

PATHWAYS



NEWSLETTER OF THE BENEDICTINE SISTERS

DULUTH MINNESOTA

Spring, 2004

Vol 15, No. 3

The Desert in Lent and In Our Lives

By Sister Jeanne Ann Weber

As each of us hears the word *Lent*, myriad images and practices come to mind such as ashes, catechumens, stations of the cross, prayer, fasting, almsgiving, etc. I'd like to add another word to the list: *desert*. During this season the scriptures often make reference to the desert, especially in the familiar Gospel of the First Sunday of Lent wherein we hear that Jesus was led into the desert to be tempted.

Why was Jesus led into the desert to be tempted? If we believe that Jesus is not only divine but also truly human, he had to experience pain, loneliness, desire for power and esteem, hunger, and doubts, as each of us do. The desert is an essential part of everyone's life as we grapple with the mystery and meaning of life, suffering, sin, faith, and hope.

In the Hebrew Scriptures, we read that God's people were delivered from the bondage of Egypt and led into the desert. Initially the desert was seen as a place of freedom and hope. Yet the desert soon came to be experienced as a terrifying place. There was the daytime heat, the cold of the night, sand storms, scarcity of water and meagerness of food. There was uncertainty in direction and destination. It was easy to become discouraged, rebellious, and a seeker of distractions and idols. Yet God's faithful love was present in myriad ways.

The desert was a place of transforming and deepening love, purification, simplicity, and silence. Mutual support, compassion, and becoming a people were evident among the Hebrews. There was growth in faith and hope especially as God covenanted with the people, "I will be your God and you shall be my special people."

The desert was also a place of abundant life and joy. In the first reading for the Fifth Sunday of Lent, we hear Isaiah (43:16-21) proclaim that there will be rivers and life in the desert. He consoles the people by saying: "Remember not the events of the past . . . see, I am doing something new!"

Lent is a good time to reflect on the meaning of the desert in our lives. Is God the primary love of our lives? How do we respond to life's difficulties? Are we people who know how to grieve our disappointments, losses, and failed dreams as well as people who choose life with passion and joy? Are we people of compassion reaching out to the needs of others either directly and/or through our prayer, doing our daily tasks with love, offering our sufferings with Christ's great redemptive act? As we journey with Christ and one another during this Lenten season, let us be open to the challenges, life, and joy that lie before us.



A Letter From the Prioress

Dear Friends,

In our Advent issue we noted shorter days and cooler temperatures – winter was coming, but our spirits were lifted in our preparation for the birth of Jesus and Christmas festivities. We are now in Lent – days are becoming longer and warmer – and we turn our minds and hearts to the person and life of Jesus and the light he brings to all of us.

Preeminent features of Jesus' mission on earth are his teaching, his healing and his forgiving. Jesus was filled with mercy for everyone – he continually chose to set aside vengeance and to forgive. He teaches us about forgiving in many parables that emphasize forgiveness, but primarily he teaches us by the example of life among us.

In today's world it is so easy to feel that our rights are being violated, to feel a need to retaliate when we think someone has harmed us. Today's culture often leads us to resentment and harshness rather than to mercy and forgiveness. To forgive or ask for forgiveness is counter to what we see all around us. People feel a need to "get even," government leaders around the world constantly plan retaliation in their anger against others, and "an eye for an eye and a tooth for a tooth" is prominent in our efforts to achieve justice.

All of this has a tendency to affect how each of us responds when we feel we have been hurt or offended by someone. Are we able to move away from this common reaction of revenge in our society and strive to follow Jesus in his continual example of forgiveness?

Forgiveness is primarily a Christian word. Jesus sacrificed his life, dying on the cross to bring forgiveness to all of us. Out of our faith and our gratitude we are called to forgive. Do we truly believe that forgiveness is an essential part of our Christian lives? On the cross Jesus gave us the ultimate example of forgiveness, not only by dying for us, but also in his words to those responsible for his crucifixion, "Father, forgive them; they do not know what they are doing."

