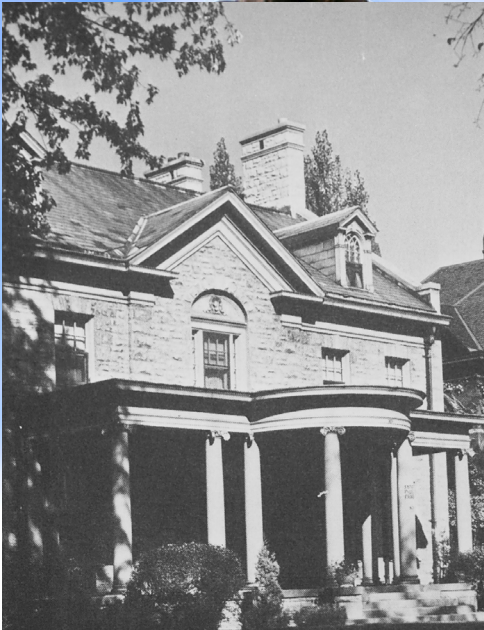


ST. PAUL'S MONASTERY NEWSLETTER

June 2023



Cover images from left to right: •Historic photo of St. Paul's Priory on 301 Summit. •From 1948, Mother Rosamond congratulates Mother Loraine on her election as Prioress. •From the pamphlet, "Beginning Anew St. Paul's Priory 1948-1973", image captioned as, "Education plus religious training for the young".

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WITH GRATEFUL HEARTS CELEBRATING 75 YEARS

*Excerpts from With Grateful Hearts The Past We Own
written by Sister Carole Sweely, OSB.*



*Most Reverend
James Byrne, STD
(1908-1996)*

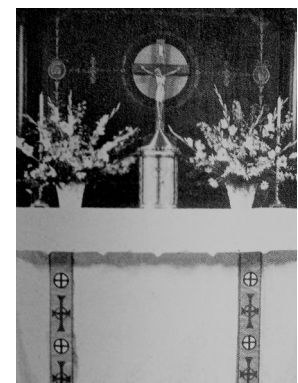
Address of the Most Reverend James Byrne, STD at St. Paul's Priory (301 Summit Ave), June 22, 1948 to the 178 charter members from St. Benedict's Monastery, Saint Joseph, MN. On that fateful afternoon, Mother Loraine Tracy was elected as the first prioress of St. Paul's Monastery [Priory].

You all sense what I am going to say to you this afternoon of June 22, 1948. This day is a momentous day in the history of the archdiocese and also in the lives of each and every one of you. There are countless souls already in this world and many more that are yet to come into this world who will be affected by what we are doing this afternoon. I am sure that for each one of you it is a day on which your heart is filled with sadness, for you are separating yourselves from the Motherhouse that was near and dear to you. But there would be no spread of the faith if women and men did not have the courage to put their trust in Christ knowing that faith in Him has never yet been misplaced.



*Mother Loraine and
Sister Aquina, part of
the 1948 preparation
committee*

You know that with each new foundation, if any of you have ever helped with other foundations, there are many graces unique to a foundation that are offered in abundance. The graces of Christ that will come to this priory will be greater than anyone suspects. Hence there remains for you to keep alive those Christian ideals of charity, love, and obedience, and to be the very best Benedictine religious that you can possibly be. For you, who have signified your intention of changing priories, of becoming members of the new priory in St. Paul, there will be more abundant graces than if you had not shown that extra confidence and faith in Christ. Therefore, you should not be sad this afternoon, but rather look to the future and the good that can be accomplished. With faith in Christ and joy in the good that you will be able to do, each one should look to the development of Benedictine ideals in herself and in each one whom you teach.



1948 Priory Altar

Vote according to your conscience just as if Christ, whom I represent, were here with you this afternoon in person. After all, you are establishing this new priory to serve Christ. One of the first actions of this priory will be the choosing of the new superior. This done, the grace of God will come to her, and through her it will help each one of you day by day to seek perfection. Follow that guide!



