



November 2018

“Gratitude is not only the greatest of virtues but the parent of all others.” Cicero

November has been a transition month for many people in many different ways. What we all know is that most transitions are not easy. Some warm fall days and then cold days with rain and sleet and snow. Suddenly, it was winter and out came the wool skirts and sweaters.

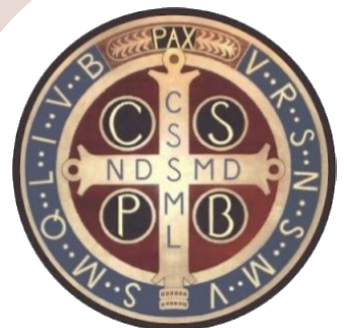
Our next transition is from Thanksgiving and hearts filled with deep gratitude to God for all our dear family and friends to Advent. It is the virtue of gratitude that moves us into Advent and longing for our Savior, Jesus Christ, to save us from all the violence in this world at this time.

The Sisters also took their first step in the transition in Leadership. I have loved serving as the Prioress for 5 years. Now is the time when we choose an Election Facilitator. The Council recommended Sister Lynn McKenzie, a trained facilitator from Sacred Heart Monastery in Cullman, Alabama. Sister Lynn spent a weekend with us to get us to discern, discuss and clarify what God is calling us to be in the future. It was a very productive weekend. I think she helped us start to make a list of all the wonderful new opportunities we have had to grow in courage, wisdom and Benedictine virtues.

As you read our November E-newsletter, you can see where all of you have been such a part of our Benedictine Family and the Blessing that we prayed for at the Thanksgiving Eucharist. Thank God for You.

All are busy preparing for the Christmas Open House on December 8. See page five for times and details. It is a wonderful time to meet and greet our friends as you enjoy a couple new items and good food. Be sure to look at the special “A Book in Celebration” of the Sisters 70th Anniversary. Now available for Pre-sale at a savings on our website. Hoping to see all of you there.

Your Friend in Christ,
Sister Paula Hagen, OSB
Prioress





Planning Toward Our Future *By Sister Jacqueline Leiter*

Sister Lynn McKenzie, OSB, President of the Federation of St. Scholastica is the facilitator for the Sisters' Direction Statements. As we began our work, we turned to the Holy Spirit and the Wisdom of our deceased Sisters, our parents, and all our loved ones to guide us. We celebrated a festive meal together as a monastic community on a Saturday night.

Shown above from left to right: Sister Susan Bourauel, Sister Eleanor Wartman, Sister Marie Rademacher, Sister Joan Utecht, and Sister Lynn McKenzie.



SONGS OF THE SEASON OF WAITING: ADVENT (YEAR C) IN THE LITURGY OF THE ROMAN RITE

with Fr. Michael Joncas

December 4, 7:00-9:00 p.m.

The liturgical season of Advent in the Ordinary Form of the Roman Rite has two distinct foci: the mystery of the coming of Christ at the end of history (Parousia) and the mystery of the coming of Christ into history. We will explore how the foci are expressed in the hymns (e.g., O Antiphons, Veni, Veni Emmanuel, O Come, O Come Emmanuel), antiphons (e.g., Rorate caeli desuper), collects, prefaces, Eucharistic Prayers, blessings and gospel hymns/hymns of the day. Immersion in these texts should help us to develop Advental spirituality, living in the tension between already and not yet. [Register Online.](#)

Benedictine Tradition and American Indian Spirituality

By Sister Mary Lou Dummer, OSB

Lawrence Martin's talk to Oblates on Oct. 28 explored similarities between American Indian spirituality and the Rule of St. Benedict. Dr. Martin discussed common features of American Indian spirituality as seen in some teachings of elders who present their wisdom in the framework of the four directions and in sacred stories.

He discussed several native teachings about values, and compared these with a list of values expressed in Benedict's Rule. The session ended with everyone singing a newly-composed song based on passages from a book by Nicholas Black Elk, a Lakota holy man and Catholic catechist, whose cause for canonization is in progress. This book, *The Sacred Pipe*, was recommended to novices at Gethsemani by Thomas Merton when he was novice master there.



Hospitality

The Rule of St. Benedict "Let every guest be received as Christ."

