

Passages

ST. PAUL'S MONASTERY, ST. PAUL MN

SISTERS OF ST. BENEDICT



WINTER 2006

VOL. 16 ISSUE 2



Living a Mission Tradition: Sisters Sell Hill-Murray School

A popular perception of religious communities is that they form around people who want to spend their lives in prayer and service. Embedded in that understanding is the fact that a religious community cannot survive long if it loses contact with its spiritual core. True as well for almost all communities is the call to some sort of service for the common good. What may be less obvious is that service is not secondary to prayer nor is it without sacrifice.

The Sisters of St. Paul's Monastery form themselves daily in worship because who they are draws its fundamental identity from Word and Sacrament. They also are a community of women who corporately always have their sleeves rolled up.

They came to St. Paul in 1948 on mission, leaving behind the security and predictability of St. Benedict's Monastery in St. Joseph, MN. Ten years later they built Archbishop Murray Memorial High School at the request of the Archbishop, putting on hold their plans and savings for a new priory. The high school was a concrete expression of mission. A new residence more adequate to their needs as a community would be built in 1965.



Redemption window in Hill-Murray chapel, created by Artist-in-Residence Pat Benincasa; non-flat 3-D stained glass window, 10 ft. high, glass cross perched on limestone boulders

In September of this year, the Sisters agreed to sell their 59% share of the school. The other share until recently was held by the Archdiocese of St. Paul and Minneapolis. The school became Hill-Murray after a 1971 merger with Hill High School for boys.

While the amount of the sale is not insignificant, it pales in light of the emotional cost as this transaction symbolically closes a chapter in the mission of the Monastery. Over the years, 52 sisters have taught at the school or served in administration. This was a mission into which they poured their talent, time, and treasure.

After long, careful deliberation by both the monastic community and the school, this decision to sell ends an era. The Sisters feel confident, however, that the bond between the school and the Monastery does not subsist solely in real estate. The Benedictine character, infused in Hill-Murray School by the presence of the Sisters over many years continues as current administrators and teachers ponder the ways in which the Rule of St. Benedict can inform and enlighten Catholic secondary education.

~continued on page 2

New Legacy Society Formed by Community

Members of St. Paul's Monastery Legacy Society gathered for the first time on Sunday, Nov. 13, at the Monastery. They began with an 11:00 a.m. Mass in the chapel followed by brunch.

Legacy Society members are those women and men who have included the Sisters of St. Benedict of St. Paul's Monastery as a beneficiary in their wills or who have otherwise indicated that they have made a deferred gift to the monastery.

In her welcoming remarks, S. Carol Rennie, Prioress, said in part, "Perhaps ever since the days of Benedict, we have asked the question



Legacy Members: (front l-r) Tim Marzen, Steve Maniaci, Gladys Gates, Ann DuRoss (back l-r) Gloria Maniaci, Joseph and Susan Buelow

'What is our legacy? What is it we desire to offer to the world, to society?' For you to join us on this journey of seeking fullness of life for all God's people is surely a gift and a challenge. We are deeply grateful for your love, your support, your wisdom

as together we search for ways to live in the midst of chaos a life that is surely full of God's grace."

Members of the Legacy Society who attended the inaugural gathering included Gloria and Steve Maniaci, Plymouth, MN; Ann DuRoss, Woodbury, MN; Tim Marzen, Mason City, IA; Susan and Joseph Buelow, White Bear Lake, MN; Gladys Gates, North St. Paul, MN. Members unable to attend included Dr. Constance Beutel, Benica, CA; Ray and Margaret Eckers, St. Louis Park, MN; Lois Kreider, St. Paul, MN; Laurel Lapore, St. Paul, MN; Wilhelmina Siebert, Spokane, WA.

PASSAGES is published three times a year by the Sisters of St. Benedict of St. Paul's Monastery

2675 Larpenteur Avenue East
St. Paul, MN 55109-5097
Phone: 651-777-8181
Fax: 651-777-4442
www.stpaulsmonastery.org

Editorial Committee:

S. Virginia Bieren
S. Pat Collins
S. Jacqueline Leiter
Victor Klimoski
S. Lucia Schwickerath

Layout and Design:

Ms. Dianne Hanson

Printer:

Sexton Printing, Inc.

Hill-Murray cont'd

From the Monastery chapel, Hill-Murray is clearly visible. Each day as the Sisters gather for prayer, the mission of Hill-Murray will be close to their hearts. Missions change over time and are passed on to others.

