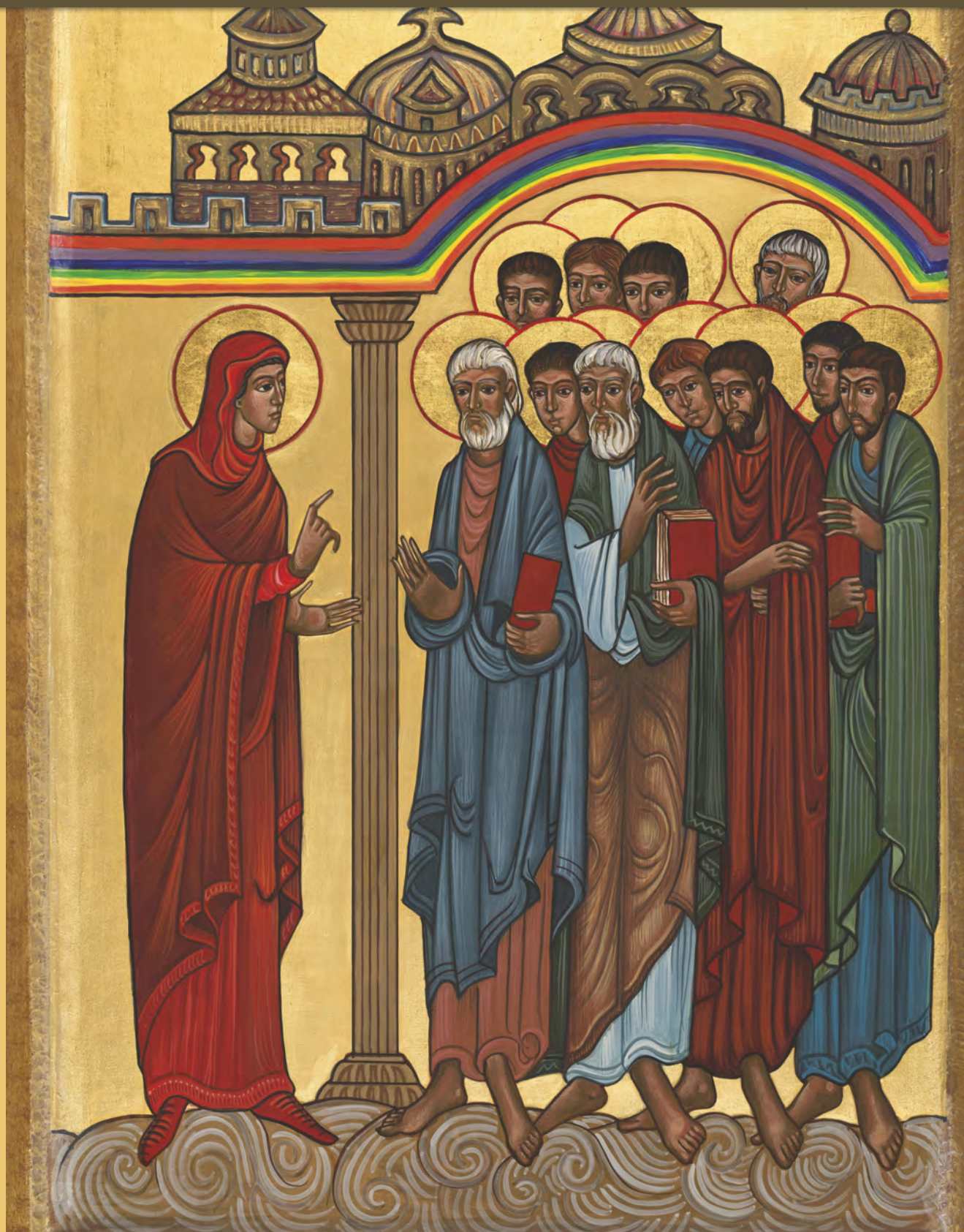


# PATHWAYS



*Newsletter of the Duluth Benedictine Sisters, Duluth, Minnesota Vol. 31, No. 2 Lent 2020*





# Pathways

NEWSLETTER  
of the Benedictine Sisters

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Icon of Mary Magdalen  
by +Sr. Mary Charles McGough

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## Dear Friends of the Monastery,

Someone said to me, "I like the sound of the year 2020. It rolls off my tongue easier than 2019." And I responded that I hoped 2020 would be a year of clear vision for our future. The New Year is always a good time to look backward and forward, and Lent is the perfect time to check our eyesight. We look at what has been and envision what we hope for in our communities, our families, and ourselves. Are we living the values we say are dear? Does the way we see ourselves match the actions of everyday life? It is a time to be grateful for all the good we have experienced and with realistic, optimistic resolve to change those things that need to be changed or, as Benedict says, "to wash away the negligences of other times."

As we look back at 2019 in our Lenten issue, especially the last few months of this year, we recall some of the events and experiences for which we are grateful, including the success of our Christmas Bazaar, the reception of a new associate and of Postulant Jayne Erickson, and the growth of our Benedictine Oblate Community with the blessing of Jane Dolter as co-director. We are grateful for the continued dedication and joyful presence of our friends and volunteers and all of you who contribute to our extended Benedictine family. Your presence and encouragement give us hope for the future.

As we look forward in 2020, we hope and pray for a new world vision and for a positive outcome to the presidential election. We rally around those who work to relieve the pain of others and pray for those suffering from fire, earthquake, and volcanic eruption, and for the many displaced persons fleeing from political upheaval and violence. And we search our hearts for what we can do to make our homes, our communities, and our world places of welcome and peace.

Diane Millis suggests that the path to that peace is through deepening engagement with others. In her book *Deepening Engagement: Essential Wisdom for Listening and Leading with Purpose, Meaning and Joy*, she reflects on advice given by Howard Thurman in a graduation address in 1980 and concludes that what is needed is listening for what is genuine in ourselves and in others. When we live out of authenticity with a listening heart, Thurman points out:

If I hear the sound of the genuine in me, and if you hear the sound of the genuine in you, it is possible for me to go down in me and come up in you. So that when I look at myself through your eyes having made that pilgrimage, I see in me what you see in me and the wall that separates and divides will disappear and we will become one because the sound of the genuine makes the same music.

May this new year 2020 and this Lenten season be one where each of us sees with new eyes so that we can all be brought closer together in a world of peace.

