



*That in all things, God may
be glorified.*

—1 Peter 4:11

May 2019

Viriditas, the Lush Greenness of the Divine

Looking out over the Monastery campus, one can't but help notice the beauty of the lush greenness of nature.

Viriditas was a guiding image for St. Hildegard of Bingen, who viewed the greening power of nature as a metaphor for physical and spiritual health.

Viriditas was in part the visual aspect of the lush greenness of the divine in nature, the fullness of life. We invite you to come share the greenness of life with us and attend to your physical and spiritual growth here at the Monastery.

Page 2 has our daily prayer schedule, and you are always welcome for prayers and Eucharist. We hope to see you soon.

Catherine Nehotte, OSB
Prioress



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!



Above: "Triumphant Leadership" by Lynnette Black

New Leadership at St. Paul's Monastery

by Sister Jacqueline Leiter, OSB

This is the day the Lord has made, let us rejoice and be glad. —Psalm 118:24

Discernment and Election

The Sisters of St. Paul's Monastery spent nearly a year in preparation for electing a new prioress. While this preparation includes discussion about the direction that God is calling us to as community and

the gifts needed at this time, it is marked by shared individual and communal silence and prayer. Before the election weekend in early March, Sisters speak very little about election. Instead, each Sister listens for the Spirit speaking in her heart.

The discernment weekend for election was a time of shared silence, prayer, and discussion. Sister Lynn McKenzie, OSB, from Sacred Heart Monastery in Cullman, Alabama, served as our facilitator. She guided us in listening to our shared wisdom and to the Spirit. This tradition of discernment is at the heart of calling forth leadership in Benedictine women's communities.

After discernment and election, our community has a custom of waiting about two months to allow for a transition of leadership. This time is helpful for the entire monastic community and also for Sister Paula Hagen, who was completing her five-year term as prioress, and for Sister Catherine Nehotte, prioress-elect, and the new leadership team. The community is grateful for all who supported us in prayer during our discernment.

Installation and Blessing of Leadership

On Sunday May 5, the monastic community celebrated the installation of prioress and blessing of leadership at Morning Prayer. The ritual takes place in the context of the daily rhythm in our lives of praying the psalms.

Statio

Morning prayer began with *statio*, an ancient monastic tradition. *Statio* helps us to be attentive and center our hearts and minds on the present moment. The Sisters process into the Chapel and bow to the altar and then each other as a sign of reverence for God and reverence for each other.

On this special morning, *statio* also included a special blessing between and among Sister Catherine and seven of our former prioresses. For over seventy years our community has been blessed with the gifts and wisdom of these and other women that God has called to leadership.

St. Paul's Monastery is a member of the Federation of St. Benedict, a congregation of ten Benedictine women's monasteries located in the United States and around the world. Sister Kerry O'Reilly, the President of our Federation, presided at the rite and installed Sister Catherine as our twelfth prioress.

Sister Kerry gave Sister Catherine a copy of the *Rule of St. Benedict* to guide her. Sister Catherine promised, with the grace of God and support of the Monastic Community to carry out the responsibilities of Prioress and lead the Community in fidelity to the Gospel and the Monastic Way of Life.

(continued on next page)

New Leadership at St. Paul's Monastery

(cont. from previous page)

Covenanting of Prioress and Community

The ritual continues with the covenanting of Prioress and Community. The idea of covenant as a special kind of relationship goes back to the Hebrew Scriptures.



Above: Federation President Kerry O'Reilly, OSB (center) and Monastery Community bless Sister Catherine (far right)



With the grace of God and the support of her Leadership Team and the St. Paul's Monastery Community, Sister Catherine promised to "support the Monastic Community to carry out the responsibilities of Prioress and lead the Community in fidelity to the Gospel and the Monastic Way of Life" and to "Listen with the ear of (her) heart" —Rule of Benedict, Prologue

God called the people of Israel into a covenant relationship. The relationship of the monastic community and prioress is similarly covenantal. Each Sister came forward to promise her support and obedience to Sister Catherine by a few spoken words, by a hug, or other gesture. It is a mutual blessing between each individual Sister and the newly installed prioress.

