

PATHWAYS



Newsletter of the Duluth Benedictine Sisters, Duluth, Minnesota

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PATHWAYS

NEWSLETTER
of the Benedictine Sisters

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Dear Friends of the Monastery,

This is our Summer issue of *Pathways*, but it's spring, as I write, and a blustery day in Duluth, with intermittent rain and even a bit of snow. I'm reminded of the passage from Isaiah 50: 10-11. "*Just as the rain and the snow come down from heaven and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose and succeed in the thing for which I sent it.*" The passage recalls many things... rain on the roof, lulling me to sleep with a comforting sound... the opening of buds and the promise of flourishing green growth emerging from the trees in spring and full flowering that follows in summer.



The passage from Isaiah also reminds me of Sister Ephrem Hollerman's book *Like a Mustard Seed*. In it she describes the generous gift of the Eichstadt Benedictine Community who sent forth three women to plant the seeds which led to the growth of Benedictine communities in the United States, in Minnesota, and ultimately in Duluth. That growth led to the full flourishing of our community in 1965 when the community numbered 520, the year I made my first monastic profession. Our Community at that time was serving in a multitude of ways, in elementary, secondary, and higher education; in healthcare; service to the elderly; in parish ministry and the arts; and in Chile. It was also the post Vatican II era and the beginning of a decline in numbers as Sisters left the community to serve in other ways. Today, with an increasing median age, we number 42, just 10 more than the number who courageously accepted the challenge of founding the Community in Duluth in 1892, 131 years ago. Challenging as that reality is, we remain hopeful...our hope buoyed by faithful employees and volunteers, the growth of the Oblate community, and the dedicated leadership of our ministry partners.

So, who are we now and what is our call? First and foremost it is to remain faithful to the call that brought each of us to this Community and to live out the promises we made to God and to each other; a lifelong commitment to this particular Community (Stability), fidelity to the monastic way of life and the process of continual conversion into the likeness of Christ (*Conversatio*), and readiness to "listen with the ear of our hearts," to learn the will of God (Obedience). Secondly, grounded in that fidelity to community life and prayer, we respond to the call to ministry. Benedictines have always responded to the needs of the people in the area to which they were called. We continue to hear that call through the voices of our sister companions, the Church, messages from events, and needs of the people around us.

As noted in our highlights, we look forward today to a new phase in planning for our future called Scenario Planning. Through this process we will expand our thinking about what our Community and ministry could look like by 2030. We will form groups, gather data, explore new ideas through story telling (scenarios), and engaging our lay friends to dream with us. After we have shared our stories, we will decide which course to adopt. Keeping our options open, we will plan the steps that will lead to that new reality. We begin as noted with a sense of fun and adventure, holding our plans loosely, knowing that God writes straight with crooked lines and sometimes laughs and asks us to begin again. But we begin again with the promise of Isaiah... that God's word shall not return to us empty but shall accomplish the purpose and succeed in the thing for which it was sent.

We count on your prayers and ideas as we begin, invoking the wisdom of the Holy Spirit. We pray for you, thank you for your support, and wish you a wonderful summer filled with adventures of your own.

Blessings and peace,

Sister Beverly

Sister Beverly Raway, OSB

The Surprises of Nature

by Sister Mary Josephine Torborg, OSB

This past winter was most unusual for Duluth, Minnesota, with a lack of snow and unprecedented warm temperatures. It was certainly a surprise when my crocuses started blooming at the beginning of March. Songbirds arrived early and filled the air with melodious melodies. It was a wonder to observe, but the beauty did not last long. For a mighty blizzard descended upon us, dumping ten to fifteen inches of snow on the landscape. Easter at the end of March looked more like Christmas. Even the seasons seemed to be confused. As Elizabeth Eiland Figueroa wrote (quoted on the website ignatianspirituality.com):

"May the God of Surprises delight you, inviting you to accept gifts not yet imagined."

Spring arrived with days of blustery winds. Then, to our surprise, we wake one day to a magnificent sunrise that sets the sky ablaze with every hue and color imaginable. We rejoice in the beauty, quiet, peace, and calm that has entered our days. Temperatures in the 50s to low 70s encourage us to begin spring cleaning in our gardens.

"May the God of Surprises delight you, inviting you to accept gifts not yet imagined."

After such an amazing winter and spring, what will our summer be like? This is a question I hear frequently. I think to myself in this awesome moment, "What a gift to be alive and take in this panorama of the universe!" It is beautiful beyond words. I am gently reminded of the Psalmist prayers. "Be still and know that I am God" (Psalm 46). "The heavens are telling the glory of God, and the firmament proclaims God's handiwork" (Psalm 19). In the stillness of this moment, there is an awareness of the presence of Mystery and the call to be co-creators with God to make the world a better place.

"May the God of Surprises delight you, inviting you to accept gifts not yet imagined."

In the stillness of the dawn with the dew still glistening on the grass, the sun rising over Lake Superior creating a majestic array of colors, and the songbirds providing a symphony of music, what a wonderful time to be tending gardens! Turning the soil, pulling the weeds, and admiring the blossom are all part of co-creating the universe, creating sacred spaces of beauty for everyone to enjoy. As Fyodor Dostoevsky noted, "It is beauty that will save the world."

"May the God of Surprises delight you, inviting you to accept gifts not yet imagined."



Snowdrop anemone (*Anemone sylvestris*)

Benedict's School

by Sister Lisa Maurer, OSB

In the prologue of the Rule, St. Benedict says that he “intends to establish a school for the Lord’s service” (Prol. 45). In doing so, Benedict puts forth a method for seeking God. Today, I offer four lessons that can be absorbed from this method and learned in this school. These lessons can help us as we discern who and how God dreams us to be.

