



NAABOD Newsletter

Winter Issue

February 2020



Dear Oblate Directors,

I hope you all had a blessed Advent and Christmas season. By now, I guess we are all well into the New Year and already thinking about the season of Lent approaching in just one week. Always we begin again!!! We begin every day, every year, and every liturgical season with a resolve to deepen our commitment to our monastic life. As Oblate Directors, we share our love for the monastic way of life with our Oblates and invite them into our monastic communities to be formed in the Benedictine charism so that they can help us to be a ripple effect of God's peace and love to the world. Their eagerness to seek God is an inspiration to us, and we pray that we are an inspiration to them.

As we anticipate the holy season of Lent, perhaps we should take some time to ponder our role as Oblate Directors. How are we forming the Oblates to be faithful to living the Benedictine way of life in the world as their state of life permits? How are we connecting our monastic communities with our Oblate groups? How is our role as Oblate Directors a ministry for us?

St. Benedict reminds us that, in our observance of Lent, we should "look forward to holy Easter with joy and spiritual longing (RB 49.7)." We are invited to put on the garment of joy every day of our earthly journey. The following quote from Sr. Laura Swan, OSB might be a good Lenten reflection for us:

"To the extent that we dwell in joy, we know Christ. Joy is internalizing the resurrection. Our monastic observance helps us shed everything that keeps us from joy. Lenten observance has its means and its goal in mature joy. And for Benedict, zeal becomes the impetus or motivator toward joy." Engaging Benedict (Christian Classics, 2005. pg.116)

So may we pray that we may be vessels of JOY as we continue this holy ministry of service.

Lovingly in St. Benedict,

Sister Priscilla Cohen, OSB

NAABOD President

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Sacred Heart Monastery

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Cullman, AL 35055



North American Association of Benedictine Oblate Directors

Mission Statement

The North American Association of Benedictine Oblate Directors provides assistance to and ongoing formation for directors of oblates. It provides a forum for discerning needs and issues associated with this formation activity and guidelines for leadership and the oblate way of life.

NAABOD 2019 Biennial Meeting Conference

July 5-10, 2019

Schuyler, Nebraska

*“Continuing the Sacred Tradition:
Benedictine Spirituality Today and Tomorrow”*



Saint Benedict Center

57

participants



31

monasteries

What a wonderful gathering experienced by all!!!

Thank you to Fr. Volker, Oblate Director, Oblates of Christ the King Priory and Oblate Directors and Oblates of surrounding monasteries for all your assistance in planning.

AND thank you to St. Benedict Center for all the wonderful Benedictine hospitality!

NAABOD 2019 Conference Speakers

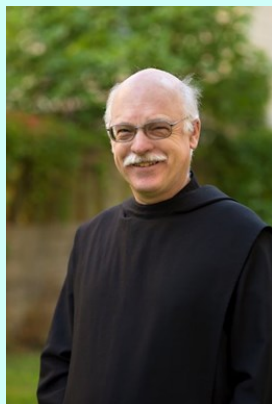
(see attached links for speaker videos—also available on naabod.org)



