

PATHWAYS



Newsletter of the Duluth Benedictine Sisters, Duluth, Minnesota

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PATHWAYS

NEWSLETTER
of the Benedictine Sisters

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Window in Chapel at St. Mary's
Medical Center.

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Chapel window reflected in baptismal font.

Dear Friends of the Monastery,

Life at the Monastery is overflowing with spirit-filled activity. Our ministries, as you can see in this issue, are flourishing and life-giving thanks to collaboration with our sponsored ministry partners, Oblates, volunteers, students from the College of St. Scholastica, and all of you.

We were most grateful for the celebratory events that filled our days and hearts with joy in the summer, including the ribbon cutting for our new St. Mary's Medical Center, the consecration of the Chapel, and the transfer of patients in July. In August, we celebrated our jubilarians and, in September, the transfer of sponsorship for our ministries to Duluth Benedictine Ministries, the latter occurring in a moving ceremony as part of a solemn Mass offered by Bishop Daniel Felton.

In October, our Community's year-long preparation for a Canonical Visitation culminated in a week-long series of conversations with the Sisters and a report on the health of the community. Besides looking inward at monastic life, we also looked outward again with gratitude for the support we have received from you.

Now we look forward to Thanksgiving, Advent, and Christmas, remembering all of you and your families and loved ones with prayerful gratitude. And we pray for peace all over the world.

The tragic events of October wrenched open our hearts as we witnessed the conflict in Israel and Palestine, the rising death toll from earthquakes and hurricanes, and the eruption of gun violence in Maine. At times like these, we turn to prayer for those afflicted, especially the victims and families who suffer so tragically, who happened to be in the wrong place when violence erupted.

In a search for a meaningful way to remain hopeful and to pray in solidarity with those in pain, I came across a spiritual practice created by Joyce Rupp. She designed it as a way to pray for and send peace to our loved ones, to the suffering ones, and to those who consider us their enemy. She suggests standing, looking out, preferably from a window facing East ... the direction of the sunrise and hope. With hands over your heart move your attention toward your inner being. Slowly, move further inward until you reach that place deep inside where Peace dwells. Allow your attention to move toward those for whom you wish to pray, especially those who may not be experiencing peace. Open your hands, and palm upward, extend them outward sending forth Peace from your heart to those in need. Repeat for each group of persons for whom you wish to pray. In conclusion she suggests a prayer for peace. I offer a shortened and slightly modified version of a Prayer for Peace by Pope Francis. You can find the full text on the United States Conference of Bishops' website.

Lord God of peace, hear our prayer! Grant us peace, teach us peace: guide our steps in the way of peace. Open our eyes and hearts and give us the courage to say: "Never again war!" Instill in our hearts the courage to take concrete steps to achieve peace. Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last, and may the words "division," "hatred," and "war" be banished from the heart of every man and woman. Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the words which always bring us together will be "brother" and "sister" and our way of life will always be that of: Shalom, Peace, Salaam! Amen.

Blessed Advent, the season of hope and peace,

A handwritten signature in cursive script that reads "Sister Beverly". The ink is dark and the signature is fluid and elegant.

Sister Beverly Raway, OSB



Responsory

by Sister Donna Schroeder

***Behold! I bring you glad tidings:
Our God and savior is coming.
God is coming and bringing salvation to all.
Let us Rejoice!***

These words are the community response to the reading of the Gospel at Evening Prayer (Vespers) before the First Sunday of Advent – the beginning of the Season of Advent. This response reminds us of the primary gift of Christmas: the coming of our Redeemer.

In our Morning, Evening and Midday Prayer we pray the responses – the *responsory* – to the readings for each liturgical season. Together they outline and emphasize the “bones,” the important messages of the season. The responses can be a rich source for *lectio divina* because of their origin in scripture and their theological relevance to the season.

The following morning our response to the reading, which will be a commentary on the Sunday Gospel, is:

***O God, guide us into the way of peace and love,
And give light to our darkness.
On that day a great light shall shine.
The Lord shall come in power and glory.***

In this time when peace is threatened in many places on the globe, this is a heart-felt prayer and stimulus for reflection. The whole of a liturgical prayer is loaded with gems, but at times I find responses such as these particularly helpful in stimulating reflection, following, as they do, psalms and a reading. The sacrifice of the Mass is also rich in seasonal treasures. You will be rewarded if you pay attention to the Responsorial Psalms, the Gospel Acclamations, and other short prayers that are specific for the day.

Though the responses are clearly the voice of a group, many are also very personal. At Evening Prayer on the vigil of the third Sunday of Advent the following response is used:



***Come to us, gentle and loving God.
We long for you, O God.
Open our eyes to your ways.
We long to see your face.***

The “us,” “our,” and “we” could easily be “me, my,” and “I”.

I do not know if many parishes have Vesper services during Advent, but monasteries do. It is good preparation for Christmas to attend Vespers, whether in a parish or at a monastery. If that is not feasible, there are also books available that would let you “do” Vespers, solo or as a family.

***Wishing you an enriching Advent
and joyous Christmas!***

Choose From Our Homes

by Sister Lisa Maurer

I remember that as a young child I was intrigued by a prayer that was prayed at the conclusion of the Rosary before Mass. I did not realize at the time that it was a prayer for vocations. I just remember the phrase “Choose from our homes those who are needed for Your work.” Little did I know that this prayer was about me and my family.

