

PATHWAYS



Newsletter of the Duluth Benedictine Sisters, Duluth, Minnesota Vol. 30, No. 3 Summer 2019



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Dear Friends of the Monastery,

Our Summer issue features recent significant events and lovely reflections on themes of hospitality, listening, and peace. Sisters Beverly Horn, Danile Lynch, and I experienced all three in celebrations this past May. On May 5, Sister Beverly Horn and I attended the installation of Sister Catherine Nehotte as the 12th Prioress of St. Paul's Monastery. Then on May 12 Sister Danile and I attended the 100th anniversary of the founding of our daughter house, Mount Saint Benedict Monastery in Crookston, Minnesota.

Each year the Sisters in Crookston celebrate their anniversary on Good Shepherd Sunday, as they count their beginnings from that day on May 4, 1919. The cover of the worship aid featured a photo perfectly suited to the day: Mother Eustacia Beyenka, their first Prioress, holding a lamb with the quotation, "The Good Shepherd called each of us; he wanted us to be members of this group, to worship him here." (Pictured bottom right)

At the Eucharist celebration, concelebrated by Bishops Michael Hoeppner and Victor Balke (Bishop Emeritus), Bishop Hoeppner congratulated the Sisters, saying, "We celebrate today that, for the past 100 years, one generation of Sisters after the next have wonderfully responded 'yes,' to the Good Shepherd's call and given themselves so beautifully to vowed Benedictine life and mission here. We sincerely and gratefully thank you for the many, many *kalos* – the good works you Sisters have accomplished over these one hundred years."

At the banquet which followed, Prioress Sister Shawn Carruth welcomed the guests and reflected gratefully to God for all the support given them over their one hundred years. I offered our congratulations and a gift, a copy of the icon of St. Benedict written by +Sister Mary Charles McGough.

The dining room was lovely, decorated with red roses. One striking and stirring display included a basket carried by Mother Eustacia with all the possessions she had with her when she arrived in Crookston. When asked, "Is this all you brought?" she replied, "No, I brought a heart full of hope." In our greeting I said, "We are proud of our daughter house and wish you all good health, great joy, and hearts full of hope as you continue to serve one another and the good people of the Crookston Diocese."

Lovingly in Christ,

Sister Beverly
Sister Beverly Raway, OSB



*Four Prioresses from three generations of communities:
Sister Susan Rudolph of St. Benedict in St. Joseph, MN; Sister
Beverly Raway of Duluth; Sister Shawn Carruth of Mount
Saint Benedict in Crookston; Sister Virginia Evard of St.
Benedict in Winnipeg, Manitoba*



*Sisters Danile Lynch and Beverly Raway with
a tapestry of Christ the Good Shepherd, a gift
from Duluth to Crookston many years ago*



Put Out Deeper

by Sister Lisa Maurer (vocations@duluthosb.org)

*“When he had finished speaking, he said to Simon,
‘Put out into deep water and let down the nets for a catch.’” (Luke 5:4)*

As much as I love fishing, and as much as I think Jesus would make the best fishing guide ever, I don't think 'put out deeper' is about catching more fish. I believe it is about being a disciple and having what is required to follow Jesus. The symbolism of 'put out deeper' tells us that that we need to be willing to go places we would not think to go on our own, to leave the shallows, and to be prepared for the unexpected.

When Jesus told Simon Peter and his fishing crew to put out deeper, they had already been fishing all night. I can only imagine that they did not want to go further out and try another spot. They would have seen that as a foolish and worthless venture. The same can happen to us. We may not be willing to listen to Jesus, thinking we know better and are content with doing things our way, unwilling to go in another direction. 'Put out deeper' gives us a chance to reflect upon our willingness to follow Jesus's directions.

Leaving the shallows is scary. No one likes to leave their comfort zone. Yet, that is what Jesus calls us to do when he says, "Come follow me." Playing it safe, being comfortable, and staying near the shore are not part of radical discipleship: trusting in Jesus and

allowing him to guide us into deep water is. Lo and behold, that is where the big catch for the disciples was – and that is where we can find our blessings, too. 'Put out deeper' gives us a chance to show our trust in Jesus as we follow him.

Simon Peter and the other disciples could not have imagined after a bad night of fishing that they would have caught anything by putting out deeper and dropping their nets one more time. They were not prepared for what can happen when people follow Jesus' commands and put their trust in him. What about us? Are we prepared for the unexpected? We should be. For Scripture tells us that "in all things God works for the good of those who love him, who have been called according to his purpose" (Romans 8:28).

This passage about putting out deeper is used about vocations in the Church, and rightly so. Saying yes to a vocation as a priest, brother, or sister is like going out into deep waters. It is about being willing to go places and do things we would not think to do. It requires us to leave the unfamiliar and be prepared for the unexpected.