The first lesson is prayer is central to our search for God.

In order to develop a relationship with God you need to spend time with Him, talking with Him, listening to Him, and praising Him. Prayer can take many different forms: spoken or silent, communal or personal, *lectio divina*, the Mass, the Rosary, or just opening your heart and mind to God. It is in prayer where we can truly explore God’s dreams for our life. It is in prayer that we can hear God’s call.

The second lesson is Humility.

Humility can be found woven throughout the Rule. Benedict even dedicates a full chapter to humility. You can’t find God when you focus completely on yourself. Benedict reminds us that if we want to “reach the highest summit of humility, if we desire to attain speedily the exaltation in heaven to which we climb by the humility of this present life” (RB 7:5), then we must ascend with humility. It takes humility to say “yes” to God. The humble person’s life is more pliable and can readily adapt to God’s call.

The third lesson is Community.

For Benedict, everything takes place within the context of community. Benedict understood that we find God in the people around us, and we learn to become ourselves through our interaction with others. It is in community that we can understand how we are to live God’s call.

The fourth lesson is obedience to God’s Will.

You can’t grow into who and how God dreams you to be if you are always doing your own thing, void of God’s Will. Obedience helps us to overcome our self-will and follow God. Living a life of obedience leads to an authentic freedom and true happiness that brings us to being who and how God dreams us to be.

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



Prologue to the Rule of St. Benedict
by Sister Mary Charles McGough and Meridith Schifsky

Oblate News

by Jane Dolter, Oblate Director, Obl.OSB

On March 21, the Feast of St. Benedict, Donna Leonard made her final Oblation to fully become an Oblate of St. Benedict. Oblates are Christian laypeople who seek a deeper relationship with God. For Benedictine Oblates, this means following the ancient but always relevant principles and practices of the Benedictine way of life. Oblates study the Rule of St. Benedict with its emphasis on prayer, silence, obedience, community, and humility.

Then at Midday Prayer on April 18, Joyce Piper was enrolled as an Oblate Candidate. She is an ordained Lutheran Minister and works as a Chaplain at St. Mary's Medical Center in Duluth. Another big day for the Oblate Program!



Sr. Jayne Erickson, Donna Leonard, Jane Dolter, and Sr. Lois Eckes. Jane Dolter is Oblate Director, and Sisters Jayne and Lois are Sister liaisons with the Oblates.

For information about the Oblate Community, contact Jane Dolter, Obl.OSB at 218-391-4516 or janedolter@msn.com

Oblate Reflections

For me, being an Oblate means:

Donna Leonard:

Becoming an Oblate has brought me into a rich, diverse group of people who have experiences and perspectives from different places but who share the common love of God based on the Benedictine rule and way of life. Being a part of this group will help to enrich my spiritual life by hearing the many ways God has worked in each of our lives to bring us together into a sharing community.

Mary Kay Thornton:

I am very fortunate to have had Benedictines in my life from Kindergarten through my college years. Benedictines remain a moral compass and guide for me. I have been able to absorb the goodness that comes from being affiliated with a group of people who have dedicated their lives to living the gospel values and following St. Benedict's rule.

As an Oblate, I deeply appreciate the opportunity to follow St. Benedict's practical guide for living a life focused on God. As an Oblate, I am surrounded by like-minded friends and feel that I have deepened my prayer life. Having the opportunity to pray with the Sisters and volunteer at the Monastery has added a layer of inner peace and happiness to my life.



Joyce Piper, Jane Dolter, and Sr. Beverly Raway

Finding Our True Self

Greetings from the Center for Spirituality and Enrichment!



Photo by Ali G. Rashidi on Unsplash

Consider a section of a recent blog post from one of our contributors, Rev. Yanchy Lacska. In this article, Fr. Yanchy discusses the need to die to our false self and to engage in the transformation of awakening the true self:

Jewish rabbis (remember, Jesus was a Jew) tell us that it is always important to find ourselves in Biblical stories. So, where can we find ourselves in the Resurrection stories in the gospels? I suggest the Resurrection is also about us symbolically dying and being transformed. Perhaps it is about dying to what early Celtic Christian teachers called our false self and awakening the true self. The false self is who we reveal and show to others and ourselves. It is what Carl Jung called our persona. The false self looks at things from the lens of the ego and cultural expectations, and changes to meet various roles we play in life.

The true self, or Self, as Jung called it, is the part of us that sees through spiritual eyes. It is the spark of the divine within us – the ‘us’ made in God’s image. The false self needs to die metaphorically so that the true Self can be awakened and rise. Jung wrote: “What happened in the life of Christ happens always and everywhere. The Risen Christ represents the final perspective of every True Self.”

One of the greatest teachers of the Celtic Christian world, John Scotus Eriugena in ninth-century Ireland, taught that we suffer from ‘soul forgetfulness’ and that Christ came to reawaken us to our true nature and each other. He came to show us the face of God and our own true face. But our true face or Self is well hidden behind our false self.

Author and minister J. Philip Newell wrote, “The gospel is given not to tell us what we already know about ourselves, but rather to tell us what we do not know, or what we have forgotten, namely who we are. It is given to lead us into the true depths of the mystery of God’s image within us.”

Fr. Yanchy concludes his article here:

The Resurrection is not only about whether Jesus physically walked out of his tomb two millennia ago. It is about Jesus becoming who and what he was always meant to be, the one we call Christ. It is about our hope of becoming who we are meant to be—our True Self. As an Orthodox-Catholic priest, when I preside at the Holy Mystery of Baptism, I say the following, as part of the Rite, to the person being baptized, whether an infant or an adult: “You are baptized. You are illuminated. You are sanctified. Become who you already are.”



