

Sacred Heart Benedictine Foundation



SUMMER AND
FALL 2016

SACRED HEART MONASTERY ~ SUBIACO MANOR

Sacred Heart Benedictine Foundation Establishes an Endowment Fund

Thanks largely to the recommendation of some of our donors, we have set up an endowment in the North Dakota Community Foundation. While we have the Sacred Heart Benedictine Foundation, there are advantages that the NDCF has that our SHBF does not offer.

The NDCF, founded in 1976, was formed with the intent of "North Dakotans helping North Dakotans." In setting up an endowment fund in this entity, those who receive income from North Dakota and wish to contribute to us through the NDCF, will receive a 40% tax credit (an annual maximum of \$10,000 per individual or \$20,000 per couple). This giving is even more appealing to the donor who realizes their gift will keep on giving both to the named recipient fund, but also beyond. While we will not be able to draw from the corpus of our endowment, we will eventually receive a portion of the value of our fund annually which will provide us resources for our projects and programs.



Our Sacred Heart Benedictine Foundation Endowment Fund will be managed and promoted by the North Dakota Community Foundation, which manages over 600 charitable funds and over \$70 million in invested assets. One of the NDCF's purposes we heartily support is that of providing grants to other non-profits that serve in the state, as well as giving scholarships to worthy students. This is where the helping fellow North Dakotans comes in and that is something we greatly endorse, too: this endowment exists to help us help others by promoting North Dakota philanthropy.

As you can tell, our—and your—participation has multiple positives: the donor gets a great tax break; we have an income-generating fund that is managed and promoted for us; the consolidated profits from the pooled money generates community-building projects and services helping towns and cities throughout the state. We are in good company because even our hometown has the Richardton Community Endowment Fund. These endowments are great assets for raising the funds we need in our extended community because it is money generated by donations, not the consumption of the donations themselves, that provides the funding. If you wish further information regarding the North Dakota Community Foundation you can go to www.NDCF.net, click on the Donate button and type in Sacred Heart Benedictine Foundation, or you can call or write us and we will send you the information you need.



Come Join Us for the Evening Here at the Monastery!

As this is our centennial jubilee year, we are going to do something different for all those who have supported us at our Celebrate the West fundraisers these last twenty years. Watch for your invitation in the mail in which we invite you to come to the Monastery (a mile west of Richardton on Highway 10) on Saturday, September 24, for supper and a tour of the many improvements you have made possible with your generosity throughout the years. Wear your comfortable clothes, come for a relaxing pleasant fall evening at our home, and let us sit down together to enjoy a light meal and conversation!

Though we will not have our traditional Celebrate the West event in Dickinson this year, we will have our very popular raffle as you can see by the insert. Take a chance and you could win one of the ten \$100 prize winners. We will draw for the winners toward the end of the evening. With your invitation you will receive an RSVP card. Please send it back to us so we can count on enjoying the evening with you!



ILA'S AVENUE

Ila Perhus, Assistant Foundation Director



Join in Our Centennial Raffle!

There is a song called "100 Years" that was popular in 2004 talking about how fast the years go: "I'm fifteen for a moment . . . twenty-two for a moment . . . sixty-seven for a moment . . ." When the Sisters came to North Dakota, the years went by quickly. There was much to do and not many hands to complete the tasks. One hundred and many "moments" later, they can truly celebrate.

For this celebration the Sacred Heart Benedictine Foundation is having a Centennial raffle. It truly is just as fun to give as it is to receive! The Sisters thank you for being there for so many shared moments and look forward to the next 100 years. Included in this newsletter is a chance to win one of ten \$100.00 raffle prizes. If you wish more entries, you can indicate how many more you want and we will write out your extra tickets here.



Getting Ready for Giving Hearts Day 2017



Giving Hearts Day has earned its title as "the most generous day of the year." We call it an "incentive to give day" because it inspires many to give for the first time, give to their longtime favorite charities, or give to newly-discovered charities across the state.

Sacred Heart Benedictine Foundation works with twelve other charities in southwestern ND to promote Giving Hearts Day. Every time we gather together for planning we learn more become more enthusiastic and are inspired by each charity! Sister Renée and I have decided that our yearlong preparation for this event is to get to know our participating charities better by volunteering with each to help in whatever way we can. We have helped distribute food and pantry items with the AMEN Food Pantry and distributed backpack items for the Dickinson BackPack Program in Dickinson. On Saturday, August 6, we will have a great view of the arena for the Champions Ride Match Rodeo in Sentinel Butte as we work in the PR booth selling souvenirs.

Giving Hearts Day 2017 will be Thursday, February 9. This single day of online giving opens all sorts of opportunities for expanding your gifts. We raise incentive funds prior to Giving Hearts Day from local businesses and generous donors that form a limited matching fund as our online donations come in on GHD.

In 2016 we raised a total of \$21,726 and we put the whole amount toward our wind turbine repair. The turbines have been serving us well since 1997 and it was time to replace some essential parts (yaw gears and slew rings if you speak "turbinese") to ensure their service and energy savings for another 20 years. The Sisters are proud to be leaders in green energy and are most grateful for your support.

Give 'til your heart sings
and your feet dance!