Growing up, my family was a typical Catholic family. We attended Mass regularly and prayed before meals. My brothers and I attended the parish Catholic school, the same one from which our parents graduated. Mom was a part of the Council of Catholic Women and a member of Christian Mothers. Dad was a Eucharistic minister and a lector, worked at all the parish functions, and taught in the Catholic school. Looking back, I see that our family life revolved around Church and school. Yet, it didn’t feel forced or over-the-top ... it felt natural.

I credit my parents for laying the foundation for my vocation. Their example of faithfulness, fidelity to the Church, their life of service, and their sending me to a Catholic school were the seedbed of my vocation. Often when asked about my upbringing and living my Catholic faith in my family I say it was “no big deal.” I mean that it in the same way that breathing is no big deal. Yes, we need it to live (so it is a big deal) but we don’t think about it every moment; we just do it. That was how we lived our Catholic faith in our home. It was what we did and who we were, day in and day out. In *Amoris Laetitia*, Pope Francis said that “the joy of love experienced by families is also the joy of the Church.” In other words, the dynamics of the family is reflected in the life of the Church and the life of the Church is reflected in families. There is a connection.

God has a big job for his Church in our world today. And this job needs families who are up to the task and willing to do their part. When in vocation prayers we pray, “Choose from our homes those who are needed for Your work,” do we mean it? How would we respond if our son or daughter came to us and said they were considering a vocation in the Church? Would we welcome and foster a vocation in our family? Vocations to the consecrated life or the priesthood, much like happy and holy marriages, are the fruit of healthy Christian communities, and often they find their start at home. If, in our homes, we are faithful to the Gospel, attending Mass, being people of prayer and service while helping young people and giving them the freedom to discern God’s call, then we should not be surprised when we see vocations arise in our families. In order for vocations to flourish and the harvest to be plentiful, the seedbed itself—the home—must be made of rich, fertile, fine soil. We need to pray fervently and encourage the faithful, so that our homes become a most excellent seedbed of vocations in the service of the Kingdom.

If you or someone you know wants more information about vocations, email vocations@duluthosb.org or visit duluthbenedictines.org/vocations



Tell Me More About Benedictine Oblates of St. Scholastica Monastery

by Jane Dolter, Obl.OSB



Sister Beverly Raway,
Prioress, and Jane
Dolter, Oblate
Director.

WHAT is an Oblate? Benedictine Oblates are ordinary people from all walks of life who seek to live extraordinary lives according to the Gospel and the Rule of St. Benedict.

WHY would I want to live according to the Rule of St. Benedict? The Rule of St. Benedict is a guide to living a balanced life as a Christian, honoring both prayer and work (*Ora et Labora*) and offering witness to Christ's transforming power. Its emphasis is on moderation and mindfulness, as one listens with the ear of one's heart.

WHO can be an Oblate? YOU are invited to consider being an Oblate if you desire to join with others who are seeking to discover God's unique design for living a purposeful and fulfilling life – adults of any age, any faith tradition, any gender, any walk of life, married, widowed, divorced, or single – you are welcome to explore with us.



WHEN and WHERE can I explore this option? Currently, the Benedictine Oblates of St. Scholastica Monastery gather on the 3rd Thursday of each month in the Monastery Chapter Room. If you are interested, we would be happy to guide you to our meeting place. Contact us by phone, email, or text message for more details. The 1:30 p.m. Oblate meetings also have a Zoom option for those who live at a distance.

You are welcome to join us for our scheduled events on the 3rd Thursday of each month.

- **Mass at 11:45 in Our Lady Queen of Peace Chapel at the Monastery**
- **Lunch immediately following Mass (about 12:30 p.m.). Please be sure to let us know at least 2 days in advance if you will be joining us for lunch so the kitchen can plan accordingly.**
- **Midday Prayer (about 1:10) in Rockhurst Meeting Room (attached to dining room).**
- **Oblate Meeting 1:30 - 3:00 p.m. in 3rd floor Chapter Room.**

You may choose to attend any or all of these events. Reach out to us for more information and/or join us on our meeting day. Our Sister liaisons are Sisters Lois Eckes and Jayne Erickson.

Our next Oblate gathering is scheduled for Thursday, December 21, 2023, at 1:30 p.m.