WELCOME LETTER

Sister Catherine Nehotte, OSB

Founding Day, June 22, 2023

As we prepare to celebrate with friends and family on Saturday, June 24, (I hope that you can join us!) we reflect on the courage of our founding members to choose to found a new community. We thank God for their vocations.

Some people provide a DNA sample in order to learn more about their ancestry. The gospel of John 15:1-8, speaks of our spiritual family tree. Jesus uses the analogy of a vine and its branches. This image describes the relationship that exists between Jesus and his followers.

In the eighth verse Jesus says, By this God glorified, that we bear much fruit and become his disciples. Galatians 5:22-23, which describes the fruit produced by the Spirit that Christ gives us

“...the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

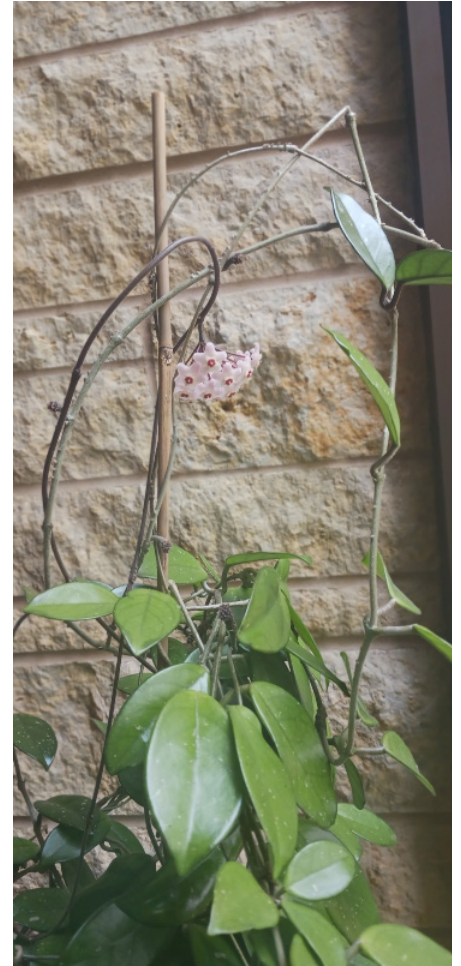
God prunes/trims us so we can bear even more fruit. Jesus said,

“Every branch that bears fruit will be pruned to make it bear more fruit.”

A type of pruning occurred seventy-five years ago on June 22, 1948, when 178 members chose to be transplanted from St. Benedict’s Monastery in St. Joseph, MN to take root in St. Paul, MN.

The community has grown beyond the original members. Many sisters have joined the community since the original number. Other branches such as oblates, associates, staff, volunteers and benefactors continue to help us grow!

What are some areas of life that you can identify as needing to be trimmed? Let us pray for the grace to have these areas trimmed by our loving God so that we may indeed bear much fruit.



Monastery entryway flowers



REFLECTION OBLATES

Jeff Dols ObISB

Since 1980, when Sister Pat Collins became the first Oblate Director, the oblate community of St. Paul's Monastery has been thriving, with approximately 200 men and woman who have discovered the gift of Benedictine living as articulated and written by St. Benedict over 1500 years ago.

For the past 43 years, these Oblates have been incorporating the practices of Benedictine Spirituality into their daily prayer and relationships. They have made a formal commitment of Benedictine prayer and values and choose to live a life based on the Gospel and the Rule of St. Benedict by integrating Benedictine values into their lives. They welcome Christ's presence into their families, church, cities, neighborhoods, and workplaces.

