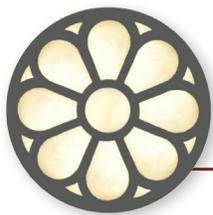


Reflections

of the Benedictine Sisters

Call to Community





Welcome



Dear friends and family,

I greet you with Easter joy and peace, the absolute assurance of the hope of the Lenten season. As we balance the sorrow and joy of life, may you know the love God has for you. May you cling to the words of Easter, "Alleluia, He is risen." These words make all the difference in our lives. We know that our Risen Savior is always with us, no matter how hard the journey may be for us.

As Benedictine monastics, we are called to community, to conversion and commitment, to praise, and to presence. These are very important and essential elements of the monastic life. We as Benedictines are called to listen and respond to the Good News of Jesus in a particular way in our monastic life together.

We have chosen to dedicate each of the three issues of *Reflections* this year on one or two of these major calls within the monastic vocation as Benedictines. This issue is focused on the call to community which is characterized by the living of the common life under the Rule of St. Benedict and a prioress. We live our monastic profession by giving priority to seeking God in community life, prayer and work. You will find some wonderful reflections by our sisters on the call to community based on their own lived experience.

All of us, by our nature and in our baptismal invitation, are invited to live our lives in loving relationship: family, parish, work place, book group, etc. It is the training ground of grace. We are challenged by those we love and those who drive us crazy! Life! Our commitment to build community together, witnesses to the importance of mutual love, respect and support.

Join us in prayer and commitment as we answer this call to community. We will walk with you! And please join in the newly-begun Walk with a Sister program where you have the opportunity to take a walk of prayer and peace with one of our sisters. For more details, see page 7 of this issue. We are looking forward to walking with you!

Blessings as we move into this beautiful season of Easter joy. May the Risen Christ fill you with joy, new hope and renewed peace. You, our dear family and friends, remain in our love, thoughts and prayers in this joyful season and in the years ahead.

Sister Jane

Sister Jane Hibbard, SNJM
Pastoral Administrator



2nd Annual Monastery Barbeque

Celebrating the Solemnity of St. Benedict

Sunday, July 14

10am - Mass | 11am Reception & Barbeque

Join us for all or just a part of the day's activities.

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 short hosted reception and delicious barbeque in the monastery courtyard.

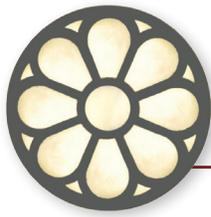
We invite you as our guests, but we kindly ask that you

RSVP by Friday, July 6

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!





Call to Community



*by Sr. Donna Marie
Chartraw, OSB*

In his address to sisters and nuns attending the International Benedictine Symposium in Rome, Italy, Pope Francis spoke of “the precious gift of your witness,” as monastics who are keeping the spirit of St. Benedict “vibrant and fruitful” 1,500 years later.

The theme of the symposium, “All are to be welcomed as Christ,” was taken from Chapter 53 of St. Benedict’s Holy Rule. Pope Francis stated that, “for centuries, Benedictine houses have been known as places of welcome, prayer and generous hospitality.”

This is what we at Queen of Angels Monastery strive to live up to as our members age and our numbers decrease. Through our silence and contemplation, our prayer and our works, we seek to make “the ear of our hearts” stronger and more attentive, enabling us to listen well to Christ’s call and continue to give witness to his Gospel of love for the world as best we can.

We hope to continue offering a place for quiet, peaceful rest, and soul searching. Please keep us in your prayers and we shall keep you in ours.

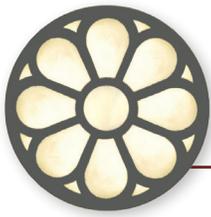


*by Sr. Joseph
Fennimore, OSB*

We, Benedictine Sisters of Mt. Angel, continue to live the Benedictine values enumerated by Pope Francis in his address to Benedictine sisters in Rome. “Your prayer, your work, your hospitality, your generosity, all combine to reveal a communion in diversity that expresses God’s hope for the world.”

In earlier years, we were involved in many active ministries that took us away from our monastery. Now, in our older years, we are home again, here at the monastery. The Benedictine values, expressed above, have become more precious to us, even if the emphasis has changed. We still carry out our role to the Church and world, but more through prayer, hospitality, community, and care for our monastic setting.

