

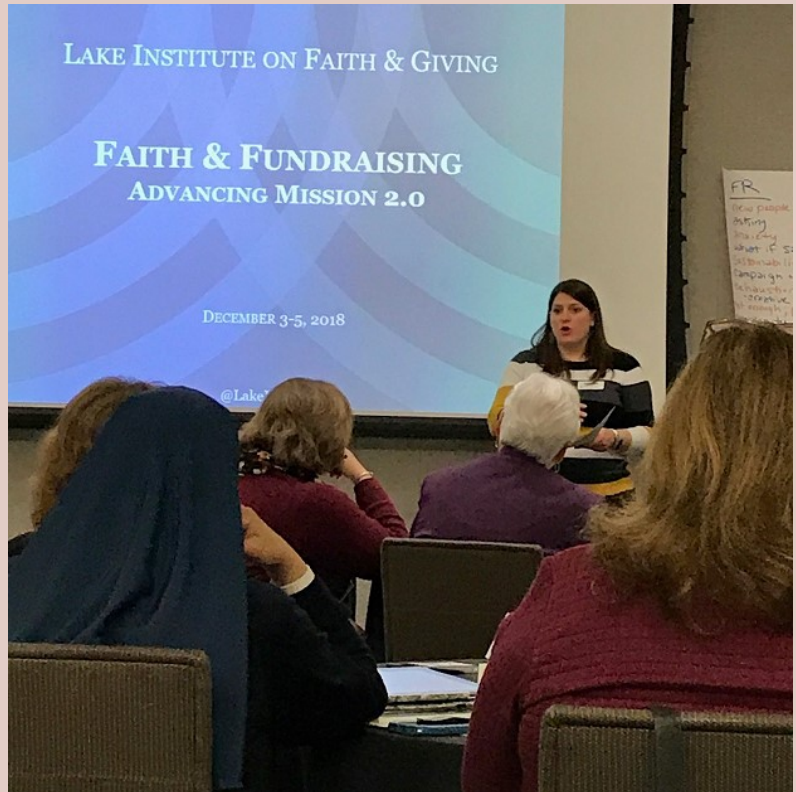


## Advancing Mission 2.0

By Annette Walker,  
Mission Advancement Director

St. Paul's Monastery was chosen to receive a grant focused on raising awareness and support for the future for Woman religious communities. The program is a combined effort of the Gerry H. Rauenhorst and Hilton Foundations. We are one of 10 communities chosen for Advancing Mission 2.0. We will meet three times over the next three years with all expenses paid.

Our first gathering was December 2-5, 2018 in Indianapolis, IN. Our instruction team is from the Lake Institute on Faith and Giving. Intense days of learning, sharing and reflecting on concepts from *Imagining Abundance* by Kerry Alyse Robinson and *A Spirituality of Fundraising* by Henri Nouwen. We are learning new ways to market our Mission (see page 17).



Attendees from St. Paul's Monastery are : Sr. Paula Hagen, Prioress, Annette Walker, Mission Advancement Director and Carol Heinsch, Mission Advancement Committee. Each of us experienced new ways to help re-shape our Mission Advancement department into a Benedictine Ministry with the Sisters. We have tasks to accomplish by January 31, 2019.



## Black Bird

By Patricia Roberts

A small black bird  
came every morning  
perching on my window  
to eat from my hand.

The bleak landscape  
with snow covered roofs  
persists in my memory.

How important it was  
to save sweet bread crumbs  
for the bird.



## ***Advent, Hopes and Joy***

*By Sister Mary Lou Dummer*

“As We Wait in Joyful Hope” was the focus for the presentation by Father Jan Michael Joncas (pictured left) on December 4. He explored the mystery of the coming of Christ into history. To do this he used Advent hymns, antiphons, collects, prefaces, Eucharistic prayers, blessings and gospel hymns of the day. This helped us develop an Adventual Spirituality, living in the tension between already and not yet.



**BENEDICTINE CENTER**  
OF ST. PAUL'S MONASTERY

# Call for Artists

The Art and Spirituality Team of St. Paul's Monastery invites all artists to submit sacred art for the 2019 Seeing God Juried Exhibit. Entry Rules and an Entry Form are at <https://benedictinecenter.secure.retreat.guru/program/2019-juried-exhibit/>.

We seek works of art that:

- 1) are rooted in themes drawn from religious traditions, Scripture, nature, the human journey, and/or an interpretation of the mystery of life.
- 2) show how art reveals a deeper sense of wonder.
- 3) are appropriate for the environment that greets the Sisters and guests daily.

