



March 2019

We Look Forward to Our Journey

In Minnesota, March can be the “in-between” month. We can have picturesque snow landscapes and snow plows all night. Weekends are filled with winter sports, or cabin fever for the more vulnerable and less athletic.

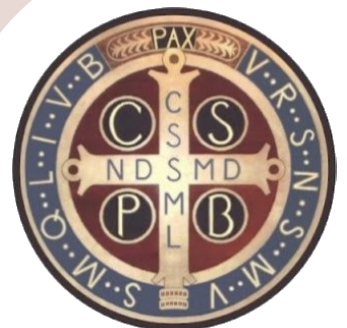
March definitely makes us long for April flowers and new life. As Benedictines, we celebrate the season of Lent when Saint Benedict encourages us to joyfully prepare for the resurrection of new life at Easter. All the songs, Psalms, scripture readings, and rituals bring us renewed hope that we can make it through difficult transitions to new life.

At the Monastery, we have journeyed through the silence needed for true discernment: What is God asking us to do and be in our next five years and who will lead us as our Prioress? We experienced the discipline needed to focus on Christ, clarify our skills and resources and move forward into the grace of the resurrection of new life and a new Prioress, Sister Catherine Nehotte, OSB.

Retreats, workshops, spiritual reading, spiritual direction, almsgiving, repentance and daily discipline renewed our hope and our innermost spirit to accept the pain of change and transition to be transformed into new life and anticipate the joy of Easter. Come and celebrate the Easter Season with “New beginnings” at the Prioress Dinner on May 2, 2019 (*see page 4*).

We thank all of you who are on this journey with us and we look forward to celebrating Holy Week and the Easter season with you.

Sister Paula Hagen, Prioress
Sisters, Benedictine Associates, Oblates, and Volunteers







Hill-Murray Mass

by Jessica Lauderman

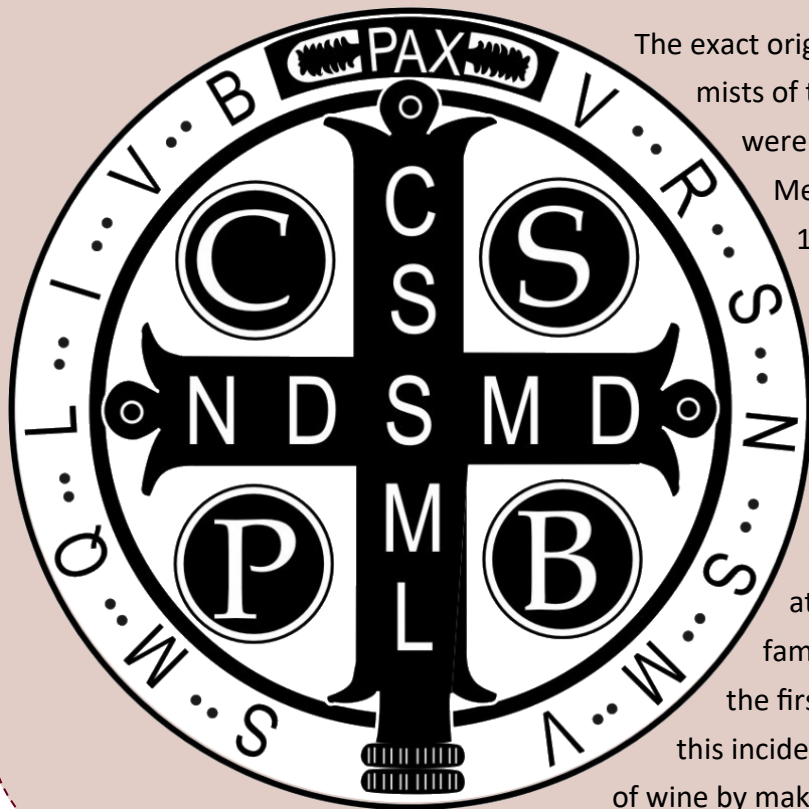
Our Lenten journey began with the Eucharistic celebration on Ash Wednesday at Hill-Murray High School.

Father Kevin Manthey presided. Sister Paula Hagen, Prioress, and Benedictine Associate Mary Lou Kozmik assisted.

