



ST. BENEDICT OF NURSIA STATUE

We were honored by the presence of Father Francisco Alanis, Pastor of the San Juan Diego Mission, Los Lunas, NM, and his Uncle, Father Joel Alanis, also a priest, on June 27, 2019. There was a special Blessing for the new statue from Fr. Francisco, followed by the celebration of Mass.

Afterwards, there was a festive meal prepared by Sister Maria. The statue is located at the St. Joseph Center.



“Your way of acting should be different from the world’s way the love of Christ must come before all else.” Rule of St. Benedict, 4:20-21 - St. Benedict of Nursia wrote a rule for monks to live in community. Throughout his Rule, he is sensitive to the needs of the monks, stressing moderation. Here at the monastery thirteen sisters give thanks for all of God’s blessings as we live a cenobitic life.

Besides our main job of *Opus Dei*, there are general chores of keeping up the monastery. Sister Stephen has time to keep up and water the garden, which is really com cenobitic life. Besides our main job of *Opus Dei*, there are general chores of keeping up the monastery. Sister Stephen has time to sing along; and she is working on getting a Driver’s License. S. Stephen also visited her family in Lusaka, Zambia this past year. Sister Mercy and Sister Maria are busy transplanting cactus and taking care of our Guesthouse and St. Joseph Center. Sister Scholastica is always willing to give a helping hand and keeps our areas very clean; also enjoys cooking.

Our Professed sisters keep in shape, some of us dealing with health issues, but overall, we continue our journey here at the Monastery. Sister Guadalupe will be taking an English class to apply for her USA citizenship. Sister Frances spent six months in Vietnam helping her parents who are ill; she serves as our Liturgist. Sister Maria took an interest in Gregorian chant and spent one week studying at CID. Sister Elizabeth continues her on-line studies with Psychology, thanks to the Ursuline Sisters who sponsored a scholarship. Sister Elizabeth still has time to write icons, cook and lead the liturgy. The library keeps Sister Mary busy besides the Angel Project, which includes various crafts of angels. You’ll find Sisters Agnes Le and Kateri with their noses in the books, that is bookkeeping. Sister Julianne is looking forward to getting her dentures and Sister Benedicta is her angel, helping her with various chores. Sister Hilda keeps us on our toes and is always praying for those who support our life in any way.





ICE CREAM SOCIAL

Thanks to all who supported our 2019 fund raiser, especially all the businesses. Our last event was in 2016 and this year we were able to raise \$25,000.00, for the heating system of the St. Joseph Center Chapel. There was fun for all on June 8th, with FREE food, prizes, entertainment and special Bingos coordinated by the Knights of Columbus. The grand winner for the \$8,400 value for two to the Holy Land, which includes ten days visiting Haifa, Tiberias, Nazareth, Bethlehem and Jerusalem, September 20, 2020, went to Florence from California.

We also had applied for a grant through the Bishops Annual Appeal 2018, Diocese of Gallup, and we were awarded \$7,000.00, to assist with the heating system of the St. Joseph Center. We appreciate the support of Bishop James Wall and his staff!

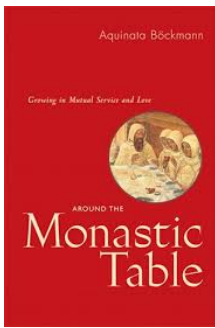
The chapel will give us ample room for the nuns to have adequate space to celebrate Mass and the recitation of the Divine Office and to receive guests. - ***“If they should wish to go to the chapel to pray privately let them simply go in and pray not in a loud voice but in tears and heartfelt fervor.” Rule of St. benedict, Chapter 52***



COR ORANS (Latin for “Praying Heart”)

You are probably wondering why we have added this topic to our newsletter. *Cor Orans* happens to be a document from the Holy See of Rome for contemplative life, issued on May 15, 2018. It is an instruction of another document entitled “*Vultum Dei Quaerere*,” (“Seek the Face of God”), July 22, 2016. In simple words, *Cor Orans* deals with areas from prayer to life in community, clarifying rules, and developing ways of accomplishing these directives. Here at the monastery we want a better understanding of these documents and have invited a Canon lawyer, to help us better identify more comfortably its details. Sister Lynn McKenzie, OSB, Civil & Canon Lawyer from the Benedictine Sisters of Cullman, Alabama, has accepted our invitation to speak to us July 16-19, 2019. Please join us in praying to the Holy Spirit that we will be enlightened.

