



ST. PAUL'S MONASTERY E-NEWSLETTER

August 2020 Edition

A Journey Through “No-time”



It has now been about a half-year, or perhaps a half-century, since the coronavirus pandemic exploded onto our national, communal, and individual consciousness. The end of the stay-at-home order and the re-opening of Minnesota has not brought a return to normal, but a time that feels like no-time, like an in-between place.

At the monastery, we've been encouraged to consider this no-time as a “covid pause.” During no-time, we are outside of our normal routine, making this a very good time for us to slow down and be reflective. We are all invited to consider and begin to act on what really matters, what doesn't matter, and what needs to change in our lives.

Our covid pause reminds me of the Exodus journey of God's people through the wilderness when they left the land of Egypt. What was expected to be a relatively short journey instead evolved into a forty-year sojourn through the desert. This desert wilderness was a sort of no-man's land; an in-between time and place that was necessary for the people so they could let go of what was and prepare for and be open to what God was calling them to. This is the essence of the inner conversion that the Gospel calls us to. Like God's people in the wilderness, we are called as individuals, as a community, and as a nation. We are even beginning to see that our call is global.

The Exodus journey was a difficult and confusing time for God's people. Yet throughout the entire time of their pause and wandering in the wilderness, God's consistent message was: *I love you. I am with you. Trust in me.* *

As you journey through the uncertain moments of your covid pause and seek to reorient yourself, may your heart be open to following where God is challenging you and calling you. May you always remember and listen for God's whisper, no matter where or in what no-time you find yourself: *I love you. I am with you. Trust in me.*

Sister Jacqueline Leiter, OSB

Monastic Leadership Team

**I am grateful for Abbot Jerome Kodell of Subiaco Abbey in Arkansas for the insight about God's three-fold message to the people in the wilderness. Abbot Jerome led the community retreat at St. Paul's Monastery in 2009.*



Memorial: Sister Duane Moes, OSB

St. Paul's Monastery

Sister Duane (Patricia) Moes was born on December 27, 1921 and died peacefully on June 30, 2020 in the Monastery Healthcare Center at age 98, having lived her Monastic profession 76 years. She was the last living charter member of our Community. Sister Duane was born to John Moes, a farmer and telephone company employee, and Margaret (Gergen) in New Trier, MN. She was second in a family of four children.

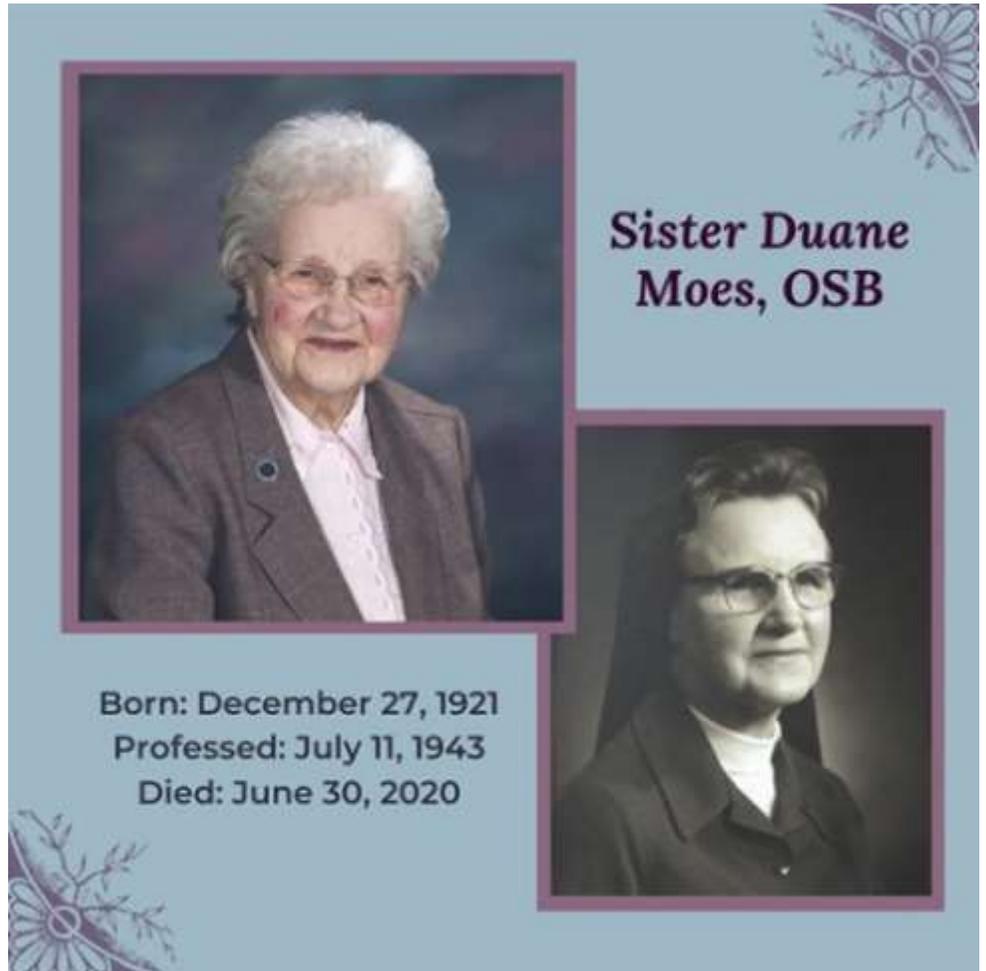
She had three brothers — Bernard, John, and Nicholas. She received the Sacraments of Baptism and Confirmation at St. Mary's Church in New Trier.

