



October 2018

Happy Fall Days of Beautiful Color

October was our month of change: from the weather that changed back and forth to all the new classes and experiences for a new year of challenges.

We began to implement the renewal from the summer Federation Chapter to the first steps “days of silence” preparing for the election of the new Prioress and leadership team for the next five years. We had our sixth celebration of our 70th Anniversary with the priests of the Archdiocese and the clergy from St. John’s Abbey— such faithful servants all these years. We joyfully celebrated the 50th Anniversary of the St. Therese Home and Care organization.

Benedictine Center Director, Sam Rahberg and his associate Kiely Todd Roska gave us a new theology of the food we eat on a daily basis with the “Faith and Food” weekend retreat. Thank you!

With all these new experiences we moved forward into the future to overcome our fears and strengthen our hope in a God of Unconditional love and mercy.

Know as we move into the next season of our deep gratitude for you and your loved ones. All are held in our hearts and prayers.

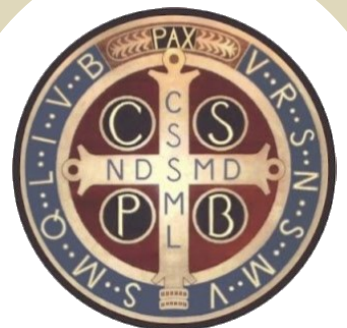
Your Friend in Christ,
Sister Paula Hagen, OSB
Prioress



Halloween Trick-or-Treat!
Maple Tree Childcare Center

St. Paul’s Monastery was visited by the children this Halloween all dressed up and smiling. The Sisters very much enjoyed the parade and the quality of childcare the staff provide.

Sister Paula Hagen, OSB



Remembering Sister Rosella Schommer, OSB
By Sister Paula Hagen

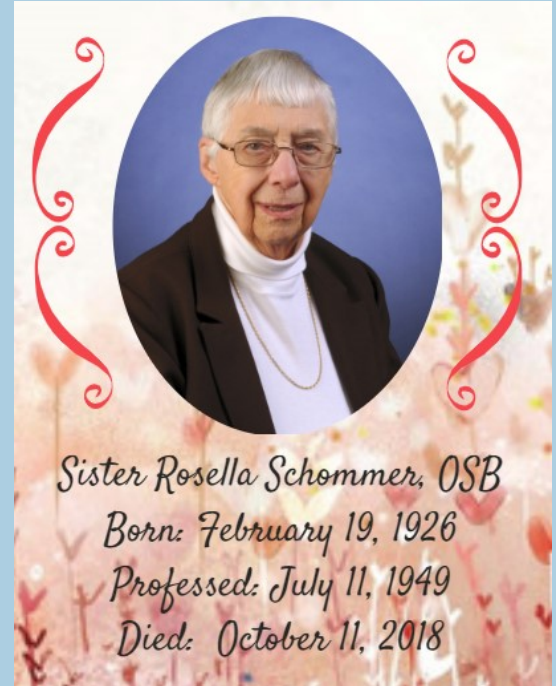
Sister Rosella Schommer died peacefully on October 11, 2018 at St. Paul's Monastery. She was 92 years of age, having lived her monastic profession for 73 years.

Born on February 19, 1926 in Munich, ND to Henry and Theckla (Haus) Schommer, Sister Rosella was third in a family of nine- 2 boys and 7 girls.

Her education began in Munich, then Jordan, MN. She entered the Scholasticate at St. Benedict's Convent in 1940. She became a charter member of St. Paul's Priory in 1948. Her first profession was on July 11, 1949. She celebrated her Silver Jubilee in 1971, her Golden Jubilee in 1996, her 60th in 2006 and her 70th in 2016. She began her teaching career at Visitation School in Minneapolis; she also taught in St. Bonifacius, MN, Assumption in Richfield, Montgomery, MN, Fairfax, MN, and at Immaculate Heart of Mary, St. Paul. Then she volunteered to be a missionary, teacher and Principal in Bogota, Colombia for six years. She continued teaching at St. Anne's in Minneapolis for two years upon her return, followed by St. Jude's School in Havre, MT for 14 years. Sister Rosella spent a total of 39 years teaching. She also taught summer religion classes in Starkville, Mississippi for three summers. After retiring to the Monastery in 1992, she served at the Maple Tree Childcare Center and loved her 20 years with the infants.

