

Volume XLV  
No. 3 Winter 2021

# Reflections



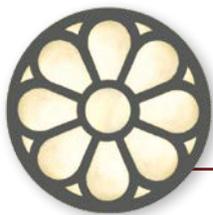
*of the Benedictine Sisters*

*Merry Christmas*

**HOPE**  
THROUGH

*Community*

QUEEN OF ANGELS MONASTERY • MT. ANGEL, OREGON



# Welcome

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*Dear Family and Friends,*

The beautiful season of Advent is bringing us great anticipation for Christmas. Our community here at the monastery is praising God for this new liturgical season.

HOPE THROUGH COMMUNITY is our theme as we come to the completion of 2021. Community is family, friends or any group of people coming together for a common purpose or the common good. We have some wonderful examples of community.

The community of the Trinity is perhaps the most perfect example. Father and Son, loving one another in the Spirit, is an on-going communion that we can only imagine, and will understand more fully when we join them forever. Let us imagine the community of Jesus, Mary and Joseph. Imagine the deep care, love, compassion of those years in Nazareth. Right now, as we are celebrating Advent and Christmas, it is a good time to spend time with the community of Jesus, Mary and Joseph.

We have many experiences of community in our lives. Each has its own flavor. Some are life long, some more short-lived. The hope is in connecting with others in love and compassion. It gives us life and helps us grow ever closer to one another.

As we are preparing for Christmas, may you experience hope, joy and compassion in all the communities in which you share faith and love.

Be safe and be well. You have a special place in our prayers every day! May the Holy Family, Mary, Joseph and Jesus, bless you richly this Advent and Christmas season and always!

*Sister Jane*

Sister Jane Hibbard, SNJM  
Pastoral Administrator



BENEDICTINE SISTERS  
OF MT. ANGEL

# Christmas Eve Mass



*with the Benedictine Sisters*

**Friday, December 24, 2021**

Christmas Hymns - 7:40 p.m.

Mass - 8:00 p.m.

840 S Main St, Mt. Angel, OR 97362

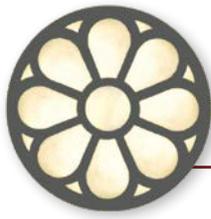
Join us for Christmas hymns and Mass in the chapel, followed by a reception with hot chocolate and our famous cinnamon rolls!

**Please RSVP by December 15**

By calling (503) 845-2556 or

By emailing [info@benedictine-srs.org](mailto:info@benedictine-srs.org)

**For the health and safety of the sisters and our guests, we ask that anyone joining us for Mass be fully vaccinated, as well as wear a mask and social distance as much as possible.**



# Hope through Community

## What does St. Benedict write in his Rule about community that gives me hope?

St. Benedict wrote his Rule to assist his members to live the Christian community in an intentional way, to live the Paschal Mystery in their everyday lives. His Rule created hope in the lives of those who came to him at Subiaco and Monte Cassino when life in the Roman Empire was chaotic and turbulent. He prescribed sound guidelines and practices in his Rule, which showed how to live and work together in peace, joy, and harmony. His little Rule, one of the most influential works of Western Christendom, has proven to be important and essential to people down through the ages, from 547 AD to 2021 AD.

We at Queen of Angels Monastery are blessed to follow the Rule, forming us into community. From the Prologue where St. Benedict begins with the words, “Listen carefully...and incline the ear of your heart” (Prologue) to his chapter on “Summoning the Community For Counsel” (RB 3) to “The Tools for Good Works (RB 4) to the chapter on humility (RB 7) to “Mutual Obedience” (RB 71) to “The Good Zeal of Monastics.” RB 72, to all the chapters in between and the last chapter, we find wise and clear ways to live community, in any community you find yourselves. Building community is a constant, daily striving. Every day is a new beginning to live community to the fullest.

