

... in all things God may be glorified

1 PETER 4:11

MARCH 2020

Celebrating Lent

In “The Observance of Lent,” Chapter 49 of his *Rule*, St. Benedict says “The life of the monastic ought to be a continuous Lent.”

St. Benedict knew that few have the strength to live a continuous Lent. His message is an open invitation to live daily with an awareness to serve not ourselves, but our Lord with a spirit of humility.

During Lent, our Community observes the Feast of St. Benedict on March 21. But wait, there’s more: July 11 is *also* the Feast of St. Benedict. *Why would there be two feast days?* March 21, the day St. Benedict died, was kept in the Church until the reform of the Liturgical Calendar, when it was taken out of the Lenten Season. Since that time, the Universal Church celebrates the Feast of St. Benedict on July 11. However, as Benedictines, we continue to observe March 21 as well; but it is a low key celebration as we are still on the Lenten journey.

“Six days before (Benedict) died, he gave orders for his tomb to be opened. Almost immediately, he was seized with a violent fever that rapidly wasted his remaining energy. Each day his condition grew worse until finally, on the sixth day, he had his disciples carry him into the chapel where he received the Body and Blood of our Lord to gain strength for his approaching end. Then, supporting his weakened body on the arms of his brethren, he stood with his hands raised to heaven and, as he prayed, breathed his last.” (St. Gregory the Great, Book Two of Dialogues, chapter 37).

We need Lent with a spiritual longing to look forward to Easter joy. How can we embrace the Easter Joy without Lent? In the meantime, try to devote yourself to tearful prayers, to reading and compunction of heart. To give up your time to serve others—what I call putting prayer to action to witness the Christ in others—so that in all things God may be glorified.

Sister Linda Soler, OSB
Monastic Leadership Team



The Continuous Lent of St. Benedict

by Sister Mary Lou Dummer, OSB

Did I offer peace today? Did I bring a smile to someone's face?

Did I say words of healing? Did I love? Did I forgive?

Did I let go of anger and resentment?

These are the real questions. —Henri Nouwen

Of all the liturgical year feasts and seasons, St. Benedict chose to give special attention to only one of them in his *Rule* for monasteries. It is the season of Lent, and it is treated throughout the entirety of Chap. 49, "The Observance of Lent." In this chapter, St. Benedict writes: "In these Lenten days, let us add something beyond the usual measure of our service, such as private prayers and abstinence in food and drink. Let each one of us, over and above the measure prescribed, offer God something of our free will in the joy of the Holy Spirit" (49:5-6).

Maybe the "over and above" could be Henri Nouwen's questions listed above. In these few lines—which I read as a sort of examination of conscience—Nouwen takes us to what is most essential in life: Peace, Joy, Hope, Forgiveness, Love. If these essentials are missing, then we might ask: What's left? Sadly, the answer may be found in what is being played out all over the world.

More than the essentials, however, I find in Nouwen's questions an urgency that hints at the call of conversion—that change of heart and renewed commitment which we find in the Gospels and *Rule of Benedict*. These texts remind us that it's time to stop making excuses for ourselves and to get back to basics, to get back to asking the real questions.



In the Gospel of Matthew 20:17 we read: "Jesus took the twelve disciples aside by themselves." Would you be thrilled to be taken aside by Jesus to spend precious time learning from him? Actually, we have this opportunity every time we turn inward through prayer.

In the same way Jesus took his disciples away from the crowds to teach them, so we are to spend time with him during Lent. It is there we will learn and be encouraged to embrace and live his message. During Lent we are invited to sit in the classroom of the Gospels and intentionally pay closer attention to our beloved Teacher. It is there that we will discover the essentials that are missing in our lives. How will you choose to be drawn aside to be with Jesus?

Together we begin our journey toward the Hill of the Cross and, ultimately, the Empty Tomb. In these days, we can make Nouwen's words our own, remembering that Lent is a season to celebrate the basics and a time to ask questions. Let our journey of conversion, faith and commitment begin today.