Blessings and peace,

*Sister Beverly*  
Sister Beverly Raway, OSB



# Vocation Discernment

by Sister Lisa Maurer

*“What can be sweeter to us than this voice of the Lord inviting us?*

*See, in His loving kindness, the Lord shows us the way of life.” (Rule of St. Benedict, Prologue)*

Often, it is a matter of hearing the right words at the right time. Whether it’s your mom whispering that she loves you or your teammate calling out “I got it” while chasing a pop fly, the right words spoken at the right time are, as Proverbs tells us, “like gold apples on a silver tray” (Proverbs 25:11). They are valued and appreciated, welcomed and cherished.

When it comes to promoting and encouraging vocations, many of us turn to prayer, and rightly so. Vocations are a gift of God and the fruit of the Holy Spirit. Praying for an increase in vocations to the priesthood and religious life is the work for all the faithful. Jesus says, “Ask the master of the harvest to send laborers into the vineyard” (Matthew 9:38). If we want more priests, sisters, and brothers, we need to ask. We need to pray, and we need to offer the right words.

All of us have young people in our lives. Have you talked to them about a vocation to religious life or the priesthood? Have you told your granddaughter, niece, or friend that she would make a great Benedictine Sister? Or your neighbor boy that he would be a good priest? Statistics show that young people have never considered a church vocation because the idea was never presented to them. Those same statistics reveal that the majority of those who have said “yes” to a vocation first thought about it because someone talked to them about it. They said the right words at the right time.

Surely, we know a young person who is searching for meaning in life. We know a woman who puts others’ needs ahead of her own. We know a man who loves his faith and enjoys being a part of the Church. We all notice men and women who want to live lives of service, who want to help others, teach others, and lead others on the paths of righteousness.

We see virtuous young people whom God may be calling to a vocation in the Church. Have we told them this?

We encourage young people to dare to do something great, something difficult and challenging. We cheer them on when they try out for the

school musical, apply to college, or go for a job interview. We nurture them and support them when they are thinking about going on a mission trip or becoming a doctor. But, are we inviting them to consider a religious vocation?

Think of someone who would make an awesome sister, brother, or priest. Pray for them. Invite them to consider a vocation. Write them a note and tell them that you see in them the qualities that are fitting with a religious vocation. You never know, they may be already thinking about it and your words could be just the encouragement they need. Your words may plant a seed.



*If you or someone you know wants more information about becoming a Duluth Benedictine, call Sister Lisa at 218-723-7011, email [vocations@duluthosb.org](mailto:vocations@duluthosb.org) or visit [www.duluthbenedictines.org/vocations](http://www.duluthbenedictines.org/vocations)*



# Lent and the Rule of Benedict

by Sister Jeanne Ann Weber (jaweber@css.edu)

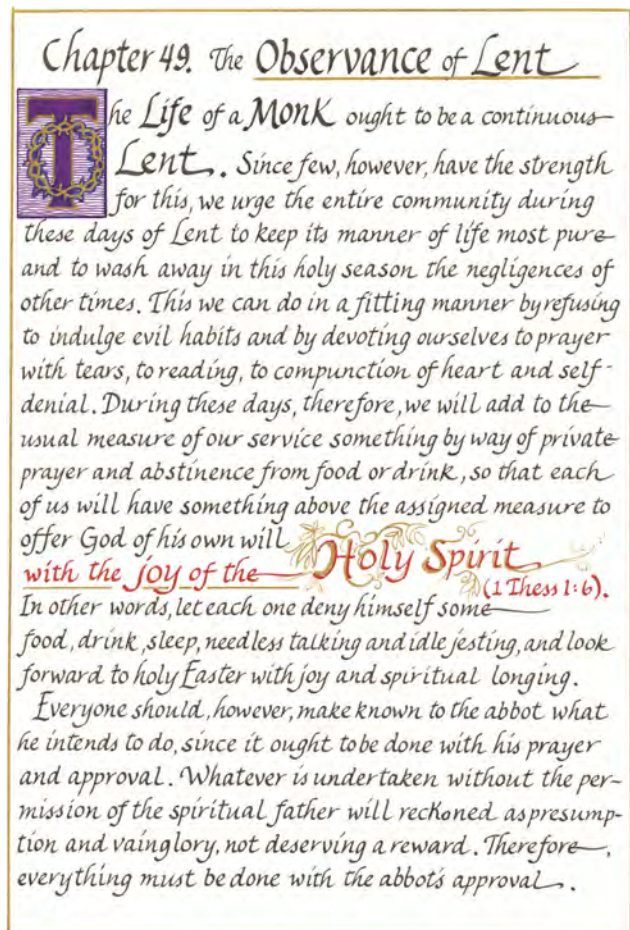
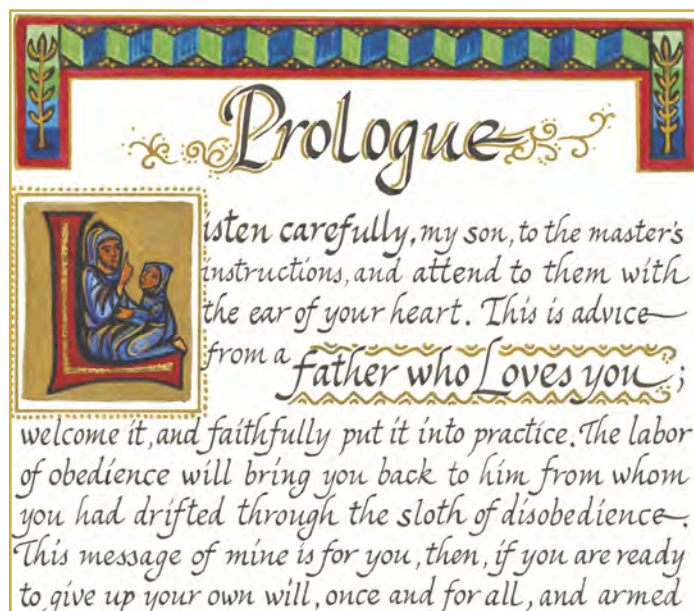
The Rule is based on scripture and is a guide for Benedictine monastics, oblates, lay friends, and volunteers. Even people of different faith traditions have found the Rule a help in their spiritual journey.

In Chapter 49, *The Observance of Lent*, Benedict says that the life of a monastic and others who follow the Rule ought to be a continuous Lent. But because Benedict understands the human condition, he recognizes that few have the strength for this. Instead he recommends using the days of Lent “to wash away the negligences of other times.” What these might be is a question to discern through prayer, as we deepen our spiritual life during this grace-filled season.

The Prologue of the Rule begins with the word *listen*.

To really listen means to attend, heed, and pay attention.

Those words imply quietness of heart, stillness, prayer, meditation, and a slowing down from life’s busyness to better hear God speaking directly or through others, the natural world, or one’s circumstances. This can be hard to do in our noisy world.