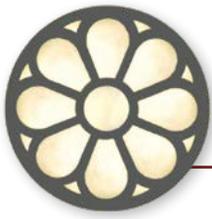
In chapter 13, “The Celebration of Lauds on Ordinary Days,” St. Benedict instructs his followers to do daily a practice that heals and promotes community. “Assuredly, the celebration of Lauds and Vespers must never pass by without the abbot/prioress’s reciting the entire Lord’s Prayer at the end for all to hear, because thorns of contention are likely to spring up.” We are reminded to “Forgive us as we forgive.” This is such an important reminder that we are a forgiven and forgiving community and that the Our Father is an essential prayer of Christians. We need to pray it often, so that reconciliation is part of our lives. When we live in a vibrant, forgiving, loving community, our hearts are filled with hope, hope that we can share with those closest to us and with all peoples around the world.

The Holy Rule is a treasure of wisdom and it is worth picking up and reading. It can shape and transform our lives with its practical wisdom for living the Christian life.

- Sister Dorothy Jean Beyer, OSB



The Benedictine Sisters of Mt. Angel, November 2021



# Hope through Community

**St. Paul tells us that hope will not disappoint us because God's love was poured into our hearts by the Holy Spirit at our baptism (Romans 5:5).**

This hope enables us to trust in Christ's promises, to trust in the power of his love, his forgiveness, his friendship. That love opens the door to new life.

We, the Benedictine Sisters, are a community of hope because hope is a path taken with others. If we want to go fast, we go alone. If we want to go far, we go with others. Isolation and aloofness never generate hope, but closeness and encounters with others does.

The best way to cultivate hope in our community is getting involved in a cause. It can be a great way to cultivate hope towards the future. Hope can keep us from getting discouraged when things are tough. We can help each other to trust in God and to live in the hope of Jesus and follow him more closely.

Advent is coming, and the season will bring us the magnificent vision of life and hope for the future given to us by Jesus. Hope is the recall of good in the past on which we base our expectation of good in the future. At Christmas, we will celebrate the birth of Jesus so many years ago, and look forward with tremendous hope.

**- Sr. Rocio Moreno-Soto, OSB**

**The virtue of hope may grow in our hearts and lives in so many ways and times.** Many experiences in our lives and the desires in our hearts are the seed bed for hope to be recognized and to grow. One of the seed beds is the experience of community in our life.

Community can be recognized and nurtured in many ways. If we are single, it can be discovered in our family, our neighborhood, our workplace, and in our correspondence with others through letter writing, phone calls, or in this age, through computer communication. If we are married, we can discover community in one another, in our enlarged family, and through many activities which we enjoy together.

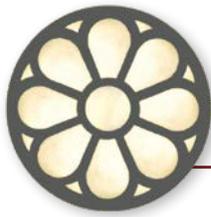
If we have children attending various levels of education, we may find a new experience of community shared with other families. Being involved with various forms of social organizations may be an experience of community. Hopefully, our local Church and the parish to which we belong may be, or may become, a fruitful gathering for the experience of community.

What forms the foundation supporting any community experience is our relationship with God and how we are called to communicate the presence of God in our individual lives.

How can we personally discover hope emerging from these many experiences? What part does prayer and quiet reflection play in helping us, not only to discover the inherent hope which plays out in community; but also, how is hope and community nourished by our prayerful reflection?

We might look to the Blessed Trinity, the Father, Son, and Holy Spirit, as the seedbed and as the first and foundational aspect of community in our lives

**- Sr. Judith Bloxham, OSB**



# Oblate update



In August, eight candidates made their Oblation and five inquirers became candidates at a special ceremony in the Queen of Angels chapel. Sr. Jane Hibbard bestowed St. Benedict medals which were engraved with the oblation date.

A number of our oblates participated in the “Being Benedictine in the 21st Century” conference in May 2021, and heard Judith Sutera, OSB speak. Her book, “St. Benedict’s Rule; An Inclusive Translation and Daily Commentary” is our book of study for this year. Her insightful questions are providing us with good material for discussion.

The council has formed Reflection Circles that meet in-person or via Zoom. These small groups are aiding us in building community, which is so vital for learning and growing in our Christian faith. This program was started this year and is doing very well.

If you are interested in learning more about our Oblate program, or becoming an Oblate of Queen of Angels Monastery, contact Sr. Maureen at (503) 845-6141, or visit [www.benedictine-srs.org/oblates](http://www.benedictine-srs.org/oblates).