In 1938 she entered the Scholasticate at St. Benedict's in St. Joseph, MN. After attending high school at St. Benedict's Academy, she graduated from the College of St. Catherine. She continued her studies at the College of St. Benedict, the College of St. Catherine, Moorhead State College and Ball State University. After her first vows in 1943, she began her teaching ministry at St. Mary's in St. Cloud, MN, followed by

Presentation of Mary in Breckenridge, MN, St. Bernard's in St. Paul, Holy Redeemer in Montgomery, and Maternity of Mary in St. Paul.

Sister Duane taught summer vacation school in Tyler, Rush City, Buhl, Cannon Falls, Hamel, and at St. Bernard's in St. Paul. She was elected Prioress of St. Paul's Monastery and served from 1980-1984. After her term as Prioress, she returned to Holy Redeemer in Montgomery as principal and teacher for ten years. She retired to the Monastery and later served as the Monastery's treasurer from 1997-2002. Sister Duane was among the founding charter members of St. Paul's Priory in 1948. At that time, 178 Benedictine Sisters from St. Benedict's Priory in St. Joseph, MN established a new priory at 301 Summit Avenue in St. Paul. Sister Duane was a gifted conversationalist.

Continued on the next page...



Memorial: Sister Duane Moes, OSB *Continued from previous page...*

She loved science, had a good sense of humor, and found joy easy to come by. She liked to read about a variety of topics, often spicing her conversation with her latest reading finds. She was always pleasant and had an upbeat attitude. Preceded in death by her parents and brothers, she is survived by her sister-in-law Mabel, nieces, nephews and her Benedictine Sisters. We pray, that after her many years of dedication and prayer, may she be received into heaven with the same love she bestowed on others. May Perpetual Light Shine Upon Her.

“May Christ Bring us all together to everlasting life.”

Rule of St. Benedict, Chapter 72

Remembering Sister Duane Moes, OSB

Mission Advancement

We received many remembrances of Sister Duane Moes, OSB. Here are a few examples of those that were read aloud and shared with the Sisters.

My family and I would like to pass on our sincere condolences and deepest sympathies. I was fortunate to have Sister Duane as a teacher in 6th and 8th grade at Holy Redeemer School in Montgomery. She had a major influence on me when it came to learning and study habits. Much of what I learned from her was not as much as the content of the subject, but rather the process of learning and applying it in all facets of your life. It is evident now that she was a strong



leader before her time. One of the most valuable traits she passed on was the importance of self-discipline and establishing priorities of faith and family first. Sister Duane’s influence played a part in the blessings/successes I have obtained with my family, academically and in my career as well.

—Mark, friend of St. Paul’s Monastery

Sister Duane was my 8th grade teacher—a beautiful influence on my life! She was the first to instill in me the desire to be a teacher. Throughout my 37 joyful years of teaching young children, I have been grateful to her for this gift. Now as Sister rests in the arms of Jesus, I ask her for her continued friendship. During this troublesome time of COVID, let us all cling to one of her favorite Scripture quotes: *“In Him who is the source of my strength, I have strength for everything.”* (Phil 4:13)

—Kay, friend of St. Paul’s Monastery

A Goodbye to Sister Duane Moes, OSB

by Sister Linda Soler, OSB



Sister Linda Soler, OSB, gave the eulogy at Sister Duane's service. The following is the eulogy as written and spoken.

