

"...first she surrendered her green
then the orange, yellow and red..."

Macrina Wiederkehr

The Autumn Season

We are in my favorite season....(football!) Autumn is the season which calls us to consider change. Nature shows this in such a dramatic display. This season of "letting go" is part of the entire cycle of life into which each of us enters. For us as Christians we relate this to the cycle of the paschal mystery.

I encountered the following passage, "The Sacrament of Letting Go," when I was a junior in college when ministering to the people of Appalachia for one month. It spoke to me deeply and I want to share it with you.

Sister Catherine Nehotte, OSB

Prioress

The Sacrament of Letting Go

from *Seasons of Your Heart*, by Macrina Wiederkehr, OSB

Slowly she celebrated the sacrament of letting go
first she surrendered her *green*
then the *orange, yellow* and *red*
finally she let go of her *brown*.

Shedding her last leaf
she stood empty and silent, stripped bare
leaning against the winter sky
she began her vigil of trust.

And Jesus said:

*Why do you worry about clothes? Remember the
flowers growing in the fields;
they do not fret about what to wear;
yet I assure you not even Solomon
in all his royal robes were dressed like one of these.*

Shedding her last leaf
she watched its journey to the ground.
She stood in silence
Wearing the color of emptiness,
her branches wondering:
How do you give shade with so much gone?

And Jesus said:

Do not be troubled or needlessly concerned.

And then, the sacrament of waiting began.

The sunrise and sunset watched with tenderness.
Clothing her with silhouettes they kept her hope alive.
They helped her understand that her vulnerability
her dependence and need
her emptiness
her readiness to receive
were giving her a new kind of beauty.

Every morning and every evening they stood in silence
and celebrated the sacrament of waiting!

*And Jesus said: Now if that is
how God cares for the wild
flowers in the fields
which are here today and gone
tomorrow, will God not all the
more care for you?*





2020 oblate class, front row (l-r): Jamie Hales, Deanna McCoy, Tory Pingel, Kami Pohl, Shirley Riedmann. Back row (l-r): Maria Varsho, Mike Dickson, Teri Rose, Mary Elizabeth Ilg, Bryan LaHaise, Michael Scanlan

Oblate Formation Class

by Sister Mary Lou Dummer, OSB

The first class for Oblate Formation began on Thursday, August 29, 2019 with Evening Prayer followed by dinner with the Sisters. There are eleven candidates this year. As part of their formation they will meet nine times at the Monastery before making their Final Oblation as oblates of St. Benedict (OblSB) on Saturday, May, 30, 2020—the Vigil of Pentecost. In addition to having a Sister sponsor for each candidate, an Oblate companion has been appointed to journey with each candidate. Sisters and Oblates are invited to pray for these candidates as they seek God by following the Gospel and the *Rule of St. Benedict*.

For more information about oblate formation at St. Paul’s Monastery,
contact Sister Mary Lou Dummer at 651-777-8181



Upcoming Events: On-Going Oblate Formation

Forgive Us As We Forgive Those*

October 22, 7:00—9:00 p.m.

with Susan Stabile

Call 651-651-777-7251 to register

The Spirituality of Dorothy Day

October 24, 6:45—8:45 p.m.

with Kathy Clarkson

Call 651-777-8181 to register

*Event sponsored by Benedictine Center for which a fee will be charged.



Archbishop Harry Flynn
May 2, 1933—September 22, 2019

In Memoriam: Archbishop Flynn

Let us celebrate the life and service of Archbishop Emeritus Harry Flynn for the many years he has served the Archdiocese of Saint Paul and Minneapolis. He visited our Monastery more than once, and we always cherished his time with us. May he Rest in Peace for he has reached his destiny. The Sisters at St. Paul's Monastery are grateful for his support. [Click here](#) to read more.

O God, who chose your servant,
Archbishop Harry Flynn,
from among your Priests,
and endowed him with pontifical dignity
in the apostolic priesthood,
grant, we pray,
that he may also be
admitted to their company for ever.

Amen.

—prayer by Archbishop Bernard Hebda

God touches all in the heavens and on the earth;
everything is full of sacred presence.





Helping Hands

by Sister Linda Soler,
Monastic Leadership Team

The boys' Junior Varsity and Varsity football players had an optional service project to weed and clean Sisters' gravesites and markers in our monastic cemetery. Each student was grateful of his time at the Monastery.

Thank you football team, you are true winners in our eyes.



Employee Appreciation

We recently held an Employee Appreciation Luncheon to say thank you to those dedicated to the success of St. Paul's Monastery. Honored for their years of service were (l-r) Chris Folkenson (20 yrs), Ann Bechtell (5 yrs), Karin Barrett (10 yrs) and Thao Bui (15 yrs). Thank you to all of our employees who make this a wonderful place and contribute to the mission of the Monastery.