Our daily prayer expresses praise and thanksgiving to an ever-loving God, ongoing requests for the many, many needs of people throughout the world, as well as pleas for forgiveness and reconciliation for all. We continue hospitality by welcoming those who come to our beautiful grounds and our doors seeking God, friendship, solace, and support. Together, we move toward God with great hope in the promises of everlasting happiness for all.



Call to Community



by Sr. Maureen Niedermeyer, OSB

Community has always been an important part of my life, even from my childhood. At that time, I experienced the closeness of family, many of whom lived nearby. We celebrated birthdays, anniversaries, and sing-a-longs with my mom at the piano. In the summer, we had huge family picnics at our mountain cabin. There was laughter, delicious food, and fish that were just caught in the river in front of our cabin.

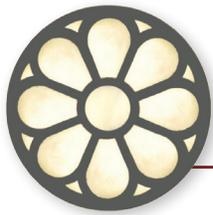
Another important community for me was Sacred Heart Parish in Portland. I attended Sacred Heart grade school, where I was taught by our Benedictine Sisters. I observed that not only were they good teachers, but that both in school and at the convent, where I had my music lessons, my teachers looked happy! In contrast, I had friends from other schools who said that their teachers were mean and stern. I remember that one day I had said to myself, "Someday, I want to find out what makes them, my teachers, so happy."

After one year of college, I decided to find that out by entering our monastery in Mt. Angel. Here, I learned that the

sisters gather for Liturgy of the Hours four times a day and daily Eucharist. Their voices were beautiful as they sang Gregorian chants. Being a musician, I was invited to join the schola which helped to lead the other sisters in sung prayer. This lovely community prayer enhanced our time of private prayer as well.

I was very lonesome at first, but having six other postulants to relate to sustained me. We could laugh and share how life was for us. The community, too, supported me until I could say that this is now my home, too.

Today, we continue the rhythm of daily prayer because it is a charism of Benedictine monastic life. We welcome our oblates and other guests to sing and pray with us; this is part of the hospitality that St. Benedict asks of us. I had wanted a community that loved liturgy and prayer, and I found it here. I'm glad that my early desire led me to investigate the happiness of our Benedictine community.



Call to Community



by Sr. Christine Rausch, OSB, Archivist

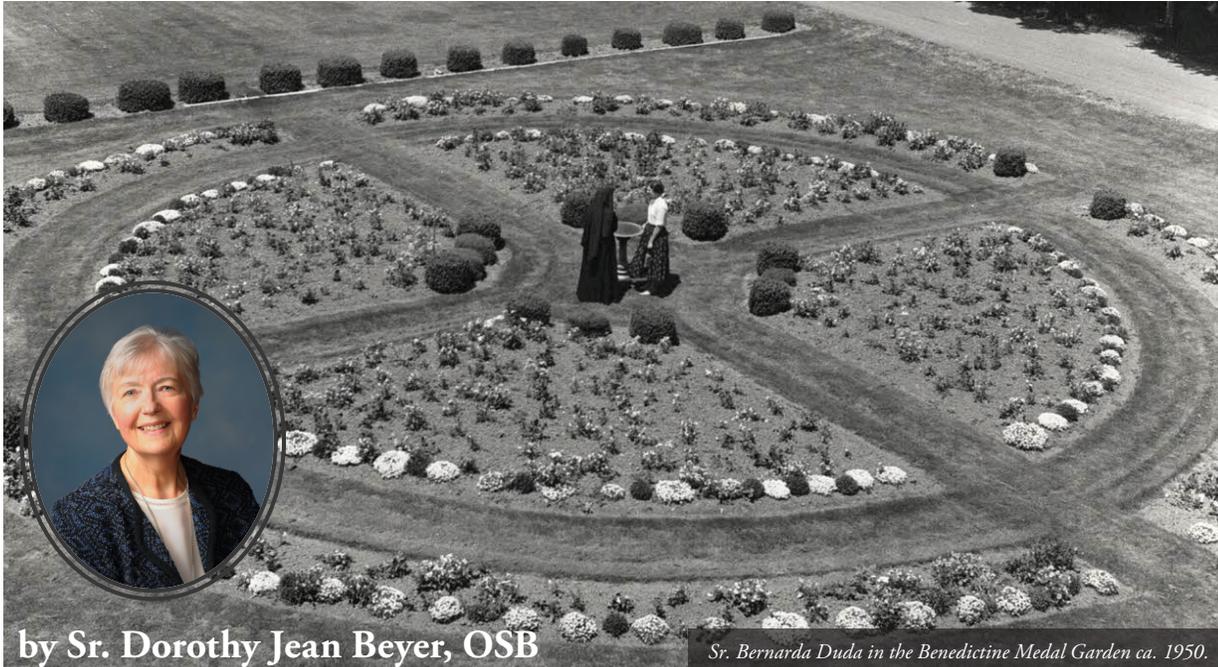
St. Benedict, born in 480 A.D., after being disillusioned by the licentious life-style in the Roman school he was attending, ran away to be a hermit in a cave near Subiaco, Italy. There, he experienced God along with doing battle with Satan. Gaining wisdom in his encounter, he was discovered by some young men of the area who came to him for counsel. He came to realize that these men could be served better in a communal lifestyle. Thus, he formed a community on a hilltop at Subiaco. It was at Monte Casino that he wrote his rule for monastics. This Rule of Benedict has been followed by Benedictine men and women, and laypersons, throughout the last 1,500 years.

