



BENEDICTINE TOUCHSTONE

Spring 2006



Benedictine Nuns • St. Emma Monastery • Greensburg, PA 15601

Phone: (724) 834-3060 • Fax (724) 834-5772 • Website www.stemma.org • Email benedictinenuns@stemma.org



– Detail of stained glass window, Oratory in Monastic Guesthouse

*“Lord, by your cross and resurrection
you have set us free.*

You are the savior of the world!”

- Roman Missal

Prioress' Reflection

By Mother Mary Anne Noll OSB



Each year on Ash Wednesday, I give a conference to the community on Lent especially through the lens of Benedict and the 49th Chapter of his rule. For the last 9 years, our day of recollection on Ash Wednesday includes inventorying what each of us has in her cell. This taking stock of what is visible, what has accrued, and the ordering of our things begins the grace-filled Lenten opportunity of de-cluttering our spiritual life.

Two weeks before Lent began this year, a writer for the local paper emailed a number of people asking questions about the meaning of Lent for an article. He said in one sense he was seeking the "Lessons of Lent" that are there for everyone—believers and seekers. His questions concerned the understanding of Lent beyond the stereotypical "giving up something" and the opportunities Lent offers for spiritual and personal growth. Can people who do not consider themselves spiritual benefit from looking inward? For people not inclined to read religious books etc., how do they begin?

Lent was often presented as a time to "give up" something. The idea behind it was beautiful: Christ suffered and died out of love for us; would we not want to offer something in return? As we would die more to our needy self-centeredness, we would live more in Christ and become more Christ-like. Sometimes this connection was missed: we gave up desserts for Lent and took them up again joyfully on Easter.

Not only can Lent provide opportunities for both spiritual and personal growth, it should and it does! If we are truly growing spiritually, then we are growing personally from narcissistic self-centeredness that insures the survival of an infant to the self-forgetfulness of a mature adult. Much advertisement and many self-help books focus on ME: MY needs, MY wants, MY rights, and MY entitlement to the best.

In the face of such bombardment, it is difficult to believe that if we look out for the needs of others, then we are truly growing and that is the secret to true happiness. Whatever we are inspired to do for Lent should have the goal of life-changing attitudes. If I resist the urge to eat my favorite food, should it also not strengthen me to say NO to repeating gossip, to remaining calm when things do not go MY way, and to look out for others?

Moreover, every human is a spiritual being whether or not an individual recognizes that reality. The desire for the More, for meaning and purpose, to love and be loved, to be happy and for the Absolute makes us humans.

My suggestions included looking at the questions from which we often want to be distracted. What is the meaning and purpose of my life? Is it to add to the gross national product? Is it to make the world a better place in which to live?

Can the suffering and pain that my loved ones and I have experienced or witnessed have any kind of meaning? Could it be that pain has meaning and is redemptive if offered up with Christ?

We humans do better with time frames. Fifteen hundred years ago, Benedict said that a monk's life should be a constant Lent but few have the strength for that. Therefore, during these forty days of special grace one should make a special effort to wash away the negligences of other times.

Benedict suggests that we do this by "refusing to indulge in evil habits and by devoting ourselves to prayer with tears, to reading, to compunction of heart and self-denial." As you read this, several weeks of Lent have passed. We take stock once again of how we are utilizing this graced opportunity. When we renew our Baptismal promises on Easter, will they be a "renewal" or just a "repetition of words"?

A History of St. Emma: Part I

The first of a series of installments of our 75 year history in the United States

The recipe for St. Emma Monastery begins in Germany with the unlikely ingredients of terrible inflation after World War I and numerous vocations to the 900 year old Abbey of Benedictine Nuns of Sankt Walburg in Eichstaett, Bavaria.

To the above ingredients already prepared in Germany, God added a debt at St. Vincent Archabbey, Latrobe that was hotly seasoned by the stock market crash in 1929.

With the arrival of Mother Leonarda Fritz OSB and 10 Sisters on February 25, 1931, God brought these two basic ingredients together. During the early

years, the purchase of the properties near Greensburg, the dedication of the Sisters, days of recollection at St. Emma, adding buildings, and the erection of the Diocese of Greensburg were ingredients carefully selected and added over time. Over the decades there was the constant action of the yeast of God's loving care that enabled the presence of the Benedictine nuns to develop and grow for 75 years into our community today. Have you also noticed that God only uses a slow cooker? He never seems to use a microwave in order to have His plans finished faster!

