



# ST. PAUL'S MONASTERY

## E-NEWSLETTER

July 2021



Dear friends and family,

We hope you are enjoying the opportunity to shake hands and hug after many months of distancing and stay-at-home. June has offered us some long, hot days. I hope you have enjoyed the start of the summer with picnics, pool parties, and other gatherings with dear friends and family.

July 4 is right around the corner and we will join you spiritually commemorating the birthday of our nation and rejoicing over the prophetic people whose action for the disenfranchised continue to be heard around the world.

July 11, of course, is the Feast of St. Benedict. As part of a [weekend of celebration](#), we will come together on the feast day as a community with a Eucharistic mass (presided over by Archbishop Bernard Hebda and live streamed [here](#)) to honor our remarkable founder and teacher, St. Benedict. A sixth century Christian monk, St. Benedict was the author of the Benedictine Rule, a short and simple book which has proven to be remarkably adaptable for the past 15 centuries. It contains instructions for beginners who are seeking a greater intimacy with God and is admired throughout the world for its flexibility and insight into human nature.



Today, Benedictine monks and nuns around the world number more than 20,000 in about 400 monasteries. We cherish as part of the Benedictine family the 25,400 laywomen and men called Oblates and Associates. Together we aspire, one day as a time, in fidelity to live the Holy Gospel and the Benedictine Rule.

Having myself lived more than 50 years as a Benedictine woman, my respect and gratitude for our wise heritage continues to deepen. May this great legacy be known and received by our children for many generations to come.

**Sister Mary White, OSB**



# Remembering Sister Monica Raway, OSB

by Monastic Leadership

## Inside this Issue:

**“May Christ bring us all together to everlasting life.”**

*Rule of St. Benedict, Chapter 72: 12*

Sister Monica Raway died peacefully on June 25, 2021 at St. Paul's Monastery. Sister Monica (Mary Ellen) was born on November 26, 1925 in Miesville, Minnesota, one of five children born to Louis and Barbara (Eckart) Raway. She attended country school near Miesville through seventh grade. For eighth grade, she attended Guardian Angels School in Hastings and went on to graduate from Hastings High School. Her first job was at a ski factory in Hastings, lacing snowshoes for the military, until the factory burned down. She then began her career as an office worker.

Seeking advice for her call to religious life, she sought out a priest at the Cathedral of St. Paul and he directed her to St. Paul's Priory, a few blocks away. Mary Ellen entered as an aspirant in September 1952 and became

a novice in June 1953. She made her first monastic profession on July 11, 1954 and her perpetual monastic profession July 11, 1957.

She served as a house sister at Assumption in Richfield, at Immaculate Heart of Mary, and St. Bernard's in St. Paul. For five years, her ministry was at the Archbishop's residence in St. Paul. When she retired to the Monastery, she served in the kitchen and was a community driver known as the "Roadrunner."

She had a love for praying the Psalms at the Liturgy of the Hours and for the Eucharist. She enjoyed sharing riddles, knitting, craft work and reading. She especially liked re-runs of Lawrence Welk and watching the news.



## Sister Monica Raway, OSB

**Born: November 26, 1925**

**Professed: July 11, 1954**

**Died: June 25, 2021**

Read the rest of the Memorial to Sister Monica [here](#).

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## UPCOMING EVENTS

**July 10, 1:00—4:00 p.m.:**  
Benedictine Festival

**July 11, 9:30 a.m.:** 70th Jubilee of Sister Agnes Trombley and Sister Benita Gerold (live stream)

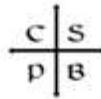
**July 11, 11:00 a.m.:** Feast of Saint Benedict Mass with Archbishop Bernard Hebda (live stream)

**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)**

# Benedictine Festival: Where All are Welcomed as Christ

by Sister Catherine Nehotte, OSB



As we return to a new “normal” in all our lives, we appreciate the patience and understanding of everyone as we anticipate a re-opening of the Monastery as the pandemic eases up. In just a few short days, we are happy to say we are having the first (and what we hope to be annual) Benedictine Festival.