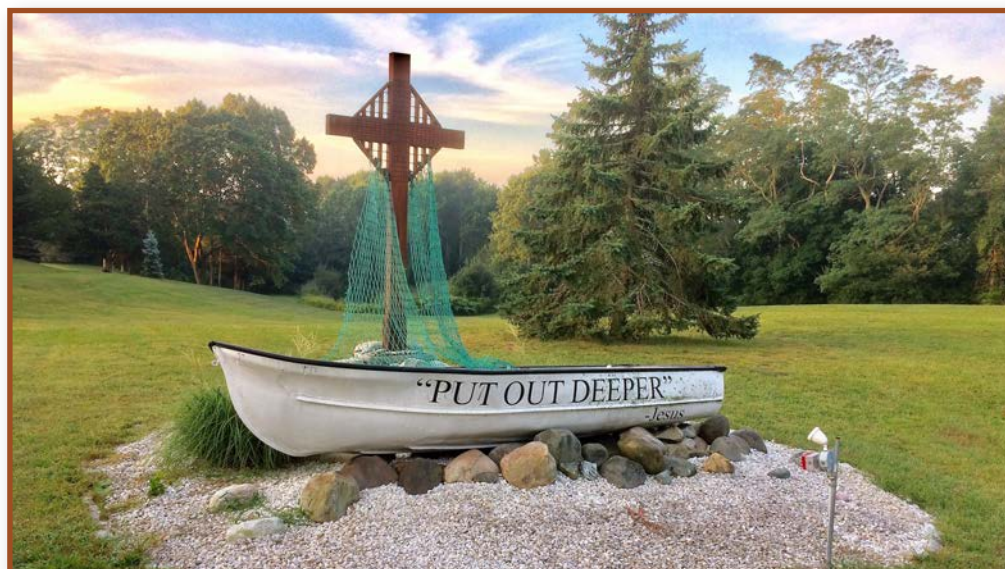


Photo Credit: Brother Xavier Werneth, S.C.

If you or someone you know is being called to religious life, to 'put out deeper', contact Sister Lisa Maurer at vocations@duluthosb.org or call 218-723-6555.

Listen

by Jayne Erickson, Affiliate

LIFE. What makes a successful life, a fulfilling life? LIFE. What makes a peaceful life, an abundant life, a holy life? What brings meaning to life? What should I do with my life? Questions rise up within us, like rolling waves in the unpredictable, deep blue waters of our glorious inland sea, our own Lake Superior.

Mid-spring in the Northland provides a rich backdrop for contemplation – for reflection of things past, for appreciation of things present, and for anticipation of things yet to come. We see lingering snow beneath the trees, untouched by the sun's warmth. The ice, shifting from shore to shore in the wind on the Great Lake, stubbornly hangs on. The deciduous trees, seemingly barren, still call attention to the fully clothed evergreen trees of winter. And we remember trying to hold on to the familiar, clinging to what was right in its time, resisting change.

But wait! The earth becomes a carpet of green, a bed for new-born fauna. Warmer days greet the ice and force its departure. Kayaks and fishing boats dot the open water, now revealed under clear blue skies. A crocus appears, dark purple in a bed of brown earth, and pussy-willows delight young and old. And we give thanks for our current place in this world, our unique contribution to the earth and to humankind.

In its time, moment by moment, the future will unfold, like a flower opening petal by petal. The maple trees, sporting bright blue bags, collect sap for sweet treats to come. Behold! Fields of wildflowers bloom, each having their time of glory, and then making way for the next. Wooded lands, filled with trees soon to be adorned in spring-green leaves, will house playful animals and sweetly singing birds. The water, once ice-covered, will sparkle in the sun providing refreshment and recreation on hot summer days. And we consider what is still to come – dreaming about possibilities, fearing what may come with the passing of time, and wondering, “What will give my life meaning?”

As the rain falls to renew the earth in springtime, so the Holy Spirit moves freely about the earth filling hearts and minds that are open to God. Every moment of every day there are new awakenings, fresh perspectives, holy encounters, and unexpected miracles – some which find their way through the

clouds and rain. Our own life experiences provide opportunity for us to encounter God...

*... in the beauty of nature ... in the faces of humanity
... in art and music ... in work and leisure*

... in joy and pain, laughter and tears

*... in heartfelt memories and brand-new discoveries
... in plenty and in want ... in everyday happenings.*

The Holy Spirit comes like a gentle breeze into our lives, fresh air in the stillness of our souls – renewing our minds, transforming our lives, opening us to the voice of God whispering, or perhaps shouting... but always calling us closer. “Listen,” says Saint Benedict, “with the ear of your heart.”

Listen ... God is speaking when the sky is filled with cotton-candy clouds of an early morning sunrise.

Listen ... God is speaking when the morning coffee is percolating with its wake-up aroma.

Listen ... God is speaking in each ordinary or extraordinary encounter with family, friends, co-workers, acquaintances, and strangers.

Listen ... God is speaking in the hurry-up moments when we overbook our schedule and life is coming at us too fast.

Listen ... God is speaking at the supper table as we break bread with those we love and those we are just beginning to know.

Listen ... God is speaking at the close of the day when our bodies long for rest and our minds are replaying the events of the day and anticipating tomorrow.

Listen ... God is speaking in the watches of the night as we lie down to sleep and enter a world of dreaming.

Listen ... God is speaking.

Listen ... with the ear of your heart.



Life and its big questions can be the cause of unrest in our fast-paced, get-ahead lives, yet God is speaking moment by moment, day by day. Perhaps, rather than pondering what to do with the rest of my life, I could think about what to do with this moment. And...if I listen with the ear of my heart, perhaps I will hear God speaking one moment at a time.

Jayne Erickson is a teacher and composer of music. We are blessed to have her here as a live-in associate and a discerning affiliate, sharing in our prayers, our meals, our ministries, our lives.

LISTEN

by Jayne Erickson, 1982

Listen...I come to you in the quiet of your heart, singing sweet melodies,

I will meet you where you are.

They call me Prince of Peace, Shepherd of Love,

a firm foundation to build your life upon.

And I will give you rest when you are weary; I'll give you joy beyond compare.

I will fill your heart with singing once again.

All your burdens I will bear, your sorrows I will share

And I'll fill your heart with singing once again.

I hear your silent cries; I feel your pain.