In 1943 and 1944 the Sisters bought the John Robertshaw Sr. properties that have developed into St. Emma Monastery and Retreat House. At age 74 in 1954,



Community Photo
Feb. 25, 2006

Mother Leonarda had the choice of building either a monastery wing or a retreat house. Being a wise, holy, practical, German Benedictine nun, Mother Leonarda

Continued on page 3

+Rest in Peace

SISTER M. PANCRATIA FRUTH OSB, 90, died at Westmoreland Hospital, Greensburg, PA on December 3, 2005. Josefina Fruth was born on May 10, 1915 in Nürnberg, Germany, the youngest of four girls born to Leonhard and Kathrina (Ettle) Fruth.

She entered our motherhouse, Abtei St. Walburg, Eichstätt, Germany May, 1933. She professed vows on August 15, 1935, celebrated her Golden Jubilee in 1985 and her Diamond Jubilee in 2005.

Just one month after her profession, Sister Pancratia arrived at St. Vincent Archabbey, Latrobe, Pennsylvania. During her years at St. Vincent, she worked in various dining rooms and later in the College Dining Room for many years. These young collegians were her boys, and she always remembered them in her prayers.



During the Steelers' summer training camp at St. Vincent, she worked in their dining room. This was in the days of Joe Green, Terry Bradshaw, Lynn Swann and Jack Lambert when the Steelers won a number of Super Bowl games. If you asked her who Chuck Noll was, she promptly told you, "He was the boss!" She also told of how "Mean Joe" Green's young son would say, "Joe Green's not mean, he's my daddy." Her eyes twinkled in a special way in retelling of these and other anecdotes of those days.

In 1982 she was assigned to St. Emma Monastery to assist with the care of the sick and infirm members of our community and worked in the retreatants' dining room.

Sr. Pancratia participated fully in the community 8-day retreat that concluded the day before Thanksgiving. On the following Monday, she said that it was better for her not to go to Mass because she was in so much pain she would not get much out of it. As she left in the ambulance, she asked one of the Sisters to pray for her for a happy death. The doctors diagnosed her with pancreatitis and did not think it was life threatening. But at 4:15 a.m. Saturday morning, Sister Pancratia's prayer, "Come, Lord Jesus" was answered.

History of St. Emma *Continued from page 2*

said the Sisters needed an income and built the retreat house with 50 private rooms. At age 80, Mother Leonarda built the first monastery wing, and at age 83, built the second monastery wing. She died at age 85.

In 1952 Mother Agnes Regensburger OSB came to Saint Emma in 1952 to care for Most Rev. Hugh G. Lamb, first bishop of the newly established Diocese of Greensburg, for three weeks. Bishop Lamb died in 1959 and Mother Agnes in 1995 – temporary assignments! She served as Prioress from 1973 until 1993.

Our last remaining founding member, Sr. Gaudentia entered the monastery at age 16 and was sent to America when she was 20 in 1934. For over 50 years, she served in the monastery dining room. Many monks affectionately refer to her as their "novice master" since she worked with the novices three times a day.

Today you see us, the present generation of Benedictine nuns at St. Emma, who are the heirs; literally the heirs of the 1500 year Benedictine tradition and of our particular community experience of living it. We have inherited the rich tradition of prayer, work, dedication, community living and trying to welcome others as Christ.

What is our basic humanity that we all share? It is the longing for something More, the thirst for the Absolute, our desire for God, the need to give ourselves to Someone greater that defines the human person.

In the great religious traditions, a monastery gives visible witness to this desire for the Absolute in every human heart. We monastics feel called to make this "search for God" the thrust of our lives, to live it in a specialized way. People often pay us the highest compliment possible when they say they feel like they are "coming home" to St. Emma. Indeed, they are "coming home" to their depths, to their center; they are being welcomed by the Father.

On February 25, the feast of St. Walburga, we celebrated the actual date of the arrival of Mother Leonarda and the first 10 Sisters at St. Vincent in 1931. And as they say, the rest is history.

Triduum - Easter Schedule



Holy Thursday

6:00 a.m. Tenebrae (Vigils and Lauds together)
9:00 a.m. Terce
11:45 a.m. Sext/None (Midday Prayer)
4:00 p.m. Vespers
7:00 p.m. Mass of the Lord's Supper
Adoration of the Blessed Sacrament
(until 10:30 p.m.)

