



February 2019

Hearts Filled with Hope

I just returned from Cullman, Alabama, where there was little sunshine, lots of rain and flood warnings but I was filled with renewed hope. The theme of the Benedictine Prioresses Conference was "As we wait in joyful hope." Abbot Primate Gregory Polan, OSB, a scripture scholar, made the joy of the presence of the risen Christ come alive. Christ is present to us in Scripture, Eucharist and each other. In the early church they stuck together in spite of diversity of experiences of Christ. We need to preserve that hopeful support of each other. Sister Susan Hutchens followed with beautiful poetry to inspire us to look to the arts and the psalms for inspiration. "I will sing of your steadfast love, forever, my Beloved: with my voice I will proclaim your goodness to all generations," *Psalms 89*. She suggested that in prayer open your heart to hope and wait for her; in silence she will come. "Hope can and will come from the least suspected quarters, whether in the secret corners of our own hearts or of others." C. StuhlmueLLer, C.P.

Two special events worth noting this month are the St. Scholastica Feast Day Award Luncheon honoring Jacquelyn Bush for her outstanding work in liturgy and the oblate ministry (see page 2.) We also had a visitor, Andrea Proulx Buinicki, CFRE, the President of Giving Focus, (see page 7.) She met with different committees in an audit process as part of the mission advancement grant. We are looking forward to learning new skills from her. This month has been filled with promise and we look forward to continuing our journey of hope long into the future.

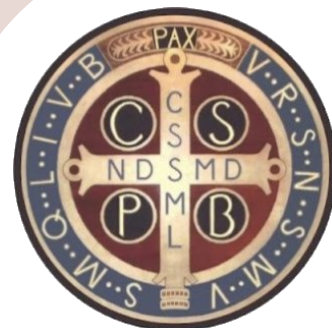
***A blessed Lenten Season,
Sister Paula Hagen, Prioress***

In November 2018, the USCCB released a pastoral letter against racism — their first in almost 40 years. In honor of Black History Month, we're sharing our top 5 takeaways from the letter, because "racism is a life



issue" and it "has no place in the Christian heart." Will you join us in building a culture of life?

[Click Here to see Video.](#)



St. Scholastica Award Presentation – February 9, 2019

by Sister Mary Lou Dummer

An Oblate of St. Paul's Monastery is a Christian who seeks God through a formal relationship with the Monastery. Oblates witness to Benedictine values in their daily life wherever they live.

Jacquelyn (Jaci) Bush, our honoree this year, has lived out and given witness to Benedictine values since 2000, when she made her commitment as an Oblate of St. Paul's Monastery.



As I work with Jacquelyn, I see her deeply committed to Monastic Prayer and Community, the two cornerstones of Community Living. She is deeply committed to the oblate process and to the Benedictine Center. Jacquelyn served as Associate Director with other Oblates for three years. She is serving with me as Associate Director for five years, preparing the formation schedules and teaching classes for the candidates. She helps plan the ongoing events in collaboration with the Benedictine Center. Jaci prepares flyers for upcoming oblate events and edits and formats my communication to the Oblates. She prepares the agenda and chairs the Oblate Advisory Committee meetings.

Jacquelyn is extremely gifted with a passion for education and is gifted with leadership and strategic planning skills. She has attended many of our community strategic planning meetings. She uses these gifts also in her parish, where she is involved in Music Ministry, parish Council and Adult formation events.

In 2017, Jacquelyn received the Sister Timothy Kirby award for Benedictine Spirit from the College of St. Scholastica in Duluth. This award honors alumni who credit the College by way of their

professional achievements, and live out the Benedictine values of Respect, Hospitality, Stewardship, love of learning, and Community.



Lastly, Jacquelyn is a wonderful mother who has paved the way for her daughter, Courtney, to stay strong in her faith and become a leader in parish liturgy and music.