The Monastic Community would like to offer our sympathy and prayers to the family and friends of Sister Duane. We had the privilege of journeying with Sr. Duane because she touched the lives of so many people. A heartfelt thank you to our healthcare staff who cared for Sister Duane with unconditional love. With dignity and grace, she lived her Monastic life fulfilling her Baptismal call by letting go to take the hand of God. In the Gospel, Jesus said I am the way and the truth, and the life. Sister Duane would embrace those words knowing someday Jesus would prepare a place for her. As in the Gospel, Sister Duane did believe, and allowed the works of Jesus, knowing life would not always be easy, yet the Gospel message was the fabric of her life when Jesus said "Do not let your hearts be troubled. You have faith in God, have faith also in me."

I became acquainted with Sr. Duane back when I was in the eighth grade at St. Bernard's school. With this personal history, Sr. Duane did ask that I give the reflection. She was my religion and math teacher, and often she would say "I can still see you sitting in the second row in the fourth seat." She was even brave enough to admit I was a quiet student. However, I have to be honest here, she gave me a D in religion, yep a D. I would remind her how this former student not only received a degree in theology, but I join a religious community, and not just any religious community, but a Benedictine community, and the same one as hers, and I got a D in religion. We would laugh about that numerous times. She was a gentle teacher, and as I reflect, she not only taught me about my faith, but she taught me how to be an inquisitive student. When I did join this community, she tucked me under her wing knowing a former student was now a member of the same community she often talked about. She continued to be a teacher, and she believed in me, and I am grateful for the lessons she offered me. Born in New Trier, MN to John and Margaret Moes, Sr. Duane said her parents were the foundation of her vocation.

She described her mother as a loving woman who would support her children no matter what the circumstances were. Her father was a strong-willed man. Since she was the only girl, she remembered playing with her brother's toys more than her own. Sr. Duane spent her childhood in a rural community as part of a happy family. Her early years were lived in an atmosphere where her faith was nurtured, and she learned to seek a relationship with God and others rather than possessions and prestige. These roots were important ones for her not only because of the surroundings in which she grew up, but also because of the affection she developed for her family, an affection which she treasured all of her life.

[Read More Online...](#)





How you can help

As we all self-quarantine and wait for the days you can visit the Monastery again, you may be wondering how you could help from home? We here at the Monastery are working on expanding our reach, and with that comes a lot of hands-on, data-entry work. If you would like to help from home, we would love to hear from you.

Contact Jessica Lauderman: jlauderman@stpaulsmonastery.org



Maple Tree Childcare Celebration for the 4th of July

Mission Advancement

The children of Maple Tree Childcare had a fun-filled day celebrating the 4th of July this year. In parade fashion, they visited the Monastery courtyard so the Sisters could see them waving their flags and hear them singing. The children often visit the Monastery bringing joy and cuteness with them. Now with the COVID-19 experience they still visit the Sisters, although from a distance, and remind us what a joy it is to have them on our campus.



The Feast of St. Benedict

by Sister Linda Soler, OSB

On the Feast of Benedict, July 11, the Monastic Community celebrated with a joyful heart. After the Word Communion Service, there was a blessing in the garden in Memory of Sister LaVerne Hudalla. We had a festive meal, and each Sister brought an item of St. Benedict that has a special meaning to their vocation as a Benedictine. Many stories were told with a reverence for Our Holy Father Benedict. On this day, many of the Sisters celebrate the anniversary of their profession. Our donors, oblates, associates, volunteers, family and friends were remembered in prayer through the intercession of St. Benedict, so that in all things God may be glorified.



(right)

Sister Lucia
Schwickerath,
OSB

(below)

A blessing in the
garden



Letter from Mission Advancement

Mission Advancement

Hello friends of St Paul's Monastery,

As July comes to a close, we reflect back on what has been an active summer. St. Paul's Monastery wants to say *thank you* to each and every one of you for your continued prayers, donations, and planned giving. We miss interacting with you and always welcome your calls and emails.