What does not change is the fundamental commitment to serve the Lord with full hearts, to pray for the well-being of all those ministries launched by members of this community, and to be alert to where the Spirit is leading the community next. This is the power of a tradition.

Victor Klimoski, Ph.D.
Director, Benedictine Center



After signing Hill-Murray purchase agreements: (l-r) President Joseph Peschges, Prioress S. Carol Rennie, Hill-Murray Board Chair John Sprangers



Faith Lift Meets with Success

From the opening ritual welcoming the Light of Christ to the closing Eucharist, *A Faith Lift for Moms* conference Oct. 14-15 was charged with the grandeur of God. Staff from St. Paul's Monastery and a team from Holy Spirit, St. Paul, brought to birth *A Faith Lift for Moms*, reaching mothers in a five-state area.

The hospitality, the music by Threespirit, the rich content of the speakers' presentations, and the sharing of all the participants created a sense of God's presence.

Tricia Hoyt, co-author of MOMS and herself a scripture scholar, with a compelling gift for storytelling, used Christ as presented in Chapter 8 of St. Matthew's Gospel as a model for contemporary mothers. Tricia said to Bishop Pates after the conference, "A spirit of God filled this event. I am so moved by it. I came here from Phoenix as a speaker, but I have been ministered to as well."

Theresa Difato shared a *litany of mothers* who are facing cancer, the



Mary Gleason introduces Theresa Difato

death of a spouse, the birth of a handicapped child, an unfaithful spouse, loss of a home, the death of a child, and declining health. The litany provided a perspective on the spirituality of mothers today. Her

comment on the day: "The prayerful presence of the Holy Spirit was so real to all of us."

Holly Pierlot from Prince Edward Island, Canada, inspired those present with her famous five P's: prayer, person, partner, parent, provider. She encouraged all mothers to prioritize these in her life. The ten workshops led by local experts gave participants a variety of new concepts, skills, and affirmations for their motherhood.

Bishop Pates and pastor Father Mike Sullivan concelebrated the closing Eucharist for the parishioners of St. Joseph the Worker and the Faith Lift participants. It was the perfect sending forth of mothers with a renewed spirit of commitment to their baptismal call to holiness.

**Paula Hagen, OSB
National Director, MOMS**

Weather Report

A single snowflake falls.
We flick it from our sleeve.
So small a thing, a speck,
A dot of moisture we ignore
Until, in the dark of night,
It gathers millions of its kind,
And we wake a conquered people.

~V. Klimoski



S. Marjorie Heltemes Celebrates Advent in Eternity

S. Marjorie Heltemes (formerly Sister Owen) died quietly in the monastery health care center in the early hours of Dec. 4, 2005.

Born to Leonard and Alexine (Baribeau) Heltemes in North Minneapolis, MN, on July 8, 1916, Marjorie was the first and only girl but later she enjoyed the companionship of three younger brothers. After graduating from St. Anne's Elementary School and St. Margaret's Academy both in Minneapolis, she made the decision to enter St. Benedict's Convent in St. Joseph, MN. After her novitiate there, she professed temporary vows in 1939 and began her teaching career.



Her classroom years found her in the primary and middle grades at Holy Angels, St. Cloud; St. Bernard's, St. Paul; St. Andrew's, Fairfax; Sacred Heart, Robbinsdale; St. Hubert's, Chanhassen; St. Boniface, Hastings; and St. Anne's, Minneapolis. Early in her teaching career she was voted Teacher of the Year. From 1973 until her retirement to the monastery, she was involved in pastoral care, beginning at St. Mary's Hospital and Home, Winsted, and later visiting the elderly and infirm in their homes. S. Marjorie was a charter member of the monastery coming in 1948 with 177 other sisters from St. Benedict's

in St. Joseph, MN.

S. Jeron Osterfeld who gave the eulogy on the evening before S. Marjorie's funeral said, "As I spoke to sisters about S. Marjorie, asking what their memories of her were, I heard comments such as: 'She was always an attentive listener, she was compassionate, she enjoyed nature and loved to walk. She was simple and I will miss her listening presence.' "

S. Marjorie's funeral liturgy was celebrated Friday, Dec. 9, 2005, at 11:00 a.m. with her cousin, Father Larry Hubbard, presiding. Let us rejoice in S. Marjorie's victory and praise the God whom she served so long and so faithfully.

