

# PATHWAYS



NEWSLETTER OF THE DULUTH BENEDECTINE SISTERS, DULUTH, MINNESOTA

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OUR LADY  
of

SNOWMASS

# PATHWAYS

NEWSLETTER  
of the Benedictine Sisters

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Icon on front cover is *Our Lady of the Snows*  
by Sister Mary Charles McGough

## THOUGHTS FROM THE PRIORESS



### Dear Friends of the Monastery,

“The wilderness will lead you to your heart where I will speak” (Hosea 2:14). This beautiful musical phrase from our recent liturgy lingers in my thoughts, reminding me of how God speaks in the silent beauty of nature. On a perfect late October day in Duluth, I felt a gentle pull to visit Hawk Ridge, one of my favorite autumn retreats, to witness the wonders of the fall migration. On our monthly day of prayer and reflection, a day of quiet contemplation, I wondered if I would find the stillness my soul longed for.

When I arrived, Hawk Ridge was alive with birders, all gazing skyward in anticipation. I found a comfortable rock to sit on, settling into my surroundings. The vast blue lake below, sky above with hazy clouds, the white birch trees, and yellow leaves swirling to the ground filled the hillside. After some quiet minutes, I noticed the watchers raising their binoculars with excitement. And then I saw them, majestic eagles, both mature and young, soaring overhead, joined by a Rough-legged and a Red-tailed hawk, kettling together in graceful arcs. As more eagles joined, excited sounds rose from the watchers, a sight well worth the patient wait.

Nearby, a volunteer at the naturalist station measured the ‘wingspan’ and wrists of two children. Statistics recorded, he ‘banded’ and ‘released’ them to their parents. Captivated by this innovative way of engaging children in the migration and bird banding process, I marveled at the wonderful lessons learned about the preciousness of life, the interconnectivity of life with all creatures, and the seasons in the circle of life.

We, too, live in seasons, and the season of Advent is upon us once again. Amidst the swirling challenges of our times, election anxieties, darkening days, and the chill of approaching winter, a quiet longing returns to our hearts for peace, calm, and hope. Advent calls us into a season of waiting, and I hear the melody of “Patience, People” in my heart and mind. Hope is born once again as we prepare for the Light that emerges from darkness, illuminating our lives with the promise of renewal and joy.

We remember you and your families with deep gratitude for your kindness to us. May peace and love encircle you this Advent season.

Blessings from all the Sisters,

*Sister Beverly*

Sister Beverly Raway, OSB

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*Patience, people, till the Lord is come. See the farmer await the yield of the soil.*

*He watches it in winter and in spring rain.*

*Patience, people, for the Lord is coming.*

*Patience, people, till the Lord is come.*

*You have seen the purpose of the Lord. You know of His compassion and His mercy.*

*Patience, people, for the Lord is coming.*

*Patience, people, till the Lord is come.*

*Steady your hearts for the Lord is close at hand. And do not grumble, one against the other.*

*Patience, people, for the Lord is coming.*

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*– From the St. Louis Jesuits’ album *Gentle Night*  
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*#A-704167*



Photo by Sister Beverly Raway

# Reflection for Advent: Becoming a Peacemaker

by Sister Therese Carson

On the First Sunday of Advent, we listen to Jesus' prophetic words from the Gospel of Luke: "There will be signs in the sun, the moon, and the stars, and on earth nations will be in dismay and people will die of fright in anticipation of what is coming upon the world, for the powers of the heavens will be shaken. ... Be vigilant and pray for the strength to escape the tribulations that are coming and to stand before the Son of Man." A fearsome prophesy, indeed, but also a promise that Christ will be with us, whatever comes.

For millennia, people have been seeing the Apocalypse in war, famine, or plague. As I write this in November, we watch in disbelief as another war threatens to encompass the whole Middle East and perhaps beyond. We grieve for civilians who are dying – what we coldly term 'collateral damage' – and again hear the end times prophesied. And I think about World War II, where indeed the world appeared to be ending.

This past summer at my family reunion, we toured one of the last Landing Ship Tanks – LSTs – from that war. Our father served on an LST as pharmacist mate, the naval equivalent of medic. In the Normandy invasion his ship brought soldiers, tanks, and jeeps to Utah Beach and returned to England with the wounded, five roundtrips in all. We know this because of a yellowed newspaper article from July 1944 when he was interviewed while on leave, and from rare comments he let slip. Sent to the Pacific Theater until 1947, he was part of the occupation force in Nagasaki where he saw first-hand the human cost of nuclear war. He said, "There were a hundred thousand people dying. We didn't know what was wrong with them and we couldn't save them." It left him with a simmering rage against those who say violence is a valid solution to our squabbles. He

told me once that the only way of honoring veterans is to never send our young people into another war.

In this time of Advent, as we prepare to welcome Jesus into our hearts, it is hard to reconcile our joy with today's realities. And we remember that Jesus was born into a violent world. As an infant he was sought out for destruction, and he and his parents became refugees. As an adult he was misunderstood and

hated by those in power and was finally executed for threatening the stability of the Roman Empire. Since then, we have used his name to justify war, enslave other peoples, and kill those of different faiths.

But Jesus calls us to a higher standard: to love our enemies, resolve our differences, welcome refugees as neighbors, and work for their welfare. "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven" (Matthew 5:43-45).



St. Teresa of Calcutta  
by Sister Mary Charles McGough

So, this Advent, let us withdraw into silence and "listen with the ear of our hearts." Let us be open to God's still, silent voice showing a better way. Let us embrace our enemies and turn them into friends. Use as our example St. Teresa of Calcutta, who brought the love of Christ to the poorest, one person at a time. When we practice that daily, we begin, as Henri Nouwen said, to radiate the peace of Christ. And when we are peacemakers, our actions give witness to this inner peace.

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*"Pray unceasingly for the strength to survive all that is going to happen and stand with confidence before the Son of Man" (Luke 21:36).*

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# Vocations and the Eucharist

by Sister Lisa Maurer, OSB

In 2022, the Bishops of the United States officially launched the National Eucharistic Revival to inspire and prepare the People of God to be formed, healed, converted, united, and sent out to a hurting and hungry world through a renewed encounter with Jesus in the Eucharist – the source and summit of our Catholic faith. The Revival is a direct response to the Holy Father’s call for a “pastoral and missionary conversion which cannot leave things as they presently are” so that the Church in the United States might be “permanently in a state of mission” (Evangelii Gaudium, 25). This makes it the perfect time to talk about vocations and the Eucharist!

Vocations are all about a permanent state of mission (being open to and available for the work of God in the world today) and it is said that very often vocations begin with the Eucharist. Surely vocations in the Church are developed through the Eucharist and are preserved by the Eucharist. All of this is true because the Eucharist is Jesus Christ, still on earth, working in and through men and women whom He calls to share in his life.

The Eucharist is meant to be the “source and summit” of the life of each Christian (Catechism of the Catholic Church, 1324). If we desire renewal in our own lives and to enjoy an abundance of vocations to religious life and the priesthood, we should repeatedly turn to the Eucharist. A heart-to-heart experience with Jesus in the Eucharist is bound to make an impact on our lives, realign our priorities, and prepare our hearts to say “yes” to however we are being called.

