

# FROM NOW ON I WILL TELL YOU OF NEW THINGS...

Isaiah 48:6

JANUARY 2020

## *Welcoming the New Year*

“From now on I will tell you of new things,  
of hidden things unknown to you.” Isaiah 48:6

We Benedictine Sisters of St. Paul’s Monastery wish you a New Year filled with what has been foretold by prophets and celebrated as a brilliant Light announcing the event of God now accessible in flesh and blood to a human world, uncovering what before now has been hidden. This miraculous self-communication of God is like an explosion of the brilliant light of a supernova into a dark universe announcing God’s very Self as the power in each of us as well. Jesus Christ is our model.

In this New Year and decade, may we be open to what, for each of us, may be hidden. Will this New Year reveal to me my own lovable-ness? Will I forgive my failings? Will I see my sisters or brothers, free from hurts which may have separated us? Will I recognize my own gifts, and share where they are most needed?

“Every time I think of you, I give thanks to my God.” Philippians 1:3

We at St. Paul’s Monastery continue to be strengthened by the mutual, loving support shared with you in 2019. It is our foundation in going forward with you in 2020, with hope that is strong.

*Ring out the old, ring in the new,  
Ring, happy bells, across the snow:  
The year is going, let him go;  
Ring out the false, ring in the true.*  
—Alfred, Lord Tennyson, “In Memoriam”

***Sister Mary White, OSB***  
*Monastic Leadership Team*





## BEFORE 2019 ENDS, HELP US CONTINUE OUR MISSION!

Can you believe that 2020 is just days away? As 2019 comes to a close and we look forward with hope to the new year, we are reflecting on our blessings—you *are one of these!* Your faithful and generous support has been essential for the Benedictine Sisters of St. Paul's Monastery to continue our mission to live Gospel values as expressed in the Rule of St. Benedict. Your gifts make it possible for us to focus on a life of prayer and service of Church and society.

Help propel us with momentum into the new year—and new decade!—in our ministries within and outside the Monastery walls. Your **2019 Year-End Donation** will not only support our Community, but also our ministry in schools, parishes, nursing homes, and advocating for those in need. We have been faithful in this important ministry for more than 70 years—help us continue for 70 more!

To be eligible for a deduction on your 2019 tax return, ***be sure to make your year-end online donation by December 31 before midnight*** (or send by mail postmarked on or before December 31, 2019).

Thank you for your generous support! We are praying for you continually.

Blessings,

The Benedictine Sisters of St. Paul's Monastery

**CLICK HERE to  
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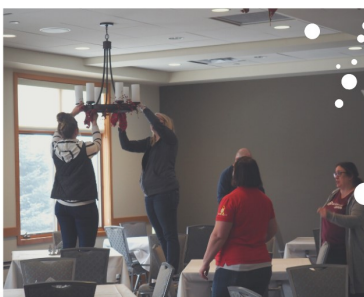
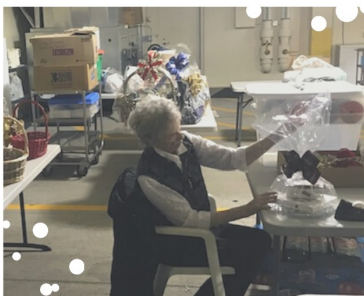




# CHRISTMAS AT THE MONASTERY

## *Blessings Overflowing*

From the perspective of the Sisters and their staff, the heart of Christmas at the Monastery is our event volunteers, sponsors and guests. Each year, *you* are what makes Christmas at the Monastery a success. You inspire, encourage and bless us immeasurably. We pray God's blessings overflowing for you and yours now and for the New Year.



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# CHRISTMAS AT THE MONASTERY HIGHLIGHTS



*Sister Karen (left) and our Mission Advancement Director Annette Walker in the Benedictine Bakery and Candy Shoppe.*

## FUN & FELLOWSHIP



*Sister Lucia (left) and Sister Susan show off their beautiful corsages.*



## DELICIOUS HORS d'OEUVRES

*Guests in the Dining Room enjoying the large selection of delicious gourmet appetizers. Thank you, Sharon—and all of our kitchen staff—for such an amazing array of food!*



## SILENT AUCTION

*Silent Auction bidders looking through amazing baskets and experiences to bid on!*





*Our Bakery was overflowing with tasty treats—we hope you got to try some!*

## BENEDICTINE BAKERY & CANDY SHOPPE



## STOCKING STUFFERS & HANDICRAFTS

*There were so many stocking stuffers, including: homemade hats, soap, dish towels, and even dog collars!*



## AFTER EVENT STORE

*We still have many wonderful handcrafted gifts available for purchase in the Monastery lobby!*





# Grace and Gratitude

by Jeff Dols, OblSB

The change of seasons from summer to fall is like most changes we experience in life: there is often some excitement about the change, but there's also the tinge of sadness in letting go of something we'd like to hold a bit longer.