The Benedictine Festival will be a large event that we hope you are able to attend. The July 10 outdoor event will include food, games, a raffle, and a chance to greet one another in person. John Ilg’s art exhibit will be available for you to enjoy. Please wear a mask when entering the Monastery to view the art exhibit. The July 11 events will be live streamed and include the 70<sup>th</sup> jubilee of Sister Agnes Trombley and Sister Benita Gerold at 9:30 a.m. as well as Mass at 11:00 a.m. at which Archbishop Bernard Hebda will preside.

You may have received many emails, social media posts, and even a postcard in your home reminding you of the festival. Our intention is not to flood your inbox but to remind you of this first-time event and the opportunity to see you in person! Whether you are able to join us in person on July 10, or virtually on July 11, we welcome this time to reconnect with you! Blessings and enjoy the festival weekend.

A graphic with a light blue background featuring repeating circular logos. The text "a special THANKS to our sponsors" is centered. Below are ten framed boxes containing sponsor names and logos. At the bottom, "2021 BENEDICTINE FESTIVAL" is written in a stylized font.

*a special*  
**THANKS**  
*to our sponsors*

<i>Michael</i> DICKSON	<i>David</i> SCHIFSKY	<i>Laurie</i> LAPORE	<i>John</i> INGEBRAND	<i>Esther</i> TOMLIANOVICH
<i>Carol</i> HEINSCH	 <i>Mr. &amp; Mrs. John</i> FARRELL, JR.	 <i>Don &amp; Jean</i> REGAN	 <i>James &amp; Patricia</i> WHITE	 Hill-Murray School <small>The Catholic, Benedictine Prep School of St. Joseph</small>

2021  
BENEDICTINE FESTIVAL

## Sisters' Words of Wisdom: Karen Sames, OSB

by Mission Advancement



Resilient, humorous, and kind to all – these are just a few of the adjectives used to describe Sister Karen Sames, OSB. You may talk to Sister Karen when you call the Monastery; she spends most days as the receptionist for St. Paul's Monastery. Before coming to Monastic life, Sister Karen cared for people in her nursing career, spending several decades as a nurse. In many ways, Sister Karen has been a caregiver most of her life, extending her kindness and generosity to those she meets.

As a child, Sister Karen lost her father before she was even two years old. Her mom, Angela, then raised six children on her own before her own untimely death when Karen was just 33 years old. Karen talks about her family and her extended family with great care. You can tell that they are close and, with all the death in the family, have grown even closer with time. "You come to realize how short life is" and that the best way to go through things is "with family," Sister Karen remarks. Today, Sister Karen and her sisters enjoy spending time with Karen's eight nieces and nephews and 14 grand nieces and nephews. They operate as a large, caring, and generous family.



Sister Karen with her young family in 1956. Back row: Angela (mom) is holding Kevin and Gerold (dad) is holding Karen. Front row: Siblings Chuck, Elaine, Michael, and Bonnie.



In 1990, Sister Karen took her first vows under the watchful eye of Sister Rosemary Rader, Prioress.

Sister Karen was born in New Prague and grew up in Shakopee, Minnesota. She received a Bachelor of Science Degree in Nursing from St. Catherine's University and a certificate in Monastic Studies and Scripture from St. John's University. It was only after working for ten years as a nurse that she decided to enter Monastic life. She decided that there "had to be more to life." Her mom worried about her new choice in life but, along with the rest of the family, supported her decision. Then, in 1990, she took her first vows.

When asked about scripture or other inspirational verses that have helped her in her life, she quickly turns to a few favorites, including the commonly known Jeremiah 29:11, "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope" (NRSVCE).

Read more about Sister Karen [here](#).

