



2019 Archdiocesan World Day for Consecrated Life

by Sister Paula Hagen

On Sunday, January 27, Sisters gathered with Archbishop Hebda at the Chapel of Our Lady of the Presentation at the Sisters of St. Joseph of Carondelet. Mass was held at 2:00 p.m. with a reception following to celebrate the way of life and the Jubilees of many Sisters attending. Sister Linda Soler was commissioned to serve on the Archdiocesan Consecrated Life Committee at the beginning of Mass and served as the Cross Bearer.

Sister Joan Utecht (*shown above with Archbishop Hebda*) had this to say: "It was a meaningful liturgy with beautiful music and excellent singers. Archbishop Hebda was very affirming of the vowed religious contributions to the diocese. It was especially fun to see the Sisters we knew from our past and we continued our celebration with pie at Baker's Square."



A Thank You

By Sister Lucia Schwickerath

Katelyn Novak, Woodbury Campus Administrator, Sister Lucia Schwickerath, OSB, Pastoral Care Coordinator, and Barb Rode, President and CEO say "Thank you" to the residents of St. Therese of Woodbury who sponsored an Appreciation Dinner and Christmas Party at the Wedgewood Golf Club for the whole Staff on December 13, 2018.



Maple Tree Childcare

The children enjoyed a little sledding in our chilly winter weather.



Community Party

by Sister Mary White

Sister Paula and Sister Duane Moes display a gift given to Sister Duane at our Community Christmas Party.

The St. Paul's
Monastery
Community
Welcomes You
to the
*St. Scholastica
Award
Luncheon*

Saturday, February 9, 2019

11:00 a.m. Mass

Noon Lunch

12:35 p.m. St. Scholastica Award Presentation

Our 2019 Award Recipient is Jacquelyn Bush



The St. Scholastic Award was implemented in 2018 as a new celebration.



According to tradition, Saint Scholastica was the twin sister of Saint Benedict. She and her Benedictine Sisters were very supportive of Saint Benedict as he faced many challenges in the culture of his time (480 A.D.)

The Benedictine Sisters of St. Paul's Monastery and the Mission Advancement Staff decided to initiate this award during the year of our 70th Anniversary in 2018. We celebrate the Feast of St. Scholastica with a liturgy, meal and celebration of the virtues of St. Scholastica by presenting an award to someone who very personally reflects our Benedictine values and supports our communities in living the Rule of St. Benedict today.

We affirm persons who support the Benedictine Community, to build friendships and awareness of values with friends, benefactors and families. This year Sisters and Staff choose Jacquelyn Bush because of her deep commitment to liturgy and the Oblates. Jacquelyn lives out the Benedictine values in her daily life and activities.

Fr. John Mitchell, Pastor of St. Pascal Baylon in St. Paul, will be celebrating Mass with us at the Monastery. Please join us for this celebration.

Register Today
for this Free Will
Offering Event



Family Visits

By Sister Lucia Schwickerath

Dave and Chip Schwickerath come to the monastery to pay tribute to their recently deceased Father, Ray Schwickerath.

Sister Lucia and Patty Stricke were always proud of their big brother, Ray, who was a WWII Vet and proud father of 6 children!

(Shown left to right: Chip Schwickerath, Sister Lucia, Patty Stricke, Dave Schwickerath)



Remembering Mary Seidel

By Paul and Sister Mary White

Thanks for your joyful spirit you brought to all of us.

Our friend and former Benedictine sister, Mary Seidel, has died following heart surgery on December 26, 2018. During and following her 25 years as a Benedictine Sister, she has served as a Pastoral Minister and Educator, sharing her many gifts of bringing people together and discovering the best in them. While a strong advocate for women in the church, she brought compassion, strength and humor to everyone she served and to her many friends. Mary continued to be active at the Reunion of former members and relished the Benedictine values.

Over the years, we Benedictines had the pleasure of knowing her large Catholic family and the gifts each of them has brought to church and community. She now joins those who have preceded her in death, leaving loving memories. May the souls of the faithful departed rest in God's loving peace.



