



*April 2019*

### ***Living The Grace of Christ's Resurrection in Daily Life***

The liturgy, the silence, the Election of Prioress, and the warmer weather has renewed our hope here in the Monastic Community.

Winter is finally over. We see and feel signs of spring and new life all around us. As we celebrated the richness of Holy Week, the Triduum in periods of prayer and silence, our commitment to our faith deepened. We were ready to sing the “Alleluia” with even greater faith and joy in the resurrection.

Preparation for the Prioress Dinner—a time to celebrate with cherished friends and donors from the past, present and future—fills us with anticipated joy of sharing many blessings, especially our Prioress-elect, Sister Catherine Nehotte and her leadership team. As our 12th Prioress, Sister Catherine brings renewed life and spirit to our Benedictine traditions and Gospel values.

God has definitely rewarded the Sisters of St. Benedict with renewed hope. The faithfulness of our Sisters in our Healthcare Center inspires the staff and the Community. Enjoy stories on pages 6-7 of two great models of Benedictine spirituality.

We look forward joyfully to seeing you at our May 2nd Prioress Dinner and at the Installation of our new Prioress on May 5th. Please RSVP (see pages 3-4) to share God's blessings and let your Easter joy blossom.

***Sister Paula Hagen, Prioress***

***Sisters, Benedictine Associates, Oblates, and Volunteers***

PS: In honor of Earth Day on April 22nd, let us attend to Pope Francis, who encourages us to recognize the sacredness of our home, the earth, and each other.



## Easter Greetings!

**R**ejoice, heavenly powers.  
**E**xult, choirs of angels.  
**S**ing all creation with jubilation.  
**U**nleashed are the bonds of death,  
**R**estored is life,  
**R**isen is Jesus!  
**E**aster Blessings!  
**C**hrist will fill the hearts of all believers.  
**T**he peace, grace, and joy of the season  
**I**s ours to behold.  
**O**ur Lord is risen, alleluia.  
**N**ow let us rejoice and be glad.

*May the peace and joy of Easter  
accompany us each and every day!*



*Before 5:00 p.m. Sunday Evening Prayer, the Sisters gather at 4:30 to pray for immigrants and their struggles. The following prayer gives words to these heartfelt intercessions.*

### **Prayer for My Immigrant Relatives**

*By Lory Bedikian*

While they wait in long lines, legs shifting, fingers growing tired of holding handrails, pages of paperwork, give them patience. Help them to recall the cobalt Mediterranean or the green valleys full of vineyards and sheep.

When people's words resemble the buzz of beehives, help them to hear the music of home, sung from balconies overflowing with woven rugs and bundled vegetables.

At night, when the worry beads are held in one palm and a cigarette lit in the other, give them the memory of their first step onto solid land, after much ocean, air and clouds, remind them of the phone call back home saying,

*We arrived. Yes, thank God we made it, we are here.*





# ***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***



## **Prioress Welcome Open House**

*The Sisters of St. Benedict of  
St. Paul's Monastery  
invite you to celebrate the installation of our  
twelfth Prioress and the Leadership Team*

**Sister Catherine Nehotte, OSB**  
*and the Blessing of Leadership*

**Sunday, May 5, 2019**

**1:00 -2:30 p.m.**

*To **RSVP**, please call the  
Monastery Front Desk at  
**651-777-8181***

# Earth Day 2019!

Nature's Gifts to our Planet

Earth Day

[www.earthday.org](http://www.earthday.org)



Nature's gifts to our planet are the millions of species that we know and love, and many more that remain to be discovered.

Unfortunately, humans have upset the balance of nature and, as a result, the world is facing the greatest rate of extinction since we lost the dinosaurs more than 60 million years ago.

The good news is that the rate of extinctions can still be slowed, and many of our declining, threatened and endangered species can still recover if we work together now to build a united global movement of consumers, voters, educators, faith leaders, and scientists to demand immediate action.

## **Praying with the Earth: *Light Within All Light***

*By John Philip Newell*

Light within a light  
Soul behind all souls  
at the breaking of dawn  
at the coming of day  
we wait and watch.

Your Light within the morning light  
Your Soul within the human soul  
Your Presence beckoning to us from the heart of life.  
In the dawning of this day  
let us know fresh shinings in our soul.

In the growing colors of new beginning all around us  
let us know the first lights of our heart.  
Great Star of the morning  
Inner Flame of the universe  
let us be a color in this new dawning.



*"What kind of world do we want to leave to those who come after us, to children who are now growing up?"*

—Pope Francis





Our beautiful Chapel entry, expressing the Easter Liturgy. Monastery Liturgist Karin Barrett orchestrates such beauty in song, environment and word. It brings us such joy to share with others our Spirit.



