



# Oblate Letter

## Reflections on the Rule of St. Benedict

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

### The Lord's Prayer at Common Prayer

*Assuredly, the celebration of Lauds and Vespers must never pass without the superior's reciting the entire Lord's Prayer at the end for all to hear, because thorns of contention are likely to spring up. Thus warned by the pledge they make to one another in the very words of this prayer: Forgive us as we forgive (Matt 6:12), they may cleanse themselves of this kind of vice. RB80. 13.12-13*

Anytime that a group is gathered together to work on a project, be part of a team or interact closely for an extended period of time, differences of opinion, misunderstandings and minor hurts are likely to spring up. Benedict seems to have understood this concept from his observations of human nature. Knowing this potential, Benedict sets forth that the Lord's Prayer should be recited at least twice daily (morning and evening). This would serve as a gentle reminder that we are to be a forgiving people if we are to work for any length of time together in peace.

The line that Benedict focuses on is: *Forgive us as we forgive (Matt 6.12).*

This line in the prayer helps me to remember that just as I am seeking God's mercy and forgiveness; others are also seeking the same from me. It helps me to remember that I need to work on my own faults first before I even consider holding others accountable for theirs. Good as I might want to appear, I am not above reproach.

This form of reality check helps me to be more patient and understanding with others. In a sense, we are all doing the best we can, given our personal situations. This reminder helps me to be at least a little less judgmental of others (at least in theory).

How am I forgiving others today?

### Alleluia on Sundays

Sundays in the weekly prayer order are set apart from the other days through the addition of "Alleluia" at the end of the psalms. The only exception is the Lenten season when Alleluia is not used at all.

Why are Sundays set apart from the other days?

• Sundays are considered the day to remember and celebrate the Resurrec-

tion of Jesus. In a sense, through our celebration of Sunday we celebrate again the Resurrection.

• Sundays are set apart as a day of leisure and renewal. In the Rule, Benedict sets apart Sunday as the day for extra prayer and study of the scriptures.

As the first day of the week, Sunday can set the tone and rhythm for the week that is to follow.

What am I doing to set Sundays apart in my life?

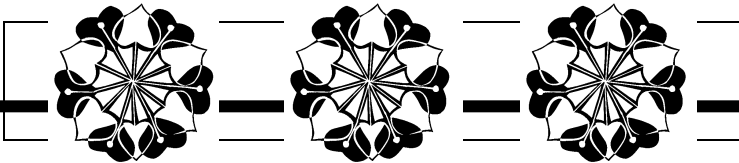
### O God Come to My Assistance

Each of the community prayer times is to begin with the following invocation: O God, come to my assistance. O Lord make haste to help me. With this constant reminder throughout the day of our need for God's grace and mercy, our day is filled with an awareness of who I am and who God is in the world. God is Creator, I am created.

Sometimes it is hard for me to remember that, especially if I am on a very

Continued on Page 2





# ANNOUNCEMENTS

February 10th

**Feast of St. Scholastica**

Feast Day of

Sr. Scholastica Reagan

February 11th

**The Feast of St. Benedict  
of Ariane, Abbot**

February 20th

**Feast of Blessed Jacinta  
of Fatima**

Feast Day of

Sr. Marie Jacinta Dorado

February 25th

**Feast Day of  
St. Walburga, Abbess**



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



# OBLATE MEETING

February 12, 2012

**10:30 A.M. Mass in the Oratory—Everyone is Welcome**

**12:15 p.m. Study Group will meet in the  
Monastery Library.**

**1:15 p.m. Vespers in the Marian Chapel  
Followed by Refreshments and Meeting**

Continued from Page 1

successful stretch of time when most things seem to be going extremely well. I can have a tendency to take credit for the successes and accomplishments in my life and forget that actually they are all a very generous gift from God; since without God's grace I can do very little successfully.

This verse at the beginning of our community prayers recalls this fact for me. I am invited to remember throughout the day, whose I am and to whom I should be grateful.

May I always remember to praise God for his gifts to me.

