



Benedictine Oblates of Nebraska

Living by the Spirit of The Rule of St. Benedict + Associated with Sacred Heart Monastery
www.nebraskabenedictineoblates.org + info@nebraskabenedictineoblates.org +Summer 2020

A WORD FROM ST. BENEDICT'S RULE

Chapter 36: Care of the Sick - Before anything else, the community must be sure to care for its sick members, so that they may be truly served as Christ, for he said: *I was sick and you visited me* (Matthew 25:36), and: *Whatever you did for one of the least of my sisters and brothers, you did for me* (Matthew 25:40). The sick members should also remember that their sisters and brothers serve them to honor God, not to answer their every whim. They ought to take care not to weigh down with excessive demands those who care for them. Still, we must always bear patiently with the sick because serving them leads to a greater reward. For this reason, leadership should be careful that the sick are never overlooked.

A separate room should be set aside for the sick, and they should be nursed by a member who is God-fearing, attentive, and empathetic. The sick should have baths whenever it's good for their health (those who are well don't need to wash as often). To help them regain strength, the sick should be given meat. When they are well again, they can resume the normal vegetarian diet of the community.

Leadership should be especially careful that the business manager and the appointed nurses do not neglect the sick, for the shortcomings of any member in the community are their responsibility.

Source - The Rule of Saint Benedict: A Contemporary Paraphrase by Jonathan Wilson-Hargrove

SHORTER CHRISTIAN PRAYER INSTRUCTIONS

We are in the Easter Season until Pentecost, May 31, 2020. The prayers for Pentecost begin on p. 489. On the Monday after Pentecost we will switch to Week II and will remain in Ordinary time until Advent. One resource you might like to check for the Liturgy of the Hours for the current day can be found at universalis.com

BENEDICTINE HOSPITALITY AND SEWING – EXCERPT FROM SACRED HEART MONASTERY BLOG; APRIL 12, 2020

Greetings, As the pandemic spread to the United States, to the coasts, and crept closer to South Dakota and our own little city, our monastery followed the directive to close our doors in order to protect our most fragile sisters in our community. It was a difficult decision. One of our [core values is hospitality](#); this is taken from Saint Benedict's [Rule](#) that reflects the importance of hospitality with chapters teaching monks and sisters to care for guests, the sick, pilgrims, the elderly, the young, the new members, returning members, and more. It was with great sorrow that we closed our parlors and chapel to guests, family, and friends. A few weeks later, a demand began to grow for cloth masks not only to cover the specialized masks of health care workers but to also care for and protect each other. This call to serve fulfills our Benedictine call to hospitality as well as several of Benedict's teachings on the living the ["Tools for Good Works"](#) from chapter 4 of his [Rule](#).

CONTACT

Hastings	<i>Julienne Bryan</i> , julienne.bryan@nebraskabenedictineoblates.org <i>Carol Barry</i> , majorcarolb@yahoo.com <i>Steve Blum</i> , steveblum@windstream.net	St. Cecilia's Guadalupe Center 415 N Kansas Hastings
Lincoln	<i>Jim Rea</i> , James13048@gmail.com <i>Charlotte Liggett</i> , cmliggett2010@aol.com <i>Carol Olson</i> , carol.olson@nebraskabenedictineoblates.org	Madonna Rehabilitation Hospital, Sheridan Room, 5401 South St, Lincoln
Steinauer	<i>Marcia Borchner</i> , marcia.borchner@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer
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NEBRASKA BENEDICTINE OBLATE PRAYER COMMUNITY

You are needed and invited to become part of the Nebraska Benedictine Oblate (NBO) Prayer Community. We are starting an ongoing prayer effort to pray for family, friends, acquaintances, and loved ones who may be experiencing physical, mental, or spiritual health issues. This appeal is going out to anyone who is currently a Benedictine Oblate or Novice Benedictine Oblate. If you would like to be part of this prayer initiative, please send your name and preferred email address to Tim and Ginny Adams at: timothy12@gmail.com

You will be put on a distribution list and will receive emails from Tim and Ginny weekly or more often as needed, with names of individuals for whom you can pray along with the specific request for that person. The following guidelines which can be used to pray for others are provided as approved by the Nebraska Benedictine Oblate Deans:

- Thanksgiving to God for the life of the particular Oblate or person identified in the request.
- Specific prayer request as stated in email from Tim and Ginny.
- Prayers from the heart for the Oblate or person.
- Ending such as the following: *“Lord as you will, and as you know, have mercy.”*

The above guidelines are simply suggestions. The NBO Prayer Community participants are encouraged to pray as the Holy Spirit leads. Prayer requests that come from the NBO Prayer Community are not to be given to other “prayer chains” nor put on any social media sites. Thank you for your willingness to serve in this capacity, particularly during these uncertain and difficult times.

A special “thank you” goes to Oblate Marcia Straatmeyer who has assisted us for many years in the past with prayer requests.

PRAYER REQUESTS

If you, as a Nebraska Benedictine Oblate desire to have prayer for yourself, a family member, friend, co-worker, etc.; please email the person’s name and specific prayer request to: timothy12@gmail.com Prayer requests can be made to this email address at any time as Tim and Ginny Adams will monitor the submissions and distribute the prayer requests to the NBO Prayer Community on a regular basis.