These pages from the Rule of St. Benedict are from the Community’s hand-written and illustrated edition by Meridith Schifsky, calligrapher, and +Sister Mary Charles McGough, illustrator.

Where are your thoughts during the day as you drive the car, walk around the house or corridors at work, prepare a meal, or take exercise? In Chapter 20, *Of Reverence at Prayer*, Benedict says, “It is not in many words, but in the purity of heart and tears of compunction that we are heard. For this reason, prayer ought to be short and pure.” St. Paul said to “pray always” (1 Thessalonians 5:17). It helps to have short prayers to say throughout the day, to keep one’s mind fixed on God and the heart ready to listen. Some possibilities are *Jesus, mercy; My God and my all; Jesus Christ; Come, Holy Spirit; Blessed be God;* and so forth.

In *The Observance of Lent*, Benedict directs that during these days of Lent we “offer to God freely ‘with the joy of the Holy Spirit’ (1 Thessalonians 1:6) something beyond the assigned measure of prayer and abstinence. In other words, let us deny ourselves some food, drink, sleep, speech, merriment, so we can look forward to *Easter with joy and spiritual longing*.”

There are so many opportunities for love, service, and outreach! May we be guided by the Holy Spirit to be open to those practices that deepen our relationship with Christ Jesus, whose desire is to continue to pour out himself in boundless love through his paschal mystery of life, death, and resurrection.

# Oblate Community Update

by Sister Paul Micke, OSB and Jane Dolter, Benedictine Oblate

On December 19, 2019 the Oblate Community of St. Scholastica Monastery gathered for a special ritual where Sister Beverly Raway, prioress, called forth and blessed Jane Dolter to be co-director of the oblates with Sister Pauline Micke. Jane has been an oblate of St. Benedict for 39 years.

Future issues of *Pathways* will explore the four main areas on which we are focusing this year: Community, Formation, Spirituality, and Transformation.

These came out of a symposium of Benedictines in Cottonwood, Idaho. A key scripture passage that guides this oblate renewal is Isaiah 43:19. "Behold, I am doing a new thing; now it springs forth, do you not perceive it?"

As time goes on, we will explore more about this unique way of living the Benedictine life through Oblation. If you would like information or have questions about becoming an oblate, contact either of the Co-directors.



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**Jane Dolter, Oblate**  
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janedolter@msn.com

## Please Pray for Our Deceased Family and Friends

Robert G. Wirth	6/2/2019	Jerry Wagner	11/17/2019
James H. Fritz	7/18/2019	(brother of Sr. Annella Wagner)	
William Hugo Zobbi	8/23/2019	Deacon James Griffiths	11/19/2019
Mary Susan Hood	9/26/2019	Marlene Menig Misetic	11/22/2019
Genevieve Lepeska Rockwood	10/12/2019	Lena Barnaby	11/23/2019
James R. Beyer	10/15/2019	Bishop Paul David Sirba	12/1/2019
John R. Kaspari	10/19/2019	(Ninth Bishop of the Diocese of Duluth)	
Muriel Newhouse	10/20/2019	Charles Hyndman	12/1/2019
Kathleen Fortier Anderberg	10/23/2019	Shirley F. Choquette	12/6/2019
(sister of Sr. Sue Fortier)		Peter Noa	12/13/2019
Helen Voelker	11/1/2019	(brother-in-law of Sr. Kathleen Del Monte)	
Kelly Marie LaVigne Barnard	11/5/2019	Larry Dewitt	12/20/2019
Ronald Burggraff	11/5/2019	(brother of Sr. Mary Susan Dewitt)	
Delores Jean Lindstrom	11/8/2019	Katherine Ann Rauscher Scheuer	12/21/2019
Leon D. Royer	11/10/2019	Elaine Marie Johnson Hanson	12/22/2019
John A. Wolf	11/11/2019	Donald G. Smith	12/30/2019
		(brother-in-law of Sister Beverly Raway)	
		Francis Jaeb	1/11/2020
		(brother-in-law of Sr. Melanie Gagne)	



# Going strong at 94: Sister Marie Therese Poliquin

by Sister Marie Therese Poliquin, with Sister Therese Carson

On most evenings you will find me in the Community Room at the card table with three other sisters playing 500, a game related to contract bridge. At my 94th birthday last December, I was delighted to have three tables of players. I grew up in a family that frequently played games and cards together.

My maternal grandparents, Louis and Emilie (Chabot) Beaurivage, arrived in Duluth via steamship in 1870 on their honeymoon, intending to make their home in the growing port of Duluth. Joining with other French Canadians, they were among the group which founded the first Saint Jean Baptiste Parish, which later moved to 24th Avenue West and Third Street, now called Holy Family Parish.

My father, Michael Aimé Poliquin, set forth with his older brothers and cousins from St. Isidore, Quebec at an early age (probably 9 or 10), following the lumber camps from Maine to Michigan, up through Wisconsin, and into North Central Minnesota. One spring after the lumbering season ended, he came to Duluth. Pausing at the top of Thompson Hill he fell in love with the view of Lake Superior and decided to settle here and work on water. Now with a more or less permanent address, he wrote to his mother who promptly replied with the request that he call on her old friend and classmate Emilie Beaurivage. He did and there he met Emilie's daughter Jeannette. They married during the flu epidemic in 1918.

I was born on December 8, 1925, shortly after the canonization of St. Thérèse of Lisieux and on the Feast of the Immaculate Conception, which explains how my parents chose my name. At the age of four I pestered my brother Gerard so much at his piano practice that my mother enrolled me for lessons. To her surprise I "took" to the piano and my sister Rita became proficient on viola. With neighboring friends who played violin and clarinet, we often played together for fun, to the joy of our parents. Years later when visiting relatives in Quebec, I found that my cousins played a variety of instruments.

My teaching career began at Stanbrook Hall High School where I directed the orchestra and taught the instruments and piano lessons for one year.

Following a two-year stint at the University of Michigan, where I changed my major to vocal music education while pursuing a graduate degree, I taught vocal music in grades 1 through 12 in three elementary schools and the junior high and senior high schools of Belding, Michigan.

After joining the Benedictine Sisters in 1954, I continued to play whenever a piano was available; indeed, my main ministry for forty years was music instruction. After my novitiate I taught 6th and 7th grade for one year at St. Clement School, Duluth, and then for 11 years vocal music at St. Francis School, Brainerd, Minnesota. I served as supervisor of music for the Diocese of Duluth for two years, taught one year at Cathedral Junior High, two years at West End Parochial (St. Jean Baptiste), two years at St. John's School, Duluth, and two years at Duluth Cathedral High School. Then I went to St. Bridget School in Minneapolis for 15 years. In 1993 I retired from teaching but remained as liturgist and director of adult and children choirs, and as chauffeur and 'gofer' for the Sisters until the school closed in 1995.



