

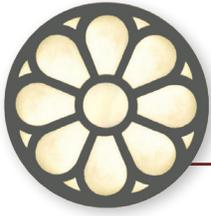
Volume XLIII  
No. 2 Summer 2019

# Reflections

*of the Benedictine Sisters*  
*Call to Presence*



**QUEEN OF ANGELS MONASTERY • MT. ANGEL, OREGON**



# Welcome



*Dear family and friends,*

Another season is upon us. We are ending the beautiful summer months and heading toward autumn, time of rich harvest for our Willamette valley - blueberries, apples, hops, grapes, hazelnuts. It is a delight to watch the rich soil produce the bounty in our region of the world.

We focused on COMMUNITY in our last issue of *Reflections*. Today, I am pondering the important concept of PRESENCE, the monastic witness that God is present in our world. By our lives and work, our Benedictine community is proclaiming Christ and the Good News of the Gospel to the world, within and beyond the monastery. By our presence, we endeavor to extend the reign of God to all those we meet. We bring our monastic values to our work and prayer, to all of our guests and visitors, to all who are searching for God and for meaning in life.

The Sisters in our Queen of Angels Monastery gather four times a day to praise God in the name of all of you – you can count on that! There is a dependable solidity in knowing the main work of the monastery is presence and praise morning, noon, evening and night. The monastery is rooted here in this particular place, praying for all those who come to our door and for all the needs of the world.

PRESENCE and PRAISE is present tense! Only in the moment, given to God at this time. Daily we remember all of you, praying for the intentions that you send us for the sorrow and joy in your lives You can count on that!

We have initiated a new place to be present on the monastery grounds. St. Scholastica Garden – right next to the giant Sequoia Tree (a constant reminder of stability and healing in our lives). The garden celebrates the elements of our legacy, our presence over these 138 years of our history: the flag, bell, peace pole, bench and the Sequoia tree that Sister Protasia Schindler so lovingly planted in 1893. The St. Scholastica Garden is a place of reflection, a place to meet God – our constant gift of PRESENCE and PRAISE for all who come for solace, love and peace.

O, please come and experience this garden – it is fresh and new, planted with a rich variety of God's good vegetation.

We send you blessings for this season, for all the days of your lives four times each day. Send us your intentions and join us when you can. We welcome you! You can count on that!

Blessing,

*Sister Jane*

Sister Jane Hibbard, SNJM  
Pastoral Administrator

The Benedictine Sisters'

# 2019 Founders Day Dinner

Sunday, October 27

5:00 p.m.

Agatha Hall, Queen of Angels Monastery  
840 South Main St., Mount Angel

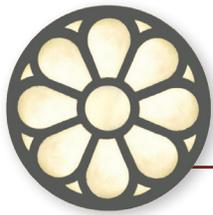
Join us for a night benefiting the Benedictine Sisters. Guests will enjoy complimentary beer and wine, as well as a delicious German-style dinner. Each guest will also receive a jar of our famous Monastery Mustard as a gift!

The famous mustard will not be sold or made available anywhere else.

Table sponsorships and individual tickets are available now.

Space is limited so reserve your seat early!

For Tickets, Table & Sponsorship Opportunities  
Call (503) 845-2556 or email  
[info@benedictine-srs.org](mailto:info@benedictine-srs.org)



# Judith Valente *Retreat*



On Saturday, June 22, Judith Valente, author and poet, gave a day retreat on “Being Truly Alive: Living the Rule of St. Benedict Day to Day,” to the Queen of Angels Monastery oblates, the Mount Angel Abbey oblates, and the Sisters of Queen of Angels Monastery.

Judith has written four spirituality books, including, *Atchison Blue: A Search for Silence*, *A Spiritual Home, and a Living Faith*; *The Art of Pausing: Meditations for the Overworked and Overwhelmed* (with Brother Paul Quenon of the Abbey of Gethsemani, in Kentucky);

and most recently and used by the Queen of Angels Oblates for their book of study this past year, *How To Live: What the Rule of St. Benedict Teaches Us about Happiness, Meaning, and Community*.

Judith was very well received by all and we hope Judith will come back to Queen of Angels Monastery for future presentations. To purchase copies of Judith’s books, please visit her website at [www.judithvalente.com](http://www.judithvalente.com)

Here are three of the reflection questions that were discussed at the presentation:

- How can I consciously practice less talking, more listening, more intentional observing?
- In what ways am I currently sleepwalking through life?
- How can I wake up?

