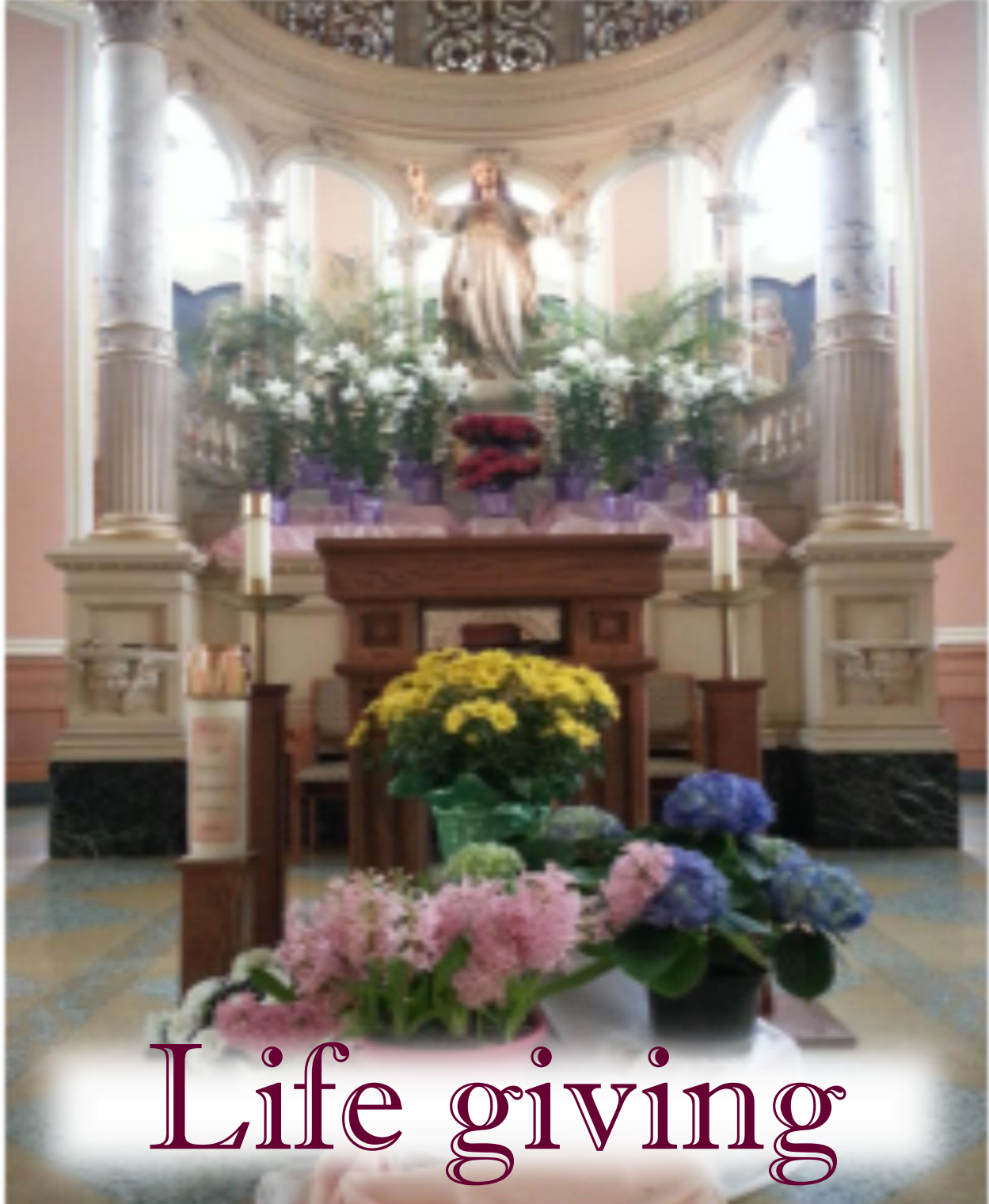


Lisle Benedictine Women

Vol. 39 No. 1

Sacred Heart Monastery

June 2016



Life giving

Message from the Prioress...