Please address questions to Artist/Coordinator Kathy Fleming at 612.839.4439 or [fleming5450@gmail.com](mailto:fleming5450@gmail.com)



## ***Gourmet Five-Course Dinner at the Monastery with the Archbishop***

A festive British Yuletide dinner was enjoyed by the lucky winners of our Christmas at the Monastery Silent Auction dinner for eight with Archbishop Hebda. Monastery Chef Victoria Fritz and her experienced kitchen staff delighted everyone with a five-course extravaganza, each course a work of art. Thanks to all who joined us for this delightful evening. Special thanks for Archbishop Hebda for making time in his very busy schedule.

1<sup>st</sup> course: Latkes with smoked carp, béarnaise mousse, fried capers, preserved egg yolks, and fennel pollen

2<sup>nd</sup> course: Warm radicchio salad with pomegranate molasses vinaigrette, candied orange, chevre, and thyme

Main course: Yorkshire pudding, wild mushroom duxelles, seared and shaved beef fillet, pan-fried foie gras, parsnip chips, demi glacé, roasted carrots, house-made Brussel sprouts kimchi and bone broth

4<sup>th</sup> course, sweet to savory cheese village: Black Diamond Reserve Cheddar, ginger biscuits, chef snow balls, brie and blue cheese logs, marmalade lake, base meringue drift, chocolate river (dark chocolate with sea salt), rhubarb leather, roasted grapes, rosemary tree, clementine peel, and hazelnut pralines

5<sup>th</sup> course, dessert: Chocolate flourless cake with cayenne on a cinnamon crème anglaise with hibiscus infusion reduction, candied mint leaf, and pomegranate seed with whipped cream



## ***Prayers for Bonnie's Family***

The Sisters and staff are grieving the loss of Bonnie Fazekas, our longtime front desk receptionist. We will miss her smile and remember her fondly. Bonnie's 30 years of service will be remembered with a paver in the St. Benedict plaza. Please keep Bonnie's husband, three daughters and eight grandchildren in your prayers.

Visitation will be on Friday, December 28 from 4:00-6:30 p.m. and Saturday, December 29 from 10:00-11:00 a.m. at St. Peter's Church in North St. Paul. Mass of Christian Burial to be held on Saturday, December 29 at 11:00 a.m.

***Eternal Rest grant unto her, O Lord.***





### **A Prayer for Christmas Morning**

The day of joy returns, Father in Heaven, and crowns  
another year with peace and good will.  
Help us rightly to remember the birth of Jesus, that we  
may share in the song of the angels, the gladness of the  
shepherds, and the worship of the wise men.

Close the doors of hate and  
open the doors of love all over the world.  
Let kindness come with every gift and  
good desires with every greeting.  
Deliver us from evil, by the blessing that Christ brings,  
and teach us to be merry with clean hearts.  
May the Christmas morning make us  
happy to be thy children.

And the Christmas evening bring us to our bed with  
grateful thoughts, forgiving and forgiven, for Jesus' sake.  
Amen.

*Henry Van Dyke 1852-1933*



## ***Christmas Celebrations Touch Us All***

*By Sister Virginia Matter*

A special thank you to the Health Care Nursing Staff for inviting the sisters for a lovely Christmas Party on December 16th with the Monastery Healthcare. All were welcomed at tables of Sisters visiting and sharing treats. Each nurse brought a special dessert to share with all, along with some of their family to help serve. It was a very enjoyable environment with time to have conversations and share laughs.

*(Staff shown above (l-r): Rachel, Carmen, Patty and VJ. Sister shown (l-r): Sisters Mary Joanne Lusk, Catherine Schoenecker, Andrine and Andriette Schommer, Anne Boeckers, and Marie Rademacher.)*



## ***Christmas Pie Party***

*By Sister Karen Sames*

On Tuesday, December 11, 2018, we were blessed with Lisa Kupcho and Beth Lehman's Christmas Pie Party. They have been bringing pies and gifts to us during advent for close to 30 years. We all enjoyed the tasty pies from Bakers Square (apple, lemon, oreo, French silk, and pecan- the favorite by far) and the wonderful opportunity to sit and visit with Sisters, friends, employees, and quests.



## ***End of Year Giving***

The year is drawing to a close and we look back on the wonderful experiences with a smile. For those you have shared with us we are especially grateful.

If you would like to end the year with a donation for 2018 please keep in mind the deadline is approaching . To make it easier you can do it online. Just click on the link below. Thank you again for keeping us in your prayers and thoughts.

[Donate](#)

# Christmas at the Monastery

Thank you for making our event a success!

## New Check-In Features!

Thanks to our friends at Bid Partners we tried out a new registration process with much success. Register a credit card at check-in and you could skip check-out completely.



