

ST. PAUL'S MONASTERY NEWSLETTER

July 2022

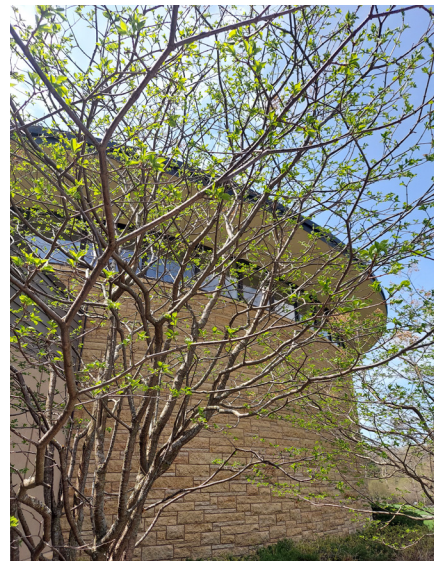


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WELCOME LETTER

Sister Catherine Nehotte, OSB

Lately, I have been reflecting on the idea of commitment. The Community of St. Paul's Monastery witnessed the final oblation of seven Oblates on June 5. The word *Oblate* has its origins in the word "offering." The signing of the final oblation document on the altar is similar to that of the commitment that each vowed monastic makes when she places her document on the altar and signs her commitment to the Monastic Way.

Monday, July 11, is the Feast of St. Benedict, and we celebrate the 70th Jubilee of Sister Catherine Schoenecker, OSB. It is amazing to share life with her and all the community members who have offered their lives dedicated to the Benedictine way!

I discovered the Ten Hallmarks of Benedictine Wisdom recently online. We all — vowed Monastic, Associate, and Oblate — strive to live these in our daily lives as together we seek God.

1. Love of Christ and neighbor: Love is at the heart of Benedictine monastic life. The life of the monastic, like that of all Christians, is first and foremost a response to God's astonishing love for humankind, a love expressed in the free gift of his beloved Son, Jesus Christ. Benedict uses Jesus' own words which come from the heart of the Hebrew scriptures to urge monastics to ground their lives in a whole-hearted response to that love and to share it freely with others (RB 4.1-2).

2. Prayer: A life marked by *lectio divina*, liturgy, and mindfulness Benedictine monasteries cultivate attentiveness to the multiple ways in which God is present in creation. The primary way for doing this is through the daily rhythm of a monastery's liturgical prayer.

3. Stability: A commitment to the daily life of this place. Stability shapes a Benedictine monastery. All of its members commit themselves to seeking God together. They resolve to pursue this, their heart's deepest desire, in daily interactions with one another, in good times and in bad, throughout the entire span of their lives.

4. Conversatio: The way of formation and transformation. The aim of life is the same for Benedictines as it is for all Christians - to be transformed in every part of one's life so that God's own image, in which each is created, becomes transparent and palpable. *Conversatio* is a commitment to a lifelong conversion into the likeness of Christ.





5. Obedience: A commitment to listening and consequent action. Benedictine life is unthinkable without obedience, a value that cuts against the grain of much in contemporary life. When Benedict begins the Rule with the exhortation “Listen,” he emphasizes the stance of obedience required of all who seek wisdom.

6. Discipline: A way toward learning and freedom. Discipline is a way of focusing energy and attention on what matters. Benedictine life is built around a fundamental discipline of prayer, work and relationships that is set forth in the Rule and that seeks to free a monastic to take delight in God’s presence within the self, the community and the world.

7. Humility: Acceptance of the demand for realism and accountability. Humility is Benedict’s word for wisdom. He begins his extended description of the twelve degrees of humility with awe at the

abiding presence of God and ends with the love that casts out fear (RB 7). Each monastic seeks to acknowledge his or her faults and weaknesses. Each strives to recognize his or her own gifts and the gifts of others with gratitude, seeking to contribute as much as possible to the good of the whole and accepting the care of others.