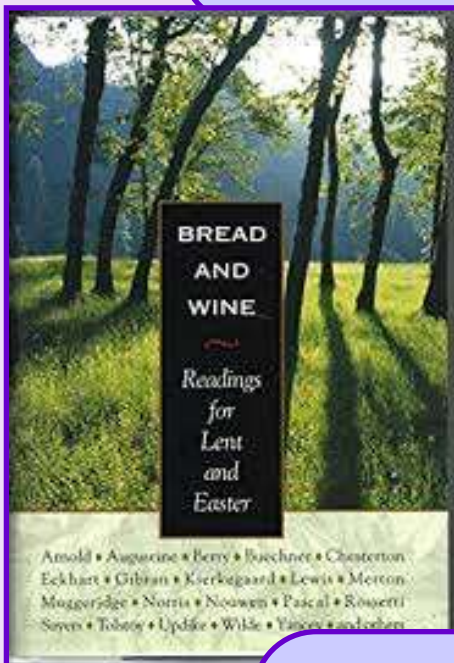
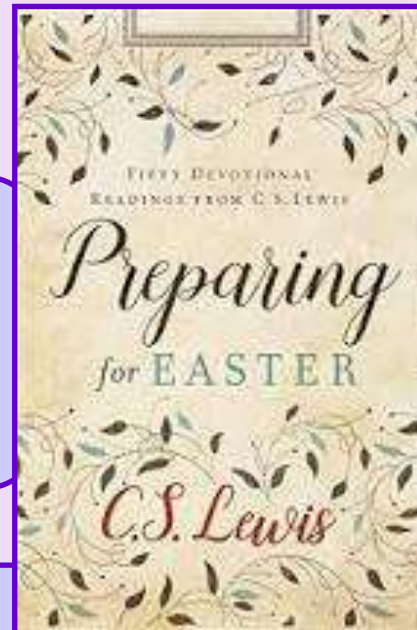
Happy Lenten Reading

by Sister Louise Inhofer, OSB

Do you remember a time in high school when you had to write a book report, and you didn't take time to read the book, and all of sudden the report was due? What to do? You quickly read the blurb on the front and back of the book jacket, maybe you read the introduction, or the chapter titles, or even read the first and/or last chapter to get a feel for the book. Then with that skeleton you wrote your report and hoped you could 'get away with it'.

That's just what I am doing now. Every year I try to find new Lenten books to add to our already substantial collection. Three new ones came a few days ago and I realized I couldn't read them all in time, soooo, guess what? Back to high school days.

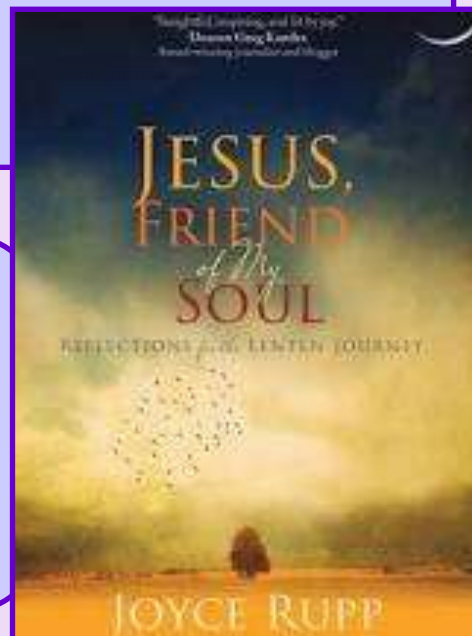
Preparing for Easter contains fifty readings from C.S. Lewis' writings. Don't let the title fool you. There is a reading for every day from Ash Wednesday to Easter Sunday. Each begins with two scripture references: one from the New Testament and one from the Psalms. And yes, I DID read Ash Wednesday!



Bread and Wine: Readings for Lent and

Easter published by Plough. Rather than daily readings, there are six sections: Invitation, Temptation, Passion, Crucifixion, Resurrection and New Life each with readings apropos to the section and written by well-known authors: St. Augustine, Chesterton, Merton, and many more. There is a companion book for Advent and Easter which I DID read and enjoyed very much.

Jesus, Friend of My Soul by Joyce Rupp OSM. She is a very popular author of many wonderful books. There is a reading for every day from Ash Wednesday to Easter Sunday; so again, it is not a book one would start to read and keep on until it is finished. It will take about six weeks reading every day's reflection.



Have I whet your appetite? Did I "get away" with my report?