<https://www.youtube.com/watch?v=R1EhBuhluUM>

Thank you, Sr. Rosann

Sister Rosann Ocken, OSB- Immaculata Monastery, Norfolk, NE



<https://www.youtube.com/watch?v=9Y4quHgCLMs>

Thank you, Fr. Joel

Father Joel Macul, OSB- Christ the King Priory, Schuyler, NE



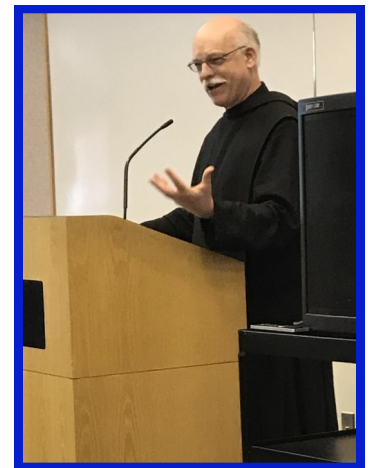
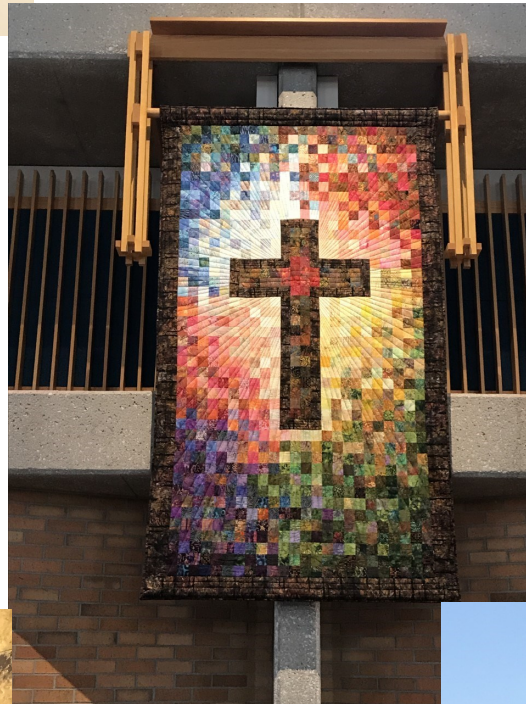
<https://www.youtube.com/watch?v=DC3ctV7yP2E>

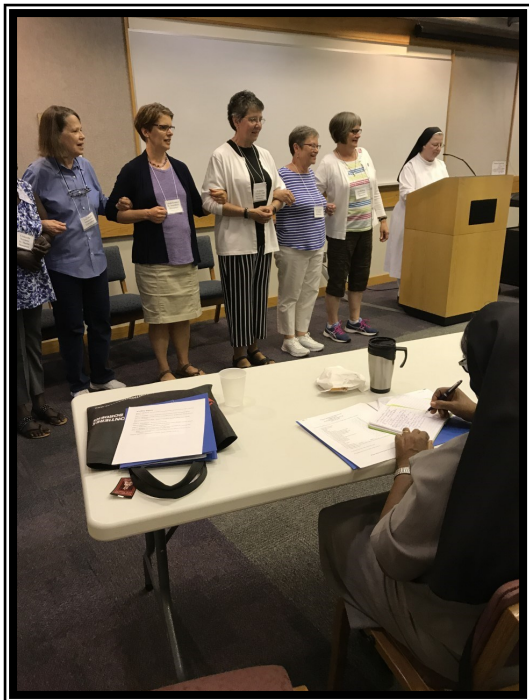
Thank you, Sr. Marielle

Sister Marielle Frigge, OSB- Sacred Heart Monastery, Yankton, SD

2019 NAABOD Conference Photo Gallery







NAABOD Annual Membership Dues

If you have not yet paid your Monastery's \$50.00 membership dues for January 1, 2020-December 31, 2020, please send check payable to NAABOD

**Mail to: Sister Priscilla Cohen, OSB
 916 Convent Road NE
 Cullman, Alabama 35055**

Oblate Director News

What exciting things are happening with your Oblates?

Please send any news you wish to share for future newsletters.

Please send content to Sister Priscilla Cohen— priscillacohen@hotmail.com

Save the Date

NAABOD Biennial Conference

August 5-10, 2021

St. Meinrad Archabbey

St. Meinrad, Indiana



News from Oblate Directors



**Sister Benita Coffey, OSB, St. Scholastica Monastery
Chicago, Illinois**

On February 23, 2020 our Oblates are sponsoring a talk by Judith Valente, free and open to the public. We started this a few years ago, with Oblates doing all the hosting, welcoming, etc. People have welcomed the opportunity and the Sisters, of course, also have the benefit of the presentation. Last year we had Sister Chris Schenk, CSJ.

THE ART OF PAUSING



Judith Valente - Brother Paul Quenon, OCSO - Michael Bever



The Art of Pausing: Reclaiming a Sense of Balance in Our Lives A presentation by Judith Valente

Sunday, February 23, 2020

3:00 - 4:30 p.m.