## Our Popular Wine Wall!

Mary Dean and Sister Margaret stand next to our wine wall. Attendees could test their luck by selecting a cork and seeing what matches.

## Christmas Bakery Shop!

Taking a break from the Kitchen, our very own Laurel manages the bakery shop at Christmas at the Monastery. We had tasty treats including sweet breads, cookies and more!



## Stocking Stuffers a-plenty!

Hand-crafted purchases created by our donors and Sisters. Rosaries, hats, hand towels, scrubbies, rock art, lip balm and more. If you missed it check out our display shop now in the lobby.





## ***Saying Goodbye to a Friend***

*by Sister Linda Soler*

A recent memorial service was held for Michael Hartzell, who was better known along Rice Street by his nickname “Bones.” The Vietnam War veteran died at the age of 71 after 45 years of living on the street under the care of Rice Street business owners, who [gave him hot meals in exchange for shoveling and sweeping the sidewalks.](#)

I would go visit Bones on a regular basis to pray with him. We always had a conversation about Rice Street and the work he would do in the area. He would graciously accept the \$3.00 I would give him for some of his personal needs. Bones taught me the value of faith and life, and I will miss the numerous visits with him. [Read more.](#)



## *Celebrating New Life!*

*by Sister Karen Sames*

Baby Sterling Dakota came to visit Grandma Marj Triden in the Health Care Center on Thursday December 13. Sterling traveled with mom and dad all the way from Colorado to spend some time with family over the holidays. S. Mary JoAnn is enjoying her visit with Sterling.



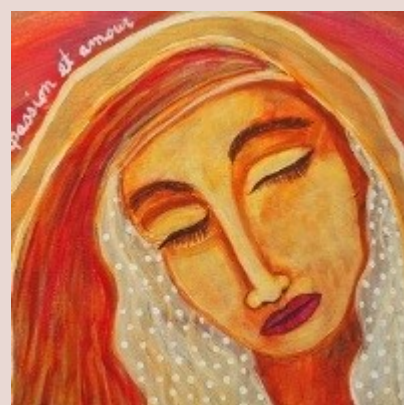
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## *In Celebration: Formed in Vision, Inspired for Mission*

Inspirational images and writings on Benedictine values lived by  
the Sisters of St. Benedict of St. Paul's Monastery



This book commemorates 70 Years of Mission at St. Paul's Monastery. The recent exhibit, "Formed In Mission: Inspired For Vision," celebrated the Sisters' 70 years of service to our St. Paul community. Twenty-five artists exhibited their work.

All of these artists exhibited in the past in our ongoing Exhibit Program bringing beauty and light to topics of interest. They represent all stages of art making: career artists to those who have come relatively lately to their vocation. Vision was shared in image, color and shape; in work of weaving, dying, and stitching. Glass, metal, wood, and clay were formed into sculptural statements to round off the exhibit. The artists' statements included with the artwork give meaning and understanding to the visual artistic statements.

**"Paula, this is such a beautiful art-prayer book. Thanks so much."  
Danette Good, Salt Lake City, UT**

**"I appreciate the beauty of this Benedictine Ministry and I have it on my coffee table  
for the Christmas Season." Linda Hagen, Seattle, WA**

**Order Today**





## REMEMBRANCE: LANDSCAPE OF THE NORTH SHORE

(RITA BEYER CORRIGAN)

**Open 9:00 a.m.- 6:00 p.m. daily through Jan. 23, 2019**

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.



**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!](#)



**\* Sunday, February 24 2019: 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.

**\* Thursday, February 28 2019: The Benedict's Wisdom for Change and Transition** with Barbara Sutton, D. Min. at St. John's School of Theology in Collegetown, MN.

**Oblate Director—Sister Mary Lou Dummer, OSB  
651-777-8181**

*\* 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**

## **The School of Lectio Divina**

Feb. 15-20, 2019

*Christian in its origin and  
ecumenical in its scope*

"It wasn't what I wanted. It wasn't what I expected. It was exactly what I needed." *John*

The Benedictine Center of St. Paul's Monastery's School of Lectio Divina adapts the ancient monastic riches of sustained *lectio divina* to contemporary people. Through an intensive retreat experience set in the rhythm of life at St. Paul's Monastery, participants **receive teaching** about *lectio*, **spend time meditating** on a sacred text significant for them, have the opportunity for **individual spiritual direction**, and participate in **reflective conversation** with other participants.