Life Givers and Life-Giving

As I begin my "Message from the Prioress" I am recalling Life-givers and Life-giving moments with much gratitude. The month of May is such a life-giving time and thus a favorite of mine. On May 2, 2016, my mother would have celebrated her 100th birthday. All birth dates are days to remember but somehow being a hundred for those few who live that long or when one has reached that mark in eternity that year seems very special. I spent significant time on the phone with family members sharing conversations about what our Mother meant and still means to us. She was and is truly a life-giver. How about your Mother?

In our chapel we have a basket of names in memory of deceased Mothers (many of you have sent yours in as well) on display to be remembered and prayed for during the month of May. We

likewise pray for deceased Fathers in June.

"April showers have brought May flowers". Our grounds continue to be maintained with the help of volunteers. Added to our list of outdoor volunteers have been Richard and Marguerite Belval, Lorraine Pachankis, and Phil McGovern. Our monastery dining room tables are enhanced with centerpieces of fresh flowers from our grotto. It is very life-giving to bring the outside beauty to the inside, especially for those who find it hard to get outdoors.

Our International Sisters have and continue to bring their culture, their cheerful help, and their life-giving personalities to our community. We have been so blessed to enjoy their presence among us for so many years.

Pope Francis has been most life-giving throughout his reign. This Year of Mercy keeps before us the life-giving challenge to find and be the face of Christ to all. During the season of Lent we read "*Laudato Si*" and were inspired by his awareness and his challenge to us to treat the earth as our common home.

The most life giving events are always found in the liturgical year and most recently the celebration of the paschal mysteries. During this time we keep before us the death and Resurrection of Christ who is the ultimate life-giver who came that we might have life to the fullest, now and for all eternity! The feast of Pentecost reminds us that the presence of Christ continues to dwell with us in the Holy Spirit. Pentecost Vespers was enhanced for us as our Oblates committed or renewed their commitment to the promises they made to become Benedictine Oblates.

Take some time to define what is most life-giving to you, appreciate those persons, places and events. Find the presence of God more fully in your own life and let the Holy Spirit, the life-giver, help you to renew the face of the earth.

Sister Mary Bratsosky, O.S.B.

May She Rest in the Peace of the Lord



Reflection on the Life of Sister Mary Patricia Fallon, OSB

God is supremely good and by God's providence, Marie and Patrick Fallon, parents of Sister Mary Patricia, settled in Chicago arriving from Roscommon County, Ireland in 1914. They became the proud parents of twelve children who they raised in their happy, Irish home. Sister Mary Patricia was number nine, born on November 30th, 1926. Her baptismal name was Catherine but her two-year-old brother, Eddie, was so awed by his lovable, baby sister that he claimed her as his own Dolly. That name took root and even now after five generations of nieces and nephews, and there are as many as there are stars in the sky, they still call Sister Mary Patricia: Aunt Dolly.

Sister Mary Patricia grew up at 3940 Polk Street, a half a block from Presentation Church and School in Chicago. The Fallons had a personal relationship with the Priests in the parish and the Sisters of Charity, the BVM's,

who taught in the school. Sister Mary Patricia was so inspired by the Sisters that even before first grade she wanted to be a BVM just like the Sisters she knew. Her godmother and cousin, Sister Brigetta Burns happened to be an Omaha, Nebraska Servite Sister whom she also admired.

It was natural for Sister Mary Patricia to continue her education with the BVM's at Cathedral High School in Chicago. However, in her second year she came down with diphtheria. After she was well enough to return to school, she would become ill riding on the El train or bus. Some of the neighborhood girls were attending Our Lady of Lourdes Commercial High School at 15th and Keeler, which was walking distance from their home and persuaded her to transfer to Our Lady of Lourdes, taught by the Benedictine Sisters from Lisle. When she was a senior, the Sisters brought the girls to Sacred Heart Monastery to see what the Sisters do. Sister Mary Patricia was so uplifted when she heard the Sisters chanting the Divine Office that she knew her love for singing would be fulfilled if she joined the Benedictines.

With the blessing of her family and the BVM Sisters, she was accepted as a Benedictine Postulant on September 8, 1944, the feast of the Nativity of Mary. There was, however, one huge concern. She was an Irish Lassie among a closed Czech group who had never before accepted a candidate outside of an Eastern European background, and, furthermore, the Czech language was still a spoken language even during table reading and evening prayer. How would she survive?

