

*"Listen and attend
with the ear of your heart."*

Saint Benedict

June / July 2019

Nurture Through Ministry

At St. Paul's Monastery, we are grateful for your amazing generosity of support. It is you who helps form our mission to co-create a future filled with God's mystery and love. The Benedictine way of life is a response to God's love, and it is through that love that we need each other on the journey.

One way for a monastic community to be nurtured is through ministry. Whether within or outside the Monastery, our Community needs others to accomplish our ministries. So a question to you, is, "How can we minister to you?" That is the question at the heart of this Monastic Community, and our ministry is to listen to all of God's people.

We want to hear from you the same way Benedict invited monastics 1500 years ago to listen to those who are welcome at the Monastery, so that in all things God may be glorified.

Sister Linda Soler, OSB
Monastic Leadership Team



Prayer for America

*Dear God, we thank you for the bountiful
blessings you have bestowed on us.*

Guide us in being good stewards of these gifts.

*Let us care for all of your beautiful creation, from
the redwood forests
to the gulfstream waters.*

*Make us instruments of your peace
in order to put an end
to rockets' red glare and
bombs bursting in air.*

*Help us to love and care for all of our
neighbors—locally and globally—so that we might
be truly crowned
with brotherhood from sea to
shining sea. Amen.*

*GOD BLESS
AMERICA!*

Prayer Schedule

"Nothing is to be preferred to the Work of God."

—Rule of Benedict, Chap. 43



Sunday

Morning Prayer: 10:00AM

Eucharist: 11:00AM

Evening Prayer: 5:00PM

*For further information, call
651-777-8181 or visit us online at
www.stpaulsmonastery.org*

Monday–Saturday

Morning Prayer: 8:00AM

Midday Prayer: 11:30AM

(Mon./Fri./Sat.)

Eucharist: 11:30AM

(Tue./Wed./Thu.)

Evening Prayer: 5:00PM



COMMUNITY PRAYER MINISTRY

Here to Serve You in Prayer



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 would like to send a prayer request or concern via our website, you will find the 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 Healthcare Center who pray the 3:30 p.m. daily Rosary for these intentions!



St. Paul's Monastery Founders' Day

by Sister Linda Soler, Monastic Leadership Team

On June 22nd, we Sisters celebrated our Founders' Day in honor of the establishment of our Monastery by Sisters who came from St. Benedict's Monastery to St. Paul's 301 Summit Avenue in 1948. Associates and Oblates joined us for a blessing over Sister Duane Moes, our only living Charter Member, and ritual and the blessing of the graves. We had an all-German meal served with shared stories.



Puppy Visit

Julianna Sandin brought 12-week-old, very adorable puppy Harper for a Monastery visit. She was a big hit with Sisters and staff. Sister Monica Raway got some one-on-one time which, as you can see, made her smile brightly. Thank you, Julianna for sharing the joy a puppy can bring!

**Sooo
Cute!**



We congratulate the St. Paul's Monastery Oblate Class of 2019!
 Back row above (l-r): Benjamin Wagner, Steven Ellison, Jeff Dols and Emily Broeffle
 Front row (l-r): Marcia Bailey, Paula Hurley and Jim Hansen

Vigil of the Pentecost

by Sister Mary Lou Dummer, Oblate Director

During the Vigil of Pentecost on June 8, 2019, the Monastic Community of St. Paul's Monastery, received the Final Oblation of Marcia Bailey, Emily Broeffle, Jeff Dols, Steven Ellison, Jim Hansen, Paula Hurley, and Benjamin Wagner. In making the Act Of Oblation, these new oblates have become formally affiliated with St Paul's Monastery, and have promised to integrate into their lives to the best of their ability the ideals of the Gospel as embodied in the Spirituality of St. Benedict.

As part of the commitment ceremony, the Sisters blessed and welcomed the oblates into a relationship of mutual support and invited them to be a strong voice calling for the transformation of the world. The community expressed their affirmation with a blessing prayer. Following the ceremony, the oblates, families and friends joined the Sisters for a joyful celebration.

For more information about oblate formation, call or e-mail me at:
 651-777-8181 or mldummer@stpaulsmonastery.org

Thoughts on Final Oblation

by Jeff Dols, ObISB



As I write this, I gaze upon a special gift – a large candle marked with the Benedictine cross – a reminder of our passage from candidates to Oblates during our Final Oblation ceremony on June 8, the eve of Pentecost. And like the first disciples, this gift of flame symbolizes our new beginnings and our commitment to live the Gospel and carry the Benedictine Spirit each day into the places where we live and work. Gazing on the candle brings back fond and touching memories from our Final Oblation evening.