Sister Rosella is preceded in death by her parents, and brother Edwin (Lucille). She is survived by her Benedictine community of Sisters, Associates and Oblates, her brother Mark (Sherry), Sisters Estelle, Beth, Sister Andrine, OSB and Sister Andriette, OSB, Fran (Arvid Sorenson) and Lois (Jim Kohout) and many nieces and nephews.

Her family and many friends gathered to participate in a beautiful celebration of her life with Visitation, Funeral Mass and a festive meal. Sister Rosella is now praising and singing to God with the Christ she loved and followed so faithfully with her love, her dove and her beautiful one.



*Sister Rosella shown with biological sisters,
Sister Andrine and Sister Andriette
celebrating her birthday in Healthcare.*



Image: "Festival of Lights" (1991) by John August Swanson

Prayer for the Faithful Departed

Lord Jesus Christ, by your own three days in the tomb, you hallowed the graves of all who believe in you and so made the grave a sign of hope that promises resurrection even as it claims our mortal bodies.

Grant that (name) may rest in peace until you awaken them to glory, for you are the resurrection and the life. Then they will see you face to face and in your light will see light and know the splendor of God, for you live and reign forever and ever. Amen.

Eternal rest grant unto them, O Lord, and let perpetual light shine on them. May they rest in peace. Amen.

Remembering Father Thomas Keating

By the Sisters and Staff at St. Paul's Monastery

It is with deep sorrow that we share the news of the passing of our beloved teacher and spiritual father. We, the Sisters and friends of St. Paul's Monastery, join with the worldwide community of Contemplative Outreach in prayers for Eternal Rest to our dear beloved Father Thomas Keating.

Fr. Thomas offered his final letting go of the body on October 25, 2018 at 10:07pm at St. Joseph's Abbey in Spencer, Massachusetts. He modeled for us the incredible riches and humility borne of a divine relationship that is not only possible but is already the fact in every human being. Such was his teaching, such was his life. He now shines his light from the heights and the depths of the heart of the Trinity. The monastic community from St. Benedict's Monastery will join together with the Contemplative Outreach community for a memorial service in Denver, Colorado.

Fr. Thomas was born in New York City in 1923 and remembers having an attraction to religious life from a young age. He started college at Yale University and then graduated from an accelerated program at Fordham University.

While in college, a spiritual director at a camp where he worked took the counselors to Our Lady of the Valley Trappist Monastery in Rhode Island, which he ultimately joined in 1944. He was ordained a priest in 1949. He first came to Snowmass, Colorado in 1958 as the appointed superior to help build and run the new monastery, St. Benedict's. In 1961 he was called back to St. Joseph's Abbey and served as the abbot for 20 years. During that time, he was invited to Rome in 1971, following the Second Vatican Council where Pope Paul VI encouraged priests, bishops and religious scholars to renew the Christian contemplative tradition. As an answer to this call, Fr. Thomas, along with William Meninger and Basil Pennington, drew on the ancient practice of Lectio Divina and its movement into contemplative prayer, or resting in God, to develop the practice of Centering Prayer. The initial idea was to bring the contemplative practices of the monastery out into the larger Christian community by teaching priests, religious and ultimately, laypersons. After 20 years as abbot, Fr. Thomas resigned and returned to St. Benedict's Monastery. He became more fully immersed in bringing the contemplative dimension of the Gospel to the public by co-founding Contemplative Outreach in 1984.

Fr. Thomas is now taken from our sight. Let us open ourselves more than ever to the indwelling presence of the Trinity as we deepen our unity in prayer and service. Let us continue to persevere in our consent to the presence and action of God within us and among us and allow the inspiration and the breath of God to move us and guide us as we seek to embody and pass on the gifts we have been so privileged to receive.

Fr. Thomas said, "I am at the point where I do not want to do anything except God's will, and that may be nothing. But nothing is one of the greatest activities there is. It also takes a surprising amount of time! What time is left each day is an opportunity for God to take over my life more completely on every level and in every detail." (*God is Love: The Heart of All Creation*).



**2018 Commemorative
Paver Blessing**
by Ann Bechtell

Paver Blessing at the St. Benedict Plaza

We were all blessed by the guests and the weather for the Paver Blessing ceremony and lunch on October 12. Though chilly, the rain had finally stopped. As Sister Paula read each paver dedication, attending family members sprinkled their newly-installed commemorative paver with Holy Water. The event was heartfelt and all that attended were thankful for the opportunity to honor their loved ones.



