I Will Pour Out My Spirit On All People

By Sister Michelle Dosch

Where do we go when we want a power surge? Is it for physical energy, mental alertness, a spiritual thirst? Each need will call forth a different way to move us to a higher level of activity. Each person will have her/his way of drawing forth the desired energy.

We as believers have just experienced a great feast that answers the call to energize all our spiritual longings—the Feast of Pentecost. The Feast sends us forth to proclaim as never before, “Go tell the world the wonderful happenings to God’s people.” Peter proclaims through the prophet Joel, “In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on my servants, both men and women, I will pour out my Spirit in those days.”

One time when I traveled to Israel, our group was in the Upper Room on Pentecost Sunday. It was a special moment because I was selected to read from the Acts of the Apostles the happenings on Pentecost. After the reading we heard this beautiful singing and found out it was the Sisters of Canaan who were from Phoenix, Arizona, a group of Lutheran Sisters we had come to know. It was a never-to-be-forgotten moment of the Spirit.

In speaking of the Spirit’s gifts: the Spirit is of the promise, of perfection and compassion. The Spirit is synonymous with forgiveness, healing, and salvation. Multiple and varied gifts, talents, services, effects, and fruits are ascribed to the Spirit. The Spirit is truly the one who prays, the one who leads to adoration of God and who glorifies Jesus. The Spirit is the revealer, witness, and teacher to whom is entrusted the opening up and proclamation of the whole truth. There is an infinitely wide spectrum of roles and functions and effects which are ascribed to the Spirit.

In reflecting on the power the Holy Spirit pours out on us, may our Pentecost season be one of joy, happiness, and peace in all the movements of the Spirit.
A Letter from the Prioress

Dear Friends,

“The earth is full of the goodness of God!” (Psalm 33:5) That is what my heart sings as I behold the tender and lovely unfolding of another springtime here in the northland. The miracle of birth, the dynamism and excitement of new life, both vulnerable and exquisite, is once again manifest in countless ways. It is the ancient and sacred story of God’s life, Divine Energy sprouting and flowering and coming to fullness within all creation, including ourselves. It is the story of Exodus and Passover, of Easter and Pentecost, and all the feasts of our spiritual traditions. It is the movement of Indwelling Grace, the Godseed story described in the following reflection:

SEEDLIFE

WE ARE THE SOWER
scattering seed
in the fields entrusted to
our care
with every gesture of
planting
a sign of trust
that all good things will be
brought
to fruition
in due season
by our Farmer God.

WE ARE THE SEEDS
small secrets of God’s
story
curled up inside the
camouflage
of plain exteriors
waiting to be told
in the fullness of our time
needing only a morsel
of the earth’s richness
to add to the glory
of our Artist God.

WE ARE THE FIELD
filled with the confusion
of weeds and wheat
of growth and decline
of friends and enemies
embracing all that we are
given
and offering it to the transforming
power
of our Redeemer God.

WE ARE THE REAPERS
faithful workers
who gather what is grown
remove what is dead
protect what is alive
and celebrate what is lasting
with our Wonder Worker God.

WE ARE THE WHEAT
final fruit of a patient process
coming to a point of readiness
that can nourish others
in the endless recipes
of our Baker God.

(National Catholic Rural Life Conference)

May we all be filled with the hope of the sower, the wonder of the seed, the largess of the field, the faithfulness of the reaper, and the self-giving of the wheat as we continue to partner with God in the work of creating a world of justice and peace, compassion, and love.

Lovingly yours in Christ,
with abounding gratitude for all the ways you are gift to us.

Sister Lois Ecker
The annual Volunteer Appreciation Dinner was held Tuesday, April 17 with 80 guests in attendance. The evening was enhanced by musicians Frederick MacDougall on the violin and Drew Warne-Jacobsen on guitar. Service pins were awarded to the following: Five-year pins to Kathy Cargill, Pam Christensen, Dolly Cosgrove, and Pat English; a ten-year pin to Linda Erickson; and 15-year pins to Scott Junkert, Becky Urbanski-Junkert, Pat Gentry, Lillian Horvath, and John Thrun.