Authentic forgiveness is not easy. It is a complex process, which often takes considerable time; it is more difficult for some than for others. Ultimately, however, it is an act of freely choosing to let go and genuinely forgive. The opposite – not forgiving and holding on to anger, resentment, and hurt – can be paralyzing. It interferes with one's ability to grow as a free and loving person and allows someone else to have power over us and our feelings. Forgiveness is a way of achieving closure and creates the freedom to move forward into the wholeness and openness of life.

We are each in great need of forgiveness ourselves – forgiveness from others and from God. Such a recognition frees us to forgive others. Forgiveness of others restores unity and right relationships. It is a gift to the person being forgiven, but even more so it is a gift to oneself.

As we strive to be more Christ-like this Lent, may we remember the healing and forgiving that is so central to the life of Jesus. The choice to forgive another reflects Jesus who is a continual example of forgiveness, especially in forgiving his enemies from the cross. May this Lent be a time of forgiveness for each of us.

Sister Kathleen Hofer





Sister Ardell (Eucharista) Dalbec is 90!

By Sister Almira Randall

On January 9, 1914, a little girl was born to Joseph and Anna Dalbec. She was named Ardell after a little girl her mother had cared for. She grew up in Hibbing during the heyday of pit mining. Although she had seven brothers and sisters, only two lived to grow up: a brother, Albert, and a half-brother, Philip. Ardell, as the baby and the only girl to survive, was much loved.

Of her father she says, "He was a handyman; he could do anything." She remembers his soft, melodic voice, his kindness, and the fact that he was very fond of little Ardell. Her mother, Anna Jane, was housekeeper to the parish priest. She also cleaned homes and was a saleswoman. She was, according to Ardell, "a wonderful mother, very loving." She remembers being given five cents every day for an ice cream

cone. Sister Ardell's childhood memories are of riding the handlebars of her brother Philip's bike, and riding on top of his shoulders as he skated.

At age four and a half her mother took Ardell to the Catholic school, the McGolrick Institute, to see if they would accept her at such a young age. She was accepted, much to her delight, and joined the others in learning songs, cutting, pasting, and her catechism. When Ardell was thirteen and finished with the McGolrick Institute, she went to Duluth to attend high school at Villa Sancta Scholastica and to become an "aspirant." She said she knew only two things: she wanted to be a Sister, and she wanted to be a teacher.

In due time her wishes were granted. In 1932 she became a novice and was given the name Sister Eucharista (though she later took her baptismal name again). She was at last a Sister. And she taught high school until 1963. During part of that time, from 1955-1963, she also served as subprioress for our Benedictine community. After attending the University of Minnesota from 1963-1966 she taught psychology at The College of St. Scholastica and became chair of that department.

Sister Ardell always loved music. She played the violin, and she directed several school choirs. Sister now lives on Benet Hall. She quotes a motto from a poem by Charles Kinsley that reads: "Be good, sweet maid, and let who will, be clever." Sister Ardell celebrated her 90th birthday this January. Happy birthday, Sister! We wish you well.



PATHWAYS

Published by: Sisters of St. Scholastica Monastery, Duluth, MN

Produced by: Monastery Development / Public Relations Office

Editorial Board: Sister Kathleen Hofer, prioress; Vicky Siders, director; Sister Armella Oblak, Sister Almira Randall, Sister Grace Marie Braun, Sister Joyce Fournier, Sister Margaret Clarke, Sister Margaret James Laughlin, Sister Mary Richard Boo, Sister Rebecca Burggraff, and Rita Rosenberger.

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PATHWAYS is published quarterly and is distributed among friends, relatives, associates and benefactors of the Sisters of St. Scholastica Monastery.

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Sister Ingrid Luukkonen

By Sister Mary Richard Boo

This article is the third in a series of stories about St. Scholastica Monastery Sisters who serve in communities in northeastern Minnesota.