## *Spiritual Directors at Shalom at the Monastery*

Often we are asked if there are spiritual directors available at Shalom at the Monastery for one to one meetings. The answer is “**Yes, we have three experienced directors.**” They are: Sister Dorothy Jean Beyer, Sister Joan Pokorny, and Evelyn Wemhoff



*Sister Joan Pokorny, OSB*

Sister Joan Pokorny, both a spiritual director and a supervisor of spiritual directors, is an experienced companion for those seeking God and searching for a meaningful life. She leads the monthly Supervision Program as well as provides direction for those on private directed retreats.



*Sister Dorothy Jean Beyer, OSB*

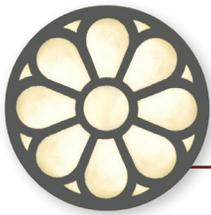
Sister Dorothy Jean is both a spiritual director and a supervisor of spiritual directors. She brings the wisdom of monastic spirituality to her practice, especially the art of “listening with the ear of the heart.” (Prologue of the Rule of St. Benedict) She has been a Benedictine Sister for 56 years. If you wish to contact Sister Dorothy Jean, please call (503) 845-2556



*Evelyn Wemhoff*

Evelyn Wemhoff received her initial training and experience at the Paul Robb Spirituality Institute in Chicago in the 70’s. Her recognition of the unique spiritual journey of herself and each individual person convinced her to give priority to this work with whatever else she was doing. Presently she is working at Shalom at the Monastery. You can contact her at: (971) 273-0700

You can meet the three directors at the Spiritual Direction Information Session on Saturday, November 16, 2019, 1 - 2:30 p.m. in Agatha Hall, which is in the Hospitality Center. Please RSVP (503) 845-2556



# Retreat Reflections

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*by Sr. Maureen Niedermeyer, OSB*

In June, I was privileged to attend Judith Valente's Retreat Day with our sisters and oblates. The morning session was "Yearning for Life: On Waking up." The afternoon session was entitled "Finding our Place in the great Benedictine Narrative."

Both sessions were delightful and instructive because of the topics and the varied ways that she presented the material. We opened with a *Visio Divina*, which portrayed lovely images on the screen and was accompanied by appropriate music. Judith also used poetry, stories, and modern songs to illustrate her ideas. Her own personality is joyful, full of life, and engages the listener. I felt that she was speaking directly to me!

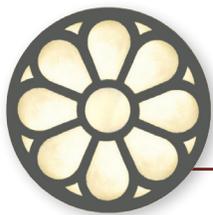
In the morning she asked us to "Wake Up" by listening to those around us, our bodies, and our wonder of the cosmos. In order to wake up, we must listen and pay attention; perhaps greet the day with praise and make the sign of the cross on our lips. I realized that I often walk around in a fog, not aware of the wonder of God's creation and the

beauty of others all around me.

Judith shared her life experiences as a journalist for national papers and magazines, writer for PBS - TV and as an oblate connected with the monastic community at Atchison, Kansas. The sisters demonstrated to her the power and relevance of the Rule for her everyday life.

In the afternoon session we watched an interview with her and Fr. Paul Quenon who is a Trappist. Together they wrote a book entitled "The Art of Pausing - Meditation for the Overworked and Overwhelmed." The Haikus and reflections caused me to ponder about life around me and within me. I highly recommend this book.

Judith called us to begin each day on the road to conversion. Benedict implies that changing our lives is a daily struggle - we fall down, and then get back up. The elderly sisters I live with are mentors for me in the labor of love; they remain full of joy and faithfulness and so I have the courage to follow in their footsteps.



# Retreat Reflections

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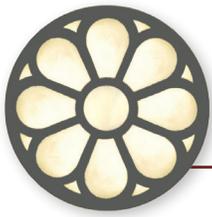
*by Sister Joan Pokorny, OSB*

Judith's first presentation was "Yearning for Life: On Waking Up." My heart was awakened when Judith began with the idea that the Rule of Saint Benedict is a great poem from Saint Benedict, who is our soul friend, our *anam cara*. God is speaking to us through the Rule of Saint Benedict and is calling us to "Listen" with openness and freedom. The word, "Listen," is not a passive endeavor but it implies action on our part. We are challenged to follow the way of the Gospel. Freedom of Spirit calls us to develop inwardly and serve outwardly, following the Beatitudes.