The Sisters promised to listen to and support Sister Catherine and ask for God's grace and guidance to live the monastic life in loving relationship with each other so that they may serve God and God's people.

Blessing of Leadership

After the covenanting, Sister Catherine called forth others to share in the responsibilities of leadership: Sister Mary White, Sister Linda Soler, and Sister Jacqueline Leiter (see photo on page 5). Sister Kerry and the Monastic Community blessed these four women and prayed for them to receive grace and that God will guide and bless their work as they serve.

New prioress seeks to advance community's goals

Following a year-long process described as visionary, democratic and “a little mysterious,” the 30 vowed Benedictine Sisters who belong to St. Paul’s Monastery in St. Paul elected Sister Catherine Nehotte as their 12th prioress in late March.

Representing what one Sister called “the next perspective” in leadership, Sister Catherine and leadership team assisting her during her five-year term, will seek to meet goals developed by the Community’s members. Some important aspects of which are evaluating their vocation and hospitality ministries and care of creation.

The election, said Sister Linda Soler, “is truly a spiritual experience, and we have to rely completely on God for that right Sister who is to be called.”



New Leadership Team above (l-r): Sister Linda Soler, Sister Mary White , Sister Catherine Nehotte, and Sister Jacqueline Leiter

At the start of the election process, which the Sisters have followed for at least 30 years, they pray for discernment on future directions for their Community, said Sister Paula Hagen, the Monastery’s outgoing Prioress.

At the end of March, the Sisters identified gifts and abilities needed to accomplish their goals and recommended Sisters possessing them. Nominees addressed the Community and answered questions. “There’s no campaigning involved in this,” Sister Catherine said. “It’s really a lot of deep listening as far as who might have the gifts to lead us in the next term of office.”

When they appeared to have a consensus, the Sisters formally voted in the presence of Federation President Sister Kerry O’Reilly, who represents a number of Benedictine communities in and outside the United States. Sister Catherine said she was surprised and humbled by her election. “For some reason I’m being asked,” she said. “God will give the gifts needed. I totally depend on the grace of God.”

As the civil and spiritual leader within the Community and president of the Community’s Corporation, the Prioress is also “relying a lot on relationships with each Sister in the community, knowing that the gifts of each are required to help the community be its best,” Sister Catherine said.

A south Minneapolis native, Sister Catherine earned a business administration degree at St. Thomas in St. Paul. During more than 30 years at the Monastery, she has worked in accounting, finance, massage, and in human resources at Tubman, an agency based on the Monastery campus that provides safety and help to women, children and families struggling with domestic violence, substance abuse and mental health.

“The Holy Spirit calls the right person at the right time,” said Sister Linda, citing Sister Catherine’s leadership, life experiences and compassion. “There’s a reason she’s being called, and that gets discovered over the next five years between God and Sister Catherine.”

—a version of this story, by Susan Klemond, first appeared in the *The Catholic Spirit* on May 2

full article: <http://thecatholicspirit.com/news/local-news/new-prioress-seeks-to-advance-communitys-goals/>

Leadership Appreciation

by Sister Paula Hagen

On Sunday, April 28 our Benedictine Sisters and Associates gathered to show appreciation to the outgoing Leadership Team for our five years of service to the Community. Sister Louise Inhofer was the MC, and she gave me, as the outgoing Prioress, the last words:

We are standing on the shoulders of the ones who came before us.

We are stronger for their courage, we are wiser for their words.

We are lifted by their longing for a fair and brighter future for women.

We are grateful for their vision, for their toiling on this earth.

They have prayed us higher than we could fly!

Carrying all our fears and burdens away.

We cannot imagine our Community if they had not tried.

We would not be here celebrating today.

We would not be so very blessed today.

We are standing on the shoulders of the ones who came before us.

They are saints and they are humans, they are angels, they are friends.

We can see beyond the struggles and the troubles and the challenges,

And we know that by our efforts, God's Will *will* be accomplished.