I have lived this monastic way of life for 70 years, and have come to appreciate more than ever the value of living in community with women of many gifts and talents, from different backgrounds, different personalities, and different ages. By living together, praying

together, working together, and sharing life together, we help each other grow in our faith and commitment to serve others. Together, as a community, we have established and taught in schools; we have opened a nursing home and served the sick; we have operated a shelter for the homeless; we have offered spiritual retreats and counsel; and the list goes on in the services we, as a group and individually, have been able to do in the name of the community.

In our world today, with so many lonely, sad and disillusioned people seeking meaning in their lives with no solid grounding, I appreciate, more than ever, the rich opportunities for spiritual growth through our lives together. We live in an atmosphere of prayer, love, support, common sharing, hospitality, and service to those we meet. I am grateful that I answered the call many years ago to follow Christ in this Benedictine community.

Walk with a Sister is beginning!



by Sr. Dorothy Jean Beyer, OSB

Sr. Bernarda Duda in the Benedictine Medal Garden ca. 1950.

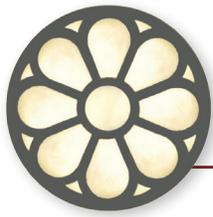
 Now that we are in the beautiful season of Spring, it is a perfect time to take a walk with one of the Benedictine Sisters. Currently, the new outdoor seating area and garden (on the north side of the historic Sequoia tree) is being built, but there are other places to venture with a Sister, to pray, to discuss, to visit, to share some history, to be in stillness and awe. Some of the destinations of the prayer walk are the statue of the Blessed Virgin Mary in the grove, the Stations of the Cross and the monastery cemetery, the icon of the Protective Veil of the Mother of God in the chapel, the outdoor labyrinth. As a special option, the prayer walk can conclude with a cup of coffee or tea in the monastery dining room. Visitors can choose their destination and the Sister(s) who will accompany them.

Once the new outdoor seating area and garden are completed, there will be an opening ceremony for blessing and inaugurating the new focal point of the prayer walk. The garden was planned by the landscape architect, Anna Kullgren, so that there will be “year round interest, blooms and fragrance at all times as well as attracting insects, birds and butterflies.” “The various shrubs (will) shine at different

moments during the year, which will guarantee a constantly varying scenery, and changing focal points, regardless of when viewed.”

The garden area will be in the shape of a Benedictine medal, which is interesting spiritually and historically, because in the history of the community, there was a huge flower bed in the shape of a Benedictine medal, at about the same place as the new garden and seating area will be. The historic flower bed is remembered fondly by many of the Sisters since it was so beautifully and carefully tended by the Sister gardeners. At some point, the garden was turned into grass and a roadway to the back yard of the monastery. It is wonderful to resurrect this concept of a Benedictine medal made from God’s beautiful shrubs and flowers. The Sisters hope that this new garden will provide PAX (Latin for peace and the Benedictine motto) to many visitors who come to our monastery.

To schedule a prayer walk, please call (503) 845-2556 and arrange a time. The Benedictine Sisters are looking forward to walking with you!



