



# ST. PAUL'S MONASTERY

## E-NEWSLETTER

June 2021



This month marks the beginning of summer in Minnesota. June 20 is the summer solstice, when our planet is tilted so that the Sun shines on its northernmost point on Earth, the imaginary line known as the Tropic of Cancer, about 23° latitude north of the equator. We have longer hours of daylight than on any other day of the year. It is as if the northern hemisphere of the Earth has turned its face toward the Sun, welcoming its warmth and shining light.

Certain plants and flowers also have a rhythm of turning toward the Sun, a phenomenon known as heliotropism. In the morning, young sunflowers are turned toward the east, anticipating the sunrise. Throughout the day, they follow the path the Sun traces in the sky, continually re-orienting and turning themselves toward the Sun's shining light and warmth until sunset in the west. By constantly following the Sun, the young sunflower collects more energy for growing.



Field of sunflowers facing the sun

If the Earth and even flowers turn toward the Sun, to whom do we turn? Saint Benedict encourages us to *open our eyes to the light that comes from God* (Rule of Benedict, Prologue: 9). Imagine for a moment how you feel when you stand in a sunbeam, soaking in the warmth.

*"Look toward God and be radiant" (Paraphrase of Psalm 34:5).*

Benedictines strive to live the promise of *conversatio*, which is a constant turning of our hearts away from ourselves and towards God. This promise is our seeking to remain within God's light in all that we say and do, and in all our being. We each have our own unique ways of turning to God and opening our hearts and our eyes to God. We may turn toward God by spending quiet time with Scripture or in nature. Or we may seek God by saying a kind word or helping others, or simply by loving the people we meet each day. In the midst of a busy day, we may even pause and turn our attention to God with a short, quiet prayer. These small practices of turning and opening our eyes and hearts to God can fill us with warmth and shining light.

Sister Jacqueline Leiter, OSB



As a child, Sister Susan Bourauel, OSB, was a bit of a superstar in her hometown of Bruno, Saskatchewan, Canada. She and her five sisters played multiple instruments and sang as part of a musical group, performing at family and church events. Sister Susan's mother and father, Susan and Peter, were also fine musicians and singers. The family all lent their talents to many special occasions in Bruno.



The picture is a bit faded but the joyous and melodic overtures can be seen so well as the Bourauel sisters gather to sing and make great music. Circa 1954.

Sister Susan today is looking forward to the day that she can see her family again in person. It has been more than a year since she has seen any of them. With the closing of the border between the United States and Canada because of Coronavirus, travel is restricted. Her four living sisters all reside in various parts of Canada. Sister Susan's advice during this time of seclusion and isolation is "to stay strong. This will end." She is praying for everyone.

Now celebrating 67 years of monastic life, Sister Susan continues her deep love of music. She taught music for many years in grades K-8, including band, organ, piano, choir, and church music at St. Bonifacius, Fairfax, Chanhassen, Litchfield, Visitation, and St. Anne's School in Minneapolis. She studied piano at the College of St. Catherine and later worked on a master's degree in education from the College of St. Thomas (now, the University of St. Thomas). Her love for music carried over into her vowed religious life as she served as a liturgical musician at St. Paul's Monastery for many years.

[Keep reading about Sister Susan here.](#)

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## UPCOMING EVENTS

**June 6, 1:30 p.m.** [Final Oblation Ceremony](#) (livestream)

**June 22, 11:45 a.m.:** [Founding Day Commemorative Paver Installation Ceremony](#) (join onsite or by livestream)

**July 10, 1:00—4:00 p.m.:** [Benedictine Festival](#)

**July 11, 9:30 a.m.:** Sisters Agnes' and Benita's 70th Jubilee (livestream)

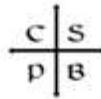
**July 11, 11:00 a.m.:** Feast of Saint Benedict Mass with Archbishop Bernard Hebda (livestream)