—Adapted from “Standing on the Shoulders” by Joyce Johnson Rouse



Outgoing Leadership Team (l-r): Sister Paula Hagen, Sister Susan Bourauel, Sister Catherine Schoenecker, Sister Mary Lou Dummer, Sister Catherine Nehotte

*"Sustain me, O God, as You have promised,
and I shall live; do not disappoint me in my hope." Psalm 119*

Our Jubilarians represent 400 years of vowed religious life.

We celebrate the way, the life and witness of our Jubilarians



70 Years



Sister Anne Boeckers



Sister Andriette Schommer



Sister Andrine Schommer



Sister Eleanor Wartman

60 Years



Sister Lucia Schwickerath



Sister Joan Utecht



Oblates

Final Oblation & Reception Saturday, June 8

Seven Oblate candidates have completed their formation and will make their final oblation as Oblates of St. Paul's Monastery at 7:00–8:30 p.m., June 8th, the Vigil of Pentecost. A reception will follow for their families and friends.

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



Prioress Sister Catherine Nehotte



Above (l-r): Sister Andrine Schommer, Associate Mary Lou Kozmik, Rita Guild, and Sister Andriette Schommer

Spring Oblate/Sister Social *By Sister Mary Lou Dummer*

On Tuesday, May 7, Oblates joined the Monastic Community for our 5:00 p.m. Evening Prayer, followed by dinner for the annual Spring Oblate/Sister Social. After enjoying a delicious meal and joyful conversation, Sister Catherine Nehotte, the new Prioress of St. Paul's Monastery, was welcomed. She then introduced her Leadership Team.

For closing prayer, Oblate Jim Dawson presented his reflection on the song "Row, Row, Row Your Boat."



Dinner with Father Michael Joncas

by Annette Walker, Mission Advancement Director

Sometimes it takes some juggling of schedules for Christmas at The Monastery auction winners to finally get to enjoy their Silent Auction item.

On Wednesday, May 8th Connie Joyce and family were finally able to enjoy a fabulous, full-course dinner and visit with the Monastery's newly-installed Prioress, Sister Catherine Nehotte. Special guest was Father Michael Joncas, who graced us with heartfelt piano playing and singing as we gathered to share our lovely meal. Chef Victoria Fritz together with Sous Chef Zach Anderson and Baker Eli Radke outdid themselves.

The meal began with an *amuse bouche*, a delicate bite of English cucumber, stuffed with marinated baby shrimp, chiffonade of mint and fennel pollen dressed with blood orange segments, juice and olive oil. A house-made Caesar Salad with ciabatta rolls followed. Then our pasta course: Wholegrain spaghetti, roasted heirloom tomatoes and garlic with a light white wine sauce, parmesan cheese, and garlic bread crumbs. Next, an entrée of fillet mignon, fingerling potatoes roasted in duck fat and shaved Brussels Sprouts with bacon surrounded by a red wine demi-glace—just the hearty fare for an unseasonably cool May evening. The meal was crowned by homemade pecan pie, topped with vanilla ice cream.

It was a thoroughly delicious spectacle of sights, aromas, music, flavors, and companionship! Thanks to all.



Above (l-r): Barbara Fritz, Victoria's mother; Victoria; Elizabeth Sinha, Victoria's sister; and friend Erika Friesen

Saying Goodbye to Victoria

by Jessica Lauderman

Our May 20th lunch honored our dear friend and masterful chef Victoria Fritz, OblSB. After almost six years at the Monastery, Victoria returns to a previous calling (from 2007-11) as Food Service Director at Tall Timber Ranch near Leavenworth, Washington.

It was a difficult decision but, as Victoria said, "the third time they offer you a job, you take it." She returns to us from time to time as a writer and, in April 2020, she and Kari Alice Olsen lead the Benedictine Center cooking retreat.

With lots of love, we wish her well.

Lattice

By Patricia Roberts

Plum blossoms bloom
in early spring: young stems shoot
from old trunks, gnarled and dry.
They thrust in angular shapes,
like daring young girls,
then, swell in sprouts of delicate flowers:
white, pink.

In Chinese watercolor
I learned to paint them first
in shades of red mixed with white:
two toned petals, dark sepals,
uneven stamens.