You may have seen an email, received a mailing at your home, or read a promotion in social media about some of our events this year. These messages have all been part of our intention to reach out to as many of you as possible, to stay in touch, and to let you know of different ways you can help support the mission of St. Paul's Monastery through this pandemic and beyond. Perhaps you have read about one or more of the following.

[Beacon of Hope](#) came out in March and was intended to reach out to our broader community of friends to offer the prayers and spirit of Hope of the Sisters in the midst of this pandemic.

In May, we launched the first ever [Virtual Open Door](#), allowing online visitors to see the Sisters and what they are doing. This led to the [Support a Sister Sheltered in Place](#) campaign. You, the donor, got to spend some time on the phone or in Zoom calls with a sister.

[My Benedictine Legacy](#) was launched in June to ask you to consider your legacy and include St. Paul's Monastery in your will/estate planning.

[Sisters' Circle](#) is our newest effort and provides yet another way for you to support SPM through sustained monthly giving.

In whatever way you have given to us in 2020, we sincerely thank you and appreciate each of you.

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 August 14 for
fall installation

Sizes

4X8 Paver: \$125

Up to three lines of text
18 characters per line

8X8 Paver: \$250

Up to eight lines of text
18 characters per line



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

Volunteers Needed

Mission Advancement

We are looking for volunteers to help us in our Monastery duties. If you are interested, please contact Jeff Dols, Mission Advancement Director, at development@stpaulsmonastery.org. Here are some descriptions of the positions we are looking for.



Donations Manager—The Donations Manager works directly with the Monastery’s Mission Advancement Director to assist with solicitation and collection of donations. Primarily, the Donations Manager will support Christmas at the Monastery, which is the Sisters’ largest public fundraiser. Outstanding food, inspirational prayer, great conversations, and lovely decorations, and attention

to detail are hallmarks of the annual December event. Your solicitations include: Silent Auction, Mystery Gifts (primarily for restaurant, food/beverage, and experience gift cards), Stocking Stuffers (handmade crafts), food, beverage, supplies, and monetary donations, all of which are essential to create a successful and enjoyable event.

Volunteer Coordinator—The Volunteer Coordinator works directly with the Monastery’s Mission Advancement and Human Resources directors to assist with coordinating the current volunteers and recruiting and orienting new Monastery volunteers. There are a wide variety of volunteer opportunities at the Monastery. Volunteer positions include staffing the Monastery front desk, visiting with and assisting retired Sisters in Monastery healthcare, and kitchen and housekeeping duties. The largest group of volunteers support the annual Christmas at the Monastery event.



*waiting, giving thanks
awake with thoughts of gladness
divine contentment*

by Sister Rose Alice Althoff

My Benedictine Legacy

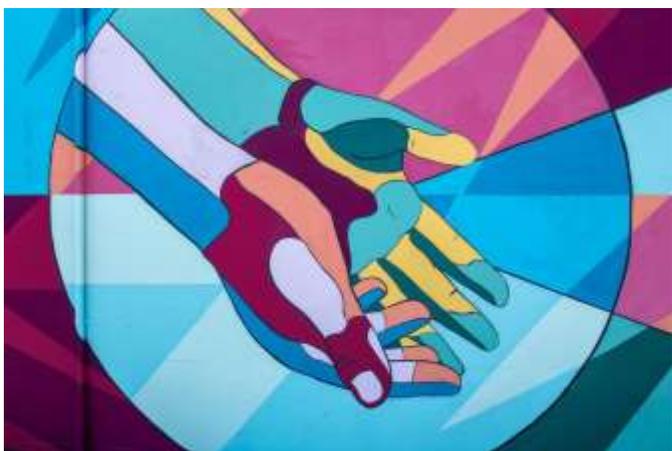
St. Paul's Monastery

"We thank God for you and always mention you in our prayers." 1 Thessalonians 1:2

Dear Friends of St. Paul's Monastery,

The passage above beautifully expresses how we Sisters feel about our wonderful St. Paul's Monastery Community of friends!

As Prioress of this Community, one of my goals is to support the care of our Sisters while sustaining the ministries of the Monastery long into the future. In order to assure that future, we are pleased to introduce you to *My Benedictine Legacy*. The purpose of *My Benedictine Legacy* is to encourage the friends of St. Paul's Monastery to remember the Sisters in their planned and estate gifts. Your gift will provide an increasing and stable source of annual income to our Monastery.



