So, that in all things
God may be glorified – RB 57:9
Dear friends and family,

Greetings from Queen of Angels Monastery on this exquisite April day!

We are beginning Lent and when you receive this in your hands it will be Easter. In all seasons God is glorified.

Art, in all expressions, is essential to the wholesome fulfillment of the human soul. This issue of Reflections features Benedictine artists from Queen of Angels Monastery who left us amazing creations that we marvel at still to this day. Sister Joan Chittister expresses it this way: “The function of the artist in the monastery – and in the life of all of us – is to make the transcendent visible; to touch the soul in ways that match the soul; to enshrine beauty so that we may learn to see it; and to make where we live places of wonder.”

In Benedictine spirituality, we are all formed in the monastic art of the search of ultimate beauty...of God in all the ways God manifests glory in each person, in all beauty.

We are surrounded by God’s art in creation everywhere. This time of year, spring into summer, is a rich time to see this, especially where we live. Queen of Angels Monastery, the town of Mt. Angel and the Pacific Northwest are soaked in the natural beauty of God: God’s art in creation!

We invite you to take time during this holiest of seasons to ponder, wonder, stand in awe of all creation and especially the beauty within yourself and those whom you love.

We are with you in prayer and spirit as we glorify God in all things.

Peace and blessings,

Sister Jane Hibbard, SNJM
Pastoral Administrator
3rd Annual Monastery Barbeque

Celebrating the Solemnity of St. Benedict

Sunday, July 12

10am Mass
Lunch to Follow

The Benedictine Sisters invite you to join us for Mass as we celebrate the Solemnity of St. Benedict. You are then invited to stay for a delicious barbeque lunch with the sisters in the monastery courtyard.

We invite you as our guests, but we kindly ask that you RSVP by Friday, July 3

To (503) 845-2556 or by emailing info@benedictine-srs.org.

The Monastery Gift Shop will be open, and tours of the monastery and grounds will also be available!
Artwork from Sr. Protasia and Sr. Carmel

by Michael Trevino, Assisted by Sister Christine Rausch, OSB, Archivist

When you hear the name Sister Protasia Schindler, the first thing that often comes to mind is the Sequoia tree. That is because she is the sister that found a tiny seedling trying to stay alive near the railroad tracks next to the monastery. That tiny seedling, which she transplanted in 1893 to the front of the monastery, would grow up to become the giant Sequoia tree now synonymous with the Benedictine Sisters of Mt. Angel and Queen of Angels Monastery.

However, Sister Protasia is remembered by the sisters for more than just the tree. She is remembered for her incredible works of art. Many of her pieces adorn the walls of the monastery and Agatha Hall. In researching and learning more about Sister Protasia, one of the most remarkable facts I learned about her was that she was never formally schooled or trained in drawing or art. Her abilities came naturally; her understanding of light and shadow, of scale, of proportion, all came naturally. The more I looked at her drawings, the more incredible this fact became.

"Hospitality at Bethany" by Sister Protasia, in the Benedictine Sisters dining room.

Reflections
Sister Protasia was born in Manasha, Wisconsin, on July 16, 1870. She was the eldest of Aloysius and Elizabeth’s thirteen children. Her family moved and settled on a small farm north of Gervais in 1876. As soon as she was old enough, she entered the convent as a postulant. After ending her canonical novitiate, she made her perpetual vows on August 1, 1886. She spent 72 years of her life as a Benedictine sister. In June, 1959, after a lengthy battle with a heart condition, she entered into eternal life.

Some of her artwork is also historical. The hand-sketched rendering of Matt’s Saloon, the first temporary home of the Benedictine Sisters in Gervais, was done by Sister Protasia. Sister Protasia isn’t the only artist whose work can be found throughout the monastery. The colorful works of Sister Carmel Wisner also ornament the walls of our buildings.
Born in Juntura, Oregon, on April 7, 1902, Sister Carmel entered Convent Queen of Angels in May, 1925. She made her perpetual vows on August 13, 1931. She was a teacher for 50 years in Woodburn and Mt. Angel. Although she both took art lessons and taught art while a teacher at Mt. Angel College, Sister Carmel didn’t dive deeply into her art until she was in her 70s. She lived to be 103, and in her time as a Benedictine sister and artist she produced over 1,000 paintings.