Sister Lois Eckes thanked the volunteers for their many years of service. Vicky Siders, Director of Development, entertained us with her poem based on Dr. Seuss, and Sheri Scanlon of R.S.V.P. told us of senior volunteer opportunities and invited others to join the program. Sister Timothy Kirby delighted us all with her reading of poems from Ogden Nash and her recitation of “The Party at Croghans.” We remembered Gary Erickson who died June 8, 2006, and Marie Thompson who died December 26, 2006.

The Sisters closed the evening by singing “May the Lord always bless you and keep you.” We are proud of our volunteers who have given 3,895 ½ hours of service this past year.
Our African Journey

By Sister Mary Odile Cahoon

Who wouldn’t want to travel in February and find summer at the end of the trip? That is exactly what Sister Donna Schroeder and Sister Mary Odile Cahoon did when they joined the Women in Science delegation of the People to People Ambassador Program to South Africa, February 12-22, 2007. The eleven delegates from the U.S. met with their counterparts in universities in Johannesburg and Cape Town, with an HIV research unit, an anthropological research site in Sterkfontien Caves, the Greenhouse People’s Environmental Centre, two research labs, and a school preparing students for tertiary education. All of the host scientists and administrators were extremely generous with their time and open in discussing the problems they faced—as a country and as women in science.

The weekend during the program was spent touring the beautiful Cape Peninsula, including the African Penguin rookery, and going to the stark Robben Island where Nelson Mandela was imprisoned for 19 of his 27 years of confinement. Sunday night dinner was in the home of a delightful, exuberant family of four generations.

Although the program itself was stimulating and rewarding, two biologists could not take a trip to South Africa without visiting the wildlife, so we took a four-day safari to Kruger Park, a 7,700-square-mile game reserve. Kruger is said to have 150 species of mammals and over 500 species of birds. We didn’t see them all, but we did see a great deal of fascinating wildlife including elephants, giraffes, white and black rhinoceros, buffalo, zebra, wildebeest, warthog, as well as impala, nyala, and kudu antelope. We also experienced living in the little round huts for two. After a very full and fulfilling experience, we returned to Duluth—to the blizzard of March 1-2, 2007.

Sponsorship Commissioning Service for Leadership

By Sister Verda Clare Eichner

The second Commissioning Service for Leadership held at the Monastery March 12, 2007, was attended by eighty leadership staff of the Catholic entities of St. Mary’s Duluth Clinic Health System that are part of St. Mary’s Medical Center: St. Mary’s Hospital of Superior, St. Mary’s Medical Center Home Health, St. Mary’s Medical Center Hospice/Palliative Care Program, Polinsky Medical Rehabilitation Center, and Midwest Medical Equipment and Supplies.

The program for the afternoon included welcomes, a reflection on the Benedictine Value of Respect by Sister Lois Eckes, and a presentation on sponsorship—Men and Women in Service to the Gospel—by Sister Kathleen Hofer. There followed Midday Prayer, which included the Commissioning Service by the Sisters, and then refreshments in Rockhurst Dining Room.

Comments about the afternoon: “Thank you for the Commissioning Service . . . the prayer service and blessing were overwhelming.” “It was truly inspirational.” “Thank you for an extraordinary afternoon.” “It has made a difference to me as a leader.”
Stanbrook Reunion July 14, 2007

This year the Stanbrook Reunion will be held on a Saturday afternoon rather than a Sunday morning as has been the practice in recent years. All alumnae are welcome to join us from 2-4 p.m. on July 14 for refreshments, tours, and visiting. Please contact Andy Therrien in the Development/Public Relations Office (218) 723-6536 by July 1 to let us know that you will be attending.