**Address: St. Scholastica Monastery,
1001 Kenwood Ave., Duluth, MN 55811**

**Oblate Director Phone Number:
218-391-4516**

**Oblate Director's email:
janedolter@msn.com**

Please Pray for Our Deceased Family and Friends

Frances Pickett 3/20/2023

Former Sister

Carol Ann Kelley 5/21/2023

Mary R. Greco 5/21/2023

Neale Roth 5/23/2023

Richard Hedman 6/2/2023

Marilyn Flannigan 6/7/2023

Judith Oleson 6/10/2023

Marie Makowski 6/12/2023

Wally Baker 6/23/2023

Franklin E. Court 6/24/2023

Thomas Barratt 6/28/2023

Charles Lemon 7/7/2023

John C. Hosler 7/7/2023

Kay L. Frank 7/30/2023

Former Sister

Eugene Volk 7/30/2023

Brother of Sister Maria Volk

Steve James Reno 8/4/2023

Mary Kutz 8/14/2023

Albin Loushine 8/14/2023

Malcolm McCutcheon 8/15/2023

Corrine Windus-Howard 8/19/2023

Susan Rice Hartley 8/24/2023

Eugene John Kotchevar 8/27/2023

Catharine Larsen 8/30/2023

Michael Koralia 9/2/2023

Charles Swanson 9/3/2023

Jeanne Marie Marshalek 9/15/2023

Thomas Robinson 9/19/2023

Mary Ann Salstrand 9/27/2023

Barbara Tourville 9/28/2023

Jackie Weum 9/28/2023

Oblate of St. Benedict

Rev. Lee Flaherty 9/29/2023

Carol Ann Calhoun 10/21/2023

Jacob Zollar 10/24/2023

Dr. Philip Eckman 10/29/2023

Joan M. Urbanski 11/2/2023

Rita Denny 11/11/2023

Sister of Sister Marie Therese Poliquin

Virginia Bronson 11/19/2023





Dawn Carrillo

Greetings from the Center for Spirituality and Enrichment!

We are thrilled to report that we have re-opened fully at the Center. Our public celebration of this took place on September 30 with *Welcome Home to the Center for Spirituality and Enrichment*. It was a lovely gathering of friends and some newcomers to the Center, all of us seeking deeper meaning, connection, and enrichment in our lives. We caught up on each other's lives, told stories, laughed together, toured the Center spaces, listened to wonderful music provided by faculty and students from the College, and enjoyed wine and delicious food. After three and a half years of pandemic and then the renovations at the Monastery, it was good to be together!

As we moved into our fall programming, we once again offered in-person events as well as continuing with some online (Zoom) offerings. We are working to convert our physical spaces at the Monastery so that we can offer videoconferencing capability for those who are not in close proximity to Duluth or who are homebound for any reason. The past three and a half years have deeply connected us to many people outside the Duluth area — even outside the United States — and we want to be able to continue to nurture these connections. Our dream is for all of our conference rooms to be able to offer fully hybrid events, in-person and through Zoom, so that all can participate.



CSE Open House

In the midst of these changes and challenges, we at the Center continue our varied and exciting programming, accessible, we hope, to all. We have multiple ongoing offerings, plus some special seasonal ones. We invite you to join us in any or all of the following enrichment opportunities:

Visio Divina prayer sessions (monthly)

"Fastening Ourselves in Shaky Times: Advent Wisdom from Isaiah 7-9" (an Advent retreat with Ted Lewis on December 2)

"An Advent Retreat: A Romance with God" (an Advent retreat series with Sister Mary Josephine Torborg beginning December 6)

Feminist Theologies Committee Book Discussion (monthly in-person gatherings discussing *Braiding Sweetgrass* by Robin Wall Kimmerer)

Christophany Reflection Group (held twice a month with reflection on the writings of theologian Ilia Delio)

Soul Collage Circle (held seasonally with introductory sessions as requested)

Centering Prayer groups (ongoing online prayer groups)

Spiritual Direction ministry (open to anyone who would like to have a companion walk with them on their spiritual journey)

Outreach programming (programming we create and facilitate for outside groups, organizations, parishes, and dioceses)

Please visit our website at retreatduluth.org or email dcarrillo@duluthosb.org for information on the Center, to sign up for our weekly emails, and to find out more about these ongoing and upcoming events and offerings. We have something for just about everyone! Settle into winter with one of our offerings and make way for the slumber of these cold months that will birth new life...

In the peace of Christ,

Dawn Carrillo

Director of the Center for Spirituality and Enrichment

Blessing and Opening of Replacement St. Mary's Medical Center

by Sister Therese Carson

The third week of July was memorable for all who are part of the health care ministry at St. Mary's Medical Center (SMMC) in Duluth. First, a little history. In 1888 the Sisters founded a hospital on 20th Avenue West in West Duluth, using buildings that had been intended for a seminary school. Duluth was small but grew quickly, and with frequent typhoid epidemics and injuries from mining, shipping, and logging the need for medical care outgrew the smaller 100-bed hospital. The Sisters built a larger hospital of approximately 200 beds in the heart of the city and moved into it in 1898. As Duluth grew, our mission grew with it, and healthcare at St. Mary's Hospital kept pace with advances in medicine. The facility, now called St. Mary's Medical Center and the flagship hospital of Essentia Health, was built in stages over the years and the structure was nearing the end of its usefulness. In 2019, after years of visioning and planning, Essentia Health broke ground for its replacement on property two streets downhill. Duluth has watched it grow from excavation in bedrock near lake level to 18 floors high above the city. The structure is wrapped with grey-green glass that is 'fritted,' covered with linear patterns that help prevent bird strikes. It holds 344 private patient rooms, surgical suites, the Birthing Center, support centers, offices, diagnostics – everything needed to provide the best care in a beautiful setting overlooking Lake Superior.



The inpatient tower rises in the background. In the foreground is the prairie garden, planted on the roof of the second tower that includes clinic space and surgical suites.

The 'legacy' hospital was made sacred by the work of all who brought healing in body, mind, and spirit, and by the prayers of employees, Sisters, and those whose lives were transformed in it through care. On July 30 all services were transferred to the replacement hospital, to be blessed by those who work there, and by those



Sister Kathleen Hofer spoke on the history of SMMC.

who come to receive competent and compassionate medical care. Two weeks before the transfer, it was also blessed in a series of rituals to mark the passing of mission to the new facility, to remember how we created this in a spirit of collaboration, and to bless the building and the chapel, its heart.

