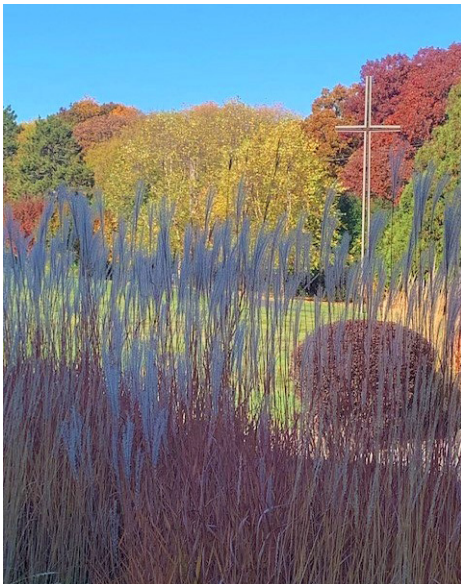


# ST. PAUL'S MONASTERY NEWSLETTER

*October 2021*



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# WELCOME LETTER

*Sister Jacqueline Leiter, OSB*



As the warm green season of summer blends into a cooler, golden autumn, the frosty winter lays ahead of us. Here in Minnesota, black bears have long been preparing for the cold months of winter. As early as midsummer, bears begin digging holes for a den or searching out a small cave or hollow tree trunk. Bears may spend up to twenty hours a day eating and gaining weight for nourishment during the coming winter months.

By October, Minnesota black bears enter their chosen dens and settle down for a deep winter sleep. Heart rate, respiration, and body temperature decrease. The bear's body may even heal itself of any injuries that it had. During hibernation, cubs are born and instinctively know to snuggle with their sleeping mother to be nourished. In early spring the cubs will emerge from the den with their mother.



Like black bears, Benedictines have seasonal life rhythms. The Rule of Benedict specifies times for prayer, work, and meals, often based on the liturgical season, the hours of available sunlight, and the amount of work needed at particular times of the year. In modern times, we are less connected with the seasons because we no longer labor daily in the fields for our food. Light is available with the flip of a switch. Nonetheless, a rhythm is important to a balanced life.

Although Benedictines and Christians do not hibernate, we have much to learn about rhythm of life from our friend, the black bear. Bears spend most of the year either hibernating or preparing to hibernate. Part of their life is very active, and part is quieter, perhaps even contemplative. The active time may feel intense. For the bear, the bountiful summer is very active getting nourishment and for preparation of shelter for the coming harsh season of winter.

Most of us today have very active lives, and many of us find it hard to slow down like the bear. But we can be purposeful about our activity. We can be intentional and choose what will nourish ourselves and others and what will provide shelter so we have a safe place where we can slow down. Hibernation enables the bear to survive the long winter months, and it also makes for a time of healing and of new life. Slowing down is good for us, too. We can be intentional about choosing to slow down and quiet ourselves. We can carve a den for ourselves within our hearts where we will experience the inner growth, life, and healing that will strengthen us for when we emerge from the quiet time in our "den" in the spring.

This October, we pray that may you may encounter Christ in all those you meet and within the den of your heart.



# SISTERS' WORDS OF WISDOM

*Sister Eleanor Wartman, OSB*

Sister Eleanor Wartman, OSB, was born in Victoria, Minnesota, where she attended elementary school. She graduated from St. Benedict's High School in St. Joseph, Minnesota. Entering the novitiate at St. Benedict's in 1948, she came to St. Paul's Priory in 1949. She graduated from the College of St. Catherine with a B.A. in Elementary Education and English. She attended St. Thomas University and St. Cloud University with credits toward an M.A. in Education, graduating from St. Mary's University in Winona, Minnesota, with an M.A. in pastoral ministry.

For her Words of Wisdom this month, Sister Eleanor chose to share, in her own words, the following compelling story of her work and service at Immaculate Heart of Mary Parish and how it has changed since COVID-19 began. It is an inspiring story.

"I came to Immaculate Heart of Mary (IHM) in Minnetonka, Minnesota, 25 years ago to live my Benedictine life among the people there. Their welcoming spirit make it easy to partner with them in how to live with and relate to each other. It was obvious they, too, were living the values that Benedict outlined in his Rule, which is based on our Baptismal promises.

"These values include the importance of prayer, hospitality, service, and reverent concern for each other. We learn from each other and reach out to serve whenever we notice a need. We care for each other and take time to listen, wherever and whenever the need arises. IHM is the perfect place for me to be, and I am honored to work with this community – Parish leadership and staff and, especially, the parishioners and their families.

