



# PATHWAYS

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## A Letter from the Prioress

Dear Friends of the Monastery,

As the days shorten and the nights get longer the earth settles into a quiet period. I watch out my window as dusk arrives on these clear, cold nights and enjoy the beauty of the naked shapes of trees, their limbs black and silhouetted against an azure blue sky. It is the time of watching and waiting as the season of Advent steals upon us. While the earth quiets down, so do our souls, and I am reminded of the words of the psalmist... "more than sentinels wait for dawn, so my soul yearns for you, my God" (Psalm 130). Whether we realize it or not... the deepest longing and yearning of our hearts is for God. Nothing brings that fact closer to reality than waiting vigil as one of our own Sisters makes that transition from earthly life to heavenly life as we did while watching with Sister Mary Martin Beringer. In that quiet time there was peace as prayers wafted over her. There was consolation as the family and Sisters embraced, and we were reminded of all that was good and loving in her and in each other.

And while we grieve there is this... yearning and waiting is the mark of someone who has hope. It is a characteristic of the human heart to look forward to something new, to a change for the better, for healing, for peaceful death, for a peace-filled world. There are so many things wrong in the world, but as Sister Theresa Jodocy reminds us in her article on the Benedictine value of hope, we are all invited by Jesus to be signs of hope in the world and to "Hope Yet, Still" as Sister Kathleen Del Monte writes in her reflection.

There is a theme here in this issue as we, women of hope, celebrate our ministries past and present in the profiles of three of our community members, in articles about our vocation ministry, spiritual direction, and our current ministries in the Diocese of Duluth. As women consecrated to God, we invite you to celebrate with us our 100 plus years of service to the Church in the Diocese of Duluth (December 6) and to join us for a day of prayer at the closing of the year of consecrated life (January 31). You will find more about these events in this issue.

Pope Francis, especially during this year dedicated to the celebration of consecrated life, asks men and women religious to do three things, one of them being focused on hope. He invites us first to look to the past with gratitude; second, to live the present with passion; and third, to embrace the future with hope. But his message was not just for those in consecrated life. He invites all of us to "wake up the world." And how will we do that? He says, "You will find life by giving life, hope by giving hope, love by giving love."

As we come to the end of the calendar year the nightly news profiles a look back at the highlights of the year, the good and the not so good. As we do that, I hope we will challenge ourselves to be a healing, joyful presence wherever we can in order to make the world a better place in which to live. May this Advent be one where your deepest longings are fulfilled and the Christmas season a time when you may, with family and friends, celebrate with gratitude all that has been and look forward to a new year and a future full of hope.

Thank you for all the ways in which you support us in our ministries!

Yours in Christ,

*Sister Beverly*

Sister Beverly Raway, Prioress



# Hope Yet, Still

Advent Reflection by Sister Kathleen Del Monte

Photo by Sister Therese Carson



Advent is a time of waiting, a time of hope. But on what is our hope based? As I reflected on this question, I wrote the following words:

*When all seems dark – hope yet – still.  
When you can't see me – find me in your heart  
for that is where I reside, in the depth of your being:  
Hope yet, still.  
When all seems lost – your deepest dreams shattered –  
Hope yet, still.  
I am never without you  
You are never without me –  
Hope yet, still.*

On the Fourth Sunday of Advent this year, we will read in the Gospel according to Luke that upon hearing Mary's greeting, her cousin Elizabeth exclaims, "Blessed are you who believed that what was spoken to you by the Lord would be fulfilled," the baby in her womb leaping with joy (1:41-45). Mary trusted. Mary believed. Mary had faith. Mary had hope. She trusted, though she did not know how the story would unfold. Had she judged by human standards, hope would have made no sense. Perhaps, though, she "knew" the ending. Because Mary judged by God's standards, there was, indeed, every reason to hope.

Felix Just, S.J., notes that the "most commonly repeated phrases in the Bible, in both the Old Testament and the New Testament, are 'Have no fear!' or 'Do not be afraid!'" And isn't that what the angel tells Mary in Luke 1:30 (Do not be afraid, for you have found favor with God) and Joseph in Matthew 1:20 (Do not be afraid to take Mary as your wife). Don't be afraid, God is with you in this. I know it seems weird, bizarre by human standards. But God does not need to operate within these limited ways of seeing. God is Truth. So go ahead, don't be afraid to bear my son, to take Mary as your wife, to travel to Bethlehem. In Luke 2:9-10 the angel of the Lord appears to shepherds living in the fields, calming their fear: "Do not be afraid; for see – I am bringing you good news of great joy for all the people" – the very Incarnation, the Messiah, the Lord. It is as if God is saying "I am with you, I go with you. I am journeying with you in this. You will have pain and suffering, experience doubt and confusion at times. But in the end you will persevere. All shall be well." As Julian of Norwich said, "All shall be well, and all manner of thing shall be well." You already know the last chapter. You know how the story ends. We are one, forever. Fear not. Hope yet, still.

What about us? Do we believe? Do we have faith? Do we have hope? How will the next chapters unfold? I'm not sure that any of us really knows. But as Oswald Chambers has said, "Faith never knows where it is being led, but it loves and knows the One who is leading." In a real sense, we, too, already know the ending – eternal union with the Beloved One. As long as we remain faithful, God's promise holds true. So sit with the One you know and love. Fear not – and hope yet, still! Advent blessings to you and yours.

## Sister Profile: Sister Joyce Fournier

By Sister Sue Fortier



Girl Scouts are the future leaders of America as the saying goes. They are ready to do anything and everything. Who fits this bill better than Sister Joyce Fournier, who, in her youth, was a Girl Scout, and who continues to be ready to do anything and everything here at St. Scholastica Monastery? Once a Girl Scout, always a Girl Scout! Joyce was born in Warren, Minnesota, to Leo and Anne Fournier. She grew up with three brothers—Dale, Charles, and James—and with her two sisters, Marie and Judy. From an early age, work was not foreign to Sister Joyce. Her father owned and operated Warren Bakery. As soon as she and her brothers and sisters were old enough, they helped their parents keep the business going. It was a family affair! It was there she learned about hospitality, hard work, quality customer care, how to run a successful business, and how to get up very early in the morning.