Well, Mother Genevieve was well aware of the possible difficulty Sister Mary Patricia would have and asked her how the community could help her fit in. Sister Mary Patricia was not dismayed by her different background and asked if she could study Czech because then she would know what was going on.

Surprisingly, Czech classes proved to be a marvelous experience for her as she was soon able to pronounce almost all the words as well as the Czech Sisters and participate in the community entertainments the young Sisters would provide. At this point, who would have guessed she was Irish? But --- Irish she was, very proud of the fun-loving spirit of her Emerald Isle legacy.

Along with the other teaching Sisters in the Benedictine Community, Sister Mary Patricia became a teacher and she loved it and the students loved her as well. As the years went by, she taught every grade from 1st to 8th grade depending on what parochial school she was assigned to and she even taught English in High School. Later, she became principal at St. Vitus in Chicago, St. James in Glen Ellyn, secretary at St. Joan of Arc School in Lisle and the Community Council secretary here at the Monastery.

At every turn, Sister Mary Patricia was known as an engaging story teller, using her Irish DNA of wit and wisdom. Sister Joan Marie once jokingly said that Sister Mary Patricia would be comfortable in talking even with an elephant; so versatile was she in carrying on a conversation with whomever. Learning new things and keeping up with the trends of the times was also her gift. When the computer became the in-thing, she mastered it with the help of students or teachers and became a savvy computer user able to teach others.

In her final years, she continued to be an active learner though legally blind. She listened to TV programs or to tapes for the blind. Socially and spiritually, she touched the lives of many members of her family and friends by showing concern for them through her telephone ministry; consoling those who needed to be consoled and grateful for the interest they showed in her declining health. Being gifted with a people-loving personality and a youthful heart she never grew old barring her poor health.

In her autobiography, she thanked the Sisters for enabling her to become who God wanted her to be and quoted the words of a song she felt applied to her, titled: THROUGH THE YEARS. "Through the years you've never let me down, you've turned my life around. The grandest days I've found, I've spent with you. Whenever things went wrong, together we were strong. I always knew--- I belonged right here, close to you--- THROUGH THE YEARS!"

Now as you leave us, we bless you, dear Sister Mary Patricia! May the angels carry your soul to the God who is waiting for you with outstretched arms to embrace you! May the sound of happy music and the lilt of Irish laughter fill your soul with surprise as your family gathers to greet you! May your joy and dancing never end! May you remember us here in the valley and sing out God's praises with us every day--- till we meet again.

Sister Christine Kouba, OSB

Sister Mary Patricia died on March 12, 2016.

Sacred Heart Academy Alumnae

We are searching for all of our Alumnae. If you received this issue of the LBW, but do not receive the March **Echo**, or invitations to our October Homecoming, you are on our mailing list, but not coded as a Sacred Heart Academy alumna.

Please help us update our records by contacting Jane Doyle at jdoyle@shmlisle.org, or send a note to Benedictine Sisters attn.: SHA Alumnae 1910 Maple Ave Lisle, IL 60532.

Homecoming will be Saturday, October 15th at Villa St. Benedict. Invitations will be mailed in August.

TREASURED HISTORY AND TRADITION

In this issue, we'd like to tell a bit of the story of Benedale Farm.



The Sisters completed the building of their convent and moved in in 1912. The farm on the land was worked by the Sisters, who were city girls and now, through necessity, were called upon to do heavy manual labor. This continued until 1920 when various individuals leased it. One hundred and forty-eight acres of land were rented out for a payment of eleven and a half

gallons of milk a day. However, in 1936, the leases were cancelled and the community hired five men to care for the land. Cattle were purchased and the herd gradually increased to provide both dairy products and meat for the community and Academy students. In addition to cows, the farm also had pigs. The men took care of the entire process of killing and curing meat in the slaughter house.



The Sisters cared for the countless chickens, ducks, and turkeys. Some eggs were used immediately for food and others were hatched in an incubation area in the basement and then moved out to the chicken house. The Sisters also did the de-feathering when the time came for killing the poultry for food. The feathers, in turn, were used to stuff pillows as another source of income. For a short time, rabbits were raised as well for food purposes. Even colonies of bees were kept in hives to provide the community with honey.