Sister Linda Soler, Campus Minister for Hill-Murray, also attended, engaging the students and welcoming their participation.

The Cross of St. Benedict

- excerpt from an article by Samuel Springuel, OSB



The exact origin of the Cross of St. Benedict is lost in the mists of time. Several images depicting the cross were inscribed on the walls in the Abbey of Metten in Bavaria, and a manuscript dating to 1415 found in that abbey's library three centuries later gives crucial information about how to interpret the letters found on the cross (which represent various prayers).

It has been written that Saint Benedict used the sign of the cross in the performance of at least two of his miracles. Of these, the most famous is the attempt to poison St. Benedict by the first community over which he was abbot. In this incident, St. Benedict shatters the poisoned glass of wine by making the sign of the cross over it.

Prioress Dinner

*Sister Paula Hagen and the Benedictine
Community of St. Paul's Monastery
request the honor of your presence to*

Introduce the Prioress-elect

and to

Recognize the Community's 2019 Honorees

Jim and Donna Oricchio

Coordinated Business Systems, Ltd.

*Reserve a Seat
or Sponsor a Sister*

*Donate to our
Fund-A-Need*

May 2, 2019

5:00 to 8:00 p.m.

Guardian Angels

Catholic Church Social Hall*

8260 4th Street North in Oakdale

****Door 6 on South side of Church***



At left: Sister Paula Hagen, Prioress, and Linda Anderson, Benedictine Associate, signing commitment certificate.

Benedictine Associate Commitment Ritual on Feast of St Benedict *by Pat Swanke*

Two Associates renewed their commitments for another year of service as Associates at St Paul's Monastery during Evening Prayer on the Feast of St. Benedict. Linda Anderson and Mary Lou Kozmik will each start their sixth year as Associates. Prioress Sister Paula Hagan officiated at the Renewal of Commitment Ritual.

Associates are single Catholic women who seek to deepen their Benedictine spirituality through service at the Monastery. They participate together in an Associate Formation program and perform volunteer service at the Monastery. By spending time together, Associates bond and begin to develop an identity as Associates. It is our hope that this ministry, along with the Oblates, will continue to grow in their role of sustaining the Benedictine legacy in the Twin Cities area.

O God, who made the Abbot Saint Benedict an outstanding master in the School of Divine Service, grant, we pray, that, putting nothing before love of you, we may hasten with a loving heart in the way of your commands. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.



*At left: Sister Catherine Nehotte,
St. Paul's Monastery Prioress-elect.*

*Below (l-r): Sister Lynn McKenzie,
election facilitator; Sister Kerry
O'Reilly, Federation President; and
Sister Sharon Nohner, election observer
from St. Benedict's Monastery.*



Discernment and Election at St. Paul's Monastery

*by Sister Jacqueline
Leiter*

The Sisters of St. Paul's Monastery were blessed during their discernment for election by the presence of three wise women from St. Benedict's Monastery in St. Joseph, Minnesota: Sister Lynn McKenzie, election facilitator; Sister Kerry O'Reilly, Federation President; and Sister Sharon Nohner, election observer. We are grateful for your prayers during our time of discernment.

After prayer and discernment, the Sisters of St. Paul's Monastery joyfully announce the election of Sister Catherine Nehotte as their twelfth prioress. Installation will take place on May 5, 2019.

Lent in Healthcare

by Terry Johnson, ObISB

“Thus every one of his own will may offer God “with joy of the Holy Spirit” something above the measure required of him. From his body, that is, he may withhold some food, drink, sleep, talking and jesting; and with the joy of spiritual desire he may look forward to holy Easter.” - St. Benedict’s Rule, Chapter 49.



The Benedictine Community of St. Paul’s Monastery is blessed with wise Sisters who have reached their nineties. For over seventy years, they have lived as professed nuns journeying with Jesus through the holy time of Lent. As an Oblate of the Community and Healthcare volunteer for the past 13 years, I have had the good fortune of being with them and observing their Lenten practices.

Many things I have learned from them over the years have enriched my own Lenten practices. The Sisters usually choose a special Lenten book with Lenten readings to reflect on during those forty days. The Monastery Library offers many choices. Three times a day, with the rest of their Community, the Sisters observe Morning, Midday and Evening Prayers. They attend Mass together four times a week and pray the Rosary together every afternoon, asking for peace for the world.

