



Oblate Newsletter

SACRED HEART MONASTERY
Yankton, South Dakota

JANUARY 2024

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HAPPY
new year

Dear Oblates,

The snow arrived in time for us to have a white Christmas. First, it rained an inch and then we received seven inches of snow! What a **blessing for much-needed moisture!**

The Advent and Christmas season was beautiful with meaningful liturgical celebrations and festive meals.

Pope Francis has encouraged us to **focus on the season's scriptures**, emphasizing that we should not delay in seeking God. We should seize the present moment because this is where we live and where God will find us.

Our **Yankton Monastery Oblate group** will meet on the fourth Sunday, January 28, 2024 at 1:00 pm in Room 215. We will finish chapter 4 and begin chapter 5 in the book, *Strangers to the City*, by Michael Casey.

The people who are just beginning to become Oblates will meet in Room 215 at 2:30 pm. Sister Doris Oberembt will speak about "contemplative prayer".

The year 2024 brings a **fresh hope of a New Year with blessings**, new resolutions to make changes in our lives, and new opportunities to make a difference in our world.

Let us ask St. Benedict to guide us in our daily lives.

God's Blessings, *Sister Patricia Heirigs*



Sunday, January 28, 2024

Yankton Monastery Oblate group will meet at **1:00 p.m. in Room 215**. We will finish chapter 4 and begin chapter 5 of "*Strangers to the City*," by Michael Casey.

The people who are just beginning to become Oblates will meet **in Room 215 at 2:30 p.m. S. Doris Oberembt** will speak about contemplative prayer.

SHM DESERT DAYS

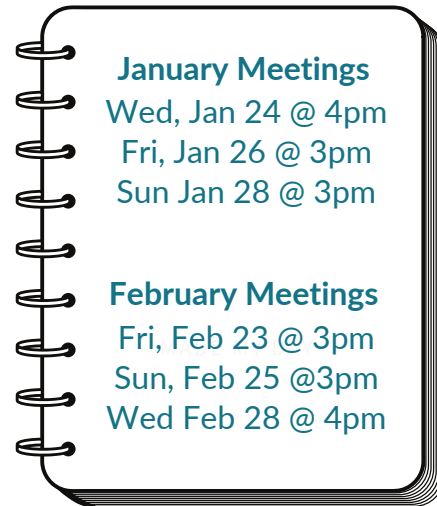
The sisters of SHM invite you to join in a day of silence and prayer from your own homes. You can pray for our world, friends, family, or other request/praises during these days.

January 13
February 3

Message for MMU Oblates

Happy New Year to all MMU Oblates! As we begin a new calendar year and come to the end of the Christmas season this weekend, with the celebration of the Feast of the Epiphany on Sunday and the Baptism of our Lord on Monday, it is fitting to mark these feasts by reflecting on the poem, "The Work of Christmas" by Howard Thurman:

*When the song of the angels is stilled,
when the star in the sky is gone,
when the kings and princes are home,
when the shepherds are back with their flocks,
the work of Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry,
to release the prisoner,
to rebuild the nations,
to bring peace among the people,
to make music in the heart.*



Along with this poem, I find myself singing a song from a CD titled WHEREVER LOVE IS BORN by Kathy Sherman, CSJ; the name of the song is the same as the CD, and the last line in the refrain is "Wherever Love is born, it is Christmas morn today". I hear in this song the same challenge given us by Howard Thurman in the poem; and I pray that each of us will be given the grace to be bearers of God's love and mercy for each other and others in our communities and the world who are in need of hope and compassion in 2024.

Benedictine Blessings be yours in 2024! *Sister Rosemarie Maly*

Upcoming Opportunities

January 5, 2024

Mount Marty University will conduct their annual **Formation Program** for faculty and staff in our Chapter Room.

January 10, 2024

The adult choirs of **Sacred Heart** and **St. Benedict's** will have their Choir Concert in the Bishop Marty Chapel at 7:00 pm.

February 6, 2023

The **Annual Employee Mission Day** - sponsored by the SHM Mission Committee.

February 10, 2024

The Feast of St. Scholastica

February 14, 2024

Ash Wednesday and the beginning of Lent.