The Christmas Train

By Jessica Lauderman

This Christmas holiday we had a visit from the "Christmas Train." Julianna Sandin and her son, Max (shown left with Sister Mary Lou Dummer) graciously bestowed a special gift to employees and Sisters alike.

Julianna is a frequent visitor here at St. Paul's Monastery. She hosts many craft projects with the Sisters which are featured as centerpieces in the Dining Room, as well as Stocking Stuffers for our Christmas at the Monastery event. This year she even made homemade lip balm!

We are grateful for her smiling face and 'can do' attitude and look forward to each of her visits.

Last year, Julianna was the first recipient of our St. Scholastica Award. We were happy to show our appreciation for her value to us and the Benedictine way of Life.

A Visit with Santa

By Lucia Schwickerath

Sister Carol Rennie had a quick photo-op with Santa this year. She was visiting residents at the Serenity of Marion Center on December 16th.

What a great way to remember the holidays and value our Benedictine Community.



Kindness

By Karen Fleming

In the popular New Year's Eve song, "Auld Lang Syne," which means Old Long Since, written by Robert Burns in 1788, one line reads: "We'll take a cup of kindness for the sake of Auld Lang Syne."

I've already experienced several kindnesses this year. I recently was visiting a clinic with my husband. The winds were 50 mph and it was difficult to move as my husband and I walked out of the clinic. He had an especially hard time, and a woman who was also leaving the clinic offered to help him as he struggled with his walker, trying to buck up against the wind. **KINDNESS #1**

Then, his baseball hat blew off his head and rolled down the parking lot. After helping my husband, she ran quickly after it, retrieved it and brought it back to him, breathless. **KINDNESS #2**

After attending a retreat at the Benedictine Center, I was leaving with my second suitcase, the largest and heaviest. Trying to balance the suitcase while holding onto the handle AND my walker, one of the young staff members offered to help me. She grabbed the handle and pulled the suitcase out the door and to my car in the parking lot. **KINDNESS #3**

In his book "The Parables," Gary Inrig uses an example for "Loving My Neighbor." A Buddhist woman said, "We non-Christians, when one of our ranks becomes a Christian, we don't watch them to see how well they live up to some self-imposed standard of piety. We watch them to see how they treat people." Then, too, kindness defined from Webster's dictionary is: "Tender concern for others."

We should ask ourselves, after New Year's Day, can we do this for the next 364 days?



Holiday Clean-up

by Jessica Lauderman

As the days grow colder, we bundle up, braving the New Year's beginnings with a fresh heart.

Likewise, we bundle up our holiday decorations, remembering the festive celebrations, thankful for the anticipation in planning for next year.

Thank you to all who attended our Christmas at the Monastery event last year. We hope to see you again next December!



St. Paul's Monastery's Kitchen Values

by Eli Radtke

Waste is a topic that is on everybody's mind these days. From remembering what day the garbage goes out to hearing about floating islands of trash in the oceans, it's something we can't escape.

Movements have been sprouting up more and more frequently looking to curb the amount of waste we make as a society as well as how to move forward sustainably. Recycling, reducing the use of plastic packaging and many more may have crossed your desk, but they are only dealing with a small part of a larger problem.

Food waste has been identified as the largest component going into US municipal landfills. The milk that went bad, or the casserole that smells a little funny, or the food that just went stale, is our biggest source of solid waste in the United States. The good news is that around the world, people are stepping up to do things about it.

In Norway, restaurants are offering environmentally-friendly boxes to take home leftovers in, or the option for smaller portions for those not as hungry. Grocery stores are donating food that is past its shelf life to be used elsewhere. Another exciting counter to this waste stream is snout-to-tail eating. While this is by no means a new concept, foodies, chefs and butchers everywhere are embracing not only using the whole animal for cooking, but as much of any food to reduce waste.