"COVID put a stop to so many things. I did not let it stop me. I responded to calls many times each day during the pandemic. In addition, our parishioners were encouraged to check on the welfare of each other and let me know if I needed to get involved. I also connected people with Father John Bauer, our Pastor, for the sacraments and visits."

[Read the rest of Sister Eleanor Wartman's story here.](#)

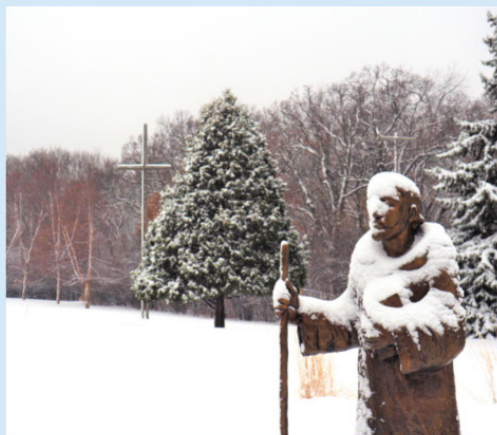


*As Prioress, Sister Eleanor would often meet with the Federation President, Sister Colleen Haggerty, as seen here in 1992.*



# CHRISTMAS

AT THE MONASTERY  
*Virtual Gala*



## SAVE THE DATE!

*Save the date for a festive week of events at the Christmas at the Monastery Virtual Gala!*

*Our 14th annual Christmas at the Monastery is online and streaming this year. Join us for several special events the week of December 6-12. Stay tuned for more information coming soon!*

**DECEMBER 6-12, 2021**



# The Courageous Journey *to* Renewed Hope

Date: Saturday, October 16

Time: 9:00 a.m. - 4:00 p.m. (check-in 8:30 a.m.)

Must have proof of vaccination and wear a mask.

**Registration: \$50**

*(\$10 off if you bring a friend)*

## *The Spirit of God Dwells Within You*

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future" Jeremiah 29:11 (NRSVCE).

### *Hopes*

- To define and learn some new courageous behaviors and attitudes for the journey.
- To share with others some new ways to deal with fear and trust needed to practice over faith.
- To grow in awareness of God's unconditional love and mercy that strengthens us.
- To reflect on the divine gifts of faith hope and charity in your daily life and how to strengthen them.

### *Expectations*

- Come prepared to take a courageous spiritual journey with Christine.
- Anticipate some new ways to be more patiently hopeful with Sister Paula.
- To pray with the Benedictine Community for renewed hope and confidence in God's call.
- To be inspired by some new God given resources for the journey to renewed hope.



Christine Jurisich's work in retreat ministry began fifteen years ago as a participant of the Sisters of St. Paul's Monastery *Ministry of Mothers Sharing*. For ten years thereafter, the Sisters mentored Christine as she developed her ministry as a national retreat facilitator-trainer and writer. Christine is the author of *Retreat, Reflect, Renew: A Sacred Journal for A More Peaceful You*, and foundress of the *Retreat, Reflect, Renew* Ministry.



Sister Paula Hagen, OSB, has over 30 years of experience in retreat development and as a retreat facilitator. In addition to a Master's in Family Systems, Sister Paula trained as a retreat director at the Franciscan Renewal Center. She created and published several *On the Journey* retreats for use in parishes nationwide and created and published the *Ministry of Mothers Sharing Journal* and materials for parishes.



# *All Souls' Day* **A DAY FOR REMEMBRANCE**

On All Souls' Day, St. Paul's Monastery commemorates those we have lost in the past year. Please remember the Sisters of St. Benedict in your prayers.

In the past year, we have said goodbye to the following Sisters of St. Benedict:



*Sister Duane Moes, OSB*

June 30, 2020



*Sister Anne Boeckers, OSB*

September 29, 2020



*Sister Joan Utecht, OSB*

January 21, 2021



*Sister Mary Joanne Lusk, OSB*

March 17, 2021



*Sister Monica Raway, OSB*

June 25, 2021

As always, your loved ones will be remembered in our daily prayers this November so that they may receive the joy of the Holy Spirit. We are grateful for your generous support and friendship as we continue to extend our ministry.



## **ST. PAUL'S MONASTERY**

Donations can be made at:

[stpaulsmonastery.salsalabs.org/allsoulsday2021](http://stpaulsmonastery.salsalabs.org/allsoulsday2021)



Where All Are Welcomed As Christ

# St. Paul's Monastery

*is open*

As a matter of love for the vulnerable members of the Monastery and the wider community, St. Paul's Monastery is taking steps to limit the spread of COVID-19. We hope you will join us in taking steps in your own life to help keep the vulnerable among us healthy.

