



March 2018

Oblate Newsletter

SACRED HEART MONASTERY

Yankton, South Dakota

S. Patricia Heirigs, Oblate Director

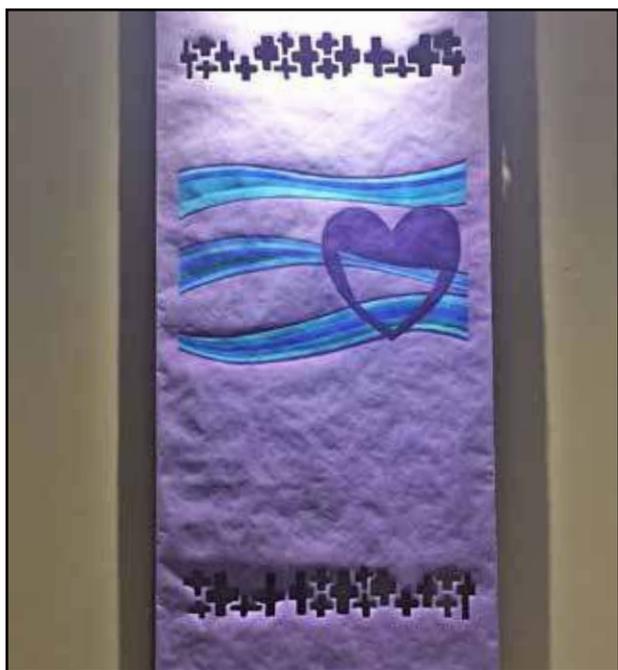
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Dear Oblates,

We are in the midst of Lent and are on our journey to a new life at Easter. St. Benedict wants all Sisters and Oblates of all ages and in all places to share in this journey.



Banner designed by Sr. Kathleen Courtney located in the lower Peace Chapel

Pope Francis asks all believers to “Pause” during Lent to take time to look and contemplate, to “See” the real face of Jesus and to “Return” without fear, to experience healing and reconciling tenderness of God. The Pope’s message can be lived in our daily lives as we journey to Easter.

St. Benedict, in his characteristic wisdom, does not call for us to be extreme in our fasting and praying. He asks us instead “to refrain ourselves from all sin and to give ourselves to prayer with tears, to reading, to compunction of heart and to abstinence.”

The Feast of St. Benedict, March 21, is celebrated during Lent. Try in some way, as a Benedictine Oblate, to do something special on the feast. Perhaps attending Mass on that day, making a special visit to Church, or reading from the Holy Rule or from Scriptures. Do anything that helps you remember that it is the Feast of St. Benedict.

St. Peter Chrysologus in one of his sermons commented on the following, “There are three things, my friends, which cause faith to stand firm, devotion to remain constant, and virtue to endure. They are prayer, fasting, and mercy. Prayer knocks at the door, fasting obtains, and mercy receives. Prayer, mercy, and fasting: these three are one, and they give life to each other.” You could reflect on the following thoughts: what is it that I truly need to pray for, what is it that I need to fast from, and who in my life is in most need of my mercy?

Lent is transforming; it is a time to reflect on prayer, fasting, almsgiving, generosity, fidelity, and mercy. May the rest of your Lent be joyful, peaceful, and full of grace!

God’s Blessings,
Sister Patricia Heirigs

Next Meetings:

The March meeting for the Yankton Oblates will be on Sunday, March 18, 2018. The Oblates will meet at 1:00 pm in Room 215 at the Monastery. We will finish our book, *The Oblate Life*, discussing chapter 35 on “Doors: One Man’s story of Retirement” and chapter 36 on “Aging and Death.” Luana Johnson is praying for more vocations to our Monastery and Marilyn Hope is furnishing refreshments. The new people planning to become Oblates in April, will also come to this meeting.

The meeting in April is our Oblation Ceremony and will be held on Sunday, April 22, 2018. **PLEASE NOTE THE CHANGE OF DATES. THE OBLATION CEREMONY WILL BE THE FOURTH SUNDAY, APRIL 22, 2018.** The Oblation ceremony will be held 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 Monastery Chapter Room after the ceremonies. Everyone is welcome to attend. Hopefully many of you will be able to attend for your renewal on April 22, 2018.

