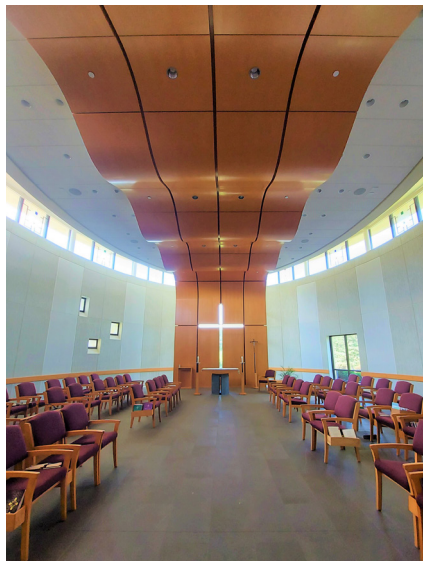


# ST. PAUL'S MONASTERY NEWSLETTER

*August 2022*



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# SYNOD ASSEMBLY

*Sister Linda Soler, OSB*

God does speak to us through presence, dreams, visions and our thoughts. Further, God will use events and circumstances to speak with us. More often than not, God uses the people placed in our lives to speak to us. God is good, and St. Benedict reminds us on the Awareness of God by looking not in the abstract but in the ordinary events of every day. Stated in the Rule of Benedict (Chapter 19), “We believe that the divine presence is everywhere.”

I had the opportunity to attend the Synod Assembly this past June. The Synod Assembly completed a three-year Synod preparation process. It was the first Synod in the Archdiocese to convene in 83 years. The Synod started and ended with Mass at Holy Spirit Church. The Synod was held at Cretin-Derham Hall.

The event was structured around the Archdiocesan Synod’s three focus areas:

1. Forming parishes that are in the service of evangelization.
2. Forming missionary disciples who know Jesus’s love and respond to his call.
3. Forming youth and young adults in and for a Church that is always young.

The three focus areas were part of a six-week parish consultation with small groups. These small groups produced 68,000 responses resulting in 40 propositions to be voted on after prayer, discernment, and discussion at the Synod. The Synod was on Pentecost weekend on June 3-5, and what an experience of the work of the Spirit. There were 500 participants of varied races, ages, and life experiences. Archbishop Bernard Hebda plans to write and release the results in a pastoral letter on November 21, the feast of Christ the King. That letter will be followed by an action plan to help parishes and Catholics implement those priorities.

We have had some awesome celebrations this summer from the community retreat by Father Mathew Linn, Founders Day (when St. Paul’s Priory/Monastery was established in 1948), Benedictine Festival, Feast of St. Benedict, and Sister Catherine Schoenecker’s 70th Jubilee. These memories become treasures in the heart, so that *in all things, God may be glorified.*





# MISSION ADVANCEMENT NEWS & UPDATES

In the Eucharistic Prayer of the Roman Missal (number two), the priest prays: “Make holy these gifts, we pray, by sending down your Spirit upon them like the dewfall.” This phrase is perfect for summer mornings sitting outside for morning prayers as the dew rests lightly on grass, flowers, and spiderwebs. The dewfall is an ancient symbol for the presence of God—in the newness of the day a refreshing and soaking presence from the Creator.

On Saturday, July 9, the sun rose on the sacred grounds of the Monastery on the day of the Benedictine Festival, the dew moist on the ground in the cool of the morning. The saturating presence of God refreshingly visible as the Sisters of St. Paul’s Monastery prepared to welcome over 250 guests as Christ, welcoming friends and family back home to the Monastery.

By all measures the Festival was a success! Volunteers arrived early to prepare and support the Festival. Following midday prayer, the Sisters joined 40 guests to bless paver bricks that surround the statue of St. Benedict. Bag after bag of school supplies were collected for our student sisters and brothers at Tubman living in the former Monastery building. Guests explored the spirituality of the labyrinth—many visiting the Monastery’s incredible labyrinth for the first time. Oblates connected and learned more about ongoing formation activities—and new inquiries made into becoming Oblates! Music, food, fun—the grounds were alive with the gift of community.