February 9, 2017

impactgiveback.org



NADANO Conference So Worthwhile

Sister Renée and I attended the annual NDANO (North Dakota Association of Nonprofit Organizations) in June. We learned new information, reaffirmed information that we already learned and realized we need to put more of both into practice—not just in our work here at the Monastery but in my everyday life.

They say it takes a village to raise a child; it also takes a village of nonprofits to sustain a community. To cover all the bases (spiritual, health, schools, education, ministry, care for the aging, clothing the poor, feeding the hungry, etc.) takes many hands, those hands that you our donors support. Whether you live in southwest North Dakota or Alaska you will find nonprofits that sustain your community.

The keynote speaker reminded us that people feel good when they help. As non-profits, we need to have clear expectations, meaningful work, honest discussions, and, most of all, to be thankful for all our donors entrust to us! I am thankful; I know that the Sisters are thankful. We are grateful for the relationships that are built and sustained each year through the Foundation and thankful for the donations! Thankful hearts do make happy people! As it says in Ecclesiastes 3:12, NIV, “I know that there is nothing better for people than to be happy and to do good while they live.”

Incidentally, Sister Renée accepted an appointment to the “Principles and Practices for Nonprofit Excellence in North Dakota” committee. The intent of the project is to prepare a management tool for nonprofits.

How Can You Make the Sisters Happy?

Because the Sisters have been given so much over the years, they try to give back or lend in every way they can. When they noticed how little was in the cupboards at the new Richardton City Hall, they partnered with the Country Drug Store to sponsor a most successful kitchen shower. They offered a large room for weekly yoga when a local, trained instructor expressed an interest in teaching it. When the Lutheran Church at Marshall was having summer bible camp, they offered decorating material for their “Cave Quest” in the sanctuary.

So, the answer to the question is “Ask them!”

Top Right: The Vacation Bible School at Marshall Lutheran Church was able to use some of our accumulated decorations from our past Celebrate the West events. We are happy to lend what we can lend and give what we can give.

Right: Country Drug Store in Richardton partnered with us for a kitchen shower for our new City Hall building. When we used the lovely new facility for our Giving Hearts Day event, we noticed how bare the cupboards were. We put up a lovely bouquet of flowers at the Drug Store with gift recommendations, and the gifts poured in! This picture was taken rather early in the gathering of donations.



Yoga with Darla!

What started as a inspired phone call on a Sunday afternoon to Darla Hueske, a local yoga instructor, has turned in to a weekly gathering. Tuesday evenings from 5:30 to 6:30 the group meets in the lower level conference room, space donated by the Sisters, to learn and practice yoga. The emphasis in yoga is on breathing in conjunction with the physical movement. Building flexibility, movement, strength and balance are the goals. Building is the key word as everyone achieves at different paces. Some found that they were quite flexible; others are working on that.

With reinforcement from Darla's kind voice, all of us imagine that we are doing everything perfectly, even if toes aren't touched or that the sun salutation isn't done correctly. In our minds we can still follow through with the movement, all the while aware of our breathing.

If you would like more information regarding the cost or other information, please call the Monastery and ask for Ila. There are new members weekly, so it's never too late to start because everyone moves at her own pace. The only requirement to attend is “to attend!”

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Please help keep our mailing list current:

- ☐ New address
☐ Please remove my name
☐ Receiving more than one copy

Mission Statement: Benedictine Sisters of Richardton

We are a vibrant community of Catholic Benedictine women who strive to deepen our relationship with God and one another through sharing the spiritual and material gifts God has given to us on this prairie.

Q & A

**Donors ask about having
Masses said at the
Monastery.**

We are blessed to have daily Mass here at our Monastery thanks to having good monks as neighbors. Besides asking for our prayers, some people ask to have a Mass said for someone or for a particular intention. As a community we pay the monthly salary for chaplain services and it includes a daily Mass stipend. Usually those requesting a Mass will send a stipend for the priest (the suggested donation is \$10); we, in turn, pass it on to the monks monthly.

Each Sister is invited to personally select several Mass intentions a year, in addition to those we schedule as a community for Sisters who are celebrating a jubilee, for a deceased Sister of our Federation, for vocations, etc. We have a limited number of Masses available for a special intention, but we are pleased to join in offering our monastic Eucharist for someone's intention. We invite the donor to attend the Mass for their intention with us if they are able to do so.



The SHBF board of directors is an integral part of the Foundation's operation. Back row, left to right: Sister Renée Branigan, Foundation director; Al Weisbeck (Bank of North Dakota), Sister Carol Axtmann (Subiaco Manor) and June Haller (Denny's Electric), board members. Front row, Sister Laura Hecker, (subprioress, Sacred Heart Monastery) and Casey Kostecky (Mackoff Kellogg Law Firm), board members; Sister Paula Larson, board president (prioress Sacred Heart Monastery). Not pictured is Dr. Maria "Duffy" Meyer (High Plains Dental). We are so grateful for their service.

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*With hearts
overflowing,
we celebrate our
first hundred
years...*

**Celebration of our Centennial
October 23, 2016**

**Sunday Eucharist, 1 p.m. MST
Most Rev. David Kagan,
Bishop of Bismarck, celebrant
Tours and refreshments to follow**