Updates from the Sisters

Sister Alberta to Receive Honorary Degree from University of Portland

In May, during the commencement exercises for the University of Portland, Sister Alberta Dieker, OSB, will be awarded an honorary degree from the Catholic university. She will be the recipient of the university's highest honor – the Christus Magister Medal – given in recognition of her life and work. Sister Alberta, author of *A Tree Rooted in Faith: A History of Queen of Angels Monastery*, received her doctorate from the University of Oregon. She is the recipient of the Bishop Francis Leipzig Award, awarded because of her contributions to the study of Catholic history in the Pacific Northwest. She was given the Pro



Sr. Alberta being interviewed in preparation of receiving her honorary degree.

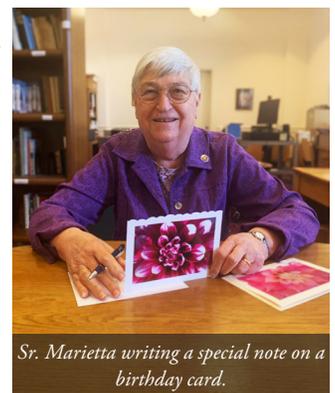
Eccelesia et Pontifice award by Pope Benedict XVI, for her contributions to the Archdiocese of Portland. Commencement exercise will take place on May 5, in Portland.



We want to Wish You a Happy Birthday!

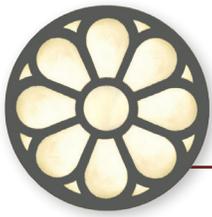
The Benedictine Sisters want to remember and pray for you on your birthday. Each month, the names of family, friends, and supporters who have a birthday that month are printed and posted for the Sisters to pray for. For those whose address we have, the Sisters prepare and send birthday cards to them as well. "The birthday list is currently small, but we are hoping to grow it," said Mission Advancement Director Michael Trevino. "It is a very special way for our Sisters to connect and pray for you on your birthday."

In addition to the birthday cards, the Sisters will begin holding a special Mass for birthday celebrants as well. On the first Sunday in each month, the Sisters will remember and pray for anyone celebrating a birthday that month. Those celebrating are also invited to join the Sisters for Mass and brunch.



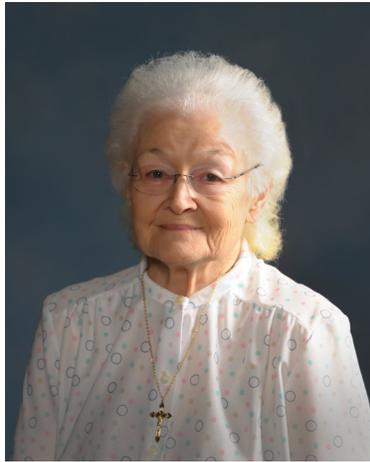
Sr. Marietta writing a special note on a birthday card.

To join the birthday club, visit our website at www.Benedictine-Srs.org/Birthday or call our Mission Advancement Office at (503) 845-2556.



Sister Julia McGanty Celebrates her 70th Jubilee

Sister Julia McGanty, OSB, celebrated her 70th Jubilee of Monastic Profession by renewing her monastic promises at the Eucharist on February 10, 2019, the feast of St. Scholastica.



Born in Yamhill, Oregon, to William and Margaret

McGanty, Sister Julia (Cecelia) McGanty attended St. John's Church in Yamhill as a child and attended schools in Yamhill and McMinnville. She continued her education while in boarding school at Mt. Angel Academy and attended Mt. Angel College. Influenced by the prayer life of the Benedictine Sisters, Cecelia asked to enter the religious community and professed her vows on February 10, 1949, taking the name Sister Julia.

Sister Julia has served in a variety of ministries during her community life, including work in food service at Mt. Angel Abbey. In 1954, she was called to serve at Christie Indian Residential School on Meares Island in British Columbia, where she supervised playground sports, and performed nursing and cooking duties for the school. When Sister Julia returned to

Mt. Angel, she worked at the Benedictine Village Home, the Benedictine Nursing Home, and the Monastery's health center.

Sister Julia taught religion at St. Mary Parish in Mt. Angel for 16 years, and at St. Paul Parish in Silverton, as well as teaching religious education classes in many other parishes throughout Oregon. She has been active in hospitality, chauffeuring, arts and music ministries while continuing her life of prayer and service with the Benedictine Sisters.

