Reflections
of the Benedictine Sisters

QUEEN OF ANGELS MONASTERY • MT. ANGEL, OREGON
Welcome

Installation of newly appointed pastoral administrator


Sr. Joella gives the Holy Rule to Sr. Jane with these words, “Receive this Rule of Benedict which has inspired monastic women and men throughout the centuries. With its help, may you guide and inspire these sisters…”


Sr. Joella Kidwell and Sr. Jane Hibbard.
Reflections on the Benedictine Sisters’ 134th Anniversary as a Community

I am so grateful to God for the tremendous gift of a call to live Benedictine life here at Queen of Angels Monastery. My life has been challenged, affirmed, inspired and blest by other sisters who have been my companions during my 60 years of vowed life. A vibrant community life supports all of us as we gather to pray together four times a day, make decisions, welcome others to our home, minister to the poor and homeless, and walk with others who come for days of prayer and spiritual companionship.

~Sr. Maureen Niedermeyer

Each anniversary is a special time to give thanks to God. In 2017, we are celebrating our 134th anniversary of the foundation of our Queen of the Angels Monastery. We rely on God’s providence whole-heartedly, because of the demands and challenges of today’s world. We entrust to God and St. Benedict, our community and the apostolate we are carrying out, so that our monastery is above all a place of welcome and hospitality, of prayer and charity towards our brothers and sisters. Special thanks to God for taking care of us all these 134 years.

~Sr. Rocio Moreno Soto

I have been a member of Queen of Angels Monastery for 56 years. In 1961, I crossed the street from my family’s home at 845 S. Main to 840 S. Main St. to enter as a postulant. I was 18 years old.

Over these many years, I have learned about the pioneer women who came from Switzerland to begin a monastic community in Oregon as well as all those women who quietly and humbly went about serving the Lord over these 134 years in many different ministries. These women have prayed unceasingly and have been a presence and a sign that God is with His people. In 1961, I entered this rich tradition and I was blessed to belong and share my little piece of service to this monastic community of quiet, holy women.

One custom I appreciate is having our necrology placed in a prominent place near one of the chapel doors. The necrology binder contains the obituary of each sister who died at our monastery. From the first sister who died, Sr. Agatha Langenstein (May 22, 1883 – age 37) to the last sister who died, Sr. Antoinette Traeger (August 20, 2016 – age 92), each sister’s life of dedication is there to read. Lives of dedication and service, of struggle and hard work, of joy, courage and perseverance. It is all there to be read and pondered, and surely to inspire the reader. One hundred ninety-four sisters are buried in our monastery cemetery. These sisters have persevered until death, faithful in their monastic promises, have built a community here in Mt. Angel, and left a lasting legacy for current and future members of Queen of Angels Monastery. For this and more, we, the Benedictine Sisters of Mt. Angel, are truly grateful.

~Sr. Dorothy Jean Beyer
Celebration

Sister Alberta Celebrates 75th Jubilee

Sr. Alberta Dieker, teacher and historian extraordinaire and faithful Benedictine woman, marked 75 years of Monastic Profession on February 10, 2017. At Sunday Eucharist, February 12, Sr. Alberta, surrounded by her Benedictine community and her family, renewed her monastic profession, which she made 75 years ago.

Sr. Alberta, 96, born to Albert and Anna (Berg) Dieker, was raised in Fleming, Colorado and moved with her family to Mt. Angel in 1938 at the age of 18. She enrolled in Mt. Angel Normal School the following year, where she met the Benedictine Sisters. She entered Queen of Angels Monastery in 1939 and made her profession of vows on February 10, 1942. She began her teaching career as an elementary school teacher in Silverton and Mt. Angel. She earned undergraduate and master’s degrees from St. Louis University, and a Ph.D. in European History from the University of Oregon.

