

Oblate Community of Saint Martin's Abbey

Oblates of Saint Benedict

Dec 2023

Volume 2 Issue 67

A LETTER FROM THE OBLATE DIRECTOR — BROTHER EDMUND EBBERS, OSB

Dear brothers and sisters in St. Benedict:

It is that time again when I write a letter of joy and peace since we are nearing Advent. There seems to be a lot happening here at the Abbey and around the world. Not all is peaceful, but we certainly pray for peace to come again through the celebration of Advent and Christmastide.

Our school enrollment is down so many financial cuts have to be made. We currently have two interim presidents, Roy Heynderickx and Fr. Kilian Malvey who are making adjustments to turn things quickly around. A permanent president is being sought for the position. If you know of someone, please send them our way.

Many of you know that this past September I began my vacation but had to turn back for medical attention. It was something this nurse could not do alone. Unbeknownst to me I had developed congestive heart failure which was the cause of a sore on my left leg. Upon returning home I was hospitalized for about 24 hours and then released on a program called "hospital at home" for a few days and then onto Home Health Care. I lost about 25lbs of water with the aid of a diuretic. The sore on my leg is slowly healing with the help of a pressure dressing that is reapplied every four days. My podiatrist debrides the site when I see him weekly. I have been in atrial fibrillation for some time and soon the cardiologist will try to get me back into sinus rhythm and feeling better. This procedure is scheduled for the 6th of November. I am feeling fine most of the time but then some days are not so good. Please ask our Lord and His mother to do with me as they wish.

Although many of you did not know Janis Dopp, Oblate director of St. Meinrad, I commend her to your prayers. She had been battling cancer for a couple years and was quite a leader in the Oblate Congress for some years. Through some complications she passed some days after returning from the Congress in Rome. She was blessed with having a private moment with Pope Francis. Thanks be to God for her life.

In the beginning I called this "a letter of joy and peace." In times of trials there are times of joy and peace. Because of the birth of our Lord, he has given us hope and this is what we are called to live for. Whether there is pain or sorrow we should be looking for that silver lining of joy and peace. Pain and sorrow can take us to despair, drowning our search for joy and peace. In those times it is wise we seek help from someone stronger to pull us out so that we can once again find hope and harmony. Trials signal to us that something is amiss and so we stop and spend quality time talking with our Lord.

May the Peace of Christ bring you closer to Him this holy season.

In St. Benedict I am, Br. Edmund E., OSB
Saint Martin's Abbey Oblate Director

OBLATE COMMUNITY SUNDAY DECEMBER 3, 2023

Join us at 11:00 am for Mass followed by lunch purchasable at the student cafeteria and then a talk at 1:30 pm in the Abbey church by Deacon Dan Terry on the exploration of 3rd Order Franciscans in relation to Oblates of St. Benedict.

It is that time again our annual Oblate Bazaar.

Bring your gently used items, kitchen items, handmade craft items, handmade Christmas items. Baked Goods welcome, please package them appropriately. All items need to be dropped off before noon on November 17th. If you have items to drop off contact Br. Edmund at 360-438-4457 or br_edmund@stmartin.edu

We need volunteers.

Those wishing to volunteer please contact Joshua Roberts at obate.joshuaroberts@gmail.com

Set up is November 16 at noon at the T.U.B. located in the center of campus behind the pavilion.

November 17th Bazaar doors open up at noon - 4:00 pm. Volunteers needed.

November 18th doors open 9:00 am - 4:00 pm - Cleanup and repack begins at 4:00 pm

GOOD WORKS

Knitters keep knitting.

Rosary making in now meeting in person. Again a big thank you to those who made rosaries for Ukraine.

Rosary makers will meet at 1:30 pm to 3:30 pm in the guest dining room on the following dates: November 11th, December 2nd, and December 30th.

Rosary making materials are available, along with kits for you to continue at home. All are welcome. We will teach you how to make rosaries, all you need to do is show up.

Up coming events:

November 4th - Rosary Making (Guest Dining Room) 1:30 pm - 3:30 pm

November 5th - Holy Rule Study Group 1:30 pm - 2:30 pm (Zoom)

November 11th - Rosary Making (Guest Dining Room) 1:30 pm - 3:30 pm

November 16th - 18th Annual Oblate Bazaar. At the T.U.B.

November 25th - Oblate Formation Group (weekday session) 11:00 am - 1:30 pm

November 27th - Oblate Formation Group (weekend session) 3:30 pm - 6:30 pm

December 2nd - Rosary Making (Guest Dining Room) 1:30 pm - 3:30 pm

December 16th - Oblate Formation Group (weekend session) 3:30 pm - 6:30 pm

December 18th - Oblate Formation Group (weekday session) 11:00 am - 1:30 pm

December 30th - Rosary Making (Guest Dining Room) 1:30 pm - 3:30 pm

OBLATE COMMUNITY CALENDAR 2024

January 2024

- 12th** Oblate Council 9:00 am Zoom.
- 14th** Holy Rule Study 1:30 pm - 2:00 pm Zoom.
- 27th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 29th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.