## Vespers--Prayers at Twilight

Prayers at dawn and at twilight (Lauds/morning prayer and Vespers/evening prayer) are the bookends to our day. Just as I learned to pray on awakening and before sleep daily these two specific prayer times at the beginning and the end of the day set the tone for my daily life.

Those days when I miss a prayer time or rush through prayers just to fill a requirement definitely have a different feel to them.

So...what is distinctive about these times of prayer and why are they so important? For me, morning prayer sets the tone for the day. It's starting my day off right by having a conversation with God. This is also an opportunity to thank God for protecting me throughout the night and giving me another opportunity to grow. I can offer the upcoming day to God so that I can remember concretely that the day is God's gift to me. Vespers is the time when I can thank God for the blessings the day has brought and ask God for the grace to improve tomorrow. It offers me the opportunity to review the day and put it away in God's presence.

How can this practice be incorporated into daily living? One way to start is praying a psalm together as a family before bedtime and concluding with an Our Father. Another idea is to add another psalm on weekend mornings (when life is a little less hectic).



## Prayer Intentions:

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

George White,  
*cousin of Sr. Stella Davis*

**We pray for abundant healing of:**

Theresa Reagan,  
*sister of Sr. Scholastica Reagan*

David Reagan,  
*brother of Sr. Scholastica Reagan*

Si Dorado,  
*brother of Sr. Jacinta Dorado*



## Thank You!

*Thank you to all who participated in the Oblate Round Table Discussions in January. We received some very valuable feedback from the Oblates as well as many excellent ideas. We look forward to a richer relationship with each other as well as with the Sisters.*

*Karla & Vicky*

## AROUND THE HOUSE

Bishop Slattery has invited the Sisters and Oblates to celebrate the **World Day of Prayer for those in Consecrated Life** at a 6 pm Mass at Holy Family Cathedral on Thursday, Feb. 2. The blessing of candles and procession of lights will follow the Mass.

Sr. Christine will be on retreat with the Benedictine prioresses across the U.S. the first week in February at the Benedictine Retreat Center in Schuler, NE. While in NE, Sister will visit Sr. Stephen Larson who is missioned at Guadalupe Seminary in Denton, NE.

The **OK Center for Community & Justice** has announced their Trialogue 2012, **Food for Thought**, according to Sr. Barbara. The 1<sup>st</sup> session on Sunday, Feb. 5 from 2-4 pm at the Schusterman Jewish Community Center will consider: *What is the Ritual Significance of Food?* The 2<sup>nd</sup> session on Sunday, Feb. 12 from 2-4 at the Peace Academy will question: *How Does God Expect us to Share the Earth's Bounty* and alleviate hunger? The last session on Sunday, Feb. 19 from 2-4:30 at the Boston Avenue Methodist Church will consider Wholeness and *How can we Rebuild the Community of the Table?*

The Stillwater Confirmation class from St. John's University parish and St. Francis Xavier parish will tour the monastery on Feb. 11.

The Vocation team will host a 24-hour **Monastic Moment** on Feb. 17-18 for single young women interested in learning about monastic life. The Benedictine spirituality of Prayer, Community and Work will be highlights of the 24-hour **Moment**.

On Feb. 11 Sr. Mary Clare will begin a program for children from divorce or death-broken homes—**Rainbows for All God's Children**. In addition to this ministry **Stand in the Gap** and **Catholic Charities** will begin on February 11 weekly meetings with the residents at St. Elizabeth Lodge. Spiritual families for Youth Aging out of Foster Care, Women in Recovery and Widows and Widowers are still needed. Please contact Sr. Mary Clare (918-407-7352) if you or any of your neighbors would like to be spiritual family members to one of these groups.

On Saturday, Feb. 25 the monastery will host the annual retreat for Sisters of the diocese. Boniface Copelin, OSB, a monk from St. Gregory's will lead the retreat; Bishop Slattery will celebrate the noon Mass.



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

2012—2013

*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) 8:15AM (Tuesday & Thursday in the Marian Chapel with Students)  
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 (1st, 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 website grow: [www.stjosephmonastery.org](http://www.stjosephmonastery.org)