Benedictine Friends Brunch

On April 22 Sisters and students joined for brunch as part of the Benedictine Friends Across Campus program. Pictured here: Sister Freida Horak (center) gave a tribute to seniors Christina Walner (left) and Tarrah Altman who have been her Benedictine Friends for four years.

Bread-Making with Holy Rosary Students

Second grade students from Holy Rosary School reflect on Jesus, the Bread of Life as they make bread together. This day was part of their preparation for their First Communion on May 6. Sister Mary Rochefort facilitated the day.

Shaped By the Past—Forming For the Future
By Sister Jean Ann Weber

This was the title of the American Benedictine Formation Conference that took place at Our Lady of Grace Monastery in Beech Grove, Indiana, from April 20-24. Sister Lois Eckes and Sister Jeanne Ann Weber attended this stimulating symposium that included topics such as balance and the common life, communication skills, relationships, futuring, prayer, and sharing wisdom with one another. Sisters from 24 monasteries in 17 different states were represented.

Novice and Directors’ Institute (NADI)

Benedictine women from across the United States attended the two-week-long Novice and Directors’ Institute May 17-31 at the Monastery. This was the first time that this event has been held in Duluth. The program included meetings and workshops for the directors, as well as a retreat and other programs for the novices. There were also presentations on a variety of topics such as Social Justice, Monastic Living, Liturgy, and the Rule of Benedict. The theme for 2007 was “Come to the Water.” This year 16 novices and directors from Benedictine monasteries throughout the country attended NADI, an important part of the novitiate year as the novices look toward their First Monastic Profession. Sister Mary Rochefort, Initial Formation Director, coordinated the event with Sister Gabrielle Marie Oestreich, Director of Adult Formation at Sacred Heart Parish in Norfolk, Nebraska.
Although St. Scholastica Monastery gives corporately to the poor and also sends three official delegates – Sisters Marilyn Micke, Maria Volk, and Linda Wiggins – to represent the Monastery in CHUM (Churches United in Ministry), many Sisters regret their inability to give personally to those in need throughout the city. A majority of these Sisters respond to that situation by using their time and talents to create novel opportunities for giving. Sister Agatha Riehl is certainly one of these Sisters who find a sense of personal fulfillment in their individualized service to the poor.

Sister Agatha, a retired CSS chemistry professor and currently an active, expert seamstress, speaks for many Sisters when she responds to queries about her sewing projects for the poor of Duluth: “I feel honored to do this for the needy,” she states. “It’s one small way to contribute to the effort of our religious community to help the poor, and it keeps me personally involved.” What does Sister Agatha produce? “Baby blankets — as well as caps of all sizes — out of polar fleece. I also repair donated clothing to give it to those who need good clothing in order to find and keep a professional job. I send clothing to ‘Clothes that Work’ at the Damiano Center, and also to CHUM and Bethany Crisis Center.”

Sister Judine Mayerle makes regular “Damiano Runs” with donations from the Monastery and from friends and neighbors. She enjoys collecting not only clothes for the Center, but also other items listed as “needed” by CHUM in the Saturday News-Tribune’s “Helping Out” section. Sister Judine comments, “I am so impressed and humbled by the volunteers and staff who run both these Centers. Clearly they are living the Gospel message to help others as though they are Christ. Although I am warmly thanked each time I bring things to both CHUM and Damiano, I leave knowing that I have been the one blessed.”

Other Sisters also contribute time and talent to one or more centers or simply to individuals in need. Sister Mary Paul Ludwig, who enthusiastically spearheads the annual Rhubarb Festival, regularly sends CHUM dozens of small hygiene kits, gathered and packed by the Sisters, while Sister Gloria Ess untiringly knits caps and mittens and scarves.
Sisters Jane Casey and Mary Susan DeWitt serve food at the Union Gospel Mission. Sister Pauline Micke is a member of the Board for Women's Community Development Organization.

