



CHARISM

We are Benedictine women of Yankton, South Dakota, sharing our gift of seeking God through our prayer, work, study and community life.

MISSION

Rooted in our rural heritage and growing in relationship with God and one another in monastic community, we live a life of prayer, work and lectio by which we serve God and God's people in our time and place.

CORE VALUES

Christians follow Christ by bringing to life the values of the Gospel. We have gathered clusters of these values into these three:

- Awareness of God
- Community
- Hospitality

Initial Formation Members and Directors Enjoy Weekend of Learning and Leisure



Ten Benedictines in initial formation and their directors from Blue Cloud Abbey, Marvin; Mother of God Monastery, Watertown; and Sacred Heart Monastery, Yankton, met October 15-17 at Sacred Heart Monastery for their Fall Benedictines Days. During the gathering they had presentations on prayer, shared about their vocation journeys, joined the Yankton Benedictines for prayer and liturgy, and enjoyed a variety of social activities.

Presenters included Ss. Jeanne Ranek and Barbara Kowalkowski with Ss. Jeanne Weber, Jill Young, Julie Peak and Postulant Jennifer Knight assisting with activities.

Those participating in the weekend from Blue Cloud Abbey were Bro. Benet Tvedten, Fr. Michael Peterson (Formation Directors), and Novice Joseph Vasquez. Mother of God Monastery participants were Ss. Emily Meisel, Eileen Brick, Rose Palm (Formation Directors) and initial formation members: Ss. Kim Engelhart, Toni Spencer, Terri Hoffman, Nancy Zemcuznikov and Postulant Mary Martin. Sacred Heart Monastery participants were Ss. Doris Oberembt, Jeanne Weber, Sharon Ann Haas (Formation Directors), and initial formation members: Ss. Jill Young, Julie Peak, Barbara Kowalkowski and Postulant Jennifer Knight.



TOP PICTURE: Ss. Barbara Kowalkowski, Jill Young, Toni Spencer, Nov. Joseph Vasquez, S. Terri Hoffman, and Fr. Michael Peterson enjoy one of the breaks during Benedictine Days.

BOTTOM PICTURE: Front row (l. to r.) S. Kim, S. Eileen, S. Jeanne, S. Jill, Novice Joseph; Middle row (l. to r.) S. Doris, S. Emily, Postulant Marty, S. Rose, S. Sharon Ann, S. Toni, S. Terri; Back row: (l. to r.) S. Barbara, S. Julie, Fr. Michael, Bro. Benet, S. Nancy. Not pictured: Postulant Jennifer.

Reflections from the Prioress — S. Jennifer Kehrwald OSB



This fall we marveled over the beauty that warmth and moisture could produce in the world around us. Our Thanksgiving celebration expressed our awareness of the many blessings God has given us and our loved ones. Much to our delight, winter had been delayed but it has finally put in an appearance. Now as the days become shorter and the nights longer and colder, we enter into the Advent season, the time of preparation for the coming of the Lord into our hearts, our lives and our world.

All important celebrations and events in our lives go better with lots of preparation. We want to share some of these events and times of preparation with you in this issue. Making a commitment to live in a Benedictine community for the rest of one's life takes preparation. Being an effective mission-driven board member takes preparation. The holiday fair takes lots of preparation (but it is lots of fun also). Storing garden produce for the winter takes the right kind of preparation so it doesn't spoil. Delivering an inspiring reflective retreat takes preparation. And Sr. Vera's life demonstrates that saying the final "yes" to God's call into eternity takes preparation.

Advent, too, is a time of preparation, a time to open our hearts to the Lord's coming into our lives ever more fully. Our hope and prayer this Christmas season is that God will fill your lives and those of your families with Peace and Joy.