Sister Joyce was a born leader. During her high school years she was a Girl Scout Leader, editor of her high school newspaper, and salutatorian of her graduating class. She was honored with an award from the American Legion for being the “Outstanding Girl of the Year.” Before ever coming to Duluth, she was a young woman of service with recognized leadership qualities and abilities.

Dreams don’t always become reality. Sister Joyce can attest to this. After graduation from high school, she worked at Warren Hospital and became interested in becoming a Medical Technologist. She attended The College of St. Scholastica thinking she would pursue her dream, but that dream became history when she entered our Benedictine community during her sophomore year. Her life took her as far away from the medical world as possible. Being a teacher and a school principal, she poured out her life in education. She moved into community leadership as Subprioress during the challenging years after Vatican II. Fun-loving as she was and always wanting to get people together, she got a popcorn machine and became the Monastery’s “Queen of Popcorn.” Conversation around popcorn built a community spirit among us. Today, she continues to build this same spirit as her office has become a gathering place where all are welcomed. There is always a good pot of coffee brewing with goodies to be shared.

Knowing everything that is happening in our beautiful city, she can lead us to the best bargains, restaurants, movies, concerts, and rummage sales. She is our dependable taxi cab driver getting us to the shuttle and airport during the early morning hours. She packs more into 24 hours than most of us would ever dream of doing. Adventuresome and forever young at heart, she got into a car and ventured off to Glacier National Park, alone, at the age of 80.

Sister Joyce is our gifted photographer who is recognized throughout the city and beyond for her talent and expertise. Following in her father’s footprints she has come full circle. She, too, has developed a very successful business known as Scholastica Framing and Photography. Rich with service, humor, generosity, and hospitality, she has inspired and enriched the lives of so many people who are fortunate enough to call her friend. She says that when she dies the last thing she wants us to pray for is eternal rest. Being a mover and a shaker all her life, eternal rest would be anything but heaven for her.

*Photos by Andi Therrien*



*Sister Joyce shows her framing studio to students from Holy Rosary School.*



## “What About You?”

By Sister Edith Bogue, Director of Vocation Ministry

Just a few weeks ago, Pope Francis came to our shores. He spoke to Congress and to crowds, shaping each of his speeches to the realities of American life. He had certainly done his homework. He wove details of our history and our heroes into his words so that we could hear his message – no matter which language he spoke – in the idiom of our own culture.

Much has been written about his appearance at a joint meeting of Congress in which he called on the elected officials – and us – to be people of unity and hope, to remember the best of our dreams and grow into them. It was no surprise that he chose Abraham Lincoln and Martin Luther King, Jr. as exemplars. But his decision to pair them with Catholic Worker founder Dorothy Day and peace and inter-religious dialogue leader Thomas Merton, two controversial figures little known beyond church circles, took everyone by surprise – as evidenced by the tremendous spike in Google searches for their names before the speech even ended. Rather than lauding the example of the many Catholics who built institutions of learning and health care, he chose people whose lives were marked with simplicity and humility – and whose ideas still challenge many Christians. (Incidentally, Dorothy Day was a Benedictine oblate and Thomas Merton a monk who lived the *Rule of St. Benedict* in the Cistercian tradition.)

Pope Francis’s homily in a Mass for religious women and men, seminarians, and clergy in Philadelphia drew less attention, but I found it more arresting. He spoke of St. Katharine Drexel. Her early life was marked by great loss and immense wealth. By the age of 30 she had lost mother, stepmother, and father but inherited not only their fortune but also that deep concern for the problems of Native Americans and African Americans in the charged era after the Civil War. She used her wealth to found schools and missions across the South and West.

Pope Francis reminded the religious gathered there of the turning point in St. Katharine’s life: her private audience with Pope Leo XIII in 1887. She and her sister, young ladies of Philadelphia’s high society, wanted Pope Leo to aid them in their charitable work: she asked him to send missionaries to staff their missions and schools. This pope who would, four years later, issue *Rerum Novarum* and launch the modern era of Catholic social teaching, looked at this healthy, sturdy, privileged young woman and asked, “What about you?”

Pope Francis noted that Pope Leo challenged Katharine despite her youth. “How many young people in our parishes and schools have the same high ideals,” he said, “the generosity of spirit, and love for Christ and the Church! I ask you: Do we challenge them?” He pushed further: “Do we make space for them, find ways of sharing their enthusiasm and gifts, above all in works of mercy and concern for others?” Recent research by the National Religious Vocations Conference verifies his words: newer members of religious orders say that the invitation or encouragement to consider religious life made a big difference in their discernment. Yet most parents, grandparents, teachers, and parish workers report that they rarely or never encourage a young person to consider a vocation in religious life, the priesthood, or parish ministry. This is within our power to change.

Pope Francis challenges each of us, in the words that we Sisters pray each evening in Our Lady Queen of Peace Chapel to pray to receive “the confidence and grace to invite others to embrace the bold and noble path of a life consecrated to God.” Amen.

Photo by Jeff Frey



# The Benedictine Value of Hope

By Sister Theresa Jodocy

## ADVENT, A TIME OF HOPE

*HOPE is the thing with feathers that perches in the soul,  
and sings the tune without words, and never stops at all.*

Emily Dickinson

The season of Advent is a season of hope and expectation. For Christians it is also a time of waiting until we again will celebrate the birth of Jesus, our Saviour. For many people, however, this past year has not only been a season of hope, but also a time of deep pain, of loss, of suffering, and of shattered dreams.

