



# Oblate Newsletter

## SACRED HEART MONASTERY

Yankton, South Dakota

December 2016

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Dear Oblates,

We are in the midst of the beautiful Advent season which is a time of hope, peace, and new beginnings. This joyful time is a contrast between our daily routine and the unexpected coming of the Lord at Christmas. Sometimes we are so overpowered by a concern for material things that we are unable to perceive what is important in our lives.



We need to enlarge the horizons of our hearts so as to expand our thinking and to live out our faith more fully. This message of hope and expectation will challenge us to put our faith into action. In the early days of Christianity, people followed Jesus because the message of Jesus touched their hearts. Cannot this same message touch us and challenge us to be transformed into followers of Christ? Advent is a time to renew relationships, reach out to the needy, cherish the gift of human life, and make more time for prayer!

Here at the Monastery we have several Advent wreaths with the four candles to remind us of the four weeks of Advent. The large wreath in the Gathering Place outside the Chapel has a different word displayed each week to help us remember why we celebrate Advent.

**WATCH** and stay awake! Let us be present to others and **WATCH** for God's presence in the people, things, and events of our life.

As we **WAIT** for events or **WAIT** in long lines or for the red light to change, let us practice patience while we **WAIT** for the coming of Jesus.



While we **PREPARE** with all the traditions and events of Christmas--shopping, decorating, baking, and buying gifts--let us **PREPARE** our hearts to receive Jesus, slow down, take time to reflect on our lives and listen in silence for the words of Hope.

Let us **Come** to the crib and look for Jesus! We can find Him in our family, among our friends, and in the Church and community. Let us pray for the grace to be truly present to those around us.



God's Blessings,  
Sister Patricia Heirigs

## *Next Meeting:*

Our December Oblate meeting is on Sunday, December 18, 2016, at 1:00 pm in the Monastery Chapter Room. We will discuss Chapter 21 on “Was Blind but Now I See.” Right after the meeting we will have coffee and refreshments with the Sisters. I hope to see many of you there. Helen Simpson, Mark Nesladek, and Marilyn and Jim Hope are praying for more religious vocations to our Monastery during the month of December.

Thank you for these prayers!

## **Oblate Yankton Meetings 2017:**

**January 15 | February 19 | March 12 | April 9 | May 21**

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

- The singing group of “Sweet Adeline’s,” will perform at the Monastery on Monday, December 12, 2016.
- On Thursday, December 15, 2016, the Court Willard Catholic Daughters in Yankton will share an evening together with the Sisters, having fun visiting, singing and enjoying coffee and desserts.
- Mount Marty College Graduation is on Saturday, December 17, 2016.
- Also on December 17 is the EARTH Christmas Party from 1:30-2:30 p.m.
- Sunday, December 18, 2016, at 2:00 p.m. the Oblates will have a Christmas Coffee with the Sisters in the Chapter Room. I hope to see many of you there.
- On Wednesday, December 21, 2016, the Cedar Catholic Choir will sing for the Sisters in the Chapter Room.
- The Christmas Mass will be celebrated on December 25, at 10:00 a.m. in Bishop Marty Memorial Chapel.
- On December 27, 2016, at 9:30 a.m. the Sisters will enjoy a Christmas Coffee with our employees in the dining room.
- The Sisters will have a Prayer Vigil for “Peace” on December 31, 2016, the eve of the New Year of 2017.
- Sister Jeanne Ranek and Sister Emily Meisel of Watertown are working together to co-teach a series of sessions of “Dreams and Spirituality,” for the T-4 Formation Program recordings that are used by Benedictine communities across the United States.
- Please keep praying for the Election of our new Prioress. All of the Sisters will meet during the days of March 16-19, 2017. Please note that our Oblate meeting in March will be on March 12, 2017, because of the Election on March 19. In April our Oblate meeting will be on April 9 because of Easter Sunday on April 16, 2017.
- Mark your calendars now for the Spring Retreat which will be held on April 7-9, 2017 and our Fall Retreat which is scheduled for October 27-29, 2017.