The candidates began the evening as we have for the past nine months, gathering in the Riepp Room to catch up with each other and share our stories.

Sister Mary Lou Dummer then gathered us for rehearsal in the Chapel, as we tentatively walked through the steps of the ceremony. Perhaps some of us were nervous, but I suspect Sister Mary Lou knew, in the end, all will be well.

After rehearsal, we moved to the Gathering Space, where our families and friends began to arrive. After nine months of journeying together, we were able to introduce our families to our sponsors and our classmates, and they got to meet the people most important in our lives.

Finally, it was the moment we'd been waiting for, as we lined up outside the Chapel with our sponsors and began the procession, walking with the support of the Monastic Community and our friends and families.

After evening prayer, as if on cue to affirm this special event, a thin strip of sunlight pierced through the window and the cross behind the altar, illuminating the candidates as a way of anointing what we were about to do. This illumination continued as we spoke our Final Oblation loudly for all to hear.

Then, one-by-one, we approached the altar, greeted warmly by Sister Catherine, as she welcomed us and invited us to sign our Final Oblation commitment document as she did the same. As we each moved to the side of the altar, we lit our designated candle to symbolize our new life before lining up behind the altar to receive a blessing from our sponsors.

Gazing on the
candle brings back
fond and touching
memories

(continued on next page)

Thoughts on Final Oblation

(cont. from previous page)

By now, the thin strip of sunlight had moved to shine on the faces of our sponsors. Each of us candidates made eye contact with our sponsors as they raised their hands in blessing of our Oblation.

Finally, Sister Catherine gifted us with our Benedictine medals, moving from one Oblate to the next, calling upon each of us to commit our lives to following *the Rule* and living the Gospel. It was a powerful moment of invitation and commitment.



Above: Jeff, at right, with his oblate sponsor, Jim Bartols

With those blessings, we returned to our seats as the newest members of the St. Paul's Monastery Community, to finish evening prayer and continue on our journey, processing out of the Chapel side-by-side with our sponsors.

As with any good celebration, we finished with an abundance of food – delicious treats lovingly prepared for us by volunteers. We ended the evening with stories, laughter, and love with our sponsors, families and friends.

sunny days at last

radiating God's nature

Deo gratias

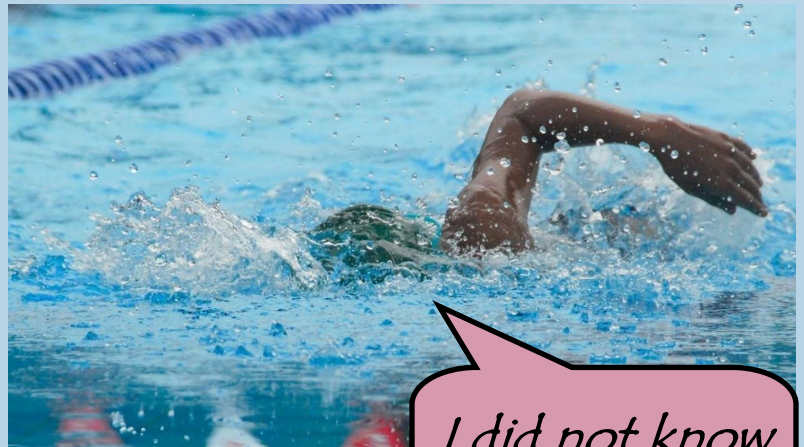
from *Nuggets of Hope*, a collection of Haiku poems by
Sister Rose Alice Althoff, OSB (1917-2008)



Learning to Swim by Swimming

by Kiely Todd Roska

When I turned 30, I decided that I wanted to complete a triathlon. One problem: I **did not know how to swim**. I wasn't scared of the water and I could stay afloat, but the most fruitful results of my childhood swim lessons were a goofy-looking breast stroke that didn't involve putting my head under the water and a "little bird, big bird, fly." The latter was basically laying on my back, flapping my arms, and propelling myself (slowly) through the water. These were not the ways of a triathlete...



I did not know how to swim!

Much of the time when I practiced at the pool, I felt embarrassed about not knowing how to swim. Teenagers half my age and seniors more than twice my age were cruising by in the lanes beside me. Meanwhile, I would pause and stand up several times during one length of the pool to reorient my body in the water after running into the lane line again. This was **often humbling and sometimes humiliating...** [Read On...](#)

listen...Listen...LISTEN...

by Sister Louise Inhofer, OSB

Recently I did something I've never done in my life: I picked up a periodical and read it from cover to cover even the poetry and book reviews! The magazine? Benedictines, a periodical published twice a year by Mount Saint Scholastica Monastery in Atchinson, Kansas. Why? Because every one of the five titles has the word LISTENING in it.