Judith challenged us by saying that if we want to be a good Benedictine monastic or oblate, we must wake up. We must wake up so we can be truly alive and to see and hear fully the cries of our world. She encouraged us to be engaged in the rapture of life. Our commission as Benedictines is to be fully alive. One of her reflection questions was: "In what ways am I currently sleepwalking through life?"

Among the tools to help us on this journey are courage, graciousness, strength, community and being with and for others. Kindness, self-care and care of all creation have a place in this venture. Prayer, personal and communal, fills, directs and enhances our lives, and unites us with all of the people of the earth to become gracious people. To be more attentive to all and to be aware of realities, large and small, challenges, invigorates and encourages us, trusting the ways of God's call into the future. Many truths are given to us in the Scriptures and Rule of Saint Benedict. Let us be more attentive to these important and life-changing truths that come into our lives. Another one of her reflection questions was: "In the coming months, how can I consciously practice less talking, more listening, more intentional observing?"

This was a powerful and enriching day of retreat for me. Thank you, Judith Valente, and I hope you will come again.



# Retreat Reflections

by Mari Miller

Years ago, while ambling through the monastery cemetery, I looked at all the head stones and instead of seeing graves I envisioned angels. After that revelation, the name Queen of Angels Monastery (QAM) took on new meaning. In retrospect, that heart image is what I tried to share while walking the grounds with Judith Valente during her recent visit to the monastery.

Judith has been visiting Benedictine monasteries and abbeys across America as she absorbs the rhythm of each place and how they uniquely manifest the Charism found in the Rule. Father Benedict's teaching to listen with the ear of the heart eventually morphs into a life lived with heart. Sr. Alberta's history of QAM, *Rooted in Faith*, will forever keep the sisters' 135+ year story alive. As an Oblate of a mere 10 years all I could contribute to Judith's "research" was a voice of one who has encountered the Creator under giant Sequoia and Angels in the cemetery.

So I told her of my tears watering the labyrinth I was grooming one August morning as I heard the bells tolling when Sr. Agatha entered eternal life; and of Sr. Blanche's rosaries; Immaculata's cakes; Corinne's deep sea diving; Joeine's lavender wreath that never died; Antoinette welcoming me back to the Catholic Church, and Jill's friendship punctuated with wine from her family vineyard. There is a different kind of history that saturates



Judith Valente (right) and Mari Miller (left) at the June retreat at Queen of Angels Monastery.

holy ground. It comes from individual stories witnessed in a community of deep and abiding faith and lives on in everyone who was touched in those 138 years and in the years to come.

## Angels and Poets

A Poem by Mari Miller

*A poet lives in the pause.*

*Only in the silence*

*Where words are hidden*

*Does the heart,*

*bending over,*

*Find meaning.*

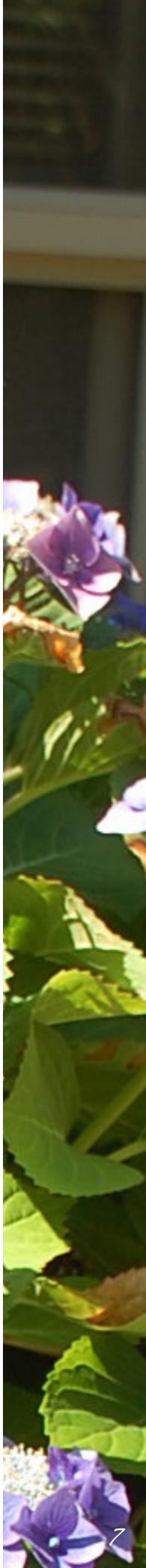
*Words unseen*

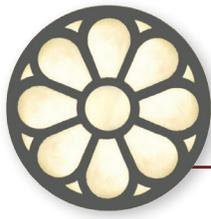
*Songs unheard*

*Are spacious and limitless,*

*overflowing mystery,*

*Arousing sleeping angels.*





# Experience a Private Retreat

## at Queen of Angels Monastery

A monastery is a perfect place for solitude, silence, reflection, and spiritual refreshment.

We invite you to come to Queen of Angels Monastery, a place of prayer and peace, welcome and hospitality. Enjoy our spacious grounds, comfortable rooms, and a praying monastic community.

**Private Retreats** are self-guided. Spacious grounds and comfortable rooms provide solitude for rest, reading, prayer, quiet, and reflection. You are invited to worship with the monastic community in the daily Eucharist and the Liturgy of the Hours.