In addition to animals, the farm, which consisted of 476 acres, had 320 acres under cultivation and grew corn, oats, wheat and hay. A vegetable garden, grape vines and an apple orchard completed the use of the acreage.

The cost of keeping up the farm became prohibitive, and Benedale was closed in the late 1950s.

Queen of Heaven Monastery



On the weekend of April 30 and May 1, Sister Barbara's Eastern Christian Formation students received their first Reconciliation and Solemn Communion. They worked hard all year getting ready for this blessed occasion.



Sister Mary Martha Kacmarek smiles as she works on our financial books. They must be balancing!



Sister Agnes's third and fourth graders are proud of their good attendance and are ready to move up to the next grade.



Sister Marion Dobos (on the left) stands with her committee for the Day of Reflection for Women on Saturday, April 16. This is the 13th year that the Office of Religious Education for the Pittsburgh Archeparchy has sponsored this event at St. Elias Byzantine Catholic Church, Pittsburgh. Proceeds from the basket auction were given to local women's shelters.

Ruth Ann Capito is pictured here with some of the sisters and oblates. On February 14 she was accepted as an oblate novice and the oblates renewed their oblations. Those not present renewed their promises by mail.



Sisters of the Order of St. Basil the Great and Byzantine Benedictine Sisters who attended the women's day are pictured here with Archbishop William Skurla, DD, who welcomed all the participants.

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It is with sincere appreciation and gratitude that we acknowledge
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Thank you for contributing to the annual December appeal
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Volunteers at Sacred Heart Monastery

The Sisters are blessed with many friends who volunteer their time and talent to assist us on our Boards, and with our chapel and monastery needs. They enrich our lives each day by their presence. We are grateful, and say, Thank You.

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We sincerely regret any omission or errors in our acknowledgements. Please call the Development Office (630.725.6013) with any questions or corrections.

PLANNED GIVING

Benefits of making a Planned Gift, which include wills, bequests, life insurance and other estate plans:

- Provide a lasting tribute that offers ongoing support for the Sisters of Sacred Heart Monastery.
- Make a gift today without spending current income or retirement resources.
- Realize income tax and future estate tax advantages while providing for your heirs.
- Become a partner in ministry with the Sisters of Sacred Heart Monastery.
- Be remembered in the prayers of the Sisters each day.

The Sisters thank you for considering a bequest to the Benedictine Sisters of Sacred Heart Monastery.

By virtue of our listing in the Official Catholic Directory, the Treasury of the United States has ruled that contributions to the Sisters fully qualify for federal income, estate and gift tax deduction purposes as provided within the law.

The legal title of our monastic community is:
Benedictine Sisters of the Sacred Heart
Our FEIN is 36-2169170

Persons interested in making special gifts or bequests are asked to contact:

Sister Jo Anne Form, OSB
Development Office
Sacred Heart Monastery
1910 Maple Ave. Lisle, IL 60532
630 725-6013
development@shmlisle.org



On April 9, 2016, Sister Cecilia Dwyer, Prioress of the Benedictine Sisters in Bristow, Virginia, spoke to our community about the transformative power of the Liturgy of the Hours, that is, the hours set aside for prayer throughout the Benedictine day. These times or hours of prayer are a world- wide connection of prayer with all Benedictine communities in the world united in TIME made holy.

When we gather to pray the Liturgy of the Hours in community, we are in a circle of grace. It is the time to open our hearts to the words of scripture which allow each person to be in touch with God. This mindfulness of God implies that TIME in community is transformative as we strive to live in continuous, loving relationship with God. Our freely undertaken Liturgy is a public ministry and God listens to every movement of our prayer. St.

Benedict teaches us to be intentional at prayer as he refers to prayer in several chapters of his RULE. His intention was that as his followers we would PREFER NOTHING TO THE WORK OF GOD and the work of God is the Liturgy of the Hours.

We invite you to join us for Lauds at 8:00am on Sunday, 7:00am Monday through Saturday, and Vespers at 4:45pm each day.

Spiritual Renewal

We welcome you to our colorful, spacious campus, and a sacred space called Sacred Heart Chapel for private prayer and daily Mass. Available for a short stay for quiet, reflective time, our guest house is located in the woods near St. Scholastica Cemetery.

