

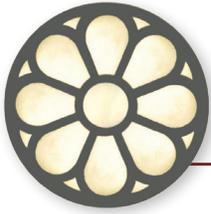
Reflections

of the **Benedictine Sisters**

The Artisans of the Monastery

“If there are artisans in the monastery, they are to practice their craft with all humility” - The Rule of St. Benedict Chapter 57, v.1





Welcome



Dear family and friends,

Since we last communicated with you in the *Spring Reflections*, our world has turned upside down in ways that cannot be ignored. The sisters are largely confined to the monastery and our ministry of “Prayer for all Peoples” has taken on greater meaning and become more central to our daily lives. We are safe and healthy, but ever so conscious of those who are not and of all that occurs in our country and our world.

Life goes on...we celebrated the entrance into heaven of Sister Alberta Dieker, who is historic in her long years, many accomplishments, and in the gifts she shared. We miss her deeply, but stand on her shoulders and know she is interceding for us.

How are we being called to attend to this moment in our lives? We focus in the pages of this *Reflections* on our artists in residence. Each one of us can free up the artist within to assist us in welcoming these days and in noticing God’s grandeur in the created world. We are observing our surroundings in more detail. We see flowers, trees, patterns in nature, and small animals in deeper and more attentive ways. We are attentive to different varieties of birds and butterflies and the air just seems cleaner and clearer. Look at the artistry of our God!

Look at the wonder of the people with whom we share daily life. Be grateful for the presence they bring. See the true nature of those that are closest to us. Have we taken them for granted? Can we see new and wondrous ways in which we are all created in the image and likeness of our God? We are all being called to conscious awareness of our earth, our brothers and sisters around the world, and new and deeper ways to connect with our God.

With Pierre Teilhard de Chardin, SJ, we pray:

“Above all, trust in the slow work of God.
We are quite naturally impatient in everything to reach the end without delay.
We should like to skip the intermediate stages.
We are impatient of being on the way to something unknown, something new.
And yet it is the law of all progress that it is made by passing through
some stages of instability - and that it may take a very long time.
Only God could say what this new spirit
gradually forming within you will be.
Give Our Lord the benefit of believing
that his hand is leading you,
and accept the anxiety of feeling yourself
in suspense and incomplete.” (Excerpt from *Hearts on Fire*)

Be well and know we are with you always in prayer and love,

Sister Jane

Sister Jane Hibbard, SNJM
Pastoral Administrator

Reflections

The Benedictine Sisters'

2020 Founders Day Virtual Celebration

October 4 - 25, 2020

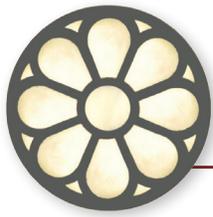
Our annual dinner is transforming this year to our first ever Founders Day Virtual Celebration! Join us online through Facebook or our website starting with our launch party on October 4. Each week, we will release a new video featuring our sisters like you've never seen before.

You can support our event by becoming a sponsor. Sponsors will receive a special gift basket that includes local wine, our famous Monastery Mustard, and other wonderful gifts. All supporters who make gifts of \$100 or more or sign up to become a monthly donor at any level will be eligible for our virtual door prizes that include handmade items from the sisters, Monastery Mustard, and other goodies!

Visit www.Benedictine-Srs.org/FoundersDay
for full details and to support the event.

To Donate or To Learn About
Sponsorship Opportunities

Call (503) 845-2556 or email info@benedictine-srs.org



The Artisans of Queen of Angels

In the Spring issue of *Reflections*, we featured stories about Sister Carmel and Sister Protasia. They were two talented artists whose artwork is still featured prominently in our monastery. In this edition of *Reflections*, we shift towards the sisters of today and their artistic passions and talents. As you will see, many of our sisters are called to art in a number of different ways: music, writing, photography, gardening, and more.

Music & Singing



If you have ever attended Mass at Queen of Angels chapel, you have most likely heard beautiful music sung by the schola as you arrived. The schola members: Sister Rocio Moreno-Soto, Sister Miriam Hendrikson, Sister Christine Rausch, Sister Dorothy Rausch, Sister Donna Marie Chartraw, Sister Judith Bloxham, and Sister René Foster, add beautiful voices, harmony and love to Sunday Eucharist. Former choir leader Sister Alice Ann Schaefer, who was in charge of liturgy and music for nearly a decade, can always be heard singing during Mass as well.