PERSONAL RULE OF LIFE

As Benedictine Oblates we choose to follow as closely as possible St. Benedict’s Holy Rule in our daily lives. It is also suggested that we periodically create a personal Rule of Life. From our Handbook for Benedictine Oblates we learn that a Rule of Life is (a) a plan or pattern intended to organize the individual’s use of time and energy, (b) utilizes a daily or longer-term schedule which provides a safeguard against frenetic activity, and (c) supports a definite and firm commitment to union with God.

The following are questions to ponder in preparation of writing a Personal Rule of Life:

- How well am I maintaining physical health?
- In what ways am I striving to grow mentally?
- How well do I manage time?
- What is my major commitment?
- Do I sense God’s involvement in my major commitments?
- What are my key spiritual disciplines?
- What discipline(s) might be helpful to add?
- How am I most likely to sabotage regular spiritual disciplines?

We are encouraged as Oblates to write our own Personal Rule of Life and if you would like help doing that, please access

<https://www.nebraskabenedictineoblates.org/wp-content/uploads/2020/04/RuleofLifeSpiritualPause.pdf>

REFLECTION BY CAROL OLSON – LEAD DEAN

Carol has provided a reflection which can be accessed at the following site:

<https://www.nebraskabenedictineoblates.org/2020/04/15/the-lentiest-lent/>

MARK YOUR CALENDARS –

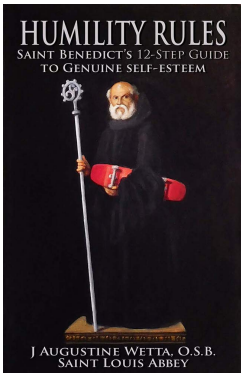
ZOOM Events – Until further notice all Nebraska Benedictine Oblate chapter meetings will be held via Zoom. Please watch for emails from Jim Rea providing the **link** to participate and a **password** which is now required to enter the meeting. A password is being used to assure privacy for the participants.

May Chapter Meeting – May 10, 2020; 7:00 pm via Zoom. Please continue to read *The Road to Eternal Life* by Michael Casey. For May we are to read Chapters 47-50.

Potluck – 6/14/2020; 4:30 pm; Flanagan Room. We'll enjoy good food and then learn about the Benedictine Pilgrimage to Germany presented by Carol Olson. This event may or may not be canceled due to COVID-19 restrictions

Oblate Orientation – August 23, 2020; 7:00 pm at Madonna Rehabilitation Hospital – Sheridan Room. Please consider inviting at least one other person who might be interested in becoming a Benedictine Oblate. As an Oblate you are invited to attend with them. The Benedictine way of life has much to offer on our journeys toward God.

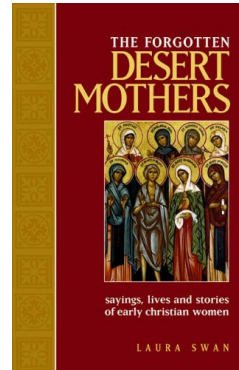
CHAPTER BOOK SELECTION



Humility Rules: Saint Benedict's Twelve Step Guide to Genuine Self-Esteem

The chapter book we will be starting this coming Oblate year is *Humility Rules: Saint Benedict's Twelve Step Guide to Genuine Self-Esteem* by J. Augustine Wetta, O.S.B. With candor, humor, and a unique approach to classical art, Father Augustine, a high school teacher and coach, breaks down Saint Benedict's method into twelve pithy steps for finding inner peace in a way that can be applied to anyone's life. This book is available as an eBook. Reading assignments will be shared later this summer.

CELL GROUP BOOK SELECTION



The Forgotten Desert Mothers: The Sayings, Lives, and Stories of Early Christian Women.

The cell book we will be starting this coming Oblate year is *The Forgotten Desert Mothers* by Laura Swan, O.S.B. This book is an introduction to the sayings, lives, stories, and spirituality of women in the postbiblical, early Christian movement. Reading assignments will be shared later this summer.

SACRED HEART MONASTERY

Due to safety precautions for COVID-19, Sacred Heart Monastery is not receiving guests until further notice. Know of our prayers for victims, their families, and care givers.

The Peace Center is offering reflections during the COVID-19 pandemic, hoping that it will unite us in faith and hope and strengthen our love for all God's people. The staff of the Benedictine Peace Center will add reflections weekly through the duration of the pandemic. You can find their page as follows:

<https://yanktonbenedictines.org/center-reflections-during-covid-19/>

The following prayer was offered by S. Mary Jo Polack, O.S.B. on the aforementioned site. May it give us all courage and strength for our journeys.

Creator God,

you are always calling us into more abundant life,
during our earthly pilgrimage,
and finally into the fullness of joy in your presence

Although we don't understand your ways,
we trust that in your loving kindness, you can draw
good out of evil.

You will teach us how to be more loving,
compassionate, and trusting
as we walk our own way of the cross, in whatever
form it befalls us.

When circumstances challenge and disorient us,
remind us that You alone are the goal of our journey,
the true north of our spiritual compass.

Give us courage and strength for our life journey;
may we walk forward in faith knowing that you are
walking with us.

Help us treat our companions on the journey with
compassion;
help us to forgive those who have caused us suffering.

Remembering the example of heroes of past crises
and those who are giving themselves for others today,
we ask for the prayerful help of all the Saints
and our family saints who have walked this way
before us.

We pray all these things in the name of Jesus, our
Lord and Savior.
Amen.