- The Oblation Ceremonies will also be held on Sunday, April 9, 2017 at 1:00 p.m. in Bishop Marty Memorial Chapel

## *Prayer Requests:*

For Sister Joyce Feterl as she continues to heal from her surgery

For Lori Ehlers who had a stroke

For Sister Bonita's sister Connie who is recovering from a stroke

For all the Sisters who have had colds and the flu

For all the people who are suffering from cancer

For our country and its leadership

For all the Oblates and their families

## *Deaths:*

**Marivonne Wentzlaff** – mother of Sister Maribeth

**Peg LeDue** – aunt of Sister Virginia

**Pal Christensen** - a faithful Oblate

**Father Donald Kros** – a priest of the Omaha Archdiocese

## *Monastery Happenings in November 2016*



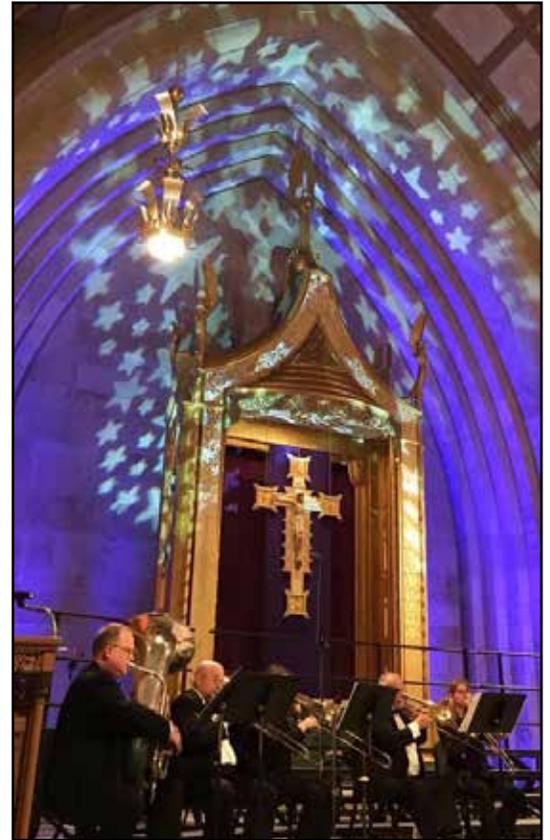
Many of the Sisters helped prepare the turkeys and dressing for the Yankton Community Thanksgiving Dinner that was held in the Calvary Baptist Church the night before Thanksgiving. Some of the Sisters helped serve the meal also. It is a well-organized project of the Yankton community and nearly 3,000 people came to enjoy this meal. Pictured (*above right*) is S. Bernadette McGowen. S. Barbara Kowalkowski is pictured in the group photo (*above left*).

Many of the college students came over to the Monastery for Game Night the last night in November. The Sisters and their Prayer Partners played games and enjoyed each other's company. (*images below*).



Sister Mary Jo Polak's Reflections on Advent on Saturday, December 3, 2016, was well attended.

This year Mount Marty College's annual Christmas Vespers was performed three times during the weekend of December 3-4, 2016. The theme was "Songs of Angels," and featured MMC Chamber Choir and the Choral Union accompanied by a 17-piece brass orchestra. One of the highlights of the program was the canopy of stars often projected onto the high ceiling of the Chapel. Many participants remarked that this was the best Christmas Vespers ever performed in Bishop Marty Memorial Chapel.



## *Prayer For Election of Prioress*

God of all Faithfulness, we ask you to enlighten the minds and hearts of all the Sisters of Sacred Heart Monastery as they prepare to elect the next prioress.

May they select a member of the community who is best able to lead the monastery into the future in the Benedictine way of life according to Your will.

This we ask in Christ's name and in the power of the Holy Spirit. Amen

## *Remember:*

Don't forget our next meeting is on Sunday, December 18, 2016, at 1:00 p.m. in the Chapter Room.

*A reminder to continue to follow events and happenings by visiting [www.yankton-benedictines.org](http://www.yankton-benedictines.org)*

Know of anyone who may want to become an Oblate?

*Become an Oblate!*



*Come to an orientation meeting*

*February 19<sup>th</sup>, 2017*

*1:00 p.m. at Sacred Heart Monastery*