8. Stewardship: Respect for the beauty and goodness of creation as a sacrament of God. At its core, the Rule seeks to foster a fundamental reverence toward the creation that God has made. Benedict exhorts his followers to regard all the tools and goods of the monastery as the sacred vessels of the altar (RB 31.10). This appreciation of the good use of material things leads to a sacramental stance toward all creation and the cultivation of beauty as modes of experiencing the presence of God.

9. Hospitality: A call to openness. The practice of listening and humility in a Benedictine monastery enables a generous hospitality to friends and strangers. Particular attention is to be given to those who are weak, poor, or marginalized because, as Benedict says of the guest, Christ is found especially in them.

10. Community: A call for service to the common good and respect for the individual. Benedictine monastic community is rooted in a particular place in which mutual service, especially in the mundane areas of everyday life, is demanded of everyone with no other reward than the building up of the community. There is solidarity with other communities across the world, monastic and non-monastic, Christian and non-Christian, religious and non-religious, that make practical efforts to foster human well-being.





SISTERS' WORDS OF WISDOM

Sister Paula Hagen, OSB

Sister Paula (Mary Lorraine) Hagen was born into a devout Catholic family in Bird Island, Minnesota, a small town (population 959) in Renville County. Her father, Albert, was a farmer who planted crops and raised hogs and cattle. Paula grew up as a healthy, happy child on the farm, and enjoyed working and playing with her two brothers and three sisters. Her mother, Mary Catherine “Kay,” was a gifted pianist with an associate’s degree in music who became the choir director at St. Mary’s Catholic Church. Both of Paula’s parents were very involved in the country school, local 4-H Club and

highly respected members of the parish. They prayed the Rosary together as a family on a regular basis, instilling in Paula a deep devotion to Mary and Jesus from an early age.

Sister Paula was Valedictorian of her high school class in 1955. She attended the College of St. Catherine in St. Paul on a four-year scholarship and studied Occupational Therapy. This was a needed career at the time, due to the polio epidemic. During her freshman year, she and her best friend, Carol, took a History 101 course and their professor was very interested in Benedictine monasteries in Europe. He taught his students about Benedictine history and impact on European art and culture. Paula asked one of the Sisters on campus if there were any Benedictine monasteries in the Twin Cities area. They were well aware of St. John’s Abbey in St. Joseph, MN, but she told them about St. Paul’s Priory, located at 301 Summit Avenue in St. Paul. One Sunday afternoon, she and Carol took the bus to visit the Priory, after calling in advance to make an appointment. They were told to ask for Sister Marcelline.

When the girls arrived, Sister Marcelline took them to the back porch, which was a “very cozy place” to visit and enjoy some ice cream. In the middle of the now-famous Red Stairs, Sister Marcelline showed the girls an architect’s plan for the future vision of St. Paul’s Priory which included a new Monastery building, and a junior college and high school located on a campus in Maplewood, MN. Paula was very impressed with the wisdom behind this great endeavor of planning ahead. “I knew these Sisters were going to go someplace and do something great,” she said.



Sister Paula looks like a pretty happy child!

[Read the rest of Sister Paula’s Words of Wisdom here.](#)



MISSION ADVANCEMENT NEWS & UPDATES

Best-selling Irish author John O'Donohue, starts his prayer *For Longing* with “Blessed be the longing that brought you here and quickens your soul with wonder. May you have the courage to listen to the voice of desire that disturbs you when you have settled for something safe.”

There are an incredible tapestry of longings that brought us to St. Paul's Monastery and the Benedictine Center. Those of us who listened, who responded, and found the gentle peace of this holy place know that the mission and ministry of our Sisters does draw us deep into the transformative power of Benedictine spirituality.

The Rule of Saint Benedict begins with a simple word: Listen. *Obsculta*, in Latin. Entire books, seminars upon seminars, have been based on this word alone. Why should we listen? What value does it have?

In Mission Advancement at St. Paul's Monastery, this word—this powerful reminder to be present in relationship—is the foundation of our ministry on behalf of the Sisters. The future of this holy place is on all of our minds. We, first, care for our beloved Sisters who for the last 75 years have ministered so well for so long in Minnesota and beyond. As we cast our gaze to the next five years, or the next ten years, even the next 25 years, what lies in store for the vowed members, our Associates and our Oblates, as well as our many dedicated donors and sponsors.