As we look back at what has transpired over this past year, we recall the vast movement of displaced refugees looking for a future of hope but who in many cases were met with rejection, hunger, illness, lost family members, homelessness, and shattered dreams in a foreign land. We also see in our own country the devastation people have experienced from forest fires where over 1,000 lost their homes and all their precious belongings. We hear of the drought that has caused the lands of the west to have failed crops, and of sudden floods where entire families were swept away in a moment's notice. Closer to home, we hear of loved ones who have received unexpected news from results of cancer treatments, heart problems, strokes, and other physical illnesses and who have limited treatment for their recovery to health. Yet deep in the hearts of all who are in such situations, they look to the future with hope and Christ's promise that He will be with them in their trials and sufferings. How does one find hope in all this?

Deep within each human being lies the gift of God's presence. Infused in the core of each one's being is the image of God in the soul providing the grace and desire to continue to hope in spite of the many odds facing them. We are living in a very fragile and broken world, but because of our deep faith and the constant reminder of Christ, "I am with you always," we continue to move ahead with hope and with faith. We are reminded so often in the scriptures of the words that challenge us not to give up. "For I know the plans I have for you," declares the Lord, "plans for your welfare and not for evil to give you a future and hope." (Jer. 29:11)

When Jesus began his public ministry, wherever He went, He met people who placed their hope in His healing touch. We recall the Syrophenician woman who, though not a Jew, wanted Him to heal her sick daughter; another woman who had suffered years with a hemorrhage wanted only to touch the hem of His cloak and she would be healed; the blind man, Bartemeus, calling out to Jesus to restore his sight; the lame all begging and hoping to have Jesus lay His hands on them, knowing in faith that they would be healed. In Matthew's Gospel, Chapter 5, Jesus calls His disciples together and tells them how hope should be given to those who suffer, and He lists the Beatitudes, assuring those who mourn, who suffer injustices, who are suffering from persecution and all forms of pain that the Kingdom will be theirs.



*Ministering at Holy Spirit,  
Tempe, Arizona*

Recently, we experienced the visit of Pope Francis, who exemplified so strongly for all of us the message of the Gospel inviting us to follow Jesus' example. He fed the homeless in a dining room, visited the imprisoned, embraced those bound in wheelchairs, and reached out to give comfort to the suffering. He is inviting us all to be agents of hope in a troubled world.

We are all members of Christ's mystical body and have a duty, an obligation to help in any way we can to build up the suffering body of Christ in faraway lands and also in our own surroundings. We have a personal responsibility to reach out to our suffering neighbor through prayer and any means open to us. As Pope Francis reminded Congress, the Golden Rule must be our rule. His challenge was to all to look after the marginalized, the displaced people in foreign lands and our own, to care for the homeless, the hungry, and those whom society looks upon as "throw away members" to see them as part of our family in Christ. As members of Christ's family we can serve as beacons of hope to those in need. Pope Francis reminded us that we all were once foreigners, including himself and his parents, and that we must welcome them as we would want our own to be given a home. Our actions and prayers must reach near and far.

Photo by Sister Patricia Anne Williams



Daily in our Benedictine Monastic Community, as we pray the Divine Office and at Eucharist, we hold the suffering in prayer; we pray for the sick, the homeless, those who have no one to pray for them, the aged left alone, those caught in the traps of human trafficking who have no way to freedom, those undergoing surgery, those faced with incurable illnesses. The requests are endless, and we do not forget them. The words of Jesus must be forever before our eyes, and those who wish to follow Jesus' example, with Pope Francis must reach out giving the light of hope wherever it is needed. Recently our Community sang the hymn, "Wait When the Seed is Planted" by Sister Delores Duffner, which gives a final thought to this article. The words are:

*Hope when the sun is setting, Hope through the dark of night;  
Hope though the moon is waning, Hope as we long for light;  
Hope for the coming Savior, Hope through the heart's slow race;  
Hope for the Kingdom's dawning, Hope till we see HIS face.*



## To Chile and Back

By Sister Mary Susan Dewitt with Sister Therese Carson

In 1961 Pope John XXIII asked all religious communities to send ten percent of their members as missionaries to Latin America. Benedictine Sisters in America have a long history as missionaries: our own founders came in 1852 to teach Bavarian immigrants in Pennsylvania, and succeeding generations moved westward with the pioneers, opening daughter communities to provide education and health care to all, including St. Scholastica Monastery in 1892. Now the call went out to further God's work in South America. The question was, how?

By the working of Divine Providence, a French Canadian priest of the Oblates of Mary Immaculate in Antofagasta, Chile, wrote asking for help. They had built an English school, Colegio San Jose, and needed Sisters to help staff it. After discernment with her Council, Mother Athanasius Braegelman decided in 1963 to send four Sisters to Chile to start the mission: Sisters Richarda Buermann, Mary Paul Ludwig, Sharon O'Neill, and Victoria Jobin.



*Sisters in their modified habits are blessed before leaving for Chile.*

They first went to Mexico for immersion studies in the Spanish language and then traveled to Chile by boat. Chile is a land of diverse climates, from semitropical coastlands on the Pacific to the foothills of the Andes Mountains and south to penguins and seals on the ice flows around Antarctica. Antofagasta is in the north, a semitropical seaport with beaches, lush gardens, warm sun and loving people who welcomed them into their hearts and homes.

Sister Mary Paul became principal of the grade school and the girls' high school, where she struggled to speak and understand the students' language: "To be deprived of one's ability to communicate is true poverty." With Patricia McAllister, an IHM Sister, she traveled throughout Chile to instruct teachers in modern teaching techniques: "What a thrill to see Chilean children learning to think and comprehend instead of learning simply by rote!" She would return to Chile for a visit in 1996, where she found the seeds they had planted so many years ago had blossomed and borne fruit.

Sister Sharon began teaching with only a piece of chalk and a rag to clear the chalkboard. She taught the children English by combining it with aerobics: "We jumped, hopped, and sang while teaching them new words, and they loved it!" The children sang in English in a program for Mother Athanasius when she came for a visit.



*Sister Richarda Buermann teaching children at Colegio San Jose*



In the meantime, three more Sisters arrived to teach at the school: Sisters Nora Quinn, Theresa Spinler, and Paulette Dorff. Sister Theresa, at least, adapted quickly to the slower, simpler life in Chile; indeed, it took much longer to readjust to our faster pace on her return. She taught English, art, and religion, and learned to play a guitar and find her way around Antofagasta: “I rode city buses, which sometimes meant hanging onto the outside with feet on a step, and shopped every day in the open-air market for fruit, vegetables, and bread.”