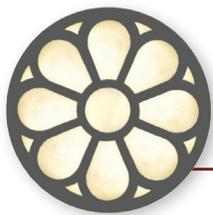


Sr. Julia poses with Sr. Rocio, who was celebrating her 35th jubilee.



Sr. Julia renews her monastic vows during Mass.

In 1974, Sister Julia attended the Academy of Hair Design in Salem and became a licensed cosmetologist. Following her graduation, she began working at LaDonna's Beauty Center in Silverton, and, later, at Visions Salon and Spa. She has donated hair care services at the River House, Marquis Care Silver Gardens, the Davenport House, and within her own community of Sisters. Throughout her work in the Silverton community, Sister Julia found that serving the community is a source of blessings and joy.



Oblate News

by Alysa Hilton

Our 2019 Oblate season is in full swing. We are reading Judith Valente's book, *How to Live: What the Rule of St. Benedict Teaches Us About Happiness, Meaning, and Community*. Judith will be presenting to our community and the Sisters in late June on the topic of "Being Truly Alive by Living the Rule."

Our Outreach ministry has started collecting hygiene products for our self-care backpacks which we will distribute to our brothers and sisters living on the streets.

Tom Kinzie, a Queen of Angels Monastery oblate, facilitated a silent Lenten retreat on March 9th. Many oblates, Sisters, and friends of the monastery joined us for this special day of quiet reflection.

We have started a focus group composed of oblates and Sisters who will meet quarterly, in an informal setting, to forge deeper friendship, understanding, and support for each other. This has been a very enriching experience for all involved.

Our leadership team will soon be in transition as Alysa Hilton will be stepping down as oblate director in May. Rae Parlier will assume the role of director at that time. Rae has been a long time oblate and is a musician and retired public health nurse. We are blessed to have her in our oblate community.

Call to Community

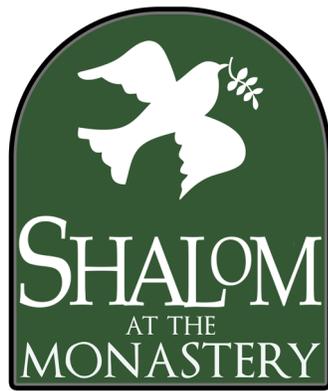
by Sharon Barnes, Obl.S.B.

The community of Benedictine sisters of Queen of Angels Monastery has many, many friends, supporters and admirers. People from all walks of life and from many parts of the country come to pray with them, learn from them, deepen their own spirituality and, always, to enjoy the loving welcome extended to all guests in the spirit of Benedictine hospitality and from the depths of their own warm hearts. Among the flow of visitors, there is always a steady trickle of men and women who are irresistibly drawn - called - to a closer relationship with the sisters and their work. These people become oblates.

For me, personally, it was a lot like falling in love. It was, and continues to be, a joyful adventure as well as a deep and enduring commitment. Ten years ago, I promised to live according to the monastic values and spirituality found in the Rule of St. Benedict,

and that has turned out to be an open-ended promise. The more I listen for God's guidance, the more I hear. Having heard, I must act and open myself to change and growth. The more I grow, the more able I am to act. You can see where this is leading....an engineer would call it "positive feedback" and there is no visible stopping point.

In the course of this journey, I've encountered inspiring teachers and made life-long, treasured friends among the sisters, other oblates, and in the wider community of God's people met through my association with Queen of Angels Monastery. Like most people I know, I've wandered more or less complacently through life, vaguely wishing that I were a better person - the kind of person God meant for me to be. My call to oblation set my feet on a clear path, gave me loving companions and taught me to lead a more meaningful life. I am grateful every day.



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

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 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 Peggy McGurn, PhD. Discussions take place on the first floor of the monastery.

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!

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.

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

Upcoming 2019 Retreats

What is Spiritual Direction? An Informational Session

4/27/19, 1 – 2:30 pm, Free

You are invited to explore the concept and practice of Spiritual Direction on Saturday, April 27, 2019, 1 - 2:30 p.m., Agatha Hall, Shalom at the Monastery, 840 S. Main St., Mount Angel, OR.

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 to reserve your space.

