



The Benedictine Tide

Benedictine Sisters of Florida

Touching Lives Through Prayer and Service

Summer 2022

What is your favorite Psalm?

The Lord is my Shepherd



Praise the Lord with the harp



Sing praise to the one
who rides in heaven



There is a river whose streams
make glad the city of God.



Praise Him with tambourine



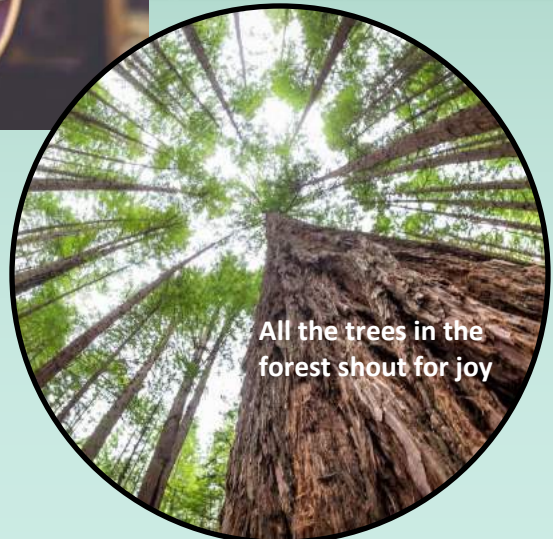
They yield fruit in due season



Praise Him with the sounding of the trumpet



All the trees in the
forest shout for joy



Lessons from the Mystery of the Eucharist

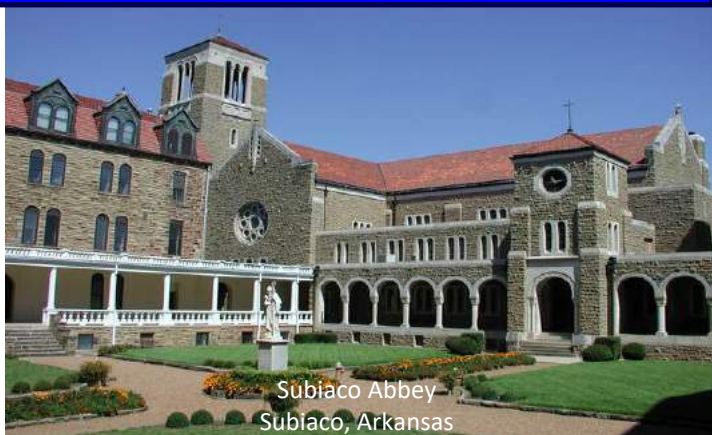
Community Retreat—July 24—29, 2022

Lessons from the School of the Lord's Service



Father Patrick Boland, O.S.B., the director for our retreat this summer, is a monk of Subiaco Abbey, Subiaco, Arkansas. Father Patrick is trained as the Safe Environmental Coordinator for Subiaco. Father Patrick prays that his years of

experience in practicing and providing a safe environment for minors is effective in preventing any future incidents of child abuse in any form, but in particular child sex abuse. Father Patrick conducts both private and conference retreats.



Subiaco Abbey
Subiaco, Arkansas

It is not possible to summarize Father's presentations in a few words. Here are a few "snippets".

Father cited Scripture. He reminded us that Jesus promised *"I am with you always, to the end of the age"* (Mt:28:20). For us as Roman Catholics, Mass is not just the recollection of a past event, it is also "a celebration of the living presence of the Risen Lord in the midst of his own people." (UCCB)

In another Scripture passage Jesus told his listeners that they must eat his flesh and drink his blood to have life within them (John 6:48-67). When his listeners began to protest ("How can he give us his flesh to eat?") Jesus repeated what he said, insisting that they must do so in order to have eternal life. In saying this Christ was promising to nourish us with his very self. He does so in the Eucharist where we receive the flesh and blood of Christ.

Father Patrick also quoted St. Teresa of Calcutta who said, "When you look at the crucifix you see how much Jesus loved us then. When you look at the Sacred Host, you see how much Jesus loves you now."

Father Patrick's presentations reminded us of the great gift that the Eucharist is to us and to the entire Church. We are grateful to him for coming to Holy Name to share his wisdom with us.

Sister Eileen Dunbar

The Benedictine Sisters of Florida made their annual communal retreat July 24 to July 29, 2022.