Sr. Alberta is the author of A Tree Rooted in Faith, A History of Queen of Angels Monastery, which was published in 2007. Sr. Alberta taught history and other subjects for 46 years at Mt. Angel College, Mt. Angel Seminary and Eastern Oregon College in La Grande. She also served in numerous leadership positions, including president of Mt. Angel College, prioress of her community for four years (1983–87), president and founding member of the Oregon Catholic Historical Society for nine years, and executive secretary of the American Benedictine Academy for six years. Sr. Alberta received the 2006 Bishop Francis P. Leipzig Award for significantly contributing to the study of Catholic history in the Pacific Northwest. In 2007 she received a papal award, Pro Ecclesia et Pontifice, for her contributions to the Archdiocese.

Her siblings are Harold of Mt. Angel; Ralph of Tigard; Leonard and Patricia (Thompson) of Canby; Paul and Claudette (Kinder) of Silverton; Ruth Boedigheimer of Stayton; her deceased brother, Edwin; and deceased sisters, Helen Schaefer, Dorothy Huber, and Frances Frey.
Through the years and into the present, Sr. Alberta enjoys bird watching; reading, enjoying and sharing poetry; reading, especially historical novels; playing cards (a favorite: pinochle) and games; knitting and crocheting, especially knitted sweaters that she gave away as gifts.

When she taught and lived in La Grande, OR, she enjoyed cross country skiing, hiking, and backpacking.

Sr. Alberta is a walking encyclopedia and an amazing conversationalist. If you want an interesting, informative visit with someone who has seen almost a century of history and loves life, our community would name Sr. Alberta as the one to visit.

Sr. Dorothy Pulkka, former assistant prioress of the Benedictine Sisters, “Thank you, Sr. Alberta, for your faithfulness and your dedication to our community and to the Church.”

Sr. Alberta: “I thank God and my parents for giving me life and these years. I consider them a gift. I am thankful for the strength and faith that have carried me over these years. I am grateful to my Benedictine Sisters, my family, friends, and students for being a part of my life, encouraging, supporting, and serving God with me.”

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**Sr. Alberta’s Chosen Theme for Jubilee**

“Give thanks to the Lord who is good, whose love endures forever.”

~ Psalm 117
A Way of Loving

By Sr. Gertrude Feick, O.S.B., S.T.B,
Executive Director of the St. Martin's
University Benedictine Institute, Lacey, WA.

When asked which commandment was the greatest, Jesus answered without hesitation: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.” This is the greatest and first commandment. And the second is like it: ‘You shall love your neighbor as yourself’” (Matt. 22:36–39).

We see in these two commandments Saint Benedict’s “Tools for Good Works”, and recognize that love for our neighbor is only possible if we understand what it means to love and to be loved. We are called to be people committed to love and service of God, and love and service of neighbor. Each of us is aware that we need to be reassured that we are loved and each of us has to grow in our capacity to give love to our neighbor, whether a member of our community in distress, a dear friend who has been struck by serious illness, or a family mourning the death of a loved one. The only solution to difficulties of this kind is to foster a culture of love, a love which forgives, a love which embraces, and a love which encourages.

The daily living out of love is a challenge we all face. Yet love is a gift to which all our activities lead and from which all those activities should flow; this helps explain Saint Benedict’s emphasis on it. Given the gift of love, we can more easily navigate the challenges of daily life and put into practice Benedict’s other Tools for Good Works. Benedict thus provides us with a model for loving behavior. Let us ask him to intercede for us as we pray for this gift.

We also turn to Gertrude the Great, another saint who intercedes for us. This medieval mystic is held in high esteem by all those who embrace the Rule of Saint Benedict the world over, women and men alike. Among the many virtues Gertrude received from God, was true charity, “which causes her to love me [God] fervently with all her heart,
all her soul, all her strength, and her neighbor as herself for my sake.” (The Herald of Divine Love, I, 3). Gertrude’s biographer describes this as “the gift of tender and compassionate charity” (I, 8).