Chances are that if you stop by her small, tidy house to visit Sister Ingrid Luukkonen, currently stationed in International Falls, you will fail to find her at home. Most days, she will have packed her little dog Spike and cat Nicky into her car and left for work. As a Senior Companion in a government-sponsored program (the Federal Senior Corps), Sister Ingrid makes individual weekly visits to each of ten elderly clients. What sort of help do the Companions offer? Visiting, of course, but also more active services such as shopping for groceries, clothes, “extras,” etc., as well as transporting and accompanying clients to medical and/or dental appointments, the bank, the library, the beauty shop or barber. Sister Ingrid adds, “I also pick up library books for homebound people when necessary. And for those who can shop, we include a coffee break and lunch.” (A note: although Spike and Nicky are always enthusiastic visitors, they accompany Sister Ingrid to visit only those people who request that they come. “But for some clients,” says Sister Ingrid, “They are the high point of the week. They make conversation easy and bring a wonderful spirit to our visit, reminding people of the pets they themselves once had.”)

Sister Ingrid’s assigned clients range in age from 72 to 92, but, although the visiting Companion must be at least 60, there is no upper age limit for him or her. There is, however, a requirement that he/she be able to drive, carry packages, and *listen*. Each person is eligible for two hours of assistance a week – but Sister Ingrid has never been a clock-watcher.

After three years experience as a Senior Companion, Sister still considers “visiting and listening” the two most important elements in the program. “And above all,” she states emphatically, “The Companion must observe confidentiality. Without it, the client has no trust in the Companion, and without trust, the whole program fails.” The program itself is a component of the Federal Senior Corps and in Minnesota operates through a Twin Cities faith-based organization (Lutheran Social Services), although Sister Ingrid notes that “Elsewhere that base organization might be Catholic Charities or some other similar group.” The federal, state, and occasionally the county governments award the Companions a small stipend and a contribution toward mileage on the assumption that the Companions themselves are probably living on a small, fixed income.



Photo by Patt Thorpe

Sister Ingrid Luukkonen (right) brings her pets to visit with Winnie Hanson



Photo by Patt Thorpe

Katherine Allen and Sister Ingrid shop for groceries.

Sister Ingrid has not, of course, always been a Senior Companion. A convert to Catholicism, she made her first vows as a member of St. Scholastica Monastery in 1958 and her final vows a few years later. Almost immediately she was assigned to help the underprivileged and poor in the community’s new mission in Chile, where she worked for seven years.

On her return to the States, Sister Ingrid began work at St. Thomas Parish in International Falls, leading programs in Bible studies, R.C.I.A., BeFrienders, and home visits. In addition she functioned as chaplain of the Catholic Daughters of the Americas and liturgist for funeral services. One of her friends and co-workers says of Sister Ingrid, “I treasure the many hours of Bible study when we searched and studied the Scriptures. Under Ingrid’s wise guidance, I learned critical thinking and listening as a means to reach powerful, thought-provoking concepts. I also learned the lighter side of life—shared hugs, smiles, and laughter.”

Mission Integration at The College of St. Scholastica

By Sister Mary Richard Boo

What do the Olympics and Benedictine monastic life have in common? Not a great deal, perhaps, except that each involves the passing of a treasured flame – from person to person, generation to generation. For many religious orders today, the transmission of their values to those lay persons who are playing an increasingly vital part in overseeing the Order's apostolic works is a major endeavor. The Duluth Benedictines are certainly among these communities.

Sister Mary Rochefort, who since the fall of 2001 has been director of mission integration in The College of St. Scholastica, describes her work as “helping students, faculty, staff, and administration to understand Benedictine traditions and to make Benedictine values active in their lives and in the life of the College.” In the last three years, Sister Mary has developed and/or expanded activities and informative sessions; e.g., student and new faculty orientation sessions on the Benedictine heritage; Friends Across Campus to unite students and Sisters resident in the Monastery; tours of the Chapel and Monastery Heritage Room; lunches and dinners in the Monastery; and presentations on Benedictine history and spirituality.