By Karen Fleming

What is hospitality? Here is a list of possibilities of social expectations:

1. You sit down on a park bench and a stranger sits down beside you. Should you share your lunch with him/her?
2. Noticing the stranger is shivering from the cold. Do you offer the jacket in the paper bag you intended to give to Good Will?
3. If they turn to face you with sadness in their eyes, do you smile and start a conversation?



Here are more engaging and riskier steps you could try:

1. Invite them into your home for a warm home-cooked meal.
2. Offer to let them stay overnight in your guest room. Matthew 25:35- Jesus said, "I was a stranger and you welcomed me." Uncomfortable? Yes. Have you gone too far? Maybe.

Here are simpler suggestions you could try:

1. Open the door for someone struggling with his/her walker.
2. Smile and say hello to someone passing by on a cold, dreary day.
3. Offer to step back in the line at the grocery store when an elderly person is behind you.
4. Bring a cup of coffee to that stranger on the park bench, then LISTEN to what they have to say.

Hebrews 13:2 - "Do not neglect to show hospitality to strangers, for by doing this some have entertained angels without knowing it.

It is only in my later years that I have recognized little things people have extended in simple kindnesses to me. Offer hospitality and watch how your heart opens up to let Jesus in.

The Art of Making Kimchi: A Tradition

By Eli Radtke, Monastery Staff

Fermentation is one of the oldest forms of preparing and preserving food, from Egyptians learning how grain fermented into beer by water contaminating their food stores, to travelers in the west keeping sourdough starter warm under their clothes on long journeys. Strange, messy and hard to perfect, the products of fermentation have become staples across cultures around the world.



None of these is as famous or as divisive as Kimchi. Originally used in Korea to preserve vegetables, there is a different recipe for every region, depending on the availability of ingredients. Sour, pungent and mouth-watering (depending on who you talk to), naturally the kitchen staff at St. Paul's Monastery had to put our own Midwestern spin on it.

The monastery is lucky enough to be a part of Fresh Earth Farms CSA, which allows the kitchen to be supplied with locally grown produce during a portion of the year. Among some of the many wonderful things that we received, the kitchen was lucky enough to receive Brussel sprouts. Now, before everyone goes and runs away before this vilified vegetable, let us set the record straight. Brussel sprouts are amazing, and on top of them being nutritional powerhouses and flavorful to boot, the kitchen decided to ferment them.

Laurel spent several hours cleaning and slicing the Brussel sprouts. The sprouts were then mixed with the bean sprouts, sliced daikon radishes and other various ingredients, and then the saltwater brine was added. Now, the waiting.

Traditionally, Kimchi is fermented with small pieces of fish and buried in the ground for the duration of its long fermentation process, before being dug up for flavoring agents to be added. This was long before refrigerators, and since the monastery has such a quality one, we were able skip this step.



Weeks passed, and the smell of fermentation filled the kitchen. Bubbles of the bacterial colonies (good ones, we swear) doing their work slowly crept up the glass to the cloth-covered top. Careful monitoring to make sure the vegies stayed submerged in the brine (or they would rot) and that the jar didn't overflow, took place over those next several weeks.

Finally, the moment of truth. Carefully the kitchen sampled the product. The delectable taste of fresh Brussel sprouts mingled with the fermented brine and the heat of the chili pepper. The flavors, let set for weeks to develop, have a delightful complexity to them. This, combined with the health benefits of the fermentation colony, provide a healthy and hearty snack. It was beyond delicious and nutritious!



**It's the 11th Anniversary of
Christmas at the Monastery!!!
*December 8th, 2018.***

We'll have Food, a Wine Wall, Music, Auctions, Handicrafts, a Bakery and more!
You'll also get a wonderful opportunity to meet with the Sisters, Oblates, Bene-
dictine Associates, Staff and friends here at St. Paul's Monastery!

We will have a Silent Auction at the event and for early shopping,
check at www.stpaulsmonastery.org for updates!

[Register Now](#)



Christmas at the Monastery Silent Auction
by Keri Kotz Becker and Griffin

Keri Kotz Becker and her son, Griffin—getting things ready for the amazing Silent Auction at Christmas at the Monastery. It's a wonderful opportunity to get artwork, gift baskets and event packages for your donations.

