



**May 2018**

## May is the Month of Mary, Our Mother

On May 13, we celebrated the Feast of Our Lady of Fatima, when visitors and children came to the Monastery to pray in the grotto outside in the courtyard. The statue of Our Lady was brought over from the original priory at 301 Summit Avenue in St. Paul. Many visitors cherish this special place on our campus to pray and honor Mary.

May is, without a doubt, the busiest month at the Monastery. We have all these wonderful appreciation events for Volunteers, Oblates and Staff. We also have our Staff In-Service which was very affirming of our model of "servant leadership" (see article below).

The most significant event is our preparation and celebration of the Feast of Pentecost (May 20th). Five Oblates completed their course of study and went through the discernment retreat and choose to be Benedictine Oblates. These women are deeply committed to living our Benedictine values wherever they serve God's people. Their commitment at the Vigil evening prayer was an inspiration to family, friends and Sisters.

On May 18th, we had the joy of having the 150 students from Hill-Murray School and their instructors visit during a class period for a tour of the Monastery and a brief presentation on the seven Benedictine Values. On the feedback form, they shared what they enjoyed the most and it could not be the cookies. Their choices were the chapel design and architecture, where the Sisters gather to pray three times a day for the people of God, St. Benedict in the courtyard and the art in the halls, office and dining room.

June 1st is definitely the beginning of summer and the annual Community Retreat with Father Joseph Fedders, beginning the week of June 10th. Please pray for us and we will continue to pray for you. May God continue to bless you and your loved ones.

***Sister Paula Hagen, OSB***

Prioress





## Final Oblation

*by Sister Mary Lou Dummer*

During the Pentecost Vigil at 7:00 pm on May 19, 2018, five Oblate Candidates who had finished their formation made their Final Oblation and became Oblates of St. Paul's Monastery. They made a commitment to follow and be shaped by Benedictine Spirituality.

Shown left to right: Fran Dempster, Linda Larson, Rita Mills, Maria Olson, and Sophie Oliver

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Donate

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## Keep in Contact:

To connect with or support Community ministries, call 651-777-6850 or donate securely online on the [Monastery web site](#)



## Writers and Photographers Needed!

We'd love to hear from you on various events, movie/book reviews, Sister stories and more! Have a story you'd like to share? Maybe a special event you'd like documented? We can put your time and talent to good use! The



## Hill-Murray Tour

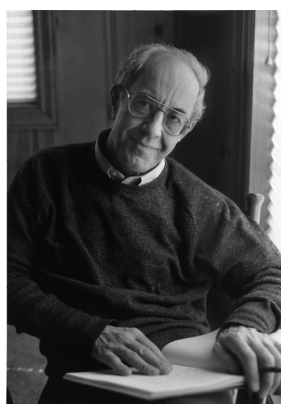
by Annette Walker

Hill-Murray School Sophomores toured St. Paul's Monastery. Tour guides were Sister Paula, Prioress, Sister Louise, Librarian and Annette Walker, Mission Advancement. On the feedback form, the number one area they appreciated was the art and architecture of the chapel and what the religious symbols mean to the Sisters. They were impressed with the silence and beauty of art.

Monastery publishes a fall and spring magazine, a monthly e-newsletter and regularly posts to Social Media. Please prayerfully consider whether you or someone you know may be interested. **For more information, contact Ann at 651-209-9022 or [abehtell@stpaulsmonastery.org](mailto:abehtell@stpaulsmonastery.org)**



**Did you know that St. Paul's Monastery will be celebrating our 70th Anniversary in 2018? The anniversary date is June 22, 2018.** Annette Walker, Mission Advancement Director, wants to hear from you! Please let Annette know if you have St. Paul's Monastery photos, memories and stories. In addition, if you or someone you know is interested in being on the event planning committee, please **contact Annette** at [awalker@stpaulsmonastery.org](mailto:awalker@stpaulsmonastery.org) or **651-777-6850**.



## Henri Nouwen Class

**Benedictine Associates Formation**

by Sister Paula Hagen and Mary Elizabeth Ilg

**Session I:** As we (10 women) viewed the documentary video, "Journey of the Heart," and read the Introduction to Henri Nouwen's book, *Spiritual Formation*, these concepts touched us as being very Benedictine in his lifestyle and theology:

1. His hospitality to all denominations as he searched for a closer relationship with God in all persons.
2. His emphasis on Silence being essential for any mature spiritual growth: "Silence is a sacrament."
3. He lived "ordinary holiness" in seeking God each day in each situation, each person, each class.
4. He had a deep inner faith in God calling each one of us to be in an intimate relationship with God.