The chapel's organ and piano provide beautiful music for guests and visitors attending Eucharist or Liturgy of the Hours. Sister Maureen Niedermeyer and Sister Donna Marie can often be found behind the keys bringing the music in the chapel to life. They are not the only sisters with musical talents. Sister Rebecca Pirkl, a member of the Silverton Ukulele Network, has played the ukulele for 5 years. On special occasions, such as the sisters' Earth Day celebration this year, Sister Joan Pokorny breaks out her drum, an instrument she has played for 25 years.

Photography



Three of our sisters use photography as their form of artistic expression. You have most likely seen pictures taken by Sister Dorothy Jean Beyer in our newsletter, issues of *Reflections*, or our Facebook page. Sister Marietta Schindler is also a gifted photographer. Her nature-themed photo cards are very popular in the gift shop. The photo cards of Sister Susan Casey are also very much in demand. She has even taken some of her work and enlarged it for matting in frames and canvases. Over the years, all three sisters have taken beautiful photos of the monastery, its grounds and nature.

Arts & Crafts



Many of the sisters enjoy the relaxing art of crocheting, knitting and weaving. Sister Dorothy Jean, very active in the St. Mary Parish Prayer Shawl Ministry, crochets shawls for those in need of comfort, and scarves for the gift shop. Sister Mechtilde Fennimore and Sister Marietta, also talented knitters/crocheters, make prayer shawls, scarves, baby blankets and hats that can be found in the Monastery Gift Shop. The community is also home to a gifted weaver, Sister Dorothy Pulkka. Sister Judith Henigin, a creative quilt maker, has made beautiful pieces for many of the sisters and friends.

Other sisters enjoy arts and crafts as well. Sister Julia McGanty made candles that are used at various celebrations at the monastery. Take a walk to the sewing room on the fourth floor of the monastery, and you'll often find Sister Christine working on a sewing project or embroidering. Another popular item in our gift shop are rosaries, bracelets, and necklaces made by Sister Rocio.

Outdoors



Three of our sisters find their artistic talents taking them outdoors. Sister Theresa Henscheid and Sister Angela Meister can often be found in one of the monastery's gardens. The spring and summer are busy times for these two gardeners who take time out of their day to care for and tend the many beautiful flowers and plants around the buildings. Once the flowers bloom, Sister Joseph Fennimore and Sister Angela transform them into beautiful bouquets and arrangements for the chapel and dining room.

Writing & Poetry



For some of our other sisters, their musical instrument is a pen and paper. Sister Miriam is a talented and published poet. Her calling to poetry and the power of the written word has earned her a number of awards and even a \$1,000 prize that she happily presented to her monastic community. Sister Regina Rausch is a talented letter writer. For many years, she has participated in letter writing, which includes writing palankas and letters to family and friends.

Sister Angela writes in a slightly different form; she writes icons. Iconography is a form of storytelling and prayer writing. Sister Angela's icons grace the walls of the monastery. Sister Maureen is a gifted calligrapher, expressing her art through beautiful handwriting.

A group of sisters have become regular contributors to Monastery Lectio, the sisters' weekly spiritual blog. Sister Dorothy Jean, Sister Jane Hibbard, Sister Joseph, Sister Judith Bloxham, and Sister Maureen have each written reflections. You can sign up to receive them each week by visiting the Monastery Lectio page on our website at www.benedictine-srs.org/blog or sending a request to subscriptions@benedictine-srs.org.



Buttermilk Coffee Cakes Available in Time for Virtual Oktoberfest

Just because you can't visit us at our Oktoberfest booth this year, doesn't mean you can't pick up our famous coffee cakes! Sister Immaculata's famous buttermilk coffee cakes will be available for pick up in time for Oktoberfest's virtual event on September 19. You can call or click to place your order. For your safety and the safety of our community, we are asking that all orders be paid with a debit or credit card in advance to avoid the exchange of cash or coins.

To Order:

Visit Benedictine-Srs.org/oktoberfest or call (503) 845-2556 to place your order over the phone.

Orders due by September 4.

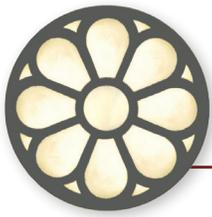
Pick Up:

Contactless pickup will be available from 10 am. to 12 pm., and from 1 pm. to 2 pm on Saturday, September 19. Follow the drive thru signs at 840 S Main St, Mt Angel, OR 97362

Price:

Coffee cakes are \$7, or 3 for \$20.





