From left to right: S. Marlene Stetz (60 years), S. Dorothy Rush (70 years), and S. Michaelleen Muhovich (60 years).



On Tuesday, July 11 of Benedictine Awareness Week we had a picnic with an **Employee Recognition** ceremony. Honorees this year were (left to right): Annette Johnson (5 years), Phyllis Meier (35 years), Gary Bares (15 years), Jean Fitzgerald (5 years), and Katie Chonis (10 years).

Sisters of **Mother of God Monastery** in Watertown, SD hosted an open house on August 3 showcasing new parts of their Harmony Hill building project.

We even made the news!



The **Missionary Benedictines of Norfolk, NE** celebrated their 100th Jubilee of being in the United States at Raeville, NE. Some Sisters from SHM were able to travel to celebrate.

We hosted a **Blessing of New Students** with Mount Marty on August 4 and 25. It's a lovely ceremony where each student receives a copy of the Rule of St. Benedict.

S. Penny Bingham lighting the first candle to talk about Awareness of God.



## Prayer Requests

- For all the Sisters who had surgery this summer.
- For the administration team, Ss. Penny, Candyce, and Bonita.
- For all the parts of the world suffering from natural disasters, fires, floods, and hurricanes.
- For peace and unity in our country.
- For all the people in war torn countries.
- For the petitions on our prayer board.
- For all the oblates and their families.

## In Memory

- S. Mary Forman, Prioress of St. Gertrude Monastery, Cottonwood, Idaho
- Holden Mead - S. Erin Colgan's nephew
- Frances Stetz - S. Marlene Stetz's brother
- Mike Berg - S. Jeanne Weber's brother-in-law
- Alberta Stephens - Lisa Long's mother
- Dean Specht, friend of the sisters

### CONTACTS

#### Yankton

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TBA

# News from Nebraska



## 30th YEAR ANNIVERSARY OF NEBRASKA BENEDICTINE OBLATES

On June 11, 2023 as Nebraska Benedictine Oblates, we were fortunate to celebrate our **30th year anniversary**. We enjoyed having Srs. Phyllis Hunhoff, Pat Heirigs, and Mary Jo Polan from Sacred Heart Monastery with us. Each Sister gave us words of encouragement as we continue our quest as Benedictine Oblates in Nebraska. In addition, we conducted an Oblation Ceremony and Vespers in the Madonna Chapel. The celebration was concluded with a lovely reception in the Donlan Room, attended by approximately 30 people.

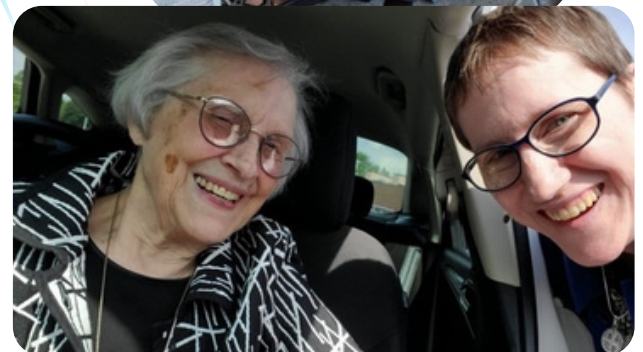


Pictured L to R: S. Patricia Heirigs, S. Mary Jo Polak, S. Phyllis Hunhoff



Pictured L to R:  
Mara Fritts, Asher Fritts,  
S. Patricia Heirigs,  
Marcia Claesson

At our **Oblation Ceremony** in June, Asher and Marcia both made their Initial Oblation, and we welcome them as Novices to the Lincoln Chapter. Mara is a long-time Benedictine Oblate (along with her husband Tom), and was present for the Oblation ceremony in support of Asher.



# News from Nebraska

## SHORTER CHRISTIAN PRAYER INSTRUCTIONS

We are currently in Ordinary Time and will remain in Ordinary Time until the beginning of Advent. Sunday, September 3, 2023, was the 22nd Sunday in Ordinary Time. **We are in Psalm week 2.** Sunday, December 3, 2023, will be the first Sunday in Advent, and that week we will be in Psalm week 1.

**Liturgy of the Hours** for each day of the year can be found at [Universalis.com](http://Universalis.com). Navigate to the link for "Yearly Calendar."

## CHAPTER BOOK READINGS

### September

*Rule of St. Benedict*: Prologue, Ch. 1-7, and Ch. 71-73

*Engaging Benedict*: Introduction, pp. 6-10, and Glossary, pp. 169-177

### October

*Engaging Benedict: What the Rule can Teach us Today*  
Ch. 1A, pp. 11-18

### November

*Engaging Benedict: What the Rule can Teach us Today*  
Ch. 1B, pp. 18-24

## CELL BOOK READINGS:

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

**September** - The Agony of Jesus (pp. 123-131)

**October** - The Flagellation of Christ (pp. 133-140)

**November** - Here is the Man (pp. 141-148)

## FRIDAY LAUDS

On Friday mornings at Madonna Rehabilitation Hospital (Lincoln) chapel we gather for morning prayers. **Oblates can participate in-person or via Zoom as a hybrid model for Friday Lauds has been created.** If you are interested in participating in-person, just arrive at the Madonna chapel by 7:30 am Friday mornings and bring your *Shorter Christian Prayer* book. Oblates say Lauds and then gather for breakfast in the hospital cafeteria for fellowship. If you are interested in participating virtually, please contact Dean Carol Barry via email and she will share the Zoom link with you. Carol can be reached at Majorcarolb@yahoo.com

## MARK YOUR CALENDAR

The following Spiritual Pauses are being planned for the upcoming year. These will be held hybrid (in-person and Zoom) with room assignments at Madonna announced later.

**Liturgy of the Hours** – Nov. 4, 2023 at 9:30 am

**Rule of Life** – January 20, 2024 at 9:30

**Visio Divina** – March 16, 2024 at 9:30 am

## CONTACTS

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