She heard the heart beat in her womb
awareness tore her body open
even her throat.
But her screams were silent
stabbing her inwardly.

Each blossom is complete
from the start.
In early spring
some flowers also choose
not to grow.

Maple Tree students celebrating Easter with a Bunny visit



Easter Joy from Hill-Murray Students

By Sister Linda Soler

The Sisters received Easter joy from Hill-Murray students. Eric W. provided an Easter Bag for each Sister filled with candy. At right, Eric is pictured with Sister Linda during his visit to the Monastery to deliver his Easter bags.

The Sisters also received an Easter Bunny bag from student Olivia H. and a chocolate cross from Luke R.

Thank you to the Hill-Murray students for sharing the Easter Joy and giving the Sisters a smile to remember.



Thank you for an inspiring and lovely

2019

Prioress

Dinner!



What a wonderful evening!

We were blessed with our honorees Jim and Donna Oricchio in attendance.

The Oricchios' award acceptance presentation was truly inspiring and touching. Their commitment and generosity to St. Paul's Monastery is a blessing and we are so glad that we had the opportunity to spend the evening with them.



Above (l-r): Sister Paula Hagen, Jim and Donna Oricchio

We also introduced Sister Catherine Nehotte as newly-elected Prioress and met the new Leadership Team (more about St. Paul's Monastery new Leadership Team on page 5).

Funds raised from the dinner will go to our Maple Tree Monastery Childcare Center and our Benedictine Retreat and Spiritual Direction Center. If you would like to support these ministries, please click the link below.

[Donate to our](#)
[Fund A Need](#)

Peace and Justice

by Tinka Bloedow, Justice and Peace Committee

*As-salamu Alaykum...*Peace be with you... were the words spoken by over fifty people attending Dr. Nadia Mohammad's captivating presentation. We were gathered an evening last April to learn more about Islam. As there are over 1.8 billion Muslims in the world, it behooves us all to live in peace...and understanding of one another and our faiths. We sometimes feel scared of the unknown and differences in our midst.

We are not unlike the disciples who locked themselves away in fear. A primitive part of our brain has been taught to fear the "other." As we listen, absorb, respect and question another's journey of faith, it quiets our fears. We see evidence of God's genius in all brothers and sisters on earth. And in our growing understanding and respect we see the need to protect and support one another.

Nadia was the consummate teacher who heard our questions and concerns and responded thoughtfully and clearly, and often with humor. Our laughter bound us together in mutual hilarity! Nadia is Professor of World Religions at two local colleges. Learning about others' journeys of faith does not water down Christianity's core beliefs; rather, it enriches us and we gain understanding and respect of others' journeys. We all felt that as we listened and reacted to her wisdom and knowledge.

This message is needed now more than ever. So many have no clue about the religious practices, world view, and history of billions of people who, like us, seek God, peace, and justice on this earth. In person, Nadia is playful, expressive, and self-deprecating; she is engaging, charming and real. As questions arose, she naturally answered them and listened respectfully.

Nadia helped us to see that Muslims do not desire others to become followers of Islam, but rather to become the best person they can be as a Christian. How touching to experience another human being, with another faith, as someone who also thinks about the Divine and sacred....and realizes that as we all really LIVE our own faith...we will get along.