The late Monsignor Stanley Srnec then hired me as Volunteer Coordinator and Pastoral Minister at St. Raphael Parish in Crystal, Minnesota. During my ten years there, we started the Parish Nurse Program and a social/educational group for age-30-to-60 singles, and we reorganized the parish library. Dealing with 1,500 volunteers required more organizational skills than I possessed, so business manager Stan Anderson suggested I take computer classes at North Hennepin Community College. I studied Excel, Access, and PowerPoint, but found my niche in Excel which I still use daily. I thoroughly enjoyed working with all the

volunteers and found being a Eucharistic Minister at North Memorial Hospital, North Ridge Nursing Home, and the parish personally rewarding.

At St. Raphael Convent I lived with School Sisters of Notre Dame, a School Sister of St. Francis, and a Franciscan Sister of Perpetual Adoration. It was an enlarging experience which helped me see the Benedictine Order from the outside.

In August 2005, approaching the age of 80, I returned home to St. Scholastica Monastery in Duluth where I found a binder full of choral music in my mailbox from Sister Monica Laughlin, director of the monastic Schola. She encouraged me to start playing organ for the Liturgy of the Hours. When Sister Timothy Kirby stepped down from playing for the daily Eucharist shortly before her death, I began playing for Eucharist also. Today I need help with moving the organ bench and carrying the music books, but I continue to play with passion and reverence. I also sing second soprano in Schola and, though sometimes a little hoarse, still hit the notes in the center.

When asked to take charge of the staffing of the Information Desk, I created a monthly schedule for Sisters and volunteers, building it in Excel and updating it as needed. With fewer Sisters and volunteers, it can be hard to fill slots, and sometimes I have to turn it over to God and ask for a miracle. Just recently there was an open slot with no one to fill it; I prayed, and God sent us a new associate.

I also keep the annals of the community, the day-by-day list of presentations, events, and special visitors – anything beyond the daily *horarium*, the monastic round of Prayer, Eucharist, and Work. In 2013 when I had an office on the Ground Floor of Stanbrook, a volunteer unearthed a carbon copy of the annals for St. Bridget Convent which I had kept for years. The volunteer went to +Sister Margaret Clarke, the archivist, who went straight to the prioress, Sister Lois Eckes, and said, “I have found you an annalist.” I add events in order by date to a long Word document on my computer. Digital and printed copies are prepared for the Monastery archives and for the Federation Offices at St. Benedict Monastery, St. Joseph, Minnesota. With the help and cooperation of the Sisters, the documents will be complete.

Looking back on my childhood, I am glad to have grown up in a bilingual home and am grateful for the strong faith of my parents and grandparents and the lifelong love and support of my brother Gerard (d. 2008), sister-in-law Helen (d. 2011), and their family of four children who have given me 11 grand-nieces and nephews and 38 great-grand-nieces and nephews. My sister Rita and brother-in-law Bill Denny (d. 2007) and their six children enlarged my family circle with 15 grand-nephews and -nieces and two great-grands. Whenever I travel, I meet people who would say, “I have/had an aunt who is/was a Sister.” I ask “What order? Where?” and the reply is always “I don’t know.” But my nieces and nephews know that I am a Benedictine Sister at St. Scholastica Monastery, Duluth. I hope the grands know this; however, the great grands may have to be educated!

I inherited my positive outlook on life from my family. When my maternal Grandfather was dying of stomach cancer and could no longer eat, a friend commiserated with him. He replied, “I ate when I could.” I also try to live each day fully and will be ready when it is time to leave. Meanwhile the Sisters – in Duluth and in Heaven – are waiting for me to come play cards.





## *Ciao, Come stai? Sono andato in Italia a settembre. (Hello, how are you? I went to Italy in September.)*

by Sister Gretchen Johnston

I learned a little bit of Italian before I went to Italy, and it is such a musical language that it rolls off my tongue. I enjoyed the feeling of the words in my mouth as well as the sound.

Sister Lisa Maurer and I went to Italy for two weeks in September. The tour was led by a Benedictine priest (who had been there several times and speaks Italian fluently) and a Sister. The group included Benedictine oblates and Sisters. We visited Rome and the Vatican first, spent some time in Assisi, a night in Ascoli Piceno, and then visited Amalfi and the southern coast of Italy, including Paestum.

The layers of history in Rome struck me powerfully. Throughout its history, new buildings were constantly built on top of the old ones. The sight of the Colosseum juxtaposed with automobiles and busy streets was jarring at first, a visual reminder of all the history through which human beings have lived and died. Along one busy street was the sole remaining wall of a church built into a senator's house in the 3rd century. I stopped to gaze at it and meditate, but it was right near the sidewalk and people were bustling onwards.

It would be hard to visit Rome and not go to the Vatican. It was profound to be standing and walking in a place that so many people have hallowed with their prayers. It was also dizzyingly overwhelming — after a while I grew inured to the grand structures, the ornate carvings, and all the artwork. I like to stop and meditate on things I see that strike me as profound, but that was just what we couldn't do in the Sistine Chapel or anywhere else in the Vatican Museums. I couldn't catch my breath until I stood at the top of St. Peter's Basilica -- quite literally, as we had climbed at least ten stories.

Assisi was lovely. We walked and climbed stairs everywhere, a difficult task for some of the older people, but I enjoyed it — I didn't even get blisters on my feet. We had a Eucharistic celebration in the Lower Basilica of St. Francis, and I was privileged to play the organ. I discovered again that sound reverberates differently with stone walls than with the brick or wood in many churches where I have played. A chord echoed off the walls, the people heard it, and then they sang. I was playing several measures ahead of the singing to keep the music and voices in harmony.

Several of us climbed to the fortress overlooking Assisi. The mountains there were beautiful and on our way from Assisi to Ascoli Piceno they were breathtaking. They reminded me of the Ozarks in Missouri: no snow on top but covered with lush vegetation. I took many photos because they were so beautiful, but as our bus was moving, they did not turn out well.



*One of the Greek temples at Paestum, over 3,000 years old.  
How young Christianity seems in comparison!*



*Fresco, 3rd century church*



*Evening view from our hotel in Assisi*



At Subiaco, one of the oblates had her final oblation ceremony in the lower chapel of the cave where St. Benedict lived as a hermit, and I recorded the ceremony on her phone. Outside again, I looked across the valley and thought, I am walking where St. Benedict walked, seeing what he saw. I wanted to sit and pray, as he surely would have done, but there was no time.