New activities this year include the installation of an advisory board: ten faculty and staff members meet monthly to generate ideas on the promotion of Benedictine values in the College. For example, students and staff members worked together to make The Feast of St. Scholastica, February 10, “really big” this year and also to sponsor a Mardi Gras for faculty and staff. An annual school retreat is a part of the board's planning for the future.



Photo by Mary Farrell

Sister Nancy Flaig (front center) and Sister Mary Rochefort (back row, center) offered a Day of Reflection for women from The College of St. Scholastica (spring, 2003)



Photo by Sister Joyce Fournier

Left to Right: Jack Teske, Sister Mary Rochefort, Audrey Imberg, Lindsay Fisher, Paul Krenzelok, and J.P. Rennquist plan for the College celebration of the Feast of St. Scholastica on February 10.

Because Sister Mary's position in the College is part-time, she attempts to include many other Sisters in her work. Individual Sisters help with presentations, tours, and retreats. In addition, fourteen Benedictine Sisters are either teaching or offering services in the College; by their very presence they become a valuable part of mission integration. Their practice of Benedictine values reinforces the values the College has formulated as most appropriate to an academic mission—love of learning, respect, stewardship, and hospitality. Sister Mary notes that although not every individual Sister in the religious community can be directly involved in the College, the community as a whole considers mission integration a high priority and is strongly supportive of her work.

Sister Mary is also quick to add that Benedictine values such as hospitality, stewardship, centrality of communal and personal prayer, and communal life are simply the values most people strive to incorporate in their daily lives. “The values are alive,” she states enthusiastically. “We're not starting from scratch. The values have always been known and lived – but perhaps not in such an explicit manner. And when these same values are endorsed by St. Benedict and practiced in a monastic setting, they become uniquely ‘Benedictine.’” Are there any obstacles to her work? “Yes,” says Sister Mary. “Time! The College community –faculty, staff, and students – are definitely open to know more about the Sisters and the heritage of the Monastery and College. But everyone is pressured for the extra time that exploration demands.”

Nevertheless, it seems clear that, given Sister Mary's determination and competence, she and her supporters – Sisters, faculty, staff, and students – will make sure that Benedictine values remain alive and well in the College.



Volunteers! Volunteers!

By Sister Armella Oblak

What would we do without them? April 18-24 is volunteer appreciation week, but the Sisters at the Monastery appreciate our volunteers every week! The Monastery is blessed with lay volunteers who assist the Sisters in so many ways.

- They drive Sisters to and from appointments.
- They add joy to the lives of our Sisters living on Benet Hall.
- They assist at the information desk.
- They add to our liturgies with their musical talents.
- They staff the Monastery Books and Gifts store.
- They call the Sisters to Chapel by ringing the Angelus bell.

If you have talents and time you wish to share with us, please stop in, write me, or call anytime.

Sister Armella Oblak 218-723-6089, or St. Scholastica Monastery, 1001 Kenwood Avenue, Duluth, MN 55811.



Dolly Cosgrove (center) plays bingo with Sisters.

Discovering that the Monastery had a volunteer program was a highlight of my life. My son encouraged me to drive from Solon Springs to volunteer on Benet Hall. I look forward to Wednesdays with the Sisters. ~Dolly Cosgrove



I really enjoy volunteering in the Monastery gift shop and keeping the place supplied with booties to sell. I give my time gladly since I know that every time I am sick, I can count on being remembered in the Sisters' prayers. Besides, I can't think of a better way to spend my time! ~Mary Deutsch



I enjoy visiting with the Sisters and looking at their craft work. It gives me a lot of satisfaction to assist in their projects and sales. It is fun and relaxing as well as work. ~Marge Mathison



Sister Victorine Sitter and John Thrun.

When I retired almost twelve years ago, I thought about volunteering. I came to the Monastery and felt the need. I enjoy helping such nice people. Besides that, the lunch is pretty good! ~John Thrun



Lois Robinson plays cards with Sister Magdalen Dooper.