Michael Casey's article "Integral Listening" explains the kinds of listening from Physical—sound but no message in it, to Practical—translating what we hear and understand into action. He ends by writing about the kind of listening which gives us the deeper meaning of the first word in Benedict's *Rule*—LISTEN.



**Donate
Today!**

"LISTENING One Another Into Being" by Mary Jo Palak, OSB, is a practical article about listening to one another and enriching each other's lives. I could go on, but I think you get the message. The rest of the articles are well worth the time it takes to read them—and reread them.

Welcome Carol Jorgensen!

by Sam Rahberg

We are glad to welcome Carol Jorgensen as the new Hospitality Specialist addition to our Benedictine Center staff.

Carol comes with many years of experience with hospitality in different settings. Most recently, she worked as a ministry coordinator with two different congregations. Carol has a degree in psychology and a passion as a photographer.



With Shouts of Joy

by Patricia Roberts

She will dance
with shouts of joy across the field of
yellow daffodils.
Her rhythmic acrobatics
will transport her like a jumping crane.

She will sing
the secret music of the birds
and become one
in the concert of the universe.

She is free to be
Crane, sky, daffodil, song.
She chooses none
Just pretends with
shouts of joy and dance.

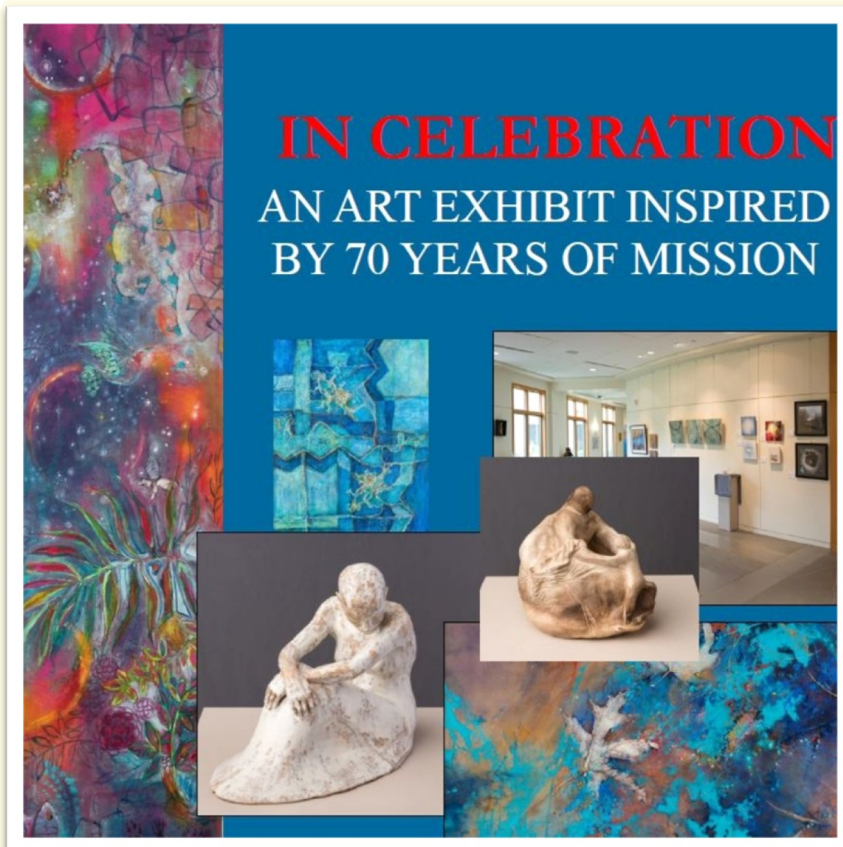
Join or Contribute to Our E-News?

- **Know someone who may want to receive the Monastery's E-Newsletter?**
Send their name and e-mail address to Annette (see below).
- **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.

Call or e-mail Annette:
651-777-6850
awalker@stpaulsmonastery.org



In Celebration: Formed In Vision, Inspired for Mission



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

Order Today

"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

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Today!

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Performance Anxiety

by Mary Jo Robinson-Jamison

i. Recital

It wasn't the lilacs' fault that one by one Sister Raymond's piano students trooped up the seven steps to the small shiny stage of St. Anthony's Parochial School. It wasn't their fault that I was caught in the headlights of two voluptuous bouquets. A loose profusion of lavender bunches, like grapes, draped themselves over the lips of giant paper-mâché vases. It wasn't their fault that I was like a rabbit wishing to be invisible. Actually, a rabbit's posture would have been better. And the rabbit would have gotten away; moved with speed and grace into the bushes.