Oblate Update

Our Oblate year (Sept-May) ended prematurely after our March 8, 2020, meeting due to the coronavirus. Oblates were encouraged to finish on their own the last reading assignment in the book by Richard Rohr, *The Universal Christ - How a Forgotten Reality Can Change Everything We See, Hope For and Believe*. Council member Mary Blankenship aptly summed up our study: "Rohr interprets 'Christ' as another name for the transcendent within everything in the universe. This rich and challenging book evoked a wide range of responses, from a profound sense of affirmation to a feeling of being carried beyond the familiar and comfortable. We were further challenged with the contemplative methods in our companion study guide of Lectio, journaling, pair sharing and use of a Talking stick for intentional discussion.

To become an Oblate, contact Sister Maureen at 503-845-6141

Our annual retreat at the monastery was re-scheduled for May, 2021, with Sr. Camille Wooden of St. Placid Priory, Lacey, Washington. We are looking forward to her timely topic on Oblates and their Benedictine identity.

The Oblate Council has started meeting via teleconferencing and began regularly scheduled Zoom meetings on July 13, 2020. We will be planning on how to use this format for our meetings while the monastery remains closed to visitors. Inquirers will participate with Oblates at the meetings for the first time. We will be studying the Psalms using the book by Sr. Irene Nowell, *Pleading, Cursing, Praising – Conversing with God through the Psalms*.

We welcome ten Inquirers into Candidacy and one Candidate for Oblation. We also welcome new council members Nancy Hendricks and Pam Kerr.

The pandemic has challenged us to expand our comfort with communication technology. A very positive consequence is that now Oblates and Inquirers may join us who may have been prevented from doing so by reason of issues with distance and transportation.

As always, the monastery has been very supportive of the Oblates and encouraged us to share their Zoom account. We miss our personal contact with the sisters and look forward to the time we can be graced by their presence and sacred space.

In the peace that Christ gives,

Rae Parlier
Oblate Coordinator

Sister Marietta Makes 500 Scrubbies for Gift Shop Order

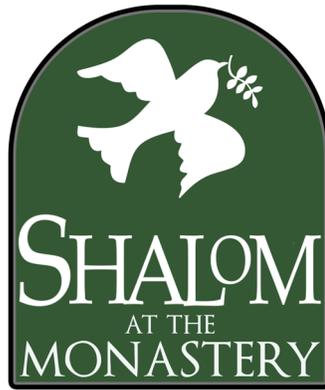
If you have been to our gift shop or stopped by our Oktoberfest booth, you know about Sister Marietta's scrubbies. These small, colorful cleaning brushes are a must have in any kitchen. What you may not know is that each scrubbie is handmade by Sister Marietta. "It takes me about 15 minutes to make one," she said.

In July, a longtime friend of the sisters called in an order for 500 scrubbies. At \$2 a scrubbie, it was the largest single gift shop order ever. Sister Dorothy Jean and receptionist Carrie Spencer, the team who oversees the gift shop, quickly got to work inventorying all the scrubbies. There were 380 scrubbies already assembled. Sister Marietta quickly got to work making the remaining 120.

While Sister Marietta crocheted the remaining scrubbies, Sister Dorothy Jean worked to package the order. Each scrubbie was individually wrapped with a card that read, "Scrubbie lovingly made by Sister Marietta Schindler, OSB." In less than a week, Sister Marietta completed the 120 scrubbies needed. The sisters were very grateful for the order since the gift shop is closed to on-site purchasing.



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/Events.



Monthly Events

Supervision for Spiritual Directors via Zoom

2nd Friday, 9am–11am, Sep–May
(No Jan Meeting), \$20

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. Next meeting is Sept 11, 2020. Call Sr. Joan Pokorny at (503) 949-6284 or email her at jpokornyqam23@gmail.com to inquire or register.

Monthly Dream Group: Language of the Soul

Currently Paused

This monthly workshop will return when the monastery opens to the public again.

Taize Prayer Service

Currently Paused

Our monthly Taize Prayer Service normally takes place in the Chapel. This special service features sung and chanted prayers, meditation and personal reflection. When our chapel is once again able to welcome guests, this prayer service will return.