At the Center, we offer programming and sacred spaces to explore how we can become who we already are. Take a look at our offerings and see how we can help in this process! Please visit our website at retreatduluth.org for more information, to register for these programs and offerings, and to sign up for our weekly program email. We would love to walk with you on your journey of discovering who you really are.

Dawn Carrillo
 Director of the Center for Spirituality and Enrichment
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retreatduluth.org

Sister Luella Wegscheid, OSB

by Theresa Butler, Development Office Administrative Assistant



Sister Luella lives her life like a sunflower – shining bright in her religious vocation, while keeping her eyes and heart directed toward heaven. Some time ago, she went on a sunflower-themed retreat and since then has kept sunflowers as the theme of her life and vocation. Sister Luella is inspired by how sunflowers help us keep Christ in the center and go out as rays to other people. Her sunflower-themed room serves as a daily reminder of this call.

Sister Luella was born Agatha Wegscheid in 1943 to parents Louis and Luella Wegscheid. She was one of seven children who grew up on a farm near the small town of Bluffton, Minnesota. Her parents laid the foundation for her Catholic faith. Sunday church services were very important to her family, as was saying the rosary every night after dinner. Every morning, they prayed before going out to do chores. She credits growing up on a farm to teaching her the values of responsibility and hard work.

Her parents sacrificed so that their children could go to Catholic grade school and Catholic boarding school. Immersed in the Catholic tradition, with many religious Sisters as teachers in elementary school, Agatha thought about religious life for herself but generally put it on the back burner. Sister Prudentia Moran, a Duluth Benedictine Sister who was vocation director, pursued her, inviting her to go on retreats and consider religious life. At that time, she fought the idea of having a vocation to religious life. However, after she went on a retreat her senior year of high school, she said to herself, “This is what I need to do.” She told her parents that she wanted to become a Sister. They were not surprised, having recognized a religious vocation in their daughter.

In grade school Agatha had Benedictine Sisters for teachers and in high school she was taught by Franciscan Sisters. Someone once asked her what made her choose to become Benedictine. She said that a big reason was the accepting and welcoming atmosphere of St. Scholastica when she came for retreats. Sister Mary Martin Beringer, her aunt who was also a Duluth Benedictine, gave her an example of a religious person who lived her faith. Although Agatha never felt sought after by her aunt to become a Sister – it was her choice when she was ready to make it – she was glad to have a close relationship with her aunt and fellow Sister.

She joined the Benedictine Sisters in 1961, entering with 29 other young women. The next year she became a novice, received her habit, and was given the name Luella, her mother’s name which also honors the feast of her dad, Louis. As Sister Luella, she made her first monastic profession in 1963 and her perpetual profession in 1966.

Sister Luella attended The College of St. Scholastica and graduated with a bachelor’s degree in Elementary Education in 1966. She spent her first 25 years of ministry as teacher and principal at Catholic schools in Aitkin, Minneapolis, Duluth, Brainerd, and Pine City. During her time in Pine City, she was asked to take on additional administrative responsibilities at St. Mary’s School, and so took classes one evening a week at the University of St. Thomas in Minneapolis, earning a master’s degree in Non-Public Administration in 1982.



Sunflowers outside her door.

Sister Luella Wegscheid, OSB (continued)



Sr. Luella with 'My Life in Pieces'.



More sunflowers at her door.

After retiring from teaching, Sister Luella was asked to serve in the Monastery Business Office as the accounts payable clerk. In 1992 she was offered the position of administrative assistant to the Rector at St. Paul's Episcopal Church in Duluth. Her seven years at St. Paul's were filled with many blessings. It was a positive working relationship for herself and the members of the church. In 1999 she became the administrative assistant to the Prioress and Corporate secretary for her Community, serving for 16 years.

In 2016, she became the Benet Hall Resident Assistant, a position in which she continues to serve today. As Resident Assistant she attends to the personal needs of the retired Sisters living in Benet Hall. One of the blessings of this role is being able to distribute the Eucharist daily to the Sisters. In 2018, Sister Luella became the Director of the Monastery Transportation Office. As Transportation Coordinator she assigns vehicles for Sisters and coordinates the volunteer drivers who take Sisters to appointments. It is a joy for her to work with the dedicated volunteer drivers.

Looking back on her life as a Benedictine, Sister Luella says, "It has been a very positive and blessed experience for me." She has never regretted the choice she made. She also shared that having the right attitude makes life rewarding. When asked what kept her in her vocation as a Sister, while many left religious life, she responded that she was content with the vows she took and was confident it was her vocation.

Sister Luella turned 80 years old and celebrated her 60th Jubilee, both in 2023. To help her celebrate, her family members decided to send 80 jigsaw puzzles leading up to her birthday. The 80th puzzle was memorable: a collage of black-and-white photographs from her life. Completed and framed, this 1,000-piece puzzle called *My Life in Pieces* hangs in her room, forever a memory of her youth. She continues working on the rest of her birthday puzzles.

We are thankful for the gift that Sister Luella is for our Community, and we strive to be like her, shining bright as a sunflower.

Coming Full Circle

by Sister Therese Carson, OSB with Andrew Hilliker, SMA President



Though Stella Maris Academy (SMA) is a young school, it is rooted in more-than-a-century-long story of forming young people in the truths and goodness of Catholic education. The Academy was formed after significant discernment and prayer amid efforts to bring the parochial Catholic schools of Duluth together under one school governance. This marked shift in Catholic education allowed individual schools with similar missions to unify resources and efforts to grow the impact of the overarching mission of each school.