From Ash Wednesday to the Triduum: Holy Thursday, Good Friday and Holy Saturday, they have a regular schedule of beautiful prayers and rituals to bring them into Easter morning. They practice silence through the Triduum until after Easter Vigil. Once I joined the Sisters for their Triduum Retreat in 2007, I could not stay away and have joined them every year since. Being with the Community during this time has had a profound effect on my own spiritual growth and I look forward to being with them each year.

The Sisters are the Easter Women. They carry the joy that is Easter’s Resurrection in their hearts all year, joy with peace. There are no gloomy Lenten faces here. They know they are loved exactly where they are on their faith journey. This allows them to serve the Lord with joy, peace and even laughter during Lent and all year around. Lent and Easter are recognized as special times set aside to remind them and all of us of the incredible Gift we are all being given. These wise ninety-year olds are blessing us each day with their long lives of faith, prayer and service and by allowing us to be witnesses to the fruits of their labor. Like Jesus, they show us how to live and how to die.

Lenten Insights from the Sisters

What does Lent mean to you this year?

It's a time when our Liturgies of the Hours and Mass are special. It's just a special six weeks of the year to dedicate to housecleaning: spiritual and material. I get such a good feeling when I take care of those things. And, hopefully, doing that work helps me get in a better place on the journey – getting rid of things that may hinder my relationships with God and others.

- Sister Louise Inhofer

It is a time for me to pause again and to listen more deeply to where in my life, right now, God is inviting me to let go. It is through the scripture reflections that I become in touch with God's love and how Jesus witnessed to us to be loving.

- Sister Virginia Matter

What is your favorite Lenten practice?

When I was a child, Lent meant giving something up. Now I think of it as doing something or giving something extra special. For example, intentionally doing something for someone else despite how challenging it might be.

- Sister Sharon Schiller

Lectio Divina, which is a reflection on the scripture. It is listening to the word and how the word speaks to my life. Right now, I am reading for inspiration Henri Nouwen's book, *Jesus, A Gospel*. - Sister Virginia Matter

What do you look forward to for Easter?

I look forward to a fresh, new beginning and to more color and light.

- Sister Louise Inhofer

Giving the "alleluia" back.

- Sister Sharon Schiller

However the Spirit brings new life and to being aware of the renewal and newness of life. Being open to this newness and God's creation. - Sister Carol Rennie

Sister Louise Inhofer



Sister Sharon Schiller



Sister Virginia Matter



Sister Carol Rennie



Remembering Sister Marie Rademacher

by Sister Mary Lou Dummer

Sister Marie Rademacher went home to God at on March 26, 2019, having lived and ministered as a Benedictine Sister for 73 years.

Sister Marie was born to Helen (Dols) and Peter Rademacher on October 24, 1925, in Richmond, Minnesota. Her family moved to Stewart where she attended the Catholic School through the eighth grade. She then transferred to St. Benedict's High School in St. Joseph. She entered the Community there and made her first Profession in 1945.

Sister Marie was one of the founding members of the newly established St. Paul's Priory in 1948. She received her teacher's certificate from the Diocesan Teachers College in St. Paul and later her B.A. in elementary education from the College of St. Catherine in St. Paul. She taught for 47 years in various schools: Holy Redeemer in Montgomery; St. Bernard's and Immaculate Heart of Mary in St. Paul; Visitation in Minneapolis; Sacred Heart in Robbinsdale; St. Hubert in Chanhassen; and St. Andrew in Fairfax.

Sister Marie enjoyed her teaching years and loved her students. She had many stories that she was eager to share. "I could teach the basic skills and help the children understand how to live the simple truths of our Catholic faith." For 20 summers, she taught religious education in parishes that did not have a Catholic school. Sister Marie got to know many children and their families and she treasured the memories.

After retiring from teaching, Sister Marie began a new ministry to the elderly at Saint Therese of New Hope in 1994. She witnessed and respected the dignity, faith and wisdom of the residents and felt privileged to be with them as they transitioned from this life to their eternal home. After serving for 16 years at Saint Therese, Sister Marie retired again and returned home to the monastery in 2010. It was there in the Health Care Center that she continued her ministry of prayer, care and compassion.