Contact Sr. Rebecca Pirkl at (503) 949-4935



**Private Directed Retreats** are private retreats with one important addition - regular one-to-one conversation with a spiritual director. A director facilitates your reflection, in faith, on your life experiences in relation to God, yourself, and others. The purpose is to gain increased self-knowledge and attentiveness to God's voice in your everyday life.

Contact Sr. Joan Pokorny at (503) 949-6284

**Day Retreats** allow you to enjoy a day at the Monastery by spending quiet time in prayer, Lectio, walking the beautiful grounds, reading, resting, or by praying the Liturgy of the Hours with the Benedictine Sisters. Spiritual Direction is also available during your visit (between 9 a.m. and 5 p.m.).





**Supervision for Spiritual Directors**  
2nd Friday, 9 am–12 pm, Sep–May  
(No Jan Meeting), \$30 per person

All spiritual directors are welcome to attend the monthly supervision meeting for on-going formation and education featuring lively discussions of pertinent spirituality topics, prayer and skills of the ministry. Call Sr. Joan Pokorny at (503) 949-6284 or email her at [jpokornyqam23@gmail.com](mailto:jpokornyqam23@gmail.com) to inquire or register.

**Monthly Dream Group: Language of the Soul**

3rd Saturday, 10 am–12 pm, Sep–Jun  
\$20/person

Listening to dreams in a group can help us pay attention to God's presence in image and word in our awakened life. Presenter is Clara Jean Dawson. Discussions take place on the first floor of the monastery.

Clara Jean Dawson is a graduate of St. Mary's Academy, Portland, Oregon. After graduating she attended Marylhurst University earning a degree in Religious Studies, Sociology and Psychology. She studied at Marylhurst University with the renowned theologian and scholar, Sister John Mary Lane SNJM. In 2015, Clara Jean became an Oblate with the Benedictine Sisters. In 2019, completed the first year of Spiritual Direction at the Franciscan Spiritual Center in Portland, Oregon with studies on the importance of dreams as an avenue to God. She has been a member of the Dream Group with Peggy McGurn, for 7 years.

**Taize Prayer Service**  
3rd Sunday, 7–8 pm, Oct–May, Free  
(Donations accepted)

Join us for our monthly Taize Prayer Service in the chapel. This special service features sung and chanted prayers, meditation and personal reflection. All are welcome! Call Sr. Maureen for more information at 503-845-6141.

**Prayer of the Heart: Contemplative Prayer**  
3rd Tuesday, 3:30–4:30 pm, All Year, Free

All are welcome to join this contemplative prayer group. Meetings take place in the chapel located on the second floor of the Hospitality Center.



*A group takes part in Supervision for Spiritual Directors in the Chapter Room at Queen of Angels Monastery.*

**Book Talk**  
3rd Saturday, 9:30 am–12 pm, Sep–Jun, Free

Monthly Book Talk led by Tim Nelson and Linda Jensen. Discussions take place in the Hospitality Center. Visit our website for a complete reading list.

**A Time to Journal with Evelyn Wemhoff**  
2nd Saturday, 1–3 pm, All Year, Free  
(Donations accepted)

This opportunity is for anyone who has previously attended a Progoff Intensive Journal Workshop and desires to strengthen his/her own work in the Journal. Please email Evelyn at [evelynhwemhoff@comcast.net](mailto:evelynhwemhoff@comcast.net) or call 971-273-0700 if you are planning to attend.

To learn more about these retreats, to register for a retreat, or to see other upcoming events at the monastery, visit [www.Benedictine-Srs.org](http://www.Benedictine-Srs.org) or call (503) 845-2556

# Shalom at the Monastery: 2019-2020 Retreat Schedule

## A Day of Retreat: A Time to Grieve presented by Evelyn Wemhoff

9/21/19, Chapter Room, 10:00 a.m. – 3:00 p.m.  
\$55, includes materials and lunch

The loss of a significant person introduces you to a Time of Grief which will undoubtedly bring much pain. This Day of Retreat reverently gathers around such a loss and will gently explore the various faces of grief. Gathering with others can provide some experience of connection. The grief you bring to the retreat can be recent or one of the past which still invites you to give it time and attention.

*Special Instructions:* Please bring a picture of the person you are remembering.

*To register:* Call (971) 273-0770 or send a check payable to Evelyn Wemhoff, PO Box 21083, Keizer, OR 97303 or e-mail her at [evelynhwemhoff@comcast.net](mailto:evelynhwemhoff@comcast.net), by 9/17.

