

*"The heavens are telling the glory of God."*  
Psalm 19:1

*August 2019*

## ***Listen for God's Voice Wherever You Are***

Late summer is the time to enjoy the Perseid Meteor Shower, when the Earth passes through the trail of dust and debris left by the orbit of the Comet Swift-Tuttle.

Like all comets, Swift-Tuttle is composed of dust, ice, and chemicals left over from when our solar system was formed. As the comet travels in its long orbit around the sun (last passing by Earth in 1992), it leaves a trail of debris in its path. When we look up at the night sky and see the "shooting star," we are actually seeing a small piece—about the size of a grain of sand—of comet debris burning up as it enters the Earth's atmosphere, traveling in a bright streak of light at about 37 miles per second.

It only lasts a moment; if we blink or look away, we may miss seeing it!

While we may know the scientific explanation for why and when meteor showers occur, seeing one can also be a reminder to ponder and appreciate God's blessings. It allows us to see back in time, billions of years, to the creation of our solar system. Imagine God's love for us extending from today and back in time and also far into the future.

Imagine each shooting star falling down upon the Earth with a different message: "I love you." "I am with you." "Trust in me." "You are mine." "I am yours."

This summer and always, we invite you to watch and listen for God's voice wherever you are. You may hear God speaking as you look at the stars, or when you watch a rabbit hopping in the grass. You may hear God's voice in the wind, in a bird's song, or in Scripture. You may hear God's voice in the voice of those around you. Allow yourself to be open. Watch and wait and listen.

***Sister Jacqueline Leiter, OSB***  
*Monastic Leadership Team*





## Feast Day of Saint Benedict

*by Sister Linda Soler, Monastic Leadership Team*

The Sisters of St. Benedict of St. Paul's Monastery celebrated the Feast of Saint Benedict on July 11. After Mass, the celebration continued with a lunch attended by associates, oblates, employees, and guest representatives from Hill-Murray School, CommonBond Communities, and Maplewood Police, Fire, and Emergency Medical services. Our delicious lunch, prepared by our dietary staff, was a special time of fellowship and sharing, with St. Benedict at the center of the festivities. To learn more about our Founder, our guests received a brochure on St. Benedict and a Benedictine medal. It was a glorious day for all.



**Fellowship &  
Delicious Food**





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Today!



## Advancing the Mission of St. Paul's Monastery

*by Annette Walker, Mission Advancement Director*

Hello from Saint Meinrad's Seminary in Indiana : Here we are (above, l-r: Carol Heinsch, Sister Mary White, and me) at our second Advancing Mission 2.0 Conference, and what an exciting time. We were blessed to network, learn, share, and plan with other Benedictine woman religious communities. The Lake Institute invited Advancing Mission 1.0 participants to join us, and we learned so much from their experiences! The Advancing Mission approach to fundraising as ministry is transformative for each community in a different way. All of us can learn from one another.... and that's the whole point!



## Welcome Visitors!

*by Sister Linda Soler,  
Monastic Leadership Team*

Sisters of Pro Ecclesia-Sancta (for the Holy Church) were guests at the Monastery for Eucharist and brunch. We give life to one another as we collaborate with various religious communities through visits and conversation in our Archdiocese.

## Meet Sharon Copeland, the Monastery's Kitchen and Dietary Manager

by Ann Bechtell, Mission Advancement

Sharon comes to the Monastery with many years of professional cooking and catering experience. In fact, along with her position at St. Paul's Monastery, Sharon continues with her business "Serving Grace Catering."

And serving with grace is exactly what Sharon does. She quietly and efficiently delivers lovely lunches and dinners for the Sisters, staff and guests every day. There were some unexpected and impactful staffing challenges that occurred shortly after Sharon began at the Monastery. You would never have known it.

Those of you who know the former dietary manager, Victoria Fritz, know that she left big shoes to fill. Sharon stepped right in without a "hitch."

Sharon was born and raised in a Swedish-American family in Minnesota, in which food was front and center. Her mother is a church "kitchen lady" and her father was a restaurateur. It so happens that Sharon's mother, Rachel Lindahl, worked as an RN at the Larpenteur Avenue Monastery!

A former Converge Worldwide missionary in Ethiopia, Sharon says of her current mission, "I want to cook food that people love, that benefits their health, and that will provide good memories and build community. And I have a heart and ministry for our senior generation. Working at St. Paul's is an opportunity to combine my professional abilities and my ministry."