Pope John Paul II, in his message for the XXXVII World Day of Prayer for Vocations, reflected on the centrality of the Eucharist as the source of vocations in the Church. He emphasized how the Eucharist is the mystery of Christ alive and through which Jesus continues to call people to follow him. He reminded us that the Eucharist is not only a sacrament but also a source of inspiration and guidance for those seeking their vocation in the Church and accentuated the importance of responding generously and



*Adoration Chapel in Sister Lisa’s home parish. This is the chapel in which she prayed and discerned her vocation. She took this photo after she made her First Profession. Note the bouquet of flowers she left below the Blessed Sacrament in thanksgiving.*

courageously to God’s call. This generosity and courage, he said, comes from the Eucharist.

My own vocation was realized through a personal relationship with Jesus in the Eucharistic. I know that attending daily Mass and participation in Eucharistic Adoration played a big role in my call. My desire for religious life was nurtured and my closeness to Jesus grew through these Masses and times of adoration. It was through the Eucharist that I clearly heard Jesus calling me to be his own and dedicate my life to him as a consecrated religious. It was through the Eucharist that I was able to say “yes.” And it is through the Eucharist that I am able to continue my “yes” day after day.

By living our lives in relationship with Jesus in the Eucharist, we ourselves become the Body of Christ and are able to be all God dreams us to be. Whether we are called to priestly, religious, single, or married life, the Eucharist must be the source from which we draw our strength and inspiration guiding us on our journey to fidelity to God’s call.

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*If you or someone you know wants more information about vocations, email [vocations@duluthosb.org](mailto:vocations@duluthosb.org) or visit [www.duluthbenedictines.org/vocations](http://www.duluthbenedictines.org/vocations).*

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# OBLATE UPDATE

by Jane Dolter, ObIOSB, Oblate Director

*Oblates are Christian laypeople of any age and Christian faith tradition who seek a deeper relationship with God. For Benedictine Oblates, this means following the ancient principles and practices of the Benedictine monastic way of life. We study and ponder the Rule of St. Benedict with its emphasis on prayer, silence, obedience, community, and humility. The Rule is a guide for living a Christian life within parishes or churches, and in our families, workplaces, and in the world.*

The Oblates meet on the third Thursday of the month at the Monastery. Meetings begin with Mass at 11:45 in Our Lady Queen of Peace Chapel. Mass is followed by lunch with the Sisters, Midday Prayer, and our Oblate meeting, and concludes with coffee/snacks with the retired Sisters on Benet Hall. We encourage an RSVP for lunch.

Contact Jane Dolter, Oblate Director, at [janedolter@msn.com](mailto:janedolter@msn.com) or (218) 391-4516 for more information about becoming an Oblate.

## Oblate Reflections

### CASEY BRISSETT

For me, being an Oblate means:

- I have a path to follow.
- I am not alone.
- I can rely on those who have gone before.
- I am participating in something bigger than myself.
- I am part of a worldwide community.
- I am a seeker among seekers.
- I have spiritual resources.
- I have spiritual guides.
- I have direction.
- I am one part of many.
- I have gifts to offer.
- I am part of a worldwide, enduring monastic tradition.

### THOM CHARTIER

For me, being an Oblate means:

“Being an Oblate of St Benedict at St Scholastica Monastery is a rewarding and wonderful spiritual growing experience. It is a blessing to be part of a Christian community that is supporting my life’s journey.”

### LORI BARNSTORF

For me, being an Oblate means:

“I have felt close to this Benedictine community since I had Sisters as teachers in grade school. So, when in my 20s I was looking to enrich my faith beyond attending Mass, it was completely natural for me to turn to the Sisters at St Scholastica. I have been a Benedictine Oblate for just over 40 years. Being an Oblate adds a sense of community to my life. I value hearing other Oblates’ stories about their faith journey.”



# Sister Jayne Erickson, OSB, PC, Certified Professional Life Coach



Recently certified in Leadership and Life Coaching through Benedictine Coaching of Pittsburgh, Sister Jayne would love to accompany you on a journey toward greater joy and fulfillment. Through conversation in a comfortable setting, you will be invited to recognize the beauty and wholeness that lies within you, discover how to unleash your potential, and choose actions to move forward toward your goals and highest dreams.

## LIFE COACHING:

- focuses on the present and the future
- can empower you to take action and achieve goals
- can boost self-awareness and self-confidence
- can build healthier and more reliable decision-making practices
- can increase clarity on personal and professional paths
- can help you discover and maximize your potential
- can be short-term or long-term

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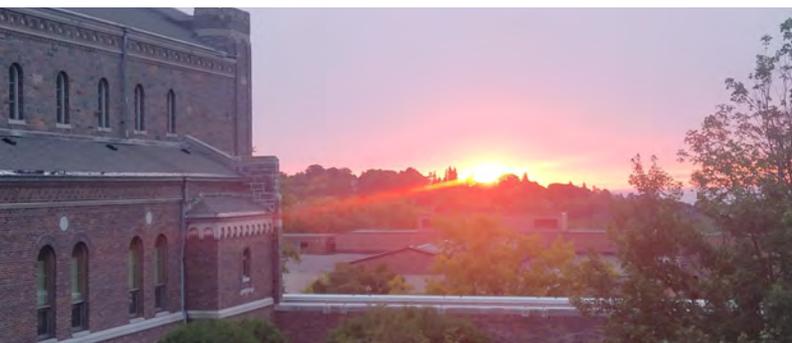
*"The inward journey is about finding your own fullness, something that no one else can take away."*

– Deepak Chopra

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*"Believe in your heart that you're meant to live a life full of passion, purpose, magic, and miracles."*

– Roy T. Bennett



This Advent, as you consider how the Christ Child comes to you in the midst of daily life, you might ask yourself, "Where is my heart calling me? What is the voice within me waiting to be heard? How might I become more aware of my gifts and my unique ability to impact the world around me?"



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*For more information or to schedule a session, contact Sister Jayne at 319-290-2089 or [jayneerickson@duluthosb.org](mailto:jayneerickson@duluthosb.org). A 30-minute introductory, get-to-know-you session is free of charge and is available in-person at the Monastery or by Zoom.*

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# GOODBYE TO THE LEGACY ST. MARY'S MEDICAL CENTER

by Sister Kathleen Hofer

On Duluth's hillside, a striking 21st Century St. Mary's Medical Center reaches to the sky one block east of the legacy St. Mary's, which had served the people of this region for 126 years. The first St. Mary's Hospital building on East Third Street was constructed in 1898 (ten years after the original St. Mary's was opened on 20th Avenue West). This was considered the largest and best-equipped hospital north of the Twin Cities.

Over the years there were numerous additions to the Third Street St. Mary's campus, in 1911, 1922, 1955, and 1957. In 1967 the original St. Mary's building on East Third Street was razed and the large east wing was opened in 1969. Until the past summer, this legacy St. Mary's occupied an entire block with skywalks connecting it to related buildings on three sides.