My Spirit comes to fill your heart with peace again.

My child, My special one, you are so dear to Me.

I bid you rest beneath the shelter of My wings.

And I will give you rest when you are weary; I'll give you joy beyond compare.

I will fill your heart with singing once again.

All your burdens I will bear, your sorrows I will share

And I'll fill your heart with singing once again.

Listen...I come to you in the quiet of your heart.

Listen...I come to you...

Won't you listen?

Sisters Gift St. Anthony's Property to New Hope For Families

by Jan M. Barrett, Director of Monastery Development and Public Relations

On March 1, 2019, Sister Danile Lynch, Treasurer of St. Scholastica Monastery accepted a token \$2.00 in exchange for the St. Anthony's property deed from New Hope For Families (NHFF).

New Hope For Families is a new faith-based, non-profit organization that provides resources for foster families in the Northland. It seeks to raise community awareness, while recruiting and supporting individuals, couples, and families called to foster care. NHFF goal is to provide 20 new foster homes in St. Louis County by the end of 2019. NHFF will provide direction and support for new families interested in becoming licensed to foster, as well as facilitate support group activities for foster families.

Due to the recent rise in opioid and methamphetamine addictions, the removal of children from homes for parental drug abuse increased from 17% of all new placements in 2013 to 29% in 2017. More than 600 youths in St. Louis County currently need out-of-home placement on any given night. Social service providers report there is an epidemic shortage of foster care homes in both St. Louis County and across the state of Minnesota.

New Hope For Families' vision has quickly become a reality, thanks to the Benedictine Sisters of St. Scholastica Monastery. Therese Gruba, co-founder and CEO of NHFF, adds, "We now have the space to make our vision of building a community of foster care homes and providing a centralized location for ongoing support a reality. We are simply seeking to find creative ways to be able to meet the epidemic need for homes for temporarily orphaned children in St. Louis County. This facility is such a godsend: the rectory space is already being used as a new family foster home, and our next goal is to re-open the daycare that was formerly onsite at St. Anthony's. The possibilities for this beautiful, historical space are endless, including a fellowship center, community meals, art, music, and theater."

Sister Beverly Raway, Prioress of St. Scholastica Monastery, adds, "We have been looking for the perfect organization to revitalize St. Anthony's. We are thrilled about the plans for foster care and re-opening of the daycare, and we are eager to see what else is being planned for this space. We also know St. Anthony's has some roofing issues and hasn't been fully utilized for many years, so donations of labor, supplies, time, and money are needed and will be graciously accepted by NHFF to make their dreams come true for the children and families in our community."



(above) Therese Gruba and Sister Danile Lynch exchange two one-dollar bills for the deed to St. Anthony's Property.

(left) front door; tower above daycare play area



Student Groups help clean the old sanctuary.

St. Anthony of Padua Catholic Church was originally established in 1891 in a former First Presbyterian building at Second Avenue East and Second Street. The cornerstone of the new St. Anthony's was laid October 1922; the next year the parish moved into its new home. Built solidly of sand-colored brick, the building was designed by Dutch architects Frederick German and Leif Jensen in Italianate style to honor St. Anthony of Padua, a beloved Franciscan preacher in northern Italy. He is popularly remembered as the patron saint of lost articles.

At its peak St. Anthony's served 500 families, with an elementary school staffed by Sisters from St. Scholastica Monastery. It flourished for seven decades, but after 1960 Duluth's population fell precipitously and parish membership also decreased. At the same time, the Benedictine Community was no longer able to provide teachers, and so in 1984 the Diocese decided to close St. Anthony and its school and incorporate it with St. Benedict's Church.

The complex was sold for one dollar and used by St. Mary's Medical Center for long-term document storage. The Benedictine Living Community of Duluth also ran an infant daycare on site until April 2018. Today it stirs into new life as volunteers clean and renovate the exterior and interior so that it can continue to serve God's people.

If you are interested or know of groups who are interested in mission work, NHFF welcomes your sweat-equity and any other donations of time, products, service or money.



Geography class with hand-drawn maps, St. Anthony's School, 1955



Art Class at St. Anthony's School, 1958

Please Pray for Our Deceased Family and Friends

<i>Dorothy Raway</i> (aunt of Sister Beverly Raway)	7/10/2018	<i>Anna Mae Loisel</i>	3/20/2019
<i>Geraldine Mach</i>	10/16/2018	<i>Alvira Merrill</i> (sister of Sister Clare Marie Trettel)	3/27/2019
<i>Irene Ann McConville</i>	1/14/2019	<i>Margie Michael</i>	3/28/2019
<i>James Earl Frazier</i>	1/20/2019	<i>Joyce M. Zimmerman</i>	4/2/2019
<i>Ellen Ess</i> (sister of Sister Gloria Ess)	2/1/2019	<i>Shirley Eichenwald-Maki</i>	4/10/2019
<i>Donna Marjory Spehar</i>	2/7/2019	<i>William J. Fagan, Jr.</i>	4/19/2019
<i>Roger Metz</i>	2/14/2019	<i>Robert William Specht</i>	4/21/2019
<i>Ethel J. Kachinske</i>	2/21/2019	<i>John J. Musech</i>	4/26/2019
<i>Frances Weiss-Palmer</i>	3/1/2019	<i>Robert A. Senta</i>	4/27/2019
<i>Sylvia O'Malley Eichner</i> (sister of Sister Sarah Ann O'Malley)	3/18/2019	<i>JoAnn Bianco</i>	4/27/2019
		<i>Beverly Ann Biron Wipson</i>	4/30/2019

The Benedictine Value of Hospitality

by Sister Lois Eckes and Sister Therese Carson

“Someday, after we have mastered the winds, the waves, and gravity, we shall harness for God the energies of love. Then for the second time in the history of the world we will have discovered fire.”