Saint Gertrude set an example for all of us. Her biographer writes: “If she saw that anyone was in distress for a good reason, or if she heard that someone, even at a distance, was in trouble, she at once tried to help them in any way she could, by word of mouth or in writing” (I, 8). This tender, compassionate love comes through prayer. We become more intimate with Jesus and more confident in His love for us. Overflowing then with the Divine Gift of Love, we are inspired to share God’s love with others and exclaim with Saint Gertrude: “May my soul bless you, Lord God my creator! May my soul bless you and, out of the very marrow of my inmost being, let me proclaim the mercies of the overflowing love with which you enfold me, O sweetest lover!” (II, 23).

Saint Gertrude’s love knew no bounds, neither should ours. We can extend love by praying for and with others, and offering acts of kindness such as a smile, a warm greeting, or sitting in silence with someone who is in pain. These powerful gestures help us to cultivate a culture of love.

Saint Gertrude of Helfta (1256–1302), patron of the Federation of St. Gertrude, of which Queen of Angels Monastery is a member. St. Gertrude, a Benedictine nun and a mystic, wrote “The Herald of Divine Love.” Her feast is celebrated on November 16th. She is known for her liberty of heart.

Living and true God, grant us the gift of love. May we passionately love you with our whole heart, soul, and strength, and love our neighbor as ourselves. For, “On these two commandments hang all the law and the prophets” (Matt. 22:40).

Saint Benedict and Saint Gertrude, pray for us.

Society of St. Gertrude
The Benedictine Sisters have recently added new members to the Society of St. Gertrude. Members of the society are those who are remembering and have remembered the Sisters and their ministries in their estate plans. The Sisters are grateful for the thoughtfulness, generosity, and foresight of society members, who believe in the mission of the Benedictine Sisters and want to see it continue beyond their lifetime. The Benedictine Sisters remember the Society members in their daily prayers.

Marion Fouse • Robert F. Hauth • Peggy McGurn • John and Kazuko Michels

Reflections
New Spaces for Shalom ministry
The Benedictine Sisters announce that the ministry of the Shalom Prayer Center will be moving to the monastery and hospitality center for spiritual direction, day retreats, and workshops.

Retreats
“All guests are to be welcomed as Christ…” and met “with all the courtesy of love.” RB 53
A monastery is a perfect place for solitude and silence, reflection and spiritual refreshment. We invite you to come on retreat to Queen of Angels Monastery, a place of prayer and peace, welcome and hospitality. To schedule a retreat, please call Sr. Rebecca Pirk, 503 845-6141.

Monthly Dream Group: The Language of the Soul
Listening to dreams in a group can help us pay attention to God’s presence in image and word in our awakened life. Presenter: Peggy McGurn, PhD., Third Saturdays, 10 a.m. – noon. Begins in September. Call 503 845-6141.

Book Talk

Spiritual Direction
Sr. Joan Pokorny, OSB, spiritual director for 26 years and supervisor of spiritual directors, has taught the Spiritual Direction Training Program for 13 years at Shalom Prayer Center. She has openings for new spiritual directees. Please call her at 503 949-6284 or j pokorny q am23@gmail.com.

Sr. Dorothy Jean Beyer, OSB, spiritual director and supervisor of spiritual directors, has openings for appointments as well. Please call her 503 991-9299 or dorothy jeanb7@gmail.com.

Supervision for Spiritual Directors
All spiritual directors are welcome to attend the monthly supervision meetings for on-going formation and education. 9 a.m. – noon on the second Fridays of February – May and September – December.

Prayer of the Heart
Prayer of the Heart meets the third Tuesday of each month, 3:30 p.m. Call 503 845-6141.

Watch for news about future retreats.
www.benedictine-srs.org
From the Shelter Manager

Every day when I come to work at St. Joseph Shelter, I feel energized by the opportunity to help families bring hope and stability into their lives.