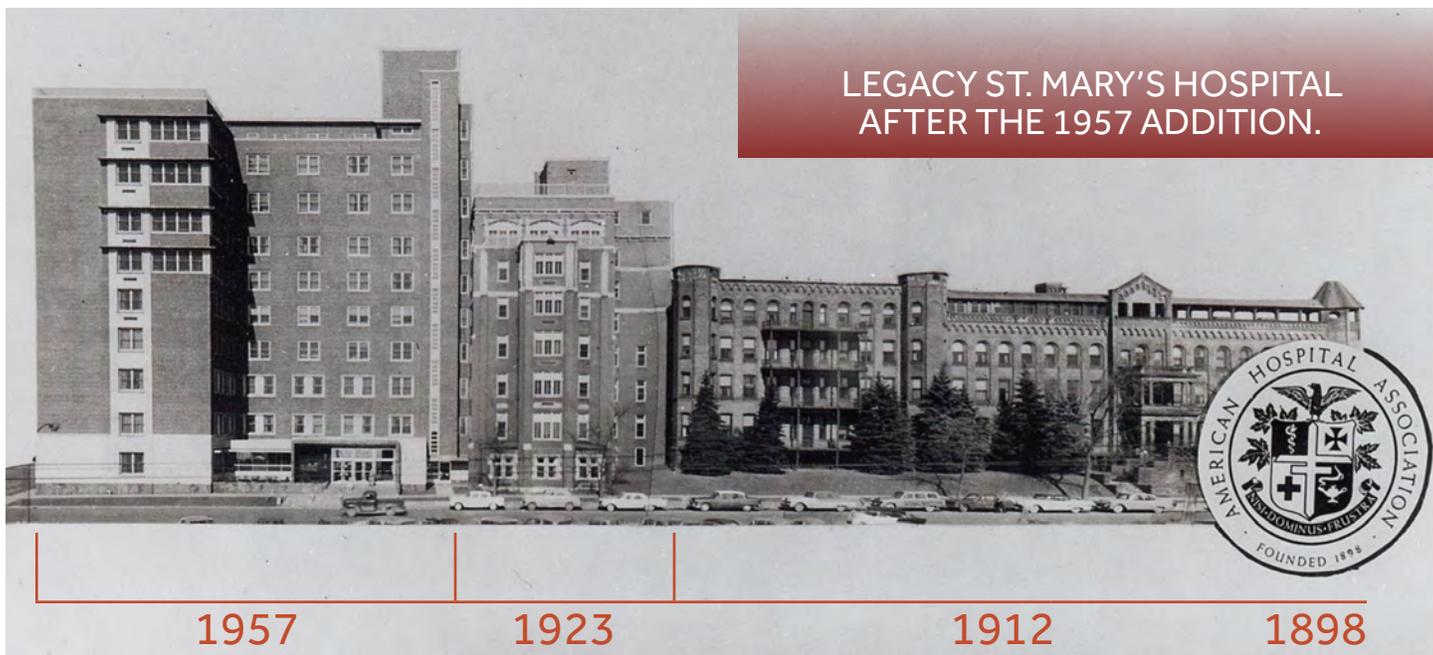
On May 20 a commemoration of the legacy St. Mary's was held in its Third Street lobby, with former St. Mary's staff members and board members attending. The program included remarks from David Herman, MD, Essentia Health CEO. Sister Kathleen Hofer, former President of St. Mary's, provided a historical reflection, and other guests at the commemoration were invited to make remarks. The commemoration served as a goodbye to a longtime, beloved workplace for many.



St. Mary's Medical Center  
Photo by: © 20XX Halkin Mason Photography LLC



At the Commemoration, Sisters Clare Marie Trettel, Kathleen Hofer, and Beverly Raway, with Al Hodnik, Board Chair of Essentia Health



LEGACY ST. MARY'S HOSPITAL  
AFTER THE 1957 ADDITION.

1957

1923

1912

1898



# GOODBYE TO THE LEGACY ST. MARY'S MEDICAL CENTER

The vacated St. Mary's was used as a training site for the City of Duluth this past spring. Law enforcement and fire personnel conducted days of training in the empty building, simulating how they would respond to an active-shooter emergency. Local authorities used different parts of the hospital to play out a number of various scenarios. More than three months of planning went into the simulations, complete with local volunteer actors playing the roles of injured individuals, evacuees, and perpetrators. They created scenes to mimic first responders being called not only to a medical facility, but also to an office shooting, a school, a commercial space such as a mall, and an apartment building.

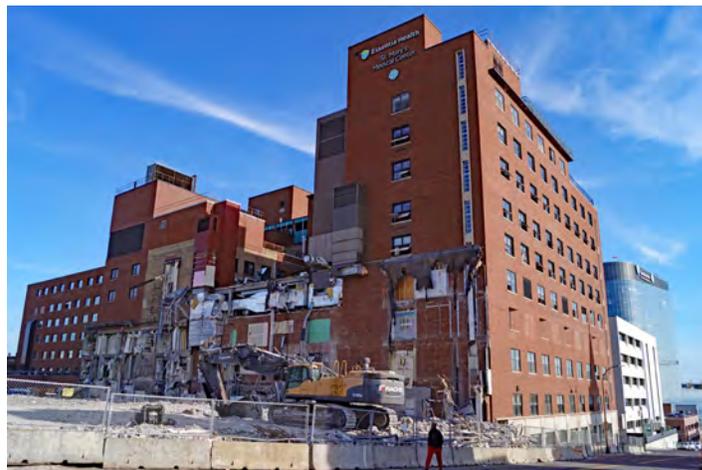
The city departments described the training as extremely valuable and were very appreciative of being allowed to use the space for training in a real-life atmosphere.

In September the legacy St. Mary's was in the first stages of demolition, starting with the skywalks and the southwest corner that housed the former emergency department on Fourth Street.

Complete demolition of the entire building, an entire square block, will continue over the coming year. The site will be restored initially to green space in the spring and early summer of 2025

before being rebuilt for an as-yet-unknown purpose.

In 1957 a cornerstone and time capsule were laid as



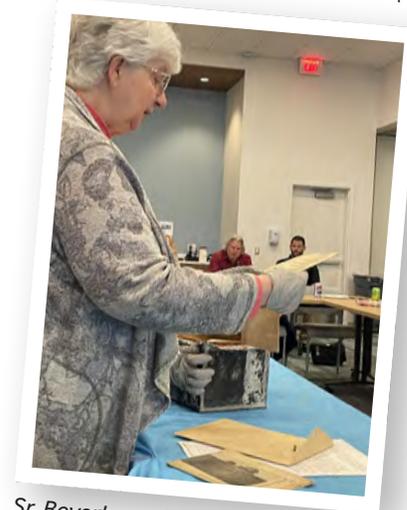
*The legacy St. Mary's during demolition, taken in mid-October from Fourth Street. The Emergency Department is gone, along with the skywalk leading from Red Ramp parking. Beyond to the right is the Third Street Clinic and the replacement St. Mary's inpatient tower.*

part of the building added in that year. Sisters employed at St. Mary's at that time participated in the cornerstone event. The time capsule was recovered from the building and was opened at a gathering on November 4, with Benedictine Sister leaders and members of Essentia Health administration in attendance. The copper interior was still shining, and contained religious artifacts, documents about rebuilding Cloquet after the 1918 fire, manuals for diagnosing diseases and establishing a dietary department, and many other items that had been removed from earlier capsules and placed in the one from 1957. A new 'cornerstone' will be placed in a Heritage Wall in the new St. Mary's.

These many events bring to a close our honoring the building and the remarkable medical care provided for 126 years at St. Mary's Medical Center on East Third Street. The mission of caring for the sick and injured has been a key commitment of the Benedictine Sisters of Duluth, following the words from the Rule of St. Benedict: "Care must be taken of the sick, that they be served in very truth as Christ is served." With the ongoing help of God's grace and those carrying on the work of the Benedictine Sisters, this mission will continue long into the future.



*Sr. Beverly shows the contents of the copper time capsule.*



*Sr. Beverly reads one of many documents contained in the box.*

## OBLATE PROFILE: THOM CHARTIER, OBIOSB

by Thom Chartier, ObIOSB

In 1955, I was born in Anchorage, Alaska (before it was a state) and have one sister who is five years older. My parents divorced immediately after my birth and my mother moved us to Duluth. Because of her situation, she made a heart-breaking decision to place her children into the care of the Benedictine Sisters at St. James Orphanage. By God's grace my sister and I were able to return to her after five years.