~ Pierre Teilhard de Chardin

While Abraham and Sarah are camped under the oaks at Mamre, three strangers come in the heat of the afternoon. Abraham runs to welcome them. He brings them out of the hot sun, gives cool water to drink, has a servant wash their feet, serves them a meal, waits until they are refreshed, and then sits with them to talk. This is hospitality in its simplest form: to welcome strangers as guests, give them shelter, drink, and food, and bring them into your life with respect, courtesy, and love. It is love put into action. Christians believe that the three strangers whom Abraham and Sarah welcomed into their life are the Trinity: Father, Son, and Holy Spirit.

Mutual hospitality is a matter of survival. When we give in to fear and reject the strangers among us, civilization collapses and we lose the best part of being the children of God. After the exodus from Egypt, God commands the Israelites to treat strangers with compassionate love. “The foreigners residing among you must be treated as your native-born. Love them as yourself, for you were once foreigners in Egypt” (Leviticus 19:33-34). In contrast, when Jesus is invited to eat with a Pharisee named Simon, Jesus calls him out for his lack of hospitality: “I came into your house, but you did not give me any water for my feet, ... You did not give me a kiss, ... You did not put oil on my head” (Luke 7:44-46) – but a woman of poor reputation enters the house uninvited and provides what is lacking in Simon’s welcome.

In the sixth century the Roman Empire was collapsing, roads were dangerous, and people were suspicious of strangers at their doors. Benedict’s attitude ran counter to the prevailing culture. In Chapter 53 of the Rule he writes, “Let all guests who arrive be received as Christ, because God will say: ‘I was a stranger and you took Me in.’ ... When guests are announced, let them be met by the Abbot and the brothers with every mark of charity. Let them pray together and associate with one another in peace. ... Let all humility be shown to the guests, ... Let Christ be adored in them as He is also being received. ... Let the greatest care be taken in the reception of the poor and travelers, because Christ is received even more in them.”

Over the centuries, monasteries became hostels where poor travelers could stay in safety. The words hostel, hotel, hospice, and hospital share the same Latin root *hospes* which means ‘of welcoming a guest.’



Trinity by +Sister Mary Charles McGough, based on an icon by Russian painter Andrei Rublev, 15th century.

Chapter 53. The Reception of Guests

All guests who present themselves are to be welcomed as **Christ**, for he himself will say: *I was a stranger and you welcomed me* (Matt 25:35). Proper honor must be shown to all, especially to those who share our faith (Gal 6:10) and to **Pilgrims**.

When a guest has been announced, the superior and the brothers are to meet him with **all the courtesy of Love**. First of all, they are to pray together and thus **be united in Peace**.

but prayer must always precede the kiss of peace because of the delusions of the devil. All humility should be shown in addressing a

Rule of Benedict, Chapter 53, by +Sister Mary Charles McGough and Meridith Schifsky

To welcome others, we must first learn to love ourselves as we truly are. Don't we all become angry with others when we see in them one of our unacknowledged faults? "You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye" (Matthew 7:5). When we finally let go the false self – the perfect, artificial mask we hold up to the world – we discover that God has always loved us, deeply and completely, even in our flaws. God helps us accept and love the true self. We stop demanding perfection and begin to live with honesty and compassion. Stress falls away, eyes are opened, and we see and cherish the presence of Christ in all creation.

In Chapter 72 of his Rule, Benedict describes this attitude of mature monastics toward one another: "They anticipate one another in honor, most patiently endure one another's infirmities, whether of body or of character, and live in mutual obedience. No one follows what is useful for herself, but rather what benefits the other." Following our Sisters' example, we learn to be hospitable in our relationships, contribute to the shared life, and honor diversity. We listen to each other 'with the ear of our hearts,' looking deeply into the soul, and we find Christ looking out at us. When we are able to do this, we live in peace.

Today, monastics and monastics-in-spirit remain countercultural. In a time of deep suspicion, we welcome you, the stranger, as a gift from God, who sends you to enrich our lives and deepen our faith. We invite you to pray with us and stay as guests. We offer you quiet, peace, healing, and renewal. We share our spirituality with you, welcome the gifts you bring, and cherish the gift you are to us.

Through hospitality we worship God, for whoever comes is Christ for us. Sister Joan Chittister of the Erie Benedictines says that "the way we answer doors is the way we deal with the world." When you come as an unexpected guest, you are not an imposition but a blessing. In Chapter 66 of his Rule, Benedict says to the one who keeps the doors, "As soon as anyone knocks or a poor person calls out, answer 'Thanks be to God' or ask them for a blessing. With meekness born of your love for God answer quickly in the fervor of love." We welcome the Cosmic Christ in all his diversity of culture and form, in people, animals, plants, earth, water, and the stars of heaven.

For many in this world, however, diversity brings fear. Dorothy Day, founder of the Catholic Worker movement, warns us not to turn away from others through fear for, she says, "I really only love God as much as I love the person that I love the least." Think of that. When we fear people who are different, we distrust the One who created such diversity and we build even higher the wall that separates us.

Through celebrating each other's diversity, we begin to tear down the wall. We can correct what is unjust and so build up the Reign of God on earth. We begin to mend the damage to God's creation. As the Buddhist writer Frederick Lenz said, "You are looking through the kaleidoscope of God and seeing God's face in so many ways, as friends, as strangers, passersby, country roads, jammed freeways, the cancer ward, the maternity ward – all the faces of God surround you at all times."