With spring’s arrival, we feel inspired with hope for future growth. In anticipation, our guests, staff, volunteers and community members came together to plan and develop our new Garden of Prosperity.

The produce will be used for meals at St. Joseph Shelter and Casa Adele, with any extra bounty shared through Mission Benedict. Our families will grow and harvest the plants and learn how to make their own delicious meals with nutritious fresh produce.

We are so grateful for the outpouring of support from so many individuals in our community and to the Benedictine Sisters who have nurtured this ministry from their hearts for nearly 30 years.

Marika Greeley
Shelter Manager

A Home for Little Miss Olivia

It was early evening when we arrived at St. Joseph Shelter. Me and my two-day-old baby girl, little Miss Olivia. Straight from the hospital.

I felt so broken. For months, I had been in a deep and dark battle with myself about keeping my baby. I mean, I didn’t know where I would be taking her after she was born or how I would even get us there. Worse, I had become stuck in a volatile, abusive relationship. I was heartbroken to not be able to provide a home for my baby.

For the first few days, I felt more and more like I was falling apart. Eventually, I reached out to the staff at St. Joseph Shelter. With their support and encouragement, I began to feel safe. That’s when life began to change for Olivia and me.

With help from the shelter staff, I updated my resume and, right away, I was called for a job. Amazingly, I was offered free, safe child care by a family member and found a carpool to work. Even with a job, it was difficult to find anyone who would rent to me. Now, after more than ten months, I’ve been approved for an apartment of our own.

The best gift anyone can give another person is hope. Even though I began my motherhood homeless and hopeless, I am so full of hope now that I want to share it with others. Olivia and I are beyond grateful to the staff at St. Joseph Shelter, to the Benedictine Sisters, and to you: giver of hope.
Lent 2017
Lumen Christi
Beside the Queen of Angels,
Under the protecting veil of Our Mother of Compassion,
Among the purple violets cast in grass like dew of tears from all the seas,
A rugged, brown tree in wintry light buds with new green life,
Stretching out twisted limbs as once did Christ upon the Cross.
O Tree of life, rough, brown and gnarled finger of God,
Alive, awaiting us, reach out, touch us with
The glories of God forged in the furnaces of countless stars,
Stir and wait for us in the shuddering cold tomb of Earth and barren skies
For tomorrow’s Star of the Sea, Star of Easter Light, Lumen Christi.

By Clara Jean Dawson, Oblate

Back row: Mary Alice Passage of Lebanon, Pamela Heberle of Sweet Home, Lisa Devaney, facilitator of Inquirers, Susan Maginnis of Silverton
Front row: Margie Mylet of Fairview, Mari Miller, facilitator of Inquirers

Back row: Alysa Hilton, Nancy Hendricks, Lisa Devaney
Front row: Sr. Maureen Niedermeyer, Sr. Dorothy Pulkka, Terry Wright (Not pictured: James Tyler and Sharon Barnes)

If you wish to become an oblate of Queen of Monastery, please contact Oblate Council member, Lisa Devaney, 503 819-6996.

The former Abbot Peter Eberle began his ministry with the Sisters as an altar boy in the 1950s. He said he rode his bike down to serve Mass but did not like riding by the dark trees in the grove. He remembers Sr. Benigna Schlatter (1903–1967) as the sacristan. Abbot Peter came from a very religious family. He had two uncles at Mount Angel Abbey, Fr. Luke Eberle and Br. Benedict Eberle. He also had two aunts who were here at the monastery, Srs. Bernadette (1906–1974) and Therese Eberle (1918–2005). After doing some parish work he succeeded Fr. Bede Partridge as our chaplain.

In 1980 he was appointed prior for the Abbey. After the death of his cousin, Abbot Bonaventure Zerr, he was elected the 8th abbot of the abbey. He was the abbot from 1988 until 1997 when he retired as the abbot and returned to be one of the chaplain for the Sisters while also being a Seminary formation director and professor. Abbot Peter is a homilist extraordinaire, usually speaking without a note and sharing profound spiritual truths.