## Progoff Intensive Journal Program Three-Part Series

*Two Chances to Attend!*

10/11 – 10/16/19 & 1/17 – 1/22/20

Chapter Room, 9:30 a.m. – 5:30 p.m., Daily  
\$499.50 (Full Series) or \$185 per Workshop – Overnight accommodations available at \$50 per night. Meals available \$7.50 - \$9.50.

### October 2019

In a world of much change and frantic activity, we need time to move to silence within. The Progoff Intensive Journal was designed for you to enter your life with focused attention. The process is one of progressive deepening as it generates an inner momentum and energy. You are led through exercises step-by-step. New perspectives emerge for you to realize continuity, direction and meaning in your life.

### January 2020

A new year has arrived. A new decade in this century is here. A new story is unfolding in our personal lives and in the world at large. It is timely to stop and reflect. Ira Progoff describes the Journal process: “we explore the contents and resources of our life. The purpose and style of that exploration is to enable our life to disclose to us what its goals and its meanings are. Regardless of the diverse conclusions we may reach, we are impressed by the quality of the experience that comes to us as individual.” (At a Journal Workshop p.9)

**Life Context Workshop** (Oct 11-12 / Jan 17-18) is the opportunity for you to learn how to use the Intensive Journal and is a prerequisite for the next workshop. You gain a perspective on your present life and a rich foundation to explore your life as whole. You will explore who you are most deeply and what your life is trying to become.

**Depth Contact Workshop** (Oct 13-14 / Jan 19-20) continues your Journal work. You will learn Dr. Progoff's unique method to develop symbolic experiences and specific ways of working to develop a more meaningful life. With an emphasis of the quiet and deepening atmosphere, the

workshop will build processes for future decisions and actions.

**Life Integration Workshop** (Oct 15-16 / Jan 21-22) gives you the experience of working in the Intensive Journal Workbook as a whole. As you reflect on all the cumulative work, you get insights that can help you move from possibility to actuality.

Evelyn Wemhoff, the workshop leader, was introduced to the Intensive Journal by Ira Progoff, the founder of Dialogue House and the Intensive Journal. She has led the Intensive Journal for more than thirty years. She is a former Benedictine Sister, a retired Mental Health Counselor, retired Director of WomanSpirit Center.

*To register* contact Evelyn Wemhoff : 971-273-0700 or [evelynhwemhoff@comcast.net](mailto:evelynhwemhoff@comcast.net) Please send the registration fee: One workshop: \$185, Two workshops: \$370, All Three workshops: \$499.50. Make checks payable to Evelyn Wemhoff. Mail to Evelyn Wemhoff, PO Box 21083, Keizer, OR 97303

For overnight accommodations and meals, please contact: Sister Rebecca Pirkl at 503-949-4935.

## Dreams: The Language of the Soul presented by Dean Schlecht and Peggy McGurn

11/1 – 11/2/19, Chapter Room

7-9pm Friday, 9:30 a.m. – 4 p.m. Saturday

\$130 – includes overnight accommodations, materials, lunch and snack. \$85 for commuters. Dinner \$9.50 and breakfast \$7.50 are at an extra cost. \$25 non-refundable deposit

How can we embrace the truth and transformative power of dreams? How can we appreciate the uniquely individual language of dream metaphors and symbols?

This workshop will help participants learn how to interact with dream metaphors and symbols so that they can more fully embrace the full impact of these experiences. This will be done through the use of active imagination, exercises derived from Mindfulness Meditation, and lecture-prompted discussions. Understanding a dream within a Lectio Divina model will be explored.

- Participants will be able to recognize and respond appropriately to various types of dreams.
- Participants will have an opportunity to work through dreams that they bring to the workshop.
- All participants will have a chance to experience the extraordinary power of internally generated metaphors.

*To register*, call Benedictine Sisters, 503 845-2556 or send a check payable to Benedictine Sisters, 840 S. Main St., Mt. Angel, OR 97362, by October 28, 2019.

## FREE Informational Session on “What is Spiritual Direction?”

11/16/19 - 1:00 - 2:30 p.m, FREE

You are invited to explore the concept and practice of Spiritual Direction on Saturday, November 16 from 1-2:30pm, Agatha

Hall, 840 S Main St, Mt. Angel, OR 97362.

Spiritual Directors Sister Joan Pokorny, Evelyn Wemhoff, and Sister Dorothy Jean Beyer will lead the session.