Mission Advancement is so much more than raising funds in support of the mission and ministries of the Sisters. The Benedictine way of life—for vowed members, Associates, Oblates, and the thousands of parishioners, students, and healthcare residents who have received the gift of ministry from our Sisters—is vital to the health of the Church. Benedictine values are a secure anchor and a faithful guide so that *in all things, God may be glorified*.

In gratitude, the Monastery thanks you for your support and looks forward to partnering with you at future events at both the Monastery and the Benedictine Center. May the Holy Spirit continue to sustain, nurture, and empower us all together seek the Kingdom here at St. Paul’s Monastery.

St. Benedict and St. Scholastica: pray for us.







## ST. PAUL'S MONASTERY OBLATES CONVERSATIONS

*Sister Mary Lou Dummer, OSB, Oblates Director*

The Oblates of St. Paul's Monastery are invited each month to gather online for Oblate Conversations—a component for ongoing education and formation in Benedictine spirituality and practices. This last month, Oblates discussed Chapter 4 of the Rule and these tools for good works and the application of the wisdom in their lives so that *in all things, God may be glorified*.

Ongoing formation also includes several Oblate-lead practice groups. These groups are diverse and include practices such as spiritual writing, spiritual connection in nature, exploring Benedictine authors, faith sharing by exploring silence and stillness, lectio divina, and praying the Liturgy of the Hours. These groups are incredibly meaningful and provide opportunities for deepening of relationships with God and with fellow Oblates.

Applications for the upcoming initial formation years are currently being accepted. Please contact Sister Mary Lou Dummer, OSB (Oblates Director), at [mldummer@stpaulsmonastery.org](mailto:mldummer@stpaulsmonastery.org) or 651-777-8181 for more information on entering the formation process as a new Oblate.



## BENEDICTINE ASSOCIATES ALWAYS HELPING OUT

*Sister Karen Sames, OSB, Associates Director*

Oh what fun! The Benedictine Associates helped us set up for the Benedictine Festival held on Saturday, July 9. They also continue to help us out with liturgical ministries such as readers at Eucharist, Liturgy of the Hours, as prayer leaders for Liturgy of the Hours, cross bearers at Eucharist, sacristan, receptionist, visiting Sisters in the health care, and relating to various Sisters in community.

On June 22, 2022, Rebekah Taylor, Benedictine Associate, gave the last part of her ongoing formation project on *Joseph and Tools of Good Works*. The class was via Zoom and all were able to attend. We read Genesis 45:1-15 and reflected on a painting of the brothers before Joseph. Rebekah connected this biblical story with the Rule of St. Benedict. There was so much rich discussion on relationships, forgiveness and proper right relationships with all. We touched on Chapter 7 the fourth step of humility, Chapter 53 on receiving all as Christ, and Chapter 72 on *Good Zeal*. She also quoted from the book *Monastic Practices* by Father Charles Cummings. One book I'll have to put on my reading list!



# Benedictine CARE WELLNESS PROGRAM



## A New Approach to Preventative Healthcare Rooted in a 1500-year-old Tradition

Benedictine CARE is an exciting and unique new collaboration between St. Paul's Monastery and the existing CARE Weight Loss and Lifestyle Program created by Benedictine Oblate, Teri Rose. Teri is a licensed nutritionist specializing in weight management and lifestyle modification (how we make different choices around food, activity, and stress management). In addition to her graduate work and research, she participates in professional continuing education for how to use food and lifestyle as medicine (how consistent choices can prevent chronic lifestyle diseases like Type 2 diabetes, cardiovascular disease and stroke, and certain cancers).