Pictured (l-r): Jake and Geri Muhvic (Chicago IL), Sister Lucia Schwickerath, and Prioress Sister Paula Hagen



2018 Oblate Retreat

by Sister Mary Lou Dummer, OSB

On Saturday, September 29, 2018, sixty-one Oblates with the Sisters of St. Paul's Monastery participated in their annual retreat and renewal of commitment. The focus of the retreat was: "Praying the Psalms in Word and Music" presented by Father Bob Koopmann from St. John's Abbey. The day was spent praying, singing, and reflecting with Father Bob and one another about the Psalms. Father Bob played many improvisations of the psalms. All commented on the new appreciation they have for the psalm as part of Liturgy of the Hours.



Wednesday, Nov. 7—Prayer and Social Time with the Monastic Community

*Evening Praise; supper w/ the Sisters; dessert & social time
5:00 p.m. - 7:00 p.m.*

***Friday, Nov. 30—Sunday Dec. 2
School of Discernment**

*Kathleen Cahalan,
St. John's School of Theology, Collegetown, MN
Nov. 30 at 7:00 p.m.—Dec. 2 at 1:00 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 some place that will make good use of your vehicle, the Sisters would.

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



**Visitors from the
Diocese of Kitui, Kenya**

*by Janine Ricker,
Global Mission
Outreach Coordinator*

Recently, 10 delegates from the Diocese of Kitui, Kenya, visited the Archdiocese of St. Paul and Minneapolis as part of the partnership relationship between the two organizations. This partnership relationship was established in 2004, in recognition of the shared communion in the Body of Christ and for the mutual sharing of faith, experiences, cultures and resources between the two communities. The most recent visit aimed to connect the Kenyan delegates with their Minnesota counterparts. Delegates visited local parishes, women's organizations, health care facilities, Catholic schools, and met with archdiocesan staff to exchange ideas and learn from one another so that ministries in both Kenya and Minnesota could be further enriched. They stayed at the Benedictine Center.



Oktoberfest

By Sister Mary Lou Dummer, OSB

On September 28, the Monastic Community celebrated their 70th Anniversary by hosting the Monks from St. John's Abbey and Priests from the Archdiocese at an Oktoberfest gathering. The evening began with Vespers at 5:00pm, followed by a festive dinner. For 70 years, the Archdiocese and the Abbey have provided priests to celebrate the Eucharist with us. The celebration was an expression of our appreciation. Many stories and great memories were shared.

St. Therese Foundation

*By Annette Walker,
Mission Advancement Director*

On October 4 staff from St. Paul's Monastery attended the St. Therese Foundation Gala "Celebrating 50 years of Pastoral Care Programming".. Sr. Paula Hagen and Sr. Virginia Matter were guest speakers. Sister Marie Fujan (*pictured right*) gave the keynote talk on the value of Pastoral Care to the residents and their loved ones for 50 years. They were able to relate their experiences from founding the first St. Therese Home which was in New Hope. This was an opportunity to recognize their work, introduce the Sisters to St. Therese current donors and celebrate a 50 year milestone. The MC, Frank Vascellaro, was impressed with the Sisters' story. It was a beautiful evening of celebration. They reached their goal for Pastoral Ministry.





October Opportunities

by Sam Rahberg

This month my colleague Kiely Todd Roska and I, along with partners from [Fresh Earth Farms](#) and the [Christian Cupboard Emergency Food Shelter](#) hosted a series of events at the intersection of Food & Faith. We were delighted by the fruits of the conversation and encouraged by the learning that happened behind the scenes.

The experience of shaping and executing the series helped Kiely and I test the limits of our organization's capacity for community organizing, practice articulating Benedictine values in newly practical and accessible ways, and demonstrate improvisation and adaptation at many more than one turn.

In short, Kiely and I found ourselves experimenting with the kind of vulnerability, bravery, and rumbling that Brené Brown describes in her text *Rising Strong*. Our personal stories are not immune from professional ministry. They are integral.

Photo above credit: Amy S. Gabriel www.recorderofwonderphotography.com



Blessing for Trick-or-Treaters

Compassionate God,
Your Son, Jesus, showed His love
for little children
by taking them into His arms
and blessing them.

Look with kindness upon
these children.

Send your blessing upon them,
and with your unfailing power
keep them safe from harm
on Halloween.

Grant that all children who suffer
from abuse and violence
may find help and protection
in their need.

For them and for these children here,
let your love be sweeter to their taste
than Halloween candy in the mouth.

We ask this through
Christ our Lord.
Amen.