Sister Maria Volk joins Sister Jane in making regular pastoral visits to Central Hillside homes — and they carry very welcome Christmas and Easter treats at the holidays.

Other Sisters are involved on boards of nonprofits or through their work. Sister Kathleen Hofer, for example, works with several services to the poor in her role as board chair of St. Mary's Medical Center and active chair of the Board of Directors of St. Mary's/Duluth Clinic Health System, which support entities such as the Emergency Food Shelf and a Parish Nurse Program. Still other Sisters volunteer their time and energies to support the good works of our sister monasteries in Chile and Tanzania. Sister Beverly Raway, Sister Kathleen Hofer, Sister Donna Schroeder, and Sister Martha Bechtold have all gone to Tanzania, delivering medical supplies and financial assistance to the Sisters and surrounding villagers.

With help from our benefactors, we continue to serve the poor in so many different endeavors. Please know that your financial support and your prayers help us to help others.
“Stewardship,” Sister Theresa answered, when asked what she believed was an essential value of Benedictine life. She went on to define this value as “taking care,” which is central to living a truly Benedictine life—taking care of each other in community, of others in the greater community outside the Monastery, of all communal material goods, of all our community grounds. “Benedict spends a significant part of the Rule teaching us to be good stewards.” As we continued to discuss this value, we found that “taking care” really translates into nurturing, replenishing, and sustaining the gifts God has given—kind of “giving back,” and in doing so living in close relationship with God. Thus, stewardship also requires having respect for all gifts that we are given from God and for holding in honor these blessings that surround us.

Sister Theresa grew up on a farm in Kenyon, Minnesota, so she understood the concept of stewardship from an early age. She still remembers the fragrances of the crops in the different seasons, the sounds they created, and the richness of color always present. “Farming was hard work, but immensely rewarding,” Sister Theresa noted. “It was a soul-satisfying way to live, not just an income.”

In fact, one of her ministries currently is restoring an area on the Monastery grounds where sand sheds were once located. She describes with lively gestures what will soon be growing there: natural grasses, a variety of wildflowers indigenous to the area, and lovely trees, including Pin Oak, Austrian Pine, Flowering Crab, and Autumn Blaze Maple. She has consulted with several professional landscapers to make sure what is selected for the area will not only be beautiful but compatible with the soil and with the other new plantings. “You have to consider what birds, animals, and insects will depend upon the plants and the ecosystems created in the area.”

Sister Theresa has, over the years, certainly nurtured others, beginning with teaching children for ten years. During three of those years she taught children in Chile. There she found that although the people were very poor in material goods, they were rich in spirit, a “joyous people.” She considers this time a growing time for her as well as for her students. She developed confidence in herself as she learned to “make do” in many creative ways. She also learned to play the guitar while in Chile and used her beautiful singing voice to nurture her students and be in communion with their culture and their music.

When she returned to the Monastery, Sister Theresa took additional training to become an RN, and worked at St. Mary’s Medical Center for nearly 18 years. Ever seeking to become more able to help her patients, she became aware of the importance of “healing touch” in her patients’ recoveries. She ultimately trained to be a massage therapist and still today uses this method of helping others here at the Monastery in a variety of ways, including foot care. After being at St. Mary’s, Sister Theresa became a staff member at McCabe Renewal Center where she did full-time massage therapy and served as steward for the grounds. This stewardship won for her the “Treescaping award” from the City of Duluth in 2005 for “landscaping and beautification” of Duluth properties.

Other current activities in which Sister Theresa practices good stewardship include serving on the Board of Trustees at St. Benedict’s Family Medical Center in Jerome, Idaho; overseeing and working on the grounds at the Monastery and at McCabe Renewal Center; being involved in music ministry; and remaining active in supporting legislation concerning poverty and environmental issues.

