



# Oblate Letter

## Reflections on the Rule of St. Benedict By Sr. Veronica Sokolosky, O.S.B., St. Joseph Monastery

### Moderation in Speech

*Guard your lips from harmful or deceptive speech. (RB80.4.51)*

The Desert Fathers tell a story of a young monk who said to his abbot, “Why don’t you edify our guests with some of your spiritual words.”

The Abbot replied, “If our guest is not edified by my silence, he will certainly not be edified by my words.”

Benedict is telling us the same thing. If we are more attuned to silence and less attuned to chatter, we can guard our lips from harmful and deceptive speech.

### Living with Hope

*...never lose hope in God’s mercy. (RB80.4.74)*

“Life is an adventure in forgiveness.” (Norman Cousins) On this adventure God’s mercy is always

available. But all too often when one door closes and another opens, we often look so long and so regretfully upon the closed door that we do not see the one God has opened for us. All the great spiritual leaders in history were people who forgot the closed door and walked through the open one. Abraham, Moses, Jesus, Mary, Gandhi, Lincoln, Mother Teresa and Nelson Mandella walked through that open door with a promise of “hope in God’s mercy,” and looked toward the future without the need to know exactly what it would look like.

This is the kind of life adventure Benedict asks of us.

### Unhesitating Obedience

*...they walk according to another’s decisions and directions. (RB80.5.12)*

I never seem to stop being amazed and edified at the manner in

which some of my sisters accept what the superior asks of them. It is not difficult to accept an assignment in the profession in which you are already trained, but it is most difficult to accept an assignment in a profession for which you are untrained and for which you have no desire to enter. But my friends—Sr. Assumpta and Sr. Scholastica were asked to do that. They were asked to be teachers. Sr. Assumpta wanted to spend time on the farm with the chickens, cows and the garden; Sr. Scholastica was a carpenter of sorts and an artist with many talents. But both put aside their concerns and their own will and prepared to be teachers. Both spent some 20+ years in the classroom: Sr. Assumpta with 1st graders and Sr. Scholastica with art classes. Both are among our most successful and beloved teachers. Sr. Assumpta is teaching 1st graders in heaven now, but Sr. Scholastica is still among us using her carpentry and artistic talents.

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## ANNOUNCEMENTS

**June 26th**  
**Feast of**  
**The Body and Blood of**  
**Christ**  
Feast day of  
Sr. Christine Ereiser

**June 11th**  
**Solemnity of the**  
**Sacred Heart of Jesus**  
We are called the  
Congregation of the  
Benedictine Sisters of  
the Sacred Hearts

**June 29th**  
**Feast of Sts. Peter and**  
**Paul Apostles**  
Feast day of  
Sr. Marie Pierre Fleming



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



## OBLATE MEETING

June 12, 2011

- 10:30 A.M. Mass in the Oratory—everyone is welcome
  - 12:15 p.m. Study Group will meet in the Monastery Library.
  - 12:15 p.m. Novice Study Group will meet in the Conference Room
  - 1:15 p.m. Vespers in the Marian Chapel
- Program:** The program will continue with the legacy of the Benedictine Women of St. Joseph Monastery in OK. People from Guthrie who have had past experiences with our Sisters will speak this month.

Congratulations

to

Sr. Mary Michael Schwarz &  
Sr. Cabrini Boland who will be  
celebrating their

Diamond Jubilees of  
Monastic Profession  
and

Sr. Christine Ereiser &  
Sr. Catherine Martinez who will  
be celebrating their  
Silver Jubilees of  
Monastic Profession

on

June 25th, 2011



### Oblate & Sister Potluck

At our July meeting instead of our regular program we will have a pot-luck dinner. Please join us for fellowship and bring your favorite dish or dessert on Sunday, July 10th following Vespers at 1:15.



## Prayer Intentions:

**We pray for abundant healing of:**

Jadon Conger,  
great nephew of Sr. Veronica Sokolosky

Paul Buthod,  
father of Sr. Mary Clare Buthod

David Reagan,  
brother of Sr. Scholastica Reagan

Si Dorado,  
brother of Sr. Jacinta Dorado



Congratulations  
to Peter Byrne and  
Dean Wersal, Oblates,  
who will be ordained in the  
Deaconate of the Diocese of  
Tulsa on June 12th.

### ***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

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They both “walked according to another’s decisions and directions” and God blessed them and our community for doing so.

### **Listen to Me**

*...God loves a cheerful giver. (RB80.5.16)*

“Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you.” (Henri Nouwen) We have all been baptized in the Spirit and received the breath of God breathing within us. This Spirit prays in us and listens in us to all who come to us with their joys and sorrows. This Spirit allows us to give our full attention to others and welcome them into our very being. This power of God’s spirit listening in us is a healing power. Those who are listened to start to feel accepted, start to take their words more seriously, and start to discover who they really are in the eyes of God.

The listener is truly “a cheerful giver.”

### **Speaking & Teaching—The Master’s Task**

*The tongue holds the key to life and death. (RB80.6.4)*

Why is it that our tongue betrays our actions so often? We forgive one another with words, but not actions. We say thank you with words, but not actions. We say we are happy with words, but not with our actions. It seems our words come too soon and we are not yet living what we are saying. We give double messages—one with our words and one with our actions. We are called to be a sign of God’s living presence in the world. What we live is much more important than what we say. The right way of living always leads to the right way of speaking.

Benedict was on the mark when he called for so much silence in the monastery. Silence enables us to get our living and speaking in tune.

**“Is there anyone here  
who yearns for life  
and desires to see  
good days?”**

-Prologue,  
Rule of St. Benedict



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

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—7:45AM / **Eucharist** at 8:15AM  
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)