We visited Monte Cassino, the great monastery on the site where Benedict gathered his closest followers and wrote his Rule. I didn't expect to like it, as I thought the gilded statues and other artwork were overdone. The interior was indeed more ornate than I prefer and the artwork distracting. Seeing it in person, however, I realized it was a product of artistic devotion – hundreds of years, many artists, much devotion. My heart was touched when we celebrated Eucharist together, and I felt a true communion with the Benedictine family: past, present, and future, that all of us are joined by seeking God and listening to the voice of God wherever we hear it.

The Mediterranean felt familiar. Our hotel was on a hill near the coast and I thought of Lake Superior and Duluth many times. The streets and roads of Amalfi and the neighboring towns were narrow; our guide called them *Mama mia* roads, because one never knew what was coming around the corner. Every bit of land is farmed with olive and lemon trees and vineyards, so why spare land for roads?

We took a ferry to the Isle of Capri. I got used to pronouncing “capri” as the Italians do, with the emphasis on the first syllable. Sister Lisa and I took a boat ride around the island.

This was my first trip overseas and I was struck by the difference of cultural priorities. Space is used differently; here we have wide roads, large cars, and large hotel rooms but in Italy private spaces were smaller. Instead there are grand piazzas where all sorts of people can gather and have fun. The food was delicious. Many restaurants had outdoor dining areas on the sidewalks. All this said that good food and good friends are more important than private spaces.

The pace of travel was a little incongruous: we went to many places in a short time, but it was stability that built those places. The historical Benedictines sank their roots into one place and lived intentionally, deeply, but we just skimmed the surface. My experience is urging me to continually deepen and make roots wherever I live.



*Sister Gretchen and St. Scholastica at St. Scholastica Monastery in Subiaco.*



*The crypt under the main altar at Monte Cassino where Benedict and Scholastica are buried. I knelt here and prayed for US Benedictine communities.*



# Center for Spirituality and Enrichment

## St. Scholastica Monastery - McCabe Renewal Center

*One Mission, Two Locations*

## Schedule for Late Winter and Spring 2020

For more information and later events, go to the Center website at [retreatduluth.org](http://retreatduluth.org)

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

Online: [retreatduluth.org](http://retreatduluth.org)

Email: [retreat@duluthosb.org](mailto:retreat@duluthosb.org)

Phone: 218-723-6699

### Centering Prayer

1st and 3rd Mondays; January 6 to May 18, from 6:30 to 8:00 p.m. at McCabe Renewal Center.

**Facilitator:** Jim Reinke

2nd and 4th Tuesdays: January 14 through May 12, from 10:00 to 11:30 a.m. at McCabe Renewal Center.

**Facilitator:** Pat Winkelman and Judy Russell

**Cost:** \$45

*\$5 per session or \$45 for all sessions*

### Feminist Theologies Group Book Discussion *New Feminist Christianity: Many Voices, Many Views*

3rd Thursdays: January 16, February 20, March 19, April 16, May 21, 6:00 p.m. to 7:30 pm at St. Scholastica Monastery

*No Cost, but please register*

### Book Discussion: *Re-Creating A Life* by Diane Millis

Tuesdays: Jan. 28, Feb. 4, 11, 18, 25, from 9:30 a.m. to 11:00 a.m. at St. Scholastica Monastery

**Facilitator:** Sister Lois Eckes, OSB and Marilyn Mayry

**Cost:** *Freewill offering.*

### Coffee with the Saints

Wednesdays: February 5, March 18, April 15, from 9:30 a.m. to 11:00 a.m. at St. Scholastica Monastery

- Feb 5 John Howard Griffin (1920-1980), author of *Black Like Me*
- March 18 St. Edith Stein (St. Teresa Benedicta) (1891-1942), martyred at Auschwitz
- April 15 St. Ignatius of Loyola (1491 - 1556), founder of the Society of Jesus (Jesuits)

**Facilitator:** Sister Sarah O'Malley, OSB

**Cost:** *Freewill offering. Please register for this even*

### Every Word Counts: A Writers' Workshop

Saturday, February 8, 2020, from 8:30 a.m. to 5:00 p.m. at St. Scholastica Monastery

**Facilitator:** Ann Glumac and Victor Klimoski

**Cost:** \$75 (*includes refreshments, participants bring their own lunch*)

### All Ways Pray at McCabe Renewal Center

For 4th grade students: Monday, February 17 and Tuesday, February 18, from 8:00 a.m. to Noon

For 5th and 6th grade students: Wednesday, February 19 and Thursday, February 20, from 8:00 a.m. to Noon

**Facilitator:** Sister Dorene King, OSB

**Cost:** \$40 (*Scholarships are available*)

### The Tomb of Christ's Resurrection

Thursday, February 27, from 7:00 to 8:30 p.m. at St. Scholastica Monastery

**Facilitator:** Sister Luce Marie Dionne, OSB

**Cost:** \$15

### A Genesis Journey: From Rivalry to Reconciliation

Saturday, February 29, from 9:00 a.m. to 3:00 p.m. (settle in at 8:40 a.m.) at St. Scholastica Monastery

**Facilitator:** Ted Lewis

**Cost:** \$75.00 *including lunch and refreshments (Please inquire about scholarships, if needed!)*

### Desert Day: A Quiet Time Away

Thursday, March 5, from 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

**Cost:** *Freewill offerings for the day are accepted. Lunch with the Sisters is optional for \$10. Overnight stay is \$70.*



### **Lenten Lectio Divina**

Fridays: March 6, 13, 20, 27, at 9:00 a.m. at Our Lady Queen of Peace Chapel, St. Scholastica Monastery

**Facilitator:** Sister Luce Marie Dionne

**Cost:** \$5/session or \$20 for 4 sessions.

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### **Leaping with Laughter**

Saturday, March 14, from 9:00 a.m. to Noon at McCabe Renewal Center

**Facilitator:** Sister Dorene King

**Cost:** \$35 (includes refreshments)

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### **Taizé Prayer**

Monday, March 16 and May 4, at 7:00 pm in Our Lady Queen of Peace Chapel at St. Scholastica Monastery

*Registration not necessary*

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### **St. Cuthbert**

Monday, March 23, from 7:00 p.m. to 9:00 p.m. at St. Scholastica Monastery

**Facilitator:** Val Beale

**Cost:** \$20

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### **Celebrating Life's Gifts: A Lenten Retreat**

Friday, April 3 from 7:00 p.m. to 9:00 p.m. and Saturday, April 4, from 9:00 a.m. to 3:00 p.m. at St. Scholastica Monastery

**Facilitator:** Lucia Leck and Joyce M. Eckes

**Cost:** \$85 (includes Saturday lunch) or \$165 (includes overnight and meals)

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### **The Three Riddles: TURANDOT Opera (program for 4th through 6th grade children)**

Monday, April 6 through Thursday, April 9, from 9:00 a.m. to Noon at McCabe Renewal Center (performances on Thursday).