On July 18, about 150 employees and Sisters met in the 'legacy' St. Mary's Medical Center to symbolically transfer our mission of healthcare to its replacement. Bret Reuter, Director of Mission Integration,



Sisters and employees gather in the auditorium for the Mission Walk.

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Blessing and Opening of Replacement St. Mary's Medical Center *continued from page 9*



Sister Beverly Raway led the procession down the hill. She spoke on the sacred mission of health care, "caring for the sick as we would care for Christ." Sister Beverly Raway, Prioress, and two former Prioresses – Sisters Danile Lynch and Kathleen Hofer.

and Janice Schade, Senior Vice President of Hospital and Surgical Operations in the East Market, shared the reasons why people go into health care, which is demanding and sometimes thankless work. Sister Kathleen Hofer, who served as Chief Executive Officer of St. Mary's for decades, spoke of its vision and ministry. In closing she said, "We celebrate and are grateful for all St. Mary's staff and employees who have served in this building for their mission work and for the tremendous healing that has taken place here. Our commitment to our mission and to the people we serve is the core of our success. It is a legacy that

the work of all employed here. It will continue long into the future in our new St. Mary's Medical Center." Then all picked up a Benedictine cross or a sign printed with our mission and values, and together processed to the circular drive at the main entrance of the new building.

At the ribbon cutting on July 20, we heard how myriad people and organizations came together to make the Essentia Health Vision Northland dream a reality. Speakers included Essentia Health CEO Dr. David Herman, Prioress Sister Beverly Raway, and Bishop Daniel Felton (both of whom gave a blessing), Duluth Mayor Emily Larson, Governor Tim Walz, U.S. Senator, Amy Klobuchar (by video) and Minnesota Senator, Kari Dziedzic, Representative Greg Davids, and a union leader representing those who labored for 2.8 million hours to build this astonishing center. Dr. Herman

continued on page 11



Sisters Donna Schroeder, Pauline Micke, Mary Josephine Torborg, and Kathleen Del Monte by entrance of new St. Mary's.



This large Benedictine Medal was taken from the outside of the legacy St. Mary's and reinstalled over the main entrance.



Sisters Kathleen Hofer, Beverly Raway, and Clare Marie Trettel with other Essentia Health Board members at the ribbon cutting.

Blessing and Opening of Replacement St. Mary's Medical Center *continued from page 10*

acknowledged that the Medical Center is built on lands that had once belonged to the local Indigenous peoples and invited Ricky Defoe, an elder of the Fond du Lac Reservation and Pipe Carrier, to pray in Anishinaabemowin and make an offering of smoke while two members of the Drum Circle drummed and chanted.

The next morning, we were blessed to be present at the First Mass to dedicate the new Chapel and altar. Bishop Daniel Felton of Duluth concelebrated with retiring chaplain Fr. Tom Foster and incoming chaplain Fr. Gregory Okafer.



(Left) The rite began at the chapel doors, where representatives of those who had worked to design and build the hospital handed over the architectural drawings of the chapel to the Bishop. (Center) He then blessed the water of the baptismal font, and sprinkled it on walls, altar, ambo, tabernacle, and all present. (Right) After pouring Holy Chrism oil onto the altar at the four corners and in the middle, the Bishop spread the oil over the whole surface. He also anointed the four walls with chrism.



After the oil was wiped away, Sisters Jeanne Ann Weber and Sue Fortier laid a new altar cloth, which was sewn by Sister Josephine Krulc.



The Mass was concelebrated with the Bishop, Fr. Gregory Okafer the new SMMC chaplain (on right), and Fr. Tom Foster the retiring chaplain (off edge of photo).



After Holy Communion, the Blessed Sacrament was placed within the tabernacle and the sanctuary candle lit. This tabernacle came from the first Our Lady Queen of Peace Chapel at St. Scholastica Monastery; it will again serve those who come seeking the presence of God.



At the end, Fr. Gregory spoke briefly about beginning his ministry as chaplain at St. Mary's. We are blessed to have him.



Fifteen Sisters came to serve at and witness the Dedication of the new Chapel. May it be a blessing to all who come, of all faiths and traditions, to find solace and healing in the presence of God.

From left to right: Sisters Dorene King, Beverly Horn, Therese Carson, Mary Josephine Torborg, Lois Eckes, Kathleen Hofer, Jeanne Ann Weber, Claudia Cherro, Kathleen Del Monte, Theresa Spinler, Sue Fortier, Danile Lynch, Clare Marie Trettel, Beverly Raway, and Pauline Micke.

Sister Elizabeth Farias

by Theresa Butler, Development/Public Relations Administrative Assistant



Elizabeth Farias at Lago Maracaibo, Venezuela.

God calls each person in different ways and at different times in our lives. Sister Elizabeth Farias answered her call to religious life after retiring from her first career as a teacher. And what an amazing journey she has had and continues to have as a Duluth Benedictine Sister!

Elizabeth Farias is the third of four children born to parents

John and Margaret Dahm in Early, Iowa where she grew up on a farm. Her foundation of faith was planted early by her parents and her parish and school community. Her family belonged to Sacred Heart Parish and she attended Sacred Heart School through 12th grade. Elizabeth prayed the rosary daily with her family and participated in other activities at their parish. Although she had Milwaukee Franciscan Sisters as teachers, the thought of a religious vocation did not enter her mind at a young age.