With your support we have educated countless students, served in parishes and homes, welcomed all as Christ at the Monastery and wherever we have served, and shared our Monastic heritage through retreats and programs at our Benedictine Center. We are continuing to develop our legacy. In addition to our Monastery, Maple Tree Monastery Childcare Center and Hill-Murray School, our campus also includes Tubman and CommonBond Communities. Our Sisters work with our partner organizations as employees, Board members and volunteers. We all live the Benedictine value of

hospitality. All live Mother Benedicta Riepp's vision of supporting children, women, and families. One of our legacies is this neighborhood of good works based on Benedictine values.

Are you planning your legacy? Will your legacy continue your lifetime of good works and charitable vision? Would you like St. Paul's Monastery to be part of your legacy? By joining *My Benedictine Legacy* of St. Paul's Monastery, your good works will last in perpetuity. You will continue educating, housing and supporting children, women, and families and providing a place for Benedictine Spirituality to thrive in the Twin Cities. Without affecting your current finances, your thoughtful estate planning offers a practical way for you to assure the future of St. Paul's Monastery. *My Benedictine Legacy* automatically includes our current Legacy Society members.

Joining *My Benedictine Legacy* is easy. If you would like information on how to make a planned gift to the Monastery through *My Benedictine Legacy*, please let us know. If you have already included the Monastery in your estate planning, thank you! Please confirm this with us. (For an example of bequest wording, please [click here](#). To speak to someone at the Monastery, please contact Mission Advancement Director Jeff Dols at: jdols@stpaulsmonastery.org or 651-777-6850.



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As part of *My Benedictine Legacy*, you will:

- Know you and your loved ones are remembered in daily prayer by the Sisters
- Know that you continue your lifetime of good works
- Receive a personalized welcome package from our Community
- Receive invitations to special *My Benedictine Legacy* events and educational programs
- Be listed on the official *My Benedictine Legacy Honor Roll (optional)*

In addition, your *My Benedictine Legacy* commitment may provide tax advantages for your estate. Therefore, you may also want to discuss your plans with your investment or tax advisor.

Please consider joining our *My Benedictine Legacy* of St. Paul's Monastery today.

Thank you for your friendship.

In Christ,

Catherine Nehotte, OSB

Sister Catherine Nehotte, OSB
Prioress, St. Paul's Monastery

"We must run and do now what will profit us forever." (RB: Prologue)



Formation during the Pandemic

by Shirley J. Riedmann, Lay Oblate Candidate

While sheltering at home time, I continue to turn to the *Rule of Benedict*.

Specifically, I reflect today on the depth and wisdom of our Benedictine value of "Conversion of Life," which calls us to change, to grow and to be transformed by the Spirit. This has taken center stage for me during this pandemic response. Every life

has defining moments. At this moment in time, we are confronted with a moral determination: to care for the poorest, respect the whole of society, to open our arms to all of life, and to see our obligation to be active participants in protecting the environment and the world. When we realize that all things are of God, we become anchored in the reality of life and a true conversion of heart takes place. We become a different person, a different kind of being. We truly reflect the "image and likeness of God" that we are created to be in society.



A Message of Support to our Oblate Candidates

by Sister Mary Lou Dummer, OSB



Since COVID-19 took over our lives, the ten candidates seeking to become Oblates have not been able to complete their formation year. From home they completed the classes on Spirituality of Work and Spirituality of Leadership. Presently at home, they are engaged in their personal Discernment Retreat and returning their required reflections. They need to write their Letter of Intent to celebrate their Final Oblation on November 22, The Feast of Christ the King. Needless to say, they miss their classmates and coming to the Monastery to be with the Monastic Community. They are so eager to become an active member of the Oblate family. Please pray for them as they continue to deepen their Benedictine Spirituality.

Flowers for our Birds

by Sister Jacqueline Leiter, OSB

Birds have long held a special place in the hearts of Benedictines. Both Saints Benedict and Scholastica loved our feathered friends. Benedict shared his own piece of bread at dinnertime with the raven that flew in from the nearby woods. One day the friendly raven swooped down and knocked the bread out of Benedict's hand, knowing that it was poisoned, saving Benedict's life. Scholastica is associated with a white dove. When she died, Benedict saw his sister's soul rising to heaven in the form of a dove.

