



# Oblate Letter

## REFLECTIONS ON THE RULE OF BENEDICT

By Sr. Catherine Martinez, OSB, St. Joseph Monastery

### **Praise God Wherever You Are**

Chapter 50 of the Rule invites us to remember to praise God wherever we may be, in whatever circumstance we might find ourselves. Benedict uses the example of a person going on a long journey--one that might keep me away from remembering who I am and what I am about in life. His injunction to praise God wherever I may find myself reminds me that I desire to be the same person in the monastery as I am on a journey, at work, on the ball field or in the classroom. The same elements that go into shaping my character for community need to be present in my daily life no matter what I am doing.

I have always longed to be a person of true integrity. May God mold me daily into the person that I am created to be.

### **Don't Run Away**

I do not like pain--not in any way, shape or form.

Sacrifice is not my friend.

At the least obstacle, my natural tendency would definitely be to run away from trouble--take a

nap, play another video game, eat another serving of mac and cheese, read another book. ANYTHING as long as it distracts me for at least a little while. Then I can pretend that the problem really does not exist.

Benedict reminds me that I am not to look for distractions in life. I signed up to SEEK GOD not the next pleasurable experience. Seeking God requires that I tackle some unpleasantness sometimes. Sometimes I need to change my life, sometimes I need to confront issues. I might be called upon to be there with someone in pain. In all this, I am to be my fullest self possible for the other.

May God help me to see where I would rather run away. May God help me to grow in integrity and compassion.

### **Mutual Hospitality**

Hospitality takes many forms. It can be welcoming the guest to our home, welcoming the other into our lives, being open to God's presence in our experience, accepting our humanity when it confronts us.

Benedict reminds us that guests are always present--in their many forms. Those of us, who like me, like to service and host others, need to learn to also receive graciously when hospitality is offered to us. I need to remember to be open to God's love and God's indwelling presence and communicate that to others.

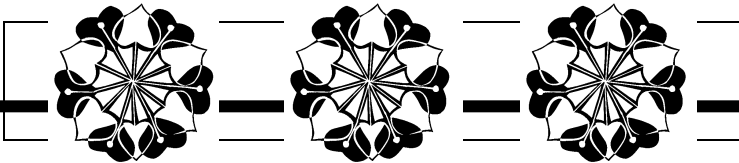
During this holy and blessed season, may I continue to find ways to reflect God to others.

### **Gifts, Presents and Other Things**

I am constantly amazed how quickly possessions can accumulate many times without my noticing them proliferate. I do not necessarily need lots of things around to make me happy or keep me entertained. I am into pens, markers, paper clips and yarns (for knitting hats)--all things that seem to multiply and have a life of their own without me noticing very much. I do try to remember to pass on and share things with others when possible. With my yarns, for example, although I have tons of different yarn balls and enjoy working with various textures I distribute the hats I

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## ANNOUNCEMENTS

July 11th  
Solemnity of our holy  
father Benedict

July 12th  
Feast of St. John  
Gualbert, Abbot

July 13th  
Feast of St. Henry,  
Co-patron of Benedictine  
Oblates

July 26th  
Feast of St. Joachim  
and St. Ann  
Feast Day of Sr. Anita Marie  
Gilpin & Sr. Anna Addamus

July 29th  
Feasts of Sts. Martha,  
Mary and Lazarus, hosts  
of the Lord



*Please keep all of the  
Sisters in your prayers  
as they do for you.*



## OBLATE MEETING

July 11, 2010

- 10:30 A.M. Mass in the Oratory—everyone is welcome
- 12:15 p.m. Study Group will meet in the  
Monastery Library  
Please bring your book
- 12:15 p.m. Novice Study Group will meet in the  
Conference Room
- 1:15 p.m. Vespers in the Marian Chapel  
Program: Pot-Luck

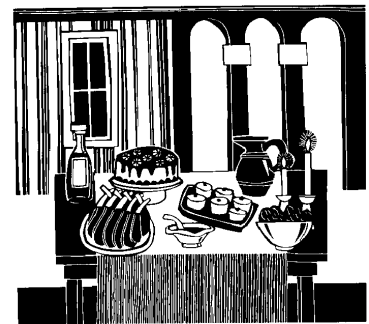
Volunteers are needed to  
assemble emergency  
food boxes at the  
Community Food Bank  
of Eastern Oklahoma

They have received a \$2 million grant to purchase food for at-risk families this summer. That's enough food to feed 58,000 people in our service area. The food is in the warehouse, but they can't distribute it until emergency food boxes have been assembled. These boxes must be distributed by September 30<sup>th</sup> per the stipulations of the grant.