Father Richard Keolker, growing up in Kennewick, WA, comes to us from diocese of Yakima, WA. He attended St. Edward and St. Thomas Seminaries by Seattle and then finished his studies in Rome. It was then that he had the privilege of attending the Vatican Council II’s opening session on Oct. 11, 1962, by sneaking into St. Peter’s. He often makes references to this experience. In 1991 he worked at Mt. Angel Seminary where he had numerous assignments. He worked in Formation for five years and then became a spiritual director and taught classes. He became our chaplain around 1996. Fr. Keolker has studied Greek, Latin, Hebrew, French, Italian and Spanish. It is no wonder that he often uses foreign phrases in his homilies. He also is musical and has quite a repertoire of songs. We are not surprised when he breaks out singing during his homilies.

We feel so blessed and gifted by these two chaplains as we celebrate daily Eucharist. They give thought provoking and inspiring homilies. They are always prompt and willing to minister to us in any way that we need them. They both reflect a deep spiritual life and yet they are so down to earth and easy to be with.

- By Sr. Regina Rausch, OSB
Prayer Shawl Fashion Show

On the feast of St. Patrick, the Second Annual Prayer Shawl Fashion Show was held at Providence Benedictine Nursing Center, Mt. Angel and it was a smashing success. The St. Mary Parish Prayer Shawl members gave 30 shawls to residents. The St. Mary’s prayer shawl-ers and several children from the parish were fantastic models. After the show, some of “models” went to the north and south wings of the facility and to the Orchard House and gave shawls away to those who couldn’t come to the show. Such a happy event for all of us!!

Sr. Dorothy Jean Beyer, coordinator of the pastoral care of the sick and home bound, started the prayer shawl ministry at St. Mary Church, Mt. Angel, in 2013. Since then, over 2000 prayer shawls, baby blankets, hats, scarves, and angel blankets have been given away.

Thank you to St. Mary Parish and many other parishes for providing such beautiful shawls and making many people happy and loved.

Thank You to Used Book Sale Volunteers

A big thank you to the experienced crew who assisted Sr. Rebecca Pirkl, coordinator, in sorting and arranging 1000’s of books, videos, etc. for the April 7–8th Benedictine Sisters Used Book Sale. Our gratitude to Brother Gregory, OSB, Sr. Rebecca Pirkl, Marlene Hanson, Bev Beaty, Sharon Barnes, Barb Brenden, Sr. Ruth Frank, plus to all of our friends who donated books for this sale.

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- Support your charitable organization by starting your shopping at smile.amazon.com
Sisters’ Book Reviews

Pleading, Cursing, Praising: Conversing with God through the Psalms
Review by Sr. Joseph Fennimore, OSB.

A book I picked up recently is “Pleading, Cursing, Praising: Conversing with God through the Psalms,” by Sr. Irene Nowell, OSB of Mount St. Scholastica Monastery, Atchison, Kansas. It attracted me because it was on the psalms, which I fell in love with when I entered Benedictine life. This little book deepened my understanding and relishing of the many meanings and sentiments that are expressed in relationship to God and his endless search for us through the psalms.

There are many ways of conversing with God and expressing one’s needs and feelings through the psalms. Sr. Irene highlights psalms and verses of psalms of praise, thanksgiving, trust, and love as well as those voicing frustration, struggle, anger, pain, loss, and loneliness.

Whatever one is going through, the words for it are there in the psalms.

The author also shows through the psalms that one not only prays for individual needs, but for the needs of the entire world and its problems.