Birds were especially close to the heart of our dear Sister LaVerne Hudalla, who passed away in August 2019. She loved bird watching and often shared the joy she felt seeing a particular kind of bird or hearing its song. The Monastic

Community recently gathered in her memory to bless and dedicate a special garden with beautiful flowers and plants chosen to attract birds. [Click here to watch the video.](#)

The garden is planted in the monastery courtyard near where our senior Sisters are able to see and enjoy the birds. As a community, we prayed in gratitude: *God, our loving creator, you feed the birds of the air and clothe the lilies of the field, teach us wisdom and help us to seek your way of holiness. We praise you forever.*



Job and Sirach: The First and the Last

by Sister Louise Inhofer, OSB



Last month I wrote about reading *WISDOM BOOK* Vol. 7 of the St. John's Bible. I started with Job, the first of the Wisdom books when a question regarding him came up. I don't even remember the question, but I'm so glad it did because it led me to read Job and the rest of the Wisdom books, which I'm sorry to say I had previously neglected.

Job's story, I think, is the result of a sort of challenge between God and the Devil. God "put His money" on Job that he would not lose faith in Him no matter what happened. We all know that as Job lost one thing after another, he never complained to, or lost patience with God, and God won the challenge. From Job we could learn *patience* and *faithfulness* during this time of sheltering, face masks, and no Culvers. I don't imagine God is bargaining with anyone about this pandemic.

Between Job and Sirach (Ecclesiasticus) are Proverbs, Ecclesiastes (Qoeleth), Song of Solomon and Wisdom of Solomon, all of which are well worth reading. Some familiar phrases appear in one or the other, to name just a few:

"My child" appears numerous times, especially in Sirach.

"A wise child loves discipline." Proverbs 13:1. Really???

"...Vanity of vanities! All is vanity." Ecclesiastes 1:2

"There is nothing new under the sun." Ecclesiastes 1:9

"For everything there is a season...." Ecclesiastes 3:1-8

Now let me skip to the last of the Wisdom books which is Sirach; sometimes called Ecclesiasticus (the Church Book) because in the early church it was used to instruct converts. I enjoyed reading this book but am glad that we now have other means of instruction in the faith.

R.A.F. McKenzie SJ in his book *Sirach* says "Sirach was a man speaking to and living in a man's world" (p. 17). He might even be considered a chauvinist. After reading Sirach I can see why. He seems to be pretty hard on women. Even when he praises her, it is in the context of the man she is married to, who should be happy because he's married to her.

Sirach spends time concerning sons: "He who loves his son will whip him often..." I'm sure the son might wish he didn't love him so much. He writes concerning daughters too. They are to be kept home until they are married. Why go out? They aren't allowed to look for a husband since one is chosen for her by her father.