The difference they make in their world helps to change the world. Under the leadership of past and present directors, the oblate ministry at St. Paul's Monastery is very much alive and active, with a unique program for initial formation of oblate candidates, as well as ongoing formation through community prayer, ongoing education, and Benedictine spiritual practice groups. The history of oblate leadership at the Monastery includes:

- 1980-1986: Sister Pat Collins
- 1986-1993: Sister Virginia Matter
- 1994: Sister Marie Fujan, Sister LaVerne Hudala
- 1996-2008: Sister Carol Rennie
- 2009-2012: Initial Formation: Sister Catherine Nehotte; Ongoing Formation: Sue Buelow, Jim Bartol, Linda Manders, Jacquelyn Bush, Terry Johnson
- 2013-2019: Oblate Director, Sister Mary Lou Dummer; Co-Director, Jacquelyn Bush
- 2019-2021: Oblate Director, Sister Mary Lou Dummer; Co-Directors: Jeanne Ferrian, Travis Salisbury
- 2022-present: Oblate Director, Sister Mary Lou Dummer; Initial Formation: Kami Pohl and Mary Ilg; Ongoing formation: Jeff Dols.



*Sister Pat Collins
(1928-2017)*



Sister Virginia Matter



Sister Carol Rennie

[CLICK HERE TO READ MORE](#)

MAPLE TREE CHILDCARE CENTER

Jennie Schlauch, Maple Tree Childcare Center



**Maple Tree
Childcare Center**

The Maple Tree Childcare Center staff and children wish the Sisters a happy 75th anniversary.

We appreciate the heritage that we share with our "Sister Friends" and are proud to be a part of their mission in serving others. Many blessing as you seek God's will in future plans.

Jennie Schlauch
Program Director



Walking Monastery Way

An Invitational Art Exhibit

Celebrating 75 years of St. Paul's Monastery

"AS WE PROGRESS IN THIS WAY OF LIFE AND IN FAITH, WE SHALL RUN ON THE PATH OF GOD'S COMMANDMENTS,
OUR HEARTS OVERFLOWING WITH INEXPRESSIBLE DELIGHT OF LOVE."

From June 4 – September 7, 2023



BENEDICTINE CENTER
OF ST. PAUL'S MONASTERY

Contact 651-777-8181 to alert the Sisters of your visit.

Contact 651-777-7251 with questions on the event.

CELEBRATING 75 YEARS OF ST. PAUL'S MONASTERY —

BENEDICTINE FESTIVAL

JOIN THE BENEDICTINE SISTERS, ASSOCIATES, AND
OBLATES OF ST. PAUL'S MONASTERY TO CELEBRATE
75 YEARS SINCE THE FOUNDING OF THE MONASTERY!

**12:00-
3:00PM**



**FREE
ENTRY**

AT THE MONASTERY

2675 BENET ROAD, ST PAUL, MN 55109

**SATURDAY
JUNE 24
2023**

FEATURING:

POTTER'S PASTIES FOOD TRUCK
NELSON'S ICE CREAM
MIKE'S MINI DONUTS
BINGO TENT & RAFFLE PRIZES
AND MUSIC BY
PATTY & THE BUTTONS

WWW.STPAULSMONASTERY.ORG

[@STPAULSMONASTERY](https://www.instagram.com/STPAULSMONASTERY)



BENEDICTINE FESTIVAL

RAFFLE

\$10 per ticket to enter a bucket raffle with chances to win (need not be present to win):

\$1000 Travel Voucher through
The Magic Travel Guy

Oklahoma Joe's Highland Offset Smoker

Samsung 55-inch 4KUHD Smart TV

**TICKETS AVAILABLE NOW AND AT
BENEDICTINE FESTIVAL**

SATURDAY, JUNE 24

12:00-3:00PM

www.stpaulsmonastery.org



REFLECTION THE MAKING OF ST. BENEDICT

Linda Dabeau, Sculptor

When I was called by the Sisters of St. Paul's Monastery I was so honored to be a part of this endeavor. I listened to what the Sisters were wanting to express in the sculpture, a young St. Benedict holding his staff.

As with all of my spiritual art I do a fair amount of research in translating the visual needs of the community. I first created a small maquette then I progressed to the large scale clay image.

