



harmony

though many we are one

Trading flip flops for prayer books

A Benedictine monastery might be a far cry from exotic beaches lining the Gulf of Mexico, but many college students are trading in flip flops for prayer books in this small northwest Missouri town.

The Benedictine Sisters hosted their annual Spring Monastic Experience in Clyde in March.

“We host this in coordination

with college spring breaks to give women a break from the hectic pace at school and an opportunity to strengthen their relationship with God,” Vocation Director Sister Ruth Elaine Starman, OSB said. “They’ll also receive input on prayer and discernment and have opportunities for fun and relaxation.”

See *MONASTIC EXPERIENCE*, page 2



Iowa State University student Katie Schmitt was one of several college students who participated in this year’s Monastic Spring Break Experience.

Wyoming Summer Adventure for teens

Hiking through the Big Horn Mountains. Painting in the Tongue River Canyon. Visiting ancient sites, praying with Native American elders and stargazing under the Milky Way.

They aren’t your typical sum-



Wyoming’s Big Horn Mountains will serve as the backdrop for a Catholic Youth Summer Adventure.

mer activities but they are all part of the exciting Wyoming Adventure of Prayer and Service scheduled June 16-22, 2007, at the San Benito Monastery in Dayton, Wyo.

Sponsored by the Benedictine Sisters and Earth Hope, the experience invites Catholic high school juniors and seniors to discover the connections among the Gospel, social justice issues and earth spirituality.

“This is the first year we are hosting the Wyoming Adventure,” San Benito Superior Sister Gladys Ruth Noreen, OSB said. “We will teach respect for the earth and how that intertwines

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In Memoriam

Sister Laurann Weis, OSB passed away on March 19.

Born on July 11, 1916, in Dresden, Kan., to Michael and Theresa Ritter Weis, she was one of three daughters to be called to religious life with the Benedictine Sisters.



Sister Laurann Weis

She entered the Benedictine Sisters in 1940 and made perpetual vows in 1950. After she entered, she assisted with orchard and dairy duties and worked for many years in the Congregation’s altar bread department.†

Monastic Experience

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Students could choose from one of several five-day sessions scheduled at the monastery. Hosted for single women age 18-30, students participated in the Sisters' daily prayer schedule and shared meals.

Students worked with a group of sisters each morning then had free time in the afternoon. They also attended sessions involving prayer life and how to incorporate Benedictine practices into their daily lives.

The Spring Break experience has been hosted by the sisters for several years and serves as an

introductory complement to the Summer Monastic Experience, which involves a more focused look at monastic life as a vocation.

For more information about the upcoming Summer Monastic Experience, please contact Sister Ruth Elaine at (877) 632-6665 or e-mail vocation@benedictinesisters.org.

For more information regarding similar programs at the Tucson monastery, please contact Sister Sophia Becker, OSB at (520) 325-6401 or e-mail vocationtucson@bspa.us.†



Sister Mary Annette Leonard enjoyed the unusually warm spring weather to shoot hoops with Iowa State University students Inna Kuznetsova (center) and Christina Blakly. The students participated in the Sisters' annual Monastic Spring Break in March.

Wyoming Adventure

Continued from page 1

with the Gospel.”

Taking part in the event will be Sister Helen Prejean, CSJ, a frequent visitor to the San Benito Monastery and author of the *New York Times* best-selling novel that served as the inspiration for the Academy-Award winning movie “Dead Man Walking.”

“My recent discovery of the miraculous, unfurling Universe Story and our role as humans in the destiny of earth is one of the greatest spiritual adventures of my life,” she said.

San Benito Monastery is tucked

among the woods at the foot hills of the majestic Big Horn Mountains. Set on 38 acres, the monastery is a haven for people seeking quiet time and reflection in a place located off the beaten path.

Space is limited, so early registration is advised. Cost is \$200, which includes room and board, and scholarships are available to qualifying participants.

For more information, contact Earth Hope at people_and_earth@vcn.com or Sister Gladys Ruth at (307) 655-9013 or e-mail gladys@bspa.us. †

~ Event Includes ~

- Daily evening reflections with Sister Helen Prejean
- Morning and evening prayer with the sisters
- Adventures in meditation with the sisters
- Native American elders and prayer
- Pilgrimage to an ancient sacred site
- Big Horn Mountains hike and geology
- Painting and prayer in the Tongue River Canyon
- Evening star watch with the Milky Way
- Eco-literature studies
- Service projects

Sister Rosario celebrates monastic milestone

Sister Rosario Martinez, OSB celebrated her golden jubilee during a ceremony in February at our Tucson monastery.

“I never considered religious life when I was young even though I came from a large family of committed Catholics,” she recalled.

“I went to a Catholic boarding school and admired the nuns as educators, but that’s all the contact I had with them. So it’s a great mystery how I was called to this life. It proves that a person must listen to her inner spirit.”

The Tucson monastery,

known by many as the beautiful Pink Rose of the Desert, has always “touched the local community by our presence” rather than by tangible outreach ministries, Sister Rosario said. “We have always been enclosed within the monastery but reach out to a lot of people, and I think that’s wonderful.”

Welcome attendees of her golden jubilee were many nieces and nephews, those young enough to have only known her as Sister Rosario.

