

# ST. PAUL'S MONASTERY NEWSLETTER

*May 2022*



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# WELCOME LETTER

*Travis Salisbury, ObISB*

Do you find yourself excited when you are unexpectedly gifted a book? When I accepted the Director of Mission Advancement position here at the Monastery I received a copy of John Mark Comer's *The Ruthless Elimination of Hurry* from a dear friend.

It's a captivating read and imbued with Benedictine wisdom, values, and spirituality (even if not outrightly stated by the author).

Comer quotes the poet Mary Oliver: "Attention is the beginning of devotion" or as we Benedictines would hear, "Listen with the ear of one's heart." In identifying the deep spiritual crisis of "hurry," Comer offers a solution: "The solution to an overbusy life is not more time. It's to slow down and simplify our lives around what really matters."

Demetrius Dumm, OSB, writes: "Time is one of the most precious gifts that we humans receive from God. It is clear that Benedict wants [us] to acknowledge this gift by returning choice portions of [our] time each day to God." Through the gifts of the Benedictine practices of the Liturgy of the Hours and lectio divina we come to see more clearly time as gift and the power of living in the now.

The Monastery offers us respite in a world that glorifies the grind and preaches "the hurry," that you'll never have enough time, and the lie that all would be better if you had more time. The Benedictine Center receives and welcomes all to slow down and rest in the sacredness of time. We have the ability to join with the Sisters three times a day to pray the psalms in community. The glory of creation seeps out of every corner of the Monastery grounds, especially now as spring unfolds before us.

Come home to the Monastery this Easter season and experience the joy of living in "the now" of resurrected life in Christ. Father Dumm continues his reflection on attending to God throughout the day: "In this way, [we] will practice the most basic form of hospitality, which is to make room in [our] schedules for the entertainment of God's real but mysterious presence."

Happy Easter from St. Paul's Monastery! We are excited to share in the joy of the season with you and to welcome you home to this sacred space.





# SISTERS' WORDS OF WISDOM

*Sister Louise Inhofer, OSB*

Sister Louise Inhofer has served as the Monastic Librarian of St. Paul's Monastery since 2011. She brings her great love of learning and reading to others in her role as Library Manager, and orders new books each year to maintain a diverse and enriching library collection. She takes pride in arranging an interesting assortment of books based on seasonal liturgical themes for the Sisters and challenging them to read and appreciate new material. The Monastery library is tastefully decorated throughout the year for the holidays: angels and bells at Christmas and stars for the Fourth of July. Currently, the library shelves are adorned with glittery purple butterflies, harbingers of a long-awaited spring.

Sister Louise was born in St. Paul on June 30, right in the middle of the year. As a result, she believes in moderation in most things except Love of God, prayer, life as a Benedictine, and reading. She was the oldest of six children, in a family of four girls and two boys. Louise was the only child of the six whom her Grandmother Mary saw as an infant. She grew up in Minneapolis and lived with her maternal grandfather and four of her mother's unmarried siblings. Her mother, Vivian, belonged to St. Anne's parish in North Minneapolis and worked at a telephone company before she was married. Her father, Henry, was a milkman. "I thank God every day that they belonged to a parish where Benedictine sisters were teaching. That is where I went to school, and they were the first sisters I knew and met and liked. If we hadn't belonged to that parish, I know I wouldn't be here." She credits the Benedictine Sisters who were her first teachers with making such a positive impression on her that she eventually chose to become a vowed Religious sister as well.



*Pictured here is Sister Louise as a baby.*

Though her family did not have a lot of money, Louise was given many opportunities to take piano lessons beginning in fourth grade all through eighth grade, as well as in college, as well as art classes, singing, ballet, and tap dancing. She attended high school at St. Anthony of Padua, in Northeast Minneapolis where the Sisters of St. Joseph served as teachers. "I liked them well enough, but not enough to join them. And they tried." Her piano teacher, Sister Leonore Schneider, called her on the night of June 22, 1948 to tell her about a new Monastery that was starting in St. Paul and encouraged her to come and meet the Sisters.