(left to right) Father John Mitchell, Jacquelyn Bush, Anne McManus, Sister Mary Lou Dummer, daughter Courtney Bush, Linda Manders, Sharon Balcom and Marge Arney



(shown left) Rebecca with daughter Madeline and Sister Andriette Schommer.

(shown below) Sister Anne Boeckers with Madeline



A Special Valentine's Day

By Sister Linda Soler

The Sisters received a special Valentine gift from Madeline and her mother, Rebecca. They delivered a special Valentine to each Sister with a "Happy St. Valentine's Day" greeting and a smile.

Thank you to their family for remembering the monastic community.

Preparing for Valentine's Day

By Jessica Lauderman

Sister Marie Rademacher helps out with an arts and craft project for Valentine's Day. The Sister put together decorative placements with hearts and lace.

It was a great festive addition to the meals and celebrations.



50% Chance of Rain

By Patricia Roberts

Thick white clouds change form
the map of England slides by
diffuses into a fat bear
its large paws embrace the sky.
A unicorn joins the seven dwarfs
marching home from the mine.

I want to find your face again
but wind sweeps all forms.
I am enveloped in a steel shroud.

Clouds carry the images within me
I recognize myself in people
like in the condensed haze.
They are mirrors
I bounce off.

When I saw you
You were like a pond of clear water
beyond design
before wisps of vapor formed.
Your terse surface was soft
allowing me to dive
into the ground of myself.

Gentle drops are falling now
small ripples gather
I can see my distortion.
It is beginning to rain.

I always knew



Maple Tree Childcare Valentine's Day Visit

This year, the children from Maple Tree Childcare visited the Sisters in Health Care to spend a little special time and sing songs. The Sisters greatly enjoyed the experience and look forward to all of their visits.



A Special Gift

By Sister Lucia Schwickerath

One of the senior men from Saint Therese came to the Christmas at the Monastery event. He bought a mystery bag and it was a Buca coupon for \$50. He gave it to his daughter as a little appreciation gift, since she is so good to him. The daughter in turn, has a friend who has a set of triplet boys. As I understand it, her friend's home experienced a fire and so the daughter give the Buca coupon to this friend as a small way of helping out the boys and their mother.

Faith

By Karen Fleming

Hebrews 11:1—"Now faith is the assurance of things hoped for, the conviction of things not seen."

Webster's Dictionary: Faith is defined as "Unquestioning belief."

In the book, *Her Essential Wisdom*, a collection of inspiring quotes, here is what Mother Teresa says about Faith: "I take the Lord at his word. Faith is a gift of God. Without it there would be no life... God does not demand that I be successful. God demands that I be faithful. When facing God, results are not important. Faithfulness is what is important."

Our world today opens everything up for questioning. Who do we trust? How can we believe anything or anyone? And if we do believe or trust, how will it impact our lives which may include relatives, friends, educators, pastors, our government?

I am skeptical about relying on anyone or anything to give me honest and truthful satisfaction. But I believe that there is a truthful and reliable source, that being God, the one and only. Faith in Him, our creator.

By Faith, Abraham received power of procreation, even though he was old.

By Faith, Noah built an Ark.

By Faith, Mary accepted the calling by the angel Gabriel to be the mother of the son of God, Jesus. This is the most stirring declaration of faith in the Bible.

By Faith, Saint Monica, the beloved and honored saint in the Catholic church, prayed for 17 years for her wayward son, Augustine, who finally turned his life around and became the great theologian, St. Augustine.

I have faith through His promises: Love when I hurt, Peace when I am anxious, Trust when I worry, Assurance when I doubt, Direction when I am uncertain, Possibilities when my hope wavers, and a strong shielding arm to lift me up when I have fallen.