When I create a spiritual work of art I am totally absorbed in the creation. It becomes subconscious meditative endeavor where I feel a spiritual connection. Usually when creating faces it takes several tries before I feel it is right but with St. Benedict the first visual I created felt right and surprised me as an artist. I realized it was either St. Benedict giving his approval or God was saying, "this is it" Either way I was happy this little miracle occurred and completed the clay work that was happily approved by the Sisters of St. Paul's Monastery. All in all, the transition from the clay image to bronze was successful, and I was relieved the transport and installation was also successful.

I thank God everyday for the gift that was given to me to be able to create imagery that brings people to prayer and love of God. In essence—I basically follow St. Benedict's Rule—I work my craft five hours a day (sometimes longer) and whenever I begin a good work, I make the most pressing appeal to Christ to bring it to perfection. That is always my goal.

I want to thank the Sisters of St. Paul's Monastery for their belief in my abilities to create the image of St. Benedict.



The sculpture of St. Benedict was made possible through the generosity of Jack and Cathy Farrell



MISSION ADVANCEMENT NEWS & UPDATES

It's finally here! The 75th anniversary of the founding of St. Paul's Monastery. You read at the start of this newsletter the prophetic words of Bishop Byrne's address to the Sisters 75 years ago: *There are countless souls already in this world and many more that are yet to come into this world who will be affected by what we are doing this afternoon.* The good Bishop was too right! How many of us have had the privilege, the joy, and the grace to know our Sisters of St. Paul's Monastery—and to have received the wisdom of St. Benedict from their loving hearts.

It is time for us to celebrate our Sisters in a special way! Will you join them in their celebration?

75th Anniversary Mass on the 11th Sunday in Ordinary Time

Our celebration begins on Sunday, June 18 at 11:00am by praising God celebrating the Eucharist with Abbot John Klassen of Saint John's Abbey. Please call Travis at 651-777-8181, ext. 403 if you'd like to attend the Mass and the brunch.

Sisters' Annual Retreat

The Sisters will spend the week on retreat with Sister Anne McCarthy of Mount Saint Benedict Monastery. The Sisters will meditate on the ways of the Christian Mystics. Please pray for our Sisters during their retreat June 18-23.

Join us for Benedictine Festival

Here is where you come in! Join us on Saturday, June 24 from 12:00-3:00pm for the 3rd Benedictine Festival. We've planned a very special afternoon of family and friends, food, music, and fun! Potter's Pasties is our featured food truck, joined by Nelson's Ice Cream, Mike's Mini Donuts, and Roseann's popcorn. There'll be a BINGO tent with prizes, a bucket raffle with chances to win travel, a smoker, or a TV. Music is provided by Patty and the Buttons. There'll be a scavenger hunt, tours of the Monastery grounds, and ministry tents featuring our Oblates, the Benedictine Center, a Fair Trade market, and more. Entry is free, but bring cash for all the fun!

Make a Gift to the Benedict Appeal

If you're unable to attend, we hope that you'll join us in supporting the mission and ministries of our Sisters with a financial gift.

[CLICK HERE TO READ MORE](#)



INTERVIEW SISTER LOUISE INHOFER

The celebration of the Priory's beginnings in St. Paul doesn't just celebrate the building, but the people who were involved. Nine young women also began their studies and commitment to becoming Benedictine nuns. One of these was Mary Louise Inhofer who is now the librarian at the Monastery.

Please take a moment to enjoy her experiences upon first entering the Priory in 1948.

I arrived after supper on September 7, and joined eight other girls. The nine of us shared the large room on the third floor of the building along with three Sisters who occupied the two smaller rooms. Imagine! twelve women sharing one bathroom. It was quite an experience! Each of us had a bed, a chair, and an orange crate 'dresser' until proper ones could be purchased. I never got really homesick, but I did feel lonely at times. Many Sunday afternoons I sat in the dormer window area just watching the activities on Summit Avenue and thinking about what I might be doing if..