Good Friday

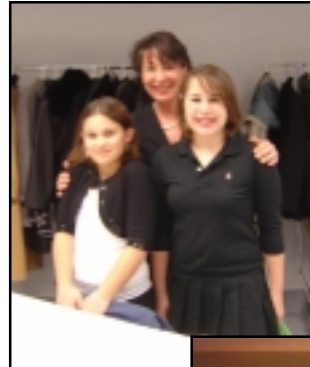
6:00 a.m. Tenebrae (Vigils and Lauds together)
9:00 a.m. Terce
11:45 a.m. Sext/None (Midday Prayer)
3:00 p.m. Celebration of the Lord's Passion
4:00 p.m. Compline

Holy Saturday

6:00 a.m. Tenebrae (Vigils and Lauds together)
8:30 a.m. Terce
11:45 a.m. Sext/None (Midday Prayer)
4:00 p.m. Vespers
8:30 p.m. Easter Vigil

Easter Sunday

6:25 a.m. Lauds
7:45 a.m. Terce
8:00 a.m. Eucharist
11:45 a.m. Sext/None (Midday Prayer)
5:00 p.m. Vespers
7:15 p.m. Vigils



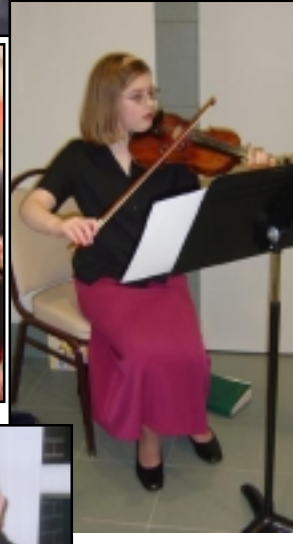
Dinner & Silent Auction
February 11, 2006

Benedictine Presence

75th

1931 - 2006





 
*Many thanks
to all who made
this evening
special!*



What Do I Own and What Owns Me?

By Robert J. Allen

On the Third Sunday of Ordinary time, we read Saint Paul's message from I Corinthians 7:29-32, "...Brothers and Sisters, this is what I mean: our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there was nothing to laugh about: those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because

the world as we know it is passing away."

"I would like to see you free from all worry."

These words are a wonderful way to approach Lent. God sent his son Jesus Christ to save us, not to judge us. But, somehow we have trouble forgiving ourselves.

As people separate themselves from what they own, they realize what it is that owns them. Giving to others is often the way we express our love. It frees us to know that we cannot outdo God's Love or his Charity.

When you give to the Benedictine Nuns of Saint Emma's Monastery, you are joining them in their monastic spiritual journey which gives all of your worries, ills, and troubles to God. This frees you from these worries. It is in giving that we receive and it is through what we give, not what we own, that we will be judged.

Annual Flea Market

On Friday, June 2 we will hold our Annual Flea Market. Doors open at 9:00 a.m. Old items, glassware, chine, furniture, books, and items too numerous and too varied to be list will be available.

Spring cleaning your attic or garage or just the back of your closets? We very much appreciate any donations - including furniture (no clothing, shoes or large appliances, please). Please contact Mother Mary Anne OSB to make arrangements.

Food cooked by the Nuns will also be available.

Silent Auction Donors:

Abbey of Gethsemani, Trappist, KY • Abtei St. Walburg, Eichstaett, Germany • Mr. Robert J. Allen, Arlington, TX • Bath & Body Works, Westmoreland Mall • Mr. Fred Belmonto, Trafford, PA • Benedictine Mission House/Christ the King Priory, Schuyler, NE • Benet Hill Monastery, Colorado Springs, CO • Bliss Manufacturing, Pawtucket, RI • Bognar and Company, Pittsburgh, PA • Mrs. Genevieve Calandra, Cresson, PA • Mr. Regis Cherry, Wall, PA • Mrs. Mary O. Chverchko, Ashville, PA • Conception Abbey, Conception, MO • DeLallo's Italian Foods, Jeannette, PA • Devon Trading Corp, N. Caldwell, NJ • Mrs. Louise Donofe, Steubenville, OH • Emmanuel Monastery, Lutherville, MD • Farrell Electric, Mt. Pleasant, PA • Fireside Catholic Publishing, Wichita, KS • First Commonwealth Bank, Greensburg, PA • Mr. Robert Gaia and Ms. Christine Gaia-Hopper, Pasadena, MD • GNC - Westmoreland Mall • Mrs. Emmett Henry, Greensburg, PA • Holy Cross Abbey, Berryville, VA • Holy Trinity Monastery, Butler, PA • Ignatius Press, San Francisco, CA • Jeweled Cross, N. Attleboro, MA • Kamps Florsheim Shoes, Westmoreland Mall • Lumen Mundi, Ft. Lauderdale, FL • Medicine Shoppe, Greensburg, PA • Lightning Enterprises, Pittsburgh, PA • Mount St. Mary's Abbey, Wrentham, MA • Mt. Savior Monastery, Pine City, NY • Our Lady of the Holy Spirit Monastery, Conyers, GA • Pauline Books & Media, Boston, MA • Paulist Press, Mahwah, NJ • Queen of Angels Monastery, Mt. Angel, OR • Queen of Heaven Monastery, Warren, OH • Dr. John Ridinger, Greensburg, PA • Rizzo's Malabar Inn, Crabtree, PA • Ms. Bev Robey, Morgantown, WV • Roman, Inc., Addison, IL • Roy and Associates, PC, Greensburg, PA • Mrs. Jennifer Smouse, Chest Springs, PA • St. Andrew Abbey, Valyermo, CA • St. Bede Monastery, Eau Clair, WI • St. Benedict Monastery, St. Joseph, MN • St. Emma Monastery, Greensburg, PA • St. Gertrude Monastery, Ridgely, MD • St. Joseph Abbey, Spenser, MA • St. Joseph Monastery, Tulsa, OK • St. Joseph Monastery, St. Marys, PA • St. Mary Monastery, Rock Island, IL • St. Meinrad Archabbey, St. Meinrad, IN • St. Scholastica Monastery, Duluth, MN • St. Scholastica Monastery, Fort Smith, AR • Subiaco Abbey, Subiaco, AR • Katie Sutton, Loretto, PA • Mrs. Gert Tatannani, North Apollo, PA • Transfiguration Monastery, Windsor, NY • Tribune Review, Greensburg, PA