*“Whatever good work you begin to do, beg of God
with most earnest prayer to perfect it.”*

— Saint Benedict



Benedictine Associates

By Pat Swanke

The Associate ministry is completing its fifth full year as an approved ministry of St Paul's Monastery with 4 active participants. The Associate Committee (pictured in photo from left to right) includes Sister Agnes Trombley, Mary Ann Ryan, Sue Hamilton, Sister Karen Sames, and not pictured-- Linda Anderson and Pat Swanke. The attached photo was taken at the Committee's February meeting where the Committee discussed whether to change

the requirements to be an Associate--specifically the requirement to be single and Catholic. After significant discussion, the Committee unanimously agreed that no changes to the requirements be made at this time. This was based on the fact the original vision for this ministry included a hope that like valued women with similar backgrounds would naturally begin to bond and form their own informal "community." Community is one of the pillars of Benedictine spirituality.



*Hoarfrost and snow, bless the Lord;
praise and exalt Him above all forever.* Daniel 3:70

A Picture Worth a Thousand Words *by Sister Mary Lou Dummer*

What a winter wonderland! This photo was taken by one of our Oblates, Benjamin Wagner, during his visit to the Monastery. It is the winter scene we enjoyed, looking out from our dining room. The statue of St. Joseph is in the background. Praise God for all of creation.



Advancing the Mission 2.0

By Annette Walker

Our consultant, Andrea Proulx Buinicki, CFRE, President of Giving Focus, LLC, joined us to get the action items of our development/communications audit off to a great start.

Andrea met with 10 committees and ministries from the Monastery and left us with a new realization of how valuable our Mission Statement and vision are for the future. Her next on site visit will be mid-March. Check out the work she is doing at:

giving-focus.com

Listening

by Steve Arnold, Deacon

Listening to those in need was the focus of the time together during a retreat hosted by the Benedictine Center on February 12. Listening is difficult at best so time was spent in trying to define listening and then to refine the definition to include deep listening.

Early in the time together, the group established that every human being deserves to be listened to in a deep way. The question became, "What is the process to learn how to listen deeply?"

The first conclusion was that one must want to listen deeply. Without commitment and strong intent, listening will probably not happen. Next, the group looked at the process that Benedict establishes in the Prologue to the Rule of St. Benedict, when Benedict says, "Listen with the ear of the heart."

A person listens with the ear of the heart when learning to listen to God, self and others. Then becomes the process of getting rid of all of the barriers to listening. What are the "weapons of mass destruction" in one's life that keep one from focusing on the other. Clutter, busy-ness, randomness, all keep one from listening.

Removing the distractions then allows for one to listen to God, and hear what God is saying through God's Word and through the Words of others. Once one hears the call of God, one can begin to practice good listening skills with the other.

Opening Reception: Seeing God 2019 Juried Exhibit of Sacred Art

by Mary Elizabeth Ilg

On the cold evening of February 6, artists and friends gathered to celebrate the opening of the 2019 Juried Exhibit, "Seeing God." This event had to be re-scheduled this year due to the arctic sub-zero temperatures on January 30, the original date. Despite the weather, the Monastery gallery was blazing with warmth, color and light as visitors enjoyed the many beautiful works of art currently on display. Kathy Fleming of the Monastery's Art and Spirituality Committee curated the exhibit again this year. As always, she has arranged the work with great sensitivity and insight. All of the pieces flow together in a visual panorama that truly does give God praise and glory. Over the centuries, Benedictines have encouraged artists to express the beauty one experiences in encounter with God's creation. These works are statements of God's abiding presence. The "Seeing God" Juried Exhibit features contemporary artists who work in that spirit. The exhibit runs through March 8, open daily from 8:00 a.m.- 6:00 p.m.

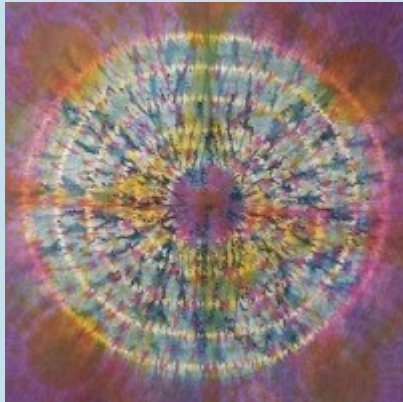


(above) Mary Elizabeth Ilg admiring the artwork.