- *Father Michael Kwatera*



Westminster Presbyterian Church

By Sam Rahberg, Director of Benedictine Center

The gathering at Westminster Presbyterian Church was a special gathering to celebrate and give thanks for the richness of the Christian contemplative community that has grown in the Twin Cities. The event was hosted by Marilyn and Alan Youel, the extraordinary couple who has been spreading the word of contemplative prayer opportunities in Minneapolis-Saint Paul for the last 20 years. Thin Places is the name of their monthly epistle.

Worship Leaders included Abbot John Klassen, St. John's Abbey; Dean Paul Lebens-Englund, St. Mark's Cathedral; the Rev. Judy Zabel, Hennepin Avenue Methodist, the Rev. Dr. Curtiss DeYoung, Minnesota Council of Churches; the Rev. Dr. Arika Galloway, Liberty Church, and more. Sister Paula Hagen and Sister Virginia Matter represented St. Paul's Monastery. We invite you to view a video of an excerpt on [Facebook](#).



Being Real: Practicing Authenticity, Courage and Humility in Everyday Life

With Kiely Todd Roska and Eily Marlow
November 9, 9:00 a.m.— 3:00 p.m.

[Learn more...](#)



School of Discernment

With Kathleen Cahalan and Staff
November 30 through December 2

[Learn more...](#)



Food and Faith

By Sam Rahberg

Dr. Norman Wirzba of Duke Divinity School said it best:
“Food is God’s love made delicious and nutritious.”

What happens when new guests and friends of the Monastery meet up with theologians, farmers, chefs, and food insecurity advocates to talk about Benedictine values? The Food & Faith series hosted in October and including a day at the farm and food shelf, a festive potluck, and a hands-on retreat within the rhythms of monastic life.

Photo above credit: Amy S. Gabriel www.recorderofwonderphotography.com



Puppy Puzzles and Smiles
by Sister Louise Inhofer

Puzzles anyone? Puzzles are a wonderful way to spend a few hours. It's also good for eye/hand coordination (and patience). Many Sisters enjoy puzzles, but probably none more than these three—Sisters Susan Bourauel, Louise Inhofer and Marie Rademacher.

Recently Sisters Susan and Louise worked on not one puzzle, but these 13 darling “puppies in a cup.” The pieces were all in the same bag so that was an additional challenge. They started with the cups and then waited for the puppies to jump into their respective cups-- we wished. It was so much fun!! Sister Marie was next but we made it easier for her and put the pieces of each puzzle in a separate envelope. Have fun, Sister Marie!



***Solitude and Friendship:
Developing an Alternative Script***
with Dr. Barbara Sutton
November 27, 4:00-9:00 p.m.

What is your script for being single? Loneliness, Alone, Opportunities, Busyness, Talking to Myself, Making Peace with Old Relationships? Single adults have a narrative that defines their life, and it varies across age and geography. Our time together will sort out our scripts and provide time to reimagine what God is doing in our lives. We will not solve all life's contradictions; we take some time for solitude to discover what is happening or has happened in our lives. [Register Online](#)



Follow us!



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



Sister Linda Soler with a future vocation. Madeline knows most of the Catholic prayers and she loves the Eucharist. She is in the first grade at St. John's School of Little Canada. She enjoys coming to the monastery with Mom and Grandma. She is a bundle of joy.



Monastic Leadership Advisors Committee
by Annette Walker, Mission Advancement Director

Monastic Leadership Advisors were at the Monastery for their Fall meeting. This was our first meeting with the new format and it worked well.

Every member shares their advice on how to continue to spread the legacy of Benedictine Values. All members are committed to the Benedictine Sisters and their future.



Double the Donation
matching gifts made easy

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

[Click here and learn more today!](#)



Miriam Dinner at Holy Cross Church

by Sister Linda Soler

Sister Linda attended the Miriam Dinner on October 2 at Holy Cross Church with students from Hill-Murray School. The Miriam Dinner is conversation with various religious Sisters and Archbishop Hebda. Sister Linda was one of the religious who spoke to the women about discernment at the dinner.

It's coming!

December 8th

Christmas at the Monastery



2018

St. Paul's Monastery

**WE LOOK FORWARD TO
SEEING YOU THERE!**

It's the 11th Anniversary of
Christmas at the Monastery!!! Wow!

Save the Date because you won't
want to miss it.

December 8th, 2018.

We'll have Food, a Wine Wall, Music,
Auctions, Handicrafts, a
Bakery and more! You'll also get a won-
derful opportunity to meet with the Sis-
ters here at St. Paul's Monastery!