Called to Be One

The formation of Stella Maris Academy brought together the Catholic schools of Holy Rosary, St. John's, and St. James, with one mission, one governing body, and an opportunity to redefine Catholic education in Duluth. An intentional priority in the early years of the Academy was building culture, community support, and a strong early childhood to elementary program. Though successful, it did not come without its growing pains. It was a painful time for parishioners who still had active schools and wished to retain their parochial identity. When their schools reopened in September 2017, it was as campuses of the Academy. This loss of identity was eased by gaining an institution that would provide a stronger Catholic education with greater financial stability and wider reach. Indeed, in a testament to just how successful the formation of Stella Maris is, at the most recent renewal of accreditation, the reviewers commented that SMA consistently demonstrated a committed faculty and staff who feel supported, believe in the mission of the school, and authentically work to meet the needs of each of their students. They noted that the culture of each campus is welcoming, positive, and joyful, and is a safe place for students to learn. The reviewers remarked that the community of the school is strong, with a sense of ownership and pride in SMA. The team concluded that the model of Catholic education that was developed in 2017 pioneered something unique and continues to build on that foundation.

Long term goals included developing curricular programming to be more closely aligned with Catholic liberal arts teaching and learning philosophy, re-establishing a Catholic high school in Duluth, and generating a cohesiveness both internally and externally that would allow the Academy to thrive for generations to come. Today, the curriculum follows the teachings of the Catholic faith and its intellectual traditions. The students are immersed in their faith beginning with Theology, which flows over into every subject and activity. The students pray together, attend Eucharist weekly, and learn to be kind to one another and to love learning. After a solid grounding in elementary school, they go on to High School to study Math, Science, History, Fine Arts, Music, English, Latin, Spanish – a continuum of knowledge that nourishes their whole being and teaches the interconnectedness of all things. They read masters like Thomas Merton and discuss how they can apply these important ideas in their life. They learn to think deeply, read to expand their horizons, and express what they have learned in the written and spoken word. They become whole persons who can lead, love, and serve others, whose life revolves around



Holy Rosary Campus: Early Childhood – Grade 3



St. James Campus: Early Childhood – Grade 6

Coming Full Circle (continued)



St. John's Campus: Grade 4 - 6



Woodland Campus: Grade 7 - High School

the Gospel and service to others. They take Scripture within, understand it through the lens of their faith, and proclaim the Word with confidence.

The Holy Spirit Provides

The journey toward opening the high school was truly guided by Divine Providence. As enrollment numbers continued to grow, there was a need for additional space, but no evident place on which to build the desired high school. In summer 2021 The Hills Youth and Family Services, then operating in the former diocesan St. James Children's Home long managed by our Benedictine Sisters, sadly announced their closure. In pure speculation and optimism, Stella Maris Academy approached the leadership of The Hills Youth and Family Services to express interest in acquiring the property to house the long-planned for high school program. Its proximity to the St. John's Campus, its history of previously being part of the Church, and the property and structures made the space ideal and providential opportunity for growing Stella Maris Academy. With the blessing of the Bishop and the Stella Maris Academy Board, the determination of the academy, and the generosity of gracious donors, Stella Maris Academy closed on the property in October 2021. In September 2022, the long-hoped-for High School welcomed the first freshman class in temporary classrooms as renovation continued, marking the first time in some 50 years that Duluth has had a Catholic high school option for families.

The student body is organized into four Houses or homerooms, each with students across the grade levels. This concept comes from public schools in England, familiar to readers of the Harry Potter books. Each House has its permanent faculty advisor. Being in a House gives students a sense of belonging and helps them make friends. They build relationships across grades, learn from each other, absorb the House ethos, and compete healthily with other Houses for points awarded for academics, service, competitions, and Catholic virtues. The Houses are named after inspirational individuals from the Diocese's past: Mother Scholastica Kerst, OSB, Monsignor Joseph Buh, Bishop Paul Sirba, and Sister Samuella Volk, OP.

Sentinel activities and clubs bring students together to learn about topics that stir their interests. These include CPR and first aid, robotics, cooking, chorale, yearbook club, outdoor activities, indoor strength and conditioning, outdoor journaling, and glee club. They take part in guided outreach activities, including leading enrichment activities for senior residents at Westwood Apartments. Families become involved through the Stella Maris Family Association and support faith formation and service activities.

The name *Stella Maris* means Our Lady Star of the Sea, an ancient title of Mary as guide and protector of seafarers and an appropriate benefactor for all port cities, including ours on the beautiful but sometimes turbulent and unpredictable Lake Superior. She is a guide in turbulent times when we lose our way, always leading us to Christ. In the twelfth century, Saint Bernard of Clairvaux said of her:

"If the winds of temptation arise, if you are driven upon the rocks of tribulation look to the star, call on Mary. If you are tossed upon the waves of pride, of ambition, of envy, of rivalry, look to the star, call on Mary. Should anger, or avarice, or fleshly desire violently assail the frail vessel of your soul, look at the star, call upon Mary."

Coming Full Circle (continued)



On All Saints Day, Sr. Kathleen Hofer meets "Saint Benedict."



Andrew Hilliker, President, shows the planned Phase Two science laboratories.

Leaning into the Future

From its earliest beginnings, the Duluth Benedictines have been involved in Catholic education in our diocese, from staffing elementary schools through high school to founding The College of St. Scholastica. Today, the Benedictine Community continues to be involved in Catholic education in Duluth, including at Stella Maris. This spring, Sister Lisa Maurer visited and prayed with the Academy students who were involved with spring sports and spring activities. Her message focused on living the Gospel values and giving glory to God.