As practitioners of mindfulness would tell us, the key to dealing with change, especially those changes we'd prefer didn't happen, is *acceptance* and even welcoming. Of course, that's easier said than done.

For me and many others, one of those unwelcome changes is the loss of health. As anyone who has ever experienced a terrible migraine, or thrown out their back can tell you, it's very difficult to see this change in health as something to welcome into your life. It's even harder to try to stay higher on the mood elevator when you are looking out at the world through the lens of chronic pain.

And yet, that's what we are called upon to do as we try to gracefully meet our responsibilities each day.

After many unsuccessful attempts to reason my way up the mood elevator with regard to chronic pain, I came to an interesting discovery: It was easier for me to jump straight to the top floor of Gratitude and then work my way back down to being Compassionate, Creative, and Optimistic.

This realization became clear to me one amazing morning this spring. I was walking along, gazing at the setting full moon, as the blue sky of dawn began to emerge, and I came to a sudden realization about the nature of grace.



*“Gratitude is simply a choice... And from that place of gratitude, it’s much easier for compassion, creativity, optimism, and appreciation to flow!”*

In that moment, I understood that grace is not something that happens to us. Rather, it's a way of seeing. It's a change in perception, seeing the world with eyes of gratitude. Grace is letting go of our mental and emotional blinders—the preconditions and expectations of how we think the world should be. Grace is seeing reality as it actually is and being grateful for what we see. Suddenly, with the new eyes of gratitude, we see a different world – expansive, spacious, and full of awe and wonder!

In that moment, I realized that seeing with the eyes of gratitude is simply a choice – a choice to be grateful, in spite of the pain, for all the little things I sometimes take for granted in my life. And from that place of gratitude, it's much easier for compassion, creativity, optimism, and appreciation to flow!

## ***Leaving Everything Behind***

by Michael Kassner, OblSB

Instead of “What Would Jesus Do,” let’s look at what Jesus did.

Biblical scholar and contemporary Christian lyricist/performer Michael Card hints at the answer in his song titled “I Left Everything to Follow You.” The song starts out recalling how we—as with the disciples—are asked to leave everything to follow Jesus and how Jesus bolsters those having doubts about choosing that path.

A few verses later, the song suddenly presents the reality of the situation, completely changing the conversation:

“What is my petty offering...  
Compared to Your sacrifice?...  
I gave up my home...  
You left paradise...  
And what You called me to do...  
Has really set me free...  
Because You left everything...  
To be with me.”

God’s only begotten son agreed to leave what might be considered paradise where everything is as it should be, and became one of us—a human. I cannot be certain, but fully human to me means that Jesus was willing to put up with all the stuff we humans call life—and death.

Here at the beginning of a new year and a new decade, it seems important for us to ask: What kind of love must that be?

### *The New Year*

-Martha Snell Nicholson

*Dear Lord, as this new year is born  
I give it to Thy hand,  
Content to walk by faith what paths  
I cannot understand.  
Whatever coming days may bring  
Of bitter loss, or gain,  
Or every crown of happiness;  
Should sorrow come, or pain,  
Or, Lord, if all unknown to me  
Thine angel hovers near  
To bear me to that farther shore  
Before another year,  
It matters not — my hand in Thine,  
Thy light upon my face,  
Thy boundless strength when I am weak,  
Thy love and saving grace!  
I only ask, loose not my hand,  
Grip fast my soul, and be  
My guiding light upon the path  
Till, blind no more, I see!*





## *Welcome to Taize Prayer*

Taize prayer is a beautiful, meditative prayer of short verses sung repeatedly. We celebrate Taize prayer at the monastery on the third Friday of each month at 7:00pm. All are welcome.

In the new year 2020, we are in need of additional volunteer cantors and musicians to lead us in prayer. Please contact Sr. Karen Sames or Sr. Jacqueline Leiter at the monastery at 651-777-8181.

## *A Return Home*

by Sister Paula Hagen, OSB

I am so happy to be home after being on sabbatical for six months. I feel very blessed to have had this time to continue my adult education and spiritual renewal. I was a student at three Benedictine Monasteries and had such wonderful experiences at each of the places I visited:

First, I attended Our Lady of Grace Monastery in Beech Grove, Indiana, for thirty days of silence and a ten-day private directed retreat with Sister Meg Funk, OSB.