BENEDICTINE PEACE CENTER OFFERINGS

January 14 & 17 | How to Pray the Liturgy of the Hours

In person: January 14 at 3:30 p.m. **OR** Online: January 17, 7:00 p.m. via Zoom.

January 28 & 31 | How the Liturgy of the Hours Changes Us

In person: January 28 at 3:00 p.m. **OR** Online: January 31, 7:00 p.m. via Zoom.

February 14 | Lenten Scripture Study - The Psalms Part 2

Wednesday mornings 9:30-11:00 a.m. **or** evenings 7:00-8:30 p.m. for 7 weeks

February 17 | Lenten Retreat (Online) - A Season of Forgiveness | 9:30-11:30 a.m.

March 28-31 | Triduum Retreat - Join the sisters at the monastery and experience the most holy of days.

April 19 | Benedictine Lecture - Sister Judith Sutura, OSB | 7:00 p.m. at Benedictine Peace Center

LEARN MORE



Monastery Happenings



S. Bonita frying eggs.

November 16, 2023

Feast Days are always special in our Monastery. The **Feast of St. Gertrude** was special as members of our Mission Committee prepared and served breakfast to all the sisters and employees. The Mission Committee includes both sisters and employees.

November 16, 2023

In the evening, the sisters' **Prayer Partners** joined the sisters at Evening praise in Bishop Marty Chapel. After prayer, everyone went to the Chapter Room for conversation and treats!

November 30, 2023

Several sisters attended the **Advent Retreat** on Zoom. The theme was "Longing for God" and was coordinated by the Benedictine Peace Center.

November 30, 2023

Our Monastery entered **Yankton's Holiday Festival of Lights Parade** again this year. The theme was A Frosty Evening. Our float banner said, "Beneath the Star a Frost Evening Aglow". We had a lighted Christmas tree with Mary, Joseph, and Jesus below. Several sisters participated in the parade of 76 floats! It was so good to see all the children lining the streets, sometimes six rows deep!



The Float



Creche Display

December 3, 2023

The Yankton Area Arts Association held their annual Tour of Home fundraiser and our monastery joined it with a display of **Christmas cribs and creches** in the Chapter Room. Over 400 people attended our display of 174 beautiful nativity/holy family sets from all over the world.

Monastery Happenings

Our **Monastery Social Justice Committee** is very active and encourages all sisters to be aware of our recycling policies. We have recycled for over 30 years and encourage everyone to create a healthier planet for ourselves and future generations.

December 6, 2023

Sacred Heart Middle School in Yankton gave their **Christmas Concert** in Bishop Marty Chapel again this year.

December 9, 2023

Mount Marty University choral and instrumental groups performed **Christmas Vespers**.

Our Yankton Benedictine Community has been named **Yankton's Citizens of the Year**. Prioress S. Penny Bingham commented *"It is humbling and encouraging as others remind us that our sisters' presence, prayers, and good works are important to them."* The sisters were featured in the Yankton Press & Dakotan paper on Tuesday, January 2, 2024. A reception will be scheduled at a later date.

READ THE
ARTICLE



Prayer Requests

- For peace in Israel and Ukraine.
- For all persons suffering from cancer.
- For healing for S. Marietta Kerkvliet.
- For peace and unity in our government.
- For all who have asked for our prayers.
- For the country of Japan as it recovers from the earthquake.
- For all Oblates and their families.

In Memory

- Rita Gastoniczik** - S. Kathy Burt's cousin.
- John Ranek** - S. Jeanne Ranke's brother
- Francis McDonald** - Former employee and father of current employee Kevin McDonald.
- Brook Vanderhule** - former employee and volunteer.

CONTACTS

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Sioux Falls	S. Maribeth Wentzlaff MWentzlaff@yanktonbenedictines.org	TBA

News from Nebraska

CHAPTER MEETINGS

The Nebraska Benedictine Oblates in Lincoln continue to meet at **Madonna Rehabilitation Hospital** for our chapter meetings on the second Sunday evening of every month. All Oblates are warmly encouraged to attend these meetings for fellowship, discussion, and praying the Liturgy of the Hours. We start our meetings in the Donlan room and then convene in the Chapel for Vespers. The Donlan room is to the right of the front door as you enter the building. Reflections are being offered by different Oblates and we continue to discuss our chapter book, *Engaging Benedict: What the Rule Can Teach Us Today*. Please see **CHAPTER BOOK READINGS** below of our readings for upcoming months. During our December meeting Barb Michaels offered a very good reflection on Stability. The following pictures depict our meetings and the beauty of Madonna at Christmas time.