In addition to her artwork, Sister Carmel was also a gifted poet. Here is a poem she wrote in the Spring of 1939, called “Mystical Rose.”

I wandered by a rose in May –
Just faintly noticed scent and hue,
And others passed it day by day
As people are accustomed to;
For few appreciate the rose,
And wait to see its heart unclose!

Sister Carmel’s paintings are unique, and known for their vibrant colors and contrasting themes. Sister Carmel’s works were first displayed in a gallery in Rohnert, California, in 1987. The show was arranged by Genevieve Barnhart, a former Mt. Angel College professor and good friend of Sister Carmel. Her work was also displayed in the Mt. Angel Abbey Library in 1988 and again in 2003. Many of Sister Carmel’s paintings have been sold over the years, but a few pieces still remain on display in the monastery or for sale in the monastery gift shop.

The artwork from these incredible sisters, as well as the artwork from many other artistic and creative sisters, can be seen as part of the monastery’s historic tours. To go on a guided tour of the monastery and learn its history and view its artwork from the perspective of one of our sisters, give us call at (503) 845-2556. We would love to share these beautiful pieces of art with you!
Sister Mechtilde Fennimore, OSB, Celebrates 70th Jubilee

Sister Mechtilde Fennimore, OSB, celebrated her 70th Jubilee on February 10, 2020. She grew up on a farm near Lone Pine, and attended a one-room schoolhouse through the 8th grade. While attending Mt. Angel Academy, she entered the sisters’ community.

She joined Queen of Angels Monastery in 1948, and made her first monastic profession in 1950. For many years, she was in charge of kitchen operations for the sisters and for Mt. Angel College. She served as assistant prioress for 9 years and coordinated the monastery infirmary for over 30 years. During the two major renovation projects at Queen of Angels in the 1980s and 1990s, Sister Mechtilde served as the owners’ representative, working closely with the architects and contractors. She also oversaw the monastery maintenance department for a number of years.

Friends and family members joined Sister Mechtilde for refreshments on February 9, the eve of her jubilee, in Agatha Hall. On February 10, she renewed her monastic vows in the monastery chapel before God and her community, the Benedictine Sisters, marking 70 years of serving God in monastic life and ministry.

Sisters that also marked their jubilees on February 10 included; Sister Alberta Dieker (78th), Sister Julia McGanty (71st), Sister Christine & Sister Dorothy Rausch (68th), Sister Regina Rausch (65th) and Sister Rocio Moreno Soto (35th).

Fudge Featuring Monastery Mustard a Hit, New Flavor Added

Everyone loves fudge. Everyone loves the sisters’ Monastery Mustard. But would people still love them if they were combined? The fine chocolatiers at Hattie’s Sweet Shop in Mt. Angel were up to the challenge. After getting a small batch of mustard from the sisters, Tricia Kloft Leahy worked to create a flavor unlike any other she’d put together. What did she come up with? Divinely Spiced Dark Chocolate Fudge – a dark chocolate fudge blended with the sisters’ Divinely Original Monastery Mustard. The fudge was a huge success, selling out at the sisters’ gift shop multiple times over the holiday season.

Hattie’s Sweet Shop even released a special new flavor of the fudge just before Valentine’s Day – cinnamon! It is the same Divinely Spiced Dark Chocolate Fudge but with a delicious cinnamon swirl. If you haven’t tried the fudge yet, there is still time. Packs of the fudge are available in the Monastery Gift Shop which is open Monday – Friday, from 9 a.m. – 4 p.m. You can also call and have the fudge shipped to you! Contact the Mission Advancement Office at (503) 845-2556 to order.

Reflections
The beginning of our oblate year (September-May) welcomed approximately 8 new Inquirers and this group has remained strong and enthusiastic. The oblate book study of Richard Rohr’s *Universal Christ* has challenged our thinking and encouraged our ongoing transformation as disciples of the gospel. In small groups and in pairs we have practiced listening more than speaking and used journaling and lectio divina to hear God speaking to us.