If you would like to help contact:

Kate Pelizzoni, Director of  
Volunteer Services at:  
[kpelizzoni@cfbeo.org](mailto:kpelizzoni@cfbeo.org)

Thank you!



### Oblate & Sister Potluck

At our July meeting, for the Feast of St. Benedict, instead of our regular program we will have a pot-luck for Oblates and Sisters. Please join us for fellowship and bring your favorite dish or desert on Sunday, July 11th following Vespers at 1:15.



## Prayer Intentions:

**We pray for repose of the soul of:**

Roseann Gilpin,  
*sister-in-law of Sr. Anita Marie Gilpin*

**We pray for abundant healing of:**

Sr. Stella Davis


Jean Goad, Oblate



*Thank you to all who have recently submitted writings for this publication. Keep them coming!*

## Prayer of Saint Benedict

*We pray, Lord, that everything we do may be prompted by your inspiration, so that every prayer and work of ours may begin from you and be brought by you to completion.*

 Prayer based on the Prologue of Saint Benedict's Rule

Continued from page 1

make with the material as quickly as possible with the homeless population in town. I find that as a way of enjoying myself, relaxing and sharing my gifts with others.

Benedict warns against the accumulation of possessions for the sake of gathering things that I own. It is more beneficial to look for ways to share from the bounty that I possess.

### On Clothing

I grew up as a clothes horse. Growing up my closets were filled to bursting with outfits of every color, texture and description. What I could not wear was handed down to younger cousins, in almost new condition. I could not imagine a life without clothes being the thing that defined me and my personality.

In entering our monastic community, I really did not encounter clothing to be the issue that I thought it might be. When I entered our community, I discovered that the bond and the attachment I had to our community and to our way of life far surpassed the thought of not being able to wear a rainbow of colors daily. I found that God's love and my awareness of that and my desire to pray and serve within this group actually made everything worthwhile.

As I have matured in community, I have come to realize that our choice of simple dress and a veil not only simplify our life but also provide a unifying symbol for our society that we are different. It speaks of the values that we hold and also invites a conversation among people of who we are. There is a value to this *differentness*.

I pray to continue being a witness within our world of who we are.

### Taking Care of the Crew

The leader of the group (parent, Abbot, Prioress, captain, coach) is to be aware of the needs of the entire team. That person is to make sure that there is no undue distress, worry or concern about the necessary items for life. The leader is to see that all concerns are addressed in a timely fashion. This responsibility is very important for Benedict since he reminds the superior once again that at judgment time he will be responsible for any stress caused due to neglect.

This passage reminds me of my tendency to hold on to things even when I don't need them sometimes if I am concerned that I might run out soon. I might save that squeezed-flat tube of toothpaste or the almost dried out pen in case it might come in handy in an emergency. Benedict knew about that tendency and tried to curtail it by having one person be concerned about the necessities. It makes life more simple when I don't get involved in thinking of all the potential issues that might arise in the future and how to make sure that I have enough to survive.

Benedict was also inviting the community members to rely more on God and God's providence--after all, I don't have to do everything myself every time.

May I continue to grow in my awareness of God's care.

Sr. Catherine, OSB



BENEDICTINE OBLATES OF  
SAINT JOSEPH MONASTERY

CONGREGATION OF BENEDICTINE SISTERS  
OF THE SACRED HEARTS INC.  
2200 SOUTH LEWIS AVENUE  
TULSA, OK 74114-3117

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## Monastery Summer Schedule

2010

*Oblates & Friends of the Benedictine Sisters are invited to join them in  
praying the Liturgy of the Hours at St. Joseph Monastery*

**Morning Prayer:** Monday - Friday—8:00AM / **Eucharist** at 8:30AM  
Saturday—11:00AM / **Eucharist** at 11:30AM  
Sunday—8:15AM / **Eucharist** at 10:30AM

**Midday Prayer:** Monday thru Friday—11:45AM, followed by lunch

**Vespers:** Monday—Saturday—5:00PM  
Sunday—4:00PM (except second Sundays)  
Oblate Sunday—2nd Sunday—1:15PM followed by an Oblate Meeting—all are welcome

***\*\*be sure to call to verify schedule for the day you plan to come,  
because at times it does change.\*\****



Watch the new website grow: [www.stjosephmonastery.org](http://www.stjosephmonastery.org)