We grew up in Duluth's Central Hillside and had a wonderful childhood. Unfortunately, soon after we were reunited with my mother, she was diagnosed with breast cancer. She passed away six months after my high school graduation, after a long and painful journey. She suffered but never once do I recall her being negative, bitter, or sorry for herself, never a bad word about my father's non-support or any disappointment about her hard life. Every morning in my copy of the month's *Give Us This Day* periodical (published by Liturgical Press), I read a brief daily biography called *Blessed Among Us*. I believe my mother Eleanor was the first in my life that I can say was 'blessed among us' and God has blessed me with so many more! From them I learned to take life as it came and accept its challenges.

After graduating from Duluth Cathedral High School, I worked for a few years as a laborer on the Burlington Northern Railroad and then joined the U.S. Coast Guard. I was drawn to the Coast Guard as it was an exciting opportunity to help others and it was stable with good benefits. I became a qualified cox'n (coxswain) on a 44-foot Motor Lifeboat and a 40-foot Utility Boat for search and rescue operations. After four years of active duty, I joined the Minnesota Air National Guard and became a Chaplain's Assistant. During the Gulf War, I was deployed to Saudi Arabia and the United Arab Emirate, and during the Bosnian War we were stationed in France and Italy as a member of NATO. Following the 2001 terrorist attacks on New York and Washington, D.C., I was activated and sent to support survivors and families of the Pentagon attack. From these experiences I learned that the world is varied and complex. It was really the beginning of my spiritual growth. I needed to be more grounded in my faith and so began my spiritual search and the wearing of my spiritual yarmulke.

I earned a bachelor's degree in social work from The



*Thom Chartier signs his Vows of Oblation*

College of St. Scholastica with a concentration in Native American Studies and later completed a master's degree in social work at the University of Minnesota Duluth. I worked for many years as a social worker at St. Mary's Medical Center in Duluth, serving patients and their families in various departments, including Neonatal ICU, Pediatric ICU, Pediatrics, Orthopedics, and Urology, and as a Grief Support Counselor. I also worked as a Child Protection Investigator for St. Louis and Carlton Counties and volunteered as a firefighter and EMT for Northland Volunteer Fire and First Responders in Canyon, Minnesota. At Portman Recreation in Duluth, I served as youth hockey coach.

I am a Board Member for the Women's Care Center in Duluth and a volunteer driver at the Monastery. I assist with Monastery events and help wherever I am needed. After the Monastery renovation, I helped move the Sisters' library books into their new home and return them to shelves. In these varied ways I have served God through serving others.

## OBLATE PROFILE: THOM CHARTIER, ObIOSB

Not long after my mother died, I met and married my first wife, Cheri. We were happily married for 34 years and had five beautiful children together. After her death, God once again blessed me and I married Stephanie, who brought three children with her into our marriage. Together we have 15 grandchildren who bring us much joy and happiness.

In 2015, I began attending Sunday Mass at Our Lady Queen of Peace Chapel at St. Scholastica Monastery. Sister Pauline Micke, who had taught me in high school, invited me to explore becoming an Oblate. After a few years of discernment, study, and prayer, I made my Act of Oblation on November 19, 2023. Reading Psalm 23 and the Beatitudes brings comfort and helps me reflect on what is important in my life. I remember this quote (though not the person who said it) which I believe fits well: "In the end what matters most is how well you lived, how well you loved, and how well you learned to let go." I am grateful that Sister Pauline invited me to move deeper, and I praise God that I accepted. This journey has enriched my life beyond all expectations.

I hold this prayer by Thomas Merton close to my heart:

*"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore, I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone."*

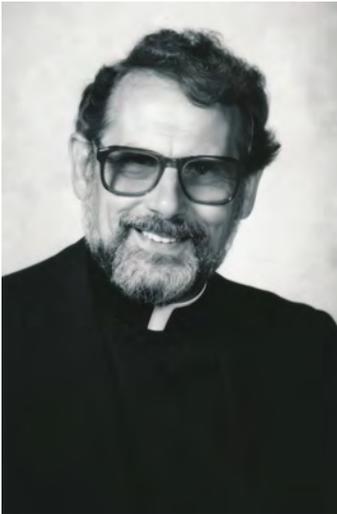
~Thomas Merton, *Thoughts in Solitude*

## Please Pray for Our Deceased Family and Friends

Carolyn Ann Kazda . . . . .	4/26/2024	John Matthew Zallar . . . . .	8/27/2024
William Dillon Flaherty . . . . .	5/18/2024	Diane Jeanine Bean . . . . .	8/28/2024
Adelaide Marie Cline . . . . .	6/8/2024	Patricia Mary Malinowski . . . . .	9/2/2024
Josephine G. Prevost . . . . .	6/26/2024	Michael J. Ives . . . . .	9/2/2024
Phyllis Ann Schlagel . . . . .	6/16/2024	Lawrence Nowak . . . . .	9/8/2024
Joan M. Norton . . . . .	7/11/2024	Michael (Burl) H. Ives . . . . .	9/11/2024
Karen Amundson Griffith . . . . .	7/16/2024	Natasha Kowalowski . . . . .	9/15/2024
Elaine A. Dacken . . . . .	7/28/2024	Rosemary Wagner . . . . .	9/23/2024
Nancy Katherine Serre . . . . .	8/1/2024	<i>Sister-in-law of Sr. Annella Wagner</i>	
Kathleen O'Meara Wagner Dahlberg . . . . .	8/11/2024	Oliver M. Houx . . . . .	10/3/2024
<i>Cousin of Sr. Beverly Horn</i>		Cora Ann Rita Paulson . . . . .	10/30/2024
Joan R. Senn . . . . .	8/21/2024	Lawrence "Larry" McGahey . . . . .	11/5/2024

## SUPPORT FOR MEN AND WOMEN CALLED TO RELIGIOUS LIFE

Before Reverend John Whitney Evans's death in 2002, he envisioned creating a fund to financially assist men and women who choose to pursue a vocation to either the priesthood or religious life.



Fr. John Whitney Evans

In honor of Father Evans's legacy, the Knights of Columbus, with the support of the Bishop of the Diocese of Duluth and the Sisters of St. Scholastica Monastery, established a memorial fund dedicated to supporting vocation ministries.

### THE PURPOSE OF THE FUND:

Gifts to the fund will be given in memory of loved ones, and these contributions

will be used by the Knights of Columbus, the Sisters, and the Diocese to cover vocation expenses. This support will help men and women answer their call to a life of service in the Church.

### HOW YOU CAN HELP:

We invite you to contribute to this noble cause and assist those discerning their vocation. Your generosity will provide crucial financial support, ensuring that the path to religious life is accessible to all who feel called.

To make a donation, please visit <https://duluthbenedictines.org/give/>. If you choose to donate by check, please note Rev. John Whitney Evans Vocation Fund on the check.

Your support is invaluable, and we are deeply grateful for any contribution you can make. Together, we will continue Father Evans's vision and support the future of our religious community.