At St. Paul's Monastery kitchen, the cooks are trying to do the same thing. "Waste not, want not" can commonly be heard. One way that the kitchen has implemented this practice is in our candied orange peels. Orange peels, usually, are discarded and thrown away, destined for the municipal landfill. At the Monastery, however, we have a different dream for them. After carefully being peeled away from the fruit, the peels are boiled in simple syrup until semi-translucent. They are then laid out to dry for a day or so on a baking sheet, while the orange-flavored simple syrup is saved to flavor deserts or drinks in the future. Once the orange peels are no longer tacky, the kitchen tosses them in a light coating of sugar and crushed fennel seed, giving a tart finish to the sweet preserved orange.

The sweet treat is not only delectable, but contains many vitamins and minerals that are missed in the main fruit. This is just one way that the kitchen at St. Paul's Monastery is dedicated to helping preserve the earth as well as provide a delicious meal.

[waste not
want not]

Environmentally-Friendly Food Use





Monastery and Hill-Murray School (HMS) Brainstorming *by Ann Bechtell*

On January 9th and 16th, Monastery Mission Advancement Director Annette Walker met with members of the Monastic Leadership Committee, Oblates, Monastery Volunteers, HMS President Jim Hansen, and HMS Vice President Chris Zupfer.

The purpose for the two meetings was to brainstorm ideas for collaboration and resource sharing between St. Paul's Monastery and Hill-Murray School. Attendees had fantastic ideas, information and questions, and everyone left energized and excited about the wealth of possibilities discussed.

The Leadership Team picked the top four ideas for the Monastic Council for continued discussion and implementation.

Pictured here are attendees from the January 16th meeting (l-r): Chris Zupfer, Sister Paula Hagen, Brad Wood, Jane Wagemaker, Annette Walker, Carol Heinsch, Mary del Vecchio, and Mary Lou Kozmik (not pictured: Rita Reif and Ann Bechtell).



Remembering Bonnie Fazekas

*by Mary Elizabeth Ilg,
Executive Assistant to
Sister Paula Hagen, Prioress*

Many Sisters and Staff gathered in the Community Room on Tuesday morning, January 8, to remember

Bonnie Fazekas and share their

favorite stories about her. Sister Paula Hagen, Prioress, led the reflection. Sister Louise Inhofer, Front Desk Supervisor, led the group in reciting Psalm 84. We were very glad to have this time together to remember our dear friend and exceptional front desk receptionist of St. Paul's Monastery for more than 30 years.



"Bonnie was a shining example of the best in Benedictine welcome. For years, her smile and greeting helped guests understand what it feels like to be welcomed as Christ. One small, yet essential touch that I learned from Bonnie was that every guest deserves to be called by name. She asked to be reminded who was coming so that she might warm their morning personally. I am grateful, along with so many others, for the gift and faithful witness of Bonnie in my life. We will miss her deeply." - Samuel Rahberg, Director, Benedictine Center

Police and Fire Safety Presentation at the Monastery

by Ann Bechtell, Mission Advancement Assistant

On January 23rd, Lt. Kerry Crotty and Officer Mark Aldridge from Maplewood Police Dept.; and Rochelle Hawthorne, Firefighter and Emergency Medical Technician (and Hill-Murray grad) from Maplewood Fire Dept. gave their first-ever police and fire safety presentation at St. Paul's Monastery.

The officers provided important safety reminders such as: No matter how seemingly credible, never give out your personal details to an unsolicited text, email or phone contact. Or, if you are contacted by what seems like a legitimate business or organization, doublecheck their contact information, and get back to them.



Above (l-r): Officer Mark Aldridge, Lt. Kerry Crotty and Firefighter-EMT Rochelle Hawthorne

Firefighter-EMT Rochelle Hawthorne stated that most Maplewood firefighters also have emergency medical training as this expertise is required by 85% of Fire Department calls. One of the most common medical assistance calls are for in-home falls, and most victims are 65 years of age or older. Route safety—whether by feet, walker or wheelchair—is critical. We learned about the importance of stairwell and escape-route nightlights and keeping these routes free of clutter and were shown recommended shower and tub mats (the kind with suction cups on the bottom) and bathroom rugs (the kind with a non-slip backing). Because of the danger of tripping over them, the number of rugs in available space is also important to evaluate.