A poor city parish asked for a nurse to run their clinic and Sisters to help in the parish, so St. Scholastica Monastery sent more Sisters, including Sisters Ingrid Luukkonen, Mary Susan Dewitt, and Mary Faith Gaylord. Sister Ingrid taught many parish women how to bake American dishes, especially apple pie, and they in turn taught her to make empanadas, Chilean pasties. Despite her struggle with the Spanish language, they all bonded over rolling pastry and simmering apples with cinnamon in the kitchen.



*Sister Mary Susan Dewitt at her new clinic in Antofagasta*



*Sister Ingrid Luukkonen (center in yellow) with her baking class*



*Sister Theresa Spinler trying the waters of the Pacific Ocean*

For Sister Mary Susan it was a challenge to run a one-person clinic: “An endless line of hopeful and trusting people with never enough medicine or equipment, and no one with whom to consult. But I fell in love with the Chilean people, with their hospitality and laughter in the face of deep poverty, and with their courage and endurance under Augusto Pinochet’s brutal regime. They welcomed us into their homes and lives, sharing whatever they had to offer.”



*Thirteen communities of Sisters taught in Antofagasta*

By 1979 the mission was self-sustaining, and the Sisters left Antofagasta for the last time. Sister Mary Susan recalls how difficult it was to leave her beloved friends behind: “They helped me be a stronger, more loving, and more faith-filled person. There will always be a warm place in my heart for the Chilean people.”

## Sister Profile: Sister Michelle Dosch

By Sister Jeanne Ann Weber

Photo by Sister Joyce Fournier



Sister Michelle grew up on a farm near Finlayson, Minnesota. She was the oldest of four children, and she loved all of nature. As a young child she not only loved the flowers and trees, but also angleworms and baby mice! However, her mother didn't think they were so beautiful and quickly took the baby mice back outdoors! The Community is grateful that she no longer brings certain outdoor treasures into the Monastery.

Then it was time for her to attend school in Finlayson. It was an exciting time in her life as she met new friends and found learning stimulating, as she is a lifelong learner. She also attended summer school catechism classes. When she was six, her teachers were Sister Francesca Caskey and Sister Alberta Young from St. Scholastica Monastery. The Sisters, even in their habits, played baseball with the students! She thought they were very nice, and she wanted to be like them when she grew up. She feels it was God's grace that committed her to explore His call.

That call bore fruit when she entered St. Scholastica Monastery in 1951. Her first assignments were as an elementary school teacher, being missioned in Minnesota, Ohio, and Arizona. For twenty years she taught children and loved every group. However, her ministry was about to change, as the junior high pupils at St. Thomas in Phoenix, Arizona, said that she should become a counselor as she was such a good listener to their problems and challenges. She eventually completed her degree in counseling at Arizona State University and became a counselor at a Catholic high school and then at The College of St. Scholastica. Later she relocated to the Port Rehabilitation Center where she counseled and also learned more about chemical dependency and ways of healing.

Sister Michelle returned to Phoenix and became the director of Chrysalis Shelter. This was a high point in her ministry as she and her committed staff helped battered women and children. It was a grace-filled and challenging time, and God was at work. Because it was a public agency, Sister Michelle couldn't talk about God, but she told her staff, "I have connections up above," and indeed God's hand was seen in many amazing ways.

Sister Michelle returned to the Monastery and became involved with vocation ministry for a total of about sixteen years at two different times. She said, "God blessed us with beautiful, gifted, and holy women." The Community has been blessed by her ministry.

Sister Michelle then moved into a training program for spiritual direction. After completing the program and giving spiritual direction, she eventually formed with several Sisters a training program for about twenty-five people from the Missoula, Montana area. A similar training program was begun at the Monastery in 2007-2015. This was her greatest ministry experience as she journeyed with committed people desiring to deepen their relationship with God. The groups were composed of different traditions – all seeking deeper transformation and desiring to companion others on the spiritual path. It was a blessed time for participants and for all those who journeyed with them.

A favorite scripture of Sister Michelle's is Psalm 119: 105 – "A lamp to my feet is your word, a light to my path." Indeed, God's word has guided the many paths that Sister Michelle has journeyed upon. She says, "Always be in the stream of God's presence and grace for these are the sources of a happy life." She has touched many lives far and near—people of many ages and backgrounds. She has proclaimed the Good News of the Gospel through her words and most especially by her actions.

# Benedictine Center of Spirituality

By Sister Pauline Micke

Outside my office window the leaves are changing colors, a reminder to each of us of the seasons of our own lives. We leave one season and enter a new one.

As this whole new experience approaches, we are faced personally with the question: HOW ARE THE SEASONS OF MY LIFE BEING NURTURED?

As the Fall season began to show its presence, we experienced many blessings during our September 26 retreat on “Grief/Loss as a Sacrament.” The 25 participants reflected upon and shared their own journeys of loss and grief—it was a truly blessed time.

October 24 gave us a chance to deepen our spiritual lives with Sister Paule Pierre’s retreat “Fall Into Prayer.” This was followed by a November 7 retreat on “Benedictine Spirituality in Everyday Life,” where we learned the key elements of Benedictine Spirituality and particularly about the community of Oblates who gather here each month. Sister Edith Bogue, Oblate Director, led the retreat.



*Sister Paule Pierre Barbeau leading the retreat “Fall Into Prayer”*



*November 7 retreat “Benedictine Spirituality in Everyday Life”*

As the winter season approaches, we will begin a new Liturgical Year with Advent. Here we will take time to reflect on what it means for us to “wait,” to “prepare,” as we participate in the December 5 retreat, “Waiting With the Wise,” facilitated by David Allen, Senior Spiritual Care Consultant for the Benedictine Health System. We will consider questions such as: How does waiting take shape in our own spiritual lives? How are we living and passing on the meaning and traditions of Advent? Are we ready for Christmas? This retreat offers a rich menu from which we can select what will help us nurture ourselves spiritually—what will help us grow in our faith and relationships with God, self, and others.