The Retreat Director was Father Patrick Boland, OSB from Subiaco Abbey in Subiaco, Arkansas. The title of Father Patrick's Retreat was "The Mystery of the Eucharist". The presentations were centered around the document "The Mystery of the Eucharist in the Life of the Church", published by the United States Conference of Catholic Bishops in 2021 (see <https://www.usccb.org/resources/mystery-eucharist-life-church>)...

Father Patrick began the retreat by citing a survey done by the Pew Research Center showing that 69% of Catholic respondents believed that the bread and wine offered at Mass are only symbols of the Body and Blood of Jesus Christ. Only 31% believed the teaching of the Catholic Church, that is, the bread and wine become the actual Body and Blood of Christ at the Consecration. (See One-third of U.S. Catholics believe in transubstantiation | Pew Research Center). The UCCB document was written in response to those results.

Psalm 23 - *The Lord is my Shepherd*



My favorite Psalm is
**Psalm 23 The Lord is
my Shepherd.**

Psalm 23 was written
by King David who
grew up tending
sheep as his father

was also a Shepherd. In this Psalm, David expresses his great confidence and delight in the constant protection and guidance of a loving God. David referred to God as his Shepherd and himself as the sheep. I believe David means that God will watch over us just as the shepherd watches over the flocks.

The psalm uses the metaphor of a shepherd's care for his sheep to describe the wisdom, strength, care, protection, love, and kindness of our God.

Psalm 23 is one of my favorite psalms because this is the first psalm which I learned by heart as a preparation for my first holy communion when I was in second grade. I took a lot of trouble to learn by heart. Learning of this Psalm 23 is sure to leave me feeling secure and wrapped in God's loving arms. This Psalm for me is a prayer of trust in God's divine protection. And this Psalm has been a constant companion where my journey takes me in life.

I would like to share here, my short reflection on this Psalm 23.

The LORD is my shepherd; there is nothing I shall want (Psalm 23:1): It brings me comfort in my greatest times of need and reminds me of the care and protection of my Good Shepherd.

The Lord makes me lie down in green pastures. He leads me beside still waters. (Psalm 23:2-3): The Lord helps me to be still in His presence so that He can bring peace and refreshment to my soul. The Lord provides strength for my weary heart, enables me to walk forward on my journey and restores my soul. The Lord leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me. (Psalm 23:4): The Lord

guides me into righteousness so that I may do everything for the glory of God. Even though I may walk through dark times, I trust that God is with me even there. It is in those times where I press into Him, spending more time in His presence. As long as I am walking in the ways of the Lord, his power and protection abide with me.

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows, (Psalm 23:5): I will have trials, but if I feast on His word, and learn to be still in His presence, it makes me walk through those times much easier. The Lord anoints me and chooses me to serve Him. The Lord provides abundant blessings to me, too many to count! My cup is always full. The Lord has blessed me abundantly and I have so much to be thankful for.

Surely goodness and mercy shall follow me, all the days of my life, and I shall dwell in the house of the Lord forever. (Psalm 23:6) The Lord's goodness, mercy and unfailing love will pursue me all of my life journey. With this great confidence in God's continued favor in my life, no form of opposition of fear will diminish my faith in God's ability to meet my needs. And I am sure that the Lord provides a place for me to dwell with him forever!

Sister Elizabeth Mathai



The canticle from Isaiah 35:3-4 says, "Strengthen the hands that are feeble, make firm the knees that are weak. Say to those whose hearts are frightened, be strong, fear not."

As Sister Dianne recovers at Orchid Cove from the accident, she agreed to include this photo taken in December and the Scripture verse in the Tide. We ask you to continue prayerful support for her and all the many who are in need of healing.

God Rides in Majesty

I love the end of Psalm 68

Nations of the earth, sing to God

Sing praise to the one
who rides on the heav-
ens,

The ancient heavens.

Come, acknowledge
the presence of God.



Glory is over Israel:

Splendor is in the skies

Stand with awe in this
holy place,

For God gives strength to these people.

Blessed be God!

This is poetry. It paints an image of the unknowable, unfathomable God rejoicing in his works as He “rides the heavens”. Here is God simply taking pleasure in being God. I can see God soaring over the billions of galaxies that have been revealed to us by means of the newest telescopes. How unimaginably grand is a God who rides the cosmos as we humans would ride a horse or a mule! We puny mortals can only gaze skyward, mouths agape, as God’s glory and splendor shines down on us, His people, from above. Blessed be God!

