

Witness THE BENEDICTINE



VOL. 2 Winter 2022

SACRED HEART MONASTERY AND SACRED HEART BENEDICTINE FOUNDATION



Merry Christmas and a Happy New Year!

Another Christmas is upon us and we cannot let it pass without sending you greetings and wishes of great blessing.

You are in our thoughts and prayers. May this Christmas and the New Year bring peace and joy to all. As we pray our novena for you, we ask especially for peace and tranquility in each and every person so that our society and nation will again become a symbol of what human kindness and respect for every person looks like.

All for the greater honor and glory of God.

Sister Paula and all the Benedictine Sisters



What's New?



When we moved into our new location here in Dickinson, the main part of the building existed and had been used for over thirty years as a retirement home. We added on to each end with new construction to facilitate our need for adequate living space. Purposely we did not redo the carpet or painting in the central communal areas as we were dragging furniture and other items in and out.

Finally, in 2022, specifically in August thru October we decided it was time to finish the project. What to do and how to do it was a question. We always say the Lord provides and, in this case, it was no exception. A wonderful interior decorator, Joy Kudrna, offered her expertise and service.

Joy chose carpet samples, furniture, drapery and paint for us to decide on. The result is now a much more open concept as you enter the building. The carpet is new and the walls that were pink, blue and green are now a golden tan with a textured look. The kitchen was painted a golden tan with the soffit painted in gold and whites. The texture and soffit look were all crafted by Joy's expertise. Sister Patti wasn't here for the painting but when she did come home, she said, "I am so much happier; it has a more cozy feeling." The general reaction of the Sisters is one of warmth.

We are grateful for Joy's assistance and ask God to bless her for her generosity.

Here are a few pictures. They tell part of the story, but in person the colors and textures are much more evident. We thank God for blessing us with our beautiful home.



Notes

Sister Anna Rose Ruhland

Most of the days seem routine with many things taking place.

Sister Grace, a Carmelite Sister from India, is now working at St. Vincent's Care Center and Marillac Manor in the diocese of Bismarck, ND. She is a very gifted person and fun to work with. I, Sister Anna Rose, from Sacred Heart Monastery, Dickinson, assist her by working part-time. We are blessed that the retired priests, living across the street from St Vincent's, are able to provide daily Mass for us.

November is the month when we remember those who have gone before us to their eternal reward. At St. Vincent's and Marillac Manor we remember those residents that lived and spent their final days and died here. A Memorial Service was provided for families and friends. Our service usually consists of having a priest or minister provide a short reflection along with prayers, music and lighting a candle in remembrance of the resident. It is also a time when staff are able to renew friendships and share memories with these families.

Now it is time to prepare for Advent and the Christmas season! Each season is special and we are blessed to be able to provide special liturgies throughout the year.

Advent Prayers

Before Christmas, we have the holy season of Advent. It is nice to be able to spend some time preparing spiritually for the holy day of Christmas. We offer you this opportunity to pray ever so briefly the four weeks prior to Christmas, to prepare hearts for this special day. We found these prayers on the website called Hallow. We are suggesting a prayer a week, that is, saying the same one for seven days. Transformation to loving Jesus more each day is a true Christmas gift.

Advent is a relatively short liturgical season, so perhaps it's fitting that short, simple prayers are all we need to feel God's calming presence in our lives amid the many distractions of November and December.

Consider these brief Catholic prayers this Advent season:



- Dear Lord, please allow me to embrace Advent in the way the Church intends: as a way to prepare for Your arrival. May everything I do—every gift I send, every party I attend, every meal I share—remind me to prepare space in my heart for You. Amen.
- Heavenly Father, heal my heart during this season of Advent. Help me to love more fully. To forgive more generously. To wait more patiently for Christmas, embracing each day and hour knowing the joy that awaits. In Your name I pray. Amen.
- Lord, send down Your Spirit to guide me during Advent this year. May the Holy Spirit help me journey closer to You and lift me up when I feel down and lead me when I feel lost. I may stumble at times, but I know my ultimate journey is to draw closer to You and build Your kingdom here on earth, a kingdom that Jesus's birth, life and death helped secure. Amen.
- I pray for focus today, dear God, because during Advent, my mind and attention tend to wander. There are so many distractions, many of them well-meaning. But nothing gives my heart rest like resting in You. I pray that I can keep You as the focus of my day today, because I know the peace that only You offer. Amen.

(Source: Hallow)



Happy Halloween

arrived here at our house from Liberty, one of our former llamas. Here he is with his new owner enjoying life. We are so happy for him.

He lives in Minnesota with four other llamas from our former herd.

Please help us keep our mailing list current. If there is something that needs correcting on your address, if you know someone who would enjoy reading our newsletter, or if you would like to be removed from our mailing list, please let us know.



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Appreciation from the Foundation Office

You know how it is when you go to a new job, or you move away from your old neighborhood, there is always the conversation that “We will never lose touch, we will still have coffee, or, we will still get together.” That is how we feel with so many of you. Once we stopped having our large fundraiser Celebrate the West we lost the personal contact we enjoyed so much over the years.

We appreciate your friendship!

Please know that we think of you all often, especially when we go through our mailing list, or see a donation from you! Maybe you are alumnae of Sacred Heart Academy, or knew the Sisters when they lived in Garrison or Minot, served on one of the many boards over the years, or simply are friends of the Sisters. They pray for all of our friends and donors because you are all important to them.

We appreciate our connections with you.

Our mail pieces! Wow, they seem to go out at the same time. Just this fall we had the raffle celebrating the anniversary of being an independent community that falls in October; All Souls is in November; and now our Christmas greeting in December. We apologize if you are feeling inundated with mail from us.

We appreciate your understanding.

Our next mailing will be the calendar raffle in May. That has been delightful. We have celebrated mothers, fathers, Service men and women and healthcare workers. This year we will be asking for names of teachers; those will be read in chapel on the large prize-winning day (to be determined).

We appreciate your continued friendship and support in all that we do!