Sister Marie enjoyed visiting with her family and delighted in sharing her family stories with her Benedictine family. She is preceded in death by her parents; brothers Eugene and Aloysius; sisters S. Sidora, OSB, S. Claretta, OSB and Adella. She is survived by nephews, many grandnieces, grandnephews and cousins, and by the Sisters, Oblates and Benedictine Associates of St. Paul's Monastery.

Sister Marie Rademacher lived her life of service with great love and we rejoice that she has reached her goal—Everlasting Life promised by Jesus, our Risen Savior. ALLELUIA! ALLELUIA!



Broken Open at the Abandoned Places: a Holy Week Reflection

by David Hottinger, Oblate

"Awareness of God does come when, drifting in the wilderness, having gone astray, we suddenly behold the immutable polar star. Out of endless anxiety, out of denial and despair, the soul bursts out in speechless crying."

- Abraham Joshua Heschel, *Man is Not Alone*

With Anna there is no hiding behind "Minnesota nice," no pretending to have it all together. As the early afternoon light streams into our group room, she holds nothing back. "I am a hater sometimes. I am one of those people who just doesn't know how to forgive, but I want to...God seems so far away. I have done terrible things but usually to people who beat me down. Still, I don't know if I can go on this way. All this hurt is killing me." I see the glimmer of a teardrop forming on Anna's world-weary face.



A woman in her late 50's speaks. "For me, the thing I can't let myself forget is that I always have choices. No matter what someone else has done to me, I can choose to let my resentments poison me. Or I can let go and let God take care of that mess."

This exchange is typical in the Spirituality groups I lead. Week after week, I am the privileged witness to the flowing forth of wisdom, amazing in its depth. Even more remarkably, the setting of the group is not a congregation of pious church-goers or a collective of like-minded spiritual pilgrims but one of the locked psychiatry units of the urban medical center where I am a chaplain.

Often those in the group have long-standing mental health histories that have trapped them in a revolving door of lengthy hospitalizations, homelessness, and legal problems. Many abuse drugs and alcohol as a way of "self- treating" the symptoms that haunt them. A significant number have suffered unimaginable trauma and tragedy. And yet I continually find myself inspired, even awed, by the strength, courage, and resilience of these men and women, who, in the eyes of our health-obsessed, image-conscious society, are little more than "social misfits" and "disturbers of the peace."

From what I can tell, psychiatric wards - along, with prisons, homeless shelters and nursing homes : are among the "abandoned places of empire" to which we often relegate those who are chewed up and spat out in the American Dream's relentless pursuit of perfection, productivity, and prosperity. But when I have the eyes to see, it is in these "abandoned places" where I find the Way of Jesus revealed with great clarity and power.

Not that I am always open to becoming aware of God's presence in the people and places I would rather avoid. Like any good denizen of upwardly mobile Middle America, I have done my part to stigmatize people labelled as "deviant." Most of the time, my gaze is fixed firmly on that which is sleek, powerful, "beautiful." Poor, visibly afflicted people are unwelcome heralds of my own vulnerability and need. Rather than let my heart be broken open - and changed - I join in our culture's collective contempt for the 'other.'

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Just the other day, for example, a disheveled-looking fellow on my bus to work turned on his AM radio, thus interrupting my pre-dawn practice of spiritual reading. My first impulse was to be outraged that someone so annoyingly "odd" be allowed to shatter the peace and quiet of our express commute from the suburbs.



I don't remember what I was reading that morning - perhaps something on Benedictine spirituality or the New Monasticism. Or was I in the midst of contemplating a 12 Step meditation or praying the Daily Office? No matter, my hostile reaction to the presence of this "stranger" on the bus was a stark reminder that the path of transformation entails more than filling my intellect with lofty ideas about compassion, hospitality, recovery, etc. Real conversion happens when I allow my heart to be broken open by people I would rather not see, situations I would rather not experience, and places I would rather avoid.