Register early, as a total of ten actors/actresses are needed for this production.

**Facilitator:** Sister Dorene King, OSB

**Cost:** \$60 (Scholarships are available)

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### **2020 Dialogue: An Informal Gathering with Sister Barbara Higgins**

Saturday, April 18, from 9:30 a.m. to Noon at McCabe Renewal Center

**Facilitator:** Sister Barbara Higgins

**Cost:** Freewill offering

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### **Love at the Heart of the Cosmos: Living in Relational Wholeness**

Tuesdays: April 21, 28, May 5, 12, 19 from 7:00 p.m. to 8:30 p.m. at St. Scholastica Monastery

View and discuss recorded keynote presentations from this December 2019 conference featuring theologians Ilia Delio, John Haught, Matthew Fox, and Kathleen Duffy

**Facilitator:** Sister Dorene King, OSB

**Cost:** \$5 per session or \$20 for all five sessions

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### **T'ai Chi Chih**

Thursdays: April 23, 30, May 7, 14, 21, 28 from 7:00 p.m. to 8:00 p.m. at St. Scholastica Monastery

**Facilitator:** Sister Renata Liegey, OSB

**Cost:** \$60 for all sessions

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### **Centering Prayer for Beginners**

Saturday, April 25, from 9:00 a.m. to 3:00 p.m. at McCabe Renewal Center. Facilitators: Pat Winkelman and Judy Russell

**Cost:** \$45 (participants bring own lunch)

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### **Three Days in Galilee**

Saturday, April 25, from 11:00 a.m. to 1:00 p.m. at St. Scholastica Monastery

**Facilitator:** Sister Luce Marie Dionne, OSB

**Cost:** \$20

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### **Dreams: The Secret Language of the Soul**

Saturday, May 9, from 9:00 a.m. to 5:00 p.m. at McCabe Renewal Center

**Facilitator:** Rev. Fr. Yanchy Lacska, Ph.D

**Cost:** \$85 (includes refreshments and lunch); \$135 with overnight stay

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### **Natural Connections: Speaking the Language of the Reptilian Brain**

Monday, May 11 from 6:30 p.m. to 9:00 p.m. at St. Scholastica Monastery

**Facilitator:** Leah Prussia

**Cost:** \$20

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# Duluth Benedictines Welcome Postulant Jayne Erickson

by Theresa Butler, Development Administrative Assistant

*“So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come.”*

*– 2 Corinthians 5:17*

People who have spent time at the Monastery may recognize Postulant Jayne from the person behind the adorable and funny puppet “Buddy,” the beautiful soprano singing voice in Our Lady Queen of Peace Chapel, or the friendly face behind the information desk. From friend of the Duluth Benedictines to Associate, Affiliate, and now Postulant, Jayne Erickson shares her gifts warmly and freely with the Community.

Jayne grew up in Cloquet, Minnesota as a middle child of five. She and her family belonged to Our Lady of the Sacred Heart Parish (now Queen of Peace) in Cloquet. As an older teenager she was active in Catholic youth group where she first got to know Sister Barbara Higgins, her first introduction to the Duluth Benedictines.

Following high school Jayne explored her talents by working and going to college at University of Wisconsin in Superior and The College of St. Scholastica. She took a year off from her studies to travel with a group called Covenant Heartsong, a music, drama, and puppet group that worked with youth and youth leaders in the United States and Canada. She graduated with a bachelor’s degree in youth ministry from CSS.

After college she worked in a variety of ministry jobs in Minnesota and Iowa, then returned to college for a teaching degree and taught for 15 years in Iowa schools. She retired early and came home to Cloquet. Her friend Marce Wood talked to her about being a Benedictine associate in Duluth; Jayne inquired about the program and then became an associate in December 2017.



*Jayne Erickson requests entry as a postulant*

Jayne hadn’t planned on staying beyond three months, but God had other plans. “The Sisters are tops. I was introduced to the Community, welcomed as family, and never wanted to leave. It is all about the people connections.” Jayne became an affiliate on July 8, 2018 and on December 2, 2019, Jayne was officially welcomed as a postulant in a special service with the Community.

“Postulant” comes from Latin *postulare*, meaning to ask. Jayne asked to be received as postulant and was warmly accepted by Prioress and the Community. She was given a Benedictine Cross, symbol of

her life under the Rule; her Morning and Evening Prayer books, symbol of the life of prayer; and a hand-sewn apron, symbol of the life of work.

Her ministries as postulant include helping in liturgies as sacristan, eucharistic minister, cantor, and lector, working at the information desk, and helping on Benet Hall. As a postulant she studies with the Director of Vocations and is taking a theology class at The College of St. Scholastica. One of her passions is writing music. Jayne develops her talent by composing songs for liturgical celebrations for the monastic Schola and contemporary group to sing, or as a quiet meditation during Communion.

The Benedictine Sisters are blessed by Jayne’s warm and spirited presence at the Monastery. Jayne’s hope is that the strong legacy the Duluth Benedictines have built will continue, however God leads them, and that she can be a part of it!



# Sister Mary Josephine Sets Up a Love Story for Collin and Kasey

by Collin Anderson, student at The College of St. Scholastica

Starting from the beginning, Kasey Kalthoff and I first met in Sister Mary Josephine Torborg's *Introduction to Spirituality* course. Kasey was the beautiful girl across the room, and I was the freshman boy wanting the chance to talk to her. Luckily for me, Sister Mary Josephine (who is Kasey's great-aunt) put us in a group project together and the rest is history.

From then on, Kasey and I would get to know each other a little better and eventually started dating. Fast forward three years and Kasey is now a nurse at United Hospital in Saint Paul, and I am finishing up my last semester here at The College. Kasey and I have talked about getting married and thought it would be wonderful to have a fall wedding. I decided I was going to propose early in 2020 so we could get married this year.



*Collin, Sister Mary Josephine, and Kasey at her graduation*

The story of our proposal starts on Vikings Sunday, when Kasey and I were at her cabin with her family in Gordon, Wisconsin. We went to church with her family, got breakfast in Superior, and went back to campus to watch the game with some friends. During the game, I was coordinating with her family and mine over text to figure out where to set up for viewing of the proposal on campus. The plan was to go for a walk with Kasey and propose in front of Tower Hall.