Peace and blessings to you,

Rae Parlier

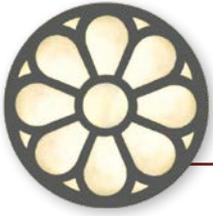
## A Peek into Community Life



The sisters received 6 1/2 50lb bags of hazelnuts from Bill Coleman of St. Paul, Oregon. The sisters gather in the evening to shell the nuts. Thank you, Bill, for this much appreciated gift each year.

The sisters' apple orchard provided the community with plenty of apples this year. Some mornings, the sisters are busy peeling apples for applesauce, pies, and apple crisps. We are grateful for the bounty of the harvest.





# BEING BENEDICTINE IN THE 21ST CENTURY

“On May 29-30, 2021, several members of the Queen of Angels Monastery community, vowed and oblate, attended a groundbreaking virtual conference examining the future of the American Benedictine spirituality and practice. The conference premised on the fact that our 1,500-year-old tradition is in the midst of a paradigm shift, by no means the first in its long history.



The intent of the “Being Benedictine in the 21st Century Conference and Conversation,” as stated on the conference’s website, was to explore the important questions we haven’t yet asked. Through listening and dialogue, the goal was to come away from the conference with a new roadmap for spreading the light of the Benedictine spirituality well into the 21st century and beyond. As the QAM oblate community moves into the future, we will be including the work of the conference as part of our template and guide.

I had been following the development of the conference for about two years, so the depth and breadth of diversity was not new to me, but it was stunning and humbling to experience the reality of it first-hand. Over 220 of us convened from all over the country to prayerfully consider the questions of our future.

One of the most powerful themes to me was the message of hope and optimism for our future. We practice a sturdy and resilient spirituality; one which has endured centuries of buffeting from time and events, yet we are still new, strong, and alive. It is a time of change, but what is sacred will endure.

One of the changes we face is articulating how we will preserve the best of monastic life – not only

in monasteries of geography, but in, as Sr. Joan Chittister has long put it, “monasteries of the heart.” We are looking at new ways to honor and cleave to Benedictine charism wherever we are.

Finally, I heard a consistent commitment to action in the world on those needs that most reflect our Benedictine values, especially social justice and the care of the earth. If local Benedictine communities craft their future vision in a manner true to these values, we will not only endure, but continue to be a light for the world around us.”

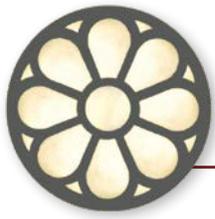
– **Mary Blankenship, Oblate**

“We are being asked to think about new ways of expressing ourselves that is meaningful to a new generation – one that is more inclusive and inviting, and that may have different ways of sustaining and developing belief. As a member of the Queen of Angels Oblate Council in the past, and as the current Oblate coordinator, I think my personal take away from the conference was not to use valuable energy concerned with who is and who is not participating in our oblate program. Rather, spend energy on meaningful structure for study and community relationships. The aim being to “live the questions” and trust the process of new birth and growth. If what we have is meaningful, we will thrive.”

– **Rae Parlier, Oblate Coordinator**

“I was amazed that so many participated and were excited about sharing in small groups. Sr. Joan Chittister and Sr. Judith Sutura’s presentations brought us an historical background for our present-day monastic life. They mentioned, “the vastness of our history is equal to the needs of our future.” This was comforting to hear. Looking at our own history will reveal how we can address the needs in our area, just as our founders did. We are to begin by caring for those around us. Living the elements of the Rule can bring about healing and peace for us today as it did in St. Benedict’s time.”

– **Sister Maureen Niedermeyer, OSB**



# Prayer of the Heart

by Sr. Jane Hibbard & Peggy McGurn

Prayer of the Heart gatherings were started by Sr. Antoinette Traeger in the mid 1980's when she invited her fellow monastics and others interested pray-ers to meet for this contemplative prayer practice. In the early centuries after the resurrection of Jesus, men and women wanting a quiet place to pray moved to the desert. City residents visited them and prayed with them regularly.