At Annunciation Monastery, in beautiful Bismarck, North Dakota, I was an intern for a one-month art experience. I chose five art projects including a story quilt and a wisdom doll.

For my final visit, I studied Benedictine history and Benedictine women in leadership roles at St. Placid Monastery in Lacey, Washington, about an hour outside of Seattle.

It was an enriching experience to enter into the common life of each community with prayer three times a day, days of silence, workshops, classes, and celebrations. Each community is creative, deeply enthusiastic about living Benedictine Values today and each has their own unique spirit and beautiful environment.

What a blessing, too, to join in unique community traditions such as “Friday Night Popcorn” in Bismarck. Three senior Sisters created huge pans of plain, buttered and caramel popcorn. I asked how long they have been doing this, they said, “Forever, and we’ll sponsor a Benedictine Popcorn Gathering in heaven for all the Benedictines!”

I was also able to visit with my brothers and sisters and their families around the country. It was inspiring to see how each family has continued the strong family traditions and values we grew up with in Minnesota.







## BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

### ***Welcome, Retreat and Spirituality Seekers!***

***www.benedictinecenter.org***

*"As soon as anyone knocks the porter of the monastery replies, 'Thanks be to God' or 'Your blessing, please'. Then the porter provides a prompt answer with the warmth of love." (RB 66:3-4)*

Embodying this vision of hospitality, the Benedictine Center is a threshold between St. Paul's Monastery and the wider world. Staff members serve as Benedict's porter, ready to welcome each guest with all the gentleness that comes from God. The Benedictine Center shares the Monastic Heritage of St. Paul's Monastery with all who seek to live with the Gospel as their guide. The Benedictine Center partners with talented presenters to offer a wide array of workshops, retreats, and meaningful conversations rooted in Benedictine insights about the life lived well. 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!

### ***Always We Begin Again: A SoulCollage® Retreat***

with Barbara Sutton

Friday, January 10, 7:00 p.m. — Sunday, January 12, 1:00 p.m.

Benedict guides us with these words of wisdom: "Always we begin again." This retreat will uncover old habits, periodic negative mindsets, and ego-driven hurts that seem hard-wired within one's soul.

As a way forward, retreatants will let a word and image settle in their heart and accompany them into 2020. We will pray with images of *The Saint John's Bible* and make SoulCollage® cards.

### ***SoulCollage® Sunday Circle***

A SoulCollage® Sunday Circle will begin meeting February 16.

Receive 10% off this retreat with membership in the Circle.

SoulCollage® is an imaginative and intuitive collage process and a powerful medium for exploring one's heart, gifts, passions, and purpose through an expressive art process. To learn more about SoulCollage®, visit: [www.soulcollage.com](http://www.soulcollage.com)



### ***Finding My YESES for This Year***

with Samuel Rahberg and Kiely Todd Roska

Thursday, January 9, 9:00 a.m.—3:00 p.m.

\$40, includes lunch

The outset of a new year calls us to be clear-eyed about our lives. Choosing our yeses for the year means learning to say no to other things (even some good things) when a bigger YES is calling. Otherwise, old patterns and half-hearted commitments prevent us from engaging the purposes, relationships, and joys that give our lives deep meaning. Join with others who know these pressures and who take new beginnings seriously. Gather for prayerful reflection about your yeses for 2020 and find practical guidance for keeping the most important things clearly within view.

**To register or for further  
information, e-mail or call us:**

[benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org)

651.777.7251

## Prayer Schedule

*“Nothing is to be preferred to the Work of God.”*

*—Rule of Benedict, Chap. 43*



### SUNDAY

Morning Prayer: 10:00 AM

Eucharist: 11:00 AM

Evening Prayer: 5:00 PM

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

### MONDAY–SATURDAY

Morning Prayer: 8:00 AM

Midday Prayer: 11:30 AM

(Mon., Fri., Sat.)

Eucharist: 11:30 AM

(Tue.—Thu.)

Evening Prayer: 5:00 PM

***Taizé Prayer: 7:00 PM every 3rd Friday of the month***



## 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 St. Benedict*, Chap. 20) If you would like to send a prayer request or concern via our website, you will find the request submission form on the Home page ([www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)), just under the header “St. Paul’s Monastery Community.” The requests are passed onto the Sisters in the Healthcare Center who pray the 3:30 p.m. daily Rosary for these intentions.



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[www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)



# St. Paul's Monastery

## Mission Statement

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