Life has been good to me, and I want to give back to others. I believe that I gain more from volunteering than I give. I enjoy being with the Sisters—it lifts my spirits. When I wasn't able to come due to illness, I really missed it. ~Lois Robinson



Frank Barnaby drives Sister Mary Paul Ludwig to an appointment.



Sister Mary Josephine Torborg and driver Bob Senta.

Driving the nuns is a favor returned to the many women who served the Church in developing a Christian environment in our diocese. They had much to offer in their Benedictine labors and continue to offer us—the volunteers—much in their continued Benedictine prayers. ~Bob Senta



The best part about volunteering on Sunday mornings is getting to greet so many of the Sisters each week. I find all their smiles to be very energizing. Volunteering also gives me a chance to catch up on my reading because the telephone usually isn't ringing off the hook! ~Mary Tanner



Becky Urbanski and Scott Junkert (far right) are members of the Monastery's music ministry, "The Group."



Volunteering at the Monastery in their music ministry is my thank you to the Sisters for the rich inheritance given me through my education at Stanbrook and The College of St. Scholastica. ~Barbara LeBeau Coffin

Spirituality Conference

By Sister Mary Josephine Torborg

"Spirituality and Social Justice After 9/11" is the topic of a conference to be held at The College of St. Scholastica's Mitchell Auditorium, April 16 and 17, 2004. On Friday evening, John Dear, SJ, a peace activist, will speak about "A Hunger for Justice and Peace." On Saturday, Ellen Pence, who was the first State of Minnesota director of Battered Women's Programs, will present "How Spirituality Transforms Violence," and Anne McCarthy, OSB, Director for Social Concerns at Gannon University in Erie, Pennsylvania, will speak on "Spirituality for the New Millennium." The Conference is funded in part by the Religious Studies Department of The College of St. Scholastica, The Alpern Globalization Fund, St. Scholastica Monastery, and a St. Scholastica Faculty Development grant.

The conference begins Friday evening and continues all day Saturday. Detailed brochures will be mailed in March. Individuals who do not receive a brochure may request one from the Special Events Office of the College (218-723-7000).

A fee of \$20 will cover both attendance and luncheon. For further information or registration, interested individuals may contact Sister Mary Josephine Torborg, OSB, by mail at the College, 1200 Kenwood Avenue, Duluth, MN 55811; telephone: 218-723-6659; or email: mtorborg@css.edu.



Photos by Sister Joyce Fournier

Sister Mary E. Penrose

Sister Mary E. Penrose's Book Accepted for Publication

By Vicky Siders

Sister Mary E. Penrose's book *Refreshing Water from Ancient Wells: The Wisdom of Women Mystics* is a collection of writings from women ancestors in the Church. The collection includes writings of some well-known and some little-known women writers. Sister Mary E. has researched this book for the last five years. She has included with each entry suggested readings from scripture or other sources as well as suggested occasions on which the entry might be used as part of liturgies, prayer services, or private meditations. The book will be published in the fall of 2004 by Paulist Press. We look forward to its publication!

Emeritus Class at the Monastery

By Sister Mary Richard Boo

Advent was a richer experience this year for some sixteen residents of the Monastery and Westwood who attended a made-to-order Emeritus class taught by popular CSS instructor Sam Black. The class itself was held in the Monastery first-floor meeting room, which offered easy access to the participants and technological capability to the teacher. Black, a music critic and himself a performer, scheduled six sessions of readings, music, and informal lectures/discussion entitled "Seasons of Celebration: Musical Moments." Beginning in mid-November, the class moved from "Seasons of Deep Peace," "Seasons of Christ's Eternal Reign," and "Seasons of Thankfulness" into December's "Seasons of Advent," "Seasons of Chanukkah," and finally, "Seasons of Christmas." This final class, which met just prior to the College Advent service, was climaxed by a special visit from the choral group featured in the all-school ceremony.