All are welcome to learn about spiritual direction, its history, and its role in one's spiritual journey.

Please RSVP by calling (503) 845-2556 or emailing [dorothyjeanb7@gmail.com](mailto:dorothyjeanb7@gmail.com) to reserve your space.

### **Meditation Practices for Healing the Inner Child presented by Peggy McGurn**

12/6 – 12/7/19 - \$125 – includes overnight accommodations, materials, lunch and snacks. Dinner \$9.50 and breakfast \$7.50 are at an extra cost. \$80 for commuters

A common experience during one's commitment to live holistically is to recognize unhealthy states of being that cause problems personally and relationally. Such recognition can be a wake-up call with accompanying stirrings from the Self. Among the more frequent expressions from the psyche that cause concern are the symptoms of co-dependency.

This workshop will explore the relationship of these symptoms as disconnection from our adult care of the Inner Child. Meditation practices will provide renewed attention to our healing resources for continued re-parenting of one's Inner Child.

This workshop will help if some of these questions are yours:

- Do you respond to others' needs while neglecting your own?
- Do you do others' tasks so as to keep your world neat?
- Do you find it difficult to express your feelings?
- Do you seek affirmation from others?
- Do you fail to recognize your own accomplishments?

To register, call Benedictine Sisters, (503) 845-2556 or send a check payable to Benedictine Sisters, 840 S. Main St., Mt. Angel, OR 97362, by 12/2/19.

### **Hildegard of Bingen: Prophet of the Cosmic Christ presented by Stephen Harding Coffey, OSB.Cam**

2/21 – 2/23/20, \$199 Single Occupancy, \$336 Double Occupancy, \$95 Commuter

This retreat will focus on the spirituality of St. Hildegard, 12th century Benedictine abbess, who was named Doctor of the Church by Pope Benedict XVI. We will consider selected passages of her writings, and in particular her Scivias, to come to a greater awareness of her Christology, her cosmology and her monastic spirituality, as well as her "way of the heart" on the spiritual journey. In addition, there will be opportunities for *visio divina* on related "illuminations" by St. Hildegard, as well as time for listening to selections from her musical repertoire. Ample time for personal prayer and reflection will be provided. An hour-long video on this "unruly mystic" will introduce her to those new to her message.

Stephen Harding Coffey, OSB.Cam, an ordained monk of the Camaldolese community of California, resides at Monastery of the Risen Christ, San Luis Obispo, CA. He is engaged

in extensive retreat ministry as well as spiritual direction for priests, religious, and laity.

Chapter Room, Second floor of the monastery.

To register, call Benedictine Sisters, (503) 845-2556 or send a check payable to Benedictine Sisters, 840 S. Main St., Mt. Angel, OR 97362, by 2/19/20.

### **World Labyrinth Day**

5/2/20, Free

Come and celebrate World Labyrinth Day with the Benedictine Sisters at Mount Angel, Oregon! Let us take steps together for peace!

The Benedictine Sisters at Shalom at the Monastery invite you to walk with them their outdoor labyrinth on Saturday, May 2, 1 p.m. Please gather at the labyrinth at the west end of the Shalom building.

At 12:45 p.m., there will be a brief explanation of the Peace Walk on the labyrinth. We will then walk the 20-minute Silent Peace Walk, using the format of Benedictines For Peace. Following the walk, refreshments will be served in Benedictine Sisters' Dining Room. All are welcome!

To register, call Sister Dorothy Jean Beyer, 503 845-2556 or email [dorothyjeanb7@gmail.com](mailto:dorothyjeanb7@gmail.com) by 5/1/20.

### **Everything Ablaze: Teilhard's Mystical Vision presented by Stephen Harding Coffey, OSB.Cam**

10/16 – 10/18/20, \$199 Single Occupancy, \$336 Double Occupancy, \$95 Commuter

This weekend retreat will serve as an introduction to the spirituality of Pierre Teilhard de Chardin, scientist and mystic. Teilhard believed that a vibrant Christian life can set the world on fire. We will explore six key themes that are central to his vision: God in world and matter; a spirituality of evolution; love and loving; our inner depths; the cosmic Christ, and the Sacred Heart of the universe. Each conference will be followed by time for meditation and prayerful reflection. The format will follow David Richo's *Everything Ablaze*, a rich resource for meditating on our call to discover the universe's Sacred Heart.

