



Time to Celebrate Food, Faith and Community

September is such a special month when we harvest the summer gardens, and remember family gatherings that have strengthened the family bonds for whatever winter events challenge us in the future.

My family of six (two brothers and four sisters) gathered to celebrate two September birthdays (two of the girls). We gathered for a reunion in Colorado at a special rustic lodge in Boulder, to celebrate with Ann, the “big 75,” WOW. The homemade food was so captivating and delicious that we didn’t eat out. There was so much love in each calorie and each spoonful was delicious! What a beautiful family, friends and community gathered around food, storytelling with memories of past bridges crossed and successful Baptisms, Birthdays, Marriages and funerals and all that create a family (natural or Benedictine community). The celebration of four days together reflected our gratitude for great blessings and deep love of siblings and friends that were there for each other.

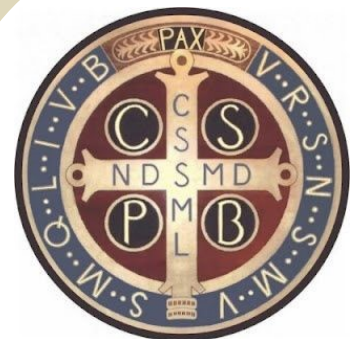
Come and celebrate with our Benedictine family at the “Food and Faith” event for prayer, food, fellowship, storytelling or conversations that will last through the winter.

Your Friend in Christ,
Sister Paula Hagen, OSB
Prioress

September 2018



One of the Benedictine traditions, after a funeral of a Sister is to create a Prayer altar close to the Baptismal font near the Chapel where all see and remember to pray for Sister Mary Courteau. May she rest in peace!



Remembering Sister Mary (Mark) Courteau

By Jim Fleming and Karen Fleming

This remembrance of Sister Mary Courteau when she was at Hill-Murray School was told to me by my eldest son, Jim, and the accompanying photos are from his collection.

Sister Mary retired from Hill-Murray in 1977. At that time she was known as Sister Mark. These photos are from her retirement party given by her office co-workers.

The four young men in the pictures were student workers, and the tallest boy in back (at right) is my son, Jim, at the age of 17. He worked with Sister Mary his Sophomore and Junior years, from 1975 to 1977. The small dog Sister is holding became her constant companion while working and had the silly name of "Dorkie." Jim cannot remember any story behind the name. I suppose there was a story, and it must have been equally silly and typical of Sister Mary's sense of fun.

Jim said that Sister had a wonderful sense of humor and was rarely down. He vividly remembers that Sister Mary listened to the British singer/song writer Roger Whittaker on the radio as she worked.

One of Jim's work assignments was to open mail. Since he was a stamp collector, Sister Mary allowed him to keep the envelope stamps for his collection. When my second son, Chris, also worked with Sister and opened the office mail, he, too, was allowed to take stamps for *his* collection.

I had the privilege of knowing Sister Mary for a brief time from the beginning of 2018.

As did my sons, I, too, enjoyed her sense of humor and wonderful personality.

Thank you, Sister Mary, for being a part of our family. Maybe you are now giving God some well-deserved chuckles and smiles.



Song for Autumn

by Mary Oliver

Don't you imagine the leaves dream now
how comfortable it will be to touch
the earth instead of the
nothingness of the air and the endless
freshets of wind? And don't you think
the trees, especially those with
mossy hollows, are beginning to look for
the birds that will come—six, a dozen—to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
stiffens and the white field over which
the fox runs so quickly brings out
its long blue shadows. The wind wags
its many tails. And in the evening
the piled firewood shifts a little,
longing to be on its way.



All Soul's Day—November 2nd

[Register](#)



Dear Friend in Christ,

It is a tradition at St. Paul's Monastery that the Sisters name and pray for deceased Community members, family and friends during the month of November. One Sister proclaims a name and all respond in song, "They shall shine brightly, be like the stars forever."

This year, we invite you to participate in this tradition. We invite you to join us for a special **Mass on All Souls' Day** (November 2) at **11:30 a.m.** If possible, please send us the names of your deceased family members and friends by **October 27.**

Please send us the names of your deceased family members and friends. Go to www.stpaulsmonastery.org and submit a prayer request (half way down the page) or register at the button above. We will give thanks for their journey here on earth and pray for their eternal life.



*** Thursday, Oct. 25 - Great Conversation I:
Change IS Possible**

Diane Millis, Ph.D.

9:00 a.m. - 1:00 p.m.

**Sunday, Oct. 28 - Native American Spirituality
and the Rule of Benedict**

Larry Martin, Ph.D.

2:00 - 4:00 p.m.

** indicates an event sponsored by the Benedictine Center for which a fee will be charged. Please call 651-777-8181.*



4-Wheel Drive Vehicle Needed

Winter in Minnesota can be rough. **The Sisters of St. Paul's Monastery are in need of a 4-wheel drive vehicle.** It isn't always possible to plan around the weather, especially if there is a medical emergency in the Healthcare center.

We are looking for a new or slightly used 4-wheel drive in good condition. If you are looking for someplace that will make good use of your vehicle, the Sisters would.

**Please contact: Mission Advancement Director
Annette Walker - 651-777-6850**



**St John's Bible-Heritage
Edition**

by Julianna Sandin

I took Sister Monica to see the St. John's Bible-Heritage Edition today. Beautifully hand written with breathtaking original artwork and 24 karat gold. It was truly a once in a lifetime experience!

We enjoyed viewing the Bible as each part was explained with a pianist playing in the background. A few of the Cerenity staff whom I had met over the years (I have been a volunteer there for 14 years), came up and spoke with us. I can honestly say Sister Monica was treated like a VIP. They treated us to appetizers and refreshments. We took a chance on winning in a raffle for these gift baskets. I took her to Pezzo for dinner afterward (my sons favorite pizza place).