Thank you for your consideration,  
*Lisa Roseth, Director,  
Monastery Development and Public Relations*

## Obituary

Father John Whitney Evans was born on August 6, 1931. He graduated from Cathedral High School in Duluth, MN and continued his education at Nazareth Hall Seminary in Duluth, MN and St. Paul Seminary in St. Paul, MN. He also earned a PhD in history from the University of Minnesota. He served as a faculty member in the Religious Studies and History departments from 1973-1998, and as archivist at the College and at the Diocese of Duluth. He assisted as a priest at St. Scholastica Monastery and the Benedictine Health Center (now Benedictine Living Community of Duluth) in addition to fulfilling his regular weekend obligations at St. Joseph's Church in Gnesen and at St. John's Church in Duluth.

Father "Whit" Evans, as many knew him, was also an avid baseball fan, particularly of the

St. Scholastica Saints. The Father Whit Evans Award was announced at the eighth annual St. Scholastica Baseball Hall of Fame and Awards Banquet in September, 2004, in his honor. This award is presented to outstanding baseball alum.

In the Scholastica library, there is a plaque which dedicates a section of the library to his memory and honors him for his outstanding contributions to the College as a priest, professor, and archivist.

Father John Whitney Evans died of congestive heart failure on July 14, 2002. The impact that he had on people was made clear by the overflowing congregation at the Mass of Christian Burial, held on July 18, 2002, at St. John's Church in Duluth and officiated by Bishop Dennis Schnurr.

## Sister Charity Nkwera begins her ministry in Tanzania

Sister Charity is a Benedictine Sister at St. Gertrude Monastery in Imiliwaha, Tanzania. She came to us in 2020, transferring from a college in Wisconsin to complete her education at The College of St. Scholastica. While here she became a valued part of our Community, helping in chapel ministries, working on jigsaw puzzles, and sharing her stories, her dancing, singing, music, and cooking, including mandazi 'doughnuts' and samosa dumplings. Sister Charity earned her BA in Psychology in 2022, and this past May completed her Master's in Social Work. She shared her story after leaving Duluth in July.



*Sr. Charity visits with her younger brother and his family.*

"My journey from Minnesota to Tanzania was long but good and I arrived safely. Thank you so much for your prayers. Sister Gaudensia Mwanyika (who graduated from the College in 2014 with a master's in education) sent a driver and one Sister to come to the airport in Dar es Salaam to pick me at 3:00 in the morning. The Sisters accepted me very well. My time with Sister Gaudensia and other Sisters was wonderful; I really enjoyed. I spent three weeks with them.

"Then I went to visit my young brother, sister-in-law, nephews and nieces. I stayed with them three days and we really had good time. On August 4, I began my journey from Dar es Salaam to Imiliwaha. When I arrived at my Community the Sisters were so happy to see me again. I stayed with them one week then I went to visit my mother

for one week. While I was visiting my mother, my Prioress called me and sent me to the hospital to talk with one of our Sisters who was sick. Then after that I went back to the Community.

"I was given a letter [commissioning] for my mission. I have three jobs. My first job is to be a Director of Vocation. I travel to different High Schools to talk to girls who want to serve God. The second job is to teach junior Sisters. In my third job I am a coordinator of St. Gertrude Imiliwaha Pre & Primary School. In the United States you call it Elementary School."

We bless Sister Charity as she begins her new ministries among her beloved Sisters.

# Our Associate Karen Wallace

We have had a wonderful new addition to our Monastery since May. Karen Wallace is serving as a Live-in Volunteer Associate with the Sisters for one year. With her warm personality and a genuine curiosity about monastic life, Karen has quickly become a valued part of the monastic community.

Originally from Duluth, Karen has an older sister and a younger brother. She graduated from Central High School, received her AA from Lake Superior College, and her bachelor's degree in art, with an emphasis on screenwriting and film, from Metropolitan State University.

After college, she worked with children at a school in St. Paul and for an up-and-coming production company.

After years of working in the Twin Cities, Karen felt a strong pull to return to Duluth to be closer to family and friends. Though she had heard of The College of St. Scholastica (CSS), she wasn't aware of the Monastery until a bus ride through the St. Scholastica campus piqued her interest. After looking into the Monastery online, she discovered the Volunteer Associate program and felt it would be a wonderful opportunity for her to live out her faith more deeply.

Karen did not grow up with a religious background, but ever since she was a child has been intrigued by God and creation and is moved by scripture. She has been seeking to live in a deep and faith-based way. Being an Associate has given her an opportunity to do this.

Her ministries as an Associate have included gardening, working in the Monastery Books and Gifts shop, helping set up for big events, serving as a volunteer driver/accompanying Sisters for appointments, serving at liturgical celebrations, visiting



Sisters on Benet Hall, helping with candle making, memory boards, and assisting in the Development and archives offices, among other ministries.

Karen shares how warmly the Sisters have embraced her, describing them as "welcoming and wise." She says, "I have loved Morning and Evening prayer, along with the music and psalm readings." Meal times have also become cherished moments, as she enjoys hearing the Sisters' stories and forming friendships within the Community.

We are grateful for Karen and the gifts she brings to our Community.

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*For more information about the Monastery Volunteer Associate program, please see:*  
<https://duluthbenedictines.org/vocations/becoming-benedictine/becoming-a-live-in-volunteer-associate/>.

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## We welcome Sister Joana Charles to Duluth

Sister Joana was born in Bukoba, Tanzania, where her family attended the parish of St. John Mary Muzeyi, one of the Martyrs of Uganda. She began at age ten to go on pilgrimage in honor of the Martyrs and there she saw Sisters walking in the procession dressed in white habits. She thought they were nurses but was struck by their slow and beautiful singing and said, "I want to be like them." In high school, she confessed to her mother that she was considering a vocation as a nun, and her mother wisely replied, "If this is coming from your heart and it is your choice, then do it." So, after graduation Joana asked her parish priest to help her join a community so that she could serve God. In 2010 at age 21, she joined the Immaculate Heart Sisters of Africa and moved to Musoma, Tanzania.



In 2021 Sister Joana came from Tanzania to Assumption College in New Jersey, where she took classes in liberal arts, laying a strong foundation on which to build her a major. Then in August 2024, shortly before classes began, she came to Duluth to stay with the Benedictine Sisters while studying at The College of St. Scholastica for a degree in Computer Information Systems. When asked why she made that choice, she said her superior sent her to America to learn about computers, which are quickly becoming indispensable in Tanzania, but few in her community were familiar with them.

Since then, she has been attending classes and studying hard, while working part time in the College dining room and attending communal prayer and meals. Sister Joana is an intelligent and loving presence among us, and we are blessed to have her with us.





From left to right: Sr. Lisa Maurer, DBM Mission Director; Jan Barrett, DBM Director; Key Leland, DBM interim Executive Secretary; and Becky Urbanski.

# Becky Urbanski retires as Interim Director of Duluth Benedictine Ministries

**O**n June 27, we held a special celebration in honor of Becky Urbanski, who dedicated 15 months of exceptional service to establish Duluth Benedictine Ministries (DBM).

Becky has been instrumental in laying the foundation and setting the vision for our organization. Her tireless effort, leadership, and commitment have brought us to this significant milestone, and we are thankful to her for the progress made under her guidance.

Stepping into her place is Jan Barrett, the former Director of Development and Public Relations for our Monastery.

The DBM is a Ministerial Public Juridic Person, the canonical version of a non-profit corporation. With both lay and religious membership, it will oversee our Monastery's ministries.

**ON A SADDER NOTE,** Becky Urbanski and her husband Scott Junkert said goodbye on May 29 to Jazzy, a beloved family member who brought boundless happiness to all who were fortunate



to know him. As a therapy dog, Jazzy touched countless lives with his gentle spirit and unconditional love. His presence will be deeply missed. His memory and the joy he shared will remain in their hearts forever.