Limit 12. [Apply online](#) or email [info@benedictinecenter.org](mailto:info@benedictinecenter.org)

### **Interested in a Shorter Version?**

Consider the [Condensed School of Lectio Divina](#) Jul. 19-21, 2019.

email [info@benedictinecenter.org](mailto:info@benedictinecenter.org)



## The Wise Men

by GK Chesterton (1874–1936)

Step softly, under snow or rain,  
To find the place where men can pray;  
The way is all so very plain  
That we may lose the way.

Oh, we have learnt to peer and pore  
On tortured puzzles from our youth,  
We know all labyrinthine lore,  
We are the three wise men of yore,  
And we know all things but the truth.

We have gone round and round the hill  
And lost the wood among the trees,  
And learnt long names for every ill,  
And served the mad gods, naming still  
The furies the Eumenides.

The gods of violence took the veil  
Of vision and philosophy,  
The Serpent that brought all men bale,  
He bites his own accursed tail,  
And calls himself Eternity.

Go humbly...it has hailed and snowed...  
With voices low and lanterns lit;  
So very simple is the road,  
That we may stray from it.

The world grows terrible and white,  
And blinding white the breaking day;  
We walk bewildered in the light,  
For something is too large for sight,  
And something much too plain to say.

The Child that was ere worlds begun  
(...We need but walk a little way,  
We need but see a latch undone...)  
The Child that played with moon and sun  
Is playing with a little hay.



The house from which the heavens are fed,  
The old strange house that is our own,  
Where trick of words are never said,  
And Mercy is as plain as bread,  
And Honour is as hard as stone.

Go humbly, humble are the skies,  
And low and large and fierce the Star;  
So very near the Manger lies  
That we may travel far.

Hark! Laughter like a lion wakes  
To roar to the resounding plain.  
And the whole heaven shouts and shakes,  
For God Himself is born again,  
And we are little children walking  
Through the snow and rain.

## 6 Ways to a Healthy, Happy & Holy Holiday

### **What's the first word that pops into your head about this holiday season?**

Overwhelmed? Stressed? Peaceful? Loving? If your word is in the overwhelmed category, read on. Typically, at this time of year I start to get in **OVER** my head. Then I hit the "That's it!" phase and decide, "This holiday's going to be different." It takes some intentional leading, organizing and delegating. Tackling the holidays together is so much better than doing it all alone. Here are some steps that just might **transform your holiday stress into joy.**

#### **1. Make a Master Plan and Get Help.**

Create a plan that includes all the activities you want to do during the holiday season. Assign completion dates along with who is responsible for it getting done. You can post it and let each holiday guest "sign up" to help. Then, assign a 'done by date' for every activity on your calendar and who is responsible. The checklist keeps you organized and holds everyone accountable. If no one signs up for an activity, it doesn't get done. (Or you decide if it's super important for you.) When you're organized and everyone's working together cheerfully, it's better. **Let go of wanting things to be perfect.** Life is not a Hallmark movie. Strive for 'good enough' instead of perfect. You really do NOT have to do it all alone. When we let others chip in, we teach our families how to love by serving.

#### **2. Be still and know God.**

Focus on the true reason for the season. For Christians, that is the birth of Jesus. Pray, meditate and open your heart to the Spirit. Read the Bible, devotional or other spiritual books to slow you down and help you grow in faith. Just 5 minutes makes a big difference. Meditating for 10 minutes twice a day literally changes your brain and breathing.

#### **3. Simplify the Season.**

Ask your family (and yourself): Why are we doing this? If it's not meaningful, ditch it. Life changes and you need all the energy you can get.

#### **4. Control gift giving.**

Ask the kiddos TODAY: "What gifts do you remember from last year?" Then brace yourself. If they can't remember more than 3 things, then simplify to just 3 gifts. If it was good enough for Jesus, well, it's good enough for the kids.

#### **5. Be Grateful for the Moments.**

Research shows that regularly spending a few moments on gratitude boosts joy, lowers stress, improves health and helps you build stronger relationships. Each day, write down at least 5 things that you're grateful for and never repeat them. You'll seek out moments you find precious and you will feel more joy.

#### **6. Take Good Care.**

You'll want to protect yourself from illnesses. Go back to the basics of good health. Eat well and practice good hand-washing. Sleep well. Drink plenty of water. Protect your mind too. **Limit social media and adopt a "It's Not Fair to Compare" mantra.** This can be a wild time of year, so you need to be extra safe.

*Adapted from December newsletter from Christine Martinello, 2018.*





### *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." 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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**What a great opportunity!**

Go to [smile.amazon.com/ch/41-0724050](https://smile.amazon.com/ch/41-0724050) or [smile.amazon.com](https://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](https://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!**



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](mailto:awalker@stpaulsmonastery.org) or 651-777-6850.

With Thrivent Choice<sup>®</sup>, 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.



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