Art at the Monastery

by Jessica Lauderman, Mission Advancement

St. Paul's Monastery was recently honored to host artist Sister Baulu Kuan, OSB, from St. Benedict's Monastery in St. Joseph, MN. A gathering of friends, students, and colleagues heard Sister Baulu's thoughts about art and her creative process, especially the works in her current Monastery exhibit.



She graciously shared how her work has been grounded in the ideals of Chinese minimalism and Benedictine values. Sister Baulu included works by her students in the exhibit in order to show the progression from old to new and to emphasize her focus on her students throughout her career. The exhibit is at the Monastery until November 1st.

A Surprise Guest

by Sister Jacqueline Leiter, Monastic Leadership Team

One evening up at a cabin in the Northwoods, the sun was setting from the sky, and silence shrouded over the forest as the birds ceased their song for the night. My friends and I, too, were settling down for a quiet evening after a glorious day.

From inside the cabin we heard a rustling sound outside, and I stepped just out onto the porch to peek outside. There was no wind, but the thick trees and bushes at the edge of the yard were strangely stirring. The leaves were shaking. Because the cabin was in an isolated part of the woods, we rarely saw the neighbors or other people walking in the area. The unknown sound and movement were clearly not from a person, and had to be much larger and more powerful than a chipmunk or a rabbit.

We all stepped cautiously out onto the porch and waited, watching the shaking shrubs. After an endless moment, a young black bear cautiously poked his head out of the trees and stepped out into the yard. We were silent and still. He paused and looked at us curiously, and we looked at him through the thin wire screen on the porch. His eyes were large and luminous, echoing a depth of soul. He paused and looked away, and then turned and lumbered up the hill away from us and back into the trees.

The magical moment was over and ordinary time resumed. The moment reminded to keep our eyes open and ready. We never know where or when God will send a surprise visitor or blessing down our path.



Donate
Today!

*being who you are
shedding layers of pretense
true humility*

by Sister Rose Alice

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



Taize Prayer: 3rd Friday of the Month at 7:00 PM

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), 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.

Volunteer Appreciation

by Jessica Lauderman, Mission Advancement

Once a year, the Community hosts a special event of gratitude for Monastery Volunteers. Volunteers donate their time and talent to the St. Paul's Monastery Community and contribute greatly to our mission. You will find our volunteers everywhere: the reception desk, kitchen, in healthcare, gardening and weeding, helping with events, and in the library.

Volunteers were presented with a St. Paul's Monastery mug and custom-wrapped Hershey's candy bar. Volunteer Julianna Sandin supplied the creative candy bar gift (see photo at right) and beautiful table décor.



Photos above:
Volunteer Coordinator Margaret Barrett
Julianna's candy bar wrapper



An Inspiring Speaker

Sisters Virginia Matter, Lucia Schwickerath, Mary White, and Linda Soler attended a workshop hosted by the St. Paul/Minneapolis Archdiocese at St. Catherine's University with speaker Sister Mary Pellegrino, CSJ, editor of *In Our Own Words: Religious Life in a Changing World*, a collection of 13 essays by a variety of women religious.

Sister Mary Pellegrino (pictured at left) served as president of the Leadership Conference of Women Religious and inspired its members, who have described her as a strategic thinker, an active learner and a source of energy. She has encouraged the ongoing renewal of religious life in the face of unprecedented challenges and changes in the Church.



Sister Lucia's 60th Jubilee!

A special reception sponsored by the Saint Therese of Woodbury Staff was held in honor of Sister Lucia Schwickerath's 60th Jubilee. The festivities began when the residents turned out in great numbers and enjoyed an afternoon socializing with each other. Sister Lucia, who provides pastoral care to St. Therese residents, reported: "I enjoyed every minute!"

Saint Therese Community Outing

by Harold Hansen, St. Therese of Woodbury Resident

WOW! What a party, and what a beautiful day it was that Saturday in August. This was no accident, but a carefully planned outing by the St. Therese of Woodbury staff.

The men were all busy looking over the antique cars, trading favorite comments of bygone days. *And, how about that 1914 Model T Ford Convertible?!* The real hit of the show! I'm sure the younger set has never seen a beauty like that.

The hamburgers and hot dogs with all the trimmings added a carnival-like atmosphere along with the 3rd Act Brewery craft root beer and other sodas available to top it all off. The bean-bag toss games were in constant play all day long as dads, moms and kids tested their skills in friendly competition.