The Heart is a holy vessel in spiritual thought as well as in scripture; it is the core center of loving as well as the place where evil can emit havoc. So the focus of Prayer of the Heart is to open our hearts to the Love and saving grace of God, and simultaneously, to place ourselves into the Heart of Christ to be held there in love.

Prayer of the Heart at the monastery once a month allows our hearts to seek oneness with the Heart of Christ. The group meets to seek the peace of Christ that is beyond our understanding. Each month on the third Tuesday, from 3:30 – 4:30 p.m., this group gathers to listen in silence to the God who lives in our heart, in community, in the presence of one another.

By gathering we support one another in this practice and share a half hour of silence with our gracious God. We take turns preparing a short reading and prayer to begin and end the practice.



To learn more about Prayer of the Heart, or any of our other monthly workshops or retreats, call us at (503) 845-2556 or email [info@benedictine-srs.org](mailto:info@benedictine-srs.org)



**Supervision for Spiritual Directors via Zoom**  
**2nd Friday, 9:30 – 11:30 a.m.**  
**September through May**  
**\$20 per person**

All spiritual directors are welcome to attend the monthly supervision meeting for on-going formation and education. Call Sr. Joan Pokorny at 503-949-6284 or email her at [jpokornyqam23@gmail.com](mailto:jpokornyqam23@gmail.com) to inquire or register.

**Book Talk via Zoom**  
**3rd Saturday, 9:30 a.m. – 12:00 p.m.,**  
**September through June**  
**Donation**

Monthly Book Talk led by Tim Nelson and Linda Jensen. The group meets to discuss the book of the month and share their insights. Check our website for a full reading list and future dates. Contact Sr. Dorothy Jean at (503) 845-2556 to register.

**A Time to Journal with Evelyn Wemhoff via Zoom**  
**2nd Saturday, 1:00 – 3:00 p.m., All Year**  
**Donation**

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. Email Evelyn at [evelynwemhoff@mtangel.net](mailto:evelynwemhoff@mtangel.net), or by phone at (503) 845-9847 if you are planning to attend.

**Dream Group: Language of the Soul**  
**3rd Saturday, 10:00 a.m. – 12:00 p.m.**  
**\$20 per 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.

**Spiritual Direction**  
**By Appointment, \$60**  
**with Sliding Scale Available**  
Sr. Dorothy Jean Beyer and Sr. Joan Pokorny are currently offering Spiritual Direction sessions via Zoom, by phone, or in person. For more information, please contact Sr. Dorothy Jean at (503) 845-2556, or Sr. Joan at (503) 949-6284.

**Prayer of the Heart**  
**3rd Tuesday, 3:30 – 4:30 p.m., All Year**

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

**The Creative-Spiritual Life Circle**  
**3rd Saturday, 1:15 – 2:30 p.m.**  
**Donation**

A Benedictine-centered discussion group whose concept is simple: people who gather together on a regularly scheduled basis to share -- without interruptions or cross-talk -- whatever is gratifying us or amazing us or troubling us or puzzling us about the intersection of creativity and spirituality. Led by Susan Black.

**Taize Prayer Service**  
**3rd Sunday, 7–8 pm, Oct–May,**  
**Free**

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!

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

# Shalom at the Monastery – Upcoming Retreats

## *To Register for a Shalom at the Monastery Retreat:*

call the Benedictine Sisters at (503) 845-2556 or send a check payable to Benedictine Sisters, Attn: Sr. Dorothy Jean Beyer, 840 S. Main St., Mt. Angel, OR 97362, at least four days before the retreat. Scholarships available.

### “The Spirituality of Pope Francis and Its Implication on Our Lives” presented by Owen Cummings

January 8, 2022

9:30 a.m. – 3:30 p.m.

Chapter Room

\$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.

### Progoff Intensive Journal Workshops via Zoom presented by Evelyn Wemhoff

January 19-20, 26-27, 2022

9:00 a.m. - 5:00 p.m. with breaks

\$225 per session

Once again Time calls our attention to a New Year: A time opening to us opportunities for a now to enter into the future of not yet. In the past several years we have offered the unique Progoff Intensive Journal in January of the New Year.