In Fall of 2019, two oblate council members attended the second annual “Oblates For the Future” symposium at St. Gertrude’s monastery in Cottonwood, Idaho. This working conference is helping us to look beyond the monastery to the wider Benedictine world, and inspired the topic for our annual retreat May 15-17, 2020, “What does it mean (personally) to be a Benedictine?”

On February 1, 2020 the oblate council provided a day retreat “The Psalms in Lent,” with episcopal priest Mother Esme Culver of Portland. An invitation was extended to and accepted by several Mt. Angel Abbey oblates; and, in spite of illness and weather, this retreat was well attended.

Beginning in November, we have worked to train oblate volunteers in monastery switchboard duty on weekends. We are gratified to find a service that we can help the sisters.

We have particularly enjoyed our Focus Group meetings (October, December and March) facilitated by oblates and comprised of oblates/inquirers and sisters. These are informal hour long gatherings on topics for reflection and dialogue.

The council would like to thank Sr. Maureen Niedermeyer, Sr. Dorothy Pulkka and Sr. Jane Hibbard for their care and active support of the oblates and all the sisters who welcome us with their smiles.

In the peace that Christ gives,

Rae Parlier
Oblate Director / Coordinator

P.S. Contact Sr Maureen at (503) 845-6141 for more information about joining the oblate community.
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 jpokornypqam23@gmail.com to inquire or register.

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.

Monthly Dream Group: Language of the Soul
3rd Saturday, 10 am–12 pm, Sep–May
$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.

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


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. It is helpful if you email Evelyn at evelynhwemhoff@comcast.net if you are planning to attend. Last minute walk-ins are also welcome. You can reach Evelyn by phone at 971-273-0700.

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 or call (503) 845-2556.

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!
Upcoming 2020-2021 Retreats

World Labyrinth Day: Take Steps Together for Peace
May 2, 2020, 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 and/or more information, email info@benedictine-srs.org or call (503) 845-2556.

The Blue Sapphire of the Mind presented by Laura Swan, OSB
August 28-29, 2020, 7-8:30 p.m. Friday, 9:30 a.m. - 4:00 p.m. Saturday
$145 Single Occupancy, $260 Double Occupancy, $95 Commuter
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.
Please note that you don’t need to read the entire book, but it would be helpful to read parts of it. Public libraries have copies or you can listen to the audible book.
To register and/or more information, email info@benedictine-srs.org or call (503) 845-2556 by August 24, 2020.

The Spirituality of Pope Francis and Its Implication for Our Lives presented by Deacon Owen Cummings
September 12, 2020, 9:30 a.m. – 3:30 p.m.
$65 includes lunch and materials
This retreat will focus on the spirituality of Pope Francis, and especially his understanding of “accompaniment.” To achieve this purpose, we will present a biographical context for the Pope, and some understanding of his key encyclical letters. The Catholic blogosphere shows some criticism of the Holy Father and even at times some outright hostility. The retreat will attempt in charity to understand such positions also. By the end of the retreat day the hope is that all participants will embrace Pope Francis as the Catholic leader needed for our times.
Presenter: Deacon Owen Cummings, the Regent’s Chair of Theology at Mount Angel Seminary in Saint Benedict, Oregon, is a native of Glasgow, Scotland. Author of numerous spirituality/theology books, he received a doctor of divinity degree during the course of his studies in theology in Dublin, Ireland.
To register and/or more information, email info@benedictine-srs.org or call (503) 845-2556 by September 8, 2020.

Seeing the Environment Through the Lens of Spirituality
October 3, 2020, 9:00 a.m. - 4:30 p.m.
$25 includes lunch.
The Benedictine Sisters are pleased to announce an upcoming all day symposium on the environment and spirituality to be held in Agatha Hall. Starting at 9:15 a.m., staff members from Shalom at the Monastery will present their appreciation of nature’s ability to enrich and empower their spirituality. In the afternoon, responders working within the environmental resources will discuss the bountiful gifts that their work safeguards. Participants will be invited to dialogue within the topic.
To register and/or more information, email info@benedictine-srs.org or call (503) 845-2556 by September 25.
Love’s Dual Foundation: Exploring Love’s Human Roots & Its Deep Significance presented by Dean Schlecht
November 7, 2020, 9:15 a.m. – 4:00 p.m.
$65 includes lunch and materials
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.
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 also was an LMFT with practices in Oklahoma and Texas. He currently maintains a private practice offering spiritual direction. He served as President of the Oklahoma City C.G. Jung Study Group from 1983 through 1988 and has offered numerous retreats and workshops.