Christmas at the Monastery will be held on December 8, from 3:00—7:00 p.m. We'd love to see you there, register today! [Register.](#)



Christmas at the Monastery Event Committee

We all got together to plan the upcoming event December 8th from 3:00-7:00 p.m. here at St. Paul's Monastery.

[Register Now](#)

Strategic Planning and Implementation Celebration

by Sister Paula Hagen, Prioress

On Friday night, November 16, the group, which had worked for three years in a Strategic Planning and Implementation process, feasted and celebrated the successful completion of their tasks. Victor Klimoski offered his final reflection in this poem.

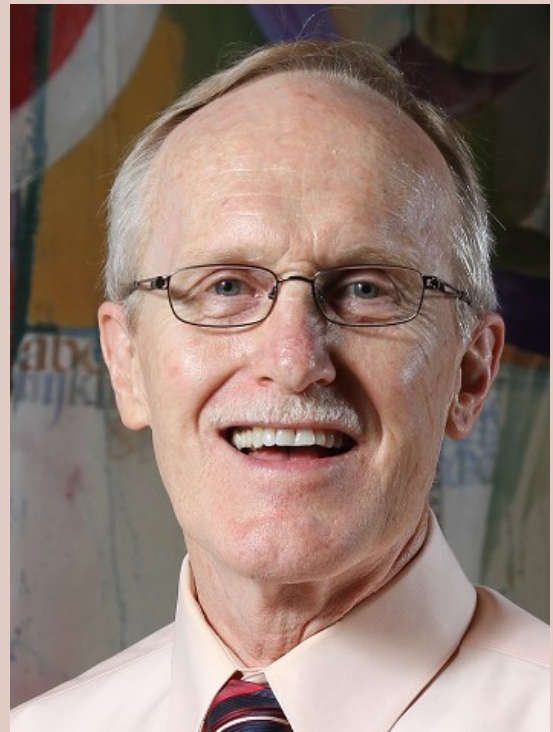
Conversation

by Victor Klimoski

Over time, we've learned each other's syntax,
how questions open up ideas we lift together
toward the light.

Whatever is said finds welcome, not as oracle,
but as the way we sharpen the edge of a thought.

We offer lines to each other, move them around,
and sometimes we set them aside, their purpose
served in leading us to better questions,
so when next we meet, we might pick up
right where we left off
but wiser.



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Advent 2018

A Blessed Season



1st Sunday— HOPE

Dear Jesus, you are the hope in our messy world. This Advent, help us slow down, listen to your voice, and focus on what's really important. We place our hope in you as we prepare our hearts to celebrate your birth on Christmas. Amen.

2nd Sunday— PEACE

Dear Jesus, you entered our world on Christmas as the Prince of Peace. This Advent, as we strive to become the-best-version-of-ourselves, fill us with a deep and abiding peace. Help us share that peace with everyone we encounter, especially those who need it most. Amen.

3rd Sunday— JOY

Dear Jesus, help us focus on you during this busy season. May we stay aware of the joy you bring into our lives. We want to find you in the everyday moments and come with hearts of gratitude to your manger on Christmas. Amen.

4th Sunday— LOVE

Dear Jesus, may the light of your love always shine in our hearts. As Christmas draws closer, we marvel at your great love for us. Let your love transform every aspect of our lives and touch everyone we encounter. Our hearts are open to you, Jesus. Amen.



*** Tuesday, December 4: Hymns of the Season of Waiting: Advent (Year C) in the Liturgy of the Roman Rite with Father Michael Joncas**
 University of Saint Thomas, St. Paul, MN
 7:00 p.m.—9:00 p.m.

*** Sunday, February 24: The Spirituality of Dorothy Day with Kathy Clarkson M.A. Theology; student of Dorothy Day, lived and worked at Catholic Worker in New York City; member of Basilica of St. Mary parish.**
 1:00 p.m. - 3:00 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**



Book Review: Sarah's Key by Sr. Mary Rabe, OSB

The book *Sarah's Key* written by Tatiana de Rosnay has captured my attention and my heart. The little girl, Sarah, is a ten-year old Jewish girl living in Paris when the French police come in the dark of night to take her, her mother and father away though. Sarah's observations, thoughts and feelings, we are exposed to the horrors of the incarcerations, bus and train rides, the camps, and the separation of families.