This intellectually stimulating series was the Monastery's initial attempt to provide space and funding for an Emeritus class. Certainly the enthusiastic response of the participants ensures that it will not be the last.

lights

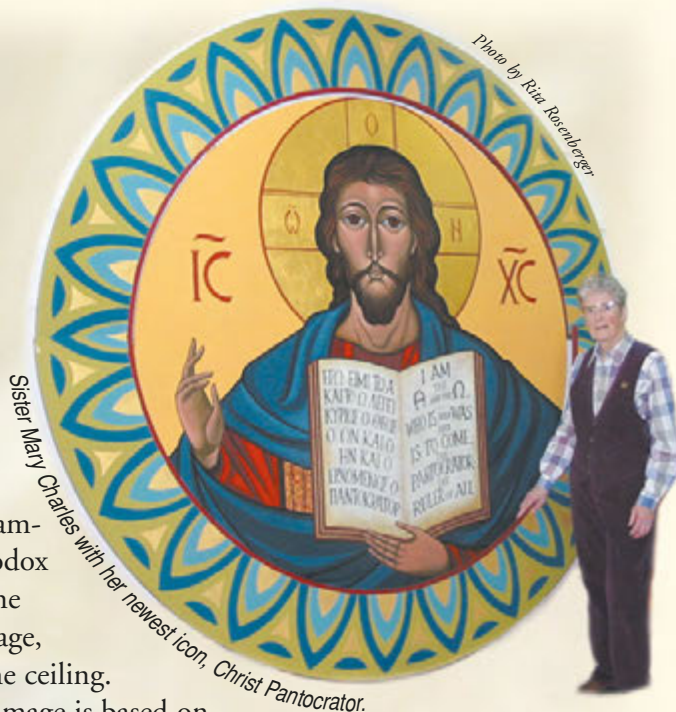
Christ Pantocrator Icon

By Rita Rosenberger

Subiaco Studio hosted an open house December 13-14 for Sisters and friends to view Sister Mary Charles McGough's latest icon, Christ Pantocrator. This massive work, over eight feet in diameter, was commissioned by the Twelve Holy Apostles Greek Orthodox Church in Duluth, Minnesota. It will be hung on the inside of the church's central dome, which is a traditional placement of this image, although usually it would be a mosaic or be painted directly on the ceiling.

The word "Pantocrator" means "Ruler of All" in Greek. The image is based on a sixth century icon that had been preserved in the Monastery of St. Catherine in the Sinai desert. In this icon Jesus is looking directly at the viewer with his left hand holding the open Bible and his right hand raised in blessing. The Bible is open to display a passage from the New Testament—Revelations 1:8 "I am the Alpha and the Omega, who is and was and is to come, the Pantocrator, the ruler of all."

Sister Mary Charles says that this is the last of the oversized icon commissions that she will accept. She continues her prayerful study, teaching, and writing of icons, but on a smaller scale only. To inquire about commissioning an icon for your home, please write to her at The Barn, 2130 Harvard Avenue, Duluth, MN 55803.



Benedictine Associate Gretchen Johnston

Benedictine Associate Gretchen Johnston continues her ministry at the Monastery while attending The College of St. Scholastica. In this photo she is shown working in the Spiritual Resource Center.

We regret that in our Advent issue of *Pathways* Gretchen's name was misspelled.



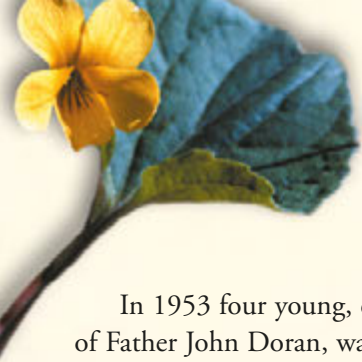
Gretchen Johnston,
Benedictine Associate

Tanzanian Visitor

By Sister Martha Bechtold

One of our Christmas guests came from as far away as Tanzania, East Africa. Sister Hildegarda Mgaya (left), prioress of the African Benedictine Sisters at St. Gertrude Convent, Imiliwaha, visited Sister Valentina Pilla (right), who is a student at The College of St. Scholastica and a resident at the Monastery. Though the visit was short, Sister Hildegarda was able to bring news from home to Sister Valentina and was treated to seeing her first snowfall, getting to know St. Scholastica Monastery, and experiencing American life for the first time.