February

- 9th** Oblate Council meeting 9:00 am Zoom.
- 11th** Holy Rule Study 1:30 pm - 2:00 pm Zoom.
- 24th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 26th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.

March

- 3rd** Oblate Community Sunday 1:30 pm - 3:30 pm in the Abbey Church.
- 8th** Oblate Council meeting 9:00 am. Zoom.
- 25th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.
- 30th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.

April

- 12th** Oblate Council meeting 9:00 am Zoom.
- 14th** Holy Rule Study 1:30 pm - 2:00 pm Zoom.
- 27th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 29th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.

May

- 3rd** Oblate Council meeting 9:00 am Zoom.
- 25th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 26th** Oblate Community Sunday 3:00 pm Investing and Oblations with Evening Prayer with the Monks. Later date because of conflicts with the University graduation and Abbey Retreat.
- 27th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.

June

- 7th** Oblate Council meeting 9:00 am Zoom.
- 9th** Holy Rule Study 1:30 pm - 2:00 pm Zoom.
- 24th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.
- 29th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.

July

- 12th** Oblate Council meeting 9:00 am Zoom.
- 14th** Oblate Community Sunday 1:30 pm - 3:30 pm Annual Potluck Picnic.
- 27th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 29th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.

August

- 2nd** Oblate Council meeting 9:00 am Zoom.
- 4th** Holy Rule Study 1:30 pm - 2:00 pm. Zoom.
- 10th** Silent Retreat 9:00 am - 5:00 pm
- 26th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.
- 31st** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.

September

- 6th** Oblate Council meeting 9:00 am Zoom.
- 15th** Oblate Community Sunday 3:00 pm with Investing and Oblations, Evening Prayer with the monks.
- 28th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 30th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.

October

- 4th** Oblate Council meeting 9:00 am Zoom.
- 6th** Holy Rule Study 1:30 pm - 2:00 pm Zoom.
- 26th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 28th** Formation meeting at 11:00 am - 1:30 pm

November

- 8th** Oblate Council meeting 9:00 am Zoom.
- 10th** Holy Rule Study 1:30 pm - 2:00 pm Zoom.
- 21st** noon set up for the Bazaar.
- 22nd – 23rd** Bazaar.
- 25th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.
- 30th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.

December

- 13th** Oblate Council meeting 9:00 am Zoom.
- 15th** Oblate Community Sunday 1:30 pm - 3:30 pm in the Abbey Church.
- 14th** Formation meeting at 3:30 pm - 6:30 pm in the guest dining room.
- 16th** Formation meeting at 11:00 am - 1:30 pm in the guest dining room.

From The Hill continued...

For this new morning with its light,
Father, we thank Thee,
For rest and shelter of the night,
Father, we thank Thee,
For health and food, for love and friends,
For everything Thy goodness sends,
Father in heaven, we thank Thee.

Ralph Waldo Emerson

Thanksgiving will soon be upon us. In the United States, it is a time of football games and parades, sharing love and meals with family and friends, and for deliberate acts of thanksgiving to Him from Whom all blessings flow. At Saint Martin's, our celebration of Thanksgiving begins with a Vesper service late Thanksgiving afternoon. At that, we always are joined by guests, friends, and family, who, after joining us for prayer in the Abbey Church, will share a festive meal with us in the St. Gertrude Cafe in Old Main. Our Thanksgiving guests usually include someone who might otherwise spend the time alone; some monks will be sharing a meal with nearby family or long-time friends. The day is about thanking the Father for "rest and shelter" "health and food," and also about sharing with those whose lives at this moment may not include such gifts. Some give thanks by giving back, and spend Thanksgiving in a local food kitchen, preparing and serving a special meal for the less fortunate. **ABBOT EMERITUS NEAL ROTH** once reflected that when he was growing up in Yakima, their Thanksgiving table always included one or more friends or neighbors who might not otherwise have been able to share a meal on Thanksgiving. Let us give thanks for all His goodness sends and see our way to share with those who may be in want in one way or another.

BROTHER LUKE DEVINE will be spending Thanksgiving abroad, where he is spending his sabbatical. For **POSTULANT JORDAN BENNETT**, it will be his first Thanksgiving in the monastery. **ABBOT MARION NGUYEN** received **JORDAN** into the community as a postulant on 22nd August. **JORDAN** lives our life of prayer and work with us under the direction of postulant director **ABBOT NEAL**. **JORDAN** is a twin, something rare in our community. The late **BROTHER RONALD HURST** had a twin brother as well, but his brother died as an infant. **JORDAN** is a Northwesterner and earned an undergraduate degree in biology and an M.A. in theology and leadership. Welcome, **JORDAN**.

From The Hill - Boniface V. Lazzari, O.S.B.