I likely would have been among the merry throng of Passover celebrants boisterously cheering Jesus' triumphant entry into Jerusalem. My enthusiasm would have waned quickly a few days later. There is no way that I would followed the condemned Man of Sorrows to the killing fields of Golgotha, let alone have gone with his women disciples down to the tomb where his corpse had been laid.

And yet it is there in that forsaken wilderness of violence and desolation that the "long arc of the moral universe" began its bend back towards love and justice (Dr. King). Amidst the gloomy backdrop of Holy Saturday - on which death had seemingly won the day - the light and life of the Risen One begins to flicker and then to shine forth in a mighty flame on Easter morning.

This Holy Week I find myself grateful for all that I continue to learn from my family, friends, patients, recovery peers - and, yes, strangers on the bus - about walking the Way of Jesus. Namely, I am reminded that to meet the Risen Christ of Easter morning, I must also trod the wilderness path of Good Friday and experience the abandoned tomb of Holy Saturday.

Indeed, there are many such wilderness roads and suffocating tombs in late modern America. Christ is risen! Instead of running from the abandoned people and places of our world, may we allow our hearts to be broken open by them - so broken open that our souls "burst forth in speechless crying."

Holy Week blessings to all...

A Lenten Observation

by Andria Canty

In observing this 2019 Lenten Season, I'm drawing upon the traditional disciplines of prayer, penance, almsgiving and abstinence as I seek renewed vision and purpose through the most Holy Trinity within my spiritual interior. I'm using this time contemplatively to discern forgiveness and reconciliation, as they interrelate to the bloody crucifix both vertically with God and horizontally with fellow believers. While soaking in the profound love of God against the backdrop of redemptive suffering and solidarity with others for the common good, I remain steadfast. Blessed Mother Mary, please walk with us in the Paschal mystery, and pray for us.



The Good Works Workshop

by Sister Mary Lou Dummer

On March 17, Sister Michaela Hedican (pictured above), Oblate Director at St. Benedict's Monastery in St. Joseph, Minnesota, spoke to the Sisters and Oblates of St. Paul's Monastery. The workshop, "Tools of Good Works," was on Chapter 4 of the Rule of St. Benedict. She offered an engaging presentation into the wisdom of the Rule which is still relevant today and challenges us on our Lenten journeys to God "with our whole heart."

Born Again

*By Victoria Fritz,
OblSB and Monastery Kitchen Manager*

I'm no Holy Roller
And yet I understand
The longing of the promise
"Come, Be Born Again"

The desire for forgiveness
The wanting to be seen
As perfect, sweet and holy
Unashamed and deeply clean

And I believe this promise
Is one that can be true
Not by a magic prayer
But by being wholly (holy) you

The you that God has made you
The you in Eden found
The you so true and fearless
You're creating Holy Ground

We don't have to wait for heaven
And hell, well that's right here
The Reborn You is right now
When your truth is radiantly clear.

Come down to the river
And wash those masks away
Soften up those feet,
no longer made of clay

Sit fully in your body
Let your mind be calm
You're born again on the daily
With every breaking dawn

Go dance as you want to
Go sing and dream and play
Write the words "I Love You"
Mean everything you say

Be what you were made to be
Don't harbor shame or doubt
Know that God is pleased with you
She will not cast you out.

It's the fake you that needs dying
the lies that need to go
The false layers that need sloughing
to reveal the new born you

The Woman in the Picture

By Patricia Roberts

I recognize the charming tranquility
of this spacious, open room
where a woman mends
and her life seems orderly, contained.

Through the arched doorway
penetrates the sun
spreading a blanket of pale light
on red tiles
where a black dog lazily
suns and dreams.

The atmosphere is domestic, human.
I have lived here
I have also experienced
what the artist does not show:
stormy skies, lightning
the roar of nearby waves
through the open window.

A bitter, treacherous, icy memory
shudders this solemn charm.

The woman seems submerged in calm
bent over her raw, disciplined pain
sewing

transforming old disappointments
into new garments.