I am blessed!



Preparing for Christmas at the Monastery
 By Annette Walker, Director, Mission Advancement

Sisters Sharon, Monica and Marie work hard in the Healthcare center putting together ornaments for our upcoming 11th Annual Christmas at the Monastery celebration coming this December 8th. Designed by Julianna Sandin.



Visiting and Remembering
 By Sister Karen Sames

Lois Kohout visits her sisters at St. Paul's Monastery. Shown in the back row is Sister Andriette and Sister Andrienne Schommer and in the front row is Lois and S. Rosella Schommer. S. Rosella is in our Healthcare center and she loves it when her family stops by for a visit. Her sister, Beth, stops by frequently to be sure Rosie is doing okay. They enjoy visiting with coffee and cookies and share their many memories from days gone by.



Thin Places—An Invitation
 By Sam Rahberg, Director, Benedictine Center

I am pleased to extend an invitation from Marilyn and Alan Youel, the extraordinary couple and proponents of contemplative prayer opportunities in Minneapolis-Saint Paul for the last 20 years. Their monthly epistle, *Thin Places*, has proved an anchor point and encouragement to thousands of spiritual seekers. They especially cherish the relationships they have cultivated with us at St. Paul's Monastery.

I welcome companions to join me at the **service at Westminster Presbyterian on Wed., Oct. 3, 6-8p.** Even more, I encourage you to spread the word, especially by social media and personal invitation, so that our Benedictine Community is well-represented in this gathering of ecumenical and contemplative partners. **Please let me know if you plan to attend and indicate whether you would like to meet me there or consider options for a carpool.**
srahberg@stpaulsmonastery.org



Come to the Table: Reflections on Food as a Tangible Form of Love

By Kiely Todd Roska

My mother's primary love language was food. She gardened and canned and cooked and served as ways of expressing love through food. She would feed anyone who showed up at her table with heaping piles of warm, delicious things. I want to feed people the way she did because eating is, as our fall guest speaker Norman Wirzba writes, "a profoundly spiritual act." **What we eat and how we eat—both individually and collectively—reflect our gratitude, our stewardship, our generosity, our joy, and our love.**

This kind of **practical and embodied love** is central to the Benedictine idea of community. For example, when Benedict described how to greet people who showed up at the monastery, he suggested care for their spiritual *and* their physical needs. Pray with them. Wash their hands and feet. And, of course, *feed* them. [Read on....](#)



Food and Faith: an exploration of eating as a spiritual practice

Oct. 19: A day of service and learning at a local farm and food shelf, where we will plant garlic, share a meal and spend time at the food shelf hearing people's stories. [Sign-up.](#)

Oct 19: A potluck dinner celebration at the Monastery. Freewill offering to benefit Christian Cupboard food-shelf. [Sign-up.](#)

Oct 19-21: A retreat at the Monastery. We will bake bread for communion and get practical suggestions for how to cook at home and waste less food. Norman Wirzba, farmer and professor from Duke University, will guide us in conversation about how our modern ways of consumption disconnect us from seeing all food as a gift from God. [Sign-up.](#)



Healing Trauma Through Grief and Meditation

With LeAnn Linder-Scholer

October 16 and October 23 7-8:30pm

[Learn more...](#)



We Dare to Hope

With Susan Stabile

Tuesday, October 30 7-9:00pm

[Learn more...](#)



Final Oblation of Commitment

by Sister Mary Lou Dummer

On Saturday, September 15, 2018, nine (9) candidates began their journey of discernment which ends with their final Oblation of Commitment as an Oblate with the Benedictine Sisters of St. Paul's Monastery. The focus of the day was: UPON THIS TRADITION. Sister Louise Inhofer, OSB and Nancy Cicero, Oblate, gave them a snapshot and vision of what it means to be part of the Benedictine family from St. Benedict to the present day.

(pictured above are top row left to right: Nancy Cicero, Maria Bailey, Jim Hansen, Charlie Jensch, Jeff Dols, Benjamin Wagner and Sister Louis Inhofer. Bottom row left to right: Steven Ellison, Andria Canty, Paula Hurley and Emily Broeffle.)



[Instagram](#) - [Twitter](#) - [Facebook](#)



Sister Mary White and brother Tom White at the Worker's Center in Minneapolis. \$140,000 was raised to help the workers speak out about the needs of their families.



Benedictine Associates
by Sister Karen Sames

The Committee of Benedictine Associates and some associates met for lunch at St. Paul's Monastery after a spirited meeting. It was a special time to relax, catch up on where everyone is and what's going on in their lives. Associates present are Mary Lou Kozmik, Linda Anderson and Nicole Hazard. Committee members present are S. Agnes Trombley, Mary Ann Ryan, Sue Hamilton and S. Karen Sames. Members unable to attend and missed were Judith Leatherwood and Pat Schwanke. It's always a fun time to get together and share our laughs and concerns over a delicious meal at the monastery.



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 - The corporation gets to give back to the community
- Your organization receives a grant from the company

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PRAYER REQUEST

WE ARE HERE TO PRAY FOR 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), just under the header "St. Paul's Monastery Community."



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You shop. Amazon gives.

Go to smile.amazon.com/ch/41-0724050 and Amazon donates to St. Paul's Monastery.

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 and choose your donation; we hope you choose us! Type "St Paul's Monastery" 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!



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:

- Membership: Oblates, Benedictine Associates and Vowed Religious
- Education
- Hospitality
- Volunteers
- Pastoral Social Outreach
- Spiritual Direction
- Retreats

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 or 651-777-6850.

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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.

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To connect with or
support Community
ministries to

www.stpaulsmonastery.org