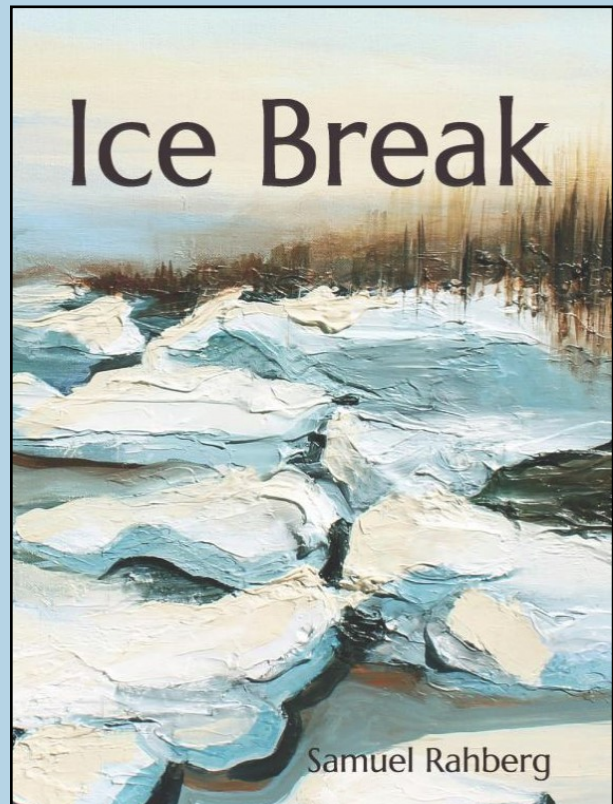
The New Testament is full of stories about Jesus's respect for those of other faiths: the Roman centurion, the Samaritan leper, the Syrophenician woman, and Canaanites and Greeks who worshipped in other ways. He loved them...he did not fear nor scorn them. Jesus did not make distinctions, nor did he try to convert anybody.

Jesus dealt with people who were hungry. And does that not really describe us all? He said, one beggar to another, "Come. The meal is ready." Perhaps knowledge does help us to see that faith may be found outside the boundaries that we have been raised to respect. There is more... much more. God is Creator, Sustainer, and Merciful to all the earth. Jesus said, "Love God and your neighbor."

Whatever we learn from other spiritual teachings, it is Jesus we come home to. We need to protect and support one another and continue to reach out and have civil discourse. Then fearlessness and friendship will follow. God help us to leave our fears behind and spread the message of love and peace to all friends and neighbors. Into our midst of fear and hiding, Jesus comes and tells the disciples as well as us: "Peace be with you."

We concluded our evening together with the Lord's Prayer. The words, "Forgive us our trespasses as we forgive those who have trespassed against us..." reverberated in my heart and spirit. Gratitude filled my soul for the goodness and greatness of our Creator and his precious children everywhere.





***Ice Break* by Sam Rahberg, OblSB and Benedictine Center Director**

Author Sam Rahberg says of his newly released poetry collection: “The theme is coming home to the humble and familiar way of slow change, which is represented by the title poem, “Ice Break.” Like frozen top waters just beginning to crack and thaw, we depend on moments of sunshine and warmth or pressure and collision to help the process of change along. As lake ice melts, it does not go quietly. It rumbles and cracks, bit by bit, until it sinks into warmer waters or blows in sheets toward shore. Such are the realities of slow change as I know them—not smooth and comfortable but movements leaning in Spring’s direction. Every poem in this collection offers one more example, a single low-pulsed boom or some small melting toward greening shores.”

Ice Break, from Aetos Publications, is available via smile.amazon.com



Having a bit of fun!

Sister Linda Soler and Brother Dominic Hart, FBP (pictured at left) enjoyed their time together after a **Consecrated Life Interim Commission** meeting at the Archdiocese on Saturday, May 4.

For A New Beginning

from *To Bless the Space Between Us* by John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

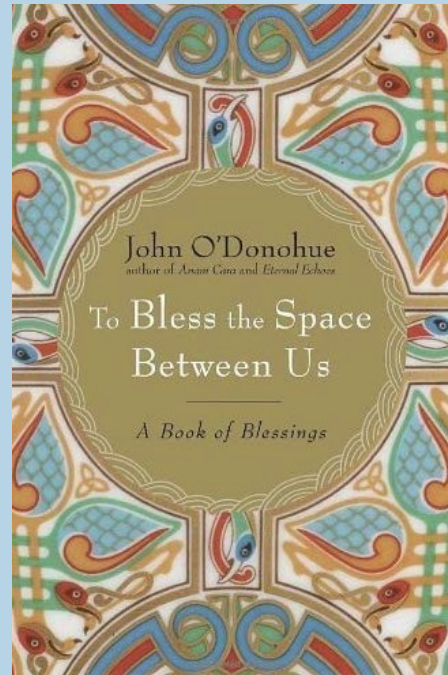
For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.