You are invited to visit our website: [www.DuluthBenedictines.org](http://www.DuluthBenedictines.org) for questions on retreats, spiritual direction, etc. or call 218-723-7086—Sister Pauline, or email me at [pauline.m@duluthosb.org](mailto:pauline.m@duluthosb.org).

Blessings on all your seasons!

*Photos by Sister Therese Carson*



# Highlights

## Sister Beverly Raway, Prioress, and her Administrative Staff



Photo by Sister Therese Carson

Left to Right: Sister Beverly Horn, Subprioress; Sister Danile Lynch, Treasurer; Sister Claudia Cherro, Administrative Assistant to the Prioress; Sister Beverly Raway, Prioress; Sister Renata Liegey, Coordinator of Hospitality; and, not pictured, Sister Helen Giesen, who, for lack of a proper title, has claimed the honorific of Sub-subprioress.

## Bluestone Groundbreaking

By Sister Therese Carson

On August 26 Sister Beverly Raway represented the Community at the groundbreaking ceremony for The College of St. Scholastica's new Health Services Pavillion at the BlueStone development on Woodland Avenue. When completed—the projected date is fall of 2016—the building will house the new Physician Assistant program as well as Occupational Therapy and Physical Therapy programs and a free community clinic. Sister Beverly extended a blessing on the site, praying for safety during the construction and that the men and women educated here would be dedicated to improving health care now and for decades to come.



Photo by Dave Ballard

## McCabe Renewal Center Open House

By Sister Therese Carson

Sunday, September 20, we celebrated 75 years of Sisters living and working in the historic McCabe house in Duluth. After the McCabe family donated their beautiful home to the Sisters in 1940, it served as a home for the elderly, a dormitory for high school and college students, a residence for Sisters, and, since 1977, a retreat/renewal center. Visitors enjoyed tours led by “Sister Geraldine Sullivan” (played by Jude Collins, standing), a Benedictine Sister who cared for elderly men and women here in the 1940s and '50s. “Fiona,” an elderly Irish woman played by Sister Barbara Higgins, talked about her experiences as a resident.



Photo by Sister Therese Carson

## Highlights, Continued

### CSS Panel on Pope Francis's Address to Congress

By Sister Therese Carson



*Photo by Sister Therese Carson*

Pope Francis spoke to Congress on September 24 about what America can do to further the common welfare. Many Sisters and students watched a live feed of the speech in Mitchell Auditorium. Afterwards, a panel including Sister Edith Bogue (second from left), shared their impressions and answered questions. Pope Francis spoke of four Americans who represent the best of what America offers the world. “Three sons and a daughter of this land, four individuals and four dreams: Lincoln, liberty; Martin Luther King, Jr., liberty in plurality and non-exclusion; Dorothy Day, social justice and the rights of the human person; and Thomas Merton, the capacity for dialogue and openness to God.”

### Sisters Walk in Diocesan Procession

By Sister Therese Carson

For the past year the Diocese of Duluth has been celebrating 125 years of serving the people of northeastern Minnesota. The celebration concluded September 12 with a Eucharistic Procession. Some 2,500 people walked from Holy Rosary Cathedral through the heart of Duluth and down to the Duluth Entertainment and Convention Center on the waterfront, where Bishop Paul Sirba and Diocesan priests concelebrated Mass on a stage in the arena.

Twenty-five Sisters walked in part or all of the procession or attended the Mass. “God blessed us with a glorious day, with radiant sunshine and a light breeze—perfect in every way,” said Sister Beverly Raway. “As I watched the children, I remembered some of my own faith experiences as a child. I thought, ‘They will remember this day forever.’”



*Photos by Sister Paule Pierre Barbeau*



## Highlights, Continued

### Blessing of the Football Team

By Sister Lisa Maurer

August 28 The College of St. Scholastica football team gathered in Our Lady Queen of Peace Chapel to pray together at the start of its season. The prayer service, created and led by Sister Lisa Maurer, focused on the values and virtues that go into demonstrating good sportsmanship and being a good teammate. In giving thanks to God for their gifts and talents and asking for God's guidance and protection, the Saints football team reflected upon trust, humility, courage, hope, and breadth of vision. At the conclusion of the prayer service Sister Beverly Raway and head coach Kurt Ramler gave each player a Benedictine medal as a reminder of the Benedictine tradition and the Core Values of CSS.



Photos by Andi Therrien



### Benedictine Health System Leadership Conference

By Sister Therese Carson

On September 23 and 24 the leaders of the Benedictine Health System met at the DECC in Duluth for their annual conference. Topics included continuing the Catholic mission of the BHS in a time of change, managing stress, fostering constructive conflict in the workplace, and sharing mission stories. It opened with CEO Rocklon Chapin thanking the St. Scholastica former Prioresses and the current Prioress for their many years of leadership, and all the Sisters present then blessed the assembly.

Photo by Julie Sellers



Prioresses left to right: Sisters Lois Eckes, Beverly Raway (current), Danile Lynch, Clare Marie Trettel, Kathleen Hofer, and Grace Marie Braun

### A Celebration of Thanksgiving: BHC Chapel

By Sister Ann Marie Wainright;

Tuesday, October 13, 2015, Bishop Paul Sirba of the Diocese of Duluth presided over a Mass of thanksgiving at the Benedictine Health Center's (BHC) third-floor Chapel. The many celebrations of prayer and sacrament, and the people whose lives were touched by that sacred space, were remembered and celebrated with gratitude to God. A new chapel on the first floor of the BHC is a part of an extensive renovation project that also included the construction of a larger physical and occupational therapy space on second floor, as well as renovations of the lobby area, Stay Fit, Safe Harbor, and the Transitional Care Unit on the first and second floors. Catholic, Protestant, and Ecumenical services will be celebrated in the new chapel.