Be like Abraham and Sarah. Look into the face of a stranger and find a friend.



Jesus and Disciples on the Road to Emmaus, artist unknown

On the following pages, see our listing of spiritual retreat offerings in which you may experience our Benedictine Hospitality.



Center for Spirituality and Enrichment

St. Scholastica Monastery - McCabe Renewal Center

One Mission, Two Locations

Schedule for Summer 2019

For more information, visit retreatduluth.org

To register for an event, schedule an event for your Church or group, or for questions:

Online: retreatduluth.org

Email: retreat@duluthosb.org

Phone: 218-723-6699

For events outside the Monastery or McCabe, contact Sr. Pauline Micke, Outreach Coordinator at **218-723-7086**

Playing with Words: A Poetry Retreat **Friday, June 14 1:00 to 5:00 p.m. & Saturday,** **June 15 8:30 to 4:00 p.m. at the Monastery**

Poets use words to create images and ideas that communicate what we discover in our lives, but sometimes our search for the “perfect” word or phrase can limit our creativity. Playing with Words is designed to free us from these self-imposed limits and finding new approaches to the writing process. The retreat is for *writers at every stage of the process.*

Facilitated by Ann Glumac, a trainer, consultant, and poet, who has fun playing with words and gets satisfaction helping other writers build on their strengths. And Victor Klimoski, a writer, adult educator, and consultant whose poetry lets him accompany other writers in that same work.

Cost for retreat only: \$90

Cost with overnight stay: \$160

Please bring lunch on Saturday session. Beverages and light snacks provided.

Participation is limited so please sign up early. Bring writing utensils and paper, along with a poem or two that you're struggling with for use in one of our exercises. (If you don't have one, we will provide one for you.)

Book Discussion: Boundless Compassion: **Creating a Way of Life by Joyce Rupp** **Mondays from July 8-22, August 5-19** **7:00-8:30 p.m. at the Monastery**

Reading Joyce Rupp's Book will help you learn compassion as never before. By the book's end, you will be ready to live with a renewed commitment to

a compassionate presence for yourself and those who are in the midst of pain, struggle, and transition.

Joyce Rupp is our September 14 Benedictine Days presenter.

Facilitated by Sister Lois Eckes and Marilyn Mayry

Cost: Free-will offering. Refreshments provided.

Centering Prayer **1st and 3rd Thursdays June 17 to August 19,** **6:30 to 8:00 p.m. at McCabe Renewal Center**

Join us for a group experience for Centering Prayer practitioners who have completed “Introduction to Centering Prayer. Deepen your Centering Prayer practice with us!

Facilitated by Jim Reinke, Centering Prayer practitioner.

Cost: \$5.00 per session or \$25 for all sessions

Three-Day Desert Retreat: A Time Away **From Friday, July 12 at 9:00 a.m. until Sunday,** **July 14 at 2:00 p.m. at the Monastery**

“I will lead her into the desert and speak tenderly to her.”

In Hosea, God calls us to a quiet place to rest, renew, and hear God speaking tenderly. Quiet prayer, reflection, reading, walking, resting and, if wished, private spiritual direction. Group prayer begins and ends the retreat. You may join the monastic Community in their rhythm of daily prayer and liturgy.

Cost: \$230.00 (includes overnight accommodations for two nights and all meals) Registration required.

Taizé Prayer

Monday, July 29, 7:00 to 8:00 p.m. in Our Lady Queen of Peace Chapel at the Monastery

Encounter the mystery of God through the beauty of simplicity. Relax in prayer and song, scripture readings and prayer petitions. God touches us deeply to bring healing and transformation.

No charge. Registration not necessary.

Contagious Creativity

For children entering 7th and 8th grades

Saturday, July 13, 2:00 to 6:45 p.m. at the Monastery

Hand-Painted Cookies, Boca Painting, Catch the Dragon's Tail and More!

Facilitated by Sr. Dorene King, OSB

Cost: \$20 (Scholarships available)



Nature Wandering as a Spiritual Practice

Saturday, July 20, 9:00 a.m. to Noon at McCabe Renewal Center

Creation is a sacred text through which God is revealed to us. Nature wandering is a practice of solitude, simplicity, and vulnerability. Choose one of three walks on the grounds of McCabe or on paths in the nearby woods. Refreshments and an opportunity for group reflection will be included.

Facilitator: Kerry Sopoci is a licensed psychologist with degrees in counseling, psychology, theology, and spirituality.

Cost: \$30

Celebrating Creativity

**For children entering 5th and 6th grades
Monday, July 22 through Friday, July 26:
10:00 a.m. to 2:00 p.m. at the Monastery**

Mystery Painting, Instant Identities, Nature Detective, Nature's Thumbprints and more!

Facilitated by Sr. Dorene King, OSB

Cost: \$100 (Scholarships available)



Register early; limited to 20 students

Spirituality of Gardening: Caring for Our Common Home

Tuesday, July 30, 9:00 a.m. to 3:30 p.m. at the Monastery

The spirituality of gardening summons us to engage with the ecological crises of our world. We will explore ways of planting seeds of justice and peace.

Facilitated by Sister Mary Josephine Torborg, OSB is an Associate Professor of Theology and Religious Studies at the College of St. Scholastica.

