



March 2016

# Oblate Newsletter

SACRED HEART MONASTERY

Yankton, South Dakota

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Dear Oblates,

So how are you doing with your Lenten journey? This Lent is a good time to complete a journey of conversion that has mercy as its center. Pope Francis encouraged the faithful to make concrete the fruits of the “Year of Mercy.” The Pope, himself, made a concrete gesture saying that he would perform an act of mercy on one Friday of every month. Recently, Pope Francis journeyed to the San Carlo Community in Rome to visit with and combat social exclusion of those suffering, especially for drug addiction.

Here at the Monastery many of our Lenten customs have practices about the Suffering Servant and how we can practice mercy in our everyday life. At our weekday evening meal, we read a story about a saint who in her/his life has portrayed or practiced an act of mercy. Many of these saints died as martyrs. Just as in the early Church, the shedding of the blood of martyrs becomes the seed of new Christians, so today the blood of the many martyrs of all Churches has become the seed of Christian unity. On March 4, 2016, four Sisters of Mother Teresa’s religious order, the Missionaries of Charity, were gunned down along with twelve others while they were assisting the elderly in Aden, Yemen.

Four times a year we Sisters have the privilege of attending a Communal Penance service here in our Bishop Marty Memorial Chapel. The theme this spring was, “Merciful like the Father.” We had time to think about the reflections that Sister Penny Bingham gave us on Ash Wednesday. She reminded us, “To consider each day during Lent the experience of God’s mercy—directly encountered through our prayer and lectio, through the sacraments, or through natural beauty – and mercy experienced through the people and events of our lives.” So how has mercy touched the lives of those around me?

Sisters Denette Leifeld and Clarice Korger have put together a power point presentation on “Mercy.” They incorporated pictures of people, both of Sisters in our Community and our Pope Francis, showing mercy to others. At our February Oblate meeting I showed it to those who were present. It is shown every Sunday in the gathering space outside our chapel for those who attend Mass here.

The Year of Mercy, which is offered to us as an opportunity for repentance and salvation, can make a change in our journey through Lent. The Gospel for the fourth Sunday of Lent tells the story of the prodigal son and his merciful father. God, Our Father, is like the father in the parable. He lets us be free, even to make mistakes, like the younger son in the Gospel. God created us and has given us the great gift of freedom. It is for us to put it to good use. God, like the merciful father, always welcomes us back to the fold with open arms. May we truly help to make our world a place of compassion and mercy.

As we enter into the coming Holy Week and the Easter season, may we continue our acts of mercy and be open to the new changes in our lives as we journey to new Easter joy.

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

## Next Meeting:

March 20, 2016, at 1:00 pm in the Chapter Room. We will discuss chapter 16 on “Shaping Holy Lives.” Refreshments will be provided by Janene Cabalka, and Angie Hejl will be our reader at the Liturgy of the Hours. Margaret Hunhoff and Luana Johnson are praying for vocations during the month of March.

## Oblate Yankton Meetings 2016:

**March 20 | April 17 (Oblation Sunday) | May 15**

## OBLATION CEREMONY:

The ceremony for receiving a novice, final oblation, and renewal of oblation is Sunday, April 17, 2016, at 1:00 pm at our regular monthly Oblate meeting. The Oblation ceremony will be during our mid-day prayer in Bishop Marty Memorial Chapel. Please plan to be present for the ceremony in the Chapel by 12:45 pm, so we can be ready for prayer. A reception will follow in the Chapter Room. Please return the following form by April 13, 2016, or contact me by phone (605-668-6103 or 606-668-6000) or email (patricia.heirigs@mtmc.edu).

\_\_\_\_\_ I request that I be received as an Oblate Novice.  
\_\_\_\_\_ I request to make final Oblation  
\_\_\_\_\_ I am renewing my Oblation

Please mark this date on your calendar. Hopefully, many of you will be able to be present on **April 17, 2016**.

## Upcoming Opportunities: (Further information listed on website)

**Stations of the Cross:** | Tuesday, March 22, 2016 at 7 p.m. |  
Mount Marty College students will be presenting.

### Easter Triduum Schedule:

**The Sacred Triduum marks the holiest days of the Church year. You are invited to participate with our monastic community in an extended time of prayerful silence and liturgical celebration of the passion, death, and resurrection of Christ.**

Holy Thursday, March 24, -- Eucharist -- 7:00 pm  
Good Friday, March 25, -- Good Friday Services -- 3:00 pm  
Holy Saturday, March 26, -- Holy Saturday --  
Easter Vigil Services—8:30 pm  
Easter Sunday, March 27, --  
There is no Easter Sunday Morning Mass, but Morning Prayer is at 9:30 am.

### St. Benedict, March 21:

The feast of the Passing of St. Benedict is on March 21st. This year as the feast is during Holy Week, we do not celebrate it. As a Benedictine Oblate, celebrate it in a special way, by going to Mass, saying your Liturgy of the Hours in church, going out to dinner, meeting a friend, or just say a special prayer for someone. Celebrate Benedict!