Sister Eileen Dunbar

THE GREAT JOY OF PSALM 96

Which psalm is my favorite?

I have no definitive answer for all time, but I can speak of my favorite psalm on the day I began writing this essay. It was Psalm 96. When looking for a line for morning lectio, these lines jumped out at me:

“Let the heavens rejoice and the earth be glad

The sea and all within it thunder praise

The field and all it bears rejoice

All the trees of the forest shout for joy -- at the
presence of the Lord!”

This lovely imagery reminds us of the sacredness of all God’s creation, reminding me of one of my all-time favorite lines, from Ps 98: “Let the rivers clap their hands!”

Psalm 96 states that the Lord is “to be feared above all gods.” I found two important ideas here.

“All gods” reminded me that religions were initially polytheistic. Then, the monotheistic religions emerged. Stages of wisdom give way, one to another. Another example of this kind of transition is the Old Covenant giving way to the New Covenant.

Then, there is “fear of the Lord.” They say “fear” is not an exact translation, and that there is an element of “awe” in the meaning, but I think “fear” is a good translation, because it is so powerful. “Fear of the Lord is the beginning of wisdom,” Psalm 111 tells us. I think that says it perfectly.

What I loved most about Psalm 96 is that it tells of great joy, joy for God’s splendor, majesty and grandeur, and joy for God’s salvation and wondrous deeds. Psalm 96 is all about joy, pure joy.



Then, I wondered, what could be the occasion for all this joy?

Therefore, I turned to THE DAILY BIBLE, a remarkable book, which I have been studying for the past couple of months. In this book, Professor F. LaGard Smith has arranged the verses of the Bible in “chronological” order, skillfully “ironing out” duplications, without

losing any details. When he finds a place in the ongoing narrative to insert specific psalms, this technique is brilliant!

In THE DAILY BIBLE, Professor Smith inserts Psalms 52, 54, 56, 57, and 59 into the first book of Samuel, exactly where they belong. When you read how King Saul, out of jealousy, turns on his loyal servant David and begins trying to kill him, and you read David’s words in these psalms, you are reading drama as great as anything in Shakespeare.

Now, in conclusion, what is the answer to the question about the occasion for the great joy of Psalm 96?

In THE DAILY BIBLE (as in other commentaries), Psalm 96 is said to describe the joyous day when King David triumphantly brings up the Ark of the Covenant to Jerusalem.

Kathleen Daye

Favorite Psalms of S. Miriam Cosgrove



"I am a pilgrim
on the earth."
Psalm 119
(always looking
ahead, and often
looking back)

Sister Miriam

"Look toward
me, for I am alone
and afflicted.
Relieve the
troubles of my
heart."

Psalm 25: v.16-17

Photo by:
S. Miriam



09/08/2017



They yield fruit
In due season;
their leaves
are ever green.

All that they do
prosper."

Psalm 1

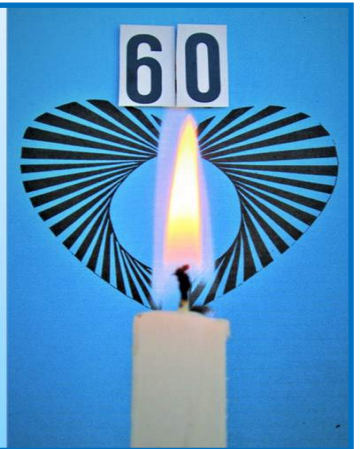
Sister Miriam

02/06/2020

"Let praise
be your sacrifice,
keeping the vows
you made to Me."

Psalm 50

Sister Miriam's
60th Jubilee candle



Aquaponics Volunteer



Lili Kozlowski first visited the monastery as a member of the student-led Bible Study group last September and came for a meal and to mingle with the Sisters. Apparently liking it, the group returned again to volunteer with light housekeeping and Lili wanted to be introduced to the fish in the aquaponics greenhouse outside. It seems it was love at first sight, no surprise there with such friendly tilapia!

As the academic year continued, Lili kept up communication and came with other students and with her good friend, Arielle Jacus who knew us from attending evening prayers. Lili wears a medal of her favorite saint, Saint Maria Goretti for whom she has great admiration and love, and Lili lectures at student Masses at Saint Leo University.