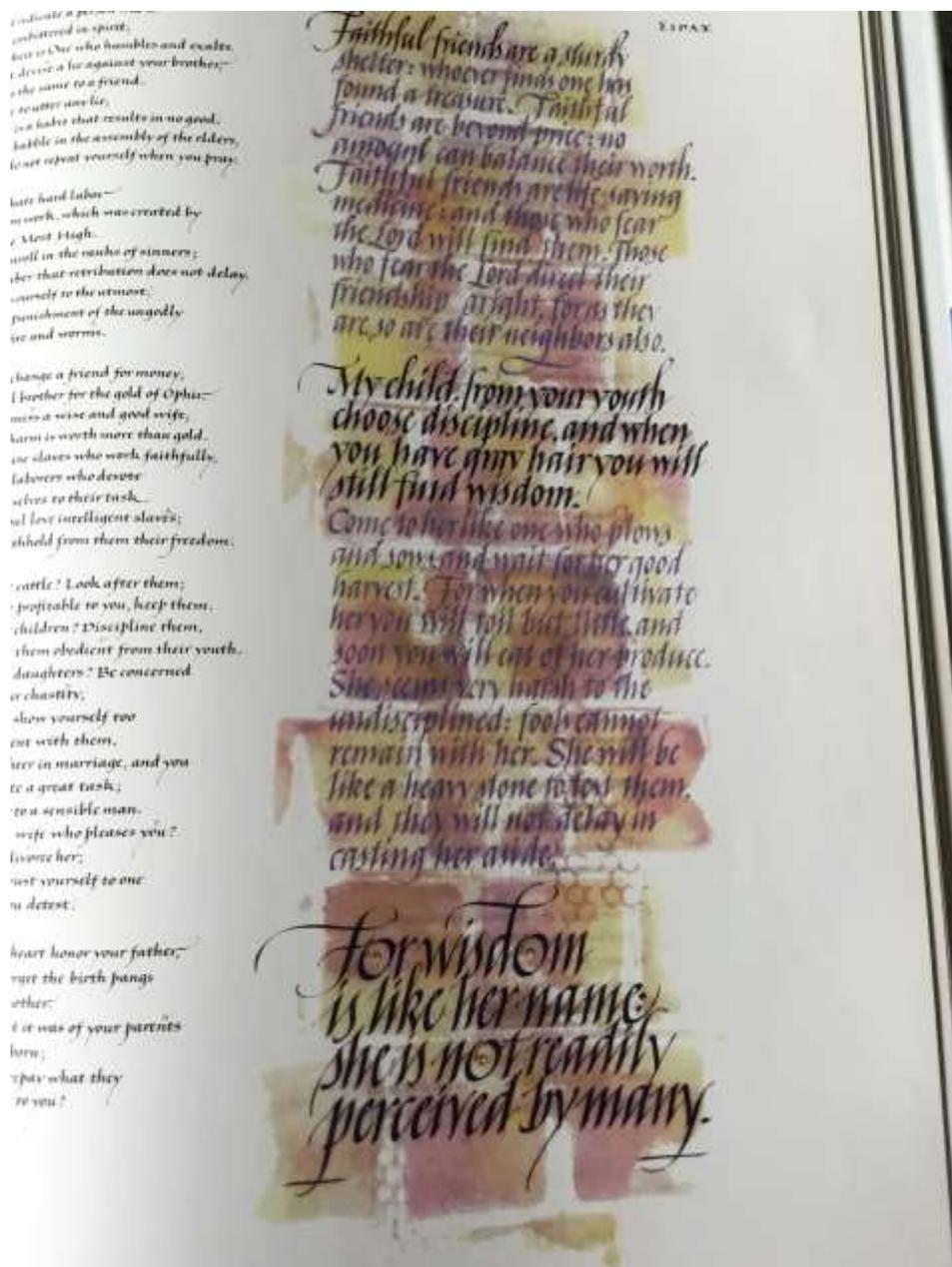


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Sirach must also have had a sense of humor. There were many times when I laughed out loud at what he was saying. For example: "Before you speak, learn; and before you fall ill, take care of your health" (18:19). Isn't that what we are doing now? "A slip on the pavement is better than a slip of the tongue" (20:19). Oh? Tell that to the one who is limping.

Sirach ends his book with these consoling words: "May your soul rejoice in God's Mercy and may you never be ashamed to praise Him. Do your work in good time, and in His own time God will give you your reward" (29-30).

And so ends all the Wisdom books.



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Go to

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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!



The Benedictine Center is offering online programs this summer via Zoom. Your presence would make the conversation richer. If you have not used Zoom, the Benedictine Center staff is glad to help you become familiar with the program when you register.



Condensed School of Lectio Divina [online]

with Sam Rahberg

August 7-9, 2020

Lectio Divina is an ancient practice of slowly engaging a sacred text over an extended period of time. When it is sustained in this way, Lectio Divina includes interrelated moments of reading, reflecting, responding to, and resting in the Word, all with the hope of nourishing and deepening our relationship with God. The Condensed School of Lectio Divina, available now online, offers contemporary seekers an experiential

opportunity to learn this practice with support. Participants in this weekend retreat will use Zoom for large group presentations, small group discussions, and times of prayer. They will also commit to sustain their practice of Lectio Divina by cultivating times to engage their sacred text offline and by exploring how they might integrate Lectio Divina into their lives in practical ways. The Condensed School of Lectio Divina serves as an excellent introduction to or a good review of the five-day School of Lectio Divina. [Register Online](#) or call 651-777-7251.

Together in Contemplation: A Practice-Based Spiritual Formation Group [online]

with Jody Reis Johnson

Tuesdays, 7-9 pm, Sept. 22, Oct. 13, Nov. 17, and Dec. 15

Writers in the Christian contemplative tradition have long upheld the practices of silence and community as invitations into holy mystery. The starting point for a life of prayer is seeking God, and the practice of silence can open the heart and grow our awareness of God's presence in daily life. Take time to quiet down the noise

and find companions along the spiritual path. Join Jody Reis Johnson 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. This program will take place online via Zoom. [Register Online](#) or call 651-777-7251.