We decided to have Kasey's sisters, Karel and Kari, positioned to take pictures while the rest of our families were in the stairway of Science with the view of Tower Hall.

As the game was winding down, we were texting our final reminders and thoughts about the proposal. I talked Kasey into going for a walk through Tower Hall to check out the old room where we first met on the 3rd floor. We got up there and it was locked, so we continued our walk heading down the main staircase. Finally, the moment arrived! Kasey and I walked outside the front of Tower Hall onto the base just below the main staircase. I stopped her and told her how much I love her and started to get down on one knee. Teary eyed, Kasey looked down as I asked the age-old question, "Will you marry me?" She said YES! Our families came out from their hiding places and we decided to celebrate by going to Bent Paddle.

Later that night we had dinner with Sister Mary Josephine and the other Sisters, and we told her our story and how she was the reason it all happened! Sister was ecstatic and had us announce to everyone in the dining hall our engagement and a quick recap of our love story. The College of St. Scholastica is where we met, and it was important to me to incorporate that on such a special day. We cannot thank Sister Mary Josephine enough for being our version of Cupid!

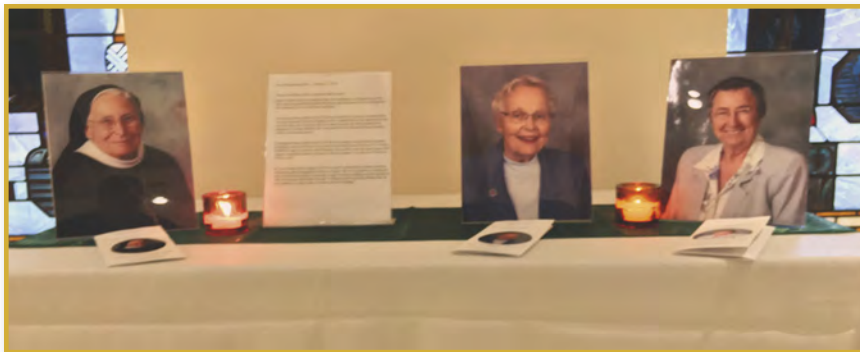


*The happy couple will be married in Duluth at the Cathedral of Our Lady of the Rosary.*

## Highlights

### **All Souls Day, 2019**

Each All Souls Day, November 2, we remember the Sisters who passed from this life into Heaven during the past year. In 2019 we celebrated the lives of Sister Petra Lenta, Sister Marguerite Baxter, and Sister Joyce Fournier, displaying their photos, folders with their biographies, and a brief summary of how each lived as a Benedictine.



### **Sisters attend benefit for New Hope For Families**

Last March we sold the former St. Anthony's Center property for two dollars to a new nonprofit agency, New Hope For Families, to be used as a home for children in foster care. In November several Sisters attended a fundraiser for the center, now renamed the *New Hope For Families Community Center*. Pictured at the event are Sister Beverly Raway and Sister Kathleen Hofer.



### **Snow, heavy and early**

Winter came early to Duluth, with snows even in October. On November 30, Duluth received two feet with winds gusting at 50 mph off Lake Superior. We are praying for an early spring, a rare occurrence.



*The drifts piled high on the west side of the Monastery, filling up the terraced flower beds between the second and third floors.*



*In front of the College, the Christmas creche needed to be dug out.*



*It took four hours to clear the side steps of the chapel.*



## Christmas Bazaar

Our wintry weather relented long enough to allow a good turnout for the Christmas Bazaar, held each year on the first Thursday in Advent. Many thanks to the shoppers who came for cookies and Christmas gifts, and to our hard-working volunteers who made this event possible. All proceeds go towards the Sisters' greatest needs.



Left, Mary Gallet and Patty Ahrens sell raffle tickets. Right, Barbara Coffin and Sister Marie Therese Poliquin pass out cookies.



Left, Mary Tanner, Sister Theresa Spinler, Kathy Noble, and Lisa Roseth organize the Bazaar. Center, Sister Mary Catherine Shambour displays lacework and mementos from Russia. Right, a happy shopper departs with her gifts.





## Highlights Continued

### Fundraising for Tanzanian School Bus

Sister Gaudensia Mwanyika earned a degree in education at the College of St. Scholastica. “I saw young people with educational challenges who were accepted and supported by their fellow students, and who went on to earn professional degrees. I thought, We can do that in Tanzania.” When she returned home, she planned and built a school where all children are welcome, including those with learning disabilities, orphans, and children from poor families.

Last fall, she returned to Duluth to raise money for a second school bus to bring students to her thriving school and returned with enough to buy another small bus. They will add a third-grade class beginning in the next semester.



Sister Gaudensia and Judy Sausen sell Tanzanian items at the Bazaar

### Advent Vespers



In the first week of Advent, the students and faculty of The College of St. Scholastica join the Sisters for Evening Prayer, followed by the College's *Lighting the Tradition* tree lighting.

It is deeply moving to hear College choirs sing contemplative music drawn from many faith traditions. Advent reminds us that Jesus came as savior for all people, something that we will experience again in the readings and rituals of Lent and Holy Week.



Sister Elizabeth Farias reads from the Gospel of Luke.

### Employee Christmas Party

Each December we thank our employees with an afternoon party: banana splits with all the trimmings, coffee, and punch.



Left: Postulant Jayne Erickson with Jeff Heaslip, Thomas Beauregard, Roy Smith, Mike Netland, and Steve Carlson. Right: Sister Mary Catherine Shambour and Dawn Carrillo.



### ***Stella Maris Academy students pay a visit***



*(left) Students and their instructor prepare for the Liturgy of the Hours.*



*(right) Jayne Erickson with students and a teacher at lunch.*

Forty-nine 6th graders and six adults descended upon us on Wednesday, December 18. They came from the Duluth campuses of St. James and St. John. They toured the first floor of the Monastery, visited the college, and experienced the monastic practice of *statio* with Sister Dorene King. Sister Lisa Maurer and Postulant Jayne Erickson introduced them to the Liturgy of the Hours. Then they joined the Benedictine Sisters for lunch. The students had prepared questions to ask the Sisters and all enjoyed the lunchtime visit.

### ***Epiphany House Blessing***

Each Epiphany, monastic houses around the world bless the entrance to their monastery, consecrating the structure and all who live and work within it to God's use. The words remind us that we are called to follow the Rule of our founder, St. Benedict of Nursia.