Seeds That Bore Fruit

By Sister Melanie Gagne

"All the flowers of all the tomorrows are in the seeds of today."

In 1953 four young, energetic Benedictine Sisters journeyed to Phoenix, Arizona. Their mission, in response to the invitation of Father John Doran, was to sow the seeds of education in receptive, fertile soil. Sister Devota LaVoie, Sister Mary James Murphy, Sister Janet Lamirande, and Sister Cabrini Beauvais were considered pioneers, and the community blessed them and sent them off with the feeling that this indeed was new soil to cultivate—it seemed like a foreign mission.

The Sisters overcame many difficulties in establishing the new school, St. Thomas the Apostle. Their classes were very large, averaging between 65 and 72 students in each. They were unaccustomed to the oppressive heat and the long hours of work. However, with the help of Sisters and lay teachers who followed, they laid a very firm foundation. The seeds of education took root and blossomed—a blossoming very evident today.

On December 27, 2003, about 400 alumni, current and former teachers, and current and former student parents, gathered at the school to celebrate the 50th anniversary of the founding of St. Thomas the Apostle. The theme of the celebration was "Remembering the Past . . . Building the Future."

Evening festivities began with the 5:30 p.m. Mass in which seven priests and a deacon led the congregation of 1200 in celebrating the Feast of the Holy Family, incorporating the theme of the school family as an extension of the Holy Family because of the school's tradition of teaching and modeling Catholic beliefs.

Alumni, families, priests, and faculty enjoyed an evening of visiting, eating, taking pictures, paging through many beautiful albums, and viewing class and activity pictures that had been enlarged and prominently displayed.

The school invited Sisters from Duluth who had taught at St. Thomas the Apostle to the celebration. Five Sisters who were former teachers and Sister Kathleen Hofer, prioress, attended, as well as St. Scholastica Monastery Sisters who currently serve in Phoenix. In attendance were Sister Devota LaVoie (first principal), Sister Rita Mullen, Sister Melanie Gagne, Sister Claudia Riehl, Sister Michelle Dosch, Sister Theresa (Matthias) Jodocy (third principal and now serving in Chandler, AZ), as well as our other Sisters now ministering in Phoenix—Sister Sarah Ann O'Malley, Sister Barbara Higgins, and Sister Josine Krausnick, who is currently teaching at St. Thomas the Apostle.

Many of the former faculty commented on the tremendous affirmation given them by former students. The parish and school proudly recognized the impact families and staff have made on its first 50 years. We Sisters are grateful to see the school continuing to flourish under very capable leadership. Congratulations to all involved!



Sister Devota LaVoie and Fr. Richard Felt.



Standing left to right: Sister Josine Krausnick, Sister Theresa Jodocy, Sister Kathleen Hofer, Sister Sarah Ann O'Malley, Sister Claudia Riehl, Sister Barbara Higgins. Front: Sister Michelle Dosch, Sister Devota La Voie, Sister Melanie Gagne.



Sister Claudia Riehl (left), former St. Thomas the Apostle student Thomas Westfall, and Sister Melanie Gagne.

New Web Site Look!

By Vicky Siders



OUR COMMUNITY | MISSION & VALUES | MONASTIC LIFE | MINISTRIES | JOIN US | NEWS



THE BENEDICTINE SISTERS ST. SCHOLASTICA MONASTERY DULUTH, MINNESOTA

DuluthBenedictines.org has a new look! One year ago, the Web Site Task Force met and decided to work on a new look for the web site. We worked with advertising and marketing firm H.T. Klatzky, Inc. throughout the year to add material and photos and to better map the site to make it more navigable. Our site includes new photos, the sound of the chapel bell, a "Prayer Request" feature, and items from the most recent Monastery brochure.