“The Journal process is our inner workshop, the place where we do the creative shaping of the artwork of our life.” - Ira Progoff Ph.D

This ongoing program enables individuals, to draw their life into focus and enlarge their capacities. The process is non-judgmental and non-diagnostic. It honors privacy as well as the dignity of each person. The Progoff Journal is more than a Journal. It is an Inner Workbook.

In a deep and quiet atmosphere, you will learn techniques to enable you to use the Intensive Journal workbook. The workbook is the active instrument of the program. Its structure makes it a dynamic vehicle for journal feedback techniques The Journal clarifies and helps to self-adjust the needs and potentials of your

life. There are two Workshops:

Life Context provides the means of focusing our life and beginning to shape a perspective of our full life history. We learn basic techniques for using the Journal, focusing our life, and beginning to answer the question, “Where am I in the movement in my life?” This workshop is a prerequisite for any of the two workshops. January 19-20

Depth Context gives us opportunities to draw upon our unconscious depths of dreams and imagery for active feedback procedures The focus is the more than personal and is grounded in process meditation. It can give energy for personal change and consideration of inner directions. January 26-27

Program Presenter: Evelyn Wemhoff has a history of working with individuals and groups in a great many situations of teaching, leadership, spiritual direction, consultation and discernment. She has led Intensive Journal Programs for more than 30 years.

To register, contact Evelyn Wemhoff at (503) 845-9847 or by email: [evelynhwemhoff@mtangel.net](mailto:evelynhwemhoff@mtangel.net). Mail payment to: One Towers Lane, #2243, Mt. Angel, OR 97362.

### Making Contemplative Prayer Your Own Practice presented by Geoff Colvin, Ph.D.

February 12, 2022

9:30 a.m. – 3:30 p.m.

Chapter Room

\$70 includes Colvin’s new book, 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. Information and training will be presented on practical details for developing a personal practice with special emphasis on how contemplative prayer is to be lived throughout the day even for busy people.

Presenter: Geoff Colvin, Ph.D., is a retired research associate and instructor from the University of Oregon in the Department of Education. He now devotes his time to spiritual writing, conducting retreats, leading gatherings on contemplative prayer, and enjoying retirement.

Note: Please bring materials for note taking.

“Seeing the Environment Through the Lens of Spirituality”

April 23, 2022

9:00 a.m. – 4:00 p.m.

Agatha Hall

\$30 includes lunch / Scholarships Available

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 9:00 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.

“Teilhard de Chardin’s *Mass on the World*’ presented by Stephen Coffey, OSB Cam

April 29 – May 1, 2022

3:30 p.m. Friday – 1:00 p.m. Sunday

Via Zoom

\$99 / Scholarships Available

This weekend retreat will focus on Teilhard’s celebrated text *Mass on the World*. We will explore each of the five sections of this prayer in separate conferences. We will consider how the whole of this prayer emerges from the 5 themes of Teilhard’s mysticism, and how it prepares the reader for his later masterpiece *The Divine Milieu*. Ample time for lectio divina and contemplation of the text will be provided.

Stephen Coffey, OSB Cam, is an ordained monk of the Camaldolese community of California. 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 and together with Sister Antoinette Traeger, OSB, began the formation program in spiritual direction.

“World Labyrinth Day: Take Steps Together for Peace

May 6, 2022

1:00 p.m.

Outdoor Labyrinth, West End of Shalom Building  
Free

The Benedictine Sisters at Shalom at the Monastery invite you to walk with them their outdoor labyrinth on Friday, May 6, 2022 at 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. All are welcome!

To register, call Sister Dorothy Jean Beyer, (503) 845-2556 or email her at dorothejeanb7@gmail.com

“Exploring the Willamette Valley at Queen of Angels Monastery” presented by Gay Gomez, PhD

May 7, 2022 (Spring) & October 8, 2022 (Autumn)

9:30 a.m. – 3:30 p.m.

Outdoors / Chapter Room

\$50 per session, includes lunch / Scholarships Available.

This outdoor retreat will provide a guided bird hike in the morning and a tree/flower hike in the afternoon on the grounds of Queen of Angels Monastery situated in the Willamette Valley. Retreatants will enjoy discussions about the birds, trees and flowers that inhabit the monastery grounds as well as the ecosystem and geology of the monastery environs.

