



February 2016

Oblate Newsletter

SACRED HEART MONASTERY

Yankton, South Dakota

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Dear Oblates,

The beautiful season of Lent is here already. It seems like we just finished the Christmas season and already it is Ash Wednesday. Lent is a special time; it is a time to pause and pay attention to our spiritual life. Many of us think of Lent as time for prayer, fasting, and almsgiving. For some, Lent is a period of abstinence and repentance to help in our preparation for Easter. Whatever Lent is for you, reflect on the words of Pope Francis, **“Lent is a favorable time for letting Christ serve us so that we in turn may become more like Him.”**

Let us begin this journey of Lent together. We can enter into the desert with Christ where we search for a conversion in our lives. Often this is not a direct route. There will be days when we feel we are not making any spiritual progress. But never give up. Benedict’s focus was on the inner condition of our hearts, on how we can change our dispositions and reflect on the changes we want to make in our lives.

Choose the positive route! Father James Martin, SJ, in his article, “Teach me to Pray,” suggested that we practice being kind to one another instead of giving up all kinds of things. His suggestion of kindness was threefold: first, don’t be a cross to others by sharing all your aches and pains and problems. Second, honor the absent by not gossiping about them. Third, if there is any question about what people said or did, give them the benefit of the doubt. Being kind may be more difficult to do than giving up a multitude of things.

If you have not done so already, take time to read Chapter 49 in the Holy Rule on “The Observance of Lent.” Read it slowly, reflect and begin your journey.

Sister Eileen O’Connor’s unexpected death has been a shock to all of us. Her involvement in many local Yankton projects was expansive. It was evident by the large number of people who attended both her Wake and Funeral services that she touched many people’s lives. She will be greatly missed. May she rest in peace!

**God’s Blessings,
Sr. Patricia Heirigs**

Next Meeting:

February 21, 2016, at 1:00 pm in the Chapter Room. We will discuss chapter 15 on “The Rule and the Oblate: Formation in the School of the Lord’s Service.” Refreshments will be provided by Luana Johnson, and Elaine Rasmussen will be our reader at the Liturgy of the Hours. Sharon Neumayr and Luana Johnson are praying for vocations during the month of February.

Oblate Yankton Meetings 2016:

March 20 | April 17 | May 15

Upcoming Opportunities: (Further information listed on website)

Lenten Retreat at Sacred Heart Monastery: | Saturday, February 13, 2016 from 9:00 to noon | The theme is: "Building a Church of Mercy: Being a People of Compassion." The suggested donation is \$15 at check-in on Saturday, February 13, 2016.

Application forms are now available for the **Spiritual Direction Ministry Formation Program, 2016-2018.** This two-year ecumenical formative training program is designed for men and women who experience a call to spiritual direction ministry. Contact Sister Jeanne Ranek, OSB, for more information. (605-661-3829)

Vocation Discernment Retreat: Would you like some time to pray and reflect about the life choices that are yours? Are you a single Catholic woman of at least 20 years of age? Do you want to deepen your prayer life as a way of listening to God? Would you like some guidance in the ways of discernment? Do you feel drawn to consider religious life? The Benedictine Sisters of Sacred Heart Monastery in Yankton, South Dakota are offering a Discernment retreat March 18th through the 20th. This retreat is free of charge. If you are interested in registering for this retreat, please contact **S. Clarice Korger** no later than March 6th.
Email: shmyankton.vocationdirector@gmail.com Telephone: 605-668-6092

Theology Institute: | Saturday, April 9, 2016 from 9:00 a.m. to noon. | The presenter is **Dr. Dawn Northwehr**, CSA, who will address "Care of our common home."

Oblate Retreat: | April 22-24, 2016 | The theme is, "Ways of praying," given by several Benedictine Sisters of Sacred Heart Monastery.