**FREE  
ENTRY**

# BENEDICTINE FESTIVAL



**JULY 10, 2021  
1:00 P.M. - 4:00 P.M.  
OUTDOOR EVENT**



**ST. PAUL'S MONASTERY  
2675 BENET RD  
ST. PAUL, MN 55109**



**FOOD, GAMES,  
RAFFLE AND MORE!  
FUN FOR THE WHOLE FAMILY!**

*\*Free admission; individual pricing  
for food, raffle, games, etc.*

*During the July 10 outdoor celebration, we're also opening up limited  
access inside the Monastery to view our current Art Gallery exhibit!*

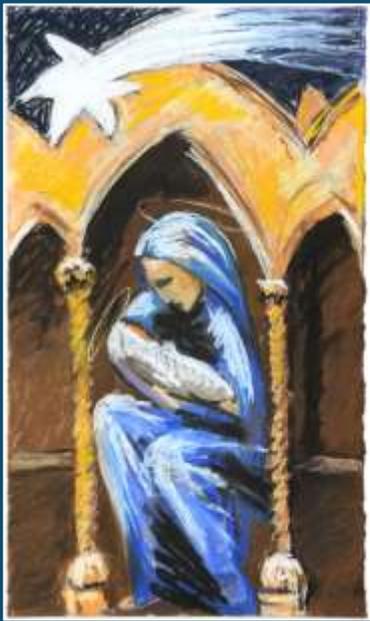


**JULY 11, 2021  
FEAST OF SAINT BENEDICT  
11:00 A.M. LIVESTREAM MASS  
WITH ARCHBISHOP HEBDA**

**[STPAULSMONASTERY.ORG/BENEDICTINE-FESTIVAL](http://STPAULSMONASTERY.ORG/BENEDICTINE-FESTIVAL)**

## From A Unique Perspective: An Exhibit by John Ilg

by Mission Advancement



Madonna with Star by  
John Ilg.

The works of John Ilg have graced the halls of the Monastery for over one year. We are so grateful that now the general public will get to see and share in this great exhibit. As part of the Benedictine Festival weekend, come and gather in the Cloister Walk from 1:00-4:00 p.m. on July 10.

In the words of John Ilg, he writes about his exhibit—*From a Unique Perspective*:

It is a valuable exercise to look back on one's early work works. I feel time has smiled fortunately on these compositions. I am still excited by their bold and fluid use of line, color, form and content. From this distant perspective, I see where I've placed cornerstones built upon them to be more courageous and insightful in my work today. I am still learning how to translate my ideas into things that are universal, unique and



A view of one of the hallways of the Cloister Walk where John Ilg's art is exhibited.

## Benedictine Center Spiritual Director Profile

by Sister Virginia Matter

My calling into the journey as a spiritual companion or Director is likely because of the many spiritual companions and friends I experienced in my life. As I reflect, I am aware of how blessed I have been because of those who have challenged and stretched my life within the joys and sorrows. Each has been a healer for my flaws and imperfections. In my writing, I realize there are many names I use for those who journeyed with me. You will see they each touched me in meaningful ways.

My older sister was there from the day I was born, like a midwife. My middle sister became my 'soul friend' from the time I can remember she was there, often teaching me as we learned together to discover new meaning in the wonder of God's creation.

My Lutheran mother was an example and a guide when I needed someone to talk with. She was our spiritual guide. She took her promise seriously to raise us Catholic, beginning with Catholic school in Springfield, MN, where I was born. She even went to church with us for all our special events and feast days, in addition to attending her own church.

My father was there silently. He only attended church on special events and feast days with my mother's encouragement. [Read more.](#)



## Maple Tree Childcare Updates

by Jennie Schlauch, Maple Tree Monastery Childcare Center



This past month, Sister Catherine Nehotte celebrated her 60th birthday. The children at Maple Tree Childcare Center walked over to the Monastery with a field-trip to visit with Sister Catherine, shown at right holding her flowers and card. The kids even brought their own banner and proudly held it high as we snapped this wonderful photo.

We are very lucky to have the children so close (just down the street) and to have them visit throughout the year. We often see them on holidays like Valentine's Day or dressed up in their Halloween costumes.