REFLECTIONS BY OBLATES:

We are fortunate to learn from the wisdom of our fellow Oblates when we gather for **Chapter Meetings**. Please note the following Reflections will be offered during the next few meetings. If you are interested in presenting a Reflection at our meetings next year, please give your name to one of the Deans, we would love to have you participate in this way.

- January** – “Hospitality” by Charlotte Liggett
- February** – “Moderation” by David Weyhrauch
- March** – “Dignity of Work” by Carol Olson
- April** – “Wise Stewards” by Carol Barry
- May** – “Peace” by Marianne Guenther

CELL BOOK READINGS:

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

- January** - The Crucifixion and The Resurrection
- February** – The Ascension
- March** – Pentecost
- April** – The Dormition of Mary

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

We remain in **Ordinary time** from Monday January 8, 2024 until Ash Wednesday which is February 14, 2024. On the first Sunday of **Lent**, February 18, 2024, 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 March 24, 2024. At the Reading, turn to page 429. The Easter Triduum begins on Holy Thursday, March 28, 2024 so turn to page 436. On Easter Sunday, March 31, 2024, we start again with 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 19, 2024. 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

News from Nebraska

CHAPTER BOOK READINGS

Engaging Benedict: What the Rule can Teach us Today

January Ch. 2, pp. 25-36

February Ch. 3A, pp. 37-43

March Ch. 3B, pp. 43-49

April Ch. 4A, pp. 51-62

PRAYING WITH BROTHER LAWRENCE OF THE RESURRECTION

Steve Blum, Obl OSB of the Lincoln chapter, and Fr. Thomas Leitner will be presenting a retreat through the St. Benedict Center in Schuyler Jan. 15–Apr. 6, 2024. During six Zoom sessions, participants will read and discuss *The Practice of the Presence of God*, the classic book written by Brother Lawrence of the Resurrection; the renowned 17th Century lay Carmelite Brother. If you would like to learn more and register please use the following link:

<https://christthekingpriory.com/retreats-schedule/praying-with-brother-lawrence-of-the-resurrection-steven-blum-phd-fr-thomas-leitner-osb>

RULE OF LIFE

At the January 2023 Spiritual Pause on Rule of Life, Marcia Claesson, Obl OSB of the Lincoln chapter, **created a visual depiction of her Rule of Life** and is graciously sharing it with us. She felt that a drawing of her Rule of Life would be easier to remember. And as she was working on it another Oblate gave her the idea of creating it so that it might look similar to the medal of St. Benedict. We hope that Marcia's Rule of Life will encourage you to attend the **2024 Spiritual Pause on Rule of Life** so that you can either write or draw your own Rule of Life. This Spiritual Pause will be held **January 20, 2024** at 9:30 am at Madonna Rehabilitation Hospital in Lincoln. Please watch your email for exact location.



MARK YOUR CALENDARS

Chapter meetings for Lincoln and Omaha oblates will be: **Jan 14, Feb 11, and March 11 all at 7:00 pm).**

The location of the meetings will now be in the **Donlan Room at Lincoln's Madonna Rehabilitation Hospital**, (to the right of the main door).

If the meeting location changes, Oblates will be notified via email. A hybrid approach (in-person and on Zoom) will continue Please **watch for email notifications** from Carol Olson.

The following **Spiritual Pauses** will be held for the benefit of Nebraska Benedictine Oblates. Zoom links will be sent via email prior to the Spiritual Pause. **Rule of Life**–January 20, 2024 at 9:30 at Madonna in the Flanagan room; **Visio Divina**–March 16, 2024 at 9:30 am at Madonna in the Lau room.

CONTACTS

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Steinauer

Marcia Borchert
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Banquet Room
Convent House B&B
Steinauer, NE