I was overcome with thoughts of the children in our own country more than 75 years later who are experiencing much the same—the border children, the abducted children, the stolen children, the abused children. Their horrifying dread, their extreme fear, the great uncertainty they face overwhelms me.

In summary, I would recommend *Sarah's Key* by Tatiana de Rosnay as a very powerful reading.

Silent Auction Item to Keep Your Eye On!

By Annette Walker

Lions, Leopards and Zebras, Oh My!

This is the experience of a lifetime: You will be staying at the renowned Ezulwini Game Lodges, featuring luxurious accommodations, located in the heart of the Greater Kruger National Park, home to the “Big 5”, elephants, rhinos, lions, leopards, & cape buffalo.

Relax by the pool after a day of viewing the wildlife, and listen to the magical sounds of the African bush at sundown while enjoying famous local wines and chef-prepared local cuisine, knowing that tomorrow will bring another day filled with the spirit of Africa.

Includes all meals, local beers & wines, twice-daily open vehicle viewing drives accompanied by a professional field guide and tracker, and spotlight drives at night.

www.ezulwini.com

Silent Auction Items can be bid on at the upcoming Christmas at the Monastery event, December 8th at 3:00 p.m.



GREATER KRUGER NATIONAL PARK

Ezulwini GAME LODGES

Contact Details & Map

Ezulwini Game Lodges
Balule Nature Reserve
Greater Kruger National Park

Cell: +27 (0)83 963 7676
Fax: +27 (0)86 684 9221
E-mail: reservations@ezulwini.com

Tourism Grading Council of South Africa
Quality in Tourism

A map of the Greater Kruger National Park. The map is green and shows various reserves and lodges. A white arrow points to the location of Ezulwini Game Lodges, which is labeled 'Balule'. Other locations marked on the map include Hoedspruit, Eastgate Airport, Kapama, Thornybush, Timbavati, Manyeleti, Sabi Sand, and Kruger Mpumalanga Airport. The N4 road is shown leading to Johannesburg, and Nelspruit is also marked.

Advent Reading

by Sister Louise Inhofer

Looking for a good Advent book, I found quite a few in our monastic library. Most of them contain daily readings from Advent through the Christmas season. The formats are similar beginning with a scripture quote and a reflection. Two of them were a bit different.—**Advent and Christmas Wisdom from Pope Francis**, and **A Child in Winter: Advent, Christmas and Epiphany with Caryll Houselander** by Thomas Hoffman. Both books contain reflections from Advent through Epiphany. Each day includes an excerpt from their own writings, a scripture passage, a prayer, and in Pope Francis' book, a daily action.

The reflections by Pamela Smith in **Days of Light and Darkness** are delightful down to earth stories with thoughtful meanings.

Another book of daily Advent reflections is **God With Us** by John J. McIlhon. Again, there is the usual scriptural selection with the reflection. The questions at the end of each day are very thought provoking. If you want something other than daily reflections you might want to try **Waiting for the Coming** by J. Neil Alexander. Instead of daily reflections, he writes about the liturgical meaning and origins of Advent, Christmas and Epiphany. Great if you like history as I do.

This is just the “tip of the iceberg” as titles for Advent are numerous. I hope you find one that just fits you.





REMEMBRANCE: LANDSCAPE OF THE NORTH SHORE

(RITA BEYER CORRIGAN)

Open 9:00 a.m.- 6:00 p.m. daily Through Jan. 23

Rita Corrigan is drawn, time and again, to the beauty and peace of the North Shore area of Minnesota and Lake Superior. Over her career as an artist and educator, she has painted her favorite spots and returned to paint again. As she creates, she remembers and pauses to reflect on the quiet solitude of the landscape. The strength of the expanse of water and the rocks and the forests provide her with a sense of grounding and spiritual renewal, now shared through this exhibit.



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- 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!](#)

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!



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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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development@stpaulsmonastery.org

To connect with or
support Community
ministries to
www.stpaulsmonastery.org