(right) Sister Paula Hagen and Sister Carol Rennie selling art books –see p.10 to order copies of IN CELEBRATION



Winners of the Seeing God: 2019 Juried Exhibit



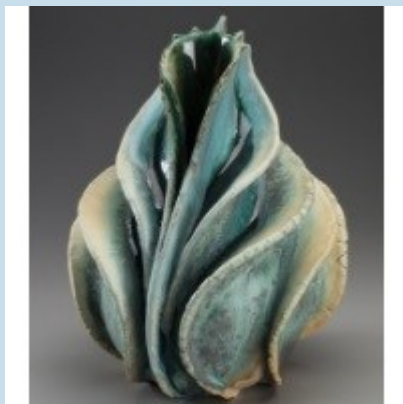
***Hitbodedut התבודדות* by Sandra Brick -
First Place Winner**

My prayers are spontaneous, with no schedule and in my own words. My prayers are conversations—as if with a trusted friend. With each conversation, I come closer to the divine and in the process, the divine wisdom gives me greater insight. My art is a conversation with God. Each of these thousands of French knots reflects a spontaneous prayer—Hitbodedut—talking to God on my own terms.



***Contemplation on an Icon* by Lucy Brusic
Second Place Winner**

A few years ago when I took an icon painting class, it occurred to me that I could weave as slowly and prayerfully as one paints icons. This work is the result.



***Birth/Water Vessel* by Ashely Hise
Third Place Winner**

I think one of the deepest human needs is a sense of belonging and I have found it offered generously by the shorelines and waters I love to explore - a patient, enfolding sanctuary of belonging available to everyone. My work is an appreciation of that and a reminder to reflect on the beauty we all unfolded from. This piece was inspired by the curves and ridges of bones; fluid and unfolding - they speak to me of water, birth and the mystery of physical existence in how it relates to our experiences of the mystical.

In Celebration: Formed in Vision, Inspired for Mission

A Book containing Inspirational images and prayerful reflections on Benedictine values lived by the Sisters of St. Benedict



***Ruah...breath* by Sister Virginia Matter**

"In the beginning God created the Earth and Humans. God breathed RUAH, life into humans and invited them to care for one another and the precious Earth."



***Mary Magdalene* by Elizabeth Fritz**

"My creative process while I painted Mary Magdalene included an under painting of the cave she prayed and meditated in during the last 30 years of her life. She emerged, through my canvas, in deep prayer and meditation. Personally, I began and ended this painting in prayer and meditation about the message of this woman, the apostle to the apostles."

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. (*Two examples appear above.*)

**"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

St. Paul's Monastery's Kitchen Values

by Eli Radtke

Glucose, fructose, red #46 and corn syrup. These days the back of a package of food reads more like a science textbook than an ingredients list. Mysterious compounds cooked up to enhance or preserve flavor bookend one component that can actually be pronounced. If that weren't bad enough, it feels like every week a new study turns up denouncing this preserver or that dye as a carcinogen or harmful to your health. Even when labels claim all natural or organic monikers, preservatives are often used and the guidelines from state to state are uneven as far as what qualifies.

In the St. Paul's Monastery kitchen, we believe in good food with simple ingredients to ensure that we don't have to deal with words we can't pronounce, just what you see us preparing. For example, last month we made Yukon cream potatoes for dinner. This simple dish is made by first taking fingerling potatoes from St. Paul's CSA partner and chopping them into small, 1 to 2 inch chunks. Then the potatoes are put into a long pan and covered with cream and butter, and seasoned with our house-made Montreal steak seasoning, and cheese if cheese is desired (we didn't but it's possible).