In line with the CDC recommendations, we require our guests to wear a mask when attending Eucharist, Word Communion Services or the Liturgy of the Hours in chapel. We also require proof of vaccination when entering the Monastery.

We respectfully request your compliance to prevent the spread of the virus. In addition, due to our limited availability of seating in chapel, we require advance notice of your desire to join us in chapel. There may be times when we will be unable to accommodate your request. Please call Sister Karen Sames, OSB, at 651-777-8181 to arrange your visit.

If visiting a Sister in Health Care, please contact Laurie Berg at 651-777-8181 to arrange your visit.





# BENEDICTINE ASSOCIATES NEWS



Our Associates have some exciting events happening as a group and as individuals. They are excited to be back at the Monastery for Liturgy of the Hours, Eucharist and their ministries which include prayer leader, reader at LOH and Eucharist, sacristan, visiting Sisters, and various committee appointments. It's good to see them back too! They add so much to our community.

The Associates are co-sponsoring with the Benedictine Center the 'Women As Christ-Centered Friends' event on Sunday, September 26th. This retreat-like experience will help us learn more about the value of real women friendships, give us an opportunity to reflect on our God-given potential to be a friend to other women and to discuss the value and skills needed to be a Christ-Centered friend.

For our ongoing formation we recently met to reflect on a deeper level the conferences from our Community Retreat last August with Sister Karen Joseph, OSB. We were all able to attend all or some of the retreat and thoroughly enjoyed the opportunity to more deeply reflect on the Rule of Benedict. Future discussions we will have will be around what book we'd like to share, what road trips we want to make and how we can continue to serve the needs of the community and greater Church.

For more information or to begin the process of becoming a Benedictine Associate, contact Sister Karen Sames, OSB, at 651-777-8181 or [ksames@stpaulsmonastery.org](mailto:ksames@stpaulsmonastery.org).

## BENEDICTINE CENTER RENOVATIONS

The Benedictine Center is open again and we are doing some renovating. Many of the rooms need new lamps, bedspreads, and chairs.

Can you help us reach our goal to purchase these items with a donation today?

**Benedictine Center**

Donate Here:  
[stpaulsmonastery.salsalabs.org/bcrenovation](http://stpaulsmonastery.salsalabs.org/bcrenovation)



# SACRED TIME

Mary Elizabeth Ilg, OblSB



On Saturday morning, September 25, forty Oblates joined the Annual Oblate Retreat: “Time for Benedict: What Time Is It, We May Wonder!” via Zoom. Father Michael Peterson, OSB of St. John’s Abbey started off the conference by playing his Native American flute. This simple instrument with a grassy, melodic sound lulled us into a time of sacred listening and conversation. We began our session by taking a very deep breath, along with Father Michael, who during his intake of air murmured, Yahweh. Yahweh: Almighty God. The breath of God within us.

“How do you open yourself to the Eternal?” Father Michael asked. “How do you come face to face with the presence of Christ? Time can use us and abuse us,” Father continued. If you let yourself be dragged around by your to-do lists, running yourself ragged, this is not what God intended for us as Benedictine Oblates. God created us to find joy and experience transformation and grace. This joy can be found in appreciation of the present moment. “To live a Benedictine life is to allow ourselves the space we need to know how to create time as saturated with the presence of God,” Father Michael said. He relayed a story about an eccentric Brother monk from Blue Cloud Abbey who used to wear a watch with no hands. “What time is it?” they would ask him. “It’s God’s time,” he would reply. This “clock without hands” became a symbol of time outside of time, where there is no rushing, no pressure, no daily contest to do more, complete more. As Benedictines, we are called to “Just Be.”

Several Oblates on Zoom shared their appreciation of the present moment in nature when they encountered the beauty of the divine. Father Michael shared a story about going for a bike ride last June near St. John’s Abbey with some of his brother monks during “the golden hour” of twilight, when the country landscape is illuminated by the setting sun. They saw four deer emerge suddenly from the woods. This was a breathtaking event for them: the locked stare of the deer’s eyes into their own. We may feel, at such times, that God is speaking to us: the thrill of witnessing these graceful, quiet creatures. Similarly, Sister Mary Lou Dummer, OSB, Oblate Director, shared her experience of early morning walks around the Monastery grounds where she often sees a huge eagle perched on top of the belltower cross. This majestic eagle keeps watch over the Community, in the spirit of the beloved Sisters and relatives who have passed away.