Now for the daily life; up very early, prayers and Mass in chapel, breakfast, wash the dishes... (In silence... can you imagine? But with plenty of giggles). We filled the days working in the kitchen, cleaning, laundry, and anything else that needed doing. We took turns scrubbing the kitchen/baking a cake for Sunday supper. Actually, I think the Sisters didn't quite know what to do with us. We also had classes where we learned how to pray the Divine Office as it was called in those days. Every morning at about 10:00am and afternoon around 3:00pm we met for coffee and homemade brown bread (wonderful) with tomato jam (ugh!).

We gradually settled in and as soon as school started (three of us to the Diocesan Teachers. Life was still full of mysteries as we prepared to begin the next phase of our journey to full membership as a Benedictine Sister. They were good days.



Sister Louise on June 13, 1949 before Reception Day



Sister Louise on June 13, 1949 after Reception Day

[CLICK HERE TO READ MORE](#)



HUMILITY GRATITUDE, GRACE, GLORY

Sister Jacqueline Leiter, OSB

At St. Paul's Monastery, we have been living a journey of humility for 75 years. We've learned that humility is more than twelve easy steps in the seventh chapter of the Rule. Humility is woven throughout The Rule, and embroidered intricately throughout our story. I share with you some of my favorite quotes and memories of stepping-stones illustrating Benedictine humility as we celebrate our heritage in St. Paul, MN.

"First of all, every time you begin a good work, you must pray to God most earnestly to bring it to perfection" (RB Prol. 4). In 1948, when our Sisters came with a dream to establish an independent priory in Saint Paul, it was with the love and prayers of their sisters at Saint Benedict's Covent in Saint Joseph, Minnesota. Beginning anything new with prayer helps us to incline our hearts and our efforts towards God, and away from ourselves. We know that it is not all about us or about our efforts, but about God and God's grace and mercy. Beginning with prayer helps us to let go of fear and set out with hearts strengthened to do the good work, trusting in God. "As soon as anyone knocks, . . .he replies, 'Thanks be to God' or 'Your blessing please'" (RB 66:3).

Benedict describes how the porter of the monastery waits at the door with gratitude to welcome guests with gratitude. Throughout our 75 years, we have been grateful to receive many guests and many people through our ministry. We are so grateful for the mutual blessing of sharing the journey with Oblates, Associates, employees, friends and benefactors. You have touched our hearts. You have strengthened us on the journey seeking God in all things.

"Place your hope in God alone" (RB 4:41). The original 178 pioneering sisters came with their hopes and trusted in God to guide them along the way. They let go of the security of everything they had and everything they knew from their life at Saint Benedict's Convent and came to create something new. They worked hard and endured many challenges. They often had to rearrange their plans or sacrifice to follow God's will. For example, they built Archbishop Murray Memorial High School before they built a home for themselves.

Over our 75 years of community, we have shared the work of our ministry with many others. We could never have done it alone. Looking back, we are so grateful as we see the many blessings we have received through our work and ministry. The original 178 sisters have gone ahead of us, and they continue singing the psalms in heaven as we continue singing the psalms in our chapel. We'd love to have you join us in our prayer in chapel! We pray in gratitude for our community work, prayer, and life together, so "that in all things, God may be glorified" (RB57: 9).



BENEDICTINE ASSOCIATES

A HISTORY

Sister Karen Sames, OSB

The Benedictine Associates at St. Paul's Monastery is a group single, Catholic women who are seeking to deepen their relationship with God and the Benedictine community here at the monastery.

“Each Benedictine Associate will share in the life, prayers, and services of the sisters and receive continued enrichment in Benedictine values and the Benedictine Way of Life” (Walking Monastery Way, page 71)

“The Associate Committee, comprised of laywomen, associates, and sisters, oversees the administrations of this ministry. The committee ensures an appropriate formation schedule is maintained, consisting of at least two sessions each year...” (Walking Monastery Way, page 72).

“We took a long time to lay a solid foundation for this ministry. During the years of the pandemic we met virtually every month, often sharing our hopes, concerns and values” (Walking Monastery Way, page 73).

