



Oblate Letter

Oblate Lenten Reflection

2011

Around the middle of the sixth century, an Italian monk wrote some guidelines for people interested in the monastic life. The result was a small book that he described as “advice from a father who loves you.”

The monk’s name was Benedict, and his modest little book came to have an impact out of all proportion to its size. Known as the “Rule of St. Benedict,” it sparked a revolution in the church that is still going on today. That’s because it became the foundation for the whole of Western monasticism, as well as a source of guidance for countless lay people seeking a closer relationship with the Lord.

Lent is a good time to explore the time-tested way of holiness that Benedict presented in his “little rule for beginners.” In fact, his Rule even includes a special chapter on how to observe Lent. As we might expect, it urges readers to undertake extra acts of self-denial. But in a bit of a surprise move, Benedict makes a point – twice – of stressing that this is meant to be a time of joy. Just as Jesus taught that those who

fast should be careful not to look glum (Matthew 6:16-18), Benedict called his readers to enter into lent “with the joy of the Holy Spirit” (*Rule*, Chapter 49.) Taken from, “Three Keys to Lenten Joy” by James A. Wiseman, OSB, in *The Word Among US*, Lent 2005.

We recently asked our Oblates to respond to this question:

How has your Lenten practice changed since becoming an Oblate or Novice?

Here are some of the answers we received:

Since I've become an oblate, I feel my Lenten practices have taken on a new flavor that has really shown me the spirit of Lent. Instead of just randomly picking out something to "give up" for Lent, I've been looking carefully into my life to find things to "give up" that will help me grow in my faith.

This year, my "fasting" has taken the form of seriously curtailing my Internet activities to email and faith-based sites only, no web comics, humor sites, or blogging. I never realized

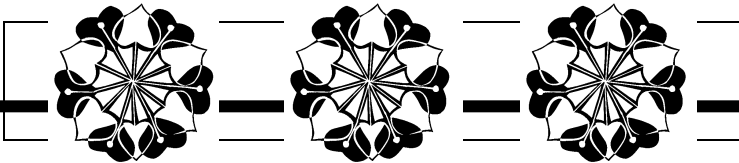
how much of my Internet time was given over to, frankly, unedifying and very frivolous things. I know they are, in and of themselves, pretty harmless, but going without them showed me how to concentrate on the things that really matter. After the first day, I was wondering how I would fill the time without them, but it's led me to find places that help me to think about my faith and how to practice it in my daily life, which is what St. Benedict's Rule is all about.

**Shawna Mathieu, Oblate,
St. Joseph Monastery**

A Journey can be more fulfilling when traveled with others. As an Oblate, I feel the shared experience of Lent with the Sisters and Oblates more deeply. With the help of the Community and the study of the Rule of St. Benedict, Lent has become a time to enrich my prayer life and commitment to service. I have learned that my life should be a continuous Lent. Also, I have learned to live into a more full understanding of what Lent means - to be centered in Christ. This Lent, I feel joined in a journey with the people whom I have come to love.

*God bless you,
Karla Connor, Oblate,
St. Joseph Monastery*





ANNOUNCEMENTS

April 8th
Feast of
St. Julia Billiard
Feast day of
Sr. Julia Marie Roy

April 2nd
Oblate Retreat with
Sr. Macrina Wiederkehr

April 23rd
Feast of St. Adelbert,
Bishop and Martyr

April 29th
Feast of St. Catherine
of Siena
Feast day of
Sr. Catherine Martinez



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



No Oblate Meeting in April

Oblate Retreat

conducted by **Sr. Macrina Wiederkehr:**

"Seven Sacred Pauses"

to be held on

Saturday, April 2nd

from 9:00 a.m.—3:00 pm

at

St. Joseph Monastery

2200 South Lewis Avenue

Tulsa, Oklahoma 74114

Dress is casual.

