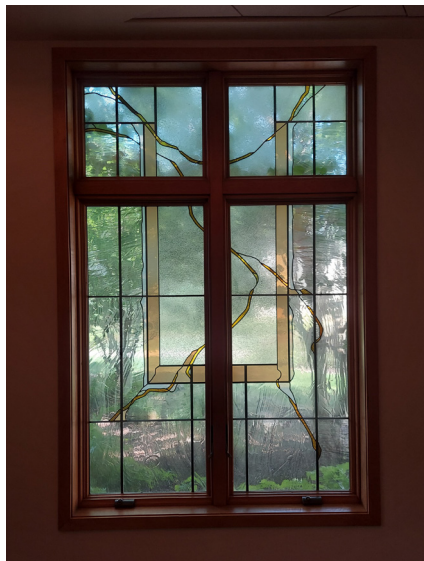


# ST. PAUL'S MONASTERY NEWSLETTER

*September 2022*



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# WELCOME LETTER

*Travis Salisbury, ObISB*

September is a month of beginnings. Summer seems to pass all too quickly in Minnesota, but we find ourselves—one more time—at this month of beginnings.

The school year begins with fresh school clothes, new shoes, and the excitement and energy of a new grade. Parish life resumes after the summer rest with faith formation, Order of Christian Initiation for Adults (OCIA), and higher attendance again at Sunday Mass after all our summer travel.

The Monastery, too, finds itself in a new year. September starts the new fiscal year. Oblates candidates begin their initial formation. The Benedictine Center happily welcomes more and more retreatants, guests, and spiritual directees. It is indeed a new year in the “school of the Lord’s service” for St. Paul’s Monastery and its Benedictine Center.

The start of a new year is full of hopes and fresh aspirations. We hope that St. Paul’s Monastery and the Benedictine Center can minister to you and your families as you enter these autumn days. The Sisters, Associates, and Oblates hold you in prayer every day. You are most welcome to join the Sisters for the Liturgy of the Hours—simply call the front desk to arrange your visit (651-777-8181) for prayer or for the celebration of the Mass.

The Benedictine Center—one of best gifts of our local Church—welcomes all for the personal care that comes with rest and attention to the spiritual. Attending to our spiritual selves is vital as we step into newness—or when we find ourselves fatigued by the expanse of days. Call 651-777-7251 or visit the website at [www.benedictinecenter.org](http://www.benedictinecenter.org) to arrange a stay of an afternoon, overnight, or a set of days. Spiritual direction, offered by the many skilled directors of the Benedictine Center, is a companionship that allows us to live deeply the Benedictine charism, values, and practices. Make an inquiry today with the Benedictine Center and invest in your own spiritual care.

St. Paul’s Monastery and the Benedictine Center exist to meet a need—the spiritual needs of all attracted to and served by the Benedictine way of life. It is an honor for this community to walk alongside those craving Benedictine wisdom and counsel. Thank you for the gift of your companionship and journeying with the Sisters, Associates, and Oblates of St. Paul’s Monastery.



# SISTERS' WORDS OF WISDOM

*Sister Catherine Nehotte, OSB*



Interviewed & Written by Ann Siverling, OlsB

## **“God’s Reason” - Author Unknown**

I don't know how to say it,  
But it somehow seems to me  
That maybe we are stationed  
Where God wants us to be.  
That little place we're filling  
Is the reason for our birth.  
And just to do the work we do  
God sent us down to earth.  
If God had wanted otherwise  
I reckon he'd have made  
Each of us a little different  
Of a worse or better grade.  
And since God knows and understands  
All things of land and sea,

I fancy that God placed us here  
Just where we wanted us to be.  
Sometimes we get to thinking  
As our labors we review  
That we should like a higher place  
With greater things to do  
But we come to the conclusions  
When the envying is stilled  
That the post to which God sent us  
Is the post God wanted filled.  
And there isn't any service we can scorn  
For it may just be the reason  
God allowed us to be born.

Wisdom, knowledge, a passion for her work and life as a Sister, and a quick wit are a good summary of Sister Catherine, current Prioress of St. Paul's Monastery. An example of her wit is when meeting on Zoom to plan for this article, and this writer's microphone wasn't working, Sister Catherine commented that this was some "real Benedictine silence!"

Sister Catherine grew up in South Minneapolis, where, for grades 1-4, she attended Visitation School. Her teachers were from St. Paul's Monastery! Catherine knew even in first grade that she wanted to be a Sister. Her first-grade teacher, Sister Francis, inspired her vocation. She could see the love of God shine from Sister Francis' face, and that attracted Sister Catherine to seek a religious vocation.