[Read the rest of Sister Louise's Words of Wisdom here.](#)



# MAPLE TREE CHILDCARE CENTER

*Jennie Schlauch, Maple Tree Childcare Center*



On April 18, the preschoolers from Maple Tree Childcare Center visited St. Paul's Monastery for a fun egg hunt! Even though the weather wasn't favorable, some of the Sisters gathered outside to greet them, and others waved at them from inside. Happy Easter from the children of Maple Tree Childcare Center!



## WELCOMING TO THE TEAM JASON WITTAK

The Department of Mission Advancement welcomes Jason Wittak as our new Events Coordinator. Jason brings with him experience in parish ministry and events, most recently at St. Joseph Catholic Community of New Hope and Plymouth. He was first introduced to the Benedictine monastic way of life by attending St. John's University and the College of St. Benedict, where he met his wife, Amy, at St. Ben's Campus Ministry. He is excited to utilize his gifts in coordinating events like our upcoming Benedictine Festival on Saturday, July 9, for St. Paul's Monastery and continue working in a Catholic setting to support the Sisters and the Benedictine way of life. Welcome, Jason!



# THE BENEDICTINE CENTER: SCHOOL OF LECTIO DIVINA



From Friday, March 18, to Wednesday, March 23, the Benedictine Center of St. Paul's Monastery hosted the School of Lectio Divina. Facilitated by Kathleen Cahalan, this event was an intensive retreat where participants experienced meditation, spiritual direction, and reflective conversations. In addition, the Benedictine Center provided a variety of on-going support activities and resources after the retreat to help participants make sustained lectio core to individual prayer and spiritual development.

The Benedictine Center hosts many events throughout the year! Stay up to date on our monthly newsletter by [signing up here](#), or [visit our events page](#).

## HOLY WEEK RETREAT: LEND A HAND

*Tod Twist, Co-Director of the Benedictine Center*

The online oblate retreat this past month touched me more than I expected—a lot more. It happened on the Saturday just before Holy Week. Now, Holy Week each year is good—but I never seem to get to all of the services and I end up feeling like somehow I just got it a little wrong. So, when I was asked to help with a small piece of the online retreat, I went along dutifully, but if I'm honest I have to say I was a bit skeptical, too. I mean, what's another meeting during Holy Week going to do for me?

Turns out it was a great experience. It was reflective, inspiring, and motivating—I suppose it was because it was a good presentation of the BIG story that had a place for me in it, and I could feel how my life fits in there even if I don't fully understand how. The ancient words came alive in my mouth, the hope of God's salvation became new to me, and I could feel how my hands might take up the works that God has for today.

That sense of connection to a bigger Gospel story that can be told in the specifics of my life is the point of being an oblate. It comes true in different ways for each of us, but real life really is the focus of Benedictine spirituality. It was great to feel connected to the Gospel during the online retreat and to feel like my efforts and actions could have a place in the body of Christ.





# CHRIST APPEARS... EASTER JOY & BLESSINGS!

*Karin Barrett, Liturgist*



As we continue our celebration of Easter throughout the month of May, in the liturgy we hear about appearances of Jesus to the disciples: outside the empty tomb, on the road to Emmaus, in the upper room, on the shore of the sea... appearances of Jesus that affirm the miraculous resurrection of Christ. As I prayed with this phrase it was clear that “appears” also works in the phrase “Christ appears hungry, Christ appears thirsty, etc.” When we take the time to reflect on the resurrection in these weeks following Easter, perhaps we can ask ourselves how does Christ appear to us? In what ways do we recognize God’s divine presence? How and where are we encountering the Risen Christ in our lives here at St. Paul’s Monastery? Who is showing that Love made visible?

Christ is made visible in all the ways we offer hospitality to one another, and in the ways we care for one another. If Christ appears lonely, we offer a kind word. If Christ appears exuberant, we join in that joy! The extended celebration time after Easter with these scriptural reminders of Christs’ presence in the liturgy, give us an opportunity to recognize and respond to the many ways Christ appears to us this season.

The Lord is truly risen! Alleluia!