After high school Elizabeth chose to continue her studies at Mount St. Scholastica in Atchison, Kansas (now Benedictine College). She received her bachelor's degree in Spanish in 1962 after spending her junior year in Spain. Already in her undergraduate studies she was at a Benedictine college. Little did she know that later she would become a Benedictine Sister. Originally interested in library science, Elizabeth decided on a Spanish major. Studying languages intrigued her as her high school did not teach languages other than English. She later went on to get her Master of Arts in Spanish from St. Mary's College in Winona (now St. Mary's University).

After studying Spanish for four years, Elizabeth signed up to teach Spanish for two years in Venezuela. She recalls that although she was the 6th and 7th grade Spanish teacher, the students in turn taught her a lot

of Spanish vocabulary! She taught at several schools, including in Venezuela, before she spent the majority of her teaching career at Apollo High School in St. Cloud, Minnesota. All together she taught Spanish for over thirty years.



Elizabeth Farias and mother.

In 1999 Elizabeth retired and went back to her hometown of Early to help care for her mother. This was a fulfilling time: she was able to return to her farming roots and spend time with family. After her mother died in 2003, Elizabeth stayed in the area and was an adjunct Spanish professor for several semesters, teaching Spanish 101 at Buena Vista College (now Buena Vista University). Driven to find a program where she could be a full time volunteer on a permanent basis, she looked online and found various volunteer programs, including in Appalachia and the south, but settled on St. Scholastica Monastery in Duluth. Sister Grace Marie Braun, who was the director of the Monastery Benedictine Associates at the time, was very positive, prompt, and supportive of Elizabeth joining and serving as an Associate. This was the foundation of her eventually becoming a Sister.

As a Monastery Benedictine Associate, Elizabeth served a six month term starting in September 2009 and returned home to her house, dog, and garden in the spring. As a volunteer, she had felt a great sense of peace and so was happy to return the

Sister Elizabeth Farias *continued from page 12*

following fall. When she asked for a third term, she was told all of the positions had been filled. She was sad, for she enjoyed being at the Monastery and had made friends with the Sisters, and a few had seen a religious vocation in her. She recalled, "I loved the community life and the prayers, and the Sisters were so welcoming. Offered the opportunity to become a postulant, she jumped at the chance.

Elizabeth entered as Sister Elizabeth on September 1, 2011. She made her first vows on July 11, 2013 and final vows on July 11, 2017. She says, "It seemed to make sense, becoming a Sister. I don't know where I could seek God any better than at the Monastery." She is grateful for the beautiful examples of Sisters who served as models of faith for her.

Sister Elizabeth has served as the Director of the Spiritual Resource Center at the Monastery since 2013. She appreciates the opportunity to select books, magazines, and Vatican documents for the Sisters' use. She serves as lector and sacristan at Mass, and lector, prayer leader, and soloist at Morning and Evening Prayer. She helps with liturgy planning, preparing weekly

schemas with music of the season. She is the Director of Monastery Books & Gifts and recently formed an Advisory Board for it. She also represents the Community as a Delegate for the Monastic Congregation of St. Benedict.

Sister Elizabeth enjoys growing vegetables in raised beds in the Monastery garden court: sugar snap peas, carrots, and greens among others. Through this work she feels close to the earth and God and is connected to her childhood on a farm. "It's so exciting to start with tiny seeds and see them grow into tiny plants, and then into vegetables!" She likes to share them with her Community.

Sister Elizabeth also chooses the movie and prepares popcorn for our Friday movie nights. She looks for movies that have a positive message, are nonviolent, and are interesting for the Community members. When she thinks the Sisters need some laughter, then she chooses a funny movie such as *Ratatouille*.

Sister Elizabeth chose as her patron Saint Elizabeth of Portugal who was a peacemaker in her family and country, and was the grandniece of Saint Elizabeth of Hungary. St. Hildegard is another who inspires Sister Elizabeth, and of course Saints Benedict and Scholastica. Her favorite Scripture passage is Psalm 23: "My Shepherd is the Lord and there is nothing I fear."

Sister Elizabeth has some words of wisdom for anyone considering religious life: "Come and check it out. If it is not for you, you will find that out."

We are grateful for Sister Elizabeth's firm "Yes!"



Sister Elizabeth curates the Community Spiritual Resource Center.



Always the farmer, Sister Elizabeth raises vegetables in three raised beds in the garden court, safe from deer.

Supporting Catholic Education:

...at The College of St. Scholastica

At the beginning of the fall semester, Sisters give a traditional blessing at the Saints' Institute commissioning of college administration, faculty, and staff.

September is also the beginning of the year's gatherings of Benedictine Friends Across Campus, where Sisters and students meet to build community across campus through large group activities as well as small gatherings. Some Sisters have become mentors and formed life-long friendships.



Sisters give a traditional blessing at the Saints' Institute commissioning of college administration, faculty, and staff.



Sister Claudia Cherro (second from left) and Sister Jo Krulc (end of table) with new friends.

... and at Diocesan Parochial Schools

At the start of the school year, Sister Lisa Maurer gave a presentation to the Catholic school teachers during their fall workshops about the "Grace of Perseverance." Wade Mathers, Director of Schools for the Diocese said, "Sister Lisa is an energetic, passionate presenter. She was able to present the virtue of perseverance in a way that was down to earth and easy to grasp, yet at the same time caused the audience to challenge themselves internally to grow in this virtue. She did this while keeping the Lord at the center."



Sister Lisa Maurer mingling with teachers.