Women's Month and National Catholic Sisters Week

by Jessica Lauderman

(NCSW) National Catholic Sisters Week is an annual celebration that took place March 8-14, 2019. Created to honor women religious, it is a series of events that instruct, enlighten and bring greater focus to the lives of these incredible women. It's our chance to recognize all they have done for us. It's also our hope that as more young women learn about women religious, more will choose to follow their example. Friends, family, fellow church members support and create a vital sense of welcoming in the community with a comforting word, a hug, and sharing favorite Scripture. Know that your support matters and makes a big difference in their search for Christ.

March is also recognized as Women's History Month, celebrating the accomplishments of women throughout history, and supporting efforts to increase gender equality around the world. March 8th was the International Women's Day (<https://www.internationalwomensday.com/>) which has a long history beginning in 1911. The first rallies were held in Austria, Denmark, Germany, and Switzerland to campaign for women's rights to work, vote, be trained, to hold public office and end discrimination. In the years to follow, International Women's Day expanded and in 1975 was recognized by the United Nations as "United Nations Day for Women's Rights and International Peace."



Fresh Earth Farms

by Victoria Fritz

Did you know you can get fresh, locally grown vegetables all summer long at St. Paul's Monastery? With our partnership with Fresh Earth Farms, we receive delicious, seasonal vegetables and you can too. By joining Fresh Earth Farms, you'll receive locally grown vegetables delivered to St. Paul's

Monastery for your convenience. Come for evening prayer and then pick up your share! Fresh Earth Farms uses organic practices to grow over 150 different vegetables, herbs and flowers. Located just 20 minutes from St. Paul's Monastery, you can't get any fresher unless you grow your own. To learn more please visit - www.freshearthfarms.com or email—chris@freshearthfarms.com

We Began Our Lenten Journey

by Mary Elizabeth Ilg

RETURN TO ME WITH YOUR WHOLE HEART, WITH FASTING, WEEPING AND MOURNING; REND YOUR HEARTS, NOT YOUR GARMENTS, AND RETURN TO THE LORD, YOUR GOD. JOEL 2:12

WE BEGAN OUR LENTEN JOURNEY on Ash Wednesday, March 6. This is our solemn fast, a time when we enhance our spiritual life with prayer, fasting and almsgiving and give God first priority in our lives. The somber tone of the liturgy at St. Paul's Monastery during Lent creates a velvet hush of silence where we can fall more deeply in love with God.

We receive the black ashes, marked on our foreheads: "Remember that you are dust, and to dust you shall return." The ashes are gritty, and throughout the day we feel them on our fingers, on our skin. We recognize one another in the streets, at work or school. We are bonded by this sign of the cross on our faces, this sign of what is most important to us. The mark is made on our hearts. We belong to God. The ashes are also a powerful reminder of our mortality.



I attended Ash Wednesday Mass at the Cathedral of St. Paul at 5:15 p.m. <https://www.cathedralsaintpaul.org> The homily included the idea that if we are returning to God, it implies we have been away for a while. Father John Ubel, Rector of the Cathedral continued, "Lent is a time to draw closer to Jesus through his death and resurrection." The Cathedral is especially significant and moving to me during this time of year, since 19 years ago I was preparing to become Catholic through the Cathedral's RCIA program, which culminates with the sacraments received at Easter Vigil.

There were hundreds of people at Mass late on Wednesday afternoon, despite the fact Ash Wednesday is not technically a Holy Day of Obligation. This was a great witness of our faith, to see so many people heading to church after work, persevering in the crowded parking lot and narrow streets, made more challenging by mountains of snow. It was worth it. It is always worth it: the extra lengths we go to for our faith.

What I desire above all this Lent is to continue to feel God's presence each day, enfolding me with peace. I often feel enveloped in protection, especially when attending Mass at St. Paul's Monastery with the Sisters.

May you draw closer to God during this Holy Season of Lent. We hope to see you at St. Paul's Monastery for Daily Prayer or Mass. *"We are restless for You, God, until we rest in You."*— **Saint Augustine**

A Twisted Treat for All Seasons

by Eli Radtke, Monastery Kitchen Assistant

Pretzels. From ball games to the big screen, the twisted treat has anchored itself in our lifestyles. But how did pretzels come about, and how did their dominion over snack foods begin? And why are they a tradition for Ash Wednesday lunch here at St. Paul's Monastery?