## Final Oblation

*by Mission Advancement*

Sunday, June 6, eight Oblate candidates who have been patiently waiting to make their final Oblation, celebrated in person at St. Paul's Monastery. In making the Act of Oblation, these new Oblates became formally affiliated with St. Paul's Monastery and have promised to integrate into their lives, to the best of their abilities, the ideals of the Gospel as embodied in the Spirituality of St. Benedict. Shown left to right are Mary Elizabeth Ilg, Teri Rose, Kami Pohl, Mike Dickson, Shirley Riedmann, Maria Varsho, Jamie Hales, and Deanna McCoy.



## Re-entry in the World

*by Mary Elizabeth Ilg, Oblate*

Summer has returned to Minnesota after an extremely dark and lonely winter. Following the gentle tulips of spring, perennial gardens have now exploded in a pageantry of color and the frilly pink dresses of peonies. Recently, there have been many days of oppressive, record-breaking heat. What could be in store for us next?



If anyone had told us in March 2020 that the coronavirus pandemic would last for 15+ months and we would collectively undergo as a nation what we have experienced in terms of death, loss, and chaos — no one would have believed it. That over 7000 people would die in Minnesota and more than half a million in the U.S. That our children would attend school online for many months. (My daughter attended the first half of 10<sup>th</sup> grade from her bed.) That we would spend hours each week on Zoom, meeting and interacting with people in our personal and professional lives we needed to see, working from home during quarantine.

Most of us know someone who lost a friend or family member to the virus. A friend of mine lost her beloved grandmother to COVID last winter. “I’ve never watched someone die on an iPad,” she cried, inconsolable.

To read the rest of Mary Elizabeth’s article, visit the [Benedictine Center blog](#).

## Maple Tree Childcare Updates

by Jennie Schlauch, Maple Tree Monastery Childcare Center



Maple Tree  
Childcare Center

preschoolers enjoying the tire swing in our playground and a bouncy house that we rented as a special treat. Always enjoying togetherness, the children joined hands in the bouncy house and jumped together.



There is nothing like summer at Maple Tree! We love going outside to play and to participate in special activities. Pictured are the



## Mission Advancement News

by Mission Advancement

St. Paul's Monastery and the Office of Mission Advancement welcome Monika Samuelsson as our new Communications Coordinator. Monika is originally from Green Bay, WI, but – do not worry – is *not* a football fan. She is a recent graduate from the University of Minnesota – Twin Cities, where she received a bachelor's degree in Graphic Design. She has many years of experience working with people, and has a great passion for marketing, specifically in social media and print.

In her free time, Monika enjoys hiking, biking, canoeing, and snuggling on the couch with her two cats – Benedict and Denali. In October of 2021, Monika will be marrying her high-school sweetheart, Josh, then embarking on her honeymoon in Italy. Welcome to St. Paul's Monastery, Monika!



Welcome to the team Monika Samuelsson. She is pictured here with her fiancé, Josh Westphal.

## A Lake Superior Morning in Roseville

by Beryl Bissell, Oblate

Oblates

There was a time when inspiration leaped at me. Surrounded me, surprised, and awed me. Those were Lake Superior Days. I wrote columns about them. I wrote a book about them. Then we moved.

Recently, I woke to find Lake Superior beckoning from our bedroom window in Roseville, where we now live. A band of heavy blue, spanning the horizon to the southwest with no end in sight as it had in Schroeder. The thrill was momentary of course, my rational brain denied the lake's presence in south central Minnesota. It was a day of miracles, nonetheless.

A walk in Central Park that afternoon, revealed tiny blue violets carpeting the ground, reminding me of my daily walks on the Superior Hiking Trail, as I followed the birth of a spring landscape from flower to flower: Bloodroot, Dutchman's britches, and marsh marigolds as they pushed their way toward the sun. In Roseville, spring perennials do not appear in such abundance, but the violets adorn the trails. Miracles too.