Prayer Requests:

Oblate Mark Nesladek's recent surgery
All the Sisters suffering from colds
Sister Rosemary Weber after her recent fall
All the refugees searching for homes

Deaths:

Sister Eileen O'Connor
Mary Henning---sister of S. Kathleen Courtney
Peter Bingham ---brother of S. Penny Bingham
Don Leifeld--- cousin of S. Denette Leifeld
Father Stephen Kranz of Assumption Abbey, Richardson, ND

Monastery Happenings in January of 2016

Many of our Sisters were at the Monastery for our January Chapter meeting. It was so good to see our Mission Sisters.

As part of Catholic Schools Week, the children of Sacred Heart School from kindergarten through fourth grade attended Mass with the Sisters. Father Valerian welcomed the children and spoke on the theme of Catholic Schools, "A Community of



faith, knowledge and service.” After Mass the children were served bars and juice in the Chapter Room. It was a new tradition that we hope can be repeated. (picture on pg. 2)

Sister Penny Bingham attended the Conference of Benedictine Prioresses in Beech Grove, IN, in early February.

Ss. Mary Kay Panowicz, Kathleen Crowley, and Debra Kolecka attended the Catholic Association Conference on “Catholic Identity in Health Care,” in Arizona. While they were there, we had the biggest blizzard in recent years with 12 inches of snow in SD.

Sister Debra Kolecka was re-appointed for another three year term on the Avera Health System Board.

The Year of Consecrated Life closed for us Sisters on Sunday, February 7, 2016, with an invitation to our local parishes and MMC students to join us for the Eucharistic Celebration and for coffee and scones afterwards in the Chapter Room. We Sisters celebrated this



past year, guided by Pope Francis’ three objectives to remember the past, live the present with passion, and to embrace the future with hope. We pray for vocations daily and ask that you join us in this endeavor.

We celebrated the feast of St. Scholastica on February 9 along with Mardi Gras in preparation for Lent. (see left)



The Mount Marty College Board of Trustees met for their quarterly meeting and retreat on February 11-12.

Sister Clarice Korger has been speaking to various groups about promoting vocations. In Sioux Falls, SD, she spoke to some of the junior classes at O’Gorman High School on religious life. Also in Sioux Falls she spoke to the Catholic Newman Group at Christ the King Parish where the Catholic students gather to promote vocations. **Sister Mary Jo Polak** was on a vocation panel at Tyndall while **Sister Jodie Zimmerman** spoke to her grand-nephew’s class. **Sister Peggy Venteicher** joined **Sister Clarice Korger** in Vermillion where

they visited with the students at the Newman Center.

Remember:

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Use the following website to find the daily Mass Scripture Readings:

<http://www.associationofcatholicpriests.ie/category/liturgy/monthly-mass-calendar/>

A reminder to continue to follow events and happenings by visiting www.yanktonbeneditines.org

STAY SAFE AND WARM THIS FEBRUARY! HAPPY VALENTINE’S DAY!

A Lenten Retreat

drawing on the Biblical Parables of
Mercy and Pope Francis' writings
for the Year of **Mercy**



Building a Church of Mercy: Being a People of Compassion



Saturday, February 13
9:00 a.m. to Noon
Benedictine Peace Center

*Exploring Religious Life Retreat
March 18-20, 2016*



Would you like some time to pray and reflect about the life choices that are yours?
Do you want to deepen your prayer life as a way of listening to God?
Would you like some guidance in the ways of discernment?

For more information on
this discernment retreat
and other events hosted by us,
visit our website: www.yanktonbenedictines.org/vocation

For this retreat please contact
S. Clarice Korger no later than March 6th.

 **Yankton Benedictines**
SACRED HEART MONASTERY

Email: shmyankton.vocationdirector@gmail.com

Phone: 605-668-6092

Retreat Schedule

Check in by 9:00 a.m.

Light refreshments available

Welcome & Opening Prayer

Conference I

Silent Prayer & Reflection

Table Talk

Conference II

Table Talk

Closing Prayer

Conferences

Sister Jeanne Ranek, OSB

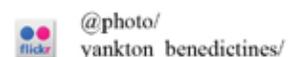
Prayer Leaders

Sister Mary Jo Polak, OSB

Sister Doris Oberembt, OSB



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QR Code

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www.yanktonbenedictines.org/blog