Benedictine Oblate Letter
September 2026

Dear Oblates and Friends,

Welcome to Autumn!
Here in the Midwest we are experiencing one of the most beautiful seasons of the year. Farmers are harvesting their bountiful corn and soybean crops in the fields surrounding us, cattle are grazing contently in the rolling meadows, flocks of geese are making their way to their winter havens, and on our refectory porch hummingbirds are frequenting our bird feeder in preparation for their long flight to southern climates. Fireflies have ended their evening light shows and we no longer hear the chirping of crickets or the croaking of frogs in our ponds. Now we await the array of Fall colors that will be ushered in with the crisp autumn air. There is an aura of expectancy in our midst.

Our sisters here at the monastery seem to need no encouragement at all in welcoming nature's invitation for immersion into the rhythm of ongoing creation. Sisters who tend flower and vegetable gardens are outside these days taking in the last of summer's produce. Others continue their daily walks on our monastery grounds between prayer and work periods. For some, the walks are full of vigor and exercise in the cool air, others stroll in meditation. Whether the preference is to be outdoors in the quiet of early morning or at the peaceful close of the day, nature's invitation to "come away" and be refreshed does not disappoint. Through the sights, sounds, and fragrances showered upon us by Mother Earth, there comes a sense of renewed balance in our lives, healing, and inner peace.

Recently I came upon some artistic representations of Saint Benedict in one of the books on saints displayed in our relic chapel. In two illustrations Benedict was depicted kneeling in prayer outside the cave he chose as his hermitage. Historically we know that around the year of 480 the young Benedict withdrew from the worldly distractions of Rome to seek God, living alone in the silence of the cave in Subiaco.

The peace which Benedict must have experienced there far from the turbulence of the society of his times must have filled his whole being with awe and contentment in the presence of the God whom he was seeking.

We know that after some years Benedict's solitary presence in the area began to be known and others gathered around him hoping to live under his guidance.
Eventually, while living in Monte Cassino, he wrote his Rule, a practical guide for living in community centered on Christ.

As Benedictines, whether vowed religious or oblates living one's own way of life with family and social duties, we are all in need of, and greatly benefit from, striving for balance in our daily living. For those in midlife, in the swirl of seemingly endless activities, the balance inherent in Benedict's priorities and vows can help us slow down and find the meaning and depth that we long for.

We grow in our interior life with God when we follow the example of Benedict and open our hearts to listen to the voice of God calling us to an ever-growing awareness of God's loving presence in our lives. Through providing time for quiet reflection and prayer, we become witnesses of God's loving presence in our world, and participants in the flow of God's healing love for all whom we encounter.

Benedict invites us to embrace the balance between community, where we live and work, and time alone for prayer and reflection.

Spend some time considering Benedict's call to a life of prayer, work and rest with a balance of solitude and community.

Moving From the Head to the Heart

- How are you doing in terms of a balanced life when it comes to "prayer, work, study, and rest?"
- Where do you still need to work on balance?

Oblate News

News from the Monastery

Oblate Autumn Retreat

Come Join us
at the monastery
October 15-18
Oblates and Seekers welcome

Retreat begins Thursday at 3:00 PM
Concludes Sunday at 1:30 PM
No registration fee
Donations accepted

For further information contact Sister Kathleen Clare
at oblates@bspa.us
or call 660-944-2221 ext 174

Come Zoom with Us!

Beginning this September, oblates associated with the Benedictine Sisters of Perpetual Adoration in Arizona, Wyoming, Oklahoma, Missouri, Kansas, Iowa, and beyond, will once again participate in online monthly Multistate Oblate Zoom Meetings.

As was done last year, each month there will be a presentation given by an oblate who has volunteered to speak on the topic of the month. Following that will be time for group sharing and discussion.

The 2026-2027 season will focus on **The Beatitudes and the Rule of Benedict** as follows:

September: Blessed are the Peacemakers
October: Blessed are the Poor in Spirit
November: Blessed are those who Mourn
December: Blessed are the Meek
January: Blessed are the Righteous
February: Blessed are the Merciful
March: Blessed are the Pure of Heart
April: Blessed are the Persecuted

Come explore with us how the ways of love taught by Jesus in his Sermon on the Mount are applied in the Benedictine Way prescribed in the Rule of Saint Benedict.

Meetings take place on the second Saturday of each month.
For further information and for the Zoom link contact Sharon at
520-664-5136 or email tucsonoblates@gmail.com
or oblates@bspa.us

Sheridan, Wyoming Gathering

During the July retreat, oblates in Wyoming shared in the joy of Amy Rojo and Emmy Hill as they made their oblation as Benedictine Oblates.

Present were Sister Hope Rodenborn and Sister Kathleen Clare from the monastery in Clyde Missouri who welcomed them into the Benedictine family associated with the Benedictine Sisters of Perpetual Adoration.

Amy and Emmy participated with wholehearted enthusiasm throughout the months of guided study, reflection, and discernment involved in the oblate formation process. They join now the Sheridan oblate group whose members are a strong community of faith, love, and compassionate service to others.

May they all be blessed in their continued journey with God and their support of one another.

As we progress in this way of
life and in faith, we shall run on the path of
God's commandments,
our hearts overflowing with
the inexpressible delight of love.

RB Prologue

Oblate Contact Information

Benedictine Monastery, Clyde Missouri
Meetings are held in person on Mondays at 4 PM
Contact Sr. Kathleen Clare at oblates@bspa.us *or call* ***660-944-2221 ext. 174***

Osage Forest of Peace Oblates in Sand Springs, Oklahoma
Meetings are held in person with a Zoom option on the first Sunday of each month. *For further information contact Gale Clark at* glclarkrdh@gmail.com

Oblates in Sheridan, Wyoming
Onsite meetings are held on the third Saturday of each month at 2 PM Mountain Time at Holy Name Catholic Church and School, Sheridan, Wy.
For information about Oblates of Saint Benedict see parish website (holynamesheridn.org).
Contact Cel Hope, dean, at ***307-752-5413 or email*** celhaus@vcn.com

Phoenix Oblates, Arizona
Online zoom meetings are held on the 2nd Saturday of the month.
For information about Phoenix Oblates contact Patty Williams at benedictine@cox.net

Oblates in Tucson, Arizona
Onsite meetings with a Zoom option are held on the second Saturday of the month from September through May.
For information call Sharon at 520-664-5136 or email tucsonoblates@gmail.com

Mesa Benedictine Oblates
Meetings are held online. *For information contact Jan at* jan.pflugfelder@asu.edu

Multistate Oblate Zoom Meeting
Meetings are held online on the second Saturday of the month.
For information call Sharon at 520-664-5136 or email tucsonoblates@gmail.com
Or email oblates@bspa.us

Peace,
Sr. Kathleen Clare OSB