Photo by Sister Therese Carson



## Sister Profile: Sister Dorene King

God has led me on an amazing journey. It all started when I was born at the Queen of Angels Hospital in Los Angeles, California. Although my family attended St. Andrew's Lutheran Church, my three older brothers and I began our life journey at this Franciscan, Catholic hospital.

God blessed me with a loving family. My family encouraged me to be creative and gave me the opportunity to grow musically through piano lessons. My brother, Curtis, and my parents patiently participated in a Friday family club night which I organized and led. In addition, my parents fostered values of honesty and a passion for peace/fairness.

Those supports and values have deepened as God blessed me with faith connections beyond my family. Except for a few friends who were Jewish or affiliated with Christian denominations other than my own, my concept of church was rooted in the Lutheran tradition. My journey beyond the Lutheran worship experience began as I became an organist for Episcopal, United Church of Christ, Methodist, Presbyterian and eventually Catholic services. As a Lutheran pastor, I came in contact with other Christian denominations through joint Thanksgiving services and participation in ministerial associations.

God developed in me a passionate spirit of advocacy for elders. This was nurtured early through weekly contacts with my beloved grandma King. This love has continued as nightly, with very few exceptions, I visit my Sister friend over at the Benedictine Health Center. Through these visits I have an opportunity to advocate not only on behalf of the Sister friend, but to speak up on behalf of the other residents. In addition, these visits provide me with an opportunity to commend the staff for living the Benedictine values.

My connection with the elders is enhanced by being on the Board of Directors of the Benedictine Health Center and serving on the BHC Quality of Life Committee.

I am involved with sharing my musical gifts with the elders at the BHC, through various means at the Monastery, and at McCabe Renewal Center. At the Monastery I use my gift of keyboard (organ, piano) playing for morning and evening prayer plus Mass and recorder playing for rituals such as welcoming Affiliates. My musical background comes in handy as I participate in planning weekly schemas (hymn selections) and when working with the committees of seasonal and liturgy planners at the Monastery. In children's programs I offer through McCabe I enjoy singing with the children and accompanying the singing on my guitar.



*Photo by Andi Therrien*



*Photo by Sister Therese Carson*

As director of McCabe, this part of God's journey has gifted me with opportunities to interact with a diversity of people through giving spiritual direction, planning retreats, scheduling events with groups desiring to use McCabe, and supporting/planning with the McCabe staff. I enjoy being at McCabe with its wonderful setting and the opportunity to be creative in this ministry.

Beyond my involvement with the above, I enjoy walking in the woods, investigating historic places and natural wonders, attending plays and concerts, listening to the stories of others, and participating in the Feminist Theology book discussions at the Monastery. God has led me on an amazing journey, and I am grateful for the whole of it.

# The Ministry of Spiritual Direction

By Sister Jean Maher

There is a multitude of ways to reflect on the ministry of Spiritual Direction. Let's begin by looking at Jesus as a good role model for spiritual directors. Scripture tells us that after Jesus' death and resurrection He was walking along the road to Emmaus and noticed two of His followers who were also walking to Emmaus but who didn't recognize Jesus in His new resurrected body. Jesus simply asked them what they were talking about. This was an invitation to find out what was on their minds.



*listen carefully*

They responded by sharing with Him all the sorrow, anger, and fear that were in their hearts because of the death of Jesus, their leader, their mentor, and their friend. They had heard that Jesus' body had been stolen from the grave. They felt as if all their dreams were shattered when Jesus was crucified. They were feeling lost and abandoned and confused.

Jesus simply listened with the ear of His heart and allowed them to talk about the deepest pain in their lives. It was only after they shared everything they needed to that Jesus began to speak. He acknowledged their pain and then shared with them how the events of the past had been predicted hundreds of years ago in the Scriptures.

Jesus, the ideal Spiritual Director, allowed his two companions to speak first and share all that they needed to talk about. Now they were ready to listen to Jesus and all He wanted to share with them. A good spiritual director knows the value of listening deeply to directees to be able to guide them to the wisdom and love of God that resides deep in their own hearts.

I first became involved with the ministry of Spiritual Direction in the early 1980s when I was the Director at McCabe Renewal Center. Every summer we offered two eight-day directed retreats for our Sisters. The retreat director was always a Sister from another community. Our diocesan priests hired Jesuits from the Twin Cities to direct their retreats at McCabe every year. One day I received a call from the rector of the St. Paul Seminary asking me to give a directed retreat for some of his seminarians at McCabe. I said, "Yes," hung up the phone, and said to myself, "What on earth did you just say 'yes' to?!" I was aware that I had no formal training for this ministry, so I took some workshops, read a lot of books, listened to tapes, and begged God to fill in for my deficiencies. Later I acquired more formal education including a Doctorate in Ministry in Spiritual Direction.

I developed a two-year training program for spiritual direction in North Dakota and then worked with a group here in Duluth to create a two-year program for spiritual direction here at the Monastery.

A spiritual director is someone who agrees to journey with another person in their search for God's presence and wisdom. This could involve looking at one's prayer life, relationships, or their encounter with God through the amazing beauty of creation. Some come to a spiritual director for help in grieving a significant loss or discerning a new direction in one's life.

Seven of our Sisters are actively engaged in the ministry of spiritual direction. We are all receiving spiritual direction ourselves as well as supervision so that we are free to be totally present to each directee and not use their time to focus on our issues.

The suggested stipend for an hour of spiritual direction is between \$40.00 and \$50.00, or whatever a person can afford. No one is ever turned away because of finances. Those who are able to give larger donations are truly helping others who are hurting financially.

Whenever I meet with someone for spiritual direction, I always have three chairs in the circle: one for the directee, one for myself, and one for the Holy Spirit, the true director, who guides me as I journey with another. I don't pretend to have the answers to all the mysteries of life. I simply trust the wisdom of a God who loves my directee unconditionally and desires deep peace and joy for that person.

Providing an environment of quiet, prayer, and confidentiality help to establish trust. When I am with a directee I believe I am standing on Holy Ground. It's a profound and humbling experience and a privilege to journey with another person.