Lenten Journey

by Brooke Eikenberry, Monastery Communications
Coordinator

On Ash Wednesday as we begin Lent—our season of repentance, prayer, and fasting—we solemnly mark it with the imposition of ashes. A sign of repentance and mourning, the ashes also symbolize the dust from which God made us. We remember that we are dust and to dust we shall return. We are called to turn away from sin and be faithful to the Gospel.

Prayer of Transformation

God of Mercy and Goodness, hear our prayers as we begin our Lenten journeys with you. Help us to be honest with ourselves as we look inward and reveal to us the areas of our lives that need to change so we may become living examples of your goodness and love in the world. Show us how we can get involved in our communities to create tangible change in the world around us. Guide us as we humbly seek to return to you and your abundant grace. Transform us as we commit ourselves to grow closer to you each day.

Amen.



Observing the season of Lent can be a truly transformative experience, if we allow it. We invite you to begin your Lenten journey with us in this prayer of transformation.

(Pictured above: Sister Louise Inhofer, Ash Wednesday 2019)



A Valentine's Day Welcome

For Valentine's day Maple Tree Childcare center visited the Sisters in holiday celebration. Valentine's Day is a celebration of Love and remembering those you hold dear. It was simply a joy to see the children. The Sisters gathered around in a semi-circle with the children politely sitting in front and with joy and innocent love, singing to the Sisters. What a wonderful tradition for Maple Tree Childcare and the Monastery.

Right: Sister gratefully receives a heart card and hug



Below: The children gathered in front of the Sisters before their program of Valentine songs



Welcome The Little Children (for Sue)

by Sam Rahberg

*Jesus said,
Welcome the little children,
adding nothing about
age, pigment or language.
So Jesus must have meant those
immune to the drumbeat of time,
those who hold your hand
lest they stray while at wonder,
who squeal with full-bodied joy
at sequins and cardinals,
who get lost in stories,
love naps and snacks,
and who assume friendship
long before introductions.*

*While they inhabit
the world's hurt like all the rest,
children cannot resist living
by a bigger grace and love.
The kingdom of heaven
belongs to such as these.*

Brothers at the Monastery

by Ann Bechtell, Monastery Mission Advancement

Since 2001, there has been a Breheim brother working at St. Paul's Monastery. Cary, hired by Sister Linda Soler, was the first to arrive as grounds keeper at the Larpenteur Avenue Monastery. Brother Mike, hired by Sister Joan Schneider, joined Cary at the then-new Benet Road Monastery in 2010.

On February 19, the Sisters hosted a lunch for Cary and Mike in honor of their retirement. Cary's wife Joan, Mike's wife Sam, and Cary and Mike's sister, Debbie Starr, were in attendance.

The lovely, homemade menu, prepared by Sharon Copeland and staff, was Mike's request: Tomato soup, grilled cheese sandwiches and fresh fruit trifle.

After lunch, there were many heartfelt and funny tributes to the two brothers. One guest stated that he was "surprised to see how many other people are happy to see you go." This guest, one of the Monastery's fantastic Tuesday baker volunteers, brought a huge bowl of fresh cookies for the brothers.

Most tributes spoke of how Mike and Cary got so many different and difficult tasks done, and that they consistently did so with a smile and without complaint. The Sisters sang a blessing over the Breheim family and everyone expressed heartfelt thanks and best wishes to them.

When asked how they will keep busy now, Mike said he will spend more time working on his "shack" on Whiteface Lake southeast of Virginia, Minnesota. Cary said he is still trying to figure that out, but he won't be helping Mike with the shack.

Monastery staff member Tod Twist will continue where Mike and Cary left off. Tod has been "learning the ropes" for several months now.

Mike said "I will be back to make sure all the staff, especially Tod, is working hard." The Sisters and staff hope so. They are welcome back anytime. Especially on Tuesday mornings for fresh cookies.



Above (l-r):
Mike and Sam;
Cary and
Joan Breheim



At left: Debbie spoke about her brothers (note huge bowl of cookies from the Monastery bakers)

Prayer for Mike and Cary

Loving God,
we thank you for the service of
Mike and Cary.

We ask you to bless and support
them as they move on from their
service to this Community.

Bless all who come through our
doors: our families, friends, oblates,
employees, volunteers, and
benefactors.