Spirituality



Sister Jayne Erickson

Sister Jayne Erickson has studied to be a Life Coach through Leadership and Life Coach Training for Women in Faith-Based Ministries, a program accredited by the ICF (International Coaching Federation). As a life coach, she partners with people to help them identify their passions and goals, look at their strengths, and utilize their skills to reach greater fulfillment in life. Prior to life-coaching, Sister Jayne was privileged to walk alongside people on their life journeys, serving families as Youth/Children's Minister and Elementary School Educator. "I want to help people explore where and how God is calling them by raising the awareness of what is deep inside each and every one of us."

If you are seeking a more fulfilling and joyful life, get in touch with Sister Jayne at (319) 290-2089 or email jayneerickson@duluthosb.org. Sister Jayne can life coach via Zoom if you are not nearby.

Supporting Healthcare:

... at the Benedictine Leadership Conference



Sister Beverly Raway participates at the CEO Town Hall meeting at the Benedictine Annual Conference. L to R: moderator Dr. K. Shelette Stewart, Jerry Carley, Benedictine CEO, Sister Beverly Raway, and Lori Collard, Chair of Duluth Benedictine Ministries (DBM) governing body.

Jerry Carley presented the 2023 Benedictine Distinguished Leadership Award to Sister Beverly Horn. She was recognized for her years educating nurses as a faculty member of The College of St. Scholastica, at the University of Washington, Seattle and Wayne State University. Among her many accomplishments, she also co-founded and served as the executive director of the Transcultural Nursing Society.

Each year the Sisters look forward to attending the Benedictine Annual Leadership Conference. The conference took place September 13-15 in Duluth at the DECC (Duluth Entertainment Convention Center). The Sisters love partaking in this event and appreciate that it is held so close to their home.



Sister Beverly Horn and CEO Jerry Carley at the award presentation.

... at Essentia Health as Volunteers

Sisters Claudia Cherro and Therese Carson bring Holy Communion to patients at St. Mary's Medical Center. At this year's Volunteer Recognition dinner, they led a prayer of thanks based on the Gospel of Matthew.

"...God will say to you who volunteer your time, your compassion, and your very self: Come, you who are blessed. For I was a stranger in town, and you welcomed me. I was alone and you befriended me. I was anxious and you gave me a smile and kind words. I was lost and you showed me the way. I couldn't walk so you pushed my wheelchair. I missed my dogs and you brought yours for me to cuddle. I was born premature, and you rocked me and sang a lullaby so Mama could sleep. My friend died, and you stood by me while I wept. I was frustrated and you listened with compassion. I was sick, and you supported my care team as they took care of me. I needed to talk, and you sat and listened. I needed to feel God close to me and you prayed with me and brought me Holy Communion. For as often as we do this for one another, we do it for God."



Sisters Therese Carson and Claudia Cherro.

Supporting Needs of Women and Children through the Women's Care Center



Sister Lisa Maurer and Fr. Jacob Toma toss the coin.

Sister Lisa Maurer is the Board chair for Women's Care Center in Duluth, which provides a supportive, nonjudgmental environment for women who face challenges in continuing their pregnancy. Their mission is to help women choose life, have healthier pregnancies, become better parents, and learn self-sufficiency. On October 17, Sister Lisa was Master of Ceremonies at the Night4Life. The event raised over \$75,000 for the Women's Care Center.

The Sisters are strong supporters of the Women's Care Center. This year, three Sisters joined Sister Lisa at the Night4Life.



Sisters Claudia Cherro, Therese Carson, Lisa Maurer and Jo Krulc.

Supporting Those in Poverty



The annual Chum Duluth fundraiser event was also on October 17 at the DECC, celebrating its fiftieth anniversary of service to the impoverished and marginalized. Chum provides necessities, fosters stable lives, and organizes to help create a just and compassionate community. Sister Kathleen Hofer is the honorary co-chair of the 50th anniversary of Chum. She is pictured standing next to Deb Holman, Street Outreach coordinator, as she picks the lucky winner of a handmade quilt.

Sustainability and Stewardship: Solar Photovoltaic Array Goes Live



As one of the last pieces of the Monastery renovation project, we added PV (photovoltaic panels) solar panels on the roof of the Sisters' garage. Although the energy produced by these panels will not be enough to supply all of the needs of our newly renovated home, the electricians told us that on bright days we can safely say that our lights are being powered by the sun! The system went live on October 9 and on the first day produced 10,000 watts of electricity. A monitoring system has been installed to allow tracking of its production.

Sustainability and Stewardship: Removal of Invasive Plants



A group of volleyball players helped clean the beds in front of the chapel and Stanbrook, removing weeds and cutting back perennials. Sister Theresa Spinler (second from left) and Michele Naar-Obed (front center) guided them.

On October 4, students from The College of St. Scholastica worked in teams on many projects with the Sisters as part of Community Day: cleaning the Chapel, pulling weeds, clearing gardens for winter.

At Benedictine Living Community next door, a team of about 20 students, two instructors, and one Sister cleared invasive buckthorn from a grove of spruce trees next to residents' windows.

Community Day helps students learn how to live their Benedictine values and build a spirit of community and shared purpose.



Sister Jo Krulc partnered with a student to extract buckthorn using lever and mattock. The spruce grove was cleared of invasive buckthorn, leaving only a few behind.