Cost: \$75 (includes lunch and refreshments)

\$145 with an overnight stay; meals included

Benedictine Days with Sister Joyce Rupp: Keeping Hope Alive in a Troubled World

Saturday, September 14, 5:30 to 8:00 p.m. at the Monastery



Participants will be greeted with Benedictine hospitality and refreshments. The evening will include communal prayer and a presentation by Sister Joyce Rupp that uses a reflective, integrative process. Come and receive restored inspiration for the months ahead.

Leave with a lighter heart and greater hope for the possibility of personal and world transformation.

Sister Joyce Rupp, OSM is member of the Servites or Sisters of Mary. She is a well-known writer, international retreat leader, and conference speaker and the author of many bestselling books including Praying Our Goodbyes, Open the Door, Fragments of Your Ancient Name, and Fly While You Still Have Wings.

Peace to You Doors

by Theresa Butler

*“Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you.
Do not let your hearts be troubled or afraid.” (John 14:27)*

These words of Jesus have inspired Benedictine communities for many centuries, including the Duluth Benedictine Sisters for whom peace and justice are core values. Twenty years ago, +Sister Mary Charles McGough decided to create an outward sign of this value so that peace is visible to all who enter the Monastery.

It all started when Sister Annella Wagner, OSB celebrated her Golden Jubilee on May 16, 1999, in a homily given by her cousin Father Lawrence Wagner, OSB.

Sister Annella and Father Lawrence are first cousins but grew up in different places. Due to hard times in the 1940s, they did not meet up until Father Lawrence’s Silver Jubilee of Ordination, but they were connected spiritually as Benedictines who made their first and perpetual professions on the same days. The Benedictine cousins corresponded over the years and

were beacons of support and companionship to one another. When it was time for Sister Annella’s Golden Jubilee, she asked Father Lawrence to give the homily during the Mass. One of the themes of this homily was Benedictine peace.

Father Lawrence shared certain key attitudes of St. Benedict that open the way to interior peace. These are prompt and cheerful obedience, humility, and gratitude without grumbling. Father Lawrence said, “Monasteries ought to be havens of peace to people who live in a world filled with violence.” During his homily he talked about how Benedictine monasteries often have the words Pax or Peace placed in welcome above the main entrance. This message inspired +Sister Mary Charles to create a symbol of peace at the main entrance doors to the Monastery. She designed the carved-wood symbols of a dove and Benedictine cross with the message “Peace to you” to be inserted into the existing front doors. The symbol of peace was completed by July 18, 1999 for Sister Kathleen Hofer’s installation as Prioress.

Now, twenty years later, Sister Annella is preparing to celebrate her Diamond Jubilee – 70 years as a Benedictine Sister – and she gives thanks for her life and shares what the Peace Doors mean to her: “It is peace for anyone who enters in. I hope they find peace within and I would also hope that they take peace away with them.” Over the years the Peace Doors have faded, but the message and welcome have not. Peace – that is the hope and wish for all who enter and visit St. Scholastica Monastery.

Theresa Butler is a valued part of the team in the Monastery Development Office.



Sister Annella Wagner by Monastery Peace Doors

Highlights

Stellabration

by Sister Edith Bogue

The Sisters of St Scholastica Monastery were one of the sponsors for Stellabration, a fundraiser for Stella Maris Academy, the Catholic school in the city of Duluth. Several sisters attended the event at the Greysolon Ballroom. They are joined here by Cynthia Zook, long-time friend of the Sisters and Director of Schools for the Diocese of Duluth.



Left to right: Cynthia Zook, Sr. Kathleen Del Monte, Sr. Danile Lynch, Jayne Erickson (Affiliate), Sr. Claudia Cherro, Sr. Patricia Anne Williams, Sr. Donna Schroeder, and Christine Ketelsen (Volunteer)

The Cast of Sister Act Visit Some Actual Sisters

by Sister Therese Carson

For many people, “Catholic Nun” brings up an image of the Sisters in the movie *Sister Act*. The cast of the play *Sister Act* from the University of Minnesota-Duluth visited one evening in late March to meet some actual nuns. They prayed with us at Evening Prayer and shared dinner. We greatly enjoyed the play on Divine Mercy Sunday.



Highlights, Continued

Mardi Gras in the Monestary

by Sister Therese Carson

Each year on the evening before Ash Wednesday, the leadership team from the Benedictine Health System hosts a celebration of Mardi Gras with the Sisters. After a dinner of pizza in all its variations, we listened and sang to old-time, bluegrass, and gospel music by Sara Mae and the Birkeland Boys, a family from the Duluth area.



Sister Marilyn Micke gets into the spirit of Mardi Gras, while our friends from the BHS wait to serve pizza.



Sisters Barbara Higgins, Jeanne Ann Weber, Theresa Spinler, and Marie Thérèse Poliquin enjoy the music of Sara Mae and the Birkeland Boys. A favorite was Ashokan Farewell, which was used as the theme for Ken Burns' documentary The Civil War.



Some of our Sisters on Benet Hall were unable to come to the main dining room, so *Mardi Gras* was brought to them. Here, Jerry Carley, CEO, speaks with (left to right at table) Sister Gloria Ess, Sister Marguerite Baxter, Sister Johnetta Maher, and Sister Agnes Sitter.

St. Patrick's Day with the Benet Hall Sisters

by Sister Therese Carson

Each year, musician and dance caller Terrence Smith and his friends bring a sparkle to our elder Sisters' eyes with their Celtic music. Many thanks to you all! You bring joy and remind us we are all young at heart.



(left to right) Sr. Donna Schroeder, Sr. Annella Wagner, Affiliate Jayne Erickson, Sr. Joyce Fournier, Sr. Marie Volk, and Sr. Agnes Sitter listen as Terrence Smith and friends play.