But Teri's deeper vocation is in exploring the elusive question of how does an individual make and then sustain these lifestyle changes. Health requires making choices, many choices every day, for the rest of our lives. Knowing what to do to be healthy isn't our biggest struggle. It's doing what we *know* to do. Only in the past couple of decades has our culture started acknowledging the role of lifestyle choices on premature deaths caused from high blood pressure, inactivity, and excess weight. Yet, this fear of dying sooner hasn't motivated long-term change. In fact, disease risk continues to climb. So why has this transforming new approach to health, using lifestyle as medicine, failed to reverse the world health crisis?

We propose that it isn't due to lack of information or of "knowing how." Rather, what if it is being caused by a lack of connection to the internal physical body, isolation caused from thinking we have to "fix ourselves by ourselves," and separation from an experienced relationship with the Beloved?

And this is the space, where guidance to these questions is sought, that our Benedictine Tradition thrives.

[LEARN MORE HERE](#)



# MAPLE TREE CHILDCARE CENTER

*Jennie Schlauch, Maple Tree Childcare Center*



On July 1, 2022, St. Paul's Monastery had a special treat from Maple Tree Childcare. To celebrate Independence Day, the children had a parade through the Monastery grounds and performed songs for the Sisters. Happy Independence Day from the children and Sisters!



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

*Sister Lucia Schwickerath, OSB*



### HEARING GOD'S CALL

The call to become a Sister comes in many different ways. Some women have said that no matter what was occurring in their lives, the idea of a vowed religious life kept popping up in their minds. Others experienced doubts, causing them to think of all the reasons not to become a vowed Sister. But there's also a thrill at the same time: the thrill that comes from thinking, "It seems to be a happy life," or "I might be able to do something remarkable with my life." When you read the stories of the vowed Sisters of St. Paul's Monastery in the upcoming 75th Anniversary book, you'll learn more about how God's call can define a life by serving Him and His people, filling each one with a deep sense of joy. *Watch this space to learn when the book will become available.*



Click here to watch our slideshow of pictures!

# BENEDICTINE FESTIVAL



Thank you for joining us at our Benedictine Festival on July 9! Share your experience by August 15 and be entered into a drawing to win a \$100 Green Mill gift card from our wonderful event sponsor Green Mill of Woodbury. Good luck!

**TAKE OUR SURVEY HERE**





# DORCAS' INVITATION

*Sister Jacqueline Leiter, OSB*

Acts 9:36-42 tells the story of a woman named Dorcas. Dorcas lived in the city of Joppa on the Mediterranean Sea and was an early disciple of Jesus. She is remembered for her devotion and good works of generosity to the poor and to widows in the community. Dorcas' heart was filled with compassion for them.

She spent most of her time weaving and sewing beautiful clothing for them.

Dorcas was much loved in Joppa. When she died unexpectedly, the people grieved and prepared her for burial. Having heard that Peter was in the nearby town of Lydda, they sent two men to beg him to come to them without delay. Peter rushed to Joppa, and they brought him to the upper room where Dorcas had been laid out. Dorcas was surrounded by poor widows, weeping and holding on to the beautiful tunics she had made for them. Peter bid them all to leave the room and then knelt and prayed. Turning to Dorcas, he said, "Tabitha, arise." Dorcas opened her eyes and Peter gave her his hand to help her up. The people were filled with joy, and many came to believe in the Lord.

Benedict told his followers to "First of all, love the Lord God with your whole heart, your whole soul, and all your strength, and love your neighbor as yourself" (Rule of Benedict 4.1-2). Like Dorcas, Benedict also had a special love for the poor, and encouraged his followers to "relieve the lot of the poor, clothe the naked, visit the sick, and bury the dead. Go to help the troubled, and console the sorrowing" (Rule of Benedict 4.14-19). Benedict was very practical in naming what needs to be done to care for our neighbors in need. Dorcas was also practical. She saw the poor people of Joppa wearing rags, and knew they most needed to be clothed. She set herself to making beautiful clothing for them. She had great compassion and love for her neighbor.