## 75TH ANNIVERSARY OF ST. PAUL’S MONASTERY

*Sister Lucia Schwickerath, OSB*



What does the word *hospitality* mean to you? To the Sisters of St. Paul’s Monastery, the word is based on the Rule of Benedict, who stated, “All guests who present themselves are to be welcomed as Christ.” When you visit the Monastery, you are accepted as you are with no expectations for you to be anything but a beloved child of God. As you come to learn more about St. Paul’s Monastery and the Sisters who welcome you, you immediately see and feel the grace and peace of true hospitality. In the upcoming 75th Anniversary book available later this year, you’ll find hospitality is at the center of everything. Watch for more information about this upcoming publication in the coming months.



# **BENEDICTINE FESTIVAL**

## **SATURDAY, JULY 9**

### **12:00 P.M. - 3:00 P.M.**

The Benedictine Sisters of St. Paul's Monastery invite you to joyously celebrate with them the Feast of St. Benedict. Enjoy food and fun on the beautiful grounds of St. Paul's Monastery!

Admission is free. Food, raffle tickets, and certain activities are individually priced. Family friendly.







PLANTING



& NURTURING



LOVE

Travis Salisbury, ObISB

St. Paul's Monastery engages dedicated staff who through their passion and hope support the mission and ministries of the Monastery through the lens of mission advancement. Henri Nouwen in *The Spirituality of Fundraising* prayerfully notices that "When we give ourselves to planting and nurturing love here on earth, our efforts will reach beyond our own chronological existence."

Planting and nurturing love is our mission at St Paul's. The Sisters proclaim in their mission statement: We, the Sisters of St. Paul's Monastery, are a community who live Gospel values as expressed in the Rule of St. Benedict. Through our monastic life and wise stewardship, we nurture contemplative presence in service of Church and society.

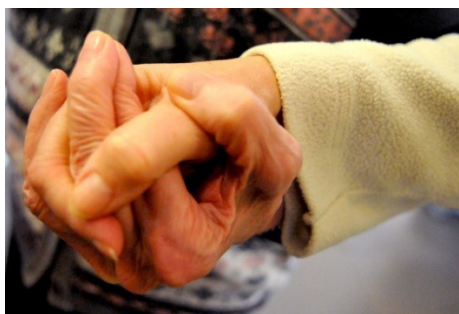
## *How is mission embraced at St. Paul's Monastery?*



### *Relationships*

St. Paul's Monastery is a community of vowed members, associates, and oblates whose Benedictine lifestyle impacts many hundreds of people beyond the Monastery walls.

Strong and beautiful friendships are our foundation for prayer, of community, and stability of place here at St. Paul's Monastery. Nouwen continues in his *Spirituality of Fundraising* "We do not need to worry about the money. Rather, we need to worry about whether, through the invitation we offer and the relationship we develop with them, they will come closer to God."



### *Engagement & Excitement*

After two years of navigating a global pandemic, life at the Monastery is opening up and looking more familiar. The Monastery and the Benedictine Center are committed to welcoming all with joy and excitement into the daily prayer life of the community and into several planned programs and events.

The Prophet Jeremiah reminds us "For I know the plans I have for you," declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"



### *Impact*

Financial support of the Monastery impacts the lives of so many—especially our Sisters!

So much good happens here through the engagement—finances, time and skill, energy—of our friends!

The impact of relationship with St. Paul's Monastery is witnessed daily in our core values of community, prayer, hospitality, silence, stewardship, generativity, and social responsibility.

*Can you feel the hope in the air? The melting snow, the beauty of spring, the freshness of possibilities. May each day of the Easter Season deepen our relationships, our engagement, and our impact at St. Paul's Monastery through our offering of our selves! Thank you for journeying with us!*

# NEW GUESTS AT ST. PAUL'S MONASTERY

*Sister Jacqueline Leiter, OSB*



In April, the Monastery welcomed two unexpected avian guests when a pair of Canada geese took up residence on the green roof. Wind, rain, snow, or shine, Mother Goose spends her time faithfully tending a nest of eggs. Father Goose forages about for food and comes back frequently to survey the area from the nearby chapel roof. From this higher vantage point, he can see everything and hiss fiercely at any approaching threat.

At first, I wondered about the wisdom behind building a nest on the roof. How were they planning to get the babies down to the ground after they hatch? Just so that you will not worry, I will let you know that a quick Google search revealed that it's not unusual for Canada geese to nest in high places. When the goslings hatch, they jump down to the ground. They may bounce because they are small, soft, and fluffy, but they recover quickly and follow their parents to a nearby pond. Some geese have even successfully nested ten stories up. Our geese are only up one story, and the ground below their nest has soft grass and bushes, so they should be okay.