Prayer of the Heart: Contemplative Prayer

Currently Paused

While we can't join together here at the monastery, keep praying and being in silence for the healing of our world and church. When our chapel is once again able to welcome guests, this prayer service will return.

Book Talk

Meeting/Discussing Online, September through June, Free

Monthly Book Talk led by Tim Nelson and Linda Jensen. Currently the group is in contact via email with questions about the book of the month and sharing their insights. Next meeting: Sept. 19, George Eliot's *Middlemarch*. Contact Sr. Dorothy Jean at (503) 845-2556 to join.

A Time to Journal with Evelyn Wemhoff

2nd Saturday, 1–3 pm, All Year, Online

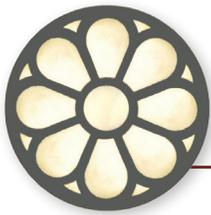
This opportunity is for anyone who has previously attended a Progoff Intensive Journal Workshop and desires to strengthen his/her own work in the Journal. It is helpful if you contact Evelyn at evelynhwemhoff@comcast.net or by phone at 971-273-0700 if you are planning to attend.

Spiritual Direction via Zoom

By Appointment, \$55 with Sliding Scale Available

Meet virtually with a spiritual director who listens reflectively with you and assists you with “noticing” how God is present in your life. “[Spiritual] directors do not create relationships between God and their directees, they simply foster these relationships so that they may deepen and grow.” (WA Barry and WJ Connolly)

Sr. Dorothy Jean and Sr. Joan are currently offering Spiritual Direction sessions via Zoom or phone. For more information please contact Sr. Dorothy Jean at (503) 845-2556 or Sister Joan 503 949-6284 or email her at dorothyjeanb7@gmail.com.



THE BLUE SAPPHIRE, LAUDATO SI' AND MONASTICISM

by *Sister Dorothy Jean Beyer*



Reverence is a beautiful word. The word sounds like its meaning. The feeling of the word *reverence* is gentle, smooth and compassionate. You can feel deep respect as you say the word. Reverence is even more beautiful when it is put into action.

St. Benedict's Rule for his monastic men and women is brimming with reverence. The choice of his first words in the Rule, "Listen carefully, my son/daughter, ... and attend to them with the ear of your heart," sets the tone for the rest of his rule. From the beginning to the last chapter, Chapter 73, St. Benedict teaches that reverence for God, for our bodies, for each other, especially the sick and elderly, for the goods of the monastery, and for all who come to the monastery, is paramount and essential in living the Christian life. For example, in Chapter 31, St. Benedict instructs the cellarer of the monastery to "regard all utensils and goods of the monastery as sacred vessels of the altar, aware that nothing is to be neglected." Reverence permeates monastic living and moves the members to engage in dialogue with the church and world.

Five years ago, on May 24, 2015, Pope Francis released his monumental encyclical letter called, LAUDATO SI', ON CARE FOR OUR COMMON HOME. The title comes from the Italian, "Laudato si', mi' Signore" meaning "Praise be to you, my Lord." Pope Francis writes, "**In the words of this beautiful canticle [Canticle of the Creatures or of the Sun], Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us.**"

This challenging document from Pope Francis resonates, forms and reverberates within our Benedictine commitment to reverence. We believe that "the land is a gift of a loving God; a gift to be held in sacred trust," and we commit to live in such a way that gives witness to our love of the earth, to do nothing detrimental, and to provide an "island" of

peace and beauty for all to enjoy.

Pope Francis continues in LAUDATO SI' (par.233), with these sentences that call us to reflection and action: "**The universe unfolds in God, who fills it completely. Hence, there is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face. The ideal is not only to pass from the exterior to the interior to discover the action of God in the soul, but also to discover God in all things.**" It is the Benedictine quest to find God in everything and in everyone. It is a difficult task, but one that we are asked to do.

The pope goes on: "**Saint Therese of Lisieux invites us to practise the little way of love, not to miss out on a kind word, a smile or any small gesture which sows peace and friendship. An integral ecology is also made up of simple daily gestures which break with the logic of violence, exploitation and selfishness.**" (par. 230) This passage echoes St. Benedict's Rule, Chapter 73, where he asks his followers: "Are you hastening toward your heavenly home? Then with Christ's help, keep this little rule..." The Benedictine spirituality is an integral spirituality made up of ordinary, daily words and actions. We find our holiness in the ordinary events of our lives in the monastery and world.