***There will be no
Oblate meetings in
April or May
due to the
Oblate Retreat
and
Mother's Day.*

*There will be no Oblate
Newsletter in May.*



LENT



Prayer Intentions:

We pray for abundant healing of:

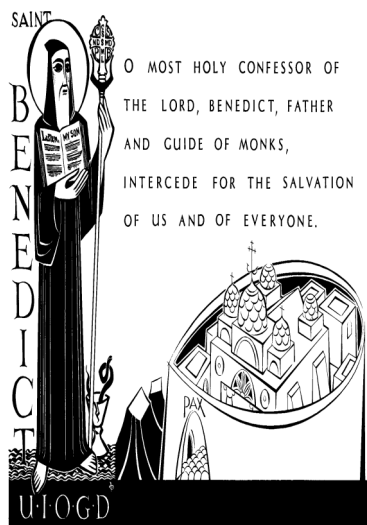
Teresa,
daughter of Alice Fagan, Oblate Novice

Cathy Carter, Oblate
Ashley Miory Carter, granddaughter,
Bryon Carter, son

David Reagan,
brother of Sr. Scholastica Reagan

Dawn Reagan, Nancy Moon,
Patty Babcock & Cindy Ahrens
nieces of Sr. Scholastica Reagan

Si Dorado,
brother of Sr. Jacinta Dorado



AROUND THE HOUSE

Sr. Catherine and Sr. Eugenia were involved in the 9th **Here I Am Lord National Vocation Conference** in St Charles IL, March 3-6. The Conference is designed to help young people and adults of all ages to understand and to discern their call for life. Workshops and liturgies are planned daily. The "Rocked by God" retreat ministry band have once again led the liturgies and the song fests.

Sr. Eugenia has been invited to exhibit three paintings at the Nationally Juried Art Show in OK City March 18-April 9. The Art Show, by invitation only, is sponsored by the OK Art Guild.

Oblate Jean Thornbrugh returned from London where she attended her daughter Carrie's graduation with a MA in Modern Literature from Goldsmith University. Jean has also been introducing the staff and faculty at St. Gregory's University, Tulsa, to the Benedictine values that permeate the mission, vision and philosophy of the university.

For an opportunity to learn about the **Stand in the Gap** ministries contact Sr. Mary Clare at 918-585-6112 or SITG@sitgm.org.

Sr. Marie Therese and the Formation team hosted the Region XIII formation workshop March 11-13. Sr. Janelle Maes, counselor from Atchison KS, spoke about "Intimacy, Celibacy and Sticks and Stones." Attending were formation directors and temporary professed sisters from Clyde MO, Atchison KS and Liberty MO.

Sr. Marie Pierre and Sr. Barbara hosted a spiritual excursion to Ireland March 20-31. The participants have immersed themselves in the beauty and spiritual heritage of Ireland as they explored prayer in the revelatory text of nature.

Oblate novice Alice Fagan is helping **Quilts for Valor**, a national organization who make lap quilts for injured soldiers. Volunteers can sew the quilts, donate fabric or money and prepare the quilts for delivery. This group is sponsored by Immaculate Conception Church Altar Society in Barnsdall. Anyone interested may volunteer by contacting Jody Bracken jodyngeo@sbcglobal.net.

Oblate Marilyn Strange is on the Tulsa Opera Board of Directors. She is currently working with the artistic staff and marketing director in handling issues for the upcoming opera **Dead Man Walking**. The opera is based on a book of the true life experiences of Sr. Helen Prejean and her role as spiritual advisor to two men on death row in a prison in Louisiana. Beginning in September, Marilyn will teach a 6-week course on opera for the continuing education department at Tulsa University.



BENEDICTINE OBLATES OF
SAINT JOSEPH MONASTERY

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

Monastery Schedule

2011

*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—6:30AM / **Eucharist** at 7:00AM (Monday, Wednesday & Friday) 8:15 am (Tuesday & Thursday with Students in the Marian Chapel)
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 (3rd, 4th & 5th Sunday of the month)
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