At the close of the year, Lili wished to remain a while in Florida and so stayed in our guest wing and volunteered in the aquaponics area doing various tasks. Having a keen sense of humor, she somehow was attracted to the snail population which doesn't exist in her home state of New Hampshire. Her frequent contacts in summer reflected her love and laughter and we hope Lili returns to St. Leo soon in her usual good spirits when Saint Leo University resumes classes.

Going Way Back

I go way back with the Psalms (since my becoming a nun 50+ years ago). As the time passes, I've come to appreciate them ever more.

It is amazing to remember that Jesus prayed the psalms. They shaped, formed Him as they can any of us if we let them sink in.

When we pray the psalms it can be like reading a love letter. I'm a nun but I know love letters are read and re-read repeatedly.

More is not better. Too often we can read or recite psalms without thinking what we're saying or listening to what God is saying to us. We can't just be putting time in and speaking "Babylon".

Looking back, I see growth in praying the psalms. Though I've prayed them for years, they can speak uniquely today-tell of God's love, glory, faithful care...

I often write psalm quotes in my journal (at times Haiku (3 lines-5,7,5 syllables)) to help me remember and deepen my relation with God. Read! Reread! Remember God's love-Renew and Revive your tired, worn spirit. Know God is **WIT** * you!

* **W**ith you, **I**n you, working **T**hrough you.

Like a tree planted
near running water...whose leaves
never fade Trust God.

Psalm 25

Teach me Your paths; guide
me in Your truth and teach me
for You are my God.

Psalm 33

Our soul waits for the
Lord, who is our help, our shield...
in His name we trust.

Psalm 46

God is our refuge
strength, an ever-present help
in distress...Fear not!

Sister Mary David Hydro

Christmas in July!



If Virginia were to write to the Benedictine Sisters of Florida to ask the question, "Is there really a Santa Claus?", the Sisters would respond with a resounding YES. They would add that he lives in the hearts of the Columbiettes of St. Mark the Evangelist Catholic Parish in Tampa, Florida.

On July 16, 2022, the Sisters were graced with a visit by the Columbiettes to celebrate "Christmas in July". The Columbiettes hosted a barbeque luncheon in the monastery dining room. Sisters and members of the Columbiettes enjoyed getting to know one another as they ate. Each sister received a personalized gift bag. Sisters had been asked to submit a "wish list" prior to July 16. Members of the Columbiettes were assigned a sister and shopped for her. Requests ranged from necessities (favorite soap) to special treats (chocolate). Many sisters ask for a gift to be shared with the community.

The Columbiettes are a witness to the loving generosity of our God. They find joy in giving to others as St. Nicholas did so many centuries ago. May their example inspire us all to achieve ever greater heights of virtue!



Dinner at Papa Joe's

Courtesy of the Columbiettes



Meet our New Affiliate



Angie Chatfield was born in Springfield, Ohio. She was raised Catholic and was sent to private parochial Catholic school from first grade until high school graduation. She then went on to Nursing School and received her degree as a Registered Nurse. Because of her love for children, she decided to specialize in Pediatrics. She has worked in the Emergency Room, Burn Unit, Medical Surgery Unit, and after moving to Florida in 2000 was employed with Florida Department of Health Children's Medical Services.

She was married and blessed with three amazing children. And now has two amazing grandchildren.

The desire to consider religious life was laid upon her heart in 2016 in which she promptly said, "No thank you, God." For three years she struggled with the Lord over this and finally decided to at least do some research about different orders. Once that door was open, the Lord literally changed her life.

The journey has been full of joy, laughter, and even some tears. But through it all the growth has been exponential. The Lord finally led her to the Benedictine Sisters of Florida, when upon initial meeting, there was an instant peace and fellowship. She feels very blessed to have been led to this very spirit filled community and looks forward to continuing her journey with them.

Angie enjoys coming every month to assist in aquaponics.



S. Winny's Project in Tanzania

Periodically the Benedictine Sisters of FL solicit contributions to an almsgiving project that they have discerned to support. They have made offerings from their individual allowances (ranging up to \$70 monthly) to support a K-3 project in Tanzania. The Sisters and donor contributions were matched by the community and a check for \$1,500 was sent to Sister Winny's community for their kindergarten project.



The initiative is under the leadership of S. Winny Kalamira who resided with us when she was on scholarship at Saint Leo University. Sister is now superior of the new community of three in an area deprived of educational opportunities. We are proud to promote her cause.

Pray for the Success of the project!