The whole dish is then put into our combithermal oven at 350 degrees and cooks for an hour or more, making the morsels of fingerling potatoes tender and creamy from the liquid around them. With the materials used in the kitchen, our list of components can stay simple for you and those you love. Potatoes from our CSA partners, cream and butter from US Foods, and our house-made seasoning blend. No preservatives, artificial colors or unnecessary processed sugars, just the way we would want to eat it, because we eat it as well.

Cooking like this does present some challenges. Fresh produce often requires more preparation from the kitchen because it doesn't have preservatives, or comes from somewhere that sustainably farms without chemicals. Washing food that might have more dirt or imperfections because it comes from a place where care is given, not only to the product but to the earth it comes from, is a labor that we gladly and appreciatively participate in.

In the kitchen at St. Paul's Monastery, we believe in food the way nature intended. As close as we can get to the field from where our produce comes is where we like to be. Washing Minnesotan dirt from local vegetables to serve is what we strive for. With so many places worried about shelf-life and the longevity of their product, being able to cook meals fresh everyday gives us a unique opportunity for freshness. In the kitchen, we are proud to bring that to the table, literally, and to make food that not only we are proud of, but that is as close to nature as we can get.





An Interview with Sister Linda Soler and Senator Chuck Wiger

by Jessica Lauderman

Our Sister Linda Soler, a Benedictine Sister here at St. Paul's Monastery, sat down with Senator Chuck Wiger for an interview on her experiences at serving the community at Hill-Murray School.

The Benedictine core values are Hospitality, Community and Prayer, stemming from a 1500 year old tradition based on St. Benedict's Rule. The Sisters formed what was originally Archbishop Murray High School which eventually transformed into Hill-Murray School, where Sister Linda is a Spiritual coach for the Football team and the Student Services Coordinator.

She is very proud of the values at Hill-Murray School. The students learn the value of community by completing a minimum of two service experiences each year, one of which needs to be with the poor and vulnerable. Such an experience was a recent visit to the Simpson Shelter in Minneapolis. The students stayed overnight and even served breakfast for the residents in the morning.

As a Spiritual Coach for the football team, Sister Linda sees her role as a supportive one. The players know that football is bigger than the ball itself. She prays with them and promotes a team environment, one that instills the social justice value of community, on the field and off.

These examples of Benedictine values can be seen in the lives of returning Alumni who often return to mentor the students. They take part in the volunteer services and chaperone events. And the students get to see how successful their lives have become from the experiences they had at school as they continue to live a life full of faith.

Sister Linda says, "...what we are wanting is the very best for our students... and going back to (speaking of) service, it is when we are working with the poor and vulnerable, how can we not walk away and say 'wow', I didn't realize how fortunate I am."

To see the full video interview, please click here - https://youtu.be/xOKtu7A_0Gk



*** Sunday, March 17, 2019: Tools for Good Works**
with Sr. Michaela Hedican, OSB at St. Benedict's Monastery in St. Joseph, MN.
1:00 p.m. - 3:00 p.m.

Tuesday, May 7, 2019: Prayer and Social time with Monastic Community Evening Praise; supper with the Sisters; dessert and social time.
5:00 p.m. — 7:00 p.m.

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.](#)



SEEKING THE WAY OF BEAUTY: A SOULCOLLAGE RETREAT

Friday, April 5, 6:00 p.m. -
Saturday, April 6, 4:00 p.m.
with Barbara Sutton

"The soul speaks in image," according to C. G. Jung. Beauty is the spark kindled in the soul, the light reflected in nature, and the gold thread that connects the rhythm of our days. This retreat will use the tools of soulcollage to explore beauty. The act of creating collages forms a basis for seeing with the eyes of faith what God is up to in our lives. We will reflect on beauty using journaling, guided imagery and small group sharing to support our collage-making. [Register online](#)

Preparing for Ash Wednesday and Lent

adapted from Jack Carpin's article at the Benedictine College Preparatory

Ash Wednesday marks the beginning of Lent. Lent is the 40-day season that begins on Ash Wednesday and ends on Holy Saturday, preparing us for Easter. It is also a time for repentance and fasting. Catholics are to abstain from eating meat on Ash Wednesday, Good Friday and all of the Fridays during the season of Lent.