*This issue is our Christmas card to you, and we pray
that this Christmas season will bring you and your family much
Peace and Joy!*

*We will remember you and your loved ones
during the Eucharistic celebration on December 19, 25, & 26, 2010
and monthly during 2011.*

Lincoln Oblation Ceremony Held

The annual Oblation Ceremony for oblate chapters in Lincoln, Hastings, Omaha, and Steinauer, NE was held in Lincoln on November 14. Twelve new members made their initial oblation, eleven members made their

final oblation, and fifty oblates renewed their oblation. Receiving the oblations was S. Jennifer Kehrwald, Prioress. Also attending were S. Joelle Bauer, Oblate Program Director, S. Phyllis Hunhoff, Lincoln Chapter Director, and Ss. Marietta Kerkvliet and Carol Jean VanDenHemel who assist with the Omaha Chapter.



ABOVE: New members Anne Rapczynski, Kathy Burke & Pat Gallagher from Omaha, and Oblate Marcia Borchers of Steinauer. CENTER: New Members Ruth White and Joel Davies of Lincoln. RIGHT: S. Phyllis Hunhoff, Lincoln Oblate Director, and Gerry Kuhn, Hastings.

Yankton Sisters Prepare for Election of Prioress

For the past eighteen months, the Yankton Benedictines have been in the initial stages of preparing for election of their next prioress in 2011. This preparation has included identifying needs and priorities in order to set direction statements and goals. The indentified areas of need and priority are vitality, viability and sustainability in all areas of the community's life. Donna Fyffe, a consultant from Indiana, assisted the community in this process.

In January the community will finalize the direction statements and goals for the next six years. S. Mary Catherine Wenstrup from St. Walburg Monastery in Kentucky, and S. Kathy McNany from Emmanuel Monastery in Maryland, facilitators for the election, will assist with the January meeting.

The community will gather March 31—April 3, 2011 for the formal discernment process and election of the next prioress of Sacred Heart Monastery. These days will be a time of prayer, reflection, and sharing as the community discerns who is being called forth to lead the community in fulfilling its goals and in growing together in the Benedictine way of life.

Prayer for Election of Prioress

God of all Faithfulness, in these challenging times, we ask you to enlighten the minds and hearts of all the Sisters of Sacred Heart Monastery as they prepare to elect their next prioress.

May they select a sister among them who is best able to lead the monastery into the future in the Benedictine way of life according to Your will.

This we ask in Christ's name and through the power of the Holy Spirit. Amen

We invite our families and friends to join our employees and oblates in praying this prayer for the election of our next prioress.

Sisters Participate in Fall Board Education Day



ABOVE LEFT: Ss. Vicky Larson PBVM and Carol Jean VanDenHemel OSB enjoy visiting during the Education Day gathering. Ss. Vicky and Carol Jean were college friends prior to entering their respective communities. ABOVE RIGHT: (foreground) Ss. Joyce Streff and Bonita Gacnik discuss some of the points presented by S. Patricia Talone RSM, the keynote speaker for the Sister Board Education Day.

Over thirty-five Benedictine and Presentation Sisters gathered in Sioux Falls on November 6 for a Sister Board Education Day. The keynote presentation, "Mission in Motion," was given by Sister Patricia Talone RSM, PhD. S. Patricia is the Vice President of Mission Services for the Catholic Health Association. In her presentation, she focused on three key elements of mission: community, communion and discipleship, and invited the participants to re-

fect on and discuss these keys in relationship to their current or future involvement in health care governance of their community's sponsored institutions.

Michael Stebbins, PhD, Senior VP for Mission Services in the Avera Health System, gave an update on activities in this area.

The day's agenda was planned by the six sisters who serve as the Avera System Members.

Many Hands Working Together Create a Filled



In his Rule St. Benedict stresses the importance of community and the dignity of work. In a Benedictine monastery working together is one facet of creating community.

At Sacred Heart Monastery one way sisters work together and form community is by picking and preparing sweet corn for meals or the freezer, cutting apples for multiple uses, and cleaning and preparing vegetables and other fruits from the monastery garden and orchard. Some of the work is done on a volunteer basis in the evening, and some is done daily after breakfast by a group of sisters for whom this is part of their regular ministry. They are often assisted by monastery chaplain Fr. Thomas Wordekemper.