*Sister Theresa Spinler writes the new year on the lintel of the Monastery entrance near the Chapel. Because of Duluth's harsh winters, we inscribe an interior entrance rather than the door that faces into the winds off Lake Superior.*

*May all of our guests be welcomed as Christ.  
(from Rule of Benedict, 53.1)*

*May great care and concern be shown to poor people and pilgrims. (from Rule of Benedict, 53.15)*

*May all who come here be shown the courtesy of love.  
(from Rule of Benedict, 53.3)*

*May the peace we extend to each other be granted to all who enter here. (from Rule of Benedict, 34.5)*

*May we all be blessed with the grace of a kind word, the best gift. (from Rule of Benedict, 31.13-14)*

The lintel of a doorway is then inscribed in red chalk with the initials of the three magi flanked by the year: 20 + C + M + B + 20.

'CMB' also refers to the Latin words *Christus mansionem benedicat*, "May Christ bless the house."

## Highlights Continued

### **Cousin of Sister Maria Volk named Bishop of Helena, Montana**

Sister Maria Volk and Sister Dorene King were privileged to attend several events associated with the episcopal ordination of Sister Maria's cousin, Father Austin Vetter.

Prior to the ordination on Wednesday, November 20, they attended the Tuesday evening Solemn Vespers service at the Cathedral of St. Helena which was followed by a reception. At the reception, Sister Maria was able to visit with Bishop Austin. The Episcopal Ordination and Installation took place at the magnificent Cathedral of St. Helena. Several dignitaries were present, including Archbishop Alexander King Sample of Portland, Oregon and +Bishop Paul Sirba of Duluth, Minnesota.

That evening, the Sisters were invited to a celebratory dinner held at Carroll College in Helena. The following day they attended a Mass of Thanksgiving at the Cathedral of St. Helena, followed by a lunch for now-Bishop Vetter's relatives.



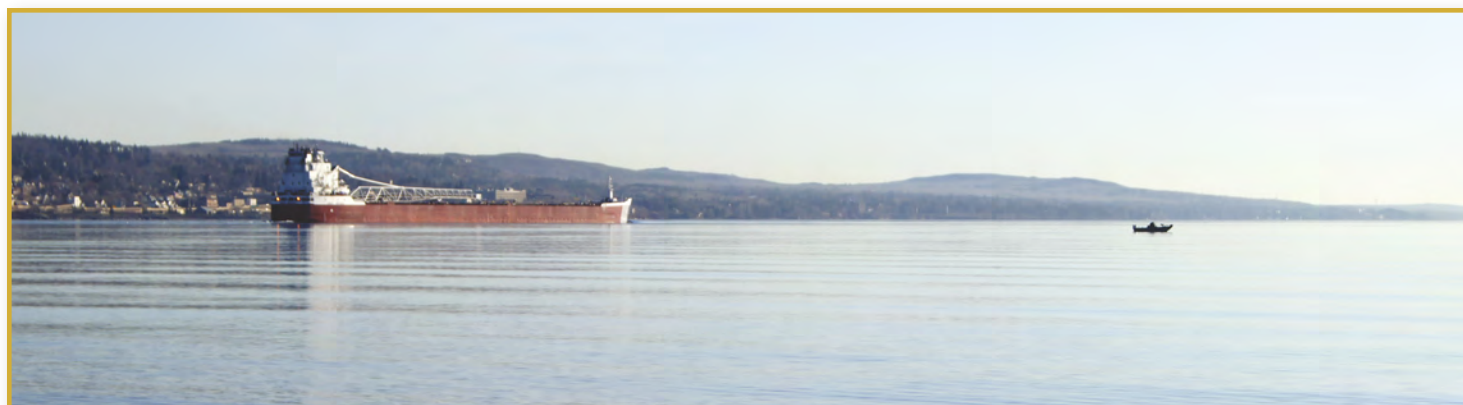
*Sister Maria Volk, Bishop Austin Vetter, and Sister Dorene King*

### **Sisters welcome new Associate**

On Monday, January 6, after Evening Prayer and before we processed down the cloister walk to the dining room, we welcomed Nelia as an Associate, a live-in volunteer. The Sisters joined her around the baptismal font as Prioress Sister Beverly Raway gave a blessing.

As an associate, Nelia will live, work, and pray with us. We are blessed to have her here.

If you are interested in becoming a live-in volunteer and experience life with the Duluth Benedictines, visit our website at [www.duluthbenedictines.org](http://www.duluthbenedictines.org) › Vocations › Becoming a Live-in Volunteer Associate, to learn more about the program.





### ***Monastery receives small grant to digitize audio/visual media***

In our archives are many types of media created with outmoded technology that can no longer be accessed. We were very glad to receive a grant from the Preservation and Outreach Division of the Minnesota Historical Society that will allow us to have the media transposed into digital format.

Sr. Luce Marie Dionne applied for the grant with the assistance of Karen Ostovich and Heidi Johnson of The College of St. Scholastica Library. We look forward to accessing some of this media in the near future.



### ***Sweet Grass in Penitential Rite***

On the Feast of the Baptism of Jesus, two women came to share an Ojibwe purification ritual for the penitential rite. Michele Hakala-Beeksma of the Grand Portage Band of Chippewas and Sharon Shuck of the Fond du Lac Band of Lake Superior Chippewa lighted braided sweet grass (weengush) in shells, and then wafted the smoke towards each person using an eagle feather. Each person then fanned the smoke towards the heart, the mind, the body, and then returned it to the heart.



*Above: Sweetgrass with statue of St. Kateri  
Below: Michele Hakala-Beeksma and Sharon Shuck*

The smoke of sweet grass is a symbol of purification and is used to cleanse the mind, body, and spirit.

Michele Hakala-Beeksma is a member of a Kateri Circle, whose members commit themselves to prayer, growing in faith, serving their community, and to the witness and intercession of St. Kateri Tekakwitha. Sharon Shuck joins us each Sunday for Eucharist. Fr. Tom Foster, our celebrant that day, is also a member of the Fond du Lac Band.



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*+Sister Mary Charles McGough's icon of St. Mary Magdalen telling the apostles that Jesus has risen. For this she is sometimes called the "Apostle to the Apostles".*

Our lay volunteers become part of our life as drivers or companions for Sisters with outside appointments. They welcome guests and callers at the Information Desk, add joy to our elders' lives on Benet Hall, bring their musical talents to our liturgies, serve as cashiers at Monastery Books and Gifts, work beside us to keep our gardens groomed and productive, and help organize and put on the 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 or email at [volunteer@duluthosb.org](mailto:volunteer@duluthosb.org).*

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

*If you prefer an electronic copy of Pathways,  
please email us at [monastery@duluthosb.org](mailto:monastery@duluthosb.org)*