Thank you! May God bless you for your generosity.

Giving Tuesday

November 29, 2022

Giving Tuesday happens November 29th and we need your help! The day is a **24-hour day of giving** that follows Christmas shopping on Black Friday and cyber Monday.



#GIVING
TUESDAY

Please help make this a reality with a donation. Go to: www.benedictinesistersoffl.org.

Click on the Donate Now button at the top of the page. It's easy!

Ask your **friends and family** to join you in this effort. Even \$5.00 or \$10.00 gifts make a difference.

For questions or assistance, call Cheryl at (813) 838-7452.

Checks postmarked by November 29, 2022 and made payable to the Benedictine Sisters of Florida can be sent to: PO Box 2450, St. Leo, FL 33574-2450.

*With your help,
we can do this!*

The Season of Giving is considered to be for many, the holidays. We see it as a time for giving back in gratitude for our blessings. The Benedictine Sisters give thanks for our friends and supporters as you stand by us and trust in our mission.

As we approach the last quarter of 2022, we hope you are able to give in any amount so that we can continue our unique way of life of prayer and service; help those in need; provide spiritual guidance; engage others in the values that St. Benedict wrote about based on the life Jesus lived; and share Benedictine hospitality.



How fortunate that we are able to collaborate and partner with you so that together we can make what we want to see happen in the world come to life. Whether at this time of year or throughout, *the joy of giving is the joy of living*. It is a love that is powerful, letting "the light" shine in for those served.

Federation of St. Scholastica Celebrates 100 Years

Benedictine Sisters from 17 monasteries across the



United States and Mexico gathered at Mount St. Scholastica in Atchison, Kansas, from June 15-19 for the Federation of St. Scholastica Chapter.

Besides the Sisters conducting their regular meeting, held every four years, to discuss matters of concern, plan for the future, and elect new leaders for this union of autonomous monasteries, they also celebrated the 100th anniversary of the Federation's official approval by the Vatican on February 25, 1922. Sister Eileen was the delegate from our community.

Upcoming Events Calendar

August 15	Feast of the Assumption
October 17-21	Aquaponics Training
November 1	All Saints Day
November 2	All Souls Day
December 8	Feast of the Immaculate Conception

From the Oblate Office

The Oblates continue with the study of **Joan Chittister's** Spirituality of the 21st Century—the Rule of Benedict.

It is text and commentary on all 73 chapters of the Rule of St. Benedict. We will be using it for two or more years.

We've had Zoom meetings for 2 years due to Covid. The good thing about it is that we do get to see each other. Oblates at a distance can join us (Iris in WA wins the prize for longest distance!) It does save Oblates travel time and money but they miss Mass with the Sisters and sharing in Sunday dinner.

We keep saying, "Maybe next time" but then a variant emerges, or we realize our limit to number of visitors would not allow the 30-40 Oblates who would wish to come, so we Zoom again.

It surely is different to have an Oblation or accept a candidate by Zoom. When we are back to in-person again we'll have to celebrate!

Let Jesus lead you to a life of purity!

Our Oblate Summer Days (10 am - 2 pm) were a chance to have a group, smaller than ten (our Covid limitation) come together in person.

We met June 25th. Three participants enjoyed prayer and then lunch with Sisters and input on *Awakening* to "Listen with the ear of the heart" as an Oblate that Sister Mary David shared; all did great job of reflecting and responding.

We did a repeat of the program on August 5th. Eight participants and even MORE GOOD reflecting, sharing, community building. The Summer Days were good but we all are hoping we might finally have an in-person Oblate Meeting in September.

Our next Oblate meeting is September 25th

November 27th
will be the last meeting for 2022.

Join Us!



The 10th anniversary of their ordination to the priesthood was concelebrated by Father Anthony Ujagbo and Father George Ike with great joy here on July 16. As Father Anthony exclaimed at the conclusion of the Liturgy, "I should have asked YOU, Sister Roberta, if it was possible to have that here at the Monastery, not my pastor." The Sisters agreed with an immediate applause.

Schedule Your Retreat Now!

Give yourself some time away from the many distractions we all face in our busy lives.

Come for a day, a week or more ...

~Relax, reflect, walk on our Prayer Walk, pray~

Give yourself this special gift and leave refreshed, invigorated and at peace.