To register and/or more information, email info@benedictine-srs.org or call (503) 845-2556.

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.

Chapter Room: Second floor of the monastery

To register and/or more information, email info@benedictine-srs.org or call 503 845-2556.
Sister Jo Morton, O.S.B., a member of Queen of Angels Monastery, died February 24, 2020, at the Providence Benedictine Nursing Center’s Orchard House, next door to Queen of Angels Monastery, Mount Angel, Oregon. She was 88 years old.

A vigil was celebrated in the monastery chapel in Mt. Angel, 7 p.m., on Wednesday, March 4 and a Mass of Christian Burial at 10:30 a.m. on Thursday, March 5, 2020, followed by her burial in the monastery cemetery.

The youngest of eight children, Sister Jo Morton was born in Hammon, Oklahoma in 1931. Her parents were Hezekiah Lee Morton and Lillie May Dick Morton. She was raised in Central Oregon from the age of five, and attended Redmond High School. After graduating with a degree in English from the University of Oregon, Sister Jo was commissioned in the United States Air Force. She served her country in the Air Force for ten years before resigning and returning to school.

After earning her M.S.W. in 1974 from Portland State University, Sister Jo worked for the Children’s Services Division and a treatment center for emotionally disturbed children.

She became acquainted with the Benedictine Sisters by attending retreats and workshops at Shalom Prayer Center. She entered the community in 1985 and made first profession in 1987. In 1987, Sister Jo began an active 20-year-long ministry as a counselor and retreat leader at Shalom. In 2007 she was appointed assistant to the prioress, and continued to serve her community in that role until 2015.

Sister Jo Morton celebrated her 25th Jubilee of monastic profession on Sunday, June 3, 2012.

At the age of 80 years old, Sister Jo said, “I came here at age 53 and have lived here (at Queen of Angels Monastery) longer than I have any other place in my whole life. When I first came here I wasn’t even a Catholic, but this place grabbed me and I wished I could be buried in the sisters’ cemetery.” “But not right away,” she added.

The Benedictine Sisters remember Sister Jo for her commitment she made to God in her monastic profession, her monastic community and to the people of God. Sister Jo is remembered for her sense of humor, her creative writing, her passion for social justice, her gentleness, and her love of nature.

Sister Jo is preceded in death by her parents and her brothers and sisters and is survived by her nieces and nephews, cousins, many friends, and her monastic community, the Benedictine Sisters of Mt. Angel. Memorial gifts may be made to the retirement fund of the Benedictine Sisters, 840 S. Main St., Mt. Angel, OR 97362.
The Future of Shalom Building

On December 19, 2019, the Benedictine Sisters, Queen of Angels Monastery and Father Bernard Youth Center (FBYC) jointly announced that they signed an agreement regarding the building previously known as the Shalom Prayer Center. The agreement transfers use of the building to Father Bernard Youth Center to begin stewardship of the facility for future retreats and bedroom space.

On behalf of the Benedictine Sisters of Mount Angel, Sr. Jane Hibbard, the Pastoral Administrator, commented on the agreement by saying, “For nearly one hundred and forty years, our community has been central to the spiritual lives of so many individuals, bringing God’s graces and a stronger faith to those who have come to Shalom Center.” Sr. Jane continued, “We are happy to support their work with youth and all who continue to seek an experience of Christ through their journey in faith.”

Speaking for FBYC, Sr. Jeanine Tisot, RSM, Executive Director, commented: “This is an important agreement that will allow us to indeed build upon the amazing work that the entire Benedictine Community has done for nearly 140 years. Our vision for the future is to build on their legacy and strengthen the lives of the next generation by developing the programs that are at the heart of our mission.”