For more programs, please visit www.benedictinecenter.org.

Prayer Schedule

*Even though our doors are closed temporarily,
we are grateful that you are praying with us in spirit!*

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

—Rule of St. Benedict, Chap. 43



SUNDAY

Morning Prayer: 10:00 AM

Eucharist: 11:00 AM

Evening Prayer: 5:00 PM

MONDAY–SATURDAY

Morning Prayer: 8:00 AM

Midday Prayer: 11:30 AM

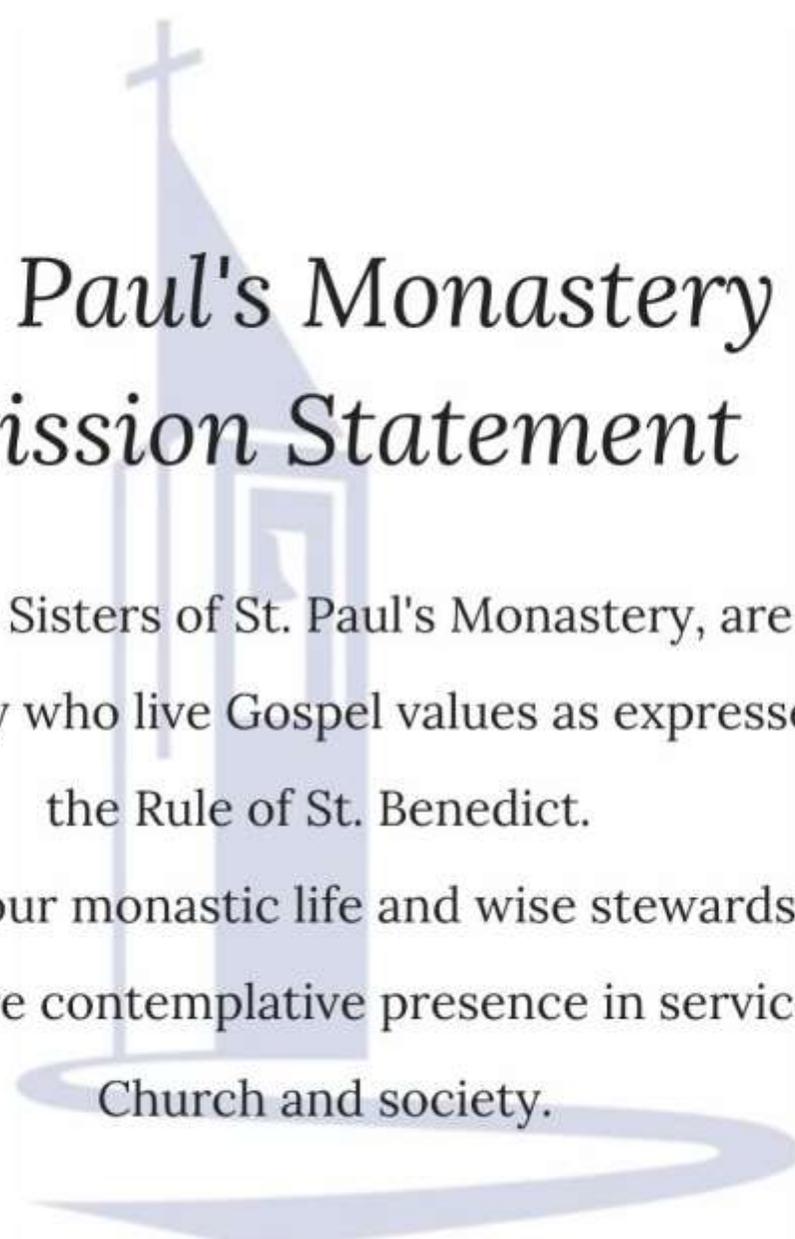
Evening Prayer: 5:00 PM

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



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](#). Or you can go to the “Ministries” tab and select “Community Prayer Ministry.” Prayer requests go to all the Sisters who pray daily for these intentions at Evening Praise, during weekly adoration, and during the Rosary. May God bless you and your loved ones.



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
[Instagram](#) | [Facebook](#)