Google also revealed the purpose behind choice of the strange nesting place. Canada geese prefer to nest in flat, wide-open areas. They want to be able to see everything around them and watch out for predators. From the rooftop, the geese can see a great distance and don't have to worry about foxes sneaking up. Both Father and Mother Goose are always watching and aware of their surroundings.



According to the first step of humility in the Rule of Saint Benedict, we should keep the fear of God before us always, remembering that we are within God's presence. Mother and Father Goose are alert and vigilant to everything that is happening around them and keep the fear of predators before them always. We humans are fortunate that our God is not a sly predator seeking to harm us, but rather a loving parent seeking to be in relationship with us.



Mother and Father Goose were strategic and purposeful in choosing to make their home in a place where they could always keep watch and be aware. In the prologue, Benedict encourages us to choose a place where we will live within God's presence when he asks, "Who will dwell in your tent, O Lord, who will find rest upon your holy mountain? (Prol. 23). God has prepared a home for us where God "in his love shows us the way of life" (Prol. 20). Like Mother and Father Goose, we can choose where we will make our dwelling place and where we will set down our roots. May be intentional and choose a good place!

## *Mother & Father Goose's Invitation*

How can you help yourself to keep within your heart an awareness and awe for God?

What choices can you make each day to make your dwelling place within God's presence?



# May Birthdays



SISTER VIRGINIA  
MATTER

May 4



RUTH LOUDON  
Dietary Staff Member

May 8



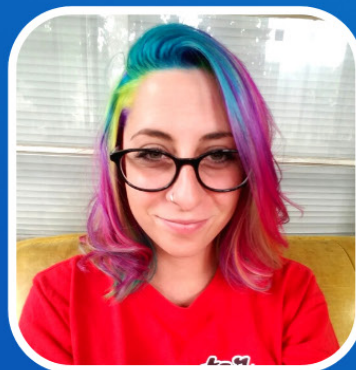
TRAVIS SALISBURY  
Director of  
Mission Advancement

May 9



SISTER CATHERINE  
NEHOTTE

May 12



NICOLE BENDER  
Healthcare  
Shift Supervisor

May 13

# Employee Spotlight

**RUTH LOUDON**

*Dietary Assistant*



Pictured here is Ruth in the middle with her two daughters, Brynne and Jillian, and her dog, Atlas.

This month's Employee Spotlight is Ruth Loudon. Ruth is a Dietary Staff Member who assists in preparing and serving meals for the Sisters, employees, and guests of the Monastery and Benedictine Center. Ruth has enjoyed becoming acquainted with the Sisters and describes her work environment as quiet, calm, and peaceful. She has been employed in this position for two and a half years now. Prior to working for the Monastery, Ruth has held part-time positions in food service as well as a school nurse.

From 1986 to 1988, Ruth was living and working in Ethiopia, where she grew up, to provide aid to those suffering from famine that devastated many areas of the country. While in Ethiopia, Ruth was proud to oversee a rural vaccination program, which is the most rewarding job she has held. Her and her husband, David, along with their two daughters, Brynne and Jillian, moved to Minnesota in 1998. He worked for The Voice of the Martyrs while she stayed at home.

Ruth's parents were medical missionaries with the Baptist General Conference in Ethiopia for 30 years and she and her four brothers were all born and raised there. She came to Minnesota for college and graduated from Bethel University, located in Arden Hills in 1984 with a Bachelor's degree in Nursing. After working in Ethiopia, she returned to the United States to receive her Master's degree in Public Health and International Health from Loma Linda University, located in Loma Linda, CA, in 1990.

Growing up, Ruth had an exciting childhood full of adventures. Ruth's parents were quite venturesome and they went on many family vacations, one of the most notable being a trip driving from Addis Ababa, Ethiopia to Nairobi, Kenya to visit game parks and spend time at the ocean. Her favorite quote her mother would often say is an Ethiopian proverb: "Little by little, the egg will walk".