The Sisters greatly enjoy engaging with the SMA students who periodically visit the Monastery. We welcomed first graders on the Feast of All Saints, who came dressed as their chosen saints. Students tour the chapel and Monastery and join us for prayer. This April several Sisters watched with great delight the Academy's first theatrical production, *The Sound of Music*, in the Holy Rosary auditorium. Sister Kathleen Del Monte serves on the Stella Maris board, and we continue to support the Academy both prayerfully and financially.

The story continues as the Academy begins raising funds for Phase Two of its renovation, which will add chemistry/biology and physics laboratories. And the Fall 2025 academic year will mark the first time in over half a century that Duluth has continuous Catholic education from Early Childhood through post-graduate education, with college credits available for juniors and seniors.

We are excited to see this continued growth and look forward to the great and wonderful things to which God is calling Stella Maris Academy, as it grows into a shining light of the Catholic faith in Duluth, a true Stella Maris, Star of the Sea.

We join our hearts and voices with the entire Stella Maris Academy community as we pray for the continued guidance of the Holy Spirit and the intercession of Mary, Star of the Sea, that in all things God alone may be glorified.

Please Pray for Our Deceased Family and Friends

<i>Evelyn Ruth Higgins</i>	9/8/2023	<i>Mary Jo (Erickson) Farley</i>	3/11/2024
<i>Duane C. Baxter</i>	12/28/2023	Sister of Sister Jayne Erickson	
<i>Mary E. Flaa</i>	2/9/2024	<i>Clara Sue Warner</i>	3/12/2024
<i>Cindy L. Mainella</i>	2/14/2024	Sister of Sister Mary Susan Dewitt	
<i>Eldora Ann Recksiedler</i>	2/15/2024	<i>John Eugene Wipson</i>	3/31/2024
<i>Stanley M. Raway</i>	2/7/2024	<i>Paul Malone</i>	4/8/2024
Brother of Sister Beverly Raway		Brother-in-law of Sister Luella Wegscheid	
<i>Richard Makela</i>	2/18/2024	<i>Ted Micke</i>	5/10/2024
<i>Rev. Lloyd Mudrak</i>	2/19/2024	Brother of Sister Pauline Micke	
<i>Thomas Congdon McCabe</i>	2/25/2024	<i>Daniel E. Frigon</i>	4/17/2024
<i>Fr. Greg Poser</i>	3/5/2024		
Cousin of Sr. Annella Wagner			

Sister Jayne Erickson composes school song for Tanzanian students



Students at St. Scholastica School in Dar es Salaam, Tanzania, celebrate friendship and their love for the Lord as they sing their *St. Scholastica School Song*, composed by Sister Jayne Erickson. The upbeat, rhythmic song speaks about building Community and living the Benedictine values of love of learning and hospitality.

The school was founded by Sister Gaudensia Mwanyika, a member of our Twinning Community in Tanzania, who earned a degree in education at The College of St. Scholastica. You can listen to the video of the children singing at <https://www.youtube.com/watch?v=Sg-CD9iyj0c>. Alternately, go to YouTube and enter duluthbenedicts.

Sister Lisa Maurer visits hospital in Cottonwood, Idaho



In her work with Duluth Benedictine Ministries (DBM), Sister Lisa Maurer paid a visit to St. Mary's Health in Cottonwood, Idaho. St. Mary's is one of the hospitals sponsored by DBM. Here, she is pictured in the center with board members from St. Mary's Health who attended the North Idaho Hospital Symposium in Coeur d'Alene, Idaho.

Lenten Retreat



In late February and March, Sister Mary Josephine Torborg led a three-week retreat on "Our Journey through Lent." Participants learned to take a deep look at their lives during Lent, to see what needs to be changed in their love journey with the Lord. When we make ourselves available to the Lord, amazing things can happen.

Sister Kathleen Del Monte attends installation



On March 4, Sister Kathleen Del Monte was the delegate of The College of St. Scholastica and President Barbara McDonald at the presidential installation Mass for President Joseph J. Foy, Ph.D. at Benedictine University (BU) in Lisle, Illinois. BU is a member of the Association of Benedictine Colleges and Universities (ABCU).

Sister Kathleen Del Monte receives certification with Higher Learning Commission



Sister Kathleen Del Monte is now qualified to serve as a volunteer member of the peer review corps for the Higher Learning Commission. As a peer reviewer, she is trained to evaluate colleges and universities and provide advice and consultation to help them continuously improve.

Monastery representatives attend Sponsor Formation

On December 8, 2022, the Vatican officially approved our application to incorporate our ministries as a Ministerial Public Juridic Person, the canonical equivalent to a nonprofit corporation. On March 6, Jan Barrett, Sister Lisa Maurer, and Mary Ives represented Duluth Benedictine Ministries at the Catholic Health Association’s Sponsor Formation Program for Catholic Health Care. This prepares individuals for service as members of Juridic Persons to carry out the ministry of the Catholic Church.



Sister Lisa Maurer nominated for Lumen Christi Award



The Diocese of Duluth nominated Sister Lisa Maurer for Catholic Extension’s Lumen Christi Award. According to the Catholic Extension website, nominees are those “who radiate and reveal the light of Christ present in the communities where they serve. They remind us that faith is still a relevant force in our society and culture. They remind us that there is so much energy and generosity in our Church. They remind us that there are people willing to sacrifice for the good of others.”



Sister Lisa is Vocation Director for our Community, Director of Mission Integration and Formation for Duluth Benedictine Ministries, and board president of Duluth’s Women’s Care Center. She is a consultant for Campus Ministry and prays with the college athletic teams at the beginning of each season. She is a resource support for teams and coaches.