## **Dorcas' Invitation**

Dorcas is the Greek version of the Aramaic name *Tabitha*, meaning gazelle. Gazelles are known for their large eyes. Benedict says, "let us open our eyes" (Rule of Benedict, Prologue 9). Dorcas kept her eyes wide open and looked at the world with compassion. She saw what was needed to be done, and she did it.

How can you open your eyes to see what is needed?  
How can you show your love for neighbor today?



# August \* Birthdays



SISTER CATHERINE  
SCHOENECKER

August 22



# Employee Spotlight

**JASON WITTAK**

*Mission Advancement Events & Volunteer Coordinator*



This month our Employee Spotlight article features Jason Wittak, our Events and Volunteer Coordinator for Mission Advancement! Jason is one of our newer employees and joined the Mission Advancement Team in April of 2022. His duties include planning St. Paul's Monastery's two major annual events, the Benedictine Festival and Christmas at the Monastery, as well as several smaller events throughout the year and volunteer engagement and management.

Due to Jason's father's career, he relocated his family and Jason grew up in multiple locations in the Midwest including NW Wisconsin, Southern Illinois, and Upper Michigan. Now, Jason's two older siblings, Jen and Jon, and mother live in Milwaukee; his father passed away on Palm Sunday in 2019. Jason came to Minnesota and completed his Bachelor's degree from the College of Saint Benedict / Saint John's University in Elementary Education. He also recently completed a Leadership Certificate from the University of Minnesota in June 2022.

Jason and his wife, Amy, met at Saint John's University, and married 19 years ago. They now have 5 godchildren and 15 nieces and nephews. Their favorite things to do with their family are read stories to the children, cooking, or exploring the Twin Cities. One of Jason's nephews recently celebrated becoming an Eagle Scout, something Jason connects deeply with since he also earned his Eagle Scout with his brother.

Outside of work, Jason enjoys anything hockey-related (Go Red Wings!) and watching sports, movies, home remodeling and cooking shows. Jason also enjoys grilling, downhill skiing, spending time outdoors, and traveling with his wife. Jason and Amy have visited Seattle and Victoria, Chicago, Boston, and Washington, D.C. Next on their travel bucket list is London, England. They also both volunteer their time and services to many different parishes in the Archdiocese.

Jason was drawn to the recent opportunity to join St. Paul's Monastery as he and his wife both worked in Campus Ministry while attending the College of Saint Benedict / Saint John's University. They share good memories of working with the Sisters and in a monastic setting. He deeply enjoys being part of the Monastery, the Sisters lives, and the staff. He finds the Monastery to be a supportive atmosphere, describing the environment as "welcoming, peaceful, and hospitable."

Jason, we are so thrilled to have you as a part of our team here at St. Paul's Monastery and could not have been happier to have your skills and experience as our Events and Volunteer Coordinator! You did an amazing job with the Benedictine Festival, and we look forward to co-creating a new celebration with the Sisters at our upcoming Christmas at the Monastery in December!



## AROUND THE MONASTERY

From front to back: Sister Catherine Schoenecker, OSB, with Prioress Sister Catherine Nehotte, OSB, as she renewed her vows as a Benedictine Sister on July 10 and celebrated her 70th Jubilee; Founding Day on June 22 consisted of German-inspired meal and live music from an accordion player; Sister Lois Hauwiller, OSB, participated in the “Let Freedom Ring” National Bell Ringing Ceremony on Independence Day; Children from Maple Tree Childcare Center sang songs for the Sisters and marched in a parade in honor of Independence Day on July 1; Mission Advancement team prepping the pavers for our Paver Blessing Ceremony; Sister Louise Inhofer, OSB, assembled formal table decorations in honor of the Feast of St. Benedict on July 11.





## 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](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, Chapter 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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[Facebook](#) | [Instagram](#) | [LinkedIn](#)