We were all impressed with the intelligence, experience and passion of our presenters who have made it their mission and vocation to keep us safe from danger, and we are very thankful for their service.



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* **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: Saint Benedict's Wisdom for Change and Transition** with Barbara Sutton, D. Min. at St. John's School of Theology in Collegeville, 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.

Benedict's Wisdom for Change and Transition

Thursday, March 14,
6:30—9:30 p.m. (\$25.00)
with Sister Paula Hagen, OSB

The lifetime journey of change and transition is not an easy one, but there is help available from the Benedictine Tradition. This evening draws on scripture, psalms, poetry, music, silence and conversation to gain new insights and grace. Sister Paula Hagen OSB, Prioress of St. Paul's Monastery, will use quotes from the Rule of Benedict, as well as its commentators, to provide inspiration to help all who journey through transition to transformation. [Register online.](#)



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MEET THE ARTISTS FEATURED IN THE BOOK 'IN CELEBRATION'

by Kathy Fleming, Art and Spirituality Committee

Working on the book *In Celebration* has been quite a journey for me. It has been a great experience on many levels. I have especially enjoyed getting to know the artists better who so graciously participated in the exhibit. All are gracious in sharing their inspiration and process.

One of my many favorite pieces in the exhibit is *An Exaltation of Larks* by artist Lisa Bierer (*featured to the right*). In her artist statement, she speaks of community and living in the Spirit, which I think speaks to all of us. To quote Lisa, "Day break, and in the evening, and at the slightest provocation we fly upwards." This speaks to me of the breath of God, and how, though individual, we all work together in our world for good. This work is in the Community section of the book.

Lisa's work is exuberant and joyful, and based in scripture and writings that speak to her. She is a creative woman who likes to work with color and varying materials. Her work is also on the cover of the book.

Another favorite piece is Fred Somer's *Water Music II*. (*featured below*) I especially love the quality of his use of pastel. I get lost in this quiet painting. It takes me to nature and solitude, an expectant solitude.

Fred's artist statement contemplates the moment of creation. The painting is lost in the moment of creation before the words, "... let there be light" break the silence. He also states, ".... every artist knows the season of silence that precedes the *Word* that births the creative act."



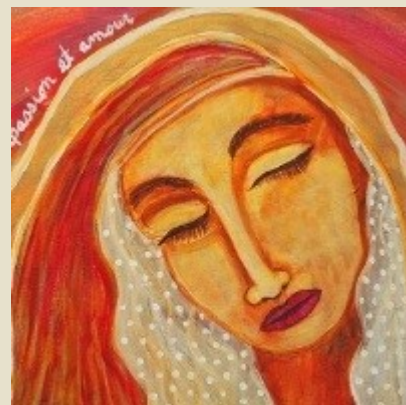
This canvas reflects a simplicity and humility that reflects the life of the artist. Fred and his wife live on a hundred-plus-year old farmstead with fields, a barn, and a studio. Though not a farmer, he is very rooted to this land that they have made their home for more than 50 years. Fred's favorite subject matter comes from the surrounding landscape, especially Nerstrand Big Woods, where he returns year after year for sustenance. Daily prayer and a sound rooting in the Bible are his spiritual base; the woods are Fred's chapel. This work is in the Silence section of the book.

(Book sales information on following page.)



In Celebration: Formed in Vision, Inspired for Mission

Inspirational images and writings on Benedictine values lived by the Sisters of St. Benedict and the Community 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](#)

11th Annual Seeing God Exhibit Opens January 28, 2019

by Kathy Fleming

We are excited once again to announce our annual exhibit of spiritual art. This year, we have had a record number of entries covering all categories. Each artist brings us their best work focused on their vision of how God is manifest in their lives and in the world today. This is always a fresh and thoughtful look at artists' visions at work today.