Presenter: Gay Gomez, PhD, is a retired professor of Geography, naturalist guide and author of two books on coastal wetlands. She now devotes her time to nature study in western Oregon, gardening and sampling craft beers.

Note: Please bring materials for note taking. Binoculars are welcome but not required. Limited to 12 participants. The retreat will be held rain or shine.

“The Blue Sapphire of the Mind: Notes for a Contemplative Ecology” presented by Stephen Coffey, OSB Cam

August 12 – 14, 2022

3:30 p.m. Friday – 1:00 p.m. Sunday

Via Zoom

\$99 / Scholarships Available

This retreat will focus on chapter 7 of Douglas E. Christie’s *The Blue Sapphire of the Mind: Notes for a Contemplative Ecology*. We will consider the theme of Eros as it occurs in the classical Christian spirituality of the ancient Church. We will explore the major sub-themes of exchange, intimacy and reciprocity from both psychological and spiritual perspectives and how this exploration contributes to a contemplative ecology. Quotations from this chapter will be provided for reflection.

Stephen Coffey, OSB Cam, is an ordained monk of the Camaldolese community of California. He is engaged in extensive retreat ministry as well as spiritual direction for priests, religious, and laity.



# Benedictine Sisters Gift Shop

We welcome you to do your Christmas shopping at the Benedictine Sisters' Gift Shop! We are fully stocked and ready for the holiday season. Stop by our Gift Shop and browse our selection of rosaries, shawls, hats, scarves and more! We also have a great selection of religious articles, and don't forget to pick up one or two of our famous buttermilk coffee cakes!

**Our Gift Shop is located in the main monastery building at 840 S Main Street in Mt. Angel. We are open Monday - Friday, from 9am to 4pm.**

*This Christmas season only...* Through December 23rd  
**Enjoy a free gift with every purchase!**

Shop online at [www.benedictine-srs.org/giftshop](http://www.benedictine-srs.org/giftshop)  
or call (503) 845-2556 to order by phone



## *Thank You, Oktoberfest!*

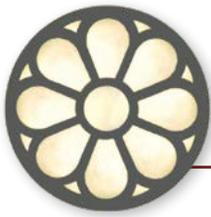
This past September, Oktoberfest returned to the streets of Mt. Angel. The return of the festival meant the return of our booth, our famous buttermilk coffee cakes, and the return of our wonderful volunteers. Although we were delighted that this celebration returned to our beautiful town, we made the decision to host our own booth right on our grounds. Sister Rebecca Pirkel spearheaded the effort to transform the lobby of our hospitality center into our own mini Oktoberfest.

With the help of many of the other sisters as well as nearly a dozen volunteers, we were able to have one of our most successful four-day festivals ever. We would like to thank all of the volunteers who picked up a shift. We would like to thank the Oktoberfest, Inc. Board of Directors for allowing us to place a big sign where our booth once stood, directing people to the monastery. A special thank you to Jason Hanson and Hanson Vineyards for providing the sign. We would also like to thank Oktoberfest for the wonderful grant they awarded us in 2020. Money from Oktoberfest was used to clean up the monastery's grotto and pathways.



We look forward to seeing you all at next year's Oktoberfest.

*Reflections*



# HONORING OUR RETIRED SISTERS

## *Sister Theresa Henscheid, OSB*

Sister Theresa Henscheid, OSB, grew up on the family farm in Rupert, Idaho. In her younger years, her father, Carl, had studied to be a priest at Mt. Angel Seminary. When the seminary burned down, he returned home and met his wife, Dorothy. They married and raised a large family of 14 children

Soon after entering the community in 1955, Sister Theresa began working at the Benedictine Village, the precursor of the Benedictine Nursing Center. She continued to help at the center and monastery infirmary until 1968. That year, she attended Clark College and completed a two-year program to become a registered nurse. She returned to the nursing center and served as supervisor of the Skilled Nursing Unit until 1988. Sister Theresa then served as a Home Health nurse for the nursing center until 2000. In all, she worked at the Benedictine Nursing Center for 44 years.