# Farewell to a Special Place: The McCabe Renewal Center

by Lisa Roseth, Director  
of Development and  
Public Relations

On a warm summer day, July 18, 2024, over 100 individuals gathered at the McCabe Renewal Center for a heartfelt Remembrance Ceremony. This gathering was not just an event but a celebration of the rich history and cherished memories associated with this beloved place.

The McCabe Renewal Center has long been a sanctuary for many, a place where countless lives have been touched and transformed. Sisters and friends of McCabe came together to share their special memories, each story painting a vivid picture of the Center's profound impact. Laughter and tears mingled as anecdotes of personal growth, community bonding, and spiritual renewal were recounted.

The ceremony was a joyful celebration, a testament to the enduring legacy of the McCabe Renewal Center. Attendees reminisced about the many retreats, workshops, and moments of quiet reflection that the center provided. It was a place where people found solace, inspiration, and a sense of community.

A heartfelt thank you to everyone who attended



*Many guests gathered under the tent or sat in the warm sunshine, listening to shared memories.*



*Dawn Carrillo, Director of the Center for Spirituality and Enrichment, led us in a final blessing. Pictured are Dawn Carrillo with Sisters Mary Susan Dewitt, Lois Ann Glauadel, Theresa Spinler, Beverly Raway, Dorene King, and Jeanne Ann Weber.*

this special event. Your presence and shared memories have honored the spirit of McCabe and ensured that its legacy will continue to inspire future generations. As we bid farewell to this special place, we carry forward the values and lessons it imparted, keeping its spirit alive in our hearts.

# Sisters take part in the Eucharistic Congress

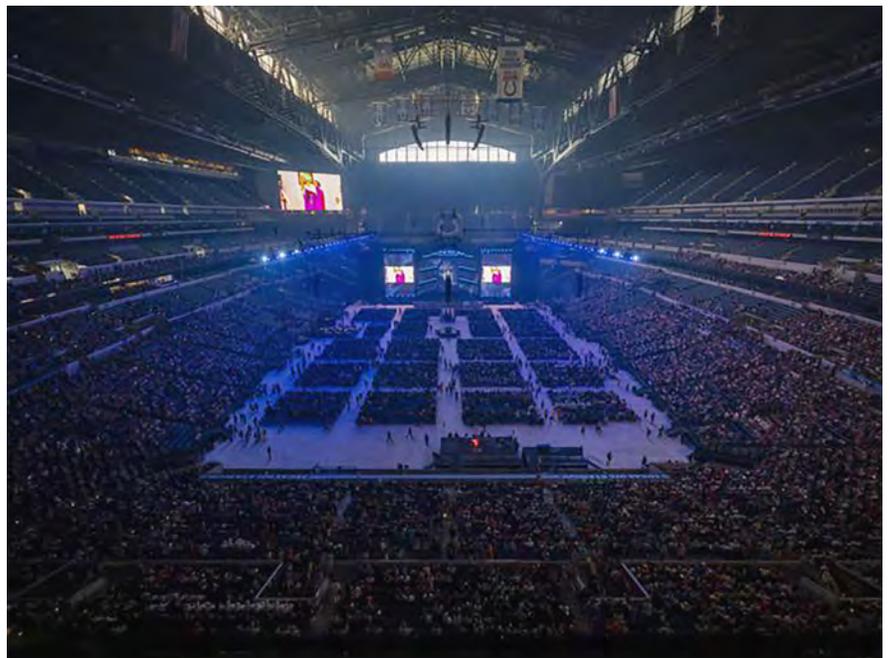
On May 22, a bright but cold day, Sisters walked in a solemn procession with the Holy Eucharist and hundreds of other faithful Catholics, from Holy Rosary Cathedral to Leif Erickson Park on the waterfront. There they celebrated Mass with Bishop Daniel Felton. Then in July, Sister Lisa Maurer traveled by bus with a group from the diocese to take part in the National Eucharistic Congress (NEC) in Indianapolis. She said, "The Congress drew over 60,000 people, including nearly two-hundred bishops, hundreds of priests and seminarians, a large contingent of consecrated religious men and women, tens of thousands of the lay faithful, not to mention all those who participated online or on television. It was the Church coming together for prayer and unity in the Holy Eucharist. I was delighted to encounter a vast throng of people, many people I know (including my high school math teacher). Nothing compares.

"The heart of the NEC was, as it should be, the celebration of the Eucharist, the Holy Mass, which is the source and summit of our faith. We had an opportunity to see liturgies in different languages and different rites of the church. I attended the Syro-Malabar Rite liturgy, known as a Qurbana, a beautiful and elaborate ritual from a church founded by the Apostle Thomas himself in India. Nothing compares.

"The National Eucharistic Congress was a profound reminder of the living presence of Christ in our midst, particularly in the Eucharist. As I move forward from NEC, I am renewed in my commitment to Christ and ready to share His love with the world. Nothing compares."



*Carrying the banner are Sisters Kathleen Del Monte, Charity Nkwera of Tanzania, and Dorene King.*



*Eucharistic Congress in Indianapolis*

# Sisters welcome the new Student Center at The College of St. Scholastica

On August 21, the Sisters toured the new Student Center at The College of St. Scholastica. It was a joyful experience where we saw the spaces named in honor of our Sisters who have contributed so much to the College's legacy. A highlight was Victory Hall, a space dedicated to celebrating success and community. Then on September 3, the first day of classes, we celebrated with College administrators, faculty, and students at the ribbon cutting ceremony that opened the Center.

On October 22 we blessed the Center's prayer and reflection room, called the Sacro Speco Oratory after the 'Holy Cave' where St. Benedict took refuge from the world as a hermit before founding the first of his monasteries. May the Student Center be a blessing to those who come to study and help them build community together.



New Student Center



Sr. Beverly Raway at opening



Sacro Speco Oratory

# Blessing the new Academic Year at The College of St. Scholastica

The dawn of a new academic year brings fresh promise and purpose. In August, the Sisters of St. Scholastica Monastery gathered to commission and bless the start of the journey for The College of St. Scholastica's faculty and staff. With prayer, heartfelt blessings, and words of encouragement, the Sisters conveyed their support and guidance, reminding the College community of its mission to cultivate intellectual growth and moral character.

This annual blessing ceremony is a cherished tradition, one that unites the Monastery with the College as they together pursue the Benedictine values of hospitality, love of learning, respect, stewardship, and community. The Sisters prayed for a year filled with discovery, integrity, and success for all students, faculty, and staff. The ritual reflects the enduring commitment of the Sisters to the College's founding mission: Shaped by the Catholic Benedictine heritage, The College provides intellectual and moral preparation for responsible living and meaningful work.



*Sisters bless the faculty staff.*

With the Sisters' blessing as a source of inspiration, The College of St. Scholastica embarks on this year with renewed dedication to its mission, aiming to foster not only academic excellence but also a deep commitment to service and community.

## Blessing the College athletics teams

Sister Lisa Maurer continues the tradition of praying with students at the College of St. Scholastica. Before the start of each of their seasons, she leads a prayer service with each of the athletic teams. The prayer service includes Scripture and reflections on the Benedictine Values. She also bestows each student athlete with a Blessed Benedictine Medal.