Please plan to join us for the Opening Reception and award ceremony on Wednesday evening, February 6, 2019 from 7:00 to 8:30 PM. (This change is due to the cold weather.) Remarks and awards will be at 7:45 PM. This reception is always well attended by the artists, their friends and family members. Refreshments will be served.

New this year, we will hold **A CONVERSATION** focused on the exhibit where artists will gather to talk art and spirituality. Artists will informally share their artistic process and how their spirituality enlivens their process. We will discuss how we see that spirituality in the current exhibit.

We will meet Sunday afternoon, February 10, 2019 from 1:00 – 3:00 PM to share the artistic process, different in each of us, and how spirituality enters into your personal art. If you are an artist and interested in joining us, contact Kathy Fleming at fleming5450@gmail.com or 612-839-4439.



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Epiphany
by Patricia Roberts



Listening to the cracking of thin ice
as we crossed the stream
one winter morning
I heard my brother.

Wind scourged my face
glistening and blurring my eyes
high in the mountains
I saw my brother.

While mules trod ripe wheat
forming circles, spinning straw
at sunset in the country
I found my brother.
Back home, among buildings and machines
standard procedures and rigid appointment
I could not find him.
At noon, in full daylight
no one saw him leave
back pack and old shoes.



The Power of Prayer

by Matthew Davis, *[The Catholic Spirit](#)*

Football and faith connections were natural reasons for Academy of Holy Angels senior twins Mitch and Jack Hendrickson to donate their recently-won charity check to support Zach Zarembinski, a senior at Hill-Murray School in Maplewood who has been recovering from a brain hemorrhage suffered during an Oct. 27 football game.

"It's been very overwhelming, as far as the amount of people that have reached out to us," said Dan Zarembinski, Zach's father. "I just tell people it was truly a miracle."



Zach, who played nose tackle for the Hill-Murray Pioneers, took himself out of the game against Johnson Senior High School in St. Paul before collapsing on the sideline. Emergency medical personnel immediately attended to him, and they transported him to Regions Hospital in St. Paul. Zach had surgery and was placed in a medically-induced coma for 13 days to help his brain heal.

Zach returned home Nov. 13, but a long road to recovery remains. A couple weeks ago, he went back to school and is receiving academic help. He hopes to return to classes after the Christmas break and attend college next year.

Signs of support and prayers poured in for the Zarembinski family during Zach's stay in the hospital and beyond. It came from individuals, prayer groups, churches, Catholic and public school communities — many of whom the Zarembinski family had never met. Visitors were frequent.

Six Catholic high schools, including Hill-Murray, offered their respective All Saints Day Masses for Zach and his family. Other schools have remembered Zach in the petitions at Mass or in a prayer before Mass. Students at many of those schools wore green, the awareness color for traumatic brain injury, in honor of Zach.

"Mass is the most powerful prayer we can offer, and when we can be united in that, offering our intentions for a particular cause, ... we can't overestimate the power that prayer has," said Father Kevin Manthey, Hill-Murray chaplain who celebrated that school's Mass.

Father Manthey and St. Charles Borromeo Fraternity Father Daniele Scorrano, also a chaplain at Hill-Murray, were among those who visited Zach at Regions. Benedictine Sister Linda Soler, who serves as a spiritual coach for the football team, made regular visits. The Hill-Murray community's support for Zach was impressive, she said. Her fellow sisters at St. Paul's Monastery in Maplewood prayed for him, too.

"Prayer was the priority here at Hill-Murray," said Sister Linda, who primarily serves as the school's student service coordinator. "I believe this incident has made the community stronger. There was a lot of love and a lot of concern."

Sister Linda and Head Football Coach Pete Bercich held a prayer service for the players and their parents to pray for Zach. Bercich said the players also took the initiative in many additional efforts to support Zach, including a fundraiser at a nearby Chick-fil-A.

Zach, who attends Eagle Brook Church in White Bear Lake, said the support and the journey reaffirmed his faith. He said it's been growing since his freshman year at Hill-Murray. "And then I go and have this injury {happened} to me, and I wake up from it and go, 'Mom, God's real,'" Zach said.

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
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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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