Sister Catherine was raised in a diverse family. She has three sisters and two brothers, and when she left for college, a foster brother and sister from Vietnam joined her family. Sadly, her foster brother died in his early 20s.

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



# MISSION ADVANCEMENT NEWS & UPDATES

Mission Advancement is very excited for the coming months! There is much to celebrate—not least of which the simple honoring of coming together as community for prayer and for socializing. And, as always, there's much to share with you.

## **My Benedictine Legacy**

Planned Giving is a vital action supporting the Sisters empowering their mission and ministries for many generations to come. As you engage your estate planning please inform the Monastery when you make a planned gift in your will ([www.stpaulsmonastery.org/mybenedictinelegacy](http://www.stpaulsmonastery.org/mybenedictinelegacy)).

## **Sisters Circle**

Monthly giving is easy for you to manage and provides stability in planning for the mission and ministries of the Sisters. Visit [www.stpaulsmonastery.org/sisters-circle](http://www.stpaulsmonastery.org/sisters-circle) to enroll securely online or to request a print form to register as a monthly supporter.

## **Blessing of the Animals for the Feast of Saint Francis**

Our animal companions bring us so much joy and draw us close to the Creator of All. Join the Sisters on Sunday, October 2 at 1:00pm on the grounds of the Monastery for our celebration of the Blessing of Animals. All well-mannered (and leashed/crated) animals are welcome to receive the blessing of the community. More information forthcoming in October's Monastery newsletter and on social media.



## **Commemoration of All Souls**

The month of November engages the sacramental memory of our faithful departed in the Christian tradition. The Solemnity of All Saints on November 1 is followed immediately by the Commemoration of All Souls on November 2 providing deep spiritual space to hold in gratitude those who have passed this last year. Watch for ways to participate in the Monastery's collective remembering of the Sisters and Oblates who have passed to Eternal Life since this time last year.

## **15th Christmas at the Monastery**

Planning for the 15th Christmas at the Monastery is well in hand! Starting on Saturday, December 3 with a retreat by Father Michael Joncas and leading through the week that follows, this virtual offering will help celebrate—and fund—the mission and ministries of our Sisters. Watch this newsletter and our social media as details come together.



# MISSION ADVANCEMENT NEWS & UPDATES

## Year-End Giving

And, finally, we hope that as you discern your philanthropic stewardship this year in big and small ways that you'll consider St. Paul's Monastery and the Benedictine Center in your giving this year as we bless 2022 and anticipate 2023. The Monastery welcomes financial gifts and gifts of stock as we look forward in hope to 2023—the 75th anniversary of the founding of St. Paul's Monastery and the 40th anniversary of the founding of the Benedictine Center.

In all these efforts, the Sisters take honoring the support of our donors and the friendship of all our supporters seriously. You are in our prayers each day as we hold up this community and the needs of the whole world. Thank you for being a partner in ministry.



## NORTHSTAR WATERMEDIA NATIONAL JURIED EXHIBITION

Art by various artists

Featuring 50 paintings, selected out of 200+ submitted entries, the NorthStar Watermedia Society is proud to host its 8th annual national juried exhibition. This year's exhibition will take place at the St. Paul Monastery Art Gallery, 2675 Benet Rd., St. Paul, MN 55109, starting on August 22 and ending on November 3, 2022. The Gallery is open daily from 9:00am–5:00pm; masks and proof of vaccination required.

Founded in 1975, NorthStar Watermedia is the oldest watermedia society in Minnesota. With a current membership of 200+ artists, NorthStar offers monthly membership meetings featuring live demos by local and national artists. In addition, it offers artists' workshops led by nationally—and internationally—known painters, members' and national juried exhibitions, and artists' sales events. For more information, as well as membership information, please see their website: [www.northstarwatermedia.com](http://www.northstarwatermedia.com).

[Click here to be directed to our Art Gallery page.](#)

# MAPLE TREE CHILDCARE CENTER

*Jennie Schlauch, Maple Tree Childcare Center*



Maple Tree  
Childcare Center

As we bid goodbye to summer, we cherish the memories of many enjoyable outdoor activities, a favorite feature for all the age groups is Water Play Day. We offer water tables and run sprinklers so the children can explore the properties of water and cool off on a warm day. In this picture, one of our babies is enjoying water time.

From the rest of the children and staff at Maple Tree Childcare Center, enjoy the remainder of your summer!