Ruth now resides in Arden Hills, MN, with her daughter and dog named Atlas. Ruth has been a single parent since 2000 after her husband passed away. Her oldest daughter, Brynne, is a High School English Teacher in Nairobi, Kenya where she has taught for seven years now. She loves the challenge of teaching kids from all over the world. Her younger daughter, Jillian, also has the desire to live overseas and teach. She is in the process of gaining work experience in helping people through social work and education.

In her free time, Ruth enjoys walking her dog, Atlas, playing board games, completing puzzles, watching mystery shows, and spending time with Jillian, her daughter with whom she lives with. Ruth also enjoys reading and her favorite book is *A Town Like Alice* by Nevil Shute Norway, which also happens to be her favorite movie.

Ruth, we thank you for your time and commitment to the Monastery for the past two and a half years! We are honored to have an employee with such a rich and diverse background as yours. You are an inspiration to all!





# AROUND THE MONASTERY

From left to right: The Sisters received a surprise sign from Maple Tree Childcare Center in honor of Catholic Sisters Week; President of Hill-Murray, Melissa Dan, visited St. Paul's Monastery during Catholic Sisters Week to deliver a thank you message and handmade cards from Hill-Murray students; the Healthcare Center displayed an Easter-themed floral arrangement; in honor of Catholic Sisters Week, a celebration was held in the healthcare unit where the Sisters enjoyed pizza and treats; the Mission Advancement Team stuffed Easter eggs in preparation for an Easter egg hunt for Maple Tree Childcare Center; the Benedictine Center of St. Paul's Monastery hosted the School of Lectio Divina.