In his nomination letter Bishop Daniel Felton said, “In a world where we need our Catholic faith to prevail and engage our youth, she is a supporter of anything that involves young people; she develops a trust few can hold in our community.”

Sister Josine and the Community Memory Boards



To remember and honor our Sisters who have gone home to God, Sister Josine Krausnick prepares a Memory board one year after they have passed. She took on this ministry in 2014 and just finished her 45th board. She works with other Sisters to gather photos, artifacts, and other important memorabilia and organizes them on a large bulletin board.

Each board is displayed for one month where Sisters and staff can see them each day. We appreciate Sister Josine's creativity, passion, and dedication to honoring each Sister with love.



Sr. Josine works on the memory board for Sr. Sarah Smedman, who died in March 2023.



The completed board hangs in the front hall of the Monastery.



Abbot Douglas Mullin and Sr. Beverly Raway

Sister Beverly Raway attends the installation of Abbot Douglas Mullin at Saint John's Abbey

On January 28 at a Mass of Blessing and Thanksgiving, Abbot Douglas Mullin was installed as the 11th Abbot of Saint John's Abbey in Collegeville, Minnesota. Sister Beverly Raway attended with Barbara McDonald, President of The College of St. Scholastica. Bishop Patrick Neary of the Diocese of Saint Cloud conferred on Abbot Douglas the abbatial blessing, asking God's grace: "Give him a heart full of compassion, wisdom, and zeal, so that he may not lose even one of the flock entrusted to his charge."

Mardi Gras at the Monastery

The Monastic Mardi Gras tradition continued, thanks to Benedictine (formerly Benedictine Health System), who treated us to a party with Sammy's Pizza and beverages. We were delighted this year to have music students from The College of St. Scholastica as entertainers, and are grateful that Bishop Felton joined us and closed the evening with a blessing.



Sisters give a standing ovation: from left to right, Sisters Charity Nkwera, Dorene King, Lois Eckes, Theresa Spinler, Donna Schroeder, and Luella Wegscheid.



Bishop Daniel demonstrates his polka cello to musician Jeremy Craycraft.

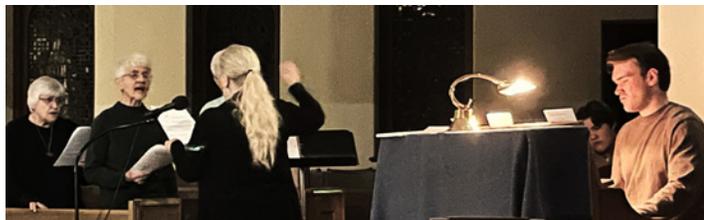


The administration staff of Benedictine serves pizza. From left to right are Scott Cartwright, Laurie Hennen, Sr. Joan Marie Stelman, and Jennifer Bruhn.



Sisters and Students join for traditional Lent Taizé service

Taizé is contemplative prayer where we encounter the mystery of God through the beauty of simplicity in scripture readings, petitions, chant, and deep silence. It brings us into the spirit of Lent.



Sisters Jayne Erickson and Theresa Spinler, with Dawn Carrillo conducting and Derrick Kohlgraf, pianist



*Icons by + Sr. Mary Charles McGough:
The Trinity and Mary Magdalene: Apostle to the Apostles*

College of St. Scholastica volunteers polish woodwork at McCabe Renewal Center

On February 28, Sammi Good Nelson from CSS Campus Ministry and Nathaniel Bushek, Professor of Mathematics, came to McCabe Renewal Center to polish woodwork in the chapel and library at the McCabe Renewal Center. They volunteered their time and polishing talents as their service project for the CSS Community Day.



Sammi Good Nelson and Nathaniel Bushek with library woodwork restored to its beauty

Sister Beverly Raway attends annual Conference of Benedictine Prioresses

In February, Sister Beverly Raway represented our Community at the Conference of Benedictine Prioresses. This year's get-together with 37 prioresses attending was held at Our Lady of Grace Monastery in Beech Grove, Indiana. The conference provides mutual support and encouragement among



Above, the prioresses of the Monastic Congregation of St. Benedict: Sisters Nicole Kunze of Annunciation Monastery in Bismarck, North Dakota; Susan Hutchens of St. Mary Monastery in Rock Island, Illinois; Angela Hoffmann of St. Placid Priory in Lacey, Washington; Karen Rose of St. Benedict's Monastery in St. Joseph, Minnesota; Catherine Nehotte of St. Paul's Monastery in Saint Paul, Minnesota; and our own Beverly Raway

Benedictine communities, in order to further our vision and values within the Church and society.

The theme was "The Care of Souls: The Delicate Dance of Community Leadership." Emily Cash, Psy.D., of St. Luke Institute, provided stimulating material on the challenges of leadership, exploring the need for balance between skills of support and accountability, between needing support and being supportive, between being accountable and requiring accountability from others. Communication styles and the work of building trust were addressed along with the need to pay the RENT, particularly in time of stress.... RENT being the acronym for rest, exercise, nutrition, and thoughts (paying attention to self-talk). There were times for sharing challenges and accomplishments in community life, business sessions, social gatherings, a free afternoon and evening to explore local culture and dining, times for sharing liturgy, and a lovely banquet with the Sisters of Our Lady of Grace Monastery.