The Way of the Cross: The Path to New Life
By Sr. Joan Chittister, OSB; Art by Janet McKenzie
Orbis Books, 2013
Review by Sr. Angela Meister, OSB

What first attracted me to this book were the powerful illustrations by Janet McKenzie. I then read the profound meditations for each station, written by Sr. Joan, the award-winning author of many, many popular spirituality books. The combination of the two make this a very inspiring book for insights into the Christian journey, focusing on how to move from obstacles to new life-giving ways. I recommend this book as a perfect book for Lent or any time of year.

Who to Contact:

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<th>Pastoral Administrator: Sr. Jane Hibbard, SNJM</th>
<th>Hospitality for Guests: Sr. Rebecca Pirkl</th>
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<td>Main Switchboard of Benedictine Sisters: 503 845-6141</td>
<td>Oblate Program: Sr. Maureen Niedermeyer</td>
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<td>Development Office: Sr. Dorothy Jean Beyer 503 845-2556</td>
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Reflections
Bequest and estate gifts help secure the future of Sisters and their ministries

The Benedictine Sisters of Mt. Angel have been serving the people of Oregon and the Northwest for more than 134 years. The Sisters have started and operated parish schools, a high school, a liberal arts college, a nursing center, a homeless shelter and farmworker housing, a retreat and conference center, a food and clothing resource and many other programs and ministries to assist people.

Annual support like that provided through the Century Club Appeal and the Sisters’ Retirement Appeal is very valuable for the monastic community and is deeply appreciated.

If you would like to ensure your continued support of the Sisters, St. Joseph Shelter and Shalom Prayer Center into the future, you can make a bequest to the Benedictine Sisters of Mt. Angel, Oregon through your will or trust. If you are considering creating or updating your estate documents the following sample language may be useful:

“I give and bequeath to the Benedictine Sisters of Mt. Angel, Oregon, a recognized public charity whose legal address is 840 S. Main St., Mt. Angel, OR 97362, tax ID# 93-0387331, for such purposes as are in the best interest of the Benedictine Sisters of Mt. Angel.”

For more information on making a current or planned gift, please contact Sr. Dorothy Jean Beyer at 503-845-2556 or benedictinefoundation@gmail.com.
We’d like to keep in touch

If you would like to hear from us occasionally, and keep up on what is happening at St. Joseph Shelter/Mission Benedict, Shalom Prayer Center and/or the Benedictine Sisters, please fill out and return this form or email us at benedictinefoundation@gmail.com.

**Benedictine Sisters**
- Reflections — Our newsletter that is sent out three times a year via US mail.
- Monthly E-Newsletter

**St. Joseph Shelter/Mission Benedict**
- E-Newsletters
- Other mailings announcing events and fund raisers.

**Shalom Prayer Center**
- Monthly E-Newsletters and Calendar of Events/Programs

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Become a sustaining donor

Sustaining monthly gifts are made by a group of donors who have made a special commitment to support the Benedictine Sisters and their important ministries of Shalom Prayer Center and St. Joseph Shelter. These gifts are secure, save time, paper, postage, and processing charges and you have the satisfaction knowing you are supporting the Benedictine Sisters.

Name: ______________________________
Address: ____________________________
City/State/Zip: _______________________
Phone: ______________________________
Email: _______________________________

I authorize Benedictine Sisters to automatically transfer my donation of $________________ each month from my account or card.

- Checking/Saving Account
  *Please enclose a check as your first monthly gift* or a blank voided check

- Credit Card
  Card#: _____________________________
  Exp. Date: __________ sec. code ______

*This authorization will remain in effect until I notify the Benedictine Sisters that I wish to change my contribution, 503-845-2556.*

Signature: ____________________________
Date: _______________________________

You may amend your gift at any time by contacting the Benedictine Sisters. Your information will be kept confidential, secure and never shared.

Return the completed form to: Benedictine Sisters, 840 S. Main St., Mt. Angel, OR 97362
The blessings of the Easter Season from the Benedictine Sisters of Mt. Angel!

May the Risen Christ fill your heart with abundant peace, joy and new life!

You and your family are remembered in our prayers during this Easter Season and always!