Chapter Room: Second floor of the monastery

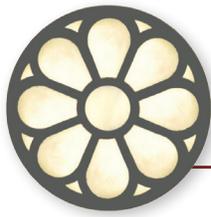
To Register: call Benedictine Sisters, (503) 845-2556 or send a check payable to Benedictine Sisters, 840 S. Main St., Mt. Angel, OR 97362, by 10/14/20.

### **Mark Your Calendars for these Future Retreats...**

**1/25/20 – The Burden of Judgement/The Joy of Compassion presented by Dean Schlecht**

**4/25/20 – One-ing: Entering Through the Mystic's Gate presented by Jodi Kilcup**

**11/7/20 – Love's Dual Foundation: Maternal Bonding and Divine Energy presented by Dean Schlecht**



## Oblate update

by Rae Parlier, Oblate Director



The oblate year September-May 2019 was a full one. Thanks to professional photographer and oblate Cherie Atiyeh a long, hoped-for oblate photo directory will be available to oblates in September.

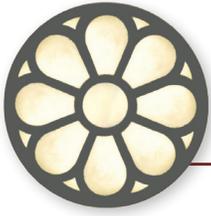
In January 2019, we continued the discussion of topics raised at the “Oblates For The Future Symposium” held October 2018 in Cottonwood, Idaho, and where two council members will return in October 2019, to participate in a continuation of this dialogue. The discussion is about how oblates can ensure that Benedictine values will survive into the future with or without monastic community. This topic was also key at our day retreat given by author and speaker Judith Valente on June 22, 2019. It was also a pleasure to meet and have table discussion with nine Mt. Angel Abbey oblates who attended. Using anecdotes and poetry Judith stimulated our thinking about being “awake” and really “seeing” others. She referenced some modern movies and musicals whose lyrics and themes point to how our Benedictine values are relevant and are being portrayed in these times. Yet, with aging oblates as well as monastics the challenge is how we can bridge to the younger generation. Our Fourth Focus Group meeting consisting of oblates, oblate council members, Sr. Jane Hibbard and sisters took place on July 29, 2019. These meetings have fostered communication and coordination between sisters and oblates and has led to partnering in QAM ministries and needs.

In Formation, we have three Candidates preparing to make oblation in the Fall, and three Inquirers who will become Candidates. We have a strong Formation Committee who has been able to connect interested Inquirers who live far from Mt. Angel, with an oblate who serves as a mentor.

Our book for study next year is “The Universal Christ” by Richard Rohr. There is a very good companion guide for groups that promises to challenge us in listening deeply and manifesting Christ in our lives.

**Interested in becoming an oblate? Join us for a free information session on August 17, 2019 from 10am to Noon in the Chapter Room.**

**Call 503-845-2556 to reserve your space.**



# In Memoriam

## Sister Jeanette von Herrmann, OSB

January 4, 1946 – June 6, 2019

*Adopted from Obituary of the Monastery of St. Gertrude, Cottonwood, ID*

“God is still in our midst and calling us by the Spirit to a life of faith.”

Sister Jeanette von Herrmann, OSB, was born into eternal life at 8:20 p.m. on June 6, 2019. She was 73 years old and had been a Benedictine sister for 38 years. Sister Jeanette will be remembered for her gift of hospitality to hosted groups at Spirit Center, her ability to relate to every member of the community, and deep love of Benedictine life.

Sister Jeanette was born Joanne to her parents Otto and Doris in San Francisco, California, on January 4, 1946. She grew up in San José, California, where she attended public elementary schools and Catholic high school. She attended Marymount Palos Verdes College for two years. She entered religious life at the Religious of the Sacred Heart of Mary on September 8, 1965, making First Profession on May 25, 1968, and Final Profession on September 8, 1973. Because of a strong desire to live monastic life, she transferred to Queen of Angels Monastery in Mount Angel, Oregon, in June 1979; she had met the community while attending summer school at Mt. Angel Seminary, graduating with a master's degree in theology in 1979. At Queen of Angels she made Monastic Profession on August 15, 1981.