Oblate Yankton Meetings 2018:

MAR. 18 APR. 22 MAY 20

Upcoming Opportunities: (Further information listed on website)

- **PASCHAL TRIDUUM RETREAT:** Come on Holy Thursday afternoon, March 29, 2018, to Easter Sunday, April 1, 2018. Join the Monastic Community to celebrate the rich liturgies of the Triduum. Conferences that are presented on the meaning and symbolism of each liturgical event are optional. For more information and to register, e-mail: BenedictinePeaceCtr@mtmc.edu or phone 605-668-6229. If interested, please register by March 23, 2018.
- **MONASTERY PASCHAL TRIDUUM SCHEDULE:**
 - Holy Thursday, March 29, 2018: Eucharist at 7:00 pm
 - Good Friday, March 30, 2018: Morning Prayer in Peace Chapel at 8:30 am
 - Good Friday Services in Bishop Marty Memorial Chapel at 3:00 pm
 - Holy Saturday, March 31, 2018: Morning Prayer in the Peace Chapel at 8:30 am
 - Holy Saturday, March 31, 2018: Evening Prayer in Peace Chapel at 5:00 pm
 - Holy Saturday, March 31, 2018: Paschal Vigil Liturgy (Mass) at 8:30 pm
 - Easter Sunday, April 1, 2018: Morning Prayer in Bishop Marty Memorial Chapel 9:30 am There is no Easter Sunday Morning Mass.



S. Ann Kessler pictured with family at her 90th Birthday Open House.

Easter Sunday, April 1, 2018: Evening Prayer at 5:00 pm in Bishop Marty Memorial Chapel

You are welcome to attend any of these liturgies!

- **The Oblate Retreat** will be held the weekend of April 27-29, 2018, in the Chapter Room. Father Valerian Odermann will present the retreat. The title is "Scripture and the Rule of Benedict." Please consider making this retreat as it has many insights of how Benedict used Scripture in the Holy Rule.
- **The Fourth International Oblate Congress** was held last November 4-10, 2017, in Rome, Italy. The two couples who represented Sacred Heart Monastery at this Oblate Congress will give a presentation for the Oblates and Sisters at our regular Oblate meeting on May 20, 2018. We will meet in the Chapter Room at 1:00 pm. Jim Rea, of Lincoln, NE, has a power point presentation from the Oblate Congress that summarizes the goals and vision established by the delegates. Lois and Howard Lehmkuhl will discuss the vision statements of the Congress and its ongoing work. After these presentations, refreshments will be served in the Chapter Room. Please plan to attend.



A blizzard came to the Yankton community and surrounding areas on Monday, March 5th and Tuesday, March 6th.

Prayer Requests:

All the Sisters who are sick with colds

Joan Lammers who really needs our prayers now

Liz Brinkman who broke her ankle

Oblate Janene Cabalka's son Bob who has cancer

Oblate Helen Simpson's husband Don who had a stroke

Emund Goettertz, Sister Louise Mare's brother who is in hospice now

All the Oblates who have cancer, especially Angie Hejl

Deaths:

Pam Anderson—sister of Sister Penny Bingham

Dorothy Ecks—aunt of Sister Virginia Pieper

Irene Meyer—aunt of Sister Joelle Bauer

Barbara Young—aunt of Sister Jill Young

Tim Kolbeck—nephew of Sister Marita Kolbeck

Adeline Heisinger—sister of Sister Janice Mayer

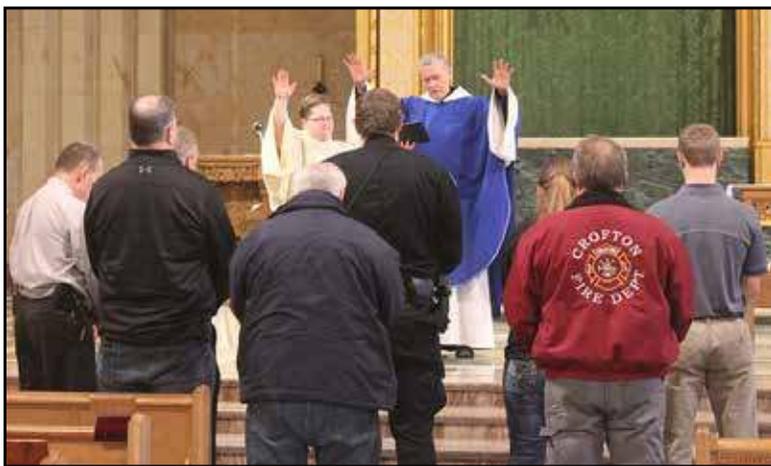
Virginia Hurni—mother of Oblate Dar Hurni

Oblate Annabell Clausen—sister of deceased Sister Marie Helene

Monastery Happenings during February & March

All the Sisters were home for the January Chapter meeting. It was a very good day as much planning and goal setting was accomplished.