So where does "the blue sapphire" come into to this? The Sisters invite you to a retreat that integrates monastic values, contemplation, and ecology. The retreat, The Blue Sapphire of the Mind, facilitated by Sister Laura Swan, OSB, of St. Placid Priory, Lacey, WA, is centered on the writings of Douglas E. Christie, contained in his book, *The Blue Sapphire of the Mind: Notes For A Contemplative Ecology*, 2013. The term "blue sapphire" is from the writings of Evagrius of Pontus, 346-399, an Egyptian monastic, mystic, and one of the earliest spiritual writers on asceticism in the Christian eremitic tradition. This will be an integrative experience, changing your life and seeing the world in new ways. Hope you will join us. Call Sister Dorothy Jean (503) 845-2556 to register for this retreat.



Upcoming Retreats 2020-2021

The Blue Sapphire of the Mind presented by Laura Swan, OSB via Zoom

August 28-29, 2020, 7-8:30 p.m. Friday, 9:00 a.m. - 4:00 p.m. Saturday

\$55 per person

Early Christian monastics recognized the penetrating presence of the Divine in creation, that place where we encounter our deepest selves. The call to care for the environment is deeply human and contemplative. This retreat is based on the work of Douglas Christie. Participants are encouraged to at least begin reading Christie's *The Blue Sapphire of the Mind* before attending.

Presenter: Laura Swan, OSB, is a writer and spiritual director, who also serves her community as Formation Director. She is the author of numerous books, including *The Forgotten Desert Mothers* and *The Wisdom of the Beguines*.

To register and/or more information: call 503 845-2556 or send a check payable to Benedictine Sisters, Attn: Sister Dorothy Jean, 840 S. Main St., Mount Angel, OR 97362, or email dorothyjeanb7@gmail.com Please register by August 26, 2020.

Develop a More Meaningful Life: Using the Progoff Intensive Journal Program via Zoom

October 14-15, 21-22, 28-29

\$210 - \$625

This program was developed in 1966 by Dr. Ira Progoff and is being offered nationally and internationally to provide participants the opportunity to lead more fulfilling lives. As you gain a foundation and a perspective of the continuity and direction of your life, the Journal can be your honest friend in the creative process of shaping your life.

The program consists of three workshops. Each of these workshops is held on

Wednesday/Thursday of 3 consecutive weeks. This format is planned to maintain energy for the most helpful completion of the workshop(s) you will be attending.

Part 1: Life Context (Oct 14-15, \$225)

You learn how to use the Intensive Journal

method through a direct experience in your own life.

Part 2: Depth Contact (Oct 21-22, \$210)

You will learn Dr. Progoff's unique method to develop symbolic experiences and a more meaningful life. (Prerequisite Part 1)

Part 3: Life Integration (Oct 28-29, \$210)

You realize integration and connection between areas of your life. (Prerequisite Part Two)

About the Leader: Evelyn Wemhoff is a spiritual director, and a retired licensed counselor in Seattle. She has led Intensive Journal workshops for over 30 years.

To Register: call 971-273-0700 or email evelynhwemhoff@comcast.net.

To Pay: Make your check to Evelyn Wemhoff

Mail to: Evelyn Wemhoff, PO Box 21083 Keizer, OR 97303.

Full payment is required at least 2 weeks before workshops.

Love's Dual Foundation: Exploring Love's Human Roots & Its Deep Significance presented by Dean Schlecht via Zoom

November 7, 2020, 9:15 a.m. – 4:00 p.m.

\$50 per person

Love is the foundation of existence. Everything arises from love and is permeated with love. At the level of human consciousness love is characterized by five qualities that are seen with greatest clarity in the maternal infant bond and later in life in romantic bonding: attention, acceptance, appreciation, affection and allowing. This essence of love is more than just a gift from our mother or romantic partner, it is a constant, active energy welling up from our own depth. Love embraces us, welcomes us, nurtures and heals us from within. Ideally, our most important outer relationships reflect this deep inner reality and the two reinforce each other. Nevertheless, even those who have never known healthy maternal love or a positive romantic bond, still long to be loved and that longing is met by an even stronger longing from within to love them.

Upcoming Retreats 2020-2021

Learning to let go into love itself is the most important thing anyone can ever do. Surrendering to the embrace of love enables us to live in a state of ongoing gratitude, joy, and meaning. No matter how challenging our external circumstances may be, when we are filled with love, we have an unshakable foundation. Many have had the direct experience of love itself and know beyond any doubt that they are not only loved but are themselves an expression of love. They realize that separateness is an illusion and that connection is everything.