As this interview was coming to a close, I glanced at Sister Theresa and her intense, sparkling brown eyes and asked, jokingly, what she does in her spare time. Without so much as a change in posture, she replied, “snowshoeing, hiking in the woods, rollerblading, and bike riding.” An amazing list, an amazing woman.
St. Scholastica Monastery is offering a training program in Spiritual Direction for adult men and women beginning in September.

What is spiritual direction? It explores a deeper relationship with the spiritual aspect of being human and relating to God. It helps people tell their sacred stories every day. Descriptions of a spiritual guidance relationship include: spiritual accompaniment, spiritual companioning, spiritual directions, spiritual guidance, spiritual mentoring, sacred friendship, soul friendship, and Anam Cara. It is a relationship with another person or group that listens deeply to one and receives that person’s sacred life story.

In spiritual direction we learn to listen to inner longings and aspirations. It is simply—pay attention, be attentive. Be still. Breathe deeply. Slow down. LISTEN. And where do we begin to listen? To our sacred stories—yours and mine—that continually unfold over time. Listen to the story of the Universe. Listen to the world’s beauty and hunger. Listen to the city, the wilderness, at home, with family, in community, and at the workplace. Listen to sorrow, to hope. Listen to mystery and the unknown. Most of all listen to the present moment in which God speaks in silence.

There is a common desire of humanity for communication with the sacred. The skills developed in a training program enable a director to listen deeply to a directee who is seeking a relationship with God through prayer and the ordinary events of life. The Shalom Program will provide the training for skills that will enable a person to companion another on her/his journey to and with God.

The Shalom Program is a two-year training program in which a person will receive a certificate identifying one as a spiritual director. Part of the training will include a program of study, prayer, reading of books, reflections papers, groups experiences, and verbatim.

For more details contact Sister Michelle Dosch, St. Scholastica Monastery, at (218) 723-6581 or e-mail mdosch2000@yahoo.com. An application form and a brochure will be sent to anyone who is interested.

**PLEASE PRAY FOR THE FOLLOWING DECEASED RELATIVES AND/OR FRIENDS**

- Rosanna Lane  12/11/05
- Richard Michael Hall  12/27/05
- Mary Jane Lindley  6/22/06
- Wilford (Bill) Stokes  10/25/06
- Leo Weinmeyer  10/16/06
- James C. Lewis  12/12/06
- Maurice Moore  2/11/07
- Dorothy Mae Leroux  2/17/07
- Tony Paul Radosevich  2/18/07
- Bill Edward Fitzgerald, Jr.  2/21/07
- Evelyn Petroske  2/18/07
- Joseph Rascob  2/22/07
- Eileen Baldeshwiler  2/24/07
- Elizabeth Standage  3/13/07
- Genevieve Johnson Clinton  4/17/07
- Mary M. Wilkens  4/26/07
The brightly colored helium balloons danced in the sunlight, and the newly blossomed flowers smiled a big welcome to the steady stream of guests who entered McCabe Renewal Center on Saturday, May 12, to celebrate the center’s thirtieth anniversary of retreat ministry. The staff and former staff of the center were ready and waiting at the front door to welcome visitors to the celebration. We were especially honored to have Tom and Alice McCabe with us because they are members of the family that gifted the Benedictine Sisters with their beautiful home in 1940. It was an afternoon filled with beautiful music from talented local artists, delicious treats created with love by our staff, and lots of pictures on posters and in scrapbooks to trigger wonderful memories and stories. We are deeply grateful to all who volunteered their time and talents to help with this party and to all who came to help us celebrate. God has blessed McCabe abundantly with so many beautiful friends!
We extend an invitation to all who would like to experience McCabe programs. You may visit the web site at www.duluthbenedictines.org/ministries_mccabe.php or call us at 724-5266. Below are the programs scheduled for this summer.