World Labyrinth Day

5/4/19, 1–3 pm, Free

You are invited to come walk with us at Shalom at the Monastery's labyrinth, located at the west end of the Shalom Prayer Center building. This is a rain or shine event – indoor and outdoor labyrinths available. A brief introduction to labyrinths will take place at 12:45 p.m.

For Information or to RSVP, please call (503) 845-2556

At Play in Creation: The Wisdom Christology of Thomas Merton presented by Fr. Stephen Coffey, OSB Cam

5/3/19 - 5/4/19, Friday 7-9 pm, Sat 9:30 am - 4 pm
\$130 – includes overnight accommodations, materials, lunch and snack

This weekend retreat will focus on the Wisdom Christology of Thomas Merton. We will be exposed to his passion for creation, his call to contemplative praying, his spirit of creativity, and his prophetic stance for justice and peace in the world.

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 4/30/19.

An Introduction to Contemplative Prayer: Developing a Personal Practice presented by Geoff Colvin, PhD.

6/8/19, Chapter Room
9:30 am – 2:30 pm

\$45 – includes materials and lunch

Contemplative prayer is a unique form of meditation, dating back many centuries, that focuses on an inward journey in silence to rest in the presence and action of God already dwelling within us. Background information and guidelines will be presented with practice opportunities and suggestions for developing a personal practice at home.

Note: Please bring materials for note taking.

To register: call 503 845-2556 or send a check payable to Benedictine Sisters, 840 S. Main St., Mount Angel, OR 97362, Attn: Sister Dorothy Jean Beyer, by 6/3/19.

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

9/21/19, Chapter Room

10:00 am – 3:00 pm

\$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.

Note: Please bring a picture of the person you are remembering.

To register: Call (971) 273-0700 or send a check payable to Evelyn Wemhoff, PO Box 21083, Keizer, OR 97303 or e-mail her at evelynhwemhoff@comcast.net, by 9/16/19.

Extraordinary Time: Spiritual Reflections on Suffering, Healing, Death, and the Afterlife presented by Dr. Laura Dunham

10/4 - 10/6/2019

\$255 (includes 6 meals, overnight accommodations for 2 nights-single occupancy), \$225 double occupancy, \$135 for commuters (includes 3 meals), Early bird registration: Deduct \$20 (by August 15)

Drawing on the wellsprings of faith, support of community, and Christian spiritual tradition, we will explore the universal themes of suffering, healing, death, and the afterlife through the lens of personal

Upcoming 2019 Retreats

experience. Retreatants are invited to reflect together on the spiritual meaning and graces of their own extraordinary times.

Dr. Laura Dunham, OblSB, teaches, leads retreats, and writes about Christian spirituality. A retired Presbyterian minister, now Catholic, she is the author of *Extraordinary Time: Spiritual Reflections from a Season with Cancer, Death, and Transition* (Cascade, 2018) and *Path of the Purified Heart: The Spiritual Journey as Transformation* (Cascade, 2012). She invites inquiries about her work at www.laura-dunham.com.

What to bring: Please bring a journal; a memory of one of your extraordinary times; the book, *Extraordinary Time*.

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 10/2/19.

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 am – 4 pm 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.

- 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 10/28/19.

Meditation Practices for Healing the Inner Child: the Dilemma of Co-Dependency presented by Peggy McGurn, PhD

12/6 – 12/7/19, Friday 7-9pm, Saturday 9:30am – 4pm

\$125. Includes overnight accommodations, materials, lunch and snack. Dinner \$9.50 and breakfast \$7.50 are at an extra cost. \$80 for commuters, includes materials, lunch and snacks. Non-refundable deposit: \$25

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:

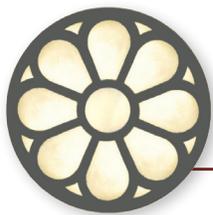
- Do you respond to others' needs while neglecting your own?
- Do you do others' tasks so as to keep your world neat?
- Do you find it difficult to express your feelings?
- Do you seek affirmation from others?
- Do you fail to recognize your own accomplishments?

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.