## ST. PAUL'S MONASTERY OBLATES NEWS & UPDATES

*Sister Mary Lou Dummer, OSB, Oblates Director*

*"The soul without a sense of Sabbath is an agitated soul." S. Joan Chittister, OSB*

Every September, the Oblates of St. Paul's Monastery gather for an annual retreat and a renewal of commitment. This year, Jessie Bazan OblSB (of St. Benedict's Monastery) will lead a Saturday morning (virtual) retreat on **Rest, Rhythm, &**

**Renewal: A Retreat on Sabbath Practices for Benedictine Oblates.**

It is at the annual retreat that every Oblate of the Monastery renews their commitment pledging: *I promise again, before God and all the saints, as my state in life permits: stability of heart, fidelity to the Spirit of the Monastic Life, and Obedience to the Will of God, according to the Rule of Saint Benedict.* Please hold in prayer our 180 Oblates as they prepare for this annual retreat and renew their promise of living out of that commitment as their state in life permits.

Your prayers are warmly requested for the 12 women and men entering initial formation this month as they journey toward final oblation next spring. The Holy Spirit is alive and active here at the Monastery! May the Spirit continue to draw many to the Benedictine way of life here at St. Paul's Monastery.



# 70 Years

**MANY BLESSINGS: "MORE THAN I DESERVE"**

*This summer, St. Paul's Monastery welcomed King Boreas (Billy Given) and the Prime Minister (Christine Arme) from the Saint Paul Winter Carnival to perform a special knighting ceremony for Sister Catherine Schoenecker, OSB, in honor of her 70th Jubilee. Congratulations, Sister Catherine!*

*The Catholic Spirit took photos and interviewed Sister Catherine on her journey to becoming a Sister. Read this article written by Dave Hrbacek at The Catholic Spirit by clicking on the link below!*

[CLICK HERE TO READ THE ARTICLE](#)



# 75th Anniversary of St. Paul's Monastery

Sister Lucia Schwickerath, OSB



## Great Progress...Good News!

Our 75th anniversary celebration book is now with the publishing company. This means that soon, our book will be ready for readers to enjoy. It will be proudly presented in the last quarter of 2022. Many contributors fondly shared stories, adding to the richness of this timeframe. Chronicling the journey of the community of St. Paul's Monastery during the previous 25 years, we also take a look at our plans for a prosperous future, making the book a truly enjoyable read. Watch for more information as we get closer to December.

## UPCOMING EVENTS AT THE BENEDICTINE CENTER

*Benedictine Center Staff*



The Benedictine Center of St. Paul's Monastery is hosting many events for the rest of 2022. Whether your interests are primarily about life and work, prayer and meditation, community and connection, or art and spirituality, there's something coming up for you.

Click on the events below to learn more or visit [www.benedictinecenter.org/bc-events/](http://www.benedictinecenter.org/bc-events/).

### **An Integral Approach to Spiritual Development with Wendy Mitch**

Friday, September 9 - Saturday, September 10

### **Harvesting Our Blessings: Gratitude on the Labyrinth**

Sunday, September 11

### **A Time to Remember: A Retreat For Women Whose Mothers Have Died**

Friday, November 4 - Saturday, November 5

### **School of Discernment 2022 (Hybrid format, both in-person and via Zoom)**

Friday, November 11 - Sunday, November 13

# INTRODUCING OUR NEWEST COLLABORATION: BENEDICTINE CARE WELLNESS PROGRAM

*Sister Catherine Nehotte, OSB*



In January of this year, the Sisters of St Paul's Monastery were approached with a unique proposal to expand the programming offered by the Benedictine Center. The proposal involves a collaboration between the Monastery and an existing health and lifestyle program developed and directed by one of our Oblates, Teri Rose, a licensed nutritionist.

We as a monastic community discerned the fit of this proposal with our monastic mission to “...create sacred space from which we respond to the needs and challenges of church and society’ and to lead by the value of *Generativity: being committed to fostering creativity, learning, and leadership within and outside of our monastic community.*” We recall our Direction Statement: “We will be open to alternative ways of expressing our Benedictine Core Values with Oblates, Associates, and other laity.” And we remember the long tradition that our worldwide Benedictine Sisters have played in healthcare and healing in their local communities and how the resources within St Paul's Monastery and our Oblate community build on this essential work.