After leaving nursing work, Sister Theresa undertook a new challenge by serving as the Grounds Coordinator at Queen of Angels Monastery. She adopted a new approach to caring for the grounds. Under her care, the monastery almost entirely eliminated the use of pesticides and herbicides. She also spearheaded the effort to plant more native plants around the grounds. Sister Theresa enjoyed the outdoors, especially hiking and cross country skiing. In the 1970s, she climbed Mt. Hood and Mt. Thielsen.

On almost any day, you can find Sister Theresa outside, still tending to many of the plants around the monastery. Like many of our sisters, her retired work



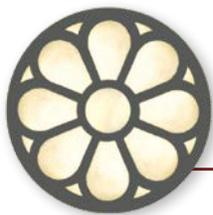
centers around a ministry of prayer. Every day, she joins her Benedictine community in prayer.

There are 12 Benedictine Sisters over the age of 80, including Sister Theresa Henscheid, and an additional 7 sisters over the age of 70. Each and every one with their own amazing and remarkable story to tell.

As with all of our sisters, Sister Theresa's story is still being written. So many of our sisters remain active within our monastic community as musicians, hospitality greeters, spiritual directors, crocheters, retreat staff, sacristans, schola members and drivers. With your love and support, they will continue to write the next chapter of their journey.

Every gift helps. We are tremendously thankful for all of our family and friends who supported our Founder's Day Virtual Celebration. We were truly humbled by all of your love and support. With more of our sisters requiring special care, and health care costs increasing, we continue to need and pray for your support of our monastic community. Our goal for this year's annual Retirement Appeal is \$100,000. We sincerely hope that we can count on your support to help us reach this important goal.

You can make a gift in support of our annual Retirement Appeal by returning the enclosed envelop, or by making a gift online at [www.benedictine-srs.org/retirement](http://www.benedictine-srs.org/retirement). Please know that we remember you and your special intentions in our daily prayers.



# Estate Planning



## Taking a Moment to Protect a Lifetime's Worth of Work

by Michael Trevino, Director of Mission Advancement

When I received my very first paycheck, I took it to my father. He drove me to his bank and helped me open a checking and savings account. After filling out all the paperwork, the young lady asked if I had a deposit to make, and I promptly handed over my check. My father, not missing an opportunity to pass along a life lesson, told me to put half away in savings. I reluctantly agreed. He instilled in me the importance of planning ahead, of establishing a safety net, and of saving for retirement – even at the young age of 18.

Many of us have parents like that. They've been saving and setting money aside for decades. They've worked an entire lifetime to build something for their family. Unfortunately, small details left unchecked late in life can derail even some of the most well-intentioned plans. That is why, each year, I take some time and encourage you to make a plan.

Over the years, well planned estate gifts and bequests have had major, positive impacts on the daily life of the sisters at Queen of Angels Monastery. They can provide your family with comfort in an otherwise uneasy time. Understanding the difference between a will, a trust or living trust, can seem overwhelming. That is why speaking to and working with a qualified attorney makes all the difference. Not only does it provide a sense of security and peace knowing your final wishes will be honored, but a well thought out estate plan can provide exception tax benefits for your family.

Some of you may already have an estate plan in place. If your plan is more than five years old, I encourage you to take a moment to review it. Life has a way of continuously changing, bringing forth new opportunities along the way. I hope the changes in your life bring you joy and happiness, especially during this season of Advent and Christmas. If you can, I hope you consider the Benedictine Sisters when preparing your final plans.

*I'm 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.*

**Timothy Schell**  
**Janet Alsever**  
**Mary Lou Love**  
**Lisa M. Devaney**  
**Robert Hauth**  
**James & Cathy Elting**

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

# 2021 Founder's Day

## VIRTUAL CELEBRATION

### Thank You!

Our 2021 Founder's Day Virtual Celebration wrapped up on October 24, with a special Founder's Day video (you can view the video on our website, [www.benedictine-srs.org/foundersday](http://www.benedictine-srs.org/foundersday)).

Thanks to a generous matching grant and sponsorship from the Larry & Jeanette Epping Family Foundation, we were able to raise over \$100,000 for the Benedictine Sisters and we welcomed 13 brand new monthly donors to the Society of St. Benedict.