Recently a **"Blue Mass"** was celebrated in Bishop Marty Memorial Chapel for all those employed in the "public safety field." During the Mass **Father Valerian** honored those who have died in the line of duty and those currently serving as first responders. It was an opportunity for the community to show gratitude and support and to pray for all those who serve as first responders.



Fr. Valerian led everyone in the congregation in a blessing

On **Ash Wednesday** we celebrated Mass in Bishop Marty Memorial Chapel with the MMC students, faculty, and staff. It was wonderful to see the chapel filled with so many young people.

During **Catholic Schools' Week** several Sisters went to Sacred Heart School, Yankton, to attend Mass with the students. Afterwards the Sisters and students played Benedictine Bingo. Many of the Sisters' pen pals from the Middle School found time to visit with the Sisters.

Sister Bonita Gacnik shared her **experiences of Egypt** at the Noon Forum at Mount Marty College.

The Lenten Retreat “Befriending Silence, Tending the Heart,” was attended by a good group of women and men. **Sisters Doris Oberembt, Jeanne Ranek, and Mary Jo Polak,** all presented talks about silence, along with extended times for silence.

Many Sisters, friends, former students, and alumni attended **Sister Ann Kessler’s 90th Birthday Open House** in Benedict’s Café at MMC. The place was packed for the entire time, and Sister Ann had a wonderful time greeting everyone and visiting with all who came to honor her. It was a real tribute to her for all the years she spent in fostering Benedictine education to so many. The next day there was a very comprehensive article in the Yankton Press and Dakotan telling what an impression she had on the lives of others. Sister Ann Kessler was our Oblate Director for 5 years from 2000 to 2005.



Members of the *Called By Name* Confirmation team (from left to right) S. Kathleen Courtney, Postulant Theresa McGinn, Ss. Peggy Venteicher, Anna Dangel, and Marietta Kerkvliet

Several parishes in South Dakota, Nebraska, and Iowa have come to the Monastery for their **Confirmation retreats**. The current retreat team includes Sisters Kathleen Courtney, Anna Dangel, Marietta Kerkvliet, Peggy Venteicher, and Postulant Theresa McGinn. The Sisters of Sacred Heart Monastery have facilitated 100 Confirmation retreats in the past 12 years. At the beginning, the Sisters traveled to the parishes and gave the retreats in the home parish. Since 2014 the students and their teachers have come to the Monastery, celebrated the Eucharist with us, eaten brunch with the Sisters, and have had their retreat in the Chapter Room. Everyone likes it when the students come to the Monastery, as they have a chance to see where we live and how we pray. They also get a tour of our chapel and dining room.

Sisters Kathleen Courtney and Marietta Kerkvliet shared a **Lenten retreat** with the Yankton

Catholic Daughters at Sacred Heart Parish. The retreat was entitled **“Living with a Mary Heart in a Martha World.”**

The Yankton community honored **Mike and Gerrie Healy** for their dedication to the community by being named the **2017 Citizens of the Year**. A reception was held for them at the Elks Lodge and hundreds of their family, friends, and many of the Sisters attended. Both Mike and Gerrie are known for their many volunteering efforts in dozens of organizations. Mike has worked as a financial consultant for the Benedictines Sisters for 50 years, first at Avera Sacred Heart Hospital and now at our Monastery. The Healys were featured also in the Press and Dakotan.

Everyone is on a Lenten journey, so on **Saturday, February 24, the Sisters took a day to journey into the desert**—a day of silence, reflection, and personal prayer to listen to God, reflect on our daily lives and discover how we might look to God and be radiant with joy.



Photo by Novice Theresa Lafferty
Arrangement of tea-light candles for communal desert day