Please join us in prayer

SUNDAY	
Morning Praise	10:00 a.m.
Eucharist	11:00 a.m.
Evening Praise	5:00 p.m.
MONDAY — FRIDAY	
Morning Praise	7:30 a.m.
Noon Praise	11:45 a.m.
Eucharist	5:00 p.m.
Evening Praise	6:40 p.m.
FRIDAY	
Evening Praise	4:30 pm.
Eucharist	5:00 pm.
SATURDAY	
Morning Praise	8:30 a.m.
Noon Praise	11:45 a.m.
Vigil of Sunday	5:00 p.m.

On weekdays, Eucharist is scheduled at either 11:30 am. or 5:00 pm., depending on priest's schedules. Please call ahead 651-777-8181

What Relieves Stress and Tension?

S. Vivian Kovar almost daily engages in a unique ministry right across the hall from her room in our health care center. This ministry is foot reflexology which is part of holistic care.

What is reflexology? It is a science which deals with the principle that there are reflex areas in the feet and hands which correspond to all the glands, organs and parts of the body. It relieves stress and tension, improves blood supply, promotes the unblocking of nerve impulses, and helps achieve a state of balance. And it feels good!

When S. Vivian became interested



S. Vivian Kovar welcomes 10:00 client

in reflexology more than a decade ago, she sought out the gifted massage therapist, S. Rosalind Gefre, CSJ. She took classes from her and her staff and along the way, imbibed some of their enthusiasm.

S. Vivian now regularly sees 18-20 sisters who weekly take an hour from

their schedule and wend their way to the reflexology room. Providing this gentle, caring ministry, S. Vivian's gifts are appreciated by all.

St. Paul says, "For the body does not consist of one member but of many. If one member suffers, all suffer together; if one member is honored, all rejoice together."

Spotlight on Employees

Diane Krueger began working at the monastery in 1984, first in food service and then in the health care center. Of her days in the kitchen, she fondly recalls her on-the-job training with Sisters Adella Winkelman, Ambrosita Pauly, and Aidan Barthel. “They taught me so much,” she says with feeling.

Currently Nurse Manager in the community’s second floor Health Care Center, Diane “interrupted” her employment to earn a nursing degree from St. Paul Vocational Technical Institute (now St. Paul College). After passing her Minnesota State boards, she could begin to write LPN after her name, but the quality of her care didn’t really change. It was excellent even before the initials. Diane stays updated on new developments in nursing. She has great rapport with physicians, pharmacists,



Diane Krueger, LPN,
readies blood pressure cuff

and her staff home health aids.

Diane and her husband, Dick, have two married children, Gayle and Dan, who frequently are in and out of their parents’ home visiting

and enjoying being together. Diane’s free time is spent working in her home and yard and taking trips to her favorite places on the North Shore. She is also interested in sewing (recently new curtains), knitting and relaxing in her Lazy Boy with a good book.

When asked about how she feels about nursing and especially about taking a leadership role in our health care center, Diane says, “At the end of the day, I feel I’ve accomplished something good. I have helped people. The sisters are grateful for even the smallest things. ‘Thank you’ comes easily from their hearts. I feel connected with most of the sisters in the community, but especially those in the health care center. One hears about the Benedictine family spirit. I feel it in my life.”

New Employees Welcomed on Staff

Two monastery departments have recently welcomed new employees, the Business Office and Food Service.

Sue Larson is a Payroll Technician in the business office. She lives in nearby Oakdale where she and her husband Tom are raising three children, ages 8-18. Prior to coming to the monastery, Sue worked as a retirement plan accountant for Wells Fargo. “I am happy to be working part time close to home, so I can spend more time with our kids and in volunteering as Chair of Christian Education at Bethany Covenant Church in Stillwater.”

New in food service are **Liz Charbonneau** and **Ollie Williams**. Liz, Director of Food Service, comes with an impressive background in cooking and management, having spent 25 years in the hotel and restaurant industry



Liz Charbonneau



Ollie Williams



Sue Larson

and being part of a family that has been in the food business for more than 50 years. She has a degree as a Certified Chef in Culinary Arts from Northeast Metro Technical School. Liz says that spending 12 years in St. Paul Catholic schools has prepared her

well to work in a convent.