During that same walk, I also witnessed what I had never seen on Lake Superior, the touchdown of seven magnificent Trumpeter swans. With a raucous babble of loud bugles and horns, their arrival shattered the silence. Eight-foot wingspans battled for space, so heavy that they scooped rather than touched the lake as they landed. The first to find balance rocketed after others, necks stretched low and long like glorious white shafts of light.



I imagine that you, like I, have experienced a sense of lightening with the gradual lifting of COVID-19 restrictions.

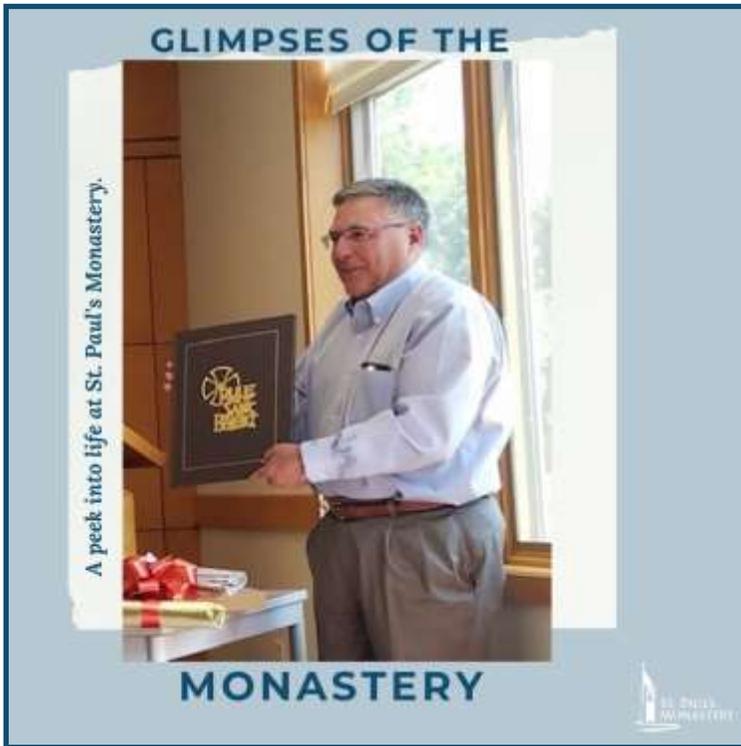
Leaving the apartment without donning my mask feels strange. A feeling of being exposed, the air fresh around my face, my expressions no longer limited to crinkled eyes – COVID's simulated smiles of greeting and pleasure. While others enjoy a greater sense of freedom, my husband and I find our lives more confined as his increased need for oxygen demands we limit our departures from the residence to less than two hours. Because his health is so at risk, we wear or carry masks wherever we go.

When I returned from my walk in Central Park, I settled down to read a bit, choosing books of poetry as I often do before writing. That day I selected Mary Oliver's work, loving the way she transforms the ordinary into the miraculous. Her poem, "Poppies," in *New and Selected Poems*, reflected my experience. That light invites happiness, which is indeed, a ". . . kind of holiness, palpable and redemptive."

May your lives be filled with light. May that happiness become the holiness that draws us closer to one another and may that union eventually transform this darkening world.

## Around the Monastery

by Mission Advancement



Left: On June 1, the Sisters acknowledged and thanked Jim Hansen from Hill-Murray as he enters retirement after six years as President. The Sisters thanked Jim with an illustrated Rule of Saint Benedict. Jim is also an Oblate, so we plan to see Jim around the monastery.

Right: Having a lot of fun together, pictured are (back row) Pat Swanke, Linda Anderson, (front row) Sister Karen Sames, and Rebekah Taylor



(no worries, Rebekah does like having her picture taken). On this warm June evening, this group of Benedictine Associates toasted S'mores around a campfire outside the Monastery. Other Sisters also joined them in the fun evening.