Many Thanks to All Our Volunteers

by Sister Therese Carson

On April 11, we invited our volunteers for dinner and entertainment to thank them for their faithful support of our ministries. Our Community is blessed with many volunteers who help with our infirm Sisters and work beside us in our ministries. Volunteers serve as drivers or companions for elderly Sisters. They welcome guests and callers at the Information Desk, use their talents in our liturgies, and staff the Monastery gift shop. They labor beside us in our gardens and help clear walkways of snow. They spend hundreds of hours each year getting ready and then staffing our annual Christmas Bazaar.

If you would like to share your time with the Sisters as a volunteer, please call Kathy Noble, Volunteer Coordinator, at (218) 343-3589.



Darci Gamerl and Sharon Captain listen as Meridith Schiffsky plays her harp.

Highlights, Continued



Sister Luella Wegscheid and Brenda Milinkovich (left) enjoy Sister Barbara Higgins's story of Gertrude the Moth (right).



(Below left) Sister Theresa Spinler was explaining that we used the money raised in last December's Christmas Bazaar to repair Stanbrook's concrete steps, when two individuals entered in disguise.

Unnamed sources say it may have been "Buddy" with his friend Jayne Erickson. Buddy is enthused about the Bazaar and invites everyone to work on it and buy lots of Christmas gifts.



The Deviled Eggs gave an encore performance to round out the evening. They first came a year ago for the Benet Hall Banana Bread Bake-off and we were so happy to enjoy their music again. They brought with them Elvis Presley, back from the dead, in a surprisingly lively performance.



(left) Sister Beverly Raway thanks Mary Gallet for ten years as a faithful volunteer.

(right) Sister Beverly gives Sharon Strand her ten-year pin.

Not pictured is Frank Mudrak, a ten-year volunteer.



Sister Dorene King at SEARCH for Christian Maturity

by Sister Dorene King

Five times a year the Diocese of Bismarck, North Dakota holds a weekend retreat for young people age 15 and over, of all denominations, at their Badlands Ministries Camp. Run by youth for youth under the guidance of adult mentors, it provides an accepting and challenging space to think, talk, and wonder about their faith and to experience the presence of God in others.

I accompanied Freddie-Leigh Geiger, a young adult friend of our community, to the January SEARCH weekend. It was an amazing experience filled with enthusiastic high school and college-age youth leading the singing and individual youth sharing on topics such as What Makes Me a Christian, Commitment to Jesus, Christian Relationships, Faith and Prayer, and Single Life Commitment. We were assigned table groups called discussion teams. Our conversations became deep and challenging. Unknown to new SEARCHERS, a special team called PBU – Prayer Backup – was praying for each one of us.

On Saturday evening I shared my vocation story with the group. A priest and a married couple (grandparents of the Student Director) also shared their stories. This experience affirmed for me that many of our youth are strong in faith and open to living that faith.



Youth and mentors gather in a circle for the opening ceremony.



Sister Dorene lectures at Saturday morning Mass.

Mayor Emily Larson of Duluth speaks at Benedictine Days event

by Sister Therese Carson

We were honored to have Mayor Emily Larson of Duluth at the third Benedictine Days event on April 24. When initially invited, Emily was pleased to be asked to talk about something other than politics. She said no one ever asks her about the core beliefs that support her progressive approach to city administration. “Daily faith and spiritual practices keep me grounded and at peace. I was raised in Saint Paul in a great family of active faith. My mom Norita and father Lee were deeply engaged in the intersection of social justice and politics. My very first memory was of a product boycott. Looking back, I realize that was a foundational expression of faith in politics. You must make your statement every day.” She shared the words of Coretta Scott King who said, “The greatness of a community is most accurately measured by the compassionate action of its members.”

As a child, the family lived by choice in a poorer neighborhood of Saint Paul. Emily sang for 14 years in the children’s choir in St. Paul Cathedral, and attended Mass at St. Frances Cabrini Parish. Through weekly Sunday Mass, she grew familiar with the liturgy and still finds it intimate and comforting. When her family moved to Duluth, she fell in love with the city and the people. She was deeply moved by the opportunity to be part of the close community at The College of St. Scholastica. Here she absorbed the Benedictine values of community, hospitality, respect, stewardship, and love of learning.

Highlights, Continued

As a college student she began to volunteer at a Catholic Worker house and there was challenged by community organizer Steve O'Neil to be the best person she could be. As a social worker at the CHUM drop-in center she learned to listen deeply and truly to people's stories – “so many stories of courage and resilience and survival and love and trust – these amazing challenges that people experienced and yet were still standing and hopeful.” She found faith and light in people with whom on the outside she had little in common but who taught her so much. “I was humbled so often in that job.”



The Sisters bless Mayor Emily Larson

After college she lived alone and learned to relish silence. “Through meditative running and yoga I found peace and inner stillness, a connection to something larger than myself.” She began to meditate every day with Scripture and use controlled breathing to reduce her anxiety, using mantras such as “I give love, I give peace.” As a mother she is blessed to have healthy children and a loving husband who helped CHUM rebuild after an arsonist burned it down. “We are surrounded by people who love and support us, but at CHUM I listened to the stories of people who have no support and still manage to be good parents. I learn so much from them.”

As Emily became more deeply involved in local politics, her relationship with God and with friends grew in importance. “Amid the noise of living, meditation brings me into a state of prayer. When you are completely exhausted and stretched, friends are balm. I learned to be vulnerable with others, to go easy on myself while pushing hard for what I believed in.” She learned to work quickly through the easy tasks, but to slow down and go easy when it becomes challenging. “Be kind to yourself and show the same consideration of the people around you.” She has found that with prayer all will be revealed. “Do your best work without worrying about who gets the credit. Don't be petty. In rough waters, find your wave and ride it to shore.”