Ollie Williams, our new cook originally from Arkansas, lived most of her adult life in Chicago. Ollie proudly points to her support system: her husband Ernest, two children, three stepchildren, and seven grandchildren. “My real inspiration to be a cook came from my mother. I can remember pulling a chair up to the stove and watching her prepare food. And, my oh my, was she a wonderful cook! I wanted to be just like her.” Ollie’s favorite things are decorating, entertaining her family and friends, and—yes—cooking.

iLLUMINARE: Called for Service, Formed in Christ

St. Paul's Monastery Ministers To Those Who Minister

Jacquelyne Witter Ed.D., Director, *iLLUMINARE*

A recent national survey discovered that there are over 30,000 lay ministers in the United States who serve in a wide variety of ministries (DeLambo, 2005). These are the people who proclaim the Gospel and help us to learn our Faith Tradition in faith formation, provide us with beautiful worship, pray with us when we are in the hospital or have lost a loved one, help us prepare to celebrate the sacraments, lead us in the corporal and spiritual works of mercy and keep our parishes running smoothly. Without lay ministers, much of the day-to-day ministry of the Church would not happen.



Margaret Emsweller and Carole Zempel, Cohort V

Lay ecclesial ministers are also people who love God deeply, have experienced a call from God to serve God's people in ministry, earn modest salaries for responsible leadership positions and often work irregular schedules with long hours to address multiple needs and demands that continuously shift as the Church tries to be responsive to the demands of the Gospel and the needs of God's people. Does that sound at least a bit familiar? It should, because it is the legacy that members of religious communities, including the Sisters of St. Paul's Monastery, have bequeathed to the Church. It is a legacy of dedicated selfless service in the name of Christ and on behalf of the Church. It is the legacy that is now being carried out by thousands of lay people.

Unlike members of religious communities, however, lay ecclesial ministers often lack formal structures of support or recognition for their call or their service. As a result, lay ministers frequently report a sense

of isolation in ministry and of being overwhelmed as they try to be faithful to the Gospel and the Church and responsive to the many and varied needs of the people they serve.



Tammy Norcross, Carol Kaalberg and Lois Lacey, Cohort IV

So who ministers to the ministers? Who helps them to stay connected to the One they serve in ministry? Who offers perspective so they don't become overwhelmed by the daily challenges of ministry or discouraged when ministry is difficult? Who reminds them of what is really important when they face so many demands and needs? Who provides experienced ministers with the ongoing formation that is essential for excellent ministry?

In the spring of 2002, the Lilly Endowment of Indianapolis addressed these questions with a grant program entitled 'Sustaining Pastoral Excellence'. The intent of the program was to fund new initiatives that would foster and sustain excellence among church ministers. St. Paul's Monastery applied for a grant and was notified that it had been awarded one in the late fall of 2002. In January 2003 *iLLUMINARE: Called for Service, Formed in Christ*—THE LAY ECCLESIAL MINISTRY PROJECT OF ST. PAUL'S MONASTERY was born. For the past three years, the Sisters of St. Paul's Monastery have responded to the ongoing formation needs of lay ministers from throughout the upper Midwest through this unique initiative of ministry-to-ministers.



Pat Murphy CSJ and Fr. Tim Fitzgerald, Cohort I

iLLUMINARE provides experienced lay ministers with spiritual renewal and ongoing formation opportunities that are designed to help sustain their zeal and foster pastoral excellence. The primary facet of *iLLUMINARE*, a two-year renewal process, brings participants together in a group of twelve members called a ‘cohort.’ Each cohort meets for three days quarterly for two years at The Benedictine Center for prayer, theological reflection, study, conversation and mutual support. In addition, members participate in spiritual direction. There are currently ten active cohorts, with participants from Minnesota, Illinois, Iowa, South Dakota, Wisconsin, and Canada.

The leading word in the title of the Project, *illuminare* (ĭl-lū-mĭ-nār-ā), offers insight into the overall vision of this renewal process. The Latin word *illuminare* means to *illuminate, to enlighten, to make conspicuous, to expand on, and to magnify*. *iLLUMINARE illuminates* the meaning of discipleship and the call to holiness in relationship to ministry, *enlightens* ministers about the spiritual disciplines that will sustain them in the call to ministry, *makes* the nature of the vocational call of ministry more *conspicuous* for ministers and those they serve, *expands on* ministers’ ability to engage in theological reflection about the nature and practice of ministry, and *magnifies* the value of intentional, sustained and shared ongoing formation.