Monastery  
Accounting  
Manager Rose  
Quast (to the  
right of  
Subprioress  
Sister Mary Lou  
Dummer)  
displays the  
Easter cake she  
made for the  
Community,

## **Celebrating a Birthday with Sister Benita**

*by Jessica Lauderman*

On March 26th, Sister Benita Gerold celebrated her 88th birthday with a collection of nieces and nephews and her sister, Mrs. Anyce Ditter.

They gathered together bringing an assortment of cakes and fruit. They even made her favorite: Angel food cake. As they celebrated, they told stories of what it meant to them to have Sister Benita in their lives.

They were always surprised to see what a good baseball player she was and remembered playing in a field close to their family homes (which were blocks from each other, as they are a close-knit family). When on mission at an orphanage, Sister Benita brought some of her charges to the Gerold family farm for an outing that, of course, included a game of baseball!

They reminisced about the farm and how Sister Benita would throw her habit over her shoulder and drive the tractor around "like a pro."

Sister Karen Sames shared in the visit and played games with seven-year-old Marus, while everyone enjoyed this festive time together.



## Remembering Sister Marie

*by Jeff Dols*

In recent years, I have developed a growing relationship with the Benedictine Community of St. Paul's Monastery. I am currently in the process of formation to join the Community as an Oblate. One of the Sisters to share my journey has been Sister Marie Rademacher, my father's double cousin (same four grandparents).

Although I only had the opportunity to know Sister Marie for less than a year, it has been an amazing journey. Sister Marie was instrumental in helping me to better understand the deep Benedictine connections in our family history. And through her stories, she was able to help make that history come alive by sharing her life experiences. Sister Marie also helped me to understand and appreciate the value of Benedictine spirituality in her life.

Following a family pilgrimage to Rosen last summer, I discovered Sister Marie quite by accident as I researched our Benedictine family history in the archives of the Monastery of St. Benedict. Some weeks later, I asked our Oblate Director Sister Mary Lou Dummer about Sister Marie, and was happy to learn that she was still living at St. Paul's Monastery.



friendly grandfather who joyfully exclaimed "Maria!!" as she came to visit as a young girl.

*While I will miss Sister Marie, I am truly grateful for the opportunity to have had those priceless months of connection to my family and Benedictine roots.*



*Above: Sister Marie enjoying the Monastery courtyard*

We were introduced that day, and in the months since, she has shared stories with me of her childhood in Stewart, Minnesota and her life as a Benedictine Sister.

She made the dusty pages of the archives come alive with her stories, and helped create a living connection to our shared ancestors—especially Johann Dols, the young boy who sailed from our ancestral home in Holland to plant our family tree in Minnesota. I will always remember her description of Johann as the tall,





*Pictured with the four McDonald Sisters are Bob White and (front row, l-r)  
Sister Mary White and Peggy White*

## **Sisters of Peace Play**

*by Sister Mary White*

My siblings and I attended the play “Sisters of Peace” along with Sisters Paula Hagen, Virginia Matter and Lucia Schwickerath. The play details the story of the McDonald siblings and legendary peace activists, Sisters Brigid, Jane, Rita, and Kate.

Raised in a large Irish farm family in Hollywood Township, Minnesota, the McDonalds are St. Joseph Sisters of Carondelet based in St. Paul. These Sisters have devoted their lives to teaching the Church documents on justice and peace and became activists. Wherever there was injustice, the chance of bumping into the McDonald sisters was high.

Their incredible and inspiring stories came to life in this stirring play that took us on a journey from the security gates of Honeywell Corporation in Minneapolis, to the School of the Americas in Georgia and back to the steps of the Cathedral of St. Paul.

We greatly enjoyed this opportunity to learn and rejoice in the history of activism for peace and justice!

### **Read the reviews!**

[Sisters of Peace portrays fightin' nuns with grace, honesty](#) (*Pioneer Press*)

[Sisters of Peace offers affectionate, imperfect tribute to Twin Cities nuns](#) (*Star Tribune*)

[Sisters of Peace tells story of four remarkable local women, the McDonald sisters](#) (*broadwayworld.com*)

[Excellent performances and lively production](#) (*talkinbroadway.com*)

[Not only a truly feel-good piece, but a call to action to live more authentic lives](#) (*cherryandspoon.com*)





*Above (l-r): Dan and Tracy Zarembinski, Zach Zarembinski and Sister Linda*

## **A Walking Miracle**

*by Sister Linda Soler*

Zach Zarembinski, a walking miracle, came to the Monastery with his parents to thank the Monastic Community for their prayers. Zach took himself off the field and collapsed on the sidelines during a football game on October 27. He was rushed to Regions Hospital for emergency surgery because of a brain bleed, after which, he was put into a medically-induced coma. As the Spiritual Coach for the football team, I've kept our Monastic Community up to date for the need for prayer. The Zarembinski family is naturally deeply grateful for Zach's outcome and for everyone who upheld him and their family in prayer.