Photo by Sister Therese Carson

*Sisters involved in the ministry of spiritual direction: Left to right, Sister Jeanne Ann Weber, Sister Lois Eckes, Sister Pauline Micke, Sister Barbara Higgins, Sister Dorene King, and Sister Jean Maher. Not pictured: Sister Michelle Dosch*

*“Spiritual direction provides an ‘address’ on the house of your life so that you can be ‘addressed’ by God in prayer. When this happens, your life begins to be transformed in ways you hadn’t planned or counted on, for God works in wonderful and surprising ways.”*

Henri Nouwen

*Illustration and calligraphy from The Illustrated Rule of St. Benedict  
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## Open House at St. Scholastica Monastery

On the bright, sunny Sunday of October 11, 2015, St. Scholastica Monastery hosted an Open House for its many friends and benefactors in the tristate area. An estimated 175 guests filled Rockhurst Dining room. They came to meet the Benedictine Sisters' newly elected Prioress, Sister Beverly Raway, and to greet and visit with the other Sisters and guests.

At 3:00 p.m. everyone paused in their conversations to hear Sister Beverly welcome everyone for the first time in her role as Prioress. She also introduced her new administrative staff: Sister Beverly Horn, Subprioress; Sister Claudia Cherro, Administrative Assistant; and Sister Helen Giesen, "Sub-subprioress." Other staff members who remain in their posts are Sister Danile Lynch, Treasurer, and Sister Renata Liegey, Hospitality Coordinator.

After a prayer of thanksgiving and blessing by Sister Beverly, the conversations and enjoyment of the buffet table resumed for some, while others took advantage of the opportunity to take the walking tour. They were invited to visit Our Lady Queen of Peace Chapel, to study the Monastery's History Boards, to see the Twinning Display of artifacts and photos from our African and Chilean sister monasteries, and to stop in the Books and Gift Shop among other places. A selection of jams of many fruits grown and/or canned by Sister Theresa Spinler and Sister Pauline Micke was a favorite stopping place. A few guests walked to Gethsemane Cemetery to visit the graves of deceased Sisters they had known.

We thank all who came to visit and helped make it such a splendid time!

*Photos by Sister Therese Carson and Sister Kathleen Del Monte*







# Ministering in Hope to the Duluth Diocese and Beyond

Article and photos by Sister Therese Carson

In the Fall 2015 newsletter, Sister Joan Marie Stelman reminisced about our ministries in the 19th and 20th centuries. Addressing the needs of their times, our founders taught children and cared for the sick, orphaned, elderly, and disabled. Today, laypeople have largely taken over this work, and Sisters are being ‘recycled’ into new ministries as we address the needs of this century.

God calls us to the mysticism of encounter, to linger in relationship, listening with our whole heart to the stories that unfold, and responding with compassion and creativity. If we truly love God, we honor the Christ in each person. How do we respond to this challenge?

**Traditional Ministries** Sisters continue in traditional ministries, serving The College of St. Scholastica, St. Mary’s Medical Center, and the Benedictine Health System through boards, committees, and Mission Integration, ensuring that our sponsored institutions follow Catholic values. Some teach in the College, play organ and piano, assist in the Diocesan Office of the Tribunal, write blogs and books, and create works of art. Our growing ministries in Prayer, Clinical Pastoral Care, Peace and Social Justice, and Spirituality serve a world crying for loving human contact. Wherever we are, we build relationships.



**Prayer Ministry** Praying is the center of Benedictine life; it grounds us and keeps our focus on God. We pray in community, in private, and in the between-times of our work. “Rejoice always, pray without ceasing, give thanks in all circumstances” (1 Thessalonians 5:16-17). We respond to requests for prayer with prayer multiplied a hundred times. The staff at the McCabe Renewal Center prays for all coming to McCabe on retreats, those who contribute to its ministries, and those who have requested prayers. A Sister in the Monastery Development Office responds with love to requests for those needing prayers, and posts them on the Sister’s prayer board, on Benet Hall for our infirm Sisters, and in the prayer book in Our Lady Queen of Peace Chapel.

Each Sister has her official prayer ministry, and every Diocesan parish has someone praying for those parishioners. At St. Mary’s Medical Center, each shift starts with a prayer broadcast over the address system, for Scripture reminds us, “Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7).

**Clinical Pastoral Ministry** In his *Rule*, St. Benedict says, “Care for the sick must come before all else, so that they may be truly served as Christ” (RB, Ch. 36). Benedictine chaplains minister to the sick and dying of all ages, of all faiths, and of no faiths. Sister Judith Oland trains men and women who are called to healing ministries in pastoral care. Sister Sue Fortier cares for patients’ spiritual needs in Oncology at St. Mary’s Medical Center. She says, “Every day I witness the Divine breaking into the human story with love, reconciliation, and deep gratitude. It is a privilege to extend God’s healing presence in the midst of suffering.”

At the Benedictine Health Center (BHC), Sister Mary Susan Dewitt calls her work, “Presence in the hall and along the way,” showing the face of Christ to everyone she meets – residents, staff, family, visitors. She may not get anywhere in a hurry, but each encounter becomes a blessing. Sister Ann Marie Wainright helps the aged in their struggle against boredom, loneliness, and loss of purpose. “God is a relational God,” she says, “and so the



desire to love and receive love is one of the last things to go in a person.” She shares her faith with residents in discussion groups, advocates for them in care conferences, and gives spiritual care to staff members who need a listening heart.

**Peace and Social Justice** In a deeply impoverished neighborhood in Chicago, Sisters Arlene Kleeman and Lois Ann Glaudel bring people out of poverty one family at a time. They teach at two schools whose students come mostly from Nigeria and Ghana. With the help of friends in a better-off parish, they provide the students with school supplies and meals. The families arrive in Chicago unequipped for a cold climate and are given warm clothing, blankets, furniture – whatever they lack. Sister Arlene remembers Grace, a young girl from Ghana whom she coached through each grade. Grace returned after graduation to hug and thank them for believing in her and pushing her to learn. She was heading to college in New Orleans to study engineering so she could return to Ghana and build affordable houses for her people. “Many of the students are Islamic, but it makes no difference,” Sister Arlene recalls. “Every year a handful of families convert to the Catholic faith,” touched by the Sisters’ warmth and generosity. “This year there were three families and six children, and the children all took the middle name Francis.”