Each of us turned at the edge of the stage and announced the name of the recital piece with varying degrees of articulation and enthusiasm. When I got to the top step and turned in the face of blinding bright light, I must have announced my piece. What I remember is a cracked second when all the throat clearing, coughs, whispers, shifting of hips on folding chairs, nudged looks stopped. It was a death of sorts to be that visible. To walk across America to the angled piano and scrape the heavy wooden bench into place. To move a finger and spurt sound across a half-empty gym.

ii. Vigil

From the white kitchen timer chipped off on the side, I learned about eternity while I practiced the piano. I heard myself hit the same wrong notes and make the same mistakes over and over again. Oh, I learned some valuable things. I learned to sit. To practice something. To wait. On some level, I knew that messages from hundreds of years ago were in my hands. That a phrase is really a breath. That there are beginnings and endings. That one reads from left to right to the end of the piece. I learned about patterns and the circle of fifths. I learned a wrong note would elicit my mother's comment from the kitchen.

I was told that crossing my legs or holding my elbows against my ribs changed the sound, but I never really believed that. I learned to decode the written music the way a foreigner learns a language from a book. I was only performing incantations, really. All that time and I didn't hear the music. All that time. I suppose I would have been doing something anyway. I am old now and listen for my knees to crack, my right foot's step to be shorter than my left. Now I set the kitchen timer for leg exercises. It took so very long to hear the beauty of shadows, the clouds sliding overhead.

iii. Give me a microphone

After the first two readers, I worried that my knee would not unkink when I stood up to read so I left my front row spot and stood at the edge of the two dozen people at the wrong angle for the amplification coming from a portable speaker. I couldn't hear the poems by quiet readers. Most people treat the microphone like it is an exotic animal. Then I became distracted by the swallowtail with the black scrolled wings that bounced over us. In a way it didn't matter what we said. It didn't matter who read. My words, her words, will never be good enough. Will always be good enough. They are just evidence of life. Like the birds. On most days a bird's song barely registers on the Richter scale of life events. That doesn't change that fact that yellow swallowtail edged with black scrolls floated and bounced over us through a tall dark wood yesterday. And you could almost hear the listening.



Mary Jo lives in St. Paul with her husband Kent with whom she raised two children. She grew up working in her dad's Red Owl grocery store in Stearns County, Minnesota. For the last forty years she has worked with the severely handicapped as a music therapist. Mary Jo came to St. Paul's Monastery as a Benedictine Center participant.



BENEDICTINE CENTER OF ST. PAUL'S MONASTERY



Centering Prayer Retreat

Friday, August 9, 7 p.m.—Wednesday, August 14, 1 p.m. with Carol Quest and Jodi Reis Johnson

Come immerse yourself in silence through the practice of centering prayer gently supported by lectio divina and prayer with the monastic community. Extended sessions of group centering prayer offer the opportunity to deepen your relationship with God and self. Participants have the option for a shorter retreat (Fri-Sun) or a longer retreat (Fri-Wed).

\$375 includes lodging and meals \$150 thru Sunday only

The Condensed School of Lectio Divina

5:00 p.m., Friday, July 19— 1:00 p.m., Sunday, July 21
With Sam Rahberg and Sister Virginia Matter

The Condensed School of Lectio Divina adapts the Benedictine Center's keystone experience retreat into a shorter, less-expensive format. The core teachings and the monastic experience remains intact. Sam Rahberg, in cooperation with S. Virginia Matter OSB, leads five teaching sessions that distill the essentials of sustained *lectio divina*, making this an excellent introduction to the practice or a good review for past participants in the *School of Lectio Divina*. Maximum 20 participants as room arrangements allow.



SoulCollage® Sunday Circle

Sundays, 1:30-4:00 p.m.

Jul. 14, Aug. 4, Sept. 8, Oct. 13,
Nov. 3, Dec. 1

with Barbara Sutton

SoulCollage® Sunday Circle will provide open space for creating and exploring your SoulCollage cards with facilitator Barbara Sutton. It is a casual afternoon for the new and experienced SoulCollage participants to bring our circle wisdom forward each month! Sessions will include a soulful reflection, card making, gleaning the wisdom and pairing soul and labyrinth. Images, glue, scissors and cards will be awaiting you. No previous art experience is necessary!

To learn more about SoulCollage, visit www.soulcollage.com

**To register or for further
information, e-mail or call us:**

benedictinecenter@stpaulsmonastery.org

651.777.7251

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To connect with or
support Community
ministries visit us at:

www.stpaulsmonastery.org

THE SISTERS OF ST. BENEDICT OF ST. PAUL'S MONASTERY

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.