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Follow Us



5. He created community spirit wherever he taught or appeared. He believed we need community to grow spiritually.

For information about the Benedictine Associates program, please contact Pat Swanke: [swankepk@aol.com](mailto:swankepk@aol.com) or Sister Agnes Trombley at 651-777-8181.



## **Volunteer Appreciation**

*by Jessica Lauderman*

We celebrated our Volunteers with prayers, dinner and great Benedictine sharing this month. We wanted to show how much we appreciate all the hours put in by our Volunteer workers. It makes a big difference in our day-to-day lives here at the Monastery. These wonderful Volunteers work in reception, the library, the kitchen, in Health Care, and on many special projects. If you would be interested in volunteering, please contact us at 651-777-8181.

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WE  
INVITE  
YOU!

FREE TO  
ATTEND!

# Founders' Day 70th Anniversary

## 70th Anniversary

*by Mission Advancement*

On June 22, the Benedictine Sisters of St. Paul's Monastery celebrate 70 years of dedicated and sacred service in the Twin Cities area. The celebration begins with a 1:00 p.m. Mass, led by Archbishop Bernard Hebda, at Hill-Murray School. Guests will enjoy refreshments and a Benedictine welcome at the Sisters' Monastery home reception that follows Mass. This is a free-will donation event, but registration is limited. Visit <https://tinyurl.com/sisters70th> or call 651-777-8181 for more information. We hope to see you there!



## Department Heads Meeting

*by Annette Walker*

On Tuesday, May 14th, the Department Heads gathered in the Dining Room for our quarterly presentation. Jeff Dols presented to the group on Servant Leadership as it relates to Benedictine Values.

Jeff Dols serves on the Advisory Committee for the Benedictine Center. He has experience in the for

profit and nonprofit sector, having held leadership roles in multiple business architecture and business process improvement efforts over the past 20 years, for companies such as Wells Fargo and U.S. Bank. Jeff also served as Executive Director of the Franciscan Spirituality Center in La Crosse, Wisconsin. Jeff holds a B.A. in Economics and an M.A. in Servant Leadership from Viterbo University in La Crosse.

He quoted Robert K. Greenleaf from his essay, *The Servant as Leader*: "The servant-leader is servant first... It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is leader first, perhaps because of the need to assuage an unusual power drive or to acquire material possessions..."

This model of department head leadership fits for leadership in a Benedictine Monastery.



## Contemplative Outreach International Governing Board

by Sister Virginia Matter

Contemplative Outreach International Governing Board meets twice a year for their business meeting. The Minnesota Contemplative Outreach Chapter invited them to meet in Minnesota. Twice a year the Board meets at a Chapter to learn about the local Chapter's activities. It was a wonderful energizing time together and they loved the Benedictine hospitality.

We are an ecumenical group of men and women ministering together. We exist to nurture the spiritual lives of Minnesota's Centering Prayer practitioners by training teachers, sharing resources, and building community. For more information or to contact us, please visit [www.minnesotacontemplativeoutreach.org](http://www.minnesotacontemplativeoutreach.org)

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## **IN YOUR LIGHT WE SEE LIGHT**

Current Exhibit open 9 a.m.- 6 p.m. daily thru July 1

Art helps us see more clearly. It helps us truly notice things we too quickly pass by or invites us to pause and look at something familiar as though for the first time. Artists illuminate the world around us as they use their gifts to cast light on the beauty that abounds, the emotions that stir us, and possibilities of seeing ourselves afresh. Mark Cosimini and Ron Felt each offer a distinct way of seeing that deepens our sense of God's presence in the world.

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## The Oblate Process

*by Sister Mary Lou Dummer*

Sister Mary Lou Dummer, Director of Oblates, spoke to the Hill-Murray staff about the Oblate Process. Oblates are Christian women and men who have chosen St. Paul's Monastery as their spiritual home. They commit themselves to live Benedictine Values as found in the Rule of Benedict. Contact Sister Mary Lou about the Oblate Process: [mldummer@stpaulsmonastery.org](mailto:mldummer@stpaulsmonastery.org)



## Digital Camera Donation Search

For our events, social media posts, publications, e-newsletters, brochures, and flyers, we need to upgrade our photographic equipment! As the camera is used by staff and Sisters with varying photographic capabilities, a point-and-shoot digital



camera that has at least 16 or more megapixels is preferred. If you have a good-quality digital camera gathering dust, please consider donating it to the St. Paul's Monastery Benedictine Community. Thank you!