Our rooms are handsomely furnished and comfortable, a chapel of light, a tradition of Benedictine Hospitality in a setting of peaceful tranquility—this is what is in store for you as an individual or a group when you visit Holy Name Monastery.

Each of the ten rooms (20 beds) have a private bath; a lovely gathering or meeting room equipped with TV. Wander our spacious and scenic grounds with gardens. Our Prayer Walk and Fountain are places of quiet contemplation and prayer.

Call S. Mary Clare at (352) 588-7188

You Can Produce Your Own Food!

Is summer's heat squashing your energy?
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Aquaponics training in the fall.

AQUA/HYDROPONICS 5 - DAY COURSE October 17-21, 2022

Who is this course for?

- Families
- Entrepreneurs
- Educators
- Missionaries
- Hobbyists
- Preppers



Course includes classroom instruction and hands-on greenhouse methods. For more information, go to Phil Reasons' (lead instructor) website: www.aquasol.org

The \$990 5-Day Course Fee Includes:

- ♦ Course Materials
- ♦ Certificate of Participation

REGISTER TODAY!

Call (813) 600-9297 or email:

Don@aquasol.org

"Anyone with any interest in aquaponics should be studying with Aquasol." - Jen Wride, Haiti

"I want to do aquaponics because I'd like to teach people how to grow their own food." -Sam DiTrilio

Afghans by Sister Jerome

Crafted
with
Love and
Prayers



Sister Jerome Leavy was introduced to the Florida Benedictines while attending Holy Family School in North Miami, Florida. She entered our community in 1958. She was awarded a Master's Degree from Notre Dame University and a PhD in education from the University of South Florida. Sister taught in schools staffed by our Sisters in Jacksonville Beach, Sarasota, North Miami and was principal of Saint Anthony School in San Antonio, Florida.

Several years ago **Sister Jerome Leavy** suffered a stroke that left her partially paralyzed on the right side and language-impaired. Her hard fought battle to regain some control over her life has been valiant.

Sister resides at Concordia Village Assisted Living in Tampa and is proud to contribute her artistry for our mission work.

One of Sister Jerome's loves is crocheting and her ability to again create items is a blessing. Her lovely afghans (approx. 36" X 36") are available at the monastery and offered at a minimum donation of \$20 to the Benedictine Sisters of Florida.

In Memorium

Marlene Storch Sumner —February 6, 2022,
Holy Name Academy Class of 1952

Shawnn Leach—April 21, 2022,
Holy Name Chef



Benedictine Sisters of Florida

Touching Lives through Prayer and Service

Commemorative Bricks *An Enduring Reflection of Love*

You can now honor a loved one, celebrate a special day, remember your departed loved one(s) or simply inscribe a message on a brick at Holy Name Monastery. The bricks will lead to and surround the statue of the Blessed Mother at the front of the property. Your gifts will help toward the maintenance and beauty of the monastery grounds and gardens which provide quiet contemplation for all our visitors.

Space is limited so **reserve** your brick(s) today in honor, remembrance or celebration of those you love in this place of peace. Each brick is 8" X 4" with up to 3 lines of text; maximum of 13 characters per line.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Brick Donation - \$120

A Donation of \$120 for each brick can be made by check or credit card:

_____ Check (made payable to Benedictine Sisters of Florida and mailed to: PO Box 2450, St. Leo, FL 33574)

_____ Online via PayPal or credit card at our web-site: www.benedictinesistersoffl.org

_____ We accept Visa or MasterCard – To order by credit card, call us at (352) 588-8443

Fit your message for an engraved brick in the spaces below – maximum 3 lines, 13 characters on each line (including each letter, space and punctuation):

Return this form with payment method by mail to the address below. The form is also online for submission and payment of your order. If you have any questions, contact Cheryl Chadick at the phone or email address below:

Benedictine Sisters of Florida
Advancement Office
PO Box 2450, St. Leo, FL 33574-2450
(352) 588-8443 * FAX: (352) 588-8319 * Cheryl.chadick@saintleo.edu



Holy Name Monastery

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St. Leo, FL 33574-2450

CORPORATE COMMITMENT

In an effort to address contemporary local needs, we, the Benedictine Sisters of Florida, commit ourselves and our resources to respond with the compassion of Christ to the hungers of the People of God.

Editorial Team

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S. Eileen Dunbar and Development Staff

Writers: Benedictine Sisters

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*Hope you are having
a safe, fun and relaxing time this summer!*