And as St. Benedict once prayed:
*Loving God, Grant us intellect to
understand you, reason to discern
you, diligence to seek you, Wisdom
to find you, a spirit to know you and
a heart to mediate you.*

Bless us in all the efforts of this
life, so that all that we are, and
all that we do, you may be
Glorified! Amen.

Seeing God: 2020 Juried Exhibit of Sacred Art

Sacred art contributes to keeping us mindful of God's abiding presence. The annual Seeing God Juried Exhibit features contemporary regional artists who work in that spirit. Daily public viewing, **9:00 a.m.– 6:00 p.m., through March 13.**



Legacy by Sandra Brick (first place):

What tracks are you leaving? What will be your legacy? Legacy is defined as anything handed down. A legacy could be your impact on your community or family. Your legacy is for you to define—so define your legacy. I invite you to look at yourself, your life, and think about what YOUR legacy is now. Or what do you want your legacy to be? How has God helped you define your legacy? What tracks are you leaving?



Heaven Unexpected Came by K. Daphnae

Koop

(second place):

The work is time-consuming and meditative, and only slowly

does the finished piece reveal itself. All the while, the energy of context and life circumstances is absorbed and cured in the pigments. My paintings are non-representational ... paired with titles that suggest, but do not impose, the theme. My aim is to somehow, without pictorializing, invoke a sense that the human experience is ultimately contained within the beyond.



Tree of Life by Julie Daneen (third place):

The tree of life has many spiritual and religious meanings that can be interpreted in many ways. It is a universal symbol that is inspiring and calming. Links to religion, philosophy and spirituality can be traced back to almost all ancient cultures. To me it represents individuality. No two trees are exactly alike. Each tree gains character and beauty. When a tree loses its leaves, it come back to life in spring with new leaves, symbolizing rebirth and a fresh start. The roots symbolize out origins and internal strength. The trunk is life itself spanning between the past and future.

Coming Soon to the Monastery Art Gallery

Our next art exhibit, "From a Unique Perspective" by [John Ilg](#), will be available for viewing from March 16—May 1. **The opening reception is [Sunday, March 22, 1:00—3:00 p.m.](#)** The gallery is open to the public daily from 9:00 a.m.— 6:00 p.m.

JOHN ILG

From a Unique Perspective



The Fourteen Stations of the Cross &
Select Works from the Late 70's and 80's

The Benedictine Center of St. Paul's Monastery

Above: "Loaves and Fishes" (1978), mixed media on corrugated cardboard



St. Scholastica Award

At our February 10th Feast of St. Scholastica, we had many special guests with us to commemorate that day. In particular we want to

celebrate our St. Scholastica Award Honoree, Mary Dean! Mary Dean, a St. Paul's Monastery oblate and active volunteer, has been an incredible blessing to us over many, many years. Thank you for your continued faithfulness to our Community, Mary!



Above (l-r): Sister Linda Soler, Shirley and Bill Dean, Mary Dean, Sister Catherine Nehotte, and 2017 Honoree Julianna Sandin



Commemorative Pavers

Honoring Those Who Light Our Way

Our Gathering Plaza is blessed with pavers engraved with messages from the Sisters, Oblates, relatives, and friends of St. Paul's Monastery. Click on the button below to print the form and create your own paver message to commemorate a special occasion or honor a Sister, your parents, other family members, or friends. Your tribute paver makes a difference in the prayers of the Sisters and all who visit the Plaza.

Thank you and God Bless you!



Order by
Aug. 14 for
Fall 2020
Installation

Sizes

4 x 8 Paver : \$125

Up to 3 lines of text,
18 characters per line

8 x 8 Paver : \$250

Up to 6 lines of text,
18 characters per line

[Click Here to
Print the Paver
Order Form](#)

Welcome to Taizé Prayer

Taizé prayer is a beautiful, meditative prayer of short verses sung repeatedly. We celebrate Taizé prayer at the Monastery on the third Friday of each month at 7:00 p.m. All are welcome.

In this new year, we are in need of volunteer cantors and musicians to lead us in prayer. *If interested, please call 651-777-8181 and ask for Sister Karen Sames or Sister Jacqueline Leiter.*

They did not thirst when God led them through the deserts. God made water flow for them from the rock; God split open the rock, and the water gushed out.

—Isaiah 48:21 (paraphrased)

What is the Key to Being an Oblate?