At the corn and apple “parties,” over two hundred pounds of corn can be prepared for the freezer in an hour. Eight large boxes of apples can like-
(continued on next page)



TOP LEFT: Ss. Jane McGowen (back) and Joyce Feterl (foreground) cut some of the many bushels of sweet corn that were prepared for the freezer during one of the Corn Cutting Parties.

LEFT: Apples in the monastery orchard ready to be picked and used for pies, sauce, crisp, apple butter, as a main dish and in other creative ways.

BELOW: Sisters of the Dayspring Group turn pounds of cabbage into 19.5 gallons of sauerkraut. Pictured are close ups of some of the steps in transforming the home-grown cabbage from the monastery garden into delicious sauerkraut. (Sauerkraut photos by S. Mary Jo Polak)



S. Virginia Pieper



S. Marcine Quintus



S. Norma Norton

Freezer and Many Meals of Seasonal Produce

wise be peeled and cut in an hour, yielding enough apples for 10 large pans of apple crisp, 10 gallons of apple sauce and 4 meals with apples as a main dish. These eight boxes were part of the 156 boxes of summer and winter apples picked.

During sweet corn season a crew goes out to the field and picks corn by the pickup load. It is then cleaned during the day, blanched by the kitchen staff and cut off the ears in the evening by the sisters with the assistance of Ken Varilek, Dietary Director. This past summer 106 bushels of corn were picked with 456 pounds of corn frozen, which is enough for approximately 45 meals. The remainder was enjoyed as corn on the cob.

According to S. Virginia Pieper, supervisor of the garden and orchard, total produce from the garden this year was 10,800 lbs. In addition to the apples, the orchard produced 980 lbs. of small fruit including 108 lbs. of grapes for the first time.

The community is grateful for the bountiful harvest of 2010 and will enjoy it for several months to come.



TOP RIGHT: Some of the daily vegetable and fruit crew prepare apples for pie which was served on the Feast of St. Gertrude. Pictured back to front are Ss. Rosina Ann Schock, Grace Feldhacker, and Laetitia Kilzer.

RIGHT: Assisting with one of the apple cutting nights are, left to right: Ss. Marie Helene Werdel, Andree Mechtenberg, Virginia Kopp, Louise Marie Goettertz, and Francine Streff. In the background are Ss. Esther Holzbauer and Michaelleen Muhovich.



Below are additional pictures of the sauerkraut making process.



S. Esther Holzbauer



S. Anna Dangel



S. Michaelleen Muhovich

Holiday Fair Draws Large Crowd

Several hundred people enjoyed the annual Holiday Fair on October 30. The line started forming outside the monastery main entrance over an hour before the opening time, and the popular home-baked breads, tea rings, and pies were all sold in just over an hour. Attendees enjoyed homemade bars, cookies and the like, as well as a cup of hot coffee. The creations of the monastery artisans were also very popular among the shoppers.

S. Francine Streff, Holiday Fair coordinator, was pleased with the turnout and the enthusiasm of all participants. Over \$2300 was added to the International Sisters Education Fund from the proceeds of the fair.



S. Francine Streff
Holiday Fair Coordinator



S. Debra Kolecka with some of the
150 jars of jam and jelly



Ss. Patricia Heirigs and Joyce Streff ready to sell some of the 500+ breads



Crowds began lining up over an hour before the Holiday Fair opened.

Save the Date

Spring Theology Institute

Saturday, February 26
9 am—noon

Topic: **St. John's Bible**

Presenter: **Michael Patella OSB**
St. John's Abbey, MN

E-mail or call S. Jeanne Ranek to pre-register:
jeanne.ranek@mtmc.edu or 605-668-6292



S. Matthew Wehri with some of her sewing projects



S. Norma Norton, Fr. Thomas Wordekemper, S. Cynthia Binder, Jane Binder and S. Kevin Irwin prepare to serve homemade treats to Holiday Fair attendees.