Feast of St. Benedict on March 21

On March 21, Benedictines around the world celebrate the *transitus* of St. Benedict, the day Abbot Benedict of Nursia entered eternity. The Latin word

transitus means transition: passing from one state to the next. For Christians and adherents of many other faiths, death is not the end of life but the transition into eternity with God. We also celebrate our Founder on July 11. This second feast was added in 1964 when Pope Paul VI made Benedict the Patron of Europe. The occasion was the rededication of the Church at St. Benedict's Monastery of Monte Cassino in Italy, rebuilt after destruction by bombing in World War II, with funding from the United States.

Here in Duluth, the Sisters and The College of St. Scholastica Campus Ministry joined in commemorating the Passing of St. Benedict. Here they answer questions at an information booth in the College Student Center.



Sr. Lois Eckes, Brianna Hendren (Peer Minister for Saints Catholic), Sr. Lisa Maurer, and Sr. Theresa Spinler

Opening of the Monastery's new dining room

After long months of planning, we transferred our food service to our renovated Monastery, beginning with lunch on March 18. Sister Mary Josephine Torborg, Dining Room Coordinator, set the tables with flowers and place mats for the occasion. Our uncertainty about this change was transformed into joy when we tasted the food.



Our new dining room, with the Chapter Room behind.



Sr. Danile Lynch looks over the salad bar. Hot food is to the right and drinks and desserts beyond that.



Sr. Mary Josephine Torborg worked for weeks to move everything from Stanbrook to our new dining room. Here, she gathers serving utensils for the first meal.

Sisters share stories with college-aged women

On March 23, the Sisters hosted a Women's Morning at the Monastery. Five college-aged women from The College of St. Scholastica and the University of Minnesota Duluth joined the Sisters in Morning Prayer, toured the Monastery, and talked with Sisters about life in the Monastery.



Sr. Jayne Erickson shares her vocation story.



Sr. Danile Lynch shares her vocation story

Holy Triduum and Easter

Placing of the Oils: During the Triduum we are silent except in prayer. On Holy Thursday morning we place newly consecrated Oils in the ambry. One by one, Sisters present to the Prioress the Oils of Chrism, of Catechumens, and of the Sick. The prioress prays over them, and we respond.

For the Oil of the Sick we say, *“We touch each other’s lives of pain, illness, and affliction with compassion, trying to grasp the mystery of suffering. Our gentle care and kind words support the soothing ointment for health of body, mind, and spirit.”*

Mass of the Lord’s Supper: At the Evening Mass of the Lord’s Supper on Holy Thursday, we listen to the Evangelist John’s account of Jesus taking the part of a servant and washing the feet of his followers. For John, this was the crux of Jesus’ life among us, that he came to serve, and by serving transformed the smallest kindness into a holy blessing.

“Do you understand what I was doing? You call me ‘Teacher’ and ‘Lord,’ and you are right, because that’s what I am. And since I, your Lord and Teacher, have washed your feet, you ought to wash each other’s feet. I have given you an example to follow. Do as I have done to you” (John 13:12-15).



Sr. Beverly Raway prays over each oil and describes how it furthers the will of God for us.



Fr. Corbin Eddy and Sr. Beverly Raway wash the feet of Oblate Michelle Naar-Obed, Sr. Lisa Maurer, Sr. Claudia Cherro, and Oblate Donna Leonard.



Sisters respond to each oil, acknowledging its sacramental use in rituals of blessing and healing. Left to right are Sisters Claudia Cherro, Lois Eckes, and Danile Lynch.



Sr. Kathleen Hofer presents Oil of the Sick.

Good Friday and the Passion of the Lord: On Good Friday afternoon we gather in chapel to commemorate the passion and death of our Lord. We listen to the Suffering Servant from Isaiah.

“Surely, he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed” (Isaiah 53: 4-5).

And then from John’s Gospel, the terrible story of his betrayal, abandonment, trial, and execution. None of us leaves without the deep sorrow that we, too, have

betrayed Christ many times, and that we can stand before the Cross today only through the mercy and love of God.



Fr. Corbin Eddy pray as Sr. Jeanne Ann Weber uncovers the Crucifix.

Easter Vigil and the Service of Light: The Easter Vigil service begins in darkness. Outside in the hallway and in the Gathering Space we gather to witness the lighting of the new fire: the light of Christ who brings peace, wisdom, and forgiveness. We then process in carrying lit candles, small sparks that fill the chapel with soft light and remind us that we all hold God’s light within.

Holding our candles, we listen to the Exsultet that tells the long story of redemption.

“This is the night that with a pillar of fire banished the darkness of sin. This is the night that even now, throughout the world, sets Christian believers apart from worldly vices and from the gloom of sin, leading them to grace and joining them to his holy ones. This is the night, when Christ broke the prison-bars of death and rose victorious from the underworld.”

After readings from Exodus, Isaiah, Baruch, and Romans, we listen to Luke’s terrifying and joyful account of the Resurrection: Mary Magdalene, Joanna,

Mary the mother of James, and the other women who were disciples of Jesus come to find an opened grave and two angelic figures who tell them Jesus has been raised and remind them of his words to them while in Galilee. They then run to tell the apostles.



Fr. Corbin Eddy blesses the new fire and then, with a long taper, lights the Easter candle held by Sr. Beverly Raway, as Sr. Danile Lynch looks on.



Sisters and other members of the Schola listen to the Exsultet.



After Father Corbin Eddy’s homily, we return to the Gathering Space where the baptismal font stands empty, dry as desert sands. As the new waters spill over, Father Corbin blesses the new waters of baptism and Sister Beverly Raway, Prioress, sprinkles us with the water.



Becky Urbanski uses exercise to teach scenario planning.