“Obedience to the Rule of St. Benedict. Prayer and Work. Be mindful of God’s presence in all you say or do. Recognize Christ in everyone you meet. Practice the virtues of humility and hospitality. To be like Christ, to act like Christ and be another Christ for others.”

—Bryan LaHaise, oblate candidate

For information about oblate formation, contact Oblate Director Sister Mary Lou Dummer at 651-777-8181 or e-mail Sister Mary Lou at mldummer@stpaulsmonastery.org

You can read more, too, at: <https://www.stpaulsmonastery.org/membership/oblates/>

February Community Day

by Sister Mary White, OSB

To accompany our future planning, I led the Sisters in reflection about “Change” as it impacts today’s Monastic Community living, and the hospitality we offer our many guests. Awareness about the possibilities, as well as the uncertainties, which accompany shifting paradigms, provided a rich conversation, informing our future planning.





BENEDICTINE CENTER OF ST. PAUL'S MONASTERY

The Uncluttered Mind: A day retreat for writers

with Victor Klimoski, Ph.D.

Saturday, March 21, 7:30 a.m.—5:00 p.m.

\$65 (includes lunch)

This writing workshop is for those who want to recharge their writing practice, have a place to connect with other writers, and perhaps rediscover the deeper reasons they create art with their words. The daylong experience begins with a period of meditation and offers periods for writing, conversation, and thinking forward. The model assumes we are all learners and teachers, bringing our gifts to be in service of one another. The facilitator will provide ideas, structure, and guidance for the day. For those who may be at a distance, the Center generally has overnight accommodations available depending on its program schedule.

Embracing the Holy Time of Lent

with Peter Watkins

Sunday, March 22, 3:30—6:00 p.m.

\$30 (includes supper)

This retreat is an invitation to holy renewal. Take time to go deeper during this Lenten season—deeper into your heart and deeper into your relationship with God. There will be time to listen to the Spirit through scripture, simple ritual, journaling, and conversation. Retreatants are also invited to join in a communal meal together at the end.



Lean Times, Living Stories

with Diane Mills and Samuel Rahberg

Thursday, March 26, 9:00 a.m.—3:00 p.m.

\$40—per person (includes lunch)

\$100—Teams of Three or More (Includes lunch)



When pressures and limitations seem to outweigh our sense of strength and possibility, how do leaders avoid becoming disheartened? By learning how to tell a more life-giving story. Narrative Theory suggests that the ongoing discipline of leadership requires crafting a more genuine story, one that is both rooted in the reality of the moment and expands our sense of mission. During tough times, our narratives often become rote. Therefore, it is all the more incumbent that we reflect upon the stories we are telling ourselves as our communities navigate the difficulties of transition, loss, and diminishment. Come individually or as a team to join Diane Millis, author of *Re-Creating a Life* (SDI Press, 2019) along with Sam Rahberg, author of *Enduring Ministry* (Liturgical Press, 2017) for a day of collaborative reflection and an opportunity to discern new stories waiting to be told.

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

benedictinecenter@stpaulsmonastery.org

651.777.7251

Prayer Schedule

“Nothing is to be preferred to the Work of God.”

—Rule of Benedict, Chap. 43



SUNDAY

Morning Prayer: 10:00 AM

Eucharist: 11:00 AM

Evening Prayer: 5:00 PM

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

MONDAY–SATURDAY

Morning Prayer: 8:00 AM

Midday Prayer: 11:30 AM

(Mon., Fri., Sat.)

Eucharist: 11:30 AM

(Tue.—Thu.)

Evening Prayer: 5:00 PM

Taizé Prayer: 7:00 PM every 3rd Friday of the month



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 an online prayer request, the Monastery website has two different ways to do so. You can use the “Prayer Requests” link at the top of our home page (www.stpaulsmonastery.org). Or you can go to the “Ministries” tab and select “Community Prayer Ministry.” Prayer requests go to the Sisters in the Healthcare Center who pray for these intentions during their 3:30 p.m. daily Rosary. May God bless you today.



Go to smile.amazon.com and choose

“St. Paul’s Monastery”

Your account will appear as normal but you'll see "Supporting: St Paul's Monastery" right under the search bar, and **0.5% of your purchase will come back to us every quarter. Every little bit helps, and we are so grateful for your support!**

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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