“An Associate is willing to make an initial 1-year commitment to formation in Benedictine spirituality and community life...” (*Benedictine Associates Brochure*).

We have many resources to study and share. Some of the resources we use are topics from community retreats; books; Oblate retreats and Benedictine Center programs. We read and/or listen to noted scholars such as: S. Mary Irene Nowell, OSB; Wisdom The Good Life; Judith Valente; Linda Romey, OSB; Jerome Kodell, from *Being Benedictine*; Michael Casey; and many more. We, as members of the group, present topics of interest too. Such as Benedictine Associate Rebekah Taylor on Samuel and Elijah, Silence; Moses and Desert Spirituality; Joseph and Tools of Good Works. Linda Anderson and Pat Swanke presented topics from Being Benedictine.

One of the most memorable enrichments was when we studied Michael Casey's book Road to Eternal Life. We each took different sections to reflect on and present to the group. It was a time of deep sharing and bonding of the group.

The Benedictine Associates are invited to join in Community retreats; Oblate retreats, and programs sponsored by the Benedictine Center. They participate in community celebrations and liturgies. Of course we also take time to socialize around a game or two of Dominos, or around the fire ring.



REFLECTION FRIENDS

Karen Fleming

Years ago, I signed up for a class at the Monastery. It may have been *Lectio Divina*. I was amazed at how it held my interest and broadened my mind about prayer. I was hooked on that class, the teacher, the atmosphere, the beauty of the Monastery, and the kindness of the nuns. Since that time, I signed up for anything and everything, including day or overnight stays in one of the guest rooms to pray, to read the Bible, to reflect, all possible with the quietness of the Monastery.

I made many friends there, loving every nun I met. One nun in particular was always present when I came to the Monastery. I felt as if she were waiting for me, Sister Marie Rademacher. She always asked, “How is your hubby doing?” My “hubby” had illnesses off and on and still does.

One particular time, I volunteered to give a mini concert for the nuns in the health care unit. The old upright piano was in tune and seemed in fairly good condition, so I asked whether it was okay to plan for about 20 minutes of playing the piano when it could be fitted into an afternoon sometime. I sent out flyers to announce the event.

Sometimes I played solo, other times with another piano teacher in duets (two people at the piano, one playing the lower part (secondo) the other playing higher up, usually for the melody (primo). We performed several times after that first event.

The first time my piano partner and I played, both of us squeezed together on the bench, as I played secondo. Sister Marie sat on a chair close to the piano bench to my left. She wanted to see the music and got very close to me. I felt my left arm somewhat compromised. I feared my elbow would jab her and push her back! She was a lover of music and I felt honored, but yet had to alert her to move back a little so I could breathe.

Another time we talked about our childhood. She knew I loved dolls and collected them. She said her parents bought dolls dressed as nuns for her and her two sisters when they were children. I could only imagine three little girls playing with their dolls, as only little girls do.

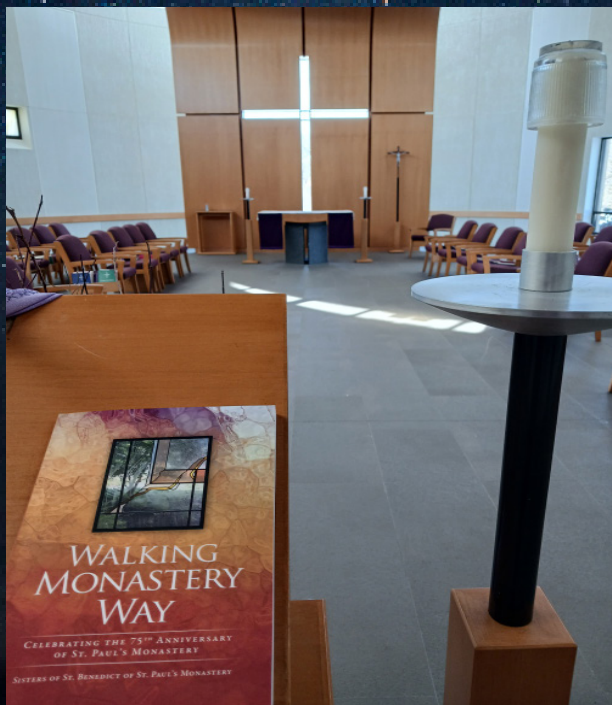
Sister Marie Rademacher was my very good friend. I loved her so much, as if she were my biological sister. She passed away March 26, 2019. I miss her.