This was our most successful Founder's Day. We thank these generous table sponsors:

<i>James Butsch</i>	<i>Mark &amp; Tish Baker</i>	<i>Mary Fronk</i>
<i>Ed &amp; Carol Johnson</i>	<i>Susan Black &amp; John Berard</i>	<i>Joseph Molinari</i>
<i>Margaret Mylet</i>	<i>Dave &amp; Joanne Kraemer</i>	<i>Dean &amp; Kathleen Schrock</i>
<i>Kathleen Kaczor</i>	<i>Hockett Farms, Inc.</i>	<i>Donna Heffner</i>
<i>Bob Harold</i>	<i>Mr. &amp; Mrs. Douglas Force</i>	<i>Anonymous</i>
<i>Mari Miller</i>	<i>Anonymous Donor</i>	<i>Larry &amp; Nancy Rocha</i>
<i>Becker Capital Management</i>	<i>Sharon &amp; Jerry Lenz</i>	<i>Rae &amp; Mathew Parlier</i>
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<i>Dennis &amp; Georgia Kutach</i>	<i>Amy &amp; Glenn Goschie</i>	<i>David Glennie &amp; Rachel Perez</i>
<i>Barbara Lenfesty &amp;</i>	<i>Wayne &amp; Barbara Knippel</i>	<i>James &amp; Gloria Redmond</i>
<i>Dr. Richard Mullins</i>	<i>Mary F. Gillmore</i>	<i>Ms. Eunice Dunsing</i>
<i>Jim &amp; Mary Kay Conser</i>	<i>Joanne Paxton</i>	<i>Catholic Community Services</i>
	<i>James &amp; Judy Schaecher</i>	

*A special thank you to our in-kind sponsor, Hanson Vineyards. We would like to thank the nearly 150 family and friends that helped make this a success with their love and support. Thank you all! You are a blessing to us.*

*We look forward to celebrating our 2022 Founder's Day celebration with you on Sunday, October 30, 2022!*

# Reflections

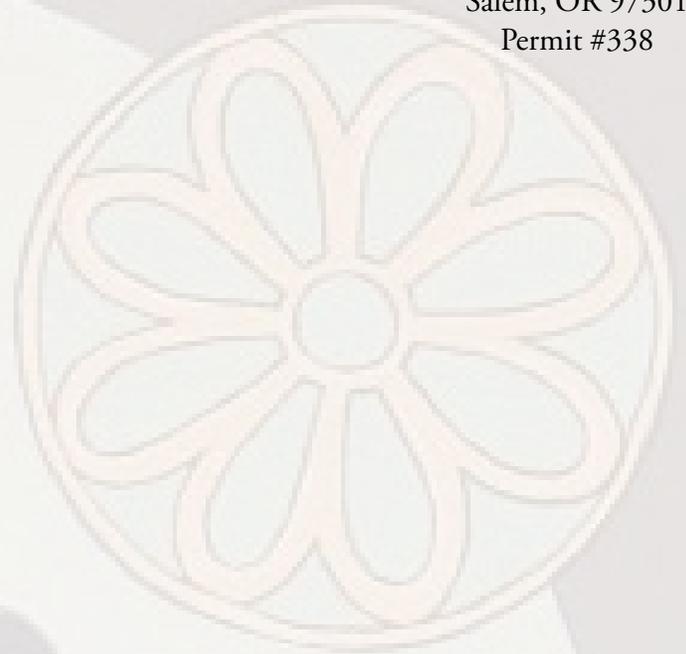
is published three times a year by the  
Benedictine Foundation of Oregon  
840 S. Main St., Mt. Angel, OR 97362

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*“Let us pause to contemplate and admire the beauty, the grandeur of the feelings that inspired [Jesus] and let us often unite our work with His.”*

*Mother Bernardine Wachter, OSB  
Founder of Benedictine Sisters of  
Mount Angel  
(April 19, 1918)*

*Icon of Mother Bernardine by Sister Angela Meister, OSB /  
Front cover photo by Sister Dorothy Jean Beyer, OSB*