You can meet us, share your story, we can tell you ours.

Should you be interested, call (630.750.6010), or email us mbratrsovsky@shmlisle.org for available guest house opportunities.





Oblates of St. Benedict

Oblates are women and men, married or single, who hunger for a deeper experience of God. Guided by the Rule of Benedict they find their lives enriched as they join others in prayer, *lectio* and work in the context of an extended community.

During Vespers on the feast of Pentecost, the Sisters welcomed Janet O'Brien, Ann Flannery, Katie Hannon, Mary Kennedy, Carol Cain and Rina Knight who made their oblation to Sacred Heart Monastery.

Carole Gravelle, Audry Girard, Catherine Rentz, Arlene Malloy, Gerry Maguire and Jane Doyle renewed their promises of stability of heart, fidelity to the spirit of the monastic life, and obedience to the will of God.

The Oblates and their families joined the Sisters for dinner and conversation after Vespers.



Our Oblates meet on the third Sunday of each month at 2:30pm. For more information, please contact

Sister Karen Nykiel, OSB
at 630-725-6049 or by email at knykiel@shmlisle.org

Here and There

In the spirit of hospitality...

Sister Mary and Abbot Austin Murphy of St. Procopius Abbey hosted a benefit on April 24 in support of the Saint Benedict Education Foundation. SBEF provides scholarships for the Benedictine sisters and monks studying at Sant' Anselmo in Rome.

The evening began with Vespers and was followed by a five course dinner and wine pairing with a German flair. Special guests included Abbot Primate Notker Wolf, OSB, International Confederation of Benedictines, Rome, and Sister Judith Ann Heble, OSB, moderator, *Communio Internationalis Benedictinarum*.

For more information about SBEF, please visit their website www.stbenedictfoundation.org.



Pictured above, members of the SBEF Board who held meetings here before the event. Front: Sister Judith Ann Heble, Abbot Primate Notker Wolf. L-r Archabbot Douglas R. Nowicki, Fr. Edward M. Mazich, Fr. Benoit Alloggia, Abbot Gregory Polan, Dr Leo J Shea, Dr. Stephen Butler, Mr. Karl Eisaman.

We are continuing our *Tuesday Night with the Sisters* series with a theme of tying the Year of Mercy to The Rule of St. Benedict. We began with an **Overview of the Rule of St. Benedict** in March. In April, we **Explored the Life of The Servant of God, Dorothy Day** using excerpts from the DVD *Entertaining Angels*. In May, we posed the question, **Why Isn't Everyone Like Me?** and found some answers through the study of personality types (Enneagram-based).

We invite you to join us for these upcoming **Tuesdays**:

July 12: Delving into the Conversion Events in the Life of Archbishop Oscar Romero

Discover the transformative events in the life of Archbishop Oscar Romero as a way to challenge us to discern and respond to God's call.

September 13: Humility and Stepping Stones to Holiness Get excited and find the richness in the Rule of St. Benedict as he shows us a path to holiness through the twelve steps of humility.

October 11: A Reflection on The Life of St. Thérèse of Lisieux, The Little Flower of Jesus Learn about "the little way" and how doing ordinary things extraordinarily well can help us practice the virtues of mercy.

November 15: Presentation on the Meaning of Mercy Father Andrew Davy, MIC, pastor at St Mary's in Plano, will challenge us to grow in our perception of what it means to be a person of mercy.

Tuesdays begin at 7:00pm in our Chapter Room in the Monastery. Please come to the front door with the statue of the Sacred Heart.

Updates will be posted on our website www.shmlisle.org and our Facebook page, *Benedictine Sisters of the Sacred Heart*.