While the exact details aren't clear, one thing that is unanimously agreed upon is that the Church has had a major influence on the development and culture of pretzels. In the early 7th century, the Church enacted stricter Lenten fasting and abstinence rules. This spurred some creative souls to make a food that would fall within those guidelines, made of only water, flour and salt.

These pretzels were the ancestors to the treats we enjoy today. Monks used to give out pretzels to their pupils for remembering their prayers correctly, saying that the shape of the baked good resembled a child in prayer. Early accounts of the pretzel don't have any hard evidence behind them, but their popularity exploded across Europe following this period.



Pretzels soon began representing good luck, good fortune and spiritual wellness. Pretzels were often handed out to the poor to nourish soul and body and, in Switzerland, the pretzel was featured in a wishbone-esque marriage tradition representing love. Children wore necklaces of pretzels on New Year's to represent good fortune to come, and the pretzel even evolved as a symbol that German bakers still use to this day.

So how did the salty sensation make its way to America? Julius Sturgis, a German immigrant, came to Pennsylvania and brought the tradition stateside. He also claims the rights to hard pretzels, discovering that the crispier version had a longer shelf-life and allowed him to expand further out into the country with his business.

Pretzels began being made by machines in the 1930's, because they could make many more per minute than a baker, although their numbers were still quite impressive (40 pretzels per minute, according to *history.com*) but there is something special about bread made from hand. For the last several years, the kitchen has made fresh soft pretzels as the centerpiece of the Ash Wednesday lunch, a day of fasting and prayer.

Our wonderful bakers come in the Tuesday before to mix the dough, which allows just the right amount of time for it to mature to be prepared and baked the next day. One of the most interesting things about baking is the chemical changes that happen within bread dough while the wheat proteins hydrate. (The longer the dough sits, the more complex it tastes.)

Wednesday morning, the kitchen staff divides the dough and rolls it thinly across the preparation counter. The dough is very sticky, so the kitchen is full of flour for the occasion. When the kitchen staff deem the dough thin enough, it is then twisted into its signature shape and laid to rest on a baking sheet. Another unique thing about pretzels is that they are boiled before they are baked (as are bagels). Traditionally there is lye in the water but, for safety reasons, we use baking soda. This creates the hard-outer crust that gives the pastry its crunch.

The pretzels are boiled in batches, and then immediately seasoned so that the seasonings stick to the top. They are then baked in the oven, and served at lunch with roasted vegetables, cheese, smoked fish, and love. This twisted treat of water, flour and salt—that is ancient and modern, secular and sacred—provides sustenance and care for our bodies, minds and spirits as we enter into the Lenten Season.



Above: Skip Sandman, Ojibwe Spiritual Leader and Sister Mary White ; Below: Babette Sandman, Ojibwe White Earth Band, Community Organizer

Shown below: Karen Kugler, Assistant Ramsey County Attorney; Sister Mary White, Anti Sex-Trafficking; Terry Forliti, Executive Director of Breaking Free; John Choi, Ramsey County Attorney



Eileen Hudon, Battered Women Justice Project, Duluth

Demand Change Project

by Sister Mary White

The Breaking Free Demand Change Project brings together local, national, and international leaders and experts in the anti-human trafficking movement for an interactive conference to end the demand for commercial sex. Sex trafficking is one of the most heinous human rights violations of our time. The United Nations estimates that 27 million people are enslaved around the world today, more than any other time in history, with the Twin Cities being one of our own nation's trouble spots. The Justice Department stated that the Twin Cities is one of 13 communities with a high number of sexually-exploited children. "Sexual exploitation and the buying and selling of our children and vulnerable others happens here in Duluth every day," said Shunu Shrestha, Program for Aid to Victims of Sexual Assault.

Sister Mary White works with the Sisters of St. Joseph against Sex Trafficking and with Breaking Free. At a recent conference, she learned about the culture of violence and historical trauma which Native American women experience in Duluth and Canada. Their Native Wisdom enriches our work through woman-to-woman support, understanding and advocacy. **For more information, contact the MN Indian Women's Resource Center (MIRC) at 612-728-2000, or Breaking Free at 651-645-6557.**



Stay Close by Jean Wright

Current Art Exhibit—Seeking Understanding by Jean Wright

Our current exhibit, *Seeking Understanding*, is the work of encaustic artist Jean Wright. Jean works with a hot wax technique to layer color and form in wax. She achieves marvelous textures and depth with this method. Each piece is a meditation on a word or phrase, and often song lyrics. Her deeply held spirituality will be evident in her work gracing our walls through May 3. Spend some time with these abstract images and her words, and find your favorite one. Jean will lead the our next Artist Conversation on Sunday, March 31 from 1:00-3:00 p.m. You are invited to join us!