For Sister Catherine's birthday they gathered outside on the Monastery patio. Everyone had a bright, beautiful smile for Sister Catherine. Happy Birthday Sister Catherine!



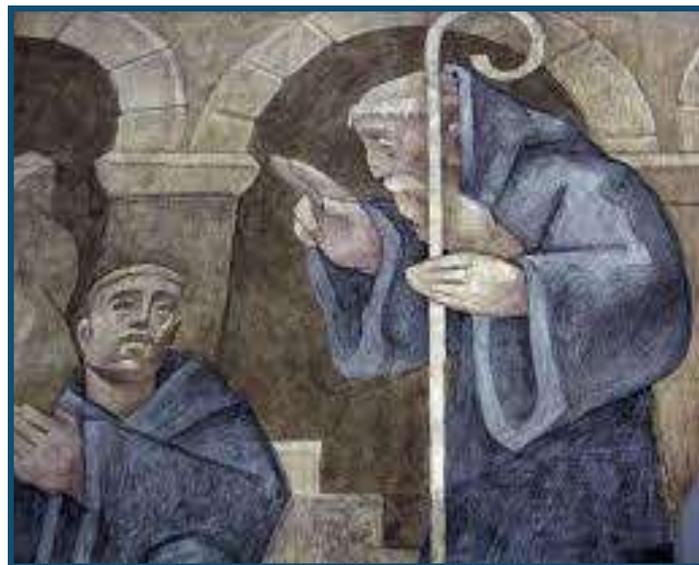
## Final Oblation...finally!

by Sister Mary Lou Dummer, OSB, Oblate Director

We all know that this has been a challenging year due to COVID-19. This has been so true for the nine candidates who have been patiently waiting to make their final commitment on their journey to becoming Oblates with the Sisters of St. Benedict of St. Paul's Monastery.

We are happy to announce that they will celebrate their Final Oblation on Sunday, June 6 at 1:30 p.m. in the Monastery Chapel. We need to keep the restrictions of masking and social distancing in place, so only the candidates and their Sister Sponsors will be in chapel. We do invite you to join us virtually, as this event will be livestreamed on the St. Paul's Monastery [Facebook page](#).

Please pray for the candidates as they prepare to celebrate to their Final Oblation: Mike Dickson, Jamie Hales, Mary Elizabeth Ilg, Deanna McCoy, Tory Pingel, Kami Pohl, Shirley Riedmann, Teri Rose, and Maria Varsho.



## Sister Catherine and Sister Linda Celebrate Turning 60

*by Mission Advancement*

This spring our Prioress, Sister Catherine Nehotte, and Sub-Prioress, Sister Linda Soler, both celebrated their 60<sup>th</sup> birthdays. As they say, “60 is the new 40!” They both are blessed to be a part of the community at St. Paul’s Monastery and cherish their relationships with the other Sisters. Sister Catherine and Sister Linda are two of our younger members. The average age of a Catholic nun in the U.S. today is nearly 80, and the Sisters of St. Paul’s Monastery follow a similar trend.

The Benedictine Order itself is one of the oldest religious orders in the Western Church, having been founded in the early sixth Century by Saint Benedict. His twin sister, Saint Scholastica, is considered the foundress of Benedictine women communities. As Sister Linda has said, our Sisters look great for being over 1500 years old!

Happy Birthday to both Sister Catherine and Sister Linda!



Happy Birthday!

## Invitation of Saints Maurus and Placidus

by Sister Jacqueline Leiter, OSB

In Benedict's time, it was common for children to be brought to the monastery by their parents as an oblation or offering. The parents dedicated their child to the monastery in a ritual with the child's hands wrapped in the altar cloth. The intention was for the children to be educated and to become a monk or nun when they came of age. Maurus and Placidus were two such children. Placidus was about seven years old when he came to the Subiaco, and Maurus was about twelve. Benedict taught them to pray, and they began to learn to live the monastic life.