Sharon and her artist-woodworker husband, Don, have five children whom they raised in Ethiopia.

We are all very happy and blessed that Sharon joined this Community! She is ever open to feedback and suggestions from the Sisters and staff. For example, the Sisters requested Jell-O with fruit (see lower right corner of photo), which we now enjoy several times per week.



Above: Sharon (at right) with kitchen staff member, Mary Sahinen

Read more about Sharon on her website: <https://www.servinggracecatering.com/meet-sharon>



*freshness, green softness,*

*hovering over the land*

*God's earth mystified*

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



## 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](http://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 (our) 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](http://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!

## 2019 Benedictine Development Symposium

*by Annette Walker, Mission Advancement  
Director*

It was my pleasure to be able to attend the Benedictine Development Symposium, held every other year at Christ the King Priory in Schuyler, Nebraska. Attendees are Benedictine religious and lay men and women who work in the area of development. It connects people from across the country with one another to provide resources and networking among the participants.



With the dwindling numbers in many religious communities, the need to come together with our peers becomes increasingly more important—especially with those whose ministry is in the Benedictine world.

The symposium is carefully planned to meet the needs of all participants no matter their level in development. 2019 topics included: “Dealing with Burnout and Self-Care,” “Challenges and Success in Today’s Fundraising,” “Accountability for Mission: Lessons from the Past, Learning for the Future,” and “Benedictine Hospitality in Ministry.” It was a rich and worthwhile learning experience.



*When Maddie (above with Sister Linda) came to the Monastery for Heritage Day, she brought her Benedictine Award to show the Sisters*

## Congratulations!

*by Sister Linda Soler,  
Monastic Leadership Team*

Highschool senior Maddie Nimmo received the Hill-Murray School Benedictine Award at graduation. The award is given to a female student who lives out Benedictine values. Maddie has always valued hospitality, prayer, and outreach to others.

The Sisters invited Maddie to the Monastery to share a meal with us on Heritage Day. Maddie will attend Northwestern this fall.



## **Thank You, Monastery Volunteers!**

*by Ann Bechtell, Mission Advancement*

Volunteers beautified the Monastery grounds in July. Oblate Mike Rowe came to work on the hottest day of the summer. Jane Wagemaker brought grandchildren Jane and Jack



*Mike with his weed "harvest"*



(below, left) to help; they were pretty proud of the results of their work with Grandma Jane. On another hot day, Haidi Masley (above, right) applied her time and effort to the project, too.

Thank you to Jane and crew, Haidi and Mike. The Bernie's Path planting was almost completely covered with weeds, and now it looks beautiful again because of you.

***sunny days welcomed  
glowing rays penetrating  
spirits uplifted***

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

# SAVE THE DATE!



**REJOICE!**

**Saturday, December 14, 2019**  
**3:00 to 7:00 p.m.**

**Benedictine Community of**  
**St. Paul's Monastery**

**2675 Benet Road**  
**St. Paul MN 55109**

*Watch for registration to start August 30, 2019*

DO YOU HAVE A LAPTOP YOU  
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or email [awalker@stpaulsmonastery.org](mailto:awalker@stpaulsmonastery.org)

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## ***Earned Wisdom for my Five-Years-Ago Self***

*by Kiely Todd Roska, Benedictine Center Associate*

The past five years have been the most painful, challenging, change-filled years of my life. In that span, my mother died suddenly, I nearly died from a heart attack, and my spouse (Tim) and I assumed many care-giving duties for my in-laws as they have both struggled with dementia. Tim and I both changed jobs, we moved into a new home, and we moved Tim's parents three times. And, after many years of infertility, I gave birth to two children.



Even as I write this litany of life changes, I recognize that no single paragraph can do justice to five years in anyone's life. My purpose is not to convey all the particulars. That might be interesting, but it is not what is most important or useful. Instead, I want to offer a window into some of the concrete practices that have helped me get in touch with both my vulnerability and my strength as I integrate these experiences into my life. [Read On...](#)

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## **Benedictine Center Discounted Midweek Retreats**

A RETREAT IS THE SIMPLEST OF ANCIENT PRACTICES. It involves a decision to step back from the demands of daily life and step into quiet space to remember what is really key for a life lived well.