Sister Jeanette's ministries over the years include teaching elementary and high school and serving as director of admission at Marymount Palos Verdes College, pastoral associate at St. Joseph Parish in Cupertino, California, and director of religious education at St. Paul Parish in Silverton, Oregon. She also gave retreats at Shalom Prayer Center in Mount Angel, Oregon. From 1987 to 1995, she was a graduate student in biblical studies at Catholic University, Washington, D.C., where she also served as department secretary. She was elected prioress of Queen of Angels Monastery in 1995 and served until 1999. In 1999, she went back to Washington, D.C., to write her dissertation on the Book of Esther and was awarded a Ph.D. in Biblical Studies/Old Testament in May 2004. When she returned to Queen of Angels in 2008, she engaged in various ministries. In 2015 she served as oblate director and secretary/treasurer for Queen of Angels Monastery and its subsidiary corporations.

In September 2016 Sister Jeanette sought permission to begin her journey to transfer to the Monastery of St. Gertrude, Cottonwood, Idaho, where she prayed, lived, and worked until her untimely death. During her years at St. Gertrude's, she served as hostess to hosted groups at the Spirit Center, gave a popular retreat entitled “The Spirituality of Seuss,” and assisted the Spirit Center team with spiritual direction and hospitality. She also served as chair of the LISTEN III Committee for revisions to St. Gertrude's constitutions.

Sister Jeanette was especially present to the seniors on St. Gertrude's assisted living wing, spending time with them, taking them on shopping trips, and enjoying the antics of the second floor therapy pet “Stormy” the cat. On Thursday evenings she often joined the “Loosely Knit” group of sisters and oblates for knitting and crocheting and sharing together.

Sister Jeanette is survived by her two brothers Joseph and his wife Sandy of Sonora, California, and Jim and his wife Suzanne of Savannah, Georgia —and her monastic community at the Monastery of St. Gertrude and her monastic community of Queen of Angels Monastery, Mount Angel, Oregon. The Rosary Vigil was held on Sunday, July 21, and the Mass of Christian Burial on Monday, July 22, in the Monastery of St. Gertrude Chapel. A Memorial Mass was held on Saturday, July 27, in the chapel at Queen of Angels Monastery. Memorial gifts can be made to the Benedictine Sisters of Mount Angel.



# Thank You Oktoberfest!



The Benedictine Sisters are extremely grateful for the Oktoberfest grant received this year. The funds were used to help design and build the St. Scholastica Garden – the center piece of our new Prayer Walk ministry. Our deepest and most sincere thanks to the members of the Oktoberfest Board of Directors for this year's grant, and for their continued support of Queen of Angels Monastery and our monastic community

*The St. Scholastica Garden as seen from the 3rd floor of the monastery*

## 2nd Annual Monastery Barbecue a Huge Success



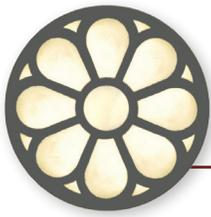
Over 80 guests and visitors joined us for our second annual Monastery Barbecue. The event was held on Sunday, July 14. After Mass, guests joined the sisters in a blessing of the newly planted St. Scholastica Garden.

When the blessing concluded, everyone enjoyed a delicious barbecue with hamburgers, hot dogs, and even ice cream sandwiches! If you missed the event this year, mark your calendar for next year's barbecue on Sunday, July 12, 2020.



Thank you to everyone that came!





# Involving your Family

## in Estate Planning



by Michael Trevino, Director of Mission Advancement

We often hear or read stories of longtime donors or friends leaving life-changing gifts to the organizations they loved and cherished. The impact that these gifts have on small organizations, like ours, is remarkable. These gifts are made possible through thoughtful and organized estate planning. They require the guidance and assistance of qualified estate planners and attorneys. More importantly, they require the participation and engagement of the whole family.

If you receive this magazine and read these

stories, then the Benedictine Sisters at Queen of Angels Monastery have touched your life in some way. We hope that their influence on your life is remembered as you make your estate plans. We also hope that you share that story with your family. In fact, we encourage you to bring your family out to the monastery so they can meet the sisters that made a difference in your life. Guests and visitors often speak of the deep spirituality felt on the grounds and in the historic buildings of Queen of Angels Monastery.

*If you'd like to learn more about the impact your bequest, estate, or other planned gift can have in the lives of the Benedictine Sisters of Mt. Angel, please contact me at our Mission Advancement Office by calling (503) 845-2556 or by email [michael@benedictine-srs.org](mailto:michael@benedictine-srs.org)*



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*by Sister Miriam "Laurie L." Hendrickson, OSB*

## One

*One heart open but empty  
One song written but unsung*

*One call heard but unheeded  
One fire ignited but never consumed*

*One moment of sweetness untasted  
One moment of grace unrecognized*

*One moment in time when all changed*

*YOU*