Through lecture and experiences, this workshop will help participants become more open to the presence of love in their lives and identify the roadblocks that hinder their ability to fully let go into love.

Presenter: Dean Schlecht, M.Div. is the retired manager of a 19-bed psychiatric crisis respite facility. He currently maintains a private practice offering spiritual direction.

To register and/or more information: call 503 845-2556 or send a check payable to Benedictine Sisters, Attn: Sister Dorothy Jean, 840 S. Main St., Mount Angel, OR 97362, or email dorothyjeanb7@gmail.com Please register by November 2, 2020.

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

February 19-21, 2021

\$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.

Presenter 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. He formerly served on the staff of Shalom Prayer Center, Mount Angel, and together with Sister Antoinette Traeger, OSB, began the formation program in spiritual direction.

Chapter Room: Second floor of the monastery

To register and/or more information: call 503 845-2556 or send a check payable to Benedictine Sisters, Attn: Sister Dorothy Jean, 840 S. Main St., Mount Angel, OR 97362, or email dorothyjeanb7@gmail.com Please register by February 16, 2021. Check website for updates regarding any changes.

World Labyrinth Day: Take Steps Together for Peace

May 1, 2021 • 1 p.m. Free

Outdoor Labyrinth, West End of Shalom Building

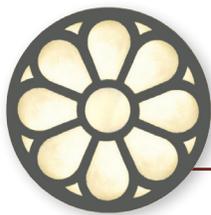
Come and celebrate World Labyrinth Day with the Benedictine Sisters at Mount Angel, Oregon! Let us take steps together for peace!

Please gather at the labyrinth 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.

To Register: call Sister Dorothy Jean Beyer, 503 845-2556 or email dorothyjeanb7@gmail.com

Seeing the Environment Through the Lens of Spirituality

This all-day symposium on the environment and spirituality will be held in Agatha Hall. The date in 2021 has not been determined. Be sure to visit our website and subscribe to our monthly newsletter for updates on upcoming retreats and events.



In Memoriam

Sister Alberta Dieker, OSB

July 23, 1920 – June 14, 2020

Baptized – July 25, 1920

First Professed – February 10, 1942

Perpetual Profession – February 10, 1945

Sister Alberta Dieker, O.S.B., a long-time member of Queen of Angels Monastery, died in the early morning of June 14, 2020, on the Solemnity of Corpus Christi, in the infirmary at Queen of Angels Monastery, Mount Angel, Oregon. She was 99 years old.

A private vigil took place in the monastery chapel, 7 p.m., on Wednesday, June 24 and a Mass of Christian Burial was held on Thursday, June 25, 2020, with immediate family only, followed by her burial in the monastery cemetery.

Sister Alberta, born to Albert and Anna (Berg) Dieker, was raised in Fleming, Colorado and moved with her family to Mt. Angel in 1938 at the age of 18. She enrolled in Mt. Angel Normal School the following year, where she met the Benedictine Sisters. She entered Queen of Angels Monastery in 1939 and made her profession of vows on February 10, 1942. She began her teaching career as an elementary school teacher in Silverton and Mt. Angel. She earned undergraduate and master's degrees from St. Louis University, and a Ph.D. in European History from the University of Oregon. Sister Alberta Dieker, teacher and historian extraordinaire and faithful Benedictine woman, marked 78 years of Monastic Profession on February 10, 2020. She was admired and appreciated by her many students.



Sister Alberta is the author of *A Tree Rooted in Faith: A History of Queen of Angels Monastery*, which was published in 2007. Sister Alberta taught history and other subjects for 46 years at Mt. Angel College, Mt. Angel Seminary and Eastern Oregon College in La Grande. She also served in numerous leadership positions, including president of Mt. Angel College, prioress of her community for four years (1983 - 87), president and founding member of the Oregon Catholic Historical Society for nine years, and executive secretary of the American Benedictine Academy for six years. Sister Alberta received the 2006 Bishop Francis P. Leipzig Award for significantly contributing to the study of Catholic history in the Pacific Northwest. In 2007, she received a papal award, Pro Ecclesia et Pontifice, for her contributions to the Archdiocese. On May 5, 2019, during the commencement exercises for the University of Portland, Sr. Alberta was awarded an honorary degree from the Catholic university. She was the recipient of the university's highest honor – the Christus Magister Medal – given in recognition of her life and work.