*Sister Lisa with the CSS Saints volleyball (above) and dance teams (below)*

## Sisters at the College Homecoming Getting Their Act Together

A first occurred on Friday, October 4, 2024 when representatives from the Benedictine Living Community of Duluth, a Sister from St. Scholastica Monastery, and two College of St. Scholastica students participated in the 31st Annual Student Talent Show at Mitchell Auditorium. Student Olivia Scheibl wrote a skit about St. Benedict and St. Scholastica, which was played by Janefrances Umez as St. Scholastica and Olivia Scheibl as St. Benedict, with narration by Sister Dorene King. Then violinist Kendra Fameree (BLC-D Rehab Associate), singer Ifemi Ombu (BLC-D resident), and pianist Sister Dorene performed “Let There Be Peace on Earth”. The words in perfect harmony echoed this first campus-wide participation in the CSS Student Talent Show as an acknowledgment of our shared connection on this campus.



*Sr. Dorene King, Ifemi Ombu, and Kendra Fameree*



*Olivia Scheibl as St. Benedict with Sr. Dorene King as narrator*

## Tanzanian Experience Reunion

Also during the Homecoming was a gathering of 21 alumni, faculty and friends, fifteen of whom traveled to Tanzania for one of the eight service-learning trips held between 2002 and 2018.

Sister Beverly Raway, a retired nursing faculty member, was the originator of these trips and a co-leader on six trips. She, Mary Tanner, Jenean O’Brien, and Kari Grieman planned this first reunion.

The first group of 10 students traveled to Tanzania to work with the African Benedictine Sisters of St. Agnes in 2002 led by Sisters Beverly Raway and Donna Schroeder. Participants prepared for these trips studying the culture and language of Tanzania. They collected medical and school supplies and children’s clothing to assist the Sisters with their ministries.

Students taught and tutored in their elementary and secondary schools, assisted with child and infant care, painting projects, gardening and much more. The experience culminated with a safari to the National Parks.

At the reunion the travelers shared memories, snacks including fresh mandazi (deep-fried East African doughnut-like treat made by Sister Joana Charles Musenero, a CSS student and Monastery resident), and updates on the two monastery sites (St. Agnes in Chipole and St. Gertrude in Imiliwaha) while viewing a slideshow of 689 photos from past trips. A bookmark celebrating the history of the Tanzania Service trip was given to participants as a keepsake of the event.



*Sr. Beverly and the group reminisce about their experiences in Tanzania.*

# All Things Apple at St. Scholastica Monastery

Sister Dorene King had the joy of hosting 3rd and 4th graders for fun-filled days celebrating All Things Apple at the St. Scholastica Monastery. The children spent the day picking apples, making yummy apple treats,

creating apple-themed crafts, and singing songs about apples. The Sisters at the Monastery treated the kids to a delicious lunch, and the day was full of laughter, learning, and lots of apple fun. A wonderful time was had by all.



*Sr. Dorene King tells stories.*



*Sr. Dorene and volunteer Karen Wallace help the students make cookie dough.*

# Sister Patricia Anne Williams makes crocheted 'Filter Socks'

In remote or underserved communities in Appalachia or developing countries, access to clean, safe water can be a challenge. The nonprofit Water by Women distributes Sawyer PointONE filter system to women in these communities, to filter out bacteria and other impurities from water sources and creating clean, drinkable water. It requires a 5-gallon container and the filtration kit, which works without electricity. The program matches donors who help pay for the filter kits with the 'Water Women' who will use it.

Volunteers also crochet socks that fit over the filter to cushion it in case it drops onto a hard surface. They are asked to pray for the women who will use the filter and for the community members who will benefit from it. Sister Pat took on this challenge to pray and crochet for these unknown women who are now connected to her through mutual prayer and compassion.

For more information, see:  
<https://waterbywomen.org/crochet-for-a-cause/>.



*Sr. Pat and her water socks*

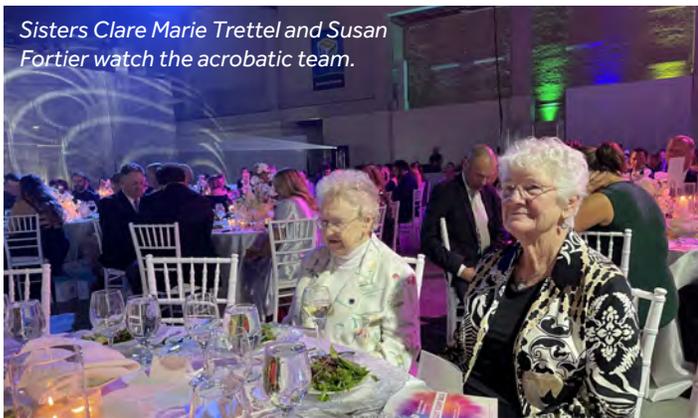
# Honoring the Benedictine Sisters of the St. Scholastica Monastery

On September 28, the Sisters of St. Scholastica Monastery were guests at the Essentially Yours Gala, hosted by the Essentia Health Foundation.

Sisters were honored for their involvement with health care in the Duluth area: for founding St. Mary's Hospital in 1888 and then staffing and leading the hospital as it grew to become St. Mary's Medical Center and finally Essentia Health. They continue to serve in sponsorship

and on various boards of directors, sharing their name, values, traditions, and longstanding history of providing compassionate, high-quality care to all who are served.

The evening was filled with wonderful conversation, a delicious meal, and an incredible acrobatics performance. Overall, it was a truly lovely night celebrating the spirit of service and community.



*Sisters Clare Marie Trettel and Susan Fortier watch the acrobatic team.*



*Sisters Kathleen Hofer, Clare Marie Trettel, and Beverly Raway.*

# Supporting the next generation through Women's Care Center

The Sisters of St. Scholastica Monastery and the College were well represented at this year's Women's Care Center Night 4 Life. Sisters, students, and friends were out in support of life.

Founded in 1984, Women's Care Center is the largest pregnancy resource center in the United States. Its mission is "to help pregnant women choose life for their babies, have healthier pregnancies, and become better parents." Sister Lisa Maurer is the Board of Directors' President for Duluth's Center, located on 103 East First Street near the regional abortion center.



*Monastery/CSS Supporters of Women's Care Center included Amanda Jelinski, Olivia Scheibl, Brianna Hendren, Peter McNamara, Sr. Lisa Maurer, Angie Skutevik, Sr. Claudia Cherro and Beverly Raway, Michael Wendinger, Father Corbin Eddy, Sr. Josephine Krulc, Theresa Wills-Jobin, and Mark Jobin.*

Follow this link if you would like to make a contribution to WCC. Donate today to help moms and their babies:  
<https://supportwomenscarecenter.org/donate/>

# A Sweet Success: Annual Fall Bazaar at St. Scholastica Monastery

Thanks to this summer's bumper, Sister Theresa Spinler made about 400 jars of raspberry jam to sell, as well as many other varieties.

On October 22, St. Scholastica Monastery hosted its beloved annual Fall Bazaar, bringing together community members for a heartwarming day filled with seasonal delights, delicious treats, and joyful camaraderie. The event was a huge success, offering a wonderful array of homemade jams, baked goods, and specialty candies crafted by the Sisters and dedicated volunteers.

Visitors were greeted by tables with jams made from locally sourced fruits, each one bursting with flavor. From classic raspberry

to peach, each jar offered a sweet reminder of the season's bounty. Also featured were homemade baked goods, including breads, cookies, and pastries.

Overall, it was a wonderful day celebrating community. We look forward to next year for another memorable gathering filled with homemade treats, seasonal treasures, and the warmth of community!