One day, Placidus went down to the lake to fetch a pail of water. Leaning in too far, he tumbled into the deep water and was quickly swept deep into the lake. Back at the monastery, Benedict sensed what was happening to Placidus. He blessed Maurus, and sent him running to the lake. By now, Placidus was struggling in the water far from shore. Maurus kept running without a pause, grabbed the younger boy by the hair, and dragged him back to shore. Only when he looked back did he realize what he had done, and was terrified, for he had not realized that he was running on water.



*Saint Maurus rescues Saint Placidus by Bartolomeo di Giovanni, ca. AD 1485*

When the boys returned to the monastery, Benedict and Maurus, in a friendly debate and mutual humility, each tried to attribute the miracle to the other. Benedict told the boys that the miracle was due to Maurus' quick obedience, but Maurus insisted that he had done it unaware, and that the miracle was due to Benedict's holiness. It was Placidus, however, who had the last word in the matter, for he reported that as he was dragged out of the water, he looked up and saw the abbot's cape over him, saving him from danger.

Little is known of the lives of Maurus and Placidus when they grew up. We can presume that these boys, who began seeking God from childhood, continued to live their lives as an oblation to God. May each of us do the same, offering our lives to God each day.



## Invitations of Saints Maurus & Placidus:

Consider how your life is an offering (oblation) to God.

Consider what miracles you have experienced in your life.

What was your part of the story?



# History of the Labyrinth

by Mission Advancement

The labyrinth at St. Paul's Monastery is nearing the 10th anniversary of its construction, as its paths were first cut on July 16, 2011. While ours is only about a decade old, labyrinths are an ancient spiritual practice. The earliest recorded labyrinth dates back to fifth century BC, when [Herodotus wrote](#) about his experience visiting the impressive Egyptian labyrinth, an expansive structure with a foundation measuring [1000 feet long by 800 feet wide](#). Perhaps the most famous labyrinth in literature is the Cretan labyrinth, which according to Greek mythology was a complex, winding maze that held the Minotaur in the center. Labyrinth patterns have also been found across a myriad of sacred traditions and art, including [archaic petroglyphs](#), [Native American designs](#), and [paintings and drawings from around the world](#).



Hemet Maze Stone (prehistoric petroglyph)

Mazes and labyrinths are often used interchangeably, however the term labyrinth is generally associated with a single path leading to the center—without branches, false turns or dead ends. Unlike a maze that seeks to confuse, this unmistakable way invites the seeker to mindfulness as they follow the path it traces. Labyrinths are a powerful tool for personal and spiritual transformation, a form of walking meditation where the seeker can still their inner being in search of peace and enlightenment at the center of their labyrinth journey.



Rendering of the Chartres Cathedral Labyrinth

While the labyrinth is found across many sacred traditions, it is strongly established in the Christian tradition. Many medieval cathedrals have labyrinths that were used as a form of spiritual pilgrimage. In fact, the Monastery's labyrinth design is based on the [floor labyrinth](#) in France's 13<sup>th</sup> Century [Chartres Cathedral](#), perhaps one

of the most famous labyrinths in the world today.

Although we have not opened up the interior Monastery to guests just yet, we do invite you to visit our outside grounds to walk the labyrinth. Come, quiet your mind as you trace the labyrinth path in search of illumination and transformation. To facilitate your experience, we have a [labyrinth brochure](#) available on our website that you can view or download as a guide.

St. Paul's Monastery's labyrinth can be found outside on the Monastery grounds. From the front main entry (north), go left (west) and continue on the sidewalk. Take a right on the blacktop path going north. From there you will see a slightly-raised grassy plateau on the left amidst shrubs and trees. To reach the labyrinth, you will need to leave the paved walkway and walk south across the lawn for a short distance.



Labyrinth on the grounds of St. Paul's Monastery

May God bless your labyrinth journey.