Mission Advancement listens to you. As we dream with you for a future full of hope for St. Paul's Monastery and the Benedictine Center, we want to know what your priorities are, what you long to fund in your financial stewardship, and ways we can be bold in being Benedictine in the next many years.

2023 is a milestone year. For the last 75 years, hundreds of Benedictine women have dedicated their lives in service to the Church through St. Paul's Monastery. Names we know well, names whose memory has become a blessing. Ministry that has deeply touched our lives. Forty years ago, the Sisters discerned a calling to engage Benedictine spirituality through our Benedictine Center — a ministry that witnesses strongly still, even on this side of the pandemic.

You, our donors and our stakeholders, make all this possible. Not only through your financial stewardship, but also with your prayers and with the gift of your time as volunteers. 2023 is going to be year of much celebration and rightly so! May the Holy Spirit continue to guide the presence of the Benedictine charism in the metro area for many, many years to come!



A WARM WELCOME TO OUR NEW OBLATES!

Oblates

Congratulations to our newest Oblates—the Class of 2022!

(Left to right) Tory Pingel, Teri Knutson, Karen Dickson, Kathleen Matter, Ann Schommer, Julie Rivard Taylor, Diem Bich Pham, and Sister Mary Lou Dummer, OSB, the Oblate Director.

How do you become an Oblate? We're glad you asked! Oblates begin with a desire for greater spiritual growth according to the Christian ideals and values set forth in the Rule of Benedict. They spend a year in formation exploring the traditions of Benedictine life and the application of the Rule to contemporary living. A candidate then makes a promise of Oblation to enter a new relationship with St. Paul's Monastery and is encouraged to join the Sisters in the prayer and work life of the monastic community. Please contact Sister Mary Lou Dummer, OSB, for more information at 651-777-8181 or mldummer@stpaulsmonastery.org.



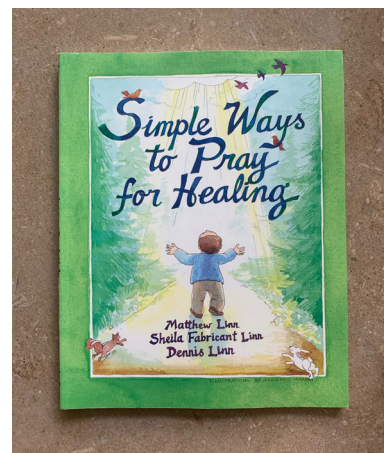
BENEDICTINE ASSOCIATES

FATHER MATT LINN, SJ

The Benedictine Associates are in the midst of transitions. Whether it is changing our permanent address or changing semesters at school, or changing to cabin schedules. We have daily, weekly, monthly, and yearly transitions. By the grace of God, we are able to handle every transition! How wonderful it is to stop, reflect, listen, and enjoy God's love for us in retreat. The Benedictine Associates want to share their reflections on this year's community retreat.

This year, Father Matt Linn, SJ, gave conferences on *Beatitudes: Peace and Healing Our Hurts*. Father Matt started with each conference with a prayer with gestures. We cupped our hands above our heads to receive the sun, the light of Christ and we let that wash over us, reach out in front of us and then behind us, then beneath our feet and then give the light of Christ in the four directions (North, South, East, and West) and then the Lakota have three more directions—above, below, and within. After you have received the light of Christ, you are ready to go forth and be a light in the world today.

Father Matt shared many personal stories and videos that demonstrated the beatitude he was explaining in the conference. He told us stories of when he was growing up, stories of his family, his religious formation and his ministry. Through all of these stories, he was asking *What does God want from me? How can I forgive? How can I heal my hurts? How?* All we have to do is to accept God's unconditional love. There is no way to earn God's love. God gives it freely to all people, plants and animals. One thing that struck me was God drops rain on all, the good and the bad, the flowers and the weeds. God blesses all the good and the bad. We just have to acknowledge it and receive it.