15th Annual St. Joseph the Worker Fundraising Dinner

**Sunday, May 5, 2019
5pm, St. Mary Parish Center**

**Benefitting the St. Joseph Shelter, Casa Adele & Mission Benedict. Tickets can be purchased through the Benedictine Sisters by calling (503) 845-2556 or by visiting the monastery,
840 S Main St., Mt. Angel.**



Leaving a Legacy Gift

under new tax laws

by Michael Trevino, Director

The recent tax law changes have affected nonprofit organizations across the United States. Non-traditional gifts, such as securities and retirement plans, became more popular in 2018 because the tax benefits remained or increased under the new tax law. Below are four different ways you can make an impact in the daily lives of the Benedictine Sisters that also allow you to take full advantage of the new changes.

Stocks, Bonds and Securities – Outside of cash or checks, this is one of the easiest and most tax-effective way to support the Sisters. Not only do you receive a charitable income tax deduction, you are also able to avoid paying capital gains tax on the sale of appreciated stock.

Retirement Assets – A gift of unused retirement assets, such as an IRA, pension, or 401(k), is an exceptional way to ensure more of your income is used for a cause

you support. If you expect to have unused retirement assets, consider making a gift. Unlike your heirs, the Sisters are not taxed on gifts from retirement plans.

Real Estate – Donating real estate, such as a home or undeveloped land, can make a huge impact. Besides the significant financial impact it will have on the lives of the Sisters, it also provides you, the donor, with tremendous benefits. Transferring ownership of a deed may help you avoid a capital gains tax on the sale of the property as well as provide you with a charitable income tax deduction based on the value of the gift.

Insurance – If you have purchased a life insurance policy that has outlasted its purpose, gifting the policy to the Sisters is a meaningful way to ensure their mission is supported. There are many different options when gifting insurance policies, each with its own benefits and advantages.

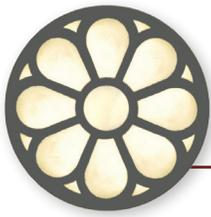
Would you like to learn more about making or leaving a gift to the Benedictine Sisters?

Contact Michael Trevino in the Mission Advancement Office to learn more about these and other giving options.

(503) 845-2556 – michael@benedictine-srs.org

Please remember the Benedictine Sisters in your will.

Reflections



Appeal Raises over \$130,000 for Retired and Elderly Sisters' Support

by Michael Trevino

Thank you to everyone that contributed to our 2018 Retirement Appeal. I'm very happy to report that we exceeded our goal and were able to raise over \$130,000 to help our retired and elderly Sisters. Funding for retirement is one of our greatest needs, and we are truly humbled by the generosity and support our friends and family show us each and every year.

Stability is one of the three vows Benedictines take. It means Benedictine Sisters vow to spend their entire lives with the same community. The money raised during this appeal goes directly toward helping create a safe place for our Sisters to age within the walls of the monastery. It truly is a unique and special way to support the Sisters. Thank you, again, for helping make this appeal one of our most successful ever!



Small Gifts Making Huge Impacts

by Michael Trevino

Over the last year, membership in our Society of St. Benedict has nearly doubled. This giving society is composed of family and friends who make a monthly gift to the Sisters. These gifts hold a very special place in the hearts of the Sisters. Society of St. Benedict members provide predictable income to the monastery. Setting up a recurring gift is easy and the administrative costs associated with it are very low, meaning more of your gift goes to the Sisters.

Society of St. Benedict provides over \$23,000 in annual assistance to the Sisters and their ministries. Some give \$10 per month, but their gift as part of this society makes a tremendous, positive impact on the daily life of the Sisters. Setting up a monthly gift takes just a few minutes and can be done online or by calling the Mission Advancement Office.

*Join the
Society of
St. Benedict*

Visit:
Benedictine-Srs.org/Donate
or call (503) 845-2556

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Back Photo: Sr. Susan Casey



Easter Prayer

By Sister Susan Casey, OSB

Alleluia! Alleluia! Let the holy anthems ring! For Christ has conquered death and is risen from the tomb. He calls us unto Himself that we might have life to the fullest extent. He is the source of all love. He suffered and died for us. We turn to Him in our deepest need and in the sorrows of our heart.

The peace of Christ be with you. We extend that peace to those we encounter daily: the sick, the elderly, the imprisoned, the homeless. Benedictine charism calls us to "see Christ in everyone we meet." We respond to that invitation with faith and charity. We must treat each other with compassion and dignity that are essential for self-worth.

We approach the coming of Spring with reverent hope in the Word of God. We look forward to the holy season of Easter.

It signals the beginning of new life for all believers.