## **National Catholic Association**

by Sister Virginia Matter

The National Catholic Association of Diocesan Directors for Hispanic/Latino Ministry Board (NCADDHM) with Bishop Alberto Rojas from Chicago, celebrated Eucharist for us all as they met at St. Paul's Monastery for several days. NCADDHM provides resources, and assists in the on-going professional development of Hispanic Ministry diocesan staff, in order to facilitate full participation of Hispanics in the mission of the Church and society.

Diocesan Directors of Hispanic Ministry pictured as follows:

Javier Cervantes - Secretary

Estela Villagran Manacero - President

Bishop Alberto Rojas - Auxiliary Archbishop Diocese of Chicago

Alba Orozco - Treasurer

Petra Alexander - Vice-President

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## Vocation Talk

*by Sister Linda Soler*

Sister Linda gave a presentation to the youth group of Saint Bridget of Sweden in Lindstrom, MN on Vocation and the Easter Season.



## Saint Joseph the Worker

*by Sister Linda Soler*

Sister Linda was the guest speaker for the Knights of Columbus Ladies Auxiliary at St. Joseph the Worker in Maple Grove, MN. Sister Linda shared Benedictine values and the need for religious vocations in our Church today.



## THE CONDENSED SCHOOL OF LECTIO DIVINA

Learn the art of sustained lectio divina, "a dialogue with God through the text over time" (Kathleen Cahalan). The Condensed School of Lectio Divina adapts the Benedictine Center's keystone experience retreat into a shorter, less-expensive format. The core teachings and the monastic experience remains intact. Sam Rahberg, in cooperation with S. Carol Rennie OSB and S. Virginia Matter OSB, leads five teaching sessions that distill the essentials of sustained lectio divina, making this an excellent introduction to the practice or a good review for past participants in the School of Lectio Divina. Maximum 20 participants as room arrangements allow. [Learn more](#)

**DATE & TIME DETAILS:** Fri., July 20th, 7:00 p.m. thru Sun, July 22nd, 1:00 p.m. with Sam Rahberg **CONTACT:** Guest Services, [benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org), 651.777.7251



**PLEASE  
HELP**

We are in need of two  
Mannequins



We need them by 6/1/18  
and would return by 8/6/18



## Mannequins Needed

St. Paul's Monastery is in need of 2 Mannequins. We'd like ones with heads but these may not be available. The sewing one above will work. If you have one we could borrow, please contact Annette Walker at 651-777-6850. We need them by 6/1/2018. We will return Monday, 8/6/2018. Thank you!



## We Would Love to Hear from You

Let us, in fellowship, "lay your petitions before the Lord God with the utmost humility and sincere devotion." (*Rule of St. Benedict*, Chap. 20)

If you have not seen our new website, we invite you to have a look! The address is still the same. If you would like to send a prayer request or concern via our website, you will find that request submission form on the Home page ([www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)), just under the header "St. Paul's Monastery Community."



## Women Religious for Justice

*by Sister Mary White*

This group has been meeting monthly for more than 30 yrs. Its purpose is to support one another as peace and justice staff in our communities and also to help our respective communities to stay informed and active around relevant issues.

Shown:

Sister Betty Kenny, OSF, Rochester, MN

Sister Joanne Klinnert, OSF Little Falls, MN

Sister Jeanne Wingenter, SSND

Marty Roers – Sisters of St. Joseph Justice Staff

Sister Mary White, OSB



## **Exercising the Body, A Temple of the Holy Spirit**

*by Karen Fleming*

Some years ago, I was asked to conduct an exercise class for the Sisters in Health Care. Up until that time, the Sisters were exercising seated while watching an exercise tape, three days a week. My class was to be Wednesday mornings from 10:15 a.m. - 11:00 a.m. The original three musketeer Sisters were Sisters Marie Rademacher (pictured above with Karen Fleming), Sister Monica Raway and Sister Sharon Schiller. The class eventually grew in size to as many as eight, depending on each Sister's scheduled outside appointments.