"Simple Ways to Pray for Healing," written by Father Matt Linn. Sheila Fabricant Linn, and Dennis Linn.



Father Matt is an author of over 24 books. He sometimes writes in collaboration with his brother Dennis. If you are interested in his writings, Google Father Matt Linn, SJ.

Blessings on all of us.

[Watch Father Matt's Retreat Presentations here.](#)

OF THE EARTH

ST. PAUL'S MONASTERY ART GALLERY

Exhibition Open May 29 - August 20

St. Paul's Monastery Art Gallery has new art!
Come to the Monastery to enjoy this new collection **Of the Earth**
from May 29 - August 20.

St. Paul's Monastery Art Gallery presents "Of the Earth," an exhibit highlighting artists Sister Jacqueline Leiter, OSB, Sister Virginia Matter, OSB, David Beddow, Betty Carlson, Dawn Hofstrand, and Peggy Thompson.

"Humus" means earth, soil, partially decomposed organic matter. "Humility" is realizing in a visceral way that we are not separate from anything else. It allows us to sink down into the rich soil, all the way to the bottom." – Tim Burkett

Come to the Monastery to enjoy this new collection from **May 29-August 20**.

[Learn more about our Art Gallery here.](#)

75TH ANNIVERSARY OF ST. PAUL'S MONASTERY

Sister Lucia Schwickerath, OSB



What is Benedictine charism?

In every language, charism can be understood as the gifts from God that allow a person or group to live out the Gospel in relation to the world around them, making it an important foundation for daily living in an ever-changing world.

For the Sisters of St. Paul's Monastery, the simple daily routines of manual labor, prayer, study, and a shared way of life are strengthened by attention to the divine in the liturgy of the hours and "lectio divina" (divine reading) focusing on both Scripture and nature. Understanding charism in this way is more important today than ever before. In times of change, the Sisters rely on charism-their purpose-to discern how to move forward and sustain themselves. In the upcoming 75th

anniversary book due out later this year, you will read about how the sisters continue to infuse charism into every aspect of their lives, work and vision for the future. **Watch this space in the months ahead for more information.**

FATHER'S DAY *Dedication*



FRANCIS HAUWILLER (1930) | SISTER LOIS HAUWILLER

My father had 4 brothers, 4 sisters. He was very quiet with few words. He was a good listener. He was a good farmer and good help of tractor drivers. He prayed with his rosary and was always on time for Mass and church events. My parents had 3 daughters, 1 son. I am glad I was among them. He died at age 87.



ED DUMMER (2008) | SISTER MARY LOU DUMMER

My special memory I have of my dad is celebrating my Silver Jubilee with me. He always told me it was a privilege and an honor for him to have a daughter who was a Sister. He was a great supporter of me.



AUGUST MATTER (1970) | SISTER VIRGINIA MATTER

I have wonderful memories of my father when he was a Well Driller on farms. He often came home with wonderful Native American stone tools and Arrowheads. I became intrigued by the culture of the Native American and their care for the earth, using only what they needed for livelihood. Daddy would often bring home clay which my sister and I played with. My father would also pick up a stone and call me over, 'Netty what do you see in this stone?' I would look and look, knowing I needed to find something. The lesson I learned was 'not to just look at a stone, but to look into the stone, all the history that is within it.' So, it taught me not just look at the exterior of a tree, or person, look deep into the beauty within. From these experiences with my father, I received the gift of respecting and enjoying God's creation, as well as becoming a Potter. I find it a joy to use my hands feeling and touching the clay of the earth as I create something beautiful and finish it with the natural elements of sawdust burning outside. Today I continue to be grateful for my father and the love he gave me for our environment and our call now to be concerned about it.