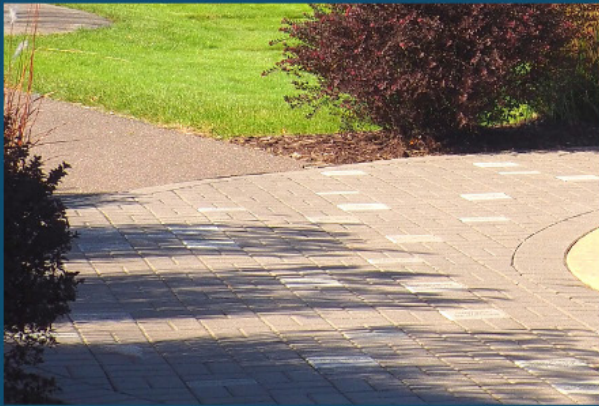


# Commemorative

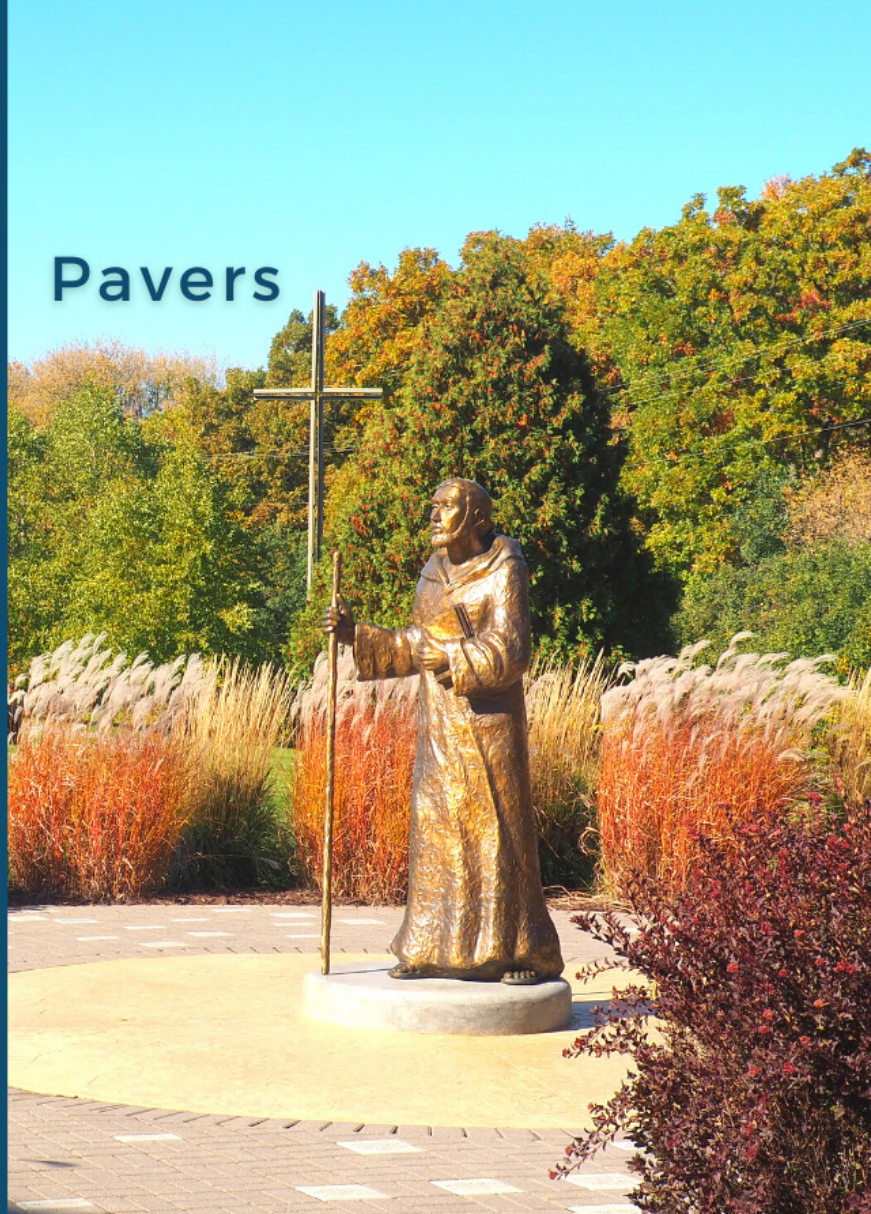
*Honoring Those Who Light Our Way*

**JULY 9 AT 11:30AM  
OUTDOOR CEREMONY &  
BENEDICTINE FESTIVAL**

Forever link yourself or a loved one to the tradition and future of St. Paul's Monastery by purchasing an engraved commemorative paver.



# Pavers



**[CLICK HERE TO PAY ONLINE  
OR PRINT ORDER FORM](#)**

Our Gathering Plaza is blessed with pavers engraved with messages from the Sisters, Oblates, relatives, and friends of St. Paul's Monastery.

**Click on the link above** to print the form and create your own paver message to commemorate a special occasion or honor a Sister, your parents, other family members, or friends. The Sisters and those who visit the plaza remember your loved ones in prayer. Thank you, and God bless you!

**4x8 Paver**

**Three lines of text, \$130**

**8x8 Paver**

**Six lines of text, \$260**



# PRAYER SCHEDULE

When our doors are closed, we are grateful that you are praying with us in spirit!

*“Nothing is to be preferred to the Work of God.”*  
- Rule of Benedict, Chap. 43



## SUNDAY

MORNING PRAYER: 10:00AM

EUCCHARIST: 11:00AM

EVENING PRAYER: 5:00PM

## MONDAY-SATURDAY

MORNING PRAYER: 8:00AM

MIDDAY PRAYER: 11:30AM

EVENING PRAYER: 5:00PM

*For further information, call 651-777-8181  
or visit us at [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org).*

## Community Prayer Ministry

*Here to Serve You in Prayer*

### We Would Love to Hear From You

*Let us, in fellowship, “lay (our) petitions before the Lord God with the utmost humility and sincere devotion” (Rule of Benedict, Chap. 20).*

If you would like to send an online prayer request, the Monastery website has two different ways to do so. You can use the “Prayer Requests” link at the top of our home page. Or you can go to the “Ministries” tab and select “Community Prayer Ministry.” Prayer requests go to all the Sisters who pray daily for these intentions at Evening Praise, during adoration, and during the Rosary. May God bless you and your loved ones.








# MISSION STATEMENT

*We, the Sisters of St. Paul's Monastery, are a community that live Gospel values as expressed in the Rule of St. Benedict. Through our Monastic life and wise stewardship, we nurture contemplative presence in service of Church and society.*



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Community ministries, visit us at  
[www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)  
[Facebook](#) | [Instagram](#) | [LinkedIn](#)