CD music accompanied the chair exercises and varied from soft and peaceful to jumping bean rhythms that got everyone moving (Lawrence Welk and his polka band). We used light weights, large and small therapy balls, did long stretches, yoga breathing and even some huffing and puffing to toe tapping rhythms.

After laughing and sweating and just feeling alive we came back down to ground zero; we relaxed by closing our eyes and letting our gentle breathing take us to a place of heavenly repose.

When Sister Marie discovered that I would be conducting this class, her advice to me was, "Just make the class fun." And so I did.

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This is an opportunity to partner with a national company...AMAZON! Most everyone has placed a few orders for those hard to find items. Others use Amazon because it is easy to find "everything!" Go to [smile.amazon.com](https://smile.amazon.com) and pick your donation; we hope you pick us! Type "St Paul's Monastery" in and in the future a pop-up window will appear reminding you to go through AmazonSmile to count your donation. Your account will appear as normal but you'll see "Supporting: St Paul's Monastery" right under the search bar. **0.5% of your purchase will come back to us every quarter. Last quarter we only made \$5.00 but we're hopeful to spread the word and get everyone connected to us designating us on AMAZONSmile! It makes you just want to SMILE!**



## Wills & Estates

We are deeply honored by those friends and supporters who have made a planned or estate gift to the Monastery. Including the Monastery in your estate planning allows you to continue sharing in the work that the Monastery plans to do for generations to come: supporting and serving in our educational apostolates,

pastoral ministry, social outreach and spiritual care. To help foster the mission of St. Paul's Monastery, planned gifts and annual contributions can be made for general needs or to a special fund. Possibilities include:

Vocations  
Education  
Hospitality  
Benedictine Volunteer Corps  
Pastoral Social Outreach  
Spiritual Direction and Retreats  
Health and Retirement

If you would like information on how to make a planned gift to the Monastery, please let us know. If you have already included the Monastery in your estate planning and have not yet informed us, let us know that as well so we can thank you now for including us in your planning. For more information, contact Annette Walker in the Mission Advancement Office, [awalker@stpaulsmonastery.org](mailto:awalker@stpaulsmonastery.org) or 651-777-6850.



## Maple Tree Childcare Center

*by Jennie Schlauch, Director*

The kids enjoyed a spirited session of Dancercise at the Maple Tree Childcare Center pictured above. What a great way to get things moving this Spring!

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## Happy Birthday Father Bill

*by Sister Lucia Schwickerath*

Father Bill Martin, former chaplain at Saint Therese of Woodbury, celebrates his 70th birthday with companion residents and staff. Sister Lucia Schwickerath (pictured above left) joined the staff of Saint Therese on February 29, 2016, the day the first resident moved in.

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## Hill-Murray's Pioneer Day

*by Sister Linda Soler*

Hill-Murray School sponsored a Pioneer Day of Service on Saturday May 19. Students, staff, parents, and alumni were doing service throughout the Twin Cities. St. Paul's Monastery was fortunate to be one of the locations for the students to serve. Students beautified the area around St. Joseph and the Fatima Grotto.



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### **What are corporate team volunteer grants?**

Team volunteer grants are corporate giving programs in which a company provides a monetary donation to nonprofits when a group of employees volunteer together.

Corporations offer these programs to promote team building and community service. These corporate grant programs have the potential to be a win-win for everyone involved. If your organization can design appealing opportunities for groups of corporate employees to come out and volunteer, everyone wins!

- Your organization receives volunteer support from a group of individuals
- The group of employees has an enjoyable and rewarding team-building event
- The corporation gets to give back to the community
- Your organization receives a grant from the company

[read full article here](#)

[Check out the list of Companies that match!](#)



## John Mondura's Stringed Students

*by Sister Karen Sames*

This May, John Mondura came to visit the Monastery with his students who are learning how to play stringed instruments. They held a recital for the Sisters who enjoyed the music very much.



## Maple Tree Childcare Center

*by Sister Karen Sames*

The children visited the Sisters in the Health Care Center to sing a few songs they have learned. You can see by the pictures above that both the children and the Sisters shared in the joy and love of Benedictine Hospitality.



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## **A Bouquet of Crafts**

*by Terry Johnson*

Terry Johnson brought in a craft project to make bouquets of sucker-pop flowers for her granddaughter's graduation. Sister Sharon and Sister Monica were busy at work. Terry is a regular volunteer in the Health Care Center.

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