



Oblate Letter

Reflections on the Rule of St. Benedict By Sr. Catherine Martinez, O.S.B., St. Joseph Monastery

Pray Everywhere

Chapter 50 of the Rule of Benedict reminds me that I am the same person with the same life commitments no matter where I may find myself. Whether I am at the Monastery, at work, traveling, or on vacation, I am still a Christian trying to live out my core beliefs and values.

One of those values is the awareness that prayer and praise are central in my life—for my life to be in balance. Although it is a harder to maintain my normal prayer schedule when I am away from the monastery, I find that I can definitely feel the difference in my life when I don't. I find myself more driven and anxious. I start losing the focus that I can maintain when I follow my regular schedule. I find that I need to rely more on others for that balance. I don't feel like myself anymore.

This might be a sign that my lifestyle has started to seep into my very soul. I would like to be a person who has prayer connected with their very being.

Many of our older sisters are like that...I aspire to be like them.

Keeping the Rules

Human nature would have me set myself apart at every possible instance. If there is a way to set myself as *special* or *different* I will do my best to find it.

Today's reading from chapter 51 of the Rule encourages me to look for the good in being average or fitting within the boundaries. It reminds me that it is not my task in life to be the exception to every rule. I can take comfort in being just like everyone else--no more and no less.

May I always desire to live within the boundaries set by life and be content there.

A Place of Prayer

The oratory ought to be what it is called, and nothing else is to be done or stored there. After the Work of God, all should leave in complete

silence and with reverence for God, so that a brother who may wish to pray alone will not be disturbed by the insensitivity of another.
(RB80.52.1-3)

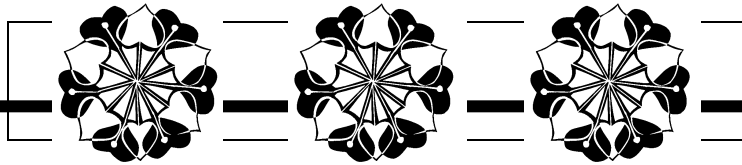
Reading this section from Chapter 52 of the Rule seems like a "no brainer" to me. Of course, the place of prayer needs to be just that (a place of prayer).

When I think, though, of how "familiar" and relaxed I might become with my prayer this selection carries a different message. How often do I show up to community prayers in body only? How often am I preplanning my next event rather than really present to prayer, God and to community? How many times lately have I foregone or shortened my lectio time to get one more task done?

Prayer is an activity that requires my full attention and participation. May I always desire to grow in my prayer relationship.

Continued on page 3





ANNOUNCEMENTS

September 3rd

Feast of

St. Gregory the Great

Pray for the intentions and ministry of the monks at St. Gregory's Abbey

September 17th

Feast of

St. Hildegard of Bingen, Virgin

September 29th

Feast of

St. Michael the Archangel

Feast Day of

Sr. Mary Michael Schwarz

September 1889

The founding of our Benedictine Community in Oklahoma



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



OBLATE MEETING

September 11, 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

Announcement and Invitation

Leda Diedrich, Oblate of St. Joseph Monastery, will be celebrating a "Consecration as a Widow" and a Blessing by Bishop Slattery on **Thursday, September 8, 2011 at St. Thomas More Church at 9:00 am** (Eucharist & Consecration). You are invited to pray for Leda and are welcome to be present for this consecration.

Nuns' Build IV

In partnership with the St. Bernard Project, there will be a Nuns' build November 14-18, 2011. The St. Bernard Project is a non-profit rebuilding organization which has worked to remove financial and physical barriers for families struggling to get

home to new Orleans after hurricane Katrina. They have completely rebuilt more than 350 homes but more than 7000 families in greater new Orleans still reside in temporary housing. Anyone with good health and strength for their age can do a very much-needed job.

If you are interested in helping with this ministry please contact

Sr. Mary Keefe at:
mkeefeop@yahoo.com
504-813-7774

or

Sr. Judy Zynda at:
judith.zynda@stbernardproject.org
504-236-1981

Jimmie Wickham, longtime friend of St. Joseph Monastery, had worked on this last year and plans to return this year. You may contact her for info at:
jcwick1128@sbcglobsl.net



Prayer Intentions:

We pray for the repose of the soul of:

Fr. Jorge Gomez &
Seminarist Stanley Kariuki
of the Diocese of Tulsa

Betty Kober,
Sister of Shirley Hogestyn, Oblate

We pray for abundant healing of:

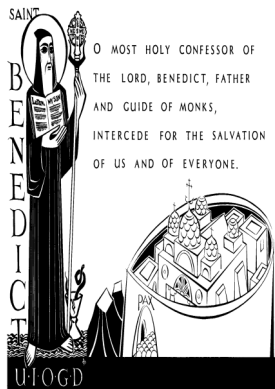
Fred Segura,
husband of Marta Segura, Oblate

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

Hospitality--Accepting All as Christ

Great care and concern are to be shown in receiving poor people and pilgrims, because in them more particularly Christ is received; our very awe of the rich guarantees them special respect. RB80.53.15

Hospitality is one of the monastic values that I took to quite easily as a young Sister. After all, I am an extrovert and enjoy spending time visiting with people and making them feel comfortable. In my time in community, I have had various opportunities to practice hospitality and to gain deeper insight into its meaning.

For about 7 years, I was fortunate to work at a social service agency that emphasized the dignity of all people and encouraged all to treat others with equal respect--whether client, staff, volunteer, etc. During my years there I made it a point to try to connect with as many of the regular clients and volunteers as I could. I would try to remember something specific about the person as well as their name. When I saw these people coming to our offices, I made it a point to ask them about whatever was significant about them. Many were amazed that I would recall facts about their lives. For me, it just seemed part of the ministry of hospitality--meeting Christ in the other, no matter what the disguise. I have continued to carry on this habit in my personal life.

How is Christ coming to me today? Who does Christ look like? How can I best respond to Christ in my life?

Hospitality to Self

There are three types of hospitality to which everyone is called--hospitality to others, God and self. By far, I have often found hospitality with self to be the most difficult.

Growing up with a sense that since I was older and stronger than my sibs, I was expected to serve others well before I considered myself, it was easy for me to think that my needs were not really all that important. It would amaze my parents that I could actually be generous and gracious with the rest of the family helping with tasks and not really complaining much. When it came to self-care and doing things for myself I would be at a loss of where to start or what to do or just didn't have any energy or enthusiasm left.

The situation has not changed much in adulthood. I will spend myself emotionally and physically for others, then forget to replenish my stock.

I need to remember that I need that hospitality for myself first so that I have that base of hospitality from which to serve and love others.

May I remember that there are three hospitalities that are important in life.



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