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 Annette at 651-777-6850 or email her at: awalker@stpaulsmonastery.org



BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

Directed Retreat Experience

Friday, Jun. 21—1p.m.
thru Friday, Jun. 28,
1p.m.

With Sister
Jacqueline Leiter and
Sister Virginia Matter

Settle in for eight days of
quiet and renewal,
solitude within the

rhythm of the monastic community. Each day you will
meet one-on-one with a spiritual director who will
accompany you wherever the Spirit leads. The remainder
of the day you are welcome to join the Sisters for prayer,
walk the labyrinth, take in the exhibit, explore the
resources in the library, or simply enjoy the privacy of
your own room for prayer and rest. Questions are
welcome if you are considering such an experience for the
first time.



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. Carol Rennie OSB and 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.

Jun. 2, 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

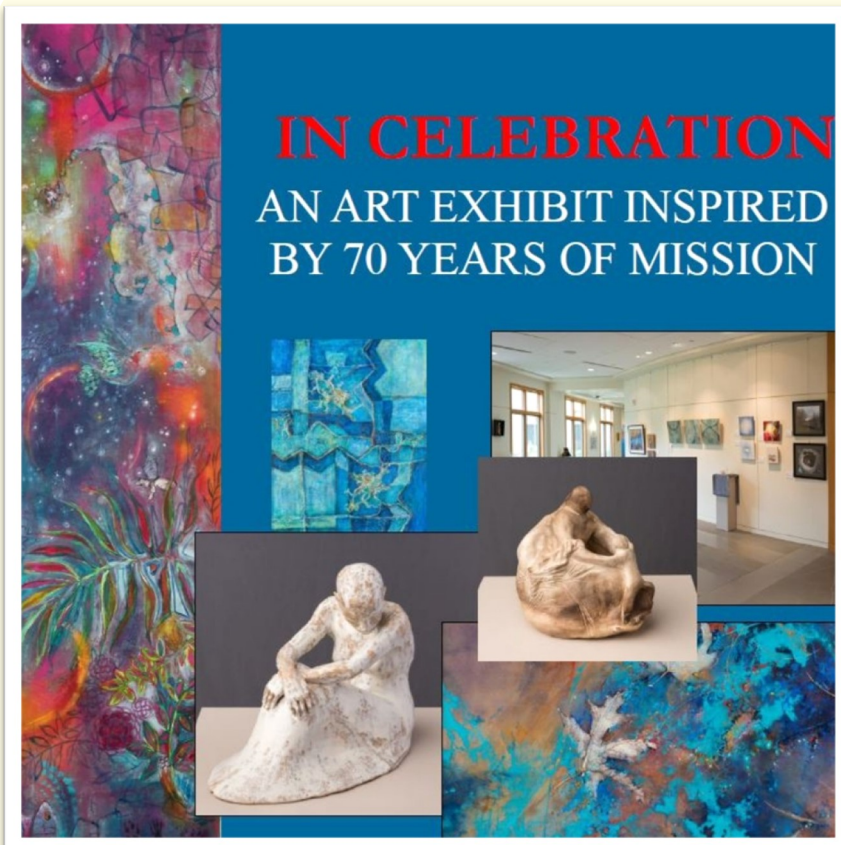
To register or for further information:

E-mail benedictinecenter@stpaulsmonastery.org

or call 651.777.7251

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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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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!

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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!](#)



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You can shop the online Amazon store, and donate to the Monastery at the same time!

Follow the instructions in the title above, and you'll see "Supporting: St. Paul's Monastery" right under the search bar. The result: **0.5% of your purchases will come back to the Sisters every quarter.**

Last quarter we made \$5.00, and every donation helps. Thank you and God bless you.



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.

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St. Paul's Monastery

Mission Statement

We, the Sisters of St. Paul's Monastery, are a community who live Gospel values as expressed in the Rule of St. Benedict. Through our monastic life and wise stewardship, we nurture contemplative presence in service of church and society.

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To connect with or
support Community
ministries visit us at:

www.stpaulsmonastery.org