Prayer Requests and Intentions

*Please use the enclosed envelope to send us
your prayer requests and intentions.*

You are invited!

*75th Anniversary
Mass of Thanksgiving
Saturday, July 1*

1:30 p.m. Eucharist

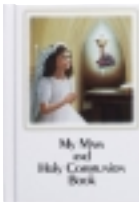
Reception and Open House

4:30 Sung Vespers

RSVP by Thursday June 29

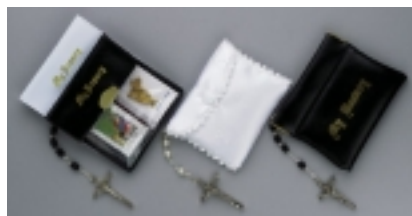
724-834-3060

benedictinenuns@stemma.org



My Mass and Holy Communion Book (full color).

Girl - Item #6512, cost \$7.50
Boy - Item #6513, cost \$7.50



A. Vinyl snap case*
 White set - Item #600/CS/WH, cost \$4.95
 Black set - Item #600/CS/BK, cost \$4.95



Handsome gift boxed sets

Girl - Item #6500/05/GB, cost \$11.50
Boy - Item #6501/05/GB, cost \$11.50

B. Brocade satin snap pouch*

Item #1505/02, cost \$11.95

C. Black squeeze case*

Item #61/R/7000, cost \$11.50

*Each case contains rosary, pin and scapular.



Lovely set for girls - Item #6512/04, cost \$24.50

Handsome set for boys - Item #6513/06, cost \$24.50

Girl's First Communion Rosary,

R4904CMS (Silver)

R4904CMG (Gold)

Cost: \$27.00

Boy's First Communion Rosary,

R4292CMS (Silver)

R4292CMG (Gold)

Cost: \$37.00



Confirmation charm available

Item # 0208S (silver)

Item # 0208G (gold) Cost: \$2.00

Visit the following websites for merchandise to order through us:
www.stemma.org • www.blissmfg.com • www.creedrosary.com
www.jeweledcross.com • www.lumenmundi.com

Order Form: It's easy to order! Mail to: St. Emma's Monastery, 1001 Harvey Ave., Greensburg, PA 15601 • (724) 834-7483 • Fax (724) 834-5772

Payment Method

- Check Money Order
- VISA Mastercard
- Discover

Card Number

Exp. Date _____

Signature

Name _____

Address _____

City, State, Zip _____

Telephone (If we have a question about your order.) _____

Date of First Communion _____

Need by _____

Shipping Costs

- Up to \$ 20.00 \$ 5.95
 - \$20.01-\$40.00 \$ 6.95
 - \$40.01-\$75.00 \$ 8.95
 - \$75.00-\$125 \$ 9.95
 - \$125.01 & up \$10.95
- NO CODs

Item	Quantity	Unit Price	Total Price
Shipping & Handling			
See chart to left			
TOTAL			



Medical Personnel Days of Recollection *Retreat House Schedule*

These days of recollection are for medical personnel who extend Christ's healing and compassion in a special way: doctors, nurses, aides, technicians and staff.