Over the course of Lent, it is not an aberration for someone to give up or abstain from something during the entire 40-day season. Giving up something, as Christ did, helps Catholics to grow stronger in themselves and stronger with the Lord. Catholics also often use the season of Lent to evaluate and examine themselves.

Lent is 40 days because Christ spent 40 days fasting in the desert in preparation for his ministry, just as Catholics spend 40 days during the Lenten season fasting and repenting in preparation for Easter. During the 40 days, Christ was constantly tempted by the devil.

The season of Lent is significant because it prepares Catholics for the celebration of the resurrection of Jesus Christ. Through all of the fasting, prayer and self-examination, Catholics are much more prepared for a greater celebration.

“Lent will be this wonderful season of grace for us if we give ourselves to it. And, we will give ourselves to it to the degree we really want it badly. So, in these days before Lent, we need to prepare our hearts. We need to prepare by realizing how much we want to grow in freedom, how much we need to lighten our spirits and experience some real joy, and how much some parts of our lives really need changing.” ([*Collaborative Ministry Office*](#) at Creighton University)



Shown above: Sister Marie Rademacher



CARING FOR YOU WITHOUT LOSING ME

Tuesday, March 19, 7:00 - 9:00 p.m.

with Sister Mary White

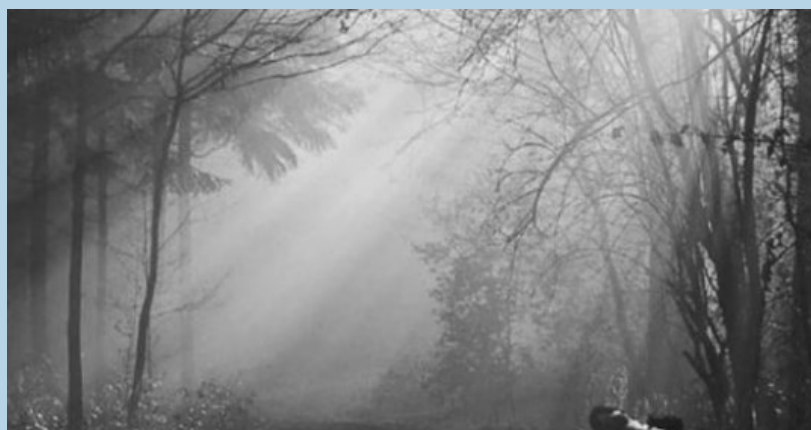
“The greatest of these is love” (1 Cor. 13:13). Responding to the greatest commandment, Love, can seem daunting and, though we want to be loving, we may feel depleted or even resentful at times. There is a belief among some people that because their religious upbringing didn’t attend much to self-care, some have worn out “doing good.” Finding an adequate amount of self-care in a day – and feeling good about it – can be difficult. In this program, we will address one of the most important spiritual challenges of our time: loving others without losing ourselves. The program will include suggestions for practice. [Register Online.](#)



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EMBRACING THE HOLY TIME OF LENT

Sunday, March 24, 3:30 - 6:00 p.m.

with Jackie Bohrer and Peter Watkins

"I will give you a new heart and put a new Spirit in you: I will remove from you your heart of stone and give you a heart of flesh."

This quote from Ezekiel will be the foundation for this Lenten three hour mini-retreat. Through creative artistic experiences, ritual, and personal contemplation, participants will be invited to contemplate their hearts and take a step back to remember the presence of God's Spirit in our lives. Our time together will be a holy time of renewal. Retreatants are also invited to join in a communal meal together at the end. [Register Online.](#)



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!

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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." The requests are passed onto the Sisters in the Health Care Center who pray the 3:30 p.m. daily Rosary for these intentions!

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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!



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.

St. Paul's Monastery
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To connect with or
support Community
ministries to to

www.stpaulsmonastery.org