FATHER'S DAY *Dedication*



GEORGE SOLER (2008) | SISTER LINDA SOLER

My beloved father was a pillar of strength. After my mother's sudden death in 1969, he raised five children on his own. I once asked him, 'Dad, why didn't you ever get remarried?' He answered, 'Why would I replace your mother, and I would never go through the pain of having to bury a wife again.' I will never forget that powerful message from him. He died in July 2019. I have a memory pillow with the words: 'My father taught me everything except how to live without him.' Thank you, Dad, for your gift of life and for teaching me how to yodel.



ALBERT HAGEN (1955) | SISTER PAULA HAGEN

My father, Albert, immigrated from Germany to the United States when he was a boy. He eventually married a beautiful and talented Irish immigrant who was the love of his life. Their first children, James, then me, were a little more than a year apart. My parents always treated us as equals, something that was unusual back then for German families. I was very blessed. The greatest gift my dad gave me was his great love for God, creation, the land, and his family. With only a 4th grade education, was a very successful farmer and gardener for his family of seven children. He provided a very happy family childhood for his family.



PETER BOURAUDEL (1957) | SISTER SUSAN BOURAUDEL

My father was a devoted man to his family, filled of 6 girls and my mother. He was a talented musician (he played several instruments), and a big sports fan. Also, he and my mother supported me immensely during my vocation. He was a very kind man, and I miss him dearly.



FLAVIAN (BUD) WHITE (1986) | SISTER MARY WHITE

My dad, Flavian (Bud) White recited the poem 'Home' by Edgar Albert Guest by memory at every family gathering for most of my life. Thanks, Dad, for the loving home you and Mother raised us kids in.

BENEDICTINE FESTIVAL

ST. PAUL'S MONASTERY

SATURDAY, JULY 9 | 12:00PM - 3:00PM



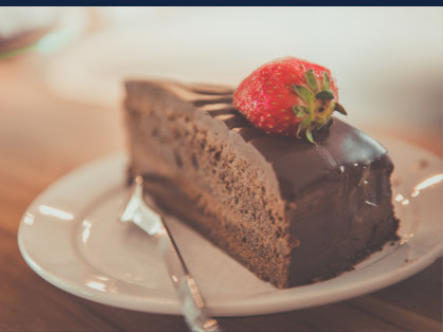
FOOD & DRINKS

All guests are welcome at the Monastery, especially food trucks! At this year's Benedictine Festival, we will have *Nelson's Ice Cream*, *Mike's Mini Donuts*, *Full Belly Happy Heart*, *Milton's*, and a popcorn machine. Come for a filling lunch with friends and family!



RAFFLE

Just like last year, this year's Benedictine Festival will include a raffle! Including gift cards, a tour of the Basilica of St. Mary, and a stay at St. John's Abbey Guesthouse, these raffle tickets will be available for purchase CASH ONLY. Credit cards are not accepted.



GAMES & ACTIVITIES

Come with your little kids or friends and family members to enjoy this activity-filled summer festival. Games include bean bag toss, giant jenga, mini golf, and a cake walk! St. Paul's Monastery Art Gallery will also be open. Don't forget to look for our Saint Benedict mascots too!



It's our 2nd annual Benedictine Festival 2022! Come learn about the history of the Monastery, the Benedictine Center, our Oblates and Benedictine Associates, talk with our Benedictine Sisters, and see their life of prayer/work/study. While you're there, you can partake in delicious snacks and refreshing drinks, listen to some live music, mingle with your St. Paul's Monastery family, and enjoy the beautiful grounds. Enjoy free admission to this outdoor event that's perfect for the whole family!

STPAULSMONASTERY.ORG/BENFEST2022

July Birthdays



KARIN BARRETT
Liturgist of the
Monastic Community
July 3



**SISTER ELEANOR
WARTMAN**
July 25

Employee Spotlight

TRAVIS SALISBURY, OLSB

Mission Advancement Director



In this month's Employee Spotlight article, we invited our Director of Mission Advancement, Travis Salisbury, to reflect on his journey to become an Oblate of St. Paul's Monastery. Having studied theology at both the University of St Thomas and Saint John's University, Travis has worked for the Church most of his adult life.