Sr. Jeanine continued, “Our current facilities have not been able to support all we believe needs to happen and our focus can now turn to developing and expanding our program offerings to assist young people and their mentors to live out what Fr. Bernard envisioned nearly 50 years ago.”

For more information, please contact Sr. Jane with the Benedictine Sisters at jane26.hibbard@gmail.com or Sr. Jeanine Tisot, RSM, Executive Director of Father Bernard Youth Center at sr.jeanine@fbyc.info

Blessings this Easter season,
The Benedictine Sisters of Mt. Angel
If you have ever been to a fundraiser supporting your favorite nonprofit, you’ve most likely heard the expression, “if there’s a will, we want to be in it.” It is a clever ice breaker that often serves as a segue into a discussion on estate planning. Despite being a cliche, it more often than not leads to meaningful conversations between donors and the organization. And if you’re still reading, it might have just worked on you too.

Gifts from estates, trusts, or family foundations represent a large portion of income for established organizations, ours included. Even something small, like 5% from a charitable remainder trust, has the potential to return thousands of dollars to organizations you love and support. These types of gifts are built up over the lifetime of a donor, often through small investments, such as monthly contributions to a retirement account or mortgage payments.

Some of the largest and most life-changing gifts to religious organizations have come in the form of planned gifts from estates or trusts. With a community like ours, gifts of all sizes have the potential to make incredible impacts on the lives of the sisters. Our most recent retirement appeal was a huge success, but the sisters’ retirement needs remain at the forefront of our fundraising efforts.

As much as we would love to be in the wills and estate plans of every one of you, we understand the importance your family plays in this decision. That is why we strongly urge you to make an estate plan and to update or revisit it often. Poorly written or nonexistent wills can cause much pain and confusion during an already difficult time. Making an estate plan allows you to ensure what matters most to you is taken care.

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

We are pleased to announce new members to the Society of St. Gertrude, a special group of supporters who have ensured the future of the sisters through their estate plans or wills.

Jean (Shea) Hoffmann
J. Henry Bielenberg
Lawrence Rausch
Frank & Cynthia Biasca
Ann Hallum
Peggy McGurn
Michael Merriman

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
Thank You!

2019 Retirement Appeal A Huge Success

We would like to thank everyone that supported our 2019 retirement appeal. This year, we featured Sister Regina Rausch, OSB. We are happy to report that nearly 300 family and friends helped us surpass our $100,000 goal! Retirement isn’t the best word to describe the work being done with these generous gifts. Many of our sisters are retired from public ministry, but their monastic life and ministry continues. Sister Regina was a teacher for 45 years. Today, she is able to continue her monastic ministry through sacristy and hospitality work because of the support and generosity of others.

The Benedictine Sisters would like to thank all of those who so generously donated to our 2019 Retirement Appeal. Without you, our work would not be possible. We would also like to thank all of those who prayed and offered support for our community in other ways this past year. Your kindness is so very much appreciated. God bless you all!

Thank You, Oktoberfest!

The Benedictine Sisters of Mt. Angel wish to say thank you to the Mount Angel Oktoberfest, its Board of Directors, and everyone that made the $1,000 grant we received possible.

We have called Mt. Angel home since 1888, when our historic monastery building was completed. The generosity of the local community, including the Mount Angel Oktoberfest organization, has allowed our Benedictine community and our ministries to thrive.

Money from this year’s grant will be used to update many of the wooden signs located throughout the campus. Our grounds, a place of solitude, silence, reflection, and spiritual renewal, welcomes many guests, visitors and retreatants each month. These signs will help them navigate our beautiful monastery.

The Benedictine Sisters have been truly humbled by the support the Mount Angel Oktoberfest has given us over the years. Through their grant process, Oktoberfest has provided us and other local organization the resources we need to continue our good works. Thank you and God bless you all!

Reflections
An Easter Prayer

By Sister Regina Rausch, OSB

Eternal God,
After the
Sufferings and death of your Son
The tomb was
Empty, for Jesus had
Risen and is alive.

With faith and gratitude may we rejoice and
sing. Christ is Risen! Alleluia, alleluia!