“I enjoyed the next generation being there with



Sister Rosario Martinez

me on that special day,” she said. “As one niece told me, ‘You’re a nun, but you’re a fun nun.’ I have no idea what that means, but I like it,” she laughed.†

Upcoming Monastic Celebrations

60th Jubilee

- Sister Dorothy Kordick, April 21
- Sister Grace Cunniff, April 21
- Sister Kathleen Gorman, September 1

Golden Jubilee

- Sister Jacqueline Steinbrenner, April 21
- Sister Monica Sanders, October 5
- Sister Josetta Grant, October 6

Silver Jubilee

- Sister Sean Douglas, July 29 (no formal celebration)



Look out below!

The skies rained air conditioners over our Tucson community in March.

The monastery is amidst a renovation of its heating and cooling systems. Using a large crane, the crew removed old machinery, then lifted and deposited one of the new 3,000-pound air coolers inside the monastery walls.†



Altar Bread production featured on national TV show

Religion & Ethics Newsweekly, a national show produced by PBS network, featured the Benedictine Sisters during an episode that aired April 1.

The news program featured the sisters, their history of altar bread production, monastic life and celebration of the Eucharist.

“We are grateful to PBS for this opportunity to share with a larger audience the story behind our dis-

covery of the low-gluten altar breads and our long history of dedication to the Eucharist,” said Clyde Prioress Sister Pat Nyquist, OSB.

For the past decade, *Religion & Ethics Newsweekly* has provided insightful coverage and analysis of the news, people, events and trends in the world of religion and ethics. It serves as a resource for viewers searching for ways to explore the spiritual experience and enhance their understanding of American religious life.

The PBS crew, which included national-award winning journalist Betty Rollin, visited the sisters’ monastery in Clyde, Mo., for two days to



learn more about monastic life and their century-long history of altar bread production.

Also highlighted was the sisters’ discovery of a low-gluten altar bread, which received Vatican approval to be used during Eucharistic celebrations by individuals whose diet restricts them from eating regular wheat hosts.

The episode can be heard online at www.pbs.org/wnet/religionandethics.†

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Classical music fills Clyde chapel

Clyde’s Adoration Chapel served as the backdrop for a concert performed by the Zephyr Flute & Harp Duo in March.

To prepare for an upcoming concert, the performers had asked to play for the sisters and witness the chapel’s renowned acoustical merits.

“It was simply magnificent,” Sr. Cathleen Marie Timberlake, OSB said. “I felt enclosed in the beauty of the flute and harp as they danced together. Truly a bit of heaven.”

Harpist Jim Palmer has performed in prestigious settings such as the United Nations, the Guild Theatre and as part of college concert series.

Flutist Rebecca Dunnell is a university assistant professor of music and Palmer’s wife.



Harpist Jim Palmer and Flutist Rebecca Dunnell perform in the Adoration Chapel.

Fellow harpist Sr. Ruth Elaine Starman, OSB enjoyed the impromptu concert. “It was an unexpected gift to hear two such accomplished musicians,” she said. “The music filling our chapel was exquisite.”†

Conferences and Workshops

Conference of Benedictine Abbots & Prioresses

Prioress General Sr. Ramona Varela, Tucson Prioress Sr. Lupita Barajas, Clyde Prioress Sr. Pat Nyquist and San Benito Superior Sr. Gladys Ruth Noreen attended the annual leadership meeting in February in Burlingame, Calif. Topics included the monastic way to eternal life and identity with Christ.

Interfaith Trialogue

The Sand Springs sisters attended the interreligious trialogue event sponsored by the Oklahoma Conference for Community and Justice in February. The conference promotes understanding and respect among all races, religions and cultures through advocacy, conflict resolution and education.

Prayer Workshop

Sr. Dawn Annette Mills presented at the Five Day Academy for Spiritual Formation sponsored by Upper Room Ministries in March in Pottsboro, Texas. She shared how to approach everyday issues of spirituality and decisions through prayer.

Priests and Sisters Institute

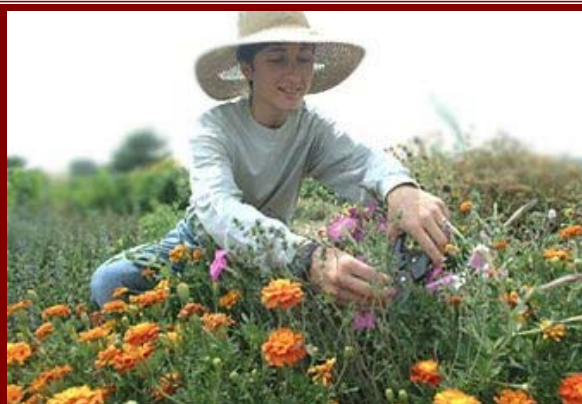
San Benito Superior Sr. Gladys Ruth Noreen, along with Sr. Hope Rodenborn and Sr. Joretta Grant, attended a program that involved the social teachings of the Church. Sponsored by the Diocese of Cheyenne (Wyo.) in January, the event included speakers, poverty simulation and role playing.

Vocation Conference

Sr. Ruth Elaine Starman and Sr. Lynn D'Souza attended the Heartland Benedictine Vocation Directors meeting in February at the Trappist monastery in Ava, Mo.†

Summer Monastic Experience

July 21 - July 27, 2007



Clyde, Missouri

Registration Deadline - July 14

Take the time...

To slow down & experience the balance
of Benedictine life

To listen, to pray, to become aware
of God's presence

To experience life in a monastery

To deepen your relationship with Christ

To get outdoors and enjoy the beauty of nature

To seek God's will for your life

To share with others who are also searching

Single women, age 18 - 38 without children,
are invited to explore God's call to contemplative life.

For more information or to register,
contact Sr. Ruth Elaine Starman at
vocation@benedictinesisters.org

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