There is a monastic saying, "cut back, it will grow stronger." In our intensely active, highly mobile and socially inter-connected society, we seem to have lost the simple pleasure of pausing. For all who feel overworked and overwhelmed, there are ways to pause periodically and still be productive. Looking to ancient contemplative practices and some modern-day ones as well, we will explore how to slow down, seek balance and allow our souls catch up with the rest of our lives.

Judith Valente is an award-winning author, print & broadcast journalist, poet, and essayist. Her book, "The Art Of Pausing: Meditations For The Overworked And Overwhelmed" won a Best Book Award from the Catholic Press Association. She is a retreat leader, speaker & Benedictine Oblate.

Join us for this inspiring afternoon as we explore scripture and its message for us today.
Sponsored by the Benedictine Oblates this event is FREE and OPEN to the public.
St. Scholastica Monastery, 7430 N. Ridge Blvd, Chicago. Near public transportation. Free parking.
More info. or questions: www.osbchicago.org/programs, 773.764.2413 x327.
Free will offering at the door benefits the Benedictine Sisters of Chicago.



Benedictine Sisters of Chicago



Sister Mary David Hydro, OSB, Holy Name Monastery

St. Leo, Florida

We have been praying monthly for the canonization of Dorothy Day. The Oblates and Sisters all have a copy of the “Servant of God Dorothy Day” prayer card (www.dorothydayguild.org). This card is given to all guests visiting the monastery.

**Please send any news you would like to share about
your Oblate Chapters**

for the June 2020 NAABOD Newsletter

by Friday, May 1, 2020

to

priscillacohen@hotmail.com

Thank you.





"Being Benedictine in the 21st Century: Spiritual Seekers in Conversation"

June 2020 Conference to Explore Living Benedictine Values in Our Evolving World

It is the nature of Benedictine life to listen intently and respond faithfully to the needs of every era, qualities that have enabled the charism to remain relevant for more than 1,500 years. How we respond, then, to the new questions and pressing needs of the 21st century will determine the ongoing relevance of this way of life for today's seekers.

Societal thinking and attitudes are changing like sand shifting under our feet. We face calls for reform in our church as well as changes within our country's economic structure, justice system and political discourse. Old ways are being challenged. Likewise, something new is being born. Even as church attendance declines and vocations dwindle, a yearning for lasting gospel values, moral leadership and deeper spiritual insight is evolving.

Our long history as Benedictines, our time-tested wisdom tradition, and our ability to adapt make us uniquely capable of addressing the longing for spiritual connection, community, and ways of living with integrity in an increasingly complex world. Our values of listening, community and consensus building, hospitality, humility, prayer and good work provide an antidote for these troubled times.

"Being Benedictine in the 21st Century: Spiritual Seekers in Conversation," planned for June 26-28, 2020 in Atchison, KS, marks a first-ever gathering of professed Benedictines, Oblates, staff, volunteers, friends and benefactors of Benedictine ministries and monasteries, and any seeker who has read *The Rule of St. Benedict* and experienced a conversion of heart. We will hear from speakers including Benedictine Sister Joan Chittister, one of our visionary spiritual voices, and Oblate authors Kathleen Norris and Judith Valente and engage in facilitated conversation and idea generation. We will put special emphasis on inviting the participation of Millennials, people in their twenties and thirties who often eschew formal religion but still seek an authentic experience of faith in action.

This conference will not dwell so much on exploring *what is* but rather it will focus on, *What are the important questions we haven't yet asked?* Through listening and dialogue informed by Benedictine values, the teachings of Vatican II and inclusive theologies—inclusive of women, the environment, the oppressed, the refugee—our goal is to come away from this conference with a new roadmap for spreading the light of Benedictine spirituality well into the 21st century.

For more information, www.beingbenedictine.org

Or contact conference co-chairs,

Linda Romey, OSB — linda@monasteriesoftheheart.org

Judith Valente, Oblate — jvalente17@msn.com