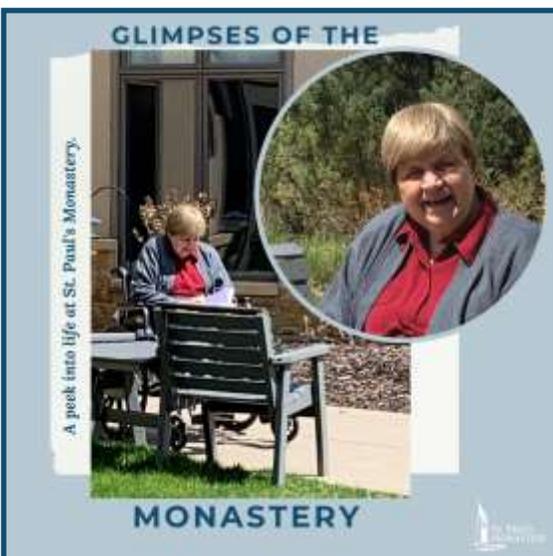
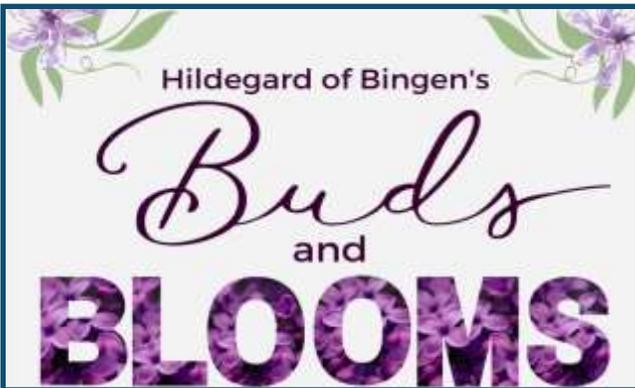
# Around the Monastery

by Mission Advancement

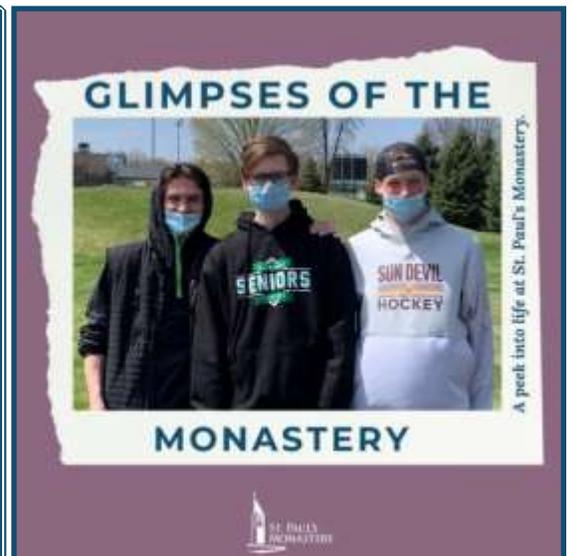
We had so much fun at Curbside Pick Up on May 13 and 14. Volunteers and Sisters sorted plants and delivered them to the trunks of cars as part of the Hildegard of Bingen's Buds and Blooms event. Thank you to everyone who purchased plants in this spring fundraiser. We hope you are enjoying the beautiful colors in your gardens!



Far left: Volunteers Carol Heinsch, Steven Sandin, Jessica Lauderman, and Sister Mary Lou Dummer take a pause from helping donors to smile for a picture. Top left: Volunteer Mary Dean counts inventory. Top right: Volunteer Marie Trepanier is careful to pick out the perfect plant for the next person driving up. Left: Sister Virginia Matter waits patiently for the next car to arrive.



Left: Sister Carol Rennie absorbs the warm, spring sun and reads her book on the patio. Right: Hill-Murray classes do not end when you leave the school boundaries. In early May, three students (l-r, Preston, Zachary, and Joseph) enjoyed their photography class by taking pictures of the stellar Monastery grounds.



# Commemorative Paver Blessing Ceremony

*Honoring Those Who Light Our Way*

JUNE 22 AT 11:45 A.M.  
OUTDOOR CEREMONY AT  
ST. PAUL'S MONASTERY



We are so blessed with the commemorative pavers on our St. Benedict Plaza. Year after year, we have added new pavers of tribute, honor, and commemoration. This year, we are having a special installation of new pavers on our Founding Day. The installation ceremony is at **11:45 a.m. on Tuesday, June 22**. The ceremony will also be livestreamed on the **Monastery's Facebook page**.