Travis knew of the Benedictines growing up, but the idea that lay people could have a life guided by the Rule and Benedictine spirituality left him eager to learn more about Oblates. Inspired by a friend, he reached out to Sister Mary Lou Dummer, OSB, in 2013, curious as to what the formation process would be like. He hadn't heard of St. Paul's Monastery, except knowing this was the place where his friend made her oblation.

Formation sessions began in 2014. Travis' Oblate class was small but balanced in demographics in terms of men and women, Catholic and Protestant, introverts and extroverts, older and younger. The monthly conversations covered spirituality, history, and the practice of Benedictine values. The formation year ended with an overnight discernment retreat and Travis made his final oblation in the chapel on May 23, 2015.

Seven years into his oblation, journeying with the 178 Oblates of St Paul's Monastery provides him with much inspiration to live the Benedictine charism deeply in his life.

For the first few years of his oblation, scheduling conflicts had kept him from participating in much of the Monastery's continuing formation events for Oblates. to engage in ongoing formation and to strive to live deeply within the Benedictine way of life. However, when the pandemic started he helped bring monthly gatherings online to explore the Rule and Benedictine spirituality. Retreats also went online through his help.

Still feeling very much a work in progress, Travis brings many of the values lived here at St Paul's Monastery into his daily living. He reads parts of the Rule each day to remind him that he's part of something much bigger, that it's not about just him, but the common good and the rhythm of the Liturgy of the Hours helps him to slow down and be more present.

Travis supports the Sisters with his time and talent but also financially as part of the Sisters Circle program. He feels it is important to offer financial support to future Oblate groups and for the ongoing formation of our established Oblates. He also feels motivated to support the Sisters who have gifted their lives in service to others.

Reflecting on being an Oblate, Travis shares, "Each day is sobering: today is a gift, tomorrow is never promised, live fully as God would want me to! We have so much to learn from each other. Being an Oblate at the Monastery, where all are welcomed so generously, continues to sustain me both in my education and in my career." His final message to all reading is: "If you've felt the longing to go deeper into a relationship with the Monastery, explore becoming an Oblate. It was the best decision I've made in a long time."



AROUND THE MONASTERY

From front to back: Leadership takes a photo in front of “Paper and Image” Art Exhibit at Unity Unitarian Church in Saint Paul; Canada Geese and their babies are seen at the Monastery this past Spring; Katie Twist, daughter of Tod Twist, Co-Director of the Benedictine Center, performs the oboe for the Sisters during lunch of June 6; Oblate Teri Rose, OblSB, and Prioress Sister Catherine Nehotte, OSB, sign agreement on collaborative Benedictine CARE Wellness Program; A snapshot of the Monastery grounds on a beautiful Spring day in May; Jason, the Mission Advancement Events Coordinator, holding up hail pieces from the May 19 hailstorm.



Commemorative

Honoring Those Who Light Our Way

**PAVERS BLESSING WILL BE HELD
AT A FUTURE DATE FOR THE
75TH ANNIVERSARY IN JUNE 2023**

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

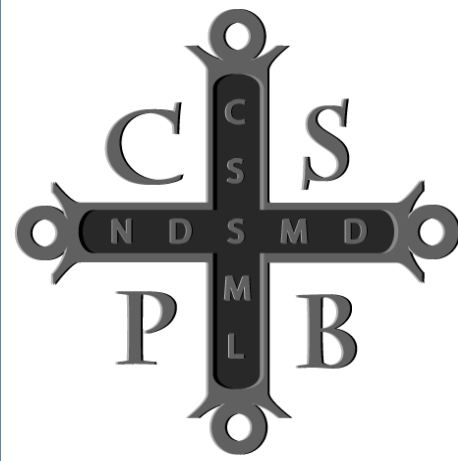
8x8 Paver

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.*

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.



St. Paul's Monastery
2675 Benet Road
Saint Paul, Minnesota 55109
651-777-8181
development@stpaulsmonastery.org

To connect with or support
Community ministries, visit us at
www.stpaulsmonastery.org
[Facebook](#) | [Instagram](#) | [LinkedIn](#)