It is not incidental that *iLLUMINARE*’s home is this Benedictine monastery, because the ministerial way of life we are trying to cultivate among participants is very much rooted in Benedictine values. The beginning of the Prologue of the Rule of St. Benedict says, “attend with the ear of your heart.” In *iLLUMINARE* we invite ministers to regularly step away from ministry to listen with their hearts to Who has called them into ministry, the Kingdom of God they are called to proclaim in ministry and the

dignity of this call which requires a commitment to excellence. Throughout the course of *iLLUMINARE* we incorporate the core Benedictine values of awareness of God, humility, dignity of the person, dignity of work, centrality of a rhythm of prayer founded in Scripture and liturgy, the importance of reflection, and faithfulness to God’s call.

iLLUMINARE has become a mutual blessing for the ministers who participate in this process of ongoing formation and spiritual renewal and for the Sisters of St. Paul’s Monastery whose foresight and commitment to the Gospel made *iLLUMINARE* possible.

iLLUMINARE participants note the ways in which the Sisters help them feel at home when they come for a session, affirm how valuable their conversations with the Sisters are as both strive to be faithful to their respective calls, and freely ask for the Sisters’ prayer support as they return to their congregations. The Sisters look forward to being with these ministers who are engaged in many new ministries as well as familiar ministries that the Sisters themselves have offered.

Through *iLLUMINARE*, the ministry that the Sisters of St. Paul’s Monastery have offered to the Church for so many years is being extended and finding new expression in this ministry to ministers.



Sister Phyllis Tousignant CSJ, and Dave Cushing, Cohort IV

As one participant noted, “*iLLUMINARE* offers something of inestimable value—time and space to pray, to ponder, to share ... to be renewed in my discipleship and in my ministry in the Church.”

While the grant which funds *iLLUMINARE* expires in 2007, the ministry-to-ministers that has begun at St. Paul’s Monastery will not end. If you would like further information about *iLLUMINARE*, or want to know how you can help to sustain this important ministry, please contact Jacquelyne Witter at The Benedictine Center, jw@benedictctr.org.



Passages

St. Paul's Monastery
2675 Larpenteur Avenue East
St. Paul, MN 55109-5097

Address Service Requested

Non-Profit
Organization
U. S. Postage

PAID

PERMIT NO. 3908
St. Paul, MN



Coming Events

Third Friday of each month
7:00 – 8:00 p.m.

Taize Prayer
Monastery chapel

Jan. 22, 2:00 – 3:30 p.m.

Learning from the Divine Potter
S. Virginia Matter will open her pottery display and describe how the Divine potter works in her life.

Feb. 10, 10:30 a.m.

Tour of monastery
Stay for prayer and lunch
RSVP: 651-777-8181 x. 151 or 108

Feb. 19, 2:00 – 3:30 p.m.

Weaving As Spiritual Practice
Elizabeth Horst will open an exhibit of her work and speak of allowing the loom to draw out the mysteries of the heart.

March 12

IRISH EVENT
Dinner with social and silent auction
For an invitation call:
651-777-8181 x. 151 or 108

April 4, 12:00

Charitable Planned Giving
Luncheon Seminar
Bob Barry, Presenter
RSVP: 651-777-8181 x. 151 or 108

May 28

Memorial Day Prayer
for deceased family and friends

Prayer Highest Priority for Sisters

As Sisters of St. Paul's Monastery, we engage in a variety of ministries in the Church, but without a doubt, prayer is the most important for us. Why? Prayer empowers us for ministry, energizes us for life and fortifies our faith, hope, and love which affects who we are and what we do.

Our founder, St. Benedict, directs those of us who follow his Rule to work and pray always, giving praise to God and interceding for all God's people. We do this primarily by praying the Liturgy of the Hours, formerly known as the Divine Office, the official prayer of the church.

Three times a day, we pause in our daily activities to sing God's praises and intercede for God's people. These times of prayer are Morning, Midday and Evening Praise, each consisting of psalms, hymns, canticles, scripture, and silent meditation.

The Psalms, the prayerbook of the Old Testament, encompass every human need. The scripture readings are the inspired Word of God. They lend themselves to quiet, prayerful reflection. The Lord's Prayer gives us the opportunity to pray for our own needs and those of others, as well as to restore peace and harmony among God's people.



S. Jeron Osterfeld
reads at Evening Praise

The Liturgy of the Hours, the official prayer of the Church, sanctifies our entire day. It is the prayer of God's People and it is for God's People throughout the world. Small wonder that prayer is our most important ministry.

Jeron Osterfeld, OSB