Register Now

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." These requests are passed onto Sister Marie Rademacher who leads the 3:30 p.m. daily Rosary in Healthcare for these intentions!



amazonsmile
You shop. Amazon gives.

**Order October 29th—
November 2!**

**Amazon is increasing their
donation rate by 10x!**

Can you believe it!

What a great opportunity!

Go to smile.amazon.com/ch/41-0724050 or smile.amazon.com and choose us 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!



Remembering Sister Georgetta

by Patricia Roberts, ObLOS

Sister Georgetta was a very special person for me and for the Benedictine Center. We loved her very much. She was a volunteer helping us with accounting and also her "wee treasures" delighted us. Here she is:

Sister Georgetta

Limping
slightly leaning on her cane
fragile, almost transparent
she looks like a doll.
A puff of silky white hair
always set in place,
crowns her gentle face.

When she smiles blue eyes shine
miles beyond her frame.
She wears pastels well
pink and lavender,
steel and midnight.

She was a hair dresser
she is still an artist.
Little clay people populate
her bedroom and our desks.
Wee Treasures, she calls them:
Elizabeth and Mary, the Nativity, Advent.
Rabbits, eggs, a flower basket, Easter.

She gave me a sunflower
as the "in" thing this year.
She takes commissions
for symbols and myths
and has permission to share her profits.

We are her favorite charity.

Hill-Murray Production

Hill-Murray Theatre is presenting the local amateur premiere production of **DISNEY'S NEWSIES THE MUSICAL** this fall, running November 9 - 18.

We invite you and your Senior Citizen church members or groups to our **FREE SENIOR CITIZEN PREVIEW PERFORMANCE on Thursday, November 8th at 7pm!** No tickets necessary. Feel free to let me know you are coming (651-748-2460) and about how many people you're bringing. Seats are NOT reserved. There will be an intermission with refreshments.

If any of your Senior Citizens are able, please bring food donations for our Thanksgiving Food Drive. We'll be collecting at the doors.

Thank you!
Sister Linda Soler, OSB
Campus Ministry
651-748-2460



A Reflection on Gifts and Talents

by Karen Fleming

Gift: a natural ability, something given.

Talent: an ancient unit of weight or money.

—Webster's Dictionary

"Indeed, I wish everyone to be as I am but each has a particular gift from God. One of one kind and one of another." —1 Corinthians 7:7

"Any man to whom God gives riches and property and grants power to partake of them so that he receives his lot and finds in the fruits of his toil, has a gift from God." —Ecclesiastes 5:19

When recently conversing with a friend, he referred to his grandson as having a talent in a creative art. I, in turn, challenged him by saying that his grandson's "natural talent" was a gift, a gift from God. It is common for us to use the word talent without remembering or recognizing that what we actually refer to as talent, is a gift from God. Recognition and acceptance is the beginning. By forming a partnership with God, as with all His creation, He gives, we receive, and accept and use, thus giving back to Him in gratitude and love.

As with my friend, I challenge everyone when referring to a high level of accomplishment, is it a talent or a gift from God?



Mass of The Holy Spirit

by Sister Linda Soler

The students from Hill-Murray, and grades 4-8 from 79 Catholic schools attended the Mass of the Holy Spirit on October 10. There were 12,000 students in attendance at the U.S. Bank Stadium with faculty and staff.

Archbishop Hebda was the main celebrant along with Bishop Cozzens. The Mass of the Holy Spirit was organized by the Catholic Schools Center of Excellence (CSCOE) and the Archdiocese of St. Paul / Minneapolis.

There were special musical guests, lunch and an opportunity to celebrate Mass like you've never experienced it before! Former Viking, Matt Birk, gave an inspirational talk about the importance of his faith.



Pictured above: Hill-Murray High School student, Rosie, with Sister Linda Soler, Campus Ministry



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.

With Thrivent Choice®, you can recommend where some of Thrivent Financial's charitable outreach funds go. Since 2010, more than \$330 million has been distributed to churches and nonprofits nationwide.



**THRIVENT
FINANCIAL®**

Connecting faith & finances for good.®

DIRECT CHOICE DOLLARS® Direct Choice Dollars to enrolled charities of your choice!

[Get started now!](#)



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.

St. Paul's Monastery
2675 Benet Road
Saint Paul, Minnesota 55109
651-777-8181
development@stpaulsmonastery.org

To connect with or
support Community
ministries to

www.stpaulsmonastery.org