**Mornings at McCabe—Spiritual Literacy Series  9:30-11:30 a.m.**
Tuesday July 10: Attention; Thursday July 12: Beauty; Tuesday July 24: Compassion; Thursday July 26: Gratitude. This session is a repeat of the DVD series on Spiritual Literacy: Reading the Sacred in Everyday Life. Join us for lemonade, learning, and exploration of the sacred in everyday life. Facilitator: Jane Haubrich Casperson, MA. Cost: $15 for each morning session or $55 for the entire series.

Saturday July 14 9:00-11:00 a.m.
Explore the common bond between Nouwen, a well-known Dutch spiritual writer/author of 44 books, and Van Gogh, the famous Dutch painter. Facilitator: Sister Sarah O’Malley, OSB.
Cost: $25.00

**Sacred Circle Retreat**
Tuesday, August 14 9:00 a.m. – 3:00 p.m.
Participants will explore, reflect, and meditate on the symbolism of the circle as a fundamental image of inner healing with both Christian and Native religious traditions. Facilitator: Tina Alcala Sales, B.A., Religious Studies and Religious Education. Cost: $50, which includes lunch and art materials.

**Knitting Into the Mystery**
Thursday August 16 9:00-3:30 p.m.
The blessing involved in creating, giving away, or receiving a prayer shawl can only be described as Mystery. You will be led through the history, fundamentals, and the holy action of prayer shawl creation as a sign of God’s love in this world. Facilitator: Sister Michelle Dosch, OSB. Cost $50, which includes lunch. Please call for information regarding materials to bring.

*Photos by Sister Patricia Anne Williams*
Softball, Anyone?

By Sister Mary Catherine Shambour

She hails from Sleepy Eye, Minnesota, and she’s young, enthusiastic, and an experienced elementary school teacher. She coaches basketball and softball, and she’s coming to bat for God! This summer Lisa Maurer will enter the Monastery as a postulant, the first stage in becoming a professed member of the Community.

Lisa will tell you that her first thought of becoming a Sister probably came in the fourth grade when she had a Sister-teacher who was “really cool—and normal!” The thought persisted on and off throughout high school and college as she prepared for a career in teaching and coaching.

Eager to work with youth, avid about science and athletics, she majored in elementary education and graduated from Southwestern State University where she also actively participated in sports. Once she began her teaching career, she sought employment in Catholic schools, always looking for that “right place” where she could combine her calling to serve God with her professional training. This led her on a circuitous path from Midwest to East Coast to West Coast and back again to the Midwest, when she realized finally that she was a Minnesotan at heart and needed “wide open spaces, reverence for the land, changes of season, and, of course, the Minnesota Twins!”

Lisa speaks with enthusiasm about her relationship with God and her love for the Church, which is to bring God’s kingdom on earth. “What a great and glorious mission!” She has been actively involved in parish life at all levels. She has been a Eucharistic minister, perpetual adorer, and religion teacher, and has organized a Bible study, visited the homebound, and conducted service at a nursing home. “If there is anything that can be done by a female member of the laity, I’ve done it. . .and loved every minute of it.” She would like to teach and work with youth, especially through sports, if possible, but is open to whatever work God and the Community have for her.

Asked what stood out at St. Scholastica Monastery that brought her search to conclusion here, she enthusiastically responded, “It’s your sense of prayer. It’s evident that each Sister has a personal relationship with God and is a unique individual, but yet you all come together to pray as a community. I see you dedicated to your work, and you are willing to continue learning. I see this as a place where I can use my gifts and talents, where I would be challenged and supported at the same time. You obviously love each other, enjoy each other, and spend time together. I have gained a renewed excitement and a refreshed belief in religious life since getting to know the Duluth Benedictines. It is remarkable that there is a group that is so together, intelligent, and faithful. The prayer life that I witness at St. Scholastica Monastery really speaks to my soul and seems to reach a part of me that longs to be touched. I don’t claim to understand all that God is calling me to be, but I am overjoyed that He seems to be directing me to the Benedictine way of life.”

We thank God for guiding Lisa here and look forward to her life among us. And, say, Lisa, how about bringing the whole team?