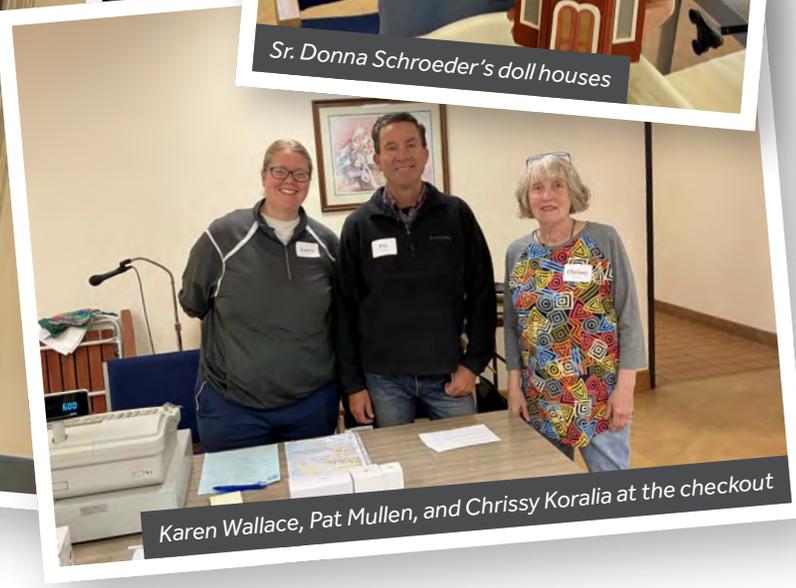
Sr. Theresa Spinler's jam



Sr. Donna Schroeder's doll houses



Mary Tanner and Linda Senta at the checkout



Karen Wallace, Pat Mullen, and Chrissy Koralia at the checkout

## Building relationships with Catholic students

We have been welcoming visits from Catholic students throughout the Diocese of Duluth.

In September the middle-school students from Queen of Peace Catholic School in Cloquet Minnesota came to the Monastery for a retreat as school began again. Sister Lisa Maurer led the day of prayer, reflection and fun.



Sisters Lisa Maurer with Queen of Peace students.

## MONASTIC LIFE

### Jubilee 2024

At a Solemn Eucharist on August 17, we honored four Sisters of St. Scholastica Monastery who have dedicated 75, 70, and 60 years of their lives to serving God with unwavering faith, love, and commitment. At his sermon, Bishop Daniel Felton did the math and thanked them for 96,375 days of faithfulness.

*From left to right: Sr. Lois Ann Glauadel, 60 years, Sr. Mary Susan Dewitt, 60 years, Sr. Beverly Raway, Prioress, Sr. Kathleen Hofer, 70 years, Sr. Annella Wagner (seated), 75 years*



### Feast of St. Benedict

Each year on the feast days of St. Benedict and St. Scholastica, the Administration at Essentia Health sends us a flower arrangement. Here, Sisters Mary Josephine Torborg, Beverly Raway, and Jeanne Ann Weber admire the flowers. Thank you to the people at Essentia for remembering us.



# Community Day at The College of St. Scholastica

We are so grateful for the incredible students from The College who spent their day volunteering at St. Scholastica Monastery as part of the College's annual Community Day, which was held on October 2.

From helping in the gardens, cleaning the chapel, to assisting with various projects, their dedication and hard work are a true reflection of the Benedictine values we cherish.



Students and advisor with Sr. Mary Josephine Torberg.



Students with Srs. Jayne Erickson and Dorene King.

# A Heartfelt Thank You to Our Donors: Celebrating Generosity and Community

In September, St. Scholastica Monastery opened its doors to welcome and celebrate our donors at a special Donor Open House. Set against a beautiful afternoon backdrop, the gathering was filled with warmth, gratitude, and a strong sense of community, honoring those who help make the Monastery's mission possible.

The event served as an opportunity to recognize the impact of our donors' ongoing support.

Contributions from donors and volunteers alike are the lifeblood of our community, enabling us to foster spiritual growth, serve

others, and preserve the Benedictine values at the core of our mission. Whether through financial donations or volunteer efforts, each gift furthers our capacity to bring hope, support, and resources to those we serve.

The Monastery extends heartfelt thanks to each donor and volunteer for their generosity and dedication. Together, we are building a brighter future for St.

Scholastica Monastery and for the broader community. As we look ahead, we are inspired by the love and commitment that our supporters bring to our mission, and we are excited for the journey that lies ahead, together.



Fr. Corbin Eddy, Chaplain, talks with other guests.



Guests and Sisters listen as Sr. Beverly greets the assembly and offers a prayer.

# The Saints come marching in!

Each year on November 1, All Saints Day, we are blessed to be visited by the first-grade students at Holy Rosary School, part of Stella Maris Academy. They brighten our day!



Saints lined up.



A beautiful saint.



Sr. Josine Krausnick with St. Bernadette.



Sr. Mary Christa Kroening with St. Johanna.



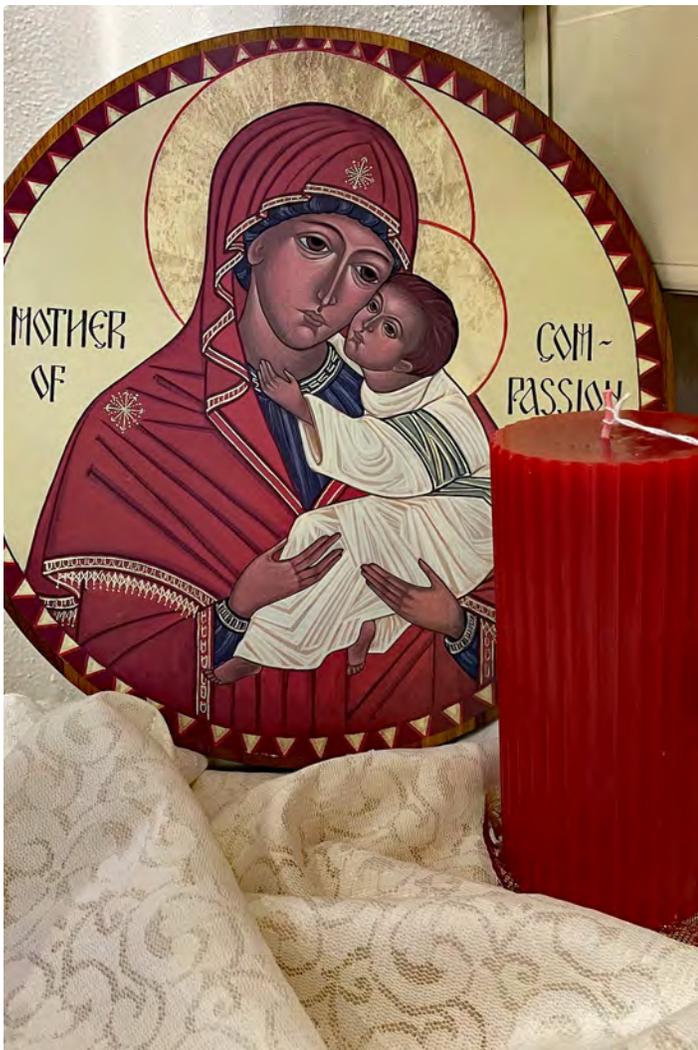
Michael Archangel and St. Therese of Lisieux.



St. Caroline Gerhardinger.

St. Scholastica Monastery  
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Monastery Books and Gifts, located in Stanbrook Hall, is a destination for books, gifts, icons, greeting cards, rosaries, medals, First Communion and Confirmation cards, and more.

Open Tuesday, Wednesday, and Thursday, 1:00 to 3:30 pm.

For more information, please call (218) 723-6589

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