For more information on Zach's story, please go to:

<https://youtu.be/rjYQqLKzAns> and <https://youtu.be/uDgO37-cfDI>

*At right:  
Madeline  
and  
Sister Linda*



## **A Visit from Someone Special**

*by Sister Linda Soler*

Madeline Ripka played the Easter Bunny for the Sisters. Each egg had three pieces of candy that would remind the Sisters of the Holy Trinity.

Madeline is a frequent visitor who loves to interact with our Monastic Community. She brings great joy!



## Pilgrimage

by Victoria Fritz, OblSB and Monastery  
Kitchen Manager

Each time a decision is required  
I must part with a bit of myself  
Leave it on the side of  
This bifurcated path.

I don't want to part with  
My magpie collections  
Sorted and savored over years as  
I tried to approach perfection

Bright shiny wrappings  
Strings woven tightly  
A cache of memories  
Some no longer serving

Layers of character  
Hard fought for and  
Greatly deserved  
A mantle in which I am wrapped.

Could I walk a straight line?  
Never slough off a bit of me?  
Hold on to what is no longer needed?  
Haul that weight to the grave?

I have gained and lost  
And will continue to do so  
Life is complicated  
A pilgrimage, not a highway.

Many forks in the road will greet us  
Many options that can't all be taken  
Many folks in our lives will go from us  
Many times, to our roots, we'll be shaken

And yet

And yet.

Each time we choose  
we can choose love.  
And that makes the leaving  
The sloughing  
A purification  
Not a punishment.



*Our heartfelt appreciation to Victoria for her deep  
commitment to beauty and healthy nutrition!*

—Sister Paula





*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.



### **Every Grain of Sand**

by Sister Linda Soler

On March 27th, Hill-Murray School students and myself along with other staff members went to St. Croix Beach to fill and install sandbags to protect riverbanks and residents from the predicted flooding.

I was blessed to join staff and students who took time during their Spring Break to help make a difference one bag, and one grain, of sand at a time.

## *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

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**

*Copies also  
available for  
purchase at the  
Monastery Front  
Desk or at the  
2019 Prioress  
Dinner on May 2!*



# On-Going Formation

Living the Rule of St. Benedict



## Oblates

**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.

**Saturday, June 8: Final Oblation & Reception:**

7:00 p.m. - 8:30 p.m.

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



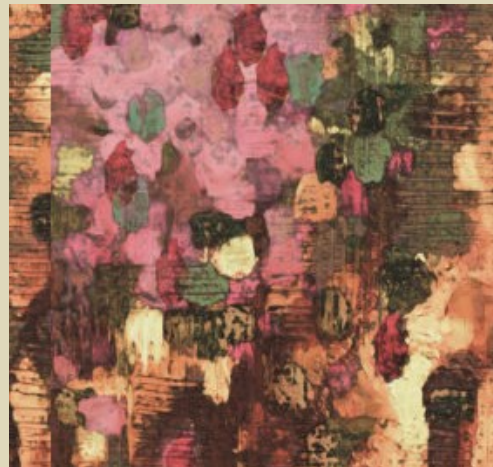
## INTRO TO CENTERING PRAYER

**Fri., May 10, 9:00am - 2:30pm**

**S. Jacqueline Leiter and Peggy Thompson**

This ancient spiritual practice is a Christian way of meditating that teaches one how to listen for God's invitation to deeper relationship.

[Click here to register online with the Benedictine Center](#)



**ABIDE IN MY LOVE (JOHN 15)**

**Tues., May 7, 7:00—9:00pm**  
**with Father Michael Byron**

In one of the most timeless passages in the Gospel of John, Jesus invites his disciples to love one another with a love rooted in himself. He calls them no longer servants, but friends, and compels them to follow and live in harmony with the way he follows and dwells in the love of the Father. Join Father Michael Byron, a theologian and pastor of St. Pascal Baylon Catholic Church in St. Paul, to explore how this abiding love might still infuse the modern Christian life.

[Click here to register online with the Benedictine Center](#)



### **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.

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 the Monastery's E-Newsletter? Send us their name and email address and we will add them to our next distribution—[development@stpaulsmonastery.org](mailto:development@stpaulsmonastery.org)*

*Did you have an event you would like featured in our E-Newsletter? We welcome submissions from our community to let everyone know what is happening or scheduled. Simply email us at: [development@stpaulsmonastery.org](mailto: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](http://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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and choose "St. Paul's  
Monastery"

This is an opportunity to partner with a national company...AMAZON! When you shop on [smile.amazon.com](https://smile.amazon.com) and select "St. Paul's Monastery," your account will appear as normal but you'll see "Supporting: St. Paul's Monastery" right under the search bar. As a result, **0.5% of your purchase will come back to the Sisters every quarter.** Last quarter we made \$5.00, and we're hopeful to spread the word. What a convenient way for our supporters, who shop on amazon.com, to donate to the Sisters and St. Paul's Monastery!



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](mailto: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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Saint Paul, Minnesota 55109  
651-777-8181  
development@stpaulsmonastery.org

To connect with or  
support Community  
ministries visit us at:

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