Supporting Our Twinning Communities – Sister Gaudensia's School and Bus

Our Community has close relationships with Benedictine communities in Chile and Tanzania. Young Sisters from Tanzania live with us for several years while they complete their education at The College of St. Scholastica, bringing with them joy and new ways of thinking. Sister Gaudensia Mwanyika came in 2007 and, after completing a master's degree in education in 2014, returned home to found a private Catholic school that supports both traditional students and those who are not allowed to attend public school because of disabilities. She has returned to Duluth a few times to raise money for new buildings and facilities. In December 2022, she came seeking donations for an additional building and a larger school bus. We are happy to report that, thanks to your generous help, the bus is ferrying students to and from school, and the classrooms are in use. Sister Gaudensia now has 400 students in her school and will add 9th grade in January of 2024.



The new classroom under construction.



A new school bus for Sister Gaudensia's school.

Sisters Transfer Sponsorship to Duluth Benedictine Ministries

In June 2022, after twenty years of discernment and four years of concerted effort, the Duluth Benedictines submitted a petition to the Vatican for transfer of sponsorship from the Benedictine Sisters to a 'Ministerial Public Juridic Person' which would be called Duluth Benedictine Ministries. An MPJP in canon law is similar to a corporation in civil law. Approval was made official on December 8, 2022.

This transfer allows our Community to share oversight of the educational and healthcare institutions that we founded. Duluth Benedictine Ministries (DBM), whose membership consists of both Sisters and laity, will help maintain our legacies in healthcare and education into the future, ensuring that they adhere to their Catholic identity and the Benedictine charism.

On September 28, 2023, sponsorship was ceremonially transferred to DBM at a Solemn Mass, celebrated by Bishop Daniel Felton in Our Lady Queen of Peace Chapel. After the homily, Sister Beverly Raway, Prioress, commissioned Lori Collard as chair of the Governing Body of DBM. Ms. Collard then accepted the formal commitments of the canonical stewards, DBM leaders, and the presidents/CEOs and mission leaders of each sponsored institution. Each was presented with a pin with the new DBM logo.

'Canonical stewards' is a new term coined by the Vatican for what we would ordinarily call governing board members. Five Sisters and four lay men and women serve in this capacity, with leaders of our sponsored ministries as ex officio members.

The sponsored institutions are Benedictine (formerly Benedictine Health System); The College of St. Scholastica; St. Mary's Health in Cottonwood, Idaho; St. Francis Regional Medical Center in Shakopee, Minnesota; and the Catholic entities of Essentia Health. These last include St. Mary's Medical Center and Polinsky Medical Rehabilitation Center in Duluth, St. Mary's Hospital in Superior, St. Joseph Medical Center in Brainerd, St. Mary's Hospital in Detroit Lakes, and Holy Trinity Hospital in Graceville.

Bishop Daniel was instrumental in obtaining the support of the bishops in the fifteen dioceses where our sponsored ministries are located and has supported us with his prayers and practical help.



Lori Collard, Sister Beverly Raway, and Bishop Daniel Felton with the official letter of approval from the Vatican.



Bishop with Leaders and Canonical Stewards of DBM, and the CEOs/President and Mission Leaders of sponsored ministries.



Pins with the logo of Duluth Benedictine Ministries.

We Recognize and Thank Our Volunteers

On May 11, with Covid restrictions at last lifted, we were able to thank our volunteers in person for their many years of dedication to our Community and honor those who are celebrating milestones.

Five years: *Not present: Sharon Captain, Mary Gallet*



Patrick Kearns



Ramona Kruchowski



Michele Naar-Obed



Greg Boertje-Obed



Gerry McGraw



Lisa Roseth

Ten years:



Meg Kearns



Linda Senta

We are blessed with many lay volunteers who drive or accompany Sisters to appointments, greet visitors at the Information Desk, bring joy to our elderly Sisters on Benet Hall, sing and play at our liturgies, keep the gardens beautiful and welcoming, assist in giving retreats, and in many other ways help us in our ministries.

If you would like to share your time with the Sisters as a volunteer, please contact Kathy Noble or Mary Tanner, Volunteer Coordinators, at (218) 831-7061 or (218) 343-3589 or email: volunteers@duluthosb.org.

Fifteen years: *Not present: Meridith Schifsky*



Marianne Connelly and Mary Bridget Lawson



Koresh Lakhan



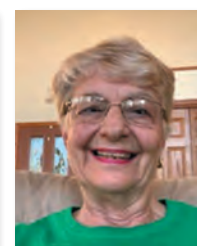
Lyle Johnson



Karen Ostovich



John Schifsky



Therese Campbell

20 years: *Not present: Sue Anderson*



Jude Collins



Mary Tanner

25 years:



Sue Walkoviak

30 years:



Becky Urbanski and Scott Junkert

Sisters attend “55 and Under” Conference

This summer Sisters Lisa Maurer and Gretchen Johnston attended “55 and Under” at Immaculata Priory, home of the Missionary Benedictines of Tutzing in Norfolk, Nebraska. This conference gathers younger Benedictine Sisters to conduct a process of collaboration, visioning, and future planning. As part of the conference, they prepared meal packets at Mission Meals, an international nonprofit that brings basic nutrition to the starving with nutritious soybean flakes, rice, dried vegetables, vitamins, and dehydrated chicken stock.



On far right, Sr. Gretchen Johnston (in back) and Sr. Lisa Maurer.