As the evening ended the Sisters rose, thanked her for sharing her story, and prayed a blessing over her.

¹ Steve O'Neil worked passionately for the rights of homeless struggling people and found ways to make those rights a reality through community organizing, advocacy and housing creation.

² CHUM (Churches United in Ministry) is a successful agent for social change in Duluth. People of faith work together to provide basic necessities, foster stable lives, and organize for a just and compassionate community.

+Sister Petra Lenta, OSB



Sister Petra Lenta, OSB, died March 6, 2019 at St. Scholastica Monastery. She was in her 80th year of Monastic Profession. Mary Caroline Lenta was born on April 25, 1920 in Duluth, Minnesota to Louis and Louise (Somma) Lenta. Both parents were Italian immigrants and devout Catholics. Sister Petra often reminisced about the Italian-American activities that were a part of the “Little Italy” group of immigrants in the area, including picnics with trips up the St. Louis River and the Christmas-time rivalry over which woman made the best fruit cake.

After graduating from Sacred Heart Cathedral High School, Sister attended The College of St. Scholastica and completed her freshman year before entering St. Scholastica Monastery. In 1942, she earned her BA in Chemistry with a minor in Mathematics. Immediately following her college graduation, she entered a three-year program at the Institutum Divi Thomae in Cincinnati where she specialized in cancer research. She graduated with an MS in Biochemistry in 1945. Upon her return to Duluth, she and +Sister Agatha Riehl established the Cancer Research Unit at The College of St. Scholastica. Sister Petra also taught in the Biology and Chemistry Departments from 1945-1959 and 1960-1976.



After a two-year sabbatical studying the history and theology of monasticism, Sister taught science to students of Assumption School in Hibbing, Minnesota for four years. Eventually she returned to Duluth and did catechetical teaching at St. Raphael Church, Duluth and Holy Assumption Church, Superior, Wisconsin.

Sister was an active member of numerous academic committees. She served on the Boards of Hibbing General Hospital, the American Cancer Society, and as a

council member of St. Scholastica Monastery. In support of her cancer research at The College of St. Scholastica she was awarded ten grants from the American Cancer Society, five from Damon-Runyon Memorial Fund, one from the Duluth Clinic Foundation, and one from the Sigma Xi Foundation. The Cancer Research Unit was active for over thirty years during which time she and Sister Agatha authored significant articles on cancer research.

Sister maintained a large prayer wall in her room with beautiful quotations from saints and spiritual leaders, especially Thomas Merton. Her wall reminded her of all things great, small, and wonderful. Hope resided on this wall and in the heart of Sister Petra Lenta.

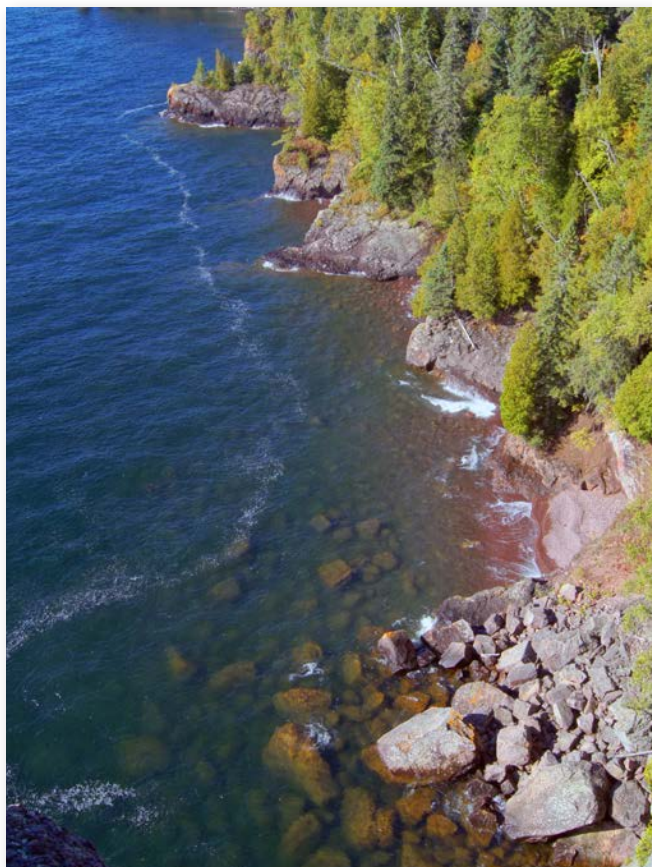
Mass of Christian Burial was held on Tuesday, March 12, 2019 in Our Lady Queen of Peace Chapel, Father William Fider presiding. Interment was in Gethsemane Cemetery. Arrangements were through Dougherty Funeral Home. Memorials to St. Scholastica Monastery are preferred.



St. Scholastica Monastery
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*“As the rain falls to renew the earth in
springtime, so the Holy Spirit moves
freely about the earth filling hearts and
minds that are open to God. In every
moment are new awakenings, fresh
perspectives, holy encounters, and
unexpected miracles.”*

~ Jayne Erickson, Affiliate

*If you prefer an electronic copy of Pathways or no
longer want to be on our mailing list, please email us at
Monastery@duluthosb.org*

*Join us for Sunday Eucharist at 11:00 a.m.
in Our Lady Queen of Peace Chapel*