**Spiritual Direction Ministry Training:**

Applications are available for the 2016-2018 Spiritual Direction Ministry Formation Program at the Benedictine Peace Center. Online instruction is complemented by four intensive residencies. More information can be found at <http://yanktonbenedictines.org/center-spiritual-direction-ministry-formation>. To request application forms, e-mail [jeanne.ranek@mtmc.edu](mailto:jeanne.ranek@mtmc.edu) or phone 605-668-6292.

**Rose Ensemble:**

On April 3, 2016, a vocal musical group called Rose Ensemble will present a concert at 2:30 pm at Bishop Marty Memorial Chapel. Everyone is invited and admission is free.

**Oblate Retreat: April 22-24**

Our spring Oblate Retreat focuses on "Ways of Praying." Four of our Benedictine Sisters share their various experiences of prayer. Please note the details on the last page of this newsletter. Consider making this retreat as part of your Easter celebrations.

**Theology Institute:**

Saturday, April 9, 2016, 9:00 a.m.-noon, Monastery chapter room. In the second of two presentations inspired by Pope Francis' *Laudato Si'*, Sr. Dawn Nothwehr from Catholic Theological Union in Chicago will discuss moral implications of the encyclical's call to "care for our common home." Admission is free, but reservations requested for planning purposes: call 605-668-6000 or e-mail [mfridge@mtmc.edu](mailto:mfridge@mtmc.edu).

**Joan Chittister:**

On July 26, 2016, the Good Samaritan Society is hosting Benedictine Joan Chittister at their annual Aging Faithfully Conference at Augustana College, Sioux Falls, SD.

## *Prayer Requests:*

For the continued healing of Sister Corinne Lemmer's mother

For vocations to the religious life, especially Sacred Heart Monastery

For those who become Oblate Novices, make final oblation, and renew their commitment to the Oblate Way of Life in April

For refugees fleeing wars and other inhuman situations

## *Deaths:*

Cleone Suurmeier, sister of Sister Corrine Oberembt

Grace Dutcher, aunt of Sisters Thecla and Esther

## *Monastery Happenings in February of 2016*

Sister Mary Kay Panowicz had the privilege of giving the homily recently at the weekend Masses at SS. John and Paul Parish in Altoona, IA. She was invited by the pastor to help the parish celebrate the 15th Anniversary of the new church where Sister was the liturgical consultant for the building project in 2001.

Sisters Penny Bingham, Kathleen Crowley, and Debra Kolecka joined the other Avera System Members and Avera Health Board for an educational retreat in Palm Springs, California.

The Vocation Office has sponsored a monthly event called, "Subs with the Sisters." On February 23, 2016, six Mount Marty college girls were invited to the Monastery. They joined the Sisters at Vespers, and a group of Sisters and the girls enjoyed an evening together with fun, conversation, and sub sandwiches.

The Church Women United held their annual World Day of Prayer, with an ecumenical Prayer service at Majestic Bluffs on March 4, 2016. Sisters Marita, Clarice, Norma, Phyllis and Patricia attended and participated in the singing and prayers. During the services, a moment of silence was dedicated to Sister Eileen O'Connor as she was an active member of this group.



Local youth and adults spoke to the Sisters in the chapter room about their experiences of attending the March for Life in Washington, D.C. in January. They told about being stranded on the turnpike and having Mass during the snowstorm with an altar built out of snow. The young people considered it a life time experience. (see image at left)

Sister Mary Kay Panowicz was part of a visitation team for the Sisters in Beech Grove, IN, during the first week in March.

Alliance for International Monasticism (AIM) is a group that helps Sisters in Africa, Asia, and Latin America. All the donations that our Monastery receives at Mass during Lent are given to AIM. We Sisters have been eating simpler meals without dessert on Wednesday nights during Lent. The money that is saved from this meal, along with any donations, will be given to one of the projects sponsored by AIM.

Students from St. Benedict/Sacred Heart School, Yankton; St. Agnes, Vermillion; and St. Rose, Crofton, NE; will be making a Triduum Retreat during Holy Week here at the Monastery.



The two story farmhouse, located at the west end of the Monastery cemetery drive, has been torn down. It had served its purpose and was no longer cost efficient. It was built in the late 1940's for our employees and served various other purposes over the years. Several families lived there, along with various groups of Sisters, the Sisters Formation Team, visitors, and employees. It was the first male residence hall when Mount Marty College went co-ed in 1969. Later it was a residence hall for the MMC women students. Though the house is gone, we have many memories to cherish. (Image at left and right.)



## *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](http://www.yanktonbeneditines.org)*

**SPRING IS UPON US! HAPPY ST. PATRICK'S DAY!**

# – *Spring Oblate Retreat* –

## “ *Ways of Praying* ”

Presenters are:



*S. Marietta Kerkvliet*  
“Praying with the Psalms”



*S. Cynthia Binder,*  
“Spirituality and Art”



*S. Corinne Lemmer,*  
“Praying with the Body”



*S. Doris Oberembt*  
“Prayer – Being With God”

**Starting Friday, April 22 at 5:15 p.m. —  
Sunday, April 24, 2016 at noon**

The retreat is available to both women and men

**| The retreat is \$120 | Scholarships are available. |**

**Please Register by April 16, 2016**

**To Register: Contact S. Patricia Heirigs by visiting our website at  
<http://yanktonbenedictines.org/oblate> or  
(605) 668-6103 or (605) 668-6000**