I was blessed with a grace-filled experience of nature as well the next morning, as I sat drinking coffee by my window. Suddenly, many species of birds arrived at my bird feeder to peck happily at sunflower seeds. In the span of a few minutes, I saw red cardinals as bright as rubies, a softer female cardinal, a blue jay, a red-headed woodpecker, flickering goldfinches, and a fat gray dove. I have never seen so many colorful birds on my bird feeder all at the same time, nearly fluorescent in the sun, twittering in a rainbow of wings. It was a gesture of the splendid abundance and marvel of creation, right in the middle of the suburbs. It was a sacred moment of experiencing the divine. As St. Benedict states in the Rule Chapter 19, “We believe that God is present everywhere.”

“There is a world we see, and a world we do not see,” Father Michael said, referencing Saint John Henry Newman. “We are given time on this earth as a gift from our Creator.” There is a layer between the here and now, and eternity. If we remain open and prayerful, if we endeavor to live by God’s time rather than our own, we shall see and know amazing things. We shall see God.







# AROUND THE MONASTERY

**Front to back:** Many of the employees gathered for a bridal shower for Monika Westphaln's upcoming wedding; Jeff Dols, prior Director of Benedictine Center, poses with his wife, Maria, at his retirement party at the Monastery; Jennifer Pozanc celebrated her birthday at the Monastery with a framed design created by a fellow co-worker; Sue Larson, Monistery Human Resources Director, welcomed her first grandchild, Otto, on September 7; Sister Karen watches morning prayer on the big-screen in Healthcare.

## *employee spotlight*

Karin Barrett

This month we are featuring Karin Barrett in our Employee Spotlight. Karin has worked at St. Paul's Monastery since 2009 in Liturgy and Music. When you visit, you often hear her beautiful voice and lovely piano music filling the halls of the Monastery and Benedictine Center.



As a mom of four children and grandmother to one, Karin keeps busy with family life and her job at St. Paul's Monastery. Recently, she traveled to Iowa for the wedding of the youngest child, Lydia. She has also celebrated 35 years of marriage to her husband, David. Her education includes Music Education and Performance degrees from the University of St. Catherine and a Master's degree in Choral Conducting from the University of Minnesota. She continued her education with a Master of Divinity and a Master's degree in Theology, Liturgy, and Scripture from St. John's School of Theology. In 2007, she became an Oblate of St. Paul's Monastery.

When she speaks about her work at St. Paul's Monastery, she speaks with a passion for the Sisters and her love for "helping people know their part when praising God." She commented that she wanted everything to be "authentic and relaxed" when people come to worship. A lot goes into liturgy – planning, researching, and organizing – that "a lot of people are not aware of."

As Karin was beginning her work at the Monastery, it began slowly as she filled in for another employee. It grew into a full-time job as she sang, planned liturgy, and played the piano for services.

She even learned to play the organ.

"The Sisters liked organ music, so they asked me to learn," she commented.

Through all the learning and transitions, she added that the Sisters "were a part of the transition through all these things." Like many who visit the Monastery or work here, the Monastery is a "home base," a "center" for Karin.

Thank you, Karin, for your many years of service to the Sisters of St. Benedict.



Front row left to right: Wilder (grandson), Rebecca (daughter in law), Ian (son), Carol (grandmother), David (husband), Karin, Ryan (son), Jakob (new son-in-law). Back row left to right: Anna (daughter), Lydia (daughter)



# COMMEMORATIVE PAVERS SPRING 2022

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 link 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. Thank you and God Bless you!

**4x8 Paver**

**Three lines of text, \$130**

**8x8 Paver**

**Six lines of text, \$260**

**Click here to pay online or  
print order form**

**Commemorative Pavers Spring 2022**  
*Honoring Those Who Light Our Way*

**Spring 2022 Installation  
Ordering Deadline April 1**



# PRAYER SCHEDULE

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: 10:00AM

EUCCHARIST: 11:00AM

EVENING PRAYER: 5:00PM

## MONDAY-SATURDAY

MORNING PRAYER: 8:00AM

MIDDAY PRAYER: 11:30AM

EVENING PRAYER: 5:00PM

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

## Community Prayer Ministry

*Here to Serve You in Prayer*

### We Would Love to Hear From You

*Let us, in fellowship, “lay (our) petitions before the Lord God with the utmost humility and sincere devotion” (Rule of 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.







# MISSION STATEMENT

*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.*

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[stpaulsmonastery.org](http://stpaulsmonastery.org)  
[Instagram](#) | [Facebook](#)