Below left: On June 22, we joyfully celebrated Founding Day, a celebration of 73 years of St. Paul's Monastery. This year, we combined our Founding Day with the blessing of our engraved pavers on the Benedictine Plaza. A celebration indeed! Pictured is part of the ceremony led by Sister Catherine Nehotte, Prioress. Those who purchased a paver, neighbors, and the Sisters joined in prayer, song, and the sprinkling of Holy Water on the commemorative pavers.

Below right: The Sisters also held an ice cream social in mid June. Everyone gathered in healthcare and the community room to take part in this fun, special treat! Pictured from left to right are Sister Virginia Matter, Sister Mary Lou Dummer, and Sister Louise Inhofer.



## Commemorative Pavers Fall 2021

*Honoring Those Who Light Our Way*



Order Deadline September 1  
For Fall 2021 Installation

***Thank You and  
God Bless You!***

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. The Sisters and those who visit the plaza remember your loved ones in prayer.



4x8 Paver  
Three lines of text, \$130

8x8 Paver  
Six lines of text, \$260

[Click here to pay online](#)  
[or print order form](#)

## 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

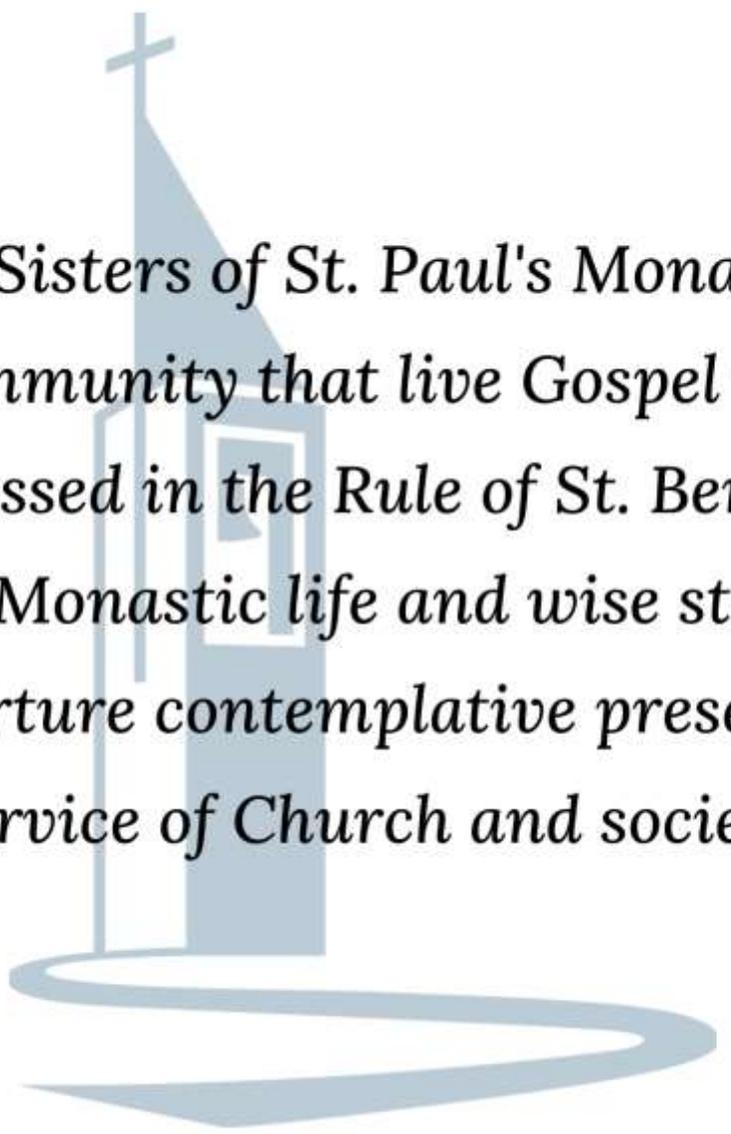
*For further information, call 651-777-8181 or visit us [www.stpaulsmonastery.org](http://www.stpaulsmonastery.org).*



### **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  
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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](#)