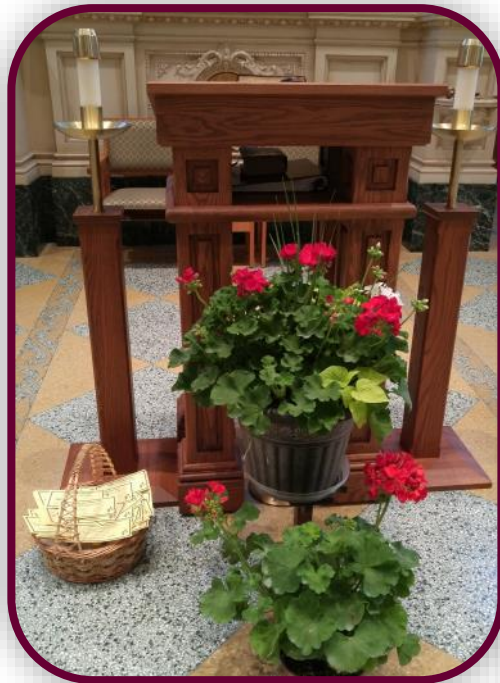




Our Benedictine University student sisters Sister Fausta, Sister Anna and Sister Verena



Arlene and Mari in the Grotto



Celebrating Mothers in prayer.



Gathering at the Grotto for the rosary on a beautiful May afternoon

High Tea with the Sisters

Each spring, the Sisters welcome their volunteers from Villa St. Benedict to a High Tea of *Thanks and Appreciation*. Here are some of our guests from April 2nd



Villa St. Benedict



What is your recipe for living well? At Villa St. Benedict our culinary team celebrates the art of good food by preparing a variety of delicious dishes for our residents, guests and staff to enjoy! Katie Kunkel, Director of Culinary Services, will tell you that food is linked with memory and emotion and does more than just nourish the body...it nourishes the soul.

Residents and guests enjoy various dining venues including the Villa Center dining



room which showcases live cooking at our Chef's table. We partner with the Green Earth Institute where each week the chef picks up produce used in our weekly menus. Villa's Greenhouse, located right on our campus, is packed with an assortment of herbs and

select produce grown by staff and used by the culinary team. Each month Chef Jeremy hosts a popular event known as *Taste*; featuring a live educational cooking demonstration highlighting different culinary techniques and cuisines. Residents can also partake in our Reserve Dinners, a limited private dinner held every other month in the Villa Center private dining room. Chef Jeremy prepares a 5 course meal with wine pairings describing each course to residents as they are plated.



The Bistro, which is open all day, boasts indoor and outdoor patio seating, summer grilling and our fun "Fit Meals" for those preferring a health conscious meal. The Club Lounge serves cocktails and a light fare menu in a Pub-like atmosphere. The Lounge is a perfect spot for our monthly Resident and Staff Themed Happy Hours and reserved private parties. Culinary Services will cater events or parties of any size and is available to residents upon request.

Villa St. Benedict also partners with Benedictine University's nutrition program where dietetic interns promote wellness through nutritional education presentations, food samplings, display tables and newsletters for our residents and staff.

When it comes to food, Villa St. Benedict has the recipe for success!

Kathy DiCristina
CEO Villa St. Benedict





Lisle Benedictine Women

Sacred Heart Monastery
1910 Maple Avenue
Lisle, IL 60532-2164
(630) 725-6000
www.shmlisle.org

MISSION STATEMENT

The Corporate Mission of the Benedictine Sisters of the Sacred Heart is Hospitality. Directed by the Gospel and the spirit of the Rule of Saint Benedict, the mission is based on a commitment to use time, talent and resources of the Community for those in need.

We, the Benedictine Sisters of Sacred Heart Monastery, Lisle, Illinois, proclaim hospitality to be our corporate commitment. This mandate, found in the Hebrew scriptures, the Gospels, and reiterated by Benedict to be the cornerstone for our interaction with one another (Rule of Benedict, Chapter 72) and our reception of strangers & guests (RB 53), is our particular corporate response to the needs of this 21st century.

We are proclaiming our commitment to hospitality as one significant way of being

counter-cultural in the midst of global fear and mistrust. We are determined to create an environment of non-violence among ourselves that will allow our own members to experience gentle warmth and reverence for the gift each is to the community. We will create an atmosphere in which the stranger will be recognized as a guest - received as Christ Himself - the gift of God among us.

We are willing to risk and model that strangers, coming together as friends, can nourish one another in the prayerful atmosphere of cenobitic community, can share resources, can host and reverence the other as sacred. In the act of "opening our door" to the other, we in fact open our hearts - emptying ourselves of ourselves. This will be our gift to those "who knock." With open hands, we receive the gift they are to us.