We go about our days inundated by stimuli and making the best decisions we can in the moment. Sometimes, however, God invites us to slow down and tap into a deeper wisdom on the way to the future.

Save 25% on (group or individual) retreats between now and August 31. Monday-Wednesday (Day of Prayer or overnight). \*As space is available.

Simply register for the retreat on [the website](#) or by calling the office (651.777.7251) and mention this message. We will apply the discount.

**DISCOUNTS!**



## 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

### ***School of Discernment***

Friday, September 20-  
Sunday, September 22  
With Kathleen Cahalan

Practice discerning the voice of the Holy Spirit with the benefit of wisdom from the monastic tradition. A daily rhythm of prayer with the monastic community, sessions on the practice of discernment, reflection questions for quiet time, and one-on-one meetings.



### **SoulCollage® Sunday Circle**

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

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](http://www.soulcollage.com)

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

[benedictinecenter@stpaulsmonastery.org](mailto:benedictinecenter@stpaulsmonastery.org)

651.777.7251





## Happy Birthday Sister LaVerne

by Jessica Lauderman,  
Mission Advancement

We celebrated Sister LaVerne Hudalla's July birthday with Ben & Jerry's ice cream provided by the Sister's family. How fun and tasty!

Sister LaVerne is a loved member of our St. Paul's Monastery Community. She is always ready with a smile!



## I drink this radiant day

by Patricia Roberts, OblSB

Today the volcano  
proudly shows  
its new snow  
after so long  
the sky is all blue  
and the retamas bloom  
yellow and exact  
in the liquid sun  
sheltered in its flowers.

I drink this radiant day,  
breathe it to the hilt  
and submerge myself  
~Because I'm already root~  
In the pure stream  
melted from the heights.

Happy complacency  
made of sun  
retamas and sky  
with volcanoes and snow  
inside a flower.

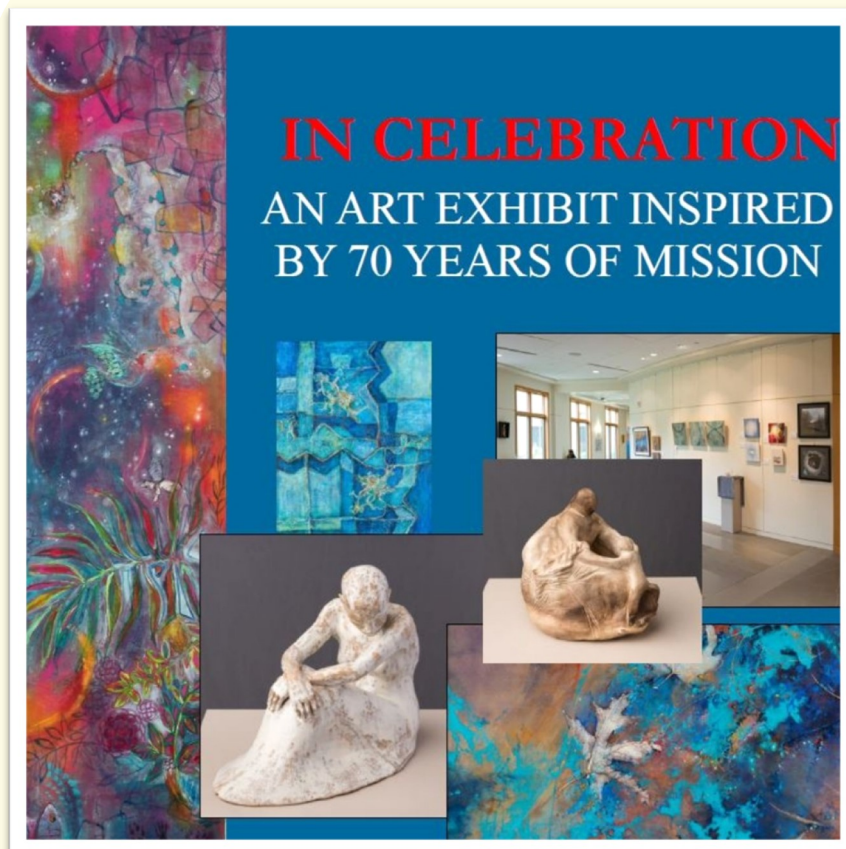
## Join or Contribute to Our e-News?

- **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](mailto: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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[www.stpaulsmonastery.org](http://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.