The delightful Dixie Land Band with their bluegrass music was a class act and watching the people tapping their toes or drumming their fingers and slapping their thighs in rhythm to the music was a sign of people enjoying the times and the day.

The entire day was a good time to forget your worries and just enjoy life. And there was no excuse for not being there as rides to and from "The Redwoods" parking area were furnished, courtesy of Peter Grasse's pedicab taxi (see photo).



Above: Peter Grasse taxis (l-r) Sister Lucia Schwickerath and Carolyn Larson



Harvest Tea at the St. Paul Hotel

by Sister Mary Lou Dummer

On September 15th, I was invited to celebrate the 90th birthday of my friend Gloria McDonough. Gloria (in the photo, Gloria is seated at my right) instructed her three daughters to invite the special women with whom she worked at St. Thomas the Apostle Church.

We were all treated like royalty: We enjoyed a five-course lunch and high tea; hats were provided for each of us who didn't already have one; transportation to the event was provided by Gloria's residence, Cerenity Marian of St. Paul.

Happy birthday and God Bless you, Gloria!



Sister Linda (Class of 1979) captured this moment (left photo) at the September 7th "St. Bernard's All-School Campfire Reunion," which was held at Giggles' Campfire Grill. The Benedictine Sisters have a long history of teaching at the elementary and high school at St. Bernard's Church in St. Paul's North End neighborhood. They taught thousands of students. The Benedictine Sisters are proud of all the good that their former students and alumni went on to do in their families in and the community.

Volunteers for Christmas at the Monastery are needed. If you would like to help please call 651-777-6850.

SAVE THE DATE!



REJOICE!

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

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

2675 Benet Road, St. Paul MN 55109

Registration to start soon!



Spiritual Direction and the Search for Vitality

by Kami Pohl

“I’ve had more energy around work this past month, but I’m worried because I feel some of that old intensity coming back. I want to continue experiencing the vitality of living from my centered self. I’m afraid that I will slip back into the old patterns of working harder and harder and burn out again.”

After hearing these words, I invited my companion to enter a time of silent prayer. We sat together quietly and the words vitality and intensity played over and over in my mind. When we gently exited the silence, I asked my companion to describe what vitality and intensity feel like.

“Vitality feels like creativity, energy and passion. It just flows. I’m not worried about the outcome. Intensity, on the other hand, feels more like fear. Am I doing enough? When will the work or event be over, so that I can feel at peace again and relax?” [Read more...](#)



Persistence, Not Perfection

by Victor Klimoski

Kathy Fleming is a talented visual artist (www.kflemingart.com) who serves as the Artist Coordinator for the Benedictine Center of St. Paul's Monastery. Her canvases are captivating both in their craftsmanship and the deep reflection underlying each one. Those who see the exhibits she designs in the Monastery Gallery benefit from her uncanny ability to look at a someone’s collection of artwork and find the best possible way to accent each piece while creating a sense of unity.

So imagine my surprise in a recent conversation we had about the artistic process when Kathy talked about getting better at conquering her doubt when she is in her studio and finding courage to show her work even when she senses a piece is not yet “perfect.” **Perfect is not a bad word. It just fails as a standard for the process of creating art or writing.** It gets in the way of taking risks, trying a new approach, or inviting someone to give feedback. Over time, the quest for perfection cultivates doubt – not in a particular piece or art or writing – but in our capacity itself. [Read more...](#)



BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

Writing Our Way to Understanding

Mondays, 7:00—9:00 p.m.

Oct. 28, Nov 25

with Victor Klimoski



Writing is a way of seeing our thinking. This series invites participants to explore community, stewardship, and hospitality through presentation, discussion, writing, and sharing.

Dark Though It Is: Poetry Reading With Michael Dennis Browne October 10, 2019

Many poems seek to explore the hidden radiance in things and restore it to our full attention. In these times, it is easy to forget, to despair; poems, like prayers, remind us of our true nature. Michael Dennis Browne will be reading a number of his favorite poems, from various traditions, that carry intimations of hope and gratitude, that help us to stay awake, to keep watch.



Together in Contemplation

Tuesdays, Oct 8, Nov 12,

Dec 10—7 p.m.—9 p.m.

with Jody Reis Johnson

Writers in the Christian contemplative tradition have long upheld the practices of silence and community as invitations into holy mystery. Quiet down the noise and find companions along the spiritual path. Join Jody Reis for a 4-month spiritual growth group aimed at deepening your relationship with God through contemplative practice, spiritual readings, and discussion about the journey we share. Participants will be asked to establish their own daily practice of silent prayer or meditation.

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

benedictinecenter@stpaulsmonastery.org

651.777.7251

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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.