For a sneak preview, there is “Chapter Three: Separation from the World, 1. Concept and Relevance for Contemplative Life: 156. Starting from the writings of the Code(99), it is affirmed that the separation from the world characterizes the nature and purpose of the religious institutes of consecrated life and corresponds to the Pauline dictate of not conforming to the mentality of this century(100), fleeing from every form of worldliness.” - *Rule of St. Benedict 4, Verse 20-21* from “*What are the tools of Good Works,*” states, “*You should become a stranger to the worlds’ ways. Prefer nothing to the love of Christ.*”



Commentary
by
Father Jeffrey Steele, OSB,
our Chaplain

*“From a Parrot’s Perch: a chaplain’s point of view”**

Over the last few months, our community has slowly been working our way through a set of chapters at the center of the Rule: Chapters 31 – 42. We are following Sister Aquinata Böckmann’s book **AROUND THE MONASTIC TABLE**. These twelve chapters form a cohesive grouping which has the monastic table (the table in the refectory) at its heart. In fact, the refectory table at which we have our meals comes to stand for so much more than eating meals. It is the connecting link that threads together most of the practical details of our lives as monastics. It’s all about the day-to-day practical stuff of living together and rubbing up against each other. It about our daily work, our caring for the monastery plant, the vegetable garden, the cooking and cleaning, the things we are allowed possess, the request for, and use of, money and the ever more inventive ways we find for getting under each other’s skin!

The bulk of the rest of the Rule is about the grand themes of Benedictine spirituality, the topics such as Obedience, Humility, Perseverance and Stability, the penitential code. There the role of the Abbot is described and the regulations of the Office, prayer, the formation of monks the reception of guests. Next to all that heady stuff, these groups are about the nitty gritty. And it is beautiful.

This is St Benedict at his warm and humane best. Not a few people, on first reading the Rule, find it as gripping as the code regulating the civil service. But in these Chapters, we can be reading the Beatitudes. They speak of gentleness and kindness. They speak of care and consideration. They show scant respect for trying to evade less pleasant duties and warm gratitude for doing those generously. They can introduce discussion on some “big issues” like institutional poverty or the insidious possibilities of different treatment Sisters of varying backgrounds and talents (distinction of persons). It has been a long, slow and patient process – we are only halfway through the book – but that is exactly what Sr Aquinata advises in her Preface. She speaks of it as a lectio of the Rule and we are doing a community lectio. There is a fine ambiguity in the title of her Preface – Eating Together. Our Sisters meet in the refectory for this as for other community meetings and chew the words of the Rule and Sister’s commentary.

It is slow; I’m not sure it is always patient. There is not a little discussion and that can be quite pointed (sharp?). You know what the Israeli’s say about themselves: three Israeli’s, four opinions. For monastics, make that five.

**The African Grey Parrot*



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Prayer of Saint Benedict to Seek and Find God

Father, in Your goodness grant me the intellect to comprehend You, the perception to discern You, and the reason to appreciate You. In Your kindness, endow me with the diligence to look for you, the wisdom, to discover You, and the spirit to apprehend You.

In Your graciousness, bestow on me a heart to contemplate You, ears to hear You, eyes to see You, and a tongue to speak of You. In Your mercy to confer on me a conversation pleasing to You, the patience to wait for You, and the perseverance to long for You. Grant me a perfect end, Your holy presence. I ask this in the name of Your Son, Our Lord Jesus Christ. Amen.

<http://saintbenedictprotection.com/saint-benedict-prayers/>

Medal of St. Benedict

St. Benedict was born in Nusria, Italy, in 480. The father of Western Monasticism, he founded twelve monasteries in the region of Subiaco. The foundation at Monte Cassino (529) became the cradle of his Order. St. Benedict died March 21, 542.

In consequence of the great veneration in which St. Benedict was held from the early middle ages, it followed that a medal was struck. His medal has exceptional powers against the demons of Hell. The Medal of Saint Benedict is one of the Sacramentals of the Church. The value and power of the Medal must be ascribed to the merits of Christ Crucified, to the prayers of St. Benedict, to the blessing of the Church, and especially to the faith and holy disposition of the person using the Medal.

St. Benedict, Pray for us!