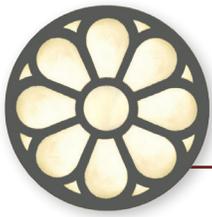
Through the years, Sister Alberta enjoyed bird watching; reading, enjoying and sharing poetry; reading, especially historical novels; playing cards (a favorite: pinochle) and games; knitting and crocheting. She knitted many beautiful sweaters that she gave away as gifts. When she taught and lived in La Grande, OR, she enjoyed cross country skiing, hiking, and back packing.

Sister Alberta was a walking encyclopedia and an amazing conversationalist. If you wanted an interesting, informative visit with someone who had seen a century of history and loved life, our community would name Sister Alberta as the one to visit.

Her siblings are Ralph of Tigard; Leonard and Patricia (Thompson) of Canby; Paul and Claudette (Kinder) of Silverton; Ruth Boedigheimer of Stayton; her deceased brothers, Edwin and Harold; and deceased sisters, Helen Schaefer, Dorothy Huber, and Frances Frey.

At her Jubilee celebration in 2017, Sister Alberta wrote: "I thank God and my parents for giving me life and these years. I consider them a gift. I am thankful for the strength and faith that have carried me over these years. I am grateful to my Benedictine Sisters, my family, friends, and students for being a part of my life, encouraging, supporting, and serving God with me."

Gifts to the Benedictine Sisters Retirement Fund are graciously accepted in memory of Sr. Alberta. Gifts can be sent to Benedictine Sisters, 840 S. Main St., Mount Angel, OR 97362.



Two Benedictine Sisters Celebrate Diamond Jubilees

Sr. Donna Marie Chartraw and Sr. Judith Henigin marked 60 years as Benedictines during a community Eucharist on Saturday, July 11, 2020, the Solemnity of St. Benedict, and 60 years to the day of the two sisters' religious professions.



Sr. Donna Marie Chartraw, the daughter of the late Gareld and Marie Chartraw, was born in Lebanon, Oregon in 1941, and

raised in nearby Albany. She attended high school at Mt. Angel Academy as a boarding student, and entered the Benedictine Sisters' community shortly after her high school graduation. She earned a bachelor's degree from Mt. Angel College and a master's degree in education from the University of Oregon.

Sr. Donna Marie served in elementary schools for 40 years, teaching in Catholic schools in Albany, Shaw, Silverton, Lebanon, Portland and Oregon City. She taught first grade at St. Mary School in Albany for 26 years, until she retired from teaching in 2001.

After retiring from teaching, Sr. Donna worked as leader of liturgical music within her community, and then was elected prioress by her community in 2007 and served until 2015. She led the Sisters' 125th anniversary celebration in 2007, and worked to strengthen the Sisters' monastic life and ministries. Currently, she is the assistant to the administrator and works in the community's business office and liturgical music.

Sr. Donna Marie said, "I am deeply grateful for the gift of these 60 years as a Benedictine Sister, and for all the wonderful people who have been in this journey with me in any way."



Sr. Judith Henigin was born in 1940, in Pittsburgh, Pennsylvania, and is one of ten children of the late John Homer and Regina Henigin. Her family moved

to Oregon in 1950 and she attended several Catholic schools in the Portland area before attending Mt. Angel Academy during her senior of high school. She credits Holy Names Sister John Maureen Backenstos as an early and major influence in her decision to pursue religious life.

Sr. Judith entered the Benedictine community in 1958, and professed vows in 1960. She graduated from Mt. Angel College with a degree in education, and taught at parochial schools in Shaw, Woodburn, Mt. Angel, Oregon City, Portland and Albany. Later, she trained to become a Montessori preschool teacher, and spent more than a decade working at Montessori schools in Portland. After her retirement from active ministry and before ill health prevented her, Sr. Judith assisted her community in a variety of ways. She served as a driver for sisters needing to go to appointments, assisted in the monastery infirmary, library, switchboard, and volunteered at St. Joseph Shelter. For some years, Sr. Judith was in the community's infirmary until she was transferred to the Providence Benedictine Nursing Center for more skilled care.

Sr. Judith expressed gratitude to her community for supporting her throughout her 60 years as a Benedictine sister, and said, "The peace, joy and love that was promised to me when I entered the community has been fulfilled."

A Huge Success!