As a community, we believe that the collaboration and creation of the Benedictine CARE Wellness program aligned with our mission. Benedictine CARE will:

- Introduce the Benedictine Tradition to more individuals
- Teach individuals how to ground their self-care and wellness goals in the transformative strength of Benedictine Values
- Provide a starting place for empowering and guiding participants in the process of transforming their vocations to Benedictine Spirituality into formalized community ministries

Benedictine Spirituality will always be there to meet seekers where they are and to companion them in their search for Christ. We, the Sisters of St Paul's Monastery, are grateful for our role in wise counsel and leadership as the Benedictine Tradition becomes co-stewarded by our Oblate community and laity. Benedictine CARE has the potential to be an example of how this can come together in both healing and growth. As we start this collaboration, we turn in humility as instructed in the Rule to “First of all, every time you begin a good work, you must pray to God most earnestly to bring it to perfection” (Rule of Benedict, Prologue).

*Benedictine CARE Launches in September 2022. Pre-enrollment is now open.*

**LEARN MORE ABOUT THIS PROGRAM**



# THE GIFT THAT KEEPS GIVING

*Sister Paula Hagen, OSB*

Last month I arrived at our Healthcare Center to receive a warm welcome to room 101. Sister Lucia Schwickerath brought me home from Transitional Care. I had a knee replacement and as soon as I passed all the tests, I was discharged and came home to the Monastery.

The staff and Sisters who live and work in Healthcare Center gave me such a warm welcome. I was independent in self-care but not safe to be alone for all the exercises I needed to continue. We had so much fun at meals and Sister Sharon also humored me by playing a couple games of Rummikub. When it was time for me to move upstairs to my third floor bedroom, I was sad to leave all those caring people and fun times sharing.

I wanted to express my gratitude. I wanted to give them a treat. Now, they did not need to have me give them ice cream, popcorn, or cake, so I decided to give them two pots of flowers for the Courtyard just outside their dining room.

I got the pots out of storage and a friend to advise me on what flowers to purchase. So, we all now have the gift that keeps on giving. All the walkers and visitors enjoy the lovely pots of flowers that are bursting with color on the patio. We welcome all to visit this area and enjoy the beauty of the flower garden around the Blessed Mother and the St. Benedict Plaza.

***“Every good and perfect gift, is from above, coming down from the Father of lights”  
(James 1:17, paraphrase).***





# INVITATION OF ROMANUS OF SUBIACO

*Sister Jacqueline Leiter, OSB*

Gregory the Great recounts the story of Romanus in Book II of his *Dialogues*. As a young man, Benedict yearned to seek God. Following the example of the early Desert Fathers, he believed he needed to escape from the distractions and temptations of life in the city or even a small village. Fleeing into the wilderness, he set out to become a hermit, but without a real plan for what to do and how to do it. Along the way, he met an older monk called Romanus, who asked him where he was going.

Romanus saw that the young man was sincere in his desire to seek God, and wisely understood that he needed some help to get started. He clothed Benedict in a sheepskin garment for a habit. Gregory further states that Romanus “vested him with the habit of holy conversation, and as he could, ministered and served him.” We can imagine that Benedict was a good listener to the “holy conversation” and learned many things from Romanus about seeking God and living in the wilderness.

Romanus’ community lived high above a gorge in the Anio River, and he brought the young man to a cave hidden in a cleft of the cliff. Benedict lived in the cave for three years. Respecting Benedict’s need for solitude, Romanus told no one about the young man living alone in a cave below his monastery. Romanus remained a faithful mentor and friend. From the cliff high above the cave, he lowered a basket of bread from his own rations, sending it down to the young hermit. Romanus cleverly attached a bell to the basket so that Benedict would know when his provision of food was coming down. Gregory recounts that the devil, seeking to hinder Romanus’ compassionate charity and prevent Benedict from receiving sustenance, threw a rock at the basket one day, breaking the bell. Even so, Romanus would not be dissuaded from helping Benedict survive in the wilderness and begin the monastic life.

## ***Romanus’ Invitation***

Romanus was a mentor to Benedict. Consider how you can help, serve, and teach others so that they can grow into the people that God is calling them to be.

Benedict was open to receiving direction and wisdom from Romanus. Consider how you can open your heart to listening to another person’s wisdom. Consider the people in your life who have done that for you and be grateful.