On Sunday, April 30 Rev. James Holland, St. Sebastian Parish, Pittsburgh, PA will lead a day from 10:30 a.m. - 6:00 p.m. Prior to studying for the priesthood, Father Holland was a registered nurse for 27 years. His theme is "Sacramental Love: Real Healing for the Real World." Fee: \$35.00.

On Saturday, May 6, Dr. Vera Krokonko will lead a day from 9:00 a.m. - 4:00 p.m. A retired pediatrician, Dr. Krokonko also holds a doctorate in Formative Spirituality from Duquesne University. Fee: \$25.00

Dr. Krokonko's theme is: "Our Hour Is Here." When Christ answered His Mother's request at the wedding in Cana with the words, "My hour has not yet come," He began His public ministry to us. On various occasions throughout the Gospel of St. John, Christ mentions the coming of the right time. In His priestly prayer at the Last Supper, He finally tells us that this time has come. His hour is here. And what is so great about this hour? As Christ says: "I have given You glory on earth by finishing the work You gave Me to do. Do You now, Father, give Me glory at Your side, a glory I had with You before the world began." (John 17:4-5) At this time He is likewise letting us know that this is also "our hour." We are called to live as people of the Eucharist.

Pro-Life Day of Recollection



On Saturday, April 22, Rev. Brian Boosel, OSB will lead the Spring Pro-Life Day of Recollection. The theme for the day is "God is Love, Love is Life!" and will be based upon Pope Benedict XVI's new Encyclical Letter *Deus Caritas Est*.

Program begins with registration at 8:45 a.m. and concludes with Eucharist at 4:00 p.m. (anticipated Sunday). Fee is \$25. Please call for additional information and reservations.



Please remember us when revising or making your will.

*Our legal name is:
The Sisters of Saint Benedict
of Westmoreland County*

Our Federal ID-# is: 75-231-104

Retreats

May	21-26	<u>Directed Silent Retreat</u> Rev. Thomas Acklin, OSB (Waiting list)
June	16-22	6 Day <u>SILENT</u> (lay and religious-part time participants welcome) Rev. Mark Gruber OSB
August	4-10	6 Day <u>SILENT</u> (lay and religious part time participants welcome) Rev. Tom Smith
September	25-27	Men/Women Rev. Bill Kiel, \$125
	15-17	Women Most Rev. Anthony G. Bosco, \$125
	22-24	Women Rev. Edward Litavec, \$125
October	29-Oct.1	<u>SILENT</u> (men/women) Rev. Timothy Fitzgerald CP\$125
	6-8	Women Rev. Mark Gruber OSB \$125
November	27-29	Legion of Mary and OTHERS \$125
	3-5	Married Couples To be announced, \$240
	10-12	Married Couples Rev. Mark Gruber OSB, \$240

Days of Recollection

April	5	Men/Women Rev. Msgr. Robert Shuda 8:45 a.m. - 6:00 p.m., \$35
	8	<u>Lenten</u> for Lay/Religious Rev. Tom Smith 8:45 a.m. - 3:30 p.m., \$25
	22	<u>Pro-Life</u> Rev. Brian Boosel OSB 8:45 a.m. - 4:30 p.m., \$25
	23	<u>Divine Mercy Sunday</u> Rev. Thomas More Sikora OSB 8:45 a.m. - 6:00 p.m., \$35
	23	<u>Benedictine Spirituality</u> Rev. Donald Raila OSB 8:45 a.m. - 6:00 p.m., \$35
	30	<u>Widowed</u> Rev. Tom Smith 8:45 a.m. - 6:00 p.m., \$35
	30	<u>Medical Personnel</u> Rev. James Holland 10:30 a.m. - 6:00 p.m., \$35
May	6	<u>Medical Personnel</u> Dr. Vera Krokonko 9:00 a.m. - 4:00 p.m., \$25
	7	<u>Carmelite Spirituality</u> Rev. Justin Matro OSB 8:45 a.m. - 6:00 p.m., \$35 Theme: <i>The Little Way of St. Therese</i>
December	2	<u>Advent</u> for Lay/Religious Most Rev. Anthony G. Bosco, 8:45 a.m. - 3:30 p.m., \$25

Monastic Guest House

Directed Silent Retreat

June 2-8	Rev. Mark Gruber OSB (Waiting list)
August 4-10	Rev. Mark Gruber OSB

Encounter with Silence

July 7-14	Rev. Frank Erdeljac, Accommodations at <i>Monastic Guest House and Retreat House</i>
-----------	--