Karen Fleming with Sister Marie Rademacher (1925-2019)

75th Anniversary of St. Paul's Monastery

Sister Lucia Schwickerath, OSB



Walking Monastery Way

Anniversary book Celebrating 75 years of St. Paul's Monastery by the Sister's of St. Paul's Monastery

Celebrate Benedictine monastic life in St. Paul through this "memoir of many voices," which features historical photos. The book can be purchased on [Amazon.com](https://www.amazon.com). You can also contact S. Lucia Schwickerath, OSB at 651-777-8181.



Tubman SUPPLY DRIVE

Tubman helps people of all ages, genders, and cultural backgrounds who have experienced relationship violence, sexual exploitation, homelessness, mental and chemical health challenges, and other trauma. Throughout the Twin Cities, Tubman provides safe shelter, legal services, mental and chemical health counseling, youth programming, and community education, including public information campaigns to provide community members with the information and support they need to get help or give help. Please visit their website for more information on their services: <https://www.tubman.org>

St. Paul's Monastery will be collecting school supplies for the Maplewood Tubman location during the Benedictine Festival on June 24 from 12:00pm to 3:00pm. Here is a list of what is needed:

- Dry erase markers (black preferred)
- Crayola markers (bold and fine line)
- crayons
- color pencils
- highlighters
- wide-ruled composition and spiral notebooks
- 3" three-ring binders
- pencil cases-hard plastic
- Dixon Ticonderoga or USA Gold brand sharpened #2 pencils
- Mechanical Sharpeners



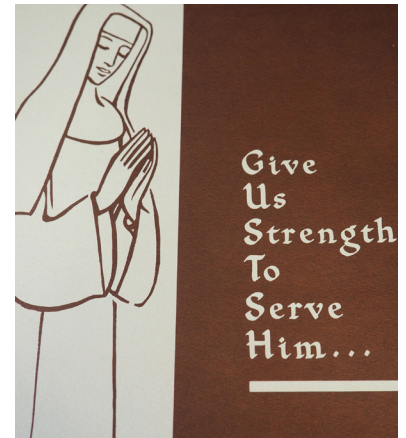
CONCERNING LITURGY EVER ANCIENT, EVER NEW

Stephen Kasperick-Postellon, Director of Liturgy & Music

Reflecting on changes in the liturgical practices at St. Paul's Monastery over the past 75 years presents an interesting research challenge for me.

Having started my service as the community's liturgist within the last year, I feel very much like a laborer hired by the vineyard owner at the end of the day!

Sister Susan, our archivist, dug up for my perusal the records of liturgies from previous community anniversaries. In reviewing the worship aids created for these liturgies, I realized it was not so very long ago that we weren't especially aware of using inclusive language in our prayer. At the Mass for our 30th anniversary in 1978, we sang, "Lift up your hearts, sing to your God: tremendous his deeds among men!"



*Historic booklet from
St. Paul's Monastery archives*

The technology used in creating these booklets has come a long way, too. The booklets for 1973 and 1978 were carefully prepared on typewriters. Any music notation included was neatly hand-drawn, and the "cutting and pasting" to include artwork involved literal scissors and glue, rather than the more metaphorical sense in which we use these terms today. By 1998, much of the music notation had been photocopied from a hymnal.