Diane Galazen and Marsha Hystead of Klatzky, Inc. and the Monastery's ten-member web site task force met throughout the year to work on the suggested improvements. We believe the site is now very accessible and informative. As you know, web sites are "works in progress" and thus really never finished. We are always seeking new photos and improvements or additions.

The web site includes links to sponsored institutions' web sites and to the City of Duluth's web site. There is a historical section as well as a "tour" of the Monastery and information and photos on the St. Scholastica community, its mission and values, ministries, and monastic life. The section entitled "Join Us," invites women to consider either a vocation as a Sister or a time of volunteer service (Benedictine Associate) and invites all interested web site visitors to support the Monastery through prayer, volunteer hours, the Oblate program, and/or contributions. Lastly, the News section contains articles from the most recent *Pathways*.

We hope all of you with internet access will visit the site and tell us your impressions via the comment section of the Guest Book. Again, the address is www.DuluthBenedictines.org.

PLEASE PRAY FOR THE FOLLOWING DECEASED RELATIVES/FRIENDS:

Marian Twomey 8/13/03
Jean M. Sheridan 10/23/03
Cecilia McKune 11/19/03
+Sister Therese Oswald's sister
Daniel J. Hoolihan 12/9/03
Annamay Doran Connor 12/27/03
Mary Margaret McNulty 1/3/04
Edward Weiss 1/13/04
Alma Stepan 1/18/04

Agnes Leggatt 2/1/04
+Sister Mary Mark Petrich's sister
Roy Hudson 2/4/04
Donald M. McCarthy 2/5/04
Don Scott 2/12/04
Floyd Hartung 2/13/04
+Sister Lelia Hartung's brother
Darwin Bolander 2/14/04
William Leck 2/16/04



Your Legacy

By Vicky Siders

In the United States approximately 70 percent of households make charitable contributions annually, yet only six percent contribute to charities through wills. Many people do not make a will. Some do make wills, but do not think of including their charitable causes as beneficiaries. A will is actually a wonderful tool that can provide for both families and worthy organizations.

A will designates precisely where you would like your assets to go. Working with your tax or financial advisor, consider the people and the organizations you wish to remember. First, provide well for a surviving spouse. Second, provide for children and grandchildren without taking from them the spirit of incentive and personal achievement. Then, lastly, designate an amount or a percentage to support the charities you currently endorse. In this way you can project your values into the future. You can leave a legacy for the next generation.

Friends who have informed the Monastery that the Sisters are included in their wills join our group of Covenant People. Their names are inscribed in a book in the Eucharistic Chapel and included as Covenant People in the Monastery's Annual Report. If you would like information on including the Sisters in your will, please contact Vicky Siders, Monastery Director of Development, at 218-723-6540 or vsiders@aol.com.



One Campus, Four Addresses

Please remember that each of the four Kenwood Avenue institutions—St. Scholastica Monastery, The College of St. Scholastica, the Benedictine Health Center, and Westwood Senior Independent & Assisted Living Apartments—has its own separate mailing address:

St. Scholastica Monastery
1001 Kenwood Avenue
Duluth, MN 55811-2300

The College of St. Scholastica
1200 Kenwood Avenue
Duluth, MN 55811-4199

Benedictine Health Center
935 Kenwood Avenue
Duluth, MN 55811-4951

**Westwood Senior Independent
& Assisted Living Apartments**
925 Kenwood Avenue
Duluth, Minnesota 55811-2124

Each institution also has its own independent mission, facilities, staff, and financial structure. It is important that our donors recognize this separation. If you wish your donations to support the Sisters, please make contributions payable to St. Scholastica Monastery and send them to the Monastery address. We are, as always, grateful for your continued generosity and prayers!