In a quiet neighborhood of Duluth is the Hildegard Catholic Worker House, where women who have been victims of human trafficking can live in safety while they recover. At “Hilde House,” they and their children are welcomed, loved, nourished, and treated with dignity. Sisters Gretchen Johnston, Linda Wiggins, and Jean Maher worked with people of all faiths to purchase and renovate a suitable home. Now Sister Gretchen visits the women every week to bake bread, nourishing them in body and spirit.



**Spirituality** The Benedictine Center for Spirituality, led by Sister Pauline Micke, and the McCabe Renewal Center led by Sister Dorene King, bring people of all faiths into monastic peace, here or wherever it is needed, to encounter God in art, music, poetry, prayer, and the saints. Sister Dorene has a special empathy with children, leading them in summer’s Celebrate Creativity and autumn’s All Things Apple retreats.

Sister Pauline is a dynamo: she brings spiritual retreats to churches of all denominations; helps the addicted through 12-step programs; and, along with six other Sisters, is a spiritual director. She always watches for another way to serve. This past summer the “Stitchers-4-Christ” group in Florida asked if we could use hand-sewn clothing. She replied, “This is Minnesota; do you have warm clothes?” and in October we received two large bales of handmade blankets, sweaters, socks, mittens, hats, and other clothing. Sister Pauline delivered boxes of clothing to Safe Haven, Bethany Crisis Nursery, CHUM (Churches United in Ministry) and the Damiano Center, all local agencies that help bridge the gap for those living on the margins. The Stitchers are now starting on summer clothing.

In our relationships we plant the seeds of hope and pray God will grow them into a future of peace. God continues to tell us, “Do not be afraid, for I am with you” (Jeremiah 1:8). Our hope for the future rests not on human institutions, Pope Francis reminds us, but on the One in whom we have put our trust, for whom nothing is impossible: “This is the hope that enables consecrated life to keep writing its great history well into the future. It is to that future that we must always look, conscious that the Holy Spirit spurs us on so that he can still do great things with us.”

To that we say, Amen!

# Open House

## Year of Consecrated Life



# Duluth Benedictine Sisters

Videos • Ministries • Music • Tours • Prayer & Blessing  
2:00 - 4:00 p.m., December 6, 2015

## St. Scholastica Monastery

1001 Kenwood Avenue, Duluth, MN 55811 Telephone: 218-723-6555 Email: vocations@duluthosb.org

### YOU ARE INVITED

The Most Reverend Paul D. Sirba issued a decree granting a plenary indulgence for the Year of Consecrated Life to pilgrims to Our Lady Queen of Peace Chapel at St. Scholastica Monastery in Duluth who pray there according to the provisions of the Decree of the Holy See.

**Save the Date! January 31, 2016—A Day of Prayer concluding the Year of Consecrated Life. See web site for details:**  
**[www.DuluthBenedictines.org](http://www.DuluthBenedictines.org)**

### PLEASE PRAY FOR THE FOLLOWING DECEASED FAMILY AND FRIENDS

Lynda Roehl 7/18/ 2015

Orin Russell Ball 9/19/ 2015

Mary Catherine Hamilton 9/28/ 2015

John Robert "Bob" Crain 9/29/ 2015

Lorraine Rodman 10/14/ 2015

Jeanette Schoenbauer Bartusek Deutsch 10/28/ 2015



*Sister Mary Martin with friend Richard Quigley, former CEO of Woodland Hills, who established the Beringer Guiding Light Award*



*Sister Mary Martin and niece Sister Luella Wegscheid at Sister Mary Martin's Golden Jubilee in 1991*

## **Sister Mary Martin Beringer, OSB** ***April 19, 1922—October 28, 2015***

Sister Mary Martin (Bernice) Beringer, OSB, 93, died at the Benedictine Health Center on October 28, 2015. She was born April 19, 1922, in Perham, Minnesota, to Martin and Regina (Silbernagel) Beringer, the youngest of five children. She attended Perham High School. After she entered the Duluth Benedictines on September 8, 1939, she earned a B.S. degree in Elementary Education from The College of St. Scholastica. She made her monastic profession on July 11, 1941, and celebrated her Silver Jubilee in 1966, her Golden Jubilee in 1991, her 60th in 2001, and her 70th in 2011.

Sister Mary Martin's teaching ministries included St. James Children's Home in Duluth, Holy Name School in Wayzata, Minnesota, St. John's School in Duluth, and St. Timothy's School in Chicago where she taught and served as the school principal. After her teaching career she served as a child care worker and group mother at St. James Children's Home (later renamed Woodland Hills).

In 1975 she was asked to serve as the Director of Temporalities at St. Scholastica Monastery. She continued in this ministry for 19 years. During this time and for many years later she continued to be an active volunteer and supporter of the programs at Woodland Hills. In 2001 Woodland Hills inaugurated the Beringer Guiding Light Award, honoring Sister Mary Martin for being a guiding light for so many at Woodland Hills. This honor was greatly appreciated as Woodland Hills held a very special place in her life. As long as she was able, she continued to support the organization and the many workers who carry on the wonderful work that is being done there. The Beringer Guiding Light Award is presented annually to several deserving individuals who have positively impacted the work at Woodland Hills.

Sister Mary Martin was preceded in death by her parents, one brother, Ambrose, and her sisters, Lorene Wegscheid, Luella Wegscheid, and Kathryn Wegscheid. Besides the Sisters of St. Scholastica Monastery, including her niece, Sister Luella Wegscheid, she is survived by many loving nieces and nephews, and many wonderful friends.



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*“...more than sentinals wait for dawn, so my  
soul yearns for you, my God”  
(Psalm 130).*