Nowadays, I can search the web, and in a matter of seconds have crisp digital images of music notation and full-color artwork, and can print them right from my desk in higher quality than we would have achieved by hiring a professional printer back then!

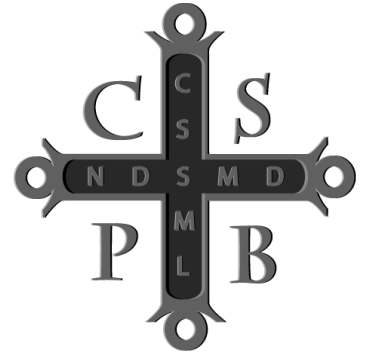
More striking than the linguistic and technological changes in our prayer was the evolution of how the community shares this prayer with others. Sister Lucia told me that when she first knocked on the door at Summit Avenue, the Sister who answered the door said, "We're at prayer right now—can you come back in a half hour?" (Fortunately for us, she did!) The size of the community and of the chapel made it difficult to invite anyone else to prayer.

Also, there was a sense in which the Sisters' prayer was something they did for—but not with—the rest of us. When family visited might be encouraged to come in the afternoon (after midday prayers were over), and to be on their way before evening (so the Sister could join the community for vespers). Now, says Sister Lucia, she loves being able to schedule meetings with folks at 11:00am, and invite them to stay for midday prayer and lunch!

PRAYER SCHEDULE

All are welcome to join the Sisters for prayer.
Contact the front desk to arrange your visit.

“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 your visit,
call 651-777-8181 or visit us at www.stpaulsmonastery.org.*



Priory Preserve Pilgrimage

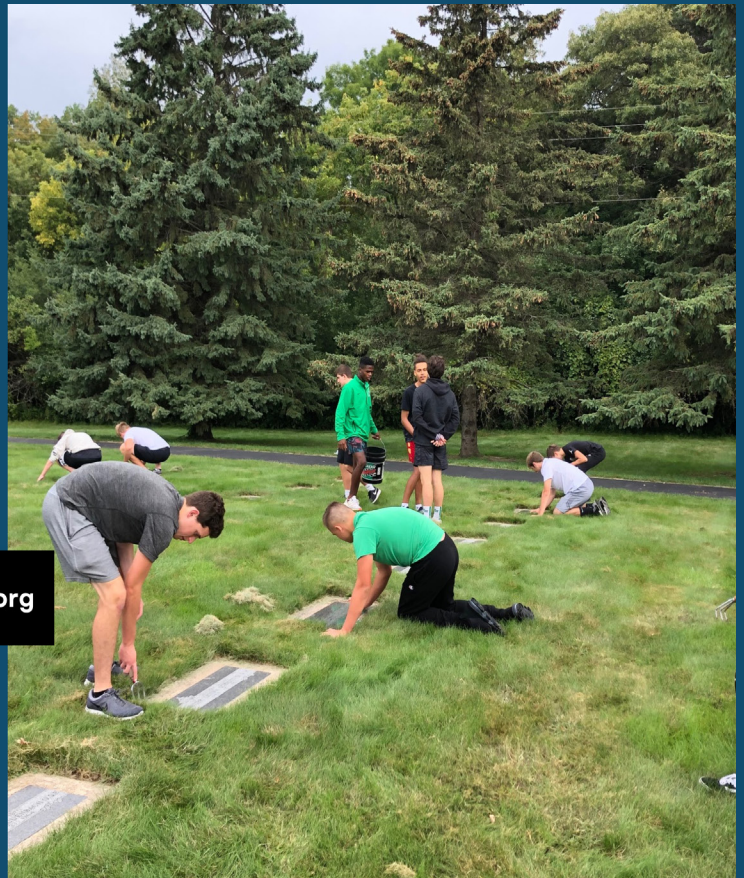
Saturday, July 8 from 8:00-11:00am
Click here for more information and to register.

We're looking for the
best kind of people:

Volunteers.

View volunteer opportunities
and register to help at:

www.stpaulsmonastery.org



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
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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](#)