Jubilee Celebrations

On Saturday, August 12, four Sisters celebrated their 60th Jubilee in Our Lady Queen of Peace Chapel with Mass and the renewal of their promises.

After the Homily, the Jubilarians stood before the altar, hands raised in the ancient posture of prayer, and three times sang the *Suscipe*, the monastic’s declaration of her complete trust in God:

Receive me, O Lord, according to your word and I shall live, and do not fail me in my hope.

The whole Community responded:

We have received, O Lord, your mercy in the midst of your Temple.

The *Suscipe* is also sung at the time of Perpetual Monastic Professions and, by a representative of the Sister, at the end of life as part of the Wake Service.

The Jubilarians then read their promises of stability, fidelity to the monastic way of life, and obedience. Promises of poverty and chastity are part of the Benedictine way, but stability, fidelity, and obedience are specifically promised because together they build up a living Community, in service to each other and to all God’s people. After each signed her renewal, the Prioress countersigned it.

Two Jubilarians were unable to be with us at the Eucharist. Sister Johnetta Maher celebrated her 80th Jubilee with Sisters in our Benet Hall assisted living center, and more formerly in September. Sister Arlene Kleemann celebrated her 60th Jubilee in Chicago.



From left to right are Bishop Daniel Felton, Prioress Beverly Raway, and Jubilarian Sisters Jeanne Ann Weber, Renata Liegey, Sue Fortier, and Luella Wegscheid.



The Suscipe

Sister Johnetta Maher's 80th Jubilee



Sister Johnetta was unable to be at the August Jubilee celebration, and so renewed her monastic profession on September 16 in the Rockhurst dining room in the presence of her Community and four nephews with their wives.

She smiled as Sister Beverly Raway read her renewal of promises, content to let another speak for her, and happy to be with her beloved family again.

Her guests were (left to right): James and Sheila Vidmar; Dan, Cindy Vidmar and daughter Brigit; John and Janet Vidmar, and Thomas and Kathi Vidmar.



Open House for Center for Spirituality and Enrichment

On September 30, the Center hosted an open house, "Welcome Home to the Center!" where guests could mingle, connect with friends, and learn about programming as were-open fully after Covid precautions.

The Center will continue to offer retreats and programming by Zoom, reaching those in Duluth and the outside area, but will begin more in-person offerings.



Dawn Carrillo, CS&E director, welcomes guests.

Celebrating Creativity



Celebrating Creativity was held in July at the Monastery. This event for children going into the 5th and 6th grade was facilitated by St. Dorene King and Margaret Johnson (a high school sophomore). Margaret attended two summers of the program as a participant.

The Sisters Welcome Guests to Their Open House

Four years after our last Open House in 2019, we were so happy to invite our friends and supporters back for a Sunday afternoon together on September 24. Your presence made the foggy and rainy day feel like sunshine. Thank you for your love and support. You are a blessing to us.



Sr. Donna Schroeder (right) with her sister, Debra Oakes.



Sr. Beverly Raway (center), with her brother-in-law, Herman Meyers, and her sister, Marlene Meyers.



Sr. Marie Therese Poliquin, Joan Tousignant, and Judy Sausen.



Donald and Linda Lucachick.



Irene Moser and Gretchen Moser Patten.



Pat and Robert Diesen.



Sisters Jo Krulc and Lois Eckes visit with guests.

Many guests took tours of our renovated Monastery: the halls, offices, and even our living quarters. Though the heavy rain the previous night shorted out the elevator that leads to our fourth floor where most Sisters live, they were able to visit our offices on third floor. Those who could manage stairs also toured the fourth floor and got a glimpse of how Sisters have arranged their new rooms after the renovation.

We look forward to hosting everyone next autumn. Start praying for better weather!

Canonical Visitation

In early October, five Sisters from three other Benedictine Communities came to conduct a Canonical Visitation, which is held every six years. Its purpose is to determine how we are living according to the Rule of St. Benedict, the norms of the Congregation of St. Benedict, and our own policies. The Visitors read through the written record of the past six years and then met with Sisters in leadership positions, committees, the leaders of our sponsored ministries, and any individual Sister who wished. Out of this came a list of commendations and recommendations. During the week, they joined us for recreation, playing a noisy game of dominoes and praying Compline together.



Sisters Jane Becker, Colleen Quinlivan, Nicole Kunze, Karen Streveler, Beverly Raway, and Nancy Bauer.



Sisters Renata Liegey, Beverly Raway, Nancy Bauer, Dorene King, Colleen Quinlivan, Theresa Jodocy, Josine Krausnick, and Elizabeth Farias play Mexican Train.

Meet Fr. Corbin Eddy

We are blessed to have a new resident chaplain at the Monastery: Fr. Corbin Eddy, who is a retired diocesan priest from Hancock, Michigan. After retiring as adjunct instructor of Communications at Finlandia University in Hancock, he was ready for a change. He had come to St. Scholastica Monastery for occasional personal retreats and investigated options for living and ministering in Duluth. After deciding to move to Duluth, he sold his home with its beautiful gardens and moved into a small apartment in Stanbrook.

He serves on the chaplaincy team at the Monastery, The College of St. Scholastica, and the Benedictine Living Community. Much to the delight of dog and cat lovers, he blessed pets on the Feast of St. Francis of Assisi.



Fr. Corbin Eddy and his Yorkie, Jasper.



Fr. Corbin blesses pets on the Feast of St. Francis in front of the Chapel.

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