Whether you have a paver that is being installed this year, or would just like to be a part of this special ceremony, I invite you to celebrate our Sacred Grounds with us. We welcome



your **RSVP by June 10** at **[development@stpaulsmonastery.org](mailto:development@stpaulsmonastery.org)** or by calling 651-777-8181.

Our celebration will be held at the Plaza at 2675 Benet Road in St. Paul, behind the Monastery (to the North of the parking lot).

We look forward to seeing you there!

## 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 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

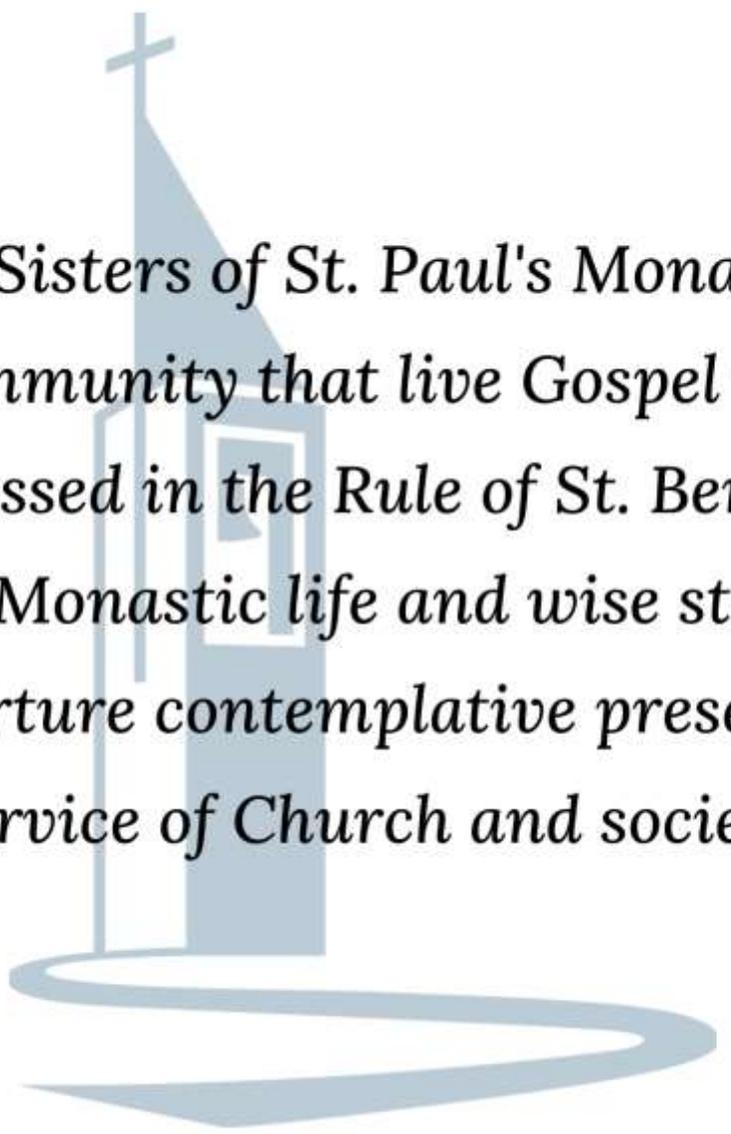
*For further information, call 651-777-8181 or visit us [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org).*



### ***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 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 adoration, and during the Rosary. May God bless you and your loved ones.

# St. Paul's Monastery



*We, the Sisters of St. Paul's Monastery,  
are a community that 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.*

## Mission Statement

St. Paul's Monastery  
2675 Benet Road  
Saint Paul, Minnesota 55109  
651-777-8181  
[development@stpaulsmonastery.org](mailto:development@stpaulsmonastery.org)

To connect with or  
support Community  
ministries, visit us at  
[www.stpaulsmonastery.org](http://www.stpaulsmonastery.org)  
[Instagram](#) | [Facebook](#)