Planning our future through scenarios

With an eye to the future, we are learning about a tool called Scenario Planning, where we tell stories about what we want to become in the future. On April 6 Becky Urbanski, then-Interim Director of Duluth Benedictine Ministries, led the Community through two scenario exercises.

In the first exercise, we were given a fully equipped food truck, which we quickly decided to use to spread the Benedictine charism. Excitement ran high as we thought more broadly, built on each other's suggestions, and finally came back to earth with what would be plausible. It was a disappointment to remember that we do not, in fact, have a food truck.

In the second exercise we discussed what the Community will look like in 2030. We talked about membership, vocations, ministries, and the roles of our oblates and volunteers. We brainstormed best case, worst case, and most likely scenarios. This was an opportunity to dip our toes into the water and stir our imagination.

Next we will form several scenario-building groups and begin to address our future with creativity and a sense of fun. What, in fact, do we want our Community to look like in six years? We know that, in the end, it is the Holy Spirit who is directing our way. Are we ready to surrender to the future that God has in store for us?

Sisters and employees gather to 'watch' the total eclipse

We were ready with solar sunglasses to see the total eclipse of the sun on April 8, though here it would reach only 71% totality. This being Duluth, it was cold



and drizzly, with dense fog that made the whole day dark. Nevertheless, we were able to watch on the NASA website as the moon's shadow moved from Mexico across the continent to Canada and then out into the Atlantic Ocean.

Jan M. Barrett and Lisa A. Roseth take on new challenges



Jan M. Barrett, Executive Director of Duluth Benedictine Ministries

After eight years as Director of Development and Public Relations for the Monastery, Jan Barrett has accepted the position of Executive Director for Duluth Benedictine Ministries. We will miss her working in the monastic offices but know that DBM is in capable hands and that her new office is in Stanbrook, a few hundred steps away. Thank you, Jan, for your dedication and love for the Sisters, and for all you have done for *Pathways!*

Lisa Roseth has accepted the position of Director of Development and Public Relations. She comes to us as friend and colleague, having worked at The College of St. Scholastica for 29 years, most recently as Director of Alumni Engagement. She is a College alumna and monastic volunteer. Her husband Wade and daughter Alexis have lived in Duluth for 31 years and share their home with yellow labs Bryn and Bella, and English bulldog Phoebe. They will soon be welcoming their son-in-law Isaiah into the family.



Lisa A. Roseth, Director of Development and Public Relations for the Monastery

A warm welcome to Lisa!

† Sister Theresa Jodocy, OSB

Sister Theresa Jodocy, 93, died on February 20 in her 70th year of consecrated life. She was born September 24, 1930, into a large farming family in St. Nicholas in Michigan's Upper Peninsula and was baptized Mary Theresa. Her family prayed the rosary daily and asked St. Thérèse of Lisieux to care for missionaries. Mary Theresa prayed privately for a religious vocation. When she was 12 years old, her parish priest gave a sermon about St. Scholastica and St. Benedict, and from then on, she read everything she could about them. She took a summer class at The College of St. Scholastica and, inspired by Sister Ann Edward Scanlon who recognized in her a strong vocation, she stayed and graduated with a BA in Elementary Education in 1953. She then entered the Community and in July became a novice, taking Matthias as her religious name after her brother who was a priest. She made her triennial profession in 1954 and perpetual monastic profession in 1957, celebrating her golden and diamond jubilees in 2004 and 2014.



Sister spent 13 years at Our Lady of Victory School in Minneapolis and various parochial elementary schools in the Diocese of Duluth. In 1967 she was sent on mission to Phoenix, Arizona as teacher and principal at St. Thomas the Apostle School in Phoenix, then to St. Daniel the Prophet School in nearby Scottsdale, and finally to Xavier College Prep in Phoenix as dean of students and teachers. She fell in love with the hot dry climate of Arizona. During the summers she earned a MA in Educational Administration from the University of Minnesota Duluth, and a MA degree in Theology from the University of San Francisco, and then taught Theology at St. Joseph High and Notre Dame High near Chicago, Illinois.

Growing in her heart was the desire to teach Theology in a parish setting. In 1988 she returned to her beloved Arizona and began a pastoral ministry at St. Andrew the Apostle Church in Chandler, where she had many opportunities to serve God's people. She also returned to her baptismal name as Sister Theresa. In 1993, she took a sabbatical at Notre Dame University and then, renewed in energy and enthusiasm, returned to the West. She went first to Sacred Heart Parish in Redlands, California as director of religious education, and then to churches and schools in Chandler, Tempe, and Mesa, Arizona. She taught Scripture, directed the RCIA program, guided Catholics returning to their faith, conducted grief support groups, and led prayer and scripture study groups. She assisted in the Tribunal of the Diocese of Phoenix, and as associate chaplain supported the chaplains at two medical centers, for a total of 35 deeply satisfying years.

While at Holy Spirit Parish in Tempe, she organized and led trips abroad to the Holy Land, France, Spain, and Portugal. For each trip she prepared a guidebook that included a liturgy guide for each church where they would attend Mass and appointed fellow travelers as Eucharistic ministers and lectors.

In October 2012, with mixed feelings, she left her beloved Arizona and returned to the Monastery. She became Eucharistic minister at Benedictine Living Community-Duluth and befriended those who had no one to visit them. She volunteered at the Duluth Diocesan Tribunal. In her free time, she enjoyed reading, attending musical events at the College, and putting together jigsaw puzzles, especially those with birds. She was a competitive opponent in Scrabble games and was always faithfully present for Eucharist, Community prayers, and meals. She loved sharing wonderful stories of the past and lived each day with gratitude for her vocation. May she now know the joy of reunion with those who have gone before her in faith.

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