



Oblate Letter

Reflections on the Rule of St. Benedict

By Sr. Veronica Sokolosky, O.S.B., St. Joseph Monastery

Let the sand fall out...

...we must run and do now what will profit us forever. (Prologue 35-38)

We can't loiter in the monastic life, we must run. We run to repent, led by the patience of God; we run to obey, guided by the instructions from God. We must run in this process of accepting that I am a sinner and am imperfect, and in accepting my sisters as they are with their sinfulness and imperfections. And we must run to the Holy Spirit asking Him to change my life, to transform me, to help me love myself and my sisters.

When we accept our own sinfulness, we cannot condemn anyone else; we are all imperfect. Sometimes we set ourselves up as gods who must cast out the sinners from the monastery. But a wise "Abba" once reminded his flock that we carry our sins hidden behind our backs. It is as if we car-

ried a bag of sand with a hole in it, and as we walked along the sand left a trail behind us. How could we cast out sinners from our midst, when we perhaps were the greatest sinners.

We must run to cast out our laziness, our likes and dislikes for this and that, our desire to change everyone else, but not myself. We must carry our bag of sand in front.

Dwelling in the Tent

...we have asked the Lord who will dwell in his tent...(Prologue 39-44)

God wishes to dwell in the midst of his people. He does not wish just to communicate with his people periodically in speech, vision or dream, but wishes to abide with them every hour of the day. He gave instructions to Moses to build a tent where He could speak to Moses face to face, and where the people could see Him in a pil-

lar of cloud, a pillar of fire. In and from the tent, God spoke to his people; he showed his holiness; he poured out his spirit to his people.

Benedict uses this tent image to show us that in the monastery we will be meeting this God face to face, He will abide with us day after day; He will show us his holiness; He will pour out his spirit upon us; it is He who will accompany us on this journey and provide the grace we need to persevere.

Will you dwell in the tent?

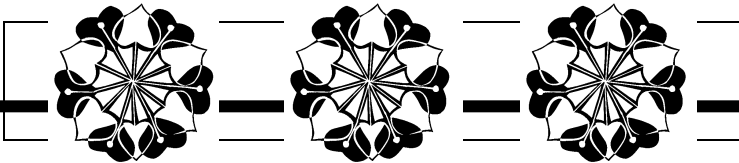
It's a Narrow Road

...nothing harsh, nothing burdensome...a little strictness... (Prologue 45-50)

I recall driving mountain roads in Colorado. The roads are narrow filled with curves, with steep grades, with unbelievable drop-offs, and with countless

Continued on Page 3





ANNOUNCEMENTS

October 1st
Feast of
St. Therese of the
Child Jesus
Feast Day of
Sr. Marie Therese Long

October 7th
Feast of Our Lady of
the Holy Rosary
Feast Day of
Sr. Marilyn Norwood

October 28th
Founding Day of
St. Joseph Monastery
130th Anniversary

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

OBLATE MEETING

October 9, 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. Novices will meet in the Marian Chapel for Practice
- 1:15 p.m. Vespers in the Marian Chapel
Oblation & Renewal of Oblation

Sisters & Oblates
to Host Lunch at T.U.

OR
918-746-4223

Tuesday, October 18th

The Sisters and Oblates will be serving lunch and desserts to about 165 students between 11:15 am & 1:00 pm. If you would like to provide a home made dessert please bring it to the monastery before 10:00 am on Tuesday. Desserts could also be dropped off the day before (Monday) . The college students always look forward to the WONDERFUL desserts that the Oblates provide.

If you would like to help serve lunch please contact Vicky at:

VONeil@montecassino.org

Sisters Pavilion
(Garage) Sale

Saturday, October 22nd
8:00 am—4:00 pm

If you would like to volunteer to help price items on the Friday before, October 21st, or help with the sale on that day please contact

Sr. Marie Therese at:

918-746-4227

OR
smtlong@juno.com



Prayer Intentions:

We pray for abundant healing of:

Cathy Carter, Oblate

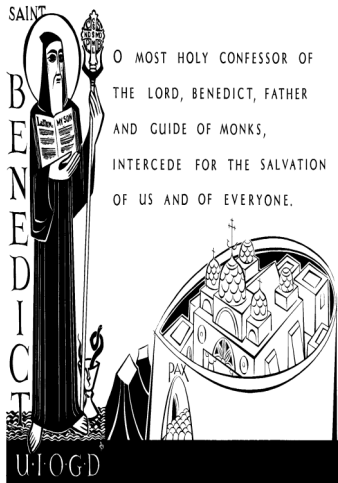
Fred Segura,
husband of Marta Segura, Oblate

Don and Sally Laden, Oblates

Paul Buthod,
father of Sr. Mary Clare Buthod

David Reagan,
brother of Sr. Scholastica Reagan

Si Dorado,
brother of Sr. Jacinta Dorado



Continued from page 1

signs warning of curves, of steep grades, of damaged guard rails, of no passing, of falling rock, of speed limits.

These roads remind me of this “school of the Lord’s service,” that Benedict intends to establish. He tells us that traveling the monastic road will be difficult. It will have all the limitations that the mountain roads in Colorado have—curves, drop-offs, warning signs. If we keep our eyes on the road, on the goal: life with Christ, life in the kingdom, life-everlasting, “our hearts will overflow with the delight of love.”

The road may be narrow, but it is not harsh, nor burdensome, but does demand some discipline.

What kind of community member am I?

There are clearly four kinds of monks. (RB80.1.5)

When Benedict decided to build a monastic community, he looked around at the persons who followed him and shook his head. Some were barbarians still carrying their knives and other weapons, Some, perhaps most, were illiterate; they could neither read nor write. Some were dirty and ragged, coming right off the roads. Some were strong and physical; others were frail and weak. But, he welcomed them all and drew up a Rule with “nothing harsh, nothing burdensome...a little strictness.”

It was not long before Benedict discovered he had four kinds of people in his monastery. He had Cenobites who walked in the presence of God day by day and served one another in building up the community. Am I a Cenobite who strives to live under a rule and a Prioress who is aware of and serves the needs of others? Or am I an Anchorite who chooses to go off by myself and isolate myself from community building? Who am I—Cenobite or Anchorite?

Am I a detestable community member?

Still loyal to the world by their actions... (RB80.1.7)

Benedict discovered that he not only had Cenobites and Anchorites, but also some detestable kinds of persons—Sarabites and Gyrovagues. These two kinds of persons are not interested in building up the community. The Sarabites want to do whatever makes them happy. They like to be considered a big wheel in the community, but they do slipshod work, accept no responsibility and are no-shows when real work is to be done. The Gyrovagues wander about looking busy, but they are only doing THEIR thing—going, going, going, sponging off of others, conning others into doing their work.

Am I still loyal to the world by my actions?



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—2012

*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