A special thank you to all the friends and family that supported our annual Century Club Appeal

Thank you to the nearly 250 family and friends that helped make our Century Club Appeal a huge success. We are very happy to announce that we surpassed our goal of \$50,000! We took a great deal of time reflecting on the appeal, its timing and message. In the past, this appeal had focused on our history and our life. However, with our country in the middle of an unprecedented pandemic, we decided to refocus our message. We shared with you all the changes our community is facing during the pandemic – no regular Eucharist, our gift shop closing to the public, and our retreats postponed or cancelled.

With businesses closed, and so many unemployed, we wanted to offer a way for everyone to participate in the Century Club Appeal. We included a prayer request card so that anyone could send in their prayer intentions. As the responses started coming in, we were overwhelmed by your generosity. The outpouring of support for our community was amazing. We are truly humbled by the response. Please know that all of you that contributed financially and spiritually are greatly appreciated.

Who was the Benedictine sister(s) who made a world of difference in your life?

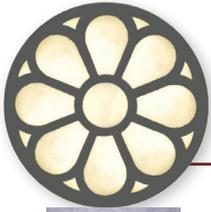
Many remember Sister Immaculata Tuma for her fruitcakes, wedding cakes, Butter Horns and of course, her Buttermilk Morning Coffee Cakes. Those who frequented Shalom Prayer Center remember Sister Antoinette Traeger as friend, spiritual director, teacher, innovator, and colleague. Those who went to the parochial schools in western Oregon remember such teachers as Sister Jerome Zerr who taught at Sacred Heart School and Central Catholic High School, Portland and Sister Joeine Darrington who was principal of Mount Angel Academy and teacher.



If a Benedictine Sister has had a significant and positive impact on your life, please consider a planned gift or bequest to honor them. By doing so, you will help ensure Queen of Angels Monastery remains a safe place for the sisters.

Please note: The legal title and address for the sisters is:

*Benedictine Sisters of Mt. Angel
840 S. Main St, Mt. Angel, OR 97362
Tax ID #93-0387331*



Small Gifts, Major Impact



The Joys of Monthly Giving

by Michael Trevino, Director of Mission Advancement

As a fundraising professional, I know about the benefits of having a monthly giving program. With a quick Google search you'll find dozens of websites and resources on how monthly gifts can play a vital role in your organization. On my way to my desk the other day, I walked by a sign outside of our office that read "pray for the giver, not the gift." That got me thinking about looking at monthly giving from the other side. What are the benefits of monthly giving for you – our supporters? Here are a few benefits that really are significant:

The first major benefit is that it is convenient. So many of the services we use today are switching to a subscription-based model, and for good reasons. It is quick to set up, and easy to maintain. This is especially true for gifts to nonprofits, like the Benedictine Sisters. A short phone call can get your recurring gift set up exactly how you'd like. You can even go on our website and set your recurring gift up yourself. You can control the amount, frequency, and duration.

The next benefit is the power of a compounded gift. Not everyone is able to make a sizeable contribution to their favorite nonprofit at any one specific time, like at an auction or dinner. I've heard friends and supporters say, "I'd love to give \$500 or \$1,000, but I just can't at this exact moment." My response is always, "how about a much smaller, monthly gift?" A gift of \$45 per month adds up to over \$500 after 12 months. A gift of \$85 a month adds up over \$1,000.

Finally, the most important benefit is the gift of stability. As the Benedictine Sisters' community ages and adjusts to life during the pandemic, it is so helpful to know we have a consistent, reliable group of friends and family committed to supporting the sisters through these times. A monthly gift is great way to help make these unpredictable times just a little bit more predictable for the sisters.

We would like to thank our current monthly and recurring donors, the Society of St. Benedict, for their dedication to the sisters.

- | | | |
|-----------------------------------|------------------------------------|---|
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Would you like to learn more about become a monthly donor? Contact Michael in the Mission Advancement Office at (503) 845-2556 or by email michael@benedictine-srs.org

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Morning Praise

by Sr. Judith Bloxham

Awake at daybreak... your heart washed clean.

*Open your eyes as you arise, and gaze...
into the face of one who comes to greet you.*

Search the lines of love...

*at times, somewhat tense and tired,
but search them well with single-hearted clarity.*

Do you not... begin to see...

deep down in these eyes that mirror your own,

begin to see... the Face of Christ,

shadowed reflection in so many faces

giving Praise at daybreak.