*“The Monk Romanus Dresses Benedict,”  
Il Sodoma (1505-1508).*

# September \* Birthdays



**DANIKA PAYETTE**  
Mission Advancement  
Analyst  
September 2



**SISTER MARY LOU  
DUMMER**  
September 21



**MONIKA  
WESTPHALN**  
Marketing & Communications  
Coordinator  
September 26



**SHARON  
COPELAND**  
Dietary Staff  
September 27

# Employee Spotlight

**JENNIE SCHLAUCH**

*Program Director at Maple Tree Childcare Center*



In our September newsletter we are featuring Jennie Schlauch, the Program Director of Maple Tree Childcare Center. Jennie is celebrating 30 years working with Maple Tree this month! Her duties include the day-to-day operations of the center, including, hiring and training and staff, securing supplies, choosing the curriculum, managing the budget, and communicating with parents, among other things. What she likes most about working for Maple Tree is the faith-based aspect of the job. She states, “I appreciate the freedom to tell Bible stories to the children, to pray with them before meals, and to sing Christian songs with them. Our board meetings always begin with prayer and that is a blessing.” She goes on, stating “It is important for me to work with people who truly care about children. The Sisters started Maple Tree because of their compassion for women and children.”

Jennie was born in Eau Claire, WI. From there, she lived in Davenport, IA, Winona, MN, and Rochester, MN. She finally settled in Cottage Grove, MN in 1963 and still resides there. Her dad was a salesman and her mom was a homemaker. They were kind and loving parents. One of her favorite childhood memories was a family trip to Disneyland when Jennie was nine years old. They drove to California and she loved every minute of it! Her family had their share of heartache growing up, as her 17-year-old brother died in a car accident when Jennie was 10 years old. Sadly, her mother also passed away when she was 14 years old. Her dad became her rock during the ensuing years.

Jennie obtained her bachelor’s degree in Child Development from Metropolitan State University. Prior to working for Maple Tree, she worked at a farm-based childcare center for 20 years. When she joined Maple Tree in 1992, she had no idea the amount of the great encouragement she would feel over the years. The Sisters have been so kind to appreciate the work that she does, and she has been able to meet many wonderful families. The biggest change over the years is that she no longer has a Sister working in each classroom, though she still has their prayer support. The Maple Tree board has members who are Sisters, which is a great benefit. She feels that it has been a privilege to serve at Maple Tree and she is very proud of her team and the work they do together, and it is has been an honor to be a part of the children’s lives.

Outside of work, Jennie has many hobbies including walking, reading, going to restaurants, thrift store shopping, and watching HGTV. She also enjoys traveling and notes that her most exotic travel experience was a trip to Hong Kong. Her top three life highlights include getting married, adopting her daughter, and accepting Jesus as her Savior. She is happiest when she ends her day reading the Bible or a chapter in a novel. Her favorite book is *Safely Home* by Randy Alcorn. Another fun fact is that her real name is actually Janet, but when she was a teenager, she decided Jennie was a much cooler name and made everyone call her that and it has stuck ever since!

Jennie, we thank you for your loyalty, compassion, and commitment to Maple Tree for the past 30 years! You are a true inspiration to all, and we feel so very blessed to have you! We will end this article with Jennie’s one of her favorite Bible verse: “I lift my eyes unto the hills; where does my help come from? My help comes from the Lord, the maker of heaven and earth.” (Psalm 121:1-2).



## AROUND THE MONASTERY

Top from left to right: Hill-Murray students from “Jump Start” toured the grounds of St. Paul’s Monastery and took a photo with Sister Linda Soler, OSB, by the statue of St. Benedict; Jen Polzin, CEO of Tubman, posed with our Mission Advancement team while picking up a cart full of school supplies donations; The Sisters enjoyed a fun performance by comedian and magician Robert Halbrook.

Bottom from left to right: Former members (from left to right) Jane Wagemaker, Mary Ann Carr, Theresa Partlin, and Pat Jones visited for Evening Prayer and dinner, and photographed for the upcoming 75th Anniversary Book; Flowers bloom outside on the Monastery this summer season; A farewell celebration was hosted by the Sisters to say goodbye to longtime Liturgist, Karin Barrett.

# PRAYER SCHEDULE

All are welcome to join the Sisters for prayer. Contact the front desk to arrange your visit—masks and proof of vaccination required.

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



## SUNDAY

MORNING PRAYER: 10:00AM  
EUCHARIST: 11:00AM  
EVENING PRAYER: 5:00PM

## MONDAY-SATURDAY

MORNING PRAYER: 8:00AM  
MIDDAY PRAYER: 11:30AM  
EVENING PRAYER: 5:00PM

*For further information and to arrange a visit, 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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To connect with or support  
Community ministries, visit us at  
[www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)  
[Facebook](#) | [Instagram](#) | [LinkedIn](#)