Into Eternal Peace

S. Vera Heintz OSB, 94, died Wednesday, September 1, 2010 in the Care Center at Sacred Heart Monastery.



Mary Heintz was born October 24, 1915 to Adam and Susan (Hartman) Heintz on the family farm near Bowdle, SD. She was the oldest of eight children. She attended school in Bowdle, Hosmer, Aberdeen and a country school near Bowdle. In 1936, due to the depression, her parents and other siblings moved to Washington State in search of employment.

Mary entered Sacred Heart Monastery on July 14, 1933, was invested as a novice the following year receiving the name, Vera, and made first profession on June 24, 1935. She then began a 59-year ministry in elementary education in Nebraska, Colorado, North and South Dakota, with her most recent mission being at Holy Trinity Grade School in Hartington, NE where she taught and then served as a

teacher aide from 1982-1984. Following her retirement from teaching, she returned to the monastery and assisted with chapel and monastery duties. She celebrated her 75th jubilee of profession on July 30, 2010.

S. Vera was a prayerful, quiet and humble woman who loved teaching and each of the students who came into her life. She missed being close to her biological family after their move to Washington, and looked forward to her vacations spent with them. She also loved reading to sisters in the Care Center who could no longer see.

S. Vera is survived by her Benedictine community; three sisters: Genevieve Cox, Pauline Johnson and Joy Foy of Washington State; one brother, George Heintz of California, and several nieces and nephews. She was preceded in death by her parents, two brothers and one sister.

Eternal Rest Grant to Her, O Lord

Oblates Gather for Retreat

Oblates from Nebraska and South Dakota gathered in Yankton October 22-24 for a retreat entitled "Rooted in Love." They shared prayer and meals with the Sisters, had presentations on Benedictine stability, and had time for personal prayer and reflection.

The next Oblate retreat is scheduled for February 18-20 at the monastery.

For information about that retreat, contact: S. Joelle Bauer via e-mail at jbauer@mtmc.edu or call 605-668-6009.



ABOVE LEFT: (l. to r.) Jeanette Nordhus, Robert Wall, Carol Barry, Mary Schroer and S. Phyllis Hunhoff begin a retreat conference with shared prayer. TOP RIGHT: Dale Schroeder, Mark Nesladek, Doris Buechel, Robert Wall and S. Joelle Bauer enjoy a meal and conversation in the monastery refectory (dining room). BOTTOM RIGHT: S. Joelle, Oblate Director, gives one of the presentations during the Oblate Retreat.

UPCOMING EVENTS

Feb. 10— Feast of St. Scholastica

Feb. 18-20— Oblate Retreat

Feb. 26—Theology Institute
by Michael Patella OSB
on the St. John's Bible

Mar. 21—Feast of St. Benedict

Mar. 31—Apr. 3: Election of
Prioress

We invite you to join us for:

MORNING PRAYER

Monday—Friday @ 6:30 a.m.
Saturday & Sunday @ 8:30 a.m.

EVENING PRAYER

Monday—Friday @ 5:15 p.m.
Sunday @ 5:00 p.m.

EUCCHARIST

Monday—Friday @ 7:00 a.m.
Sunday @ 10 a.m.

YANKTON BENEDICTINES

Sacred Heart Monastery

1005 West 8th Street

Yankton, SD 57078

<http://www.yanktonbenedictines.org>

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
POS

Change Service Requested

Editor: S. Mary Kay Panowicz
mkpanowicz@mtmc.edu

Advisors: Ss. Angeline Keating, Bonita Gacnik,
Francine Streff, Jennifer Kehrwald
Penny Bingham

This publication is circulated free of charge three times a year to families, friends and benefactors of the Benedictine Sisters of Yankton, SD