ISLAM:

From a Woman's Perspective

Come meet Dr. Nadia Mohamed

Professor of World Religions at Minneapolis College
and Department of Global Studies at Anoka Ramsey



7:00—9:00 p.m. Tuesday, April 23, 2019

Free Will Offering. Space is Limited

please call 651-777-8181 for Reservations

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
and the Community of St. Paul's Monastery



***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." — *Sister Virginia Matter*



***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." — *Elizabeth Fritz*

The Benedictine Sisters of St. Paul's Monastery embody a heritage of Christian service and the courage to risk all for its advancement. Their mission finds its fire in values that do not age, do not yield in the face of change, and that sustain them still in creating a new future. In this publication, 25 artists and friends of the Monastery offer visual testimony in color and form to the beauty and power of these values.

"The structure of Community allows each to blossom and bloom in their own fullness."

- Kathy Fleming

"The world is filled with much beauty, both natural and man-made. We are given these gifts to find inspiration, joy and beauty..." - Patricia Duncan

Order Today

On-Going Formation

Living the Rule of St. Benedict



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

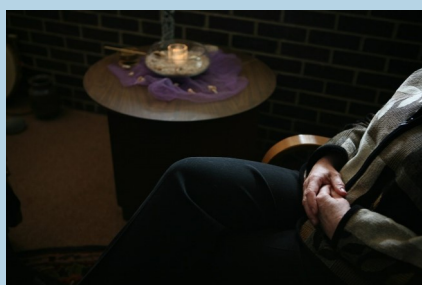
5:00 p.m. — 7:00 p.m.

*** Thursday, May 9 with Father Michael Byron, Pastor, Pax Christi Catholic Community, Eden Prairie, MN**

7:00 p.m. - 9:00 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.*



HERMITAGE RETREAT

FRI., APR. 26, 7:00PM -
SUN., APR. 28, 1:00PM
WITH SISTER VIRGINIA
MATTER

After a common orientation, participants spend time in silence as they read, pray, meditate, and rest in the hospitality of the monastery. Guests enjoy a private room, prayer with the monastic community, lunch, and access to the Monastic Library, art exhibits, and grounds.

Questions welcome— info@benedictinecenter.org

\$150 includes lodging and meals Friday-Sunday

\$25 for Saturday only, 9a-4p

[Register Online.](#)



SEEKING THE WAY OF BEAUTY: A SOUL COLLAGE 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](#)



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!](#)

Join or Contribute?

Know someone who would want to receive this E-Newsletter? Send us their name and email address and we will add them to our next distribution—development@stpaulsmonastery.org.

Did you have an event you would like featured in our E-Newsletter? We welcome those submissions from our community to let everyone know what is happening or scheduled. Simply email us at—development@stpaulsmonastery.org



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

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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This is an opportunity to partner with a national company...AMAZON! Most everyone has placed a few orders for those hard to find items. Others use Amazon because it is easy to find "everything!"

Go to smile.amazon.com and choose your donation; we hope you choose us! Type "St Paul's Monastery" your account will appear as normal but you'll see "Supporting: St Paul's Monastery" right under the search bar. **0.5% of your purchase will come back to us every quarter.** Last quarter we only made \$5.00 but we're hopeful to spread the word and get everyone connected to us designating us!



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
 Health and Retirement

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, Monastery Mission Advancement Director at: awalker@stpaulsmonastery.org or 651-777-6850.

With Thrivent Choice®, you can recommend where some Thrivent Financial charitable outreach funds are allocated. 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.

St. Paul's Monastery
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651-777-8181
development@stpaulsmonastery.org

To connect with or
support Community
ministries visit us at:

www.stpaulsmonastery.org