FATHER KILIAN MALVEY, one of our most senior monks, has been named a co-interim President of the University. He shares the position with Dr. Roy Heynderickx, who had retired in the Spring 2022 as SMU president. **ABBOT MARION** was part of a visitation team in September to a monastery outside of Mexico City. **ABBOT NEAL**, **FATHER GEORGE SEIDEL** and this writer all have been appointed Visitor at one time or another... **BROTHER PASCAL GREENE** is spending the Fall semester at Mt. Angel, Oregon... Abbey Church Events had a successful first concert on 7th October, and presents a well-known double bass on 18th November, just before Thanksgiving.

**God's blessings on you and yours
for a blessed Thanksgiving!**



Image found at Needpix.com

Abbey Church Events 2023-2024

November 18th at 8:00 pm double bass musician Xavier Foley

February 24th at 8:00 pm Cavatina Duo - Flute and Guitar - Eugenia Moliner and Denis Azabagic

April 6th at 8:00 pm Tenor Daniel McGrew and Pianist Sophia Zhou

More details can be found online at: <http://www.saintmartinsabbey.org/ArtsEvents/201516abbeyevents.pdf>

Events are not ticketed and seating is generally unreserved. Doors open one hour prior to starting time. A freewill donation in support of Abbey Church Events is suggested.

COMPLINE BY FR. PETER TYNAN OSB

When praying Compline before going to sleep at night, do you spend much time pondering the scriptural passage given for the day? They are usually short and provide us with a *memento mori* as we enter into the darkness of sleep. This little meditation is useful to remind us that tomorrow will be a new day to work on our salvation. A work that is always in progress.

The reading for Wednesday night is from Paul's letter to the Ephesians. It reads, "If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you." (Eph 4:26-27) It is a bit of a puzzle. It speaks of two types of anger. One that is not sinful and another which is. We do not usually make such distinctions. Anger is simply anger.

Yet, for the first monastics, they sought to understand this passage better since it was the Word of God. God is communicating to us through Saint Paul that we need to be watchful of one sort of anger while allowing another. So, it was important to understand the distinction so as to avoid the wrong kind of anger and the devil's schemes that accompany it.

Many of the first monks were well-educated for the time. While Saint Anthony may have been the heroic figure who went from grade school dropout to sage of the desert, most others finished their education. In their education, they would have come across the writings of the major philosophical schools of Stoicism and Platonism. From the Stoics, they would have learned about how ideas and emotions affected a person. From the Platonists, they would have come to understand the mind as three parts. Using these influences, the monks discerned what they believed Paul was saying about anger.

Anger comes from the part of the human mind that repulses. The mind, according to Plato, also had a part that was attracted to certain things and a part that was to act as a prudent judge. When people witness injustice, for example, they immediately are repulsed by it. This immediate and involuntary emotion was what the Stoics called *propatheia*, a kind of proto-passion or thought. At this point, a well-ordered mind would then decide on the appropriate and courageous action to be taken. An undisciplined mind, however, would allow the proto-passion to become inflamed into a full and raging passion. The person is no longer in control and so is apt to do injustice in response to injustice.

The monks applied this understanding to Paul's admonition from his letter to the Ephesians. It is good for a Christian to have repulsive feelings, especially when it comes to temptation and sin. That is what 'good anger' is for. To motivate us to avoid and confront sin in our lives. 'Bad anger,' on the other hand, is when we allow this initial emotion to take control of us. This opens the door for the devil. For the devil can do much mischief in a mind that is inflamed with passionate anger, which Saint Paul names as wrath. The best thing to do is to follow Paul's advice and set a limit on how long we let the initial impulse of anger linger in our minds. In this case, we need to put it to bed before we go to bed ourselves.

So, this evening be sure to do two things. The first is to give yourself enough time so that when praying Compline, you have time to do some *lectio divina* on the scripture passage. There is good wisdom in each pertaining to your salvation. The second is to have already dealt with all the angry feelings that emerged from the day by either planning a just response or simply letting them go. May we never give the devil a chance to work on us.

PRAYER REQUESTS

RIP Dan Rotter – husband of Oblate Karen Rotter
RIP Oblate Janis Dopp – Director of Oblates of St. Meinrad
RIP David Boren – former employee of St. Martin's
RIP Vicki Kettle Step-daughter of Oblate Suzanne Rothwell

Brother Edmund and his health needs
Healing of broken or troubled families
For the homeless to have respectful lives
For the unborn and very young
For countries in conflict, Ukraine and Israel

THROUGH THE LENS OF THE SEASON BY OBLATE MARY RANDALL

As we prepare for Christmas through the four weeks of Advent, let us consider and ponder thoughts for the season.

Christmas is not a moveable feast. It belongs in December, a hodgepodge of faith, tradition, and culture. Most importantly the center of our celebration of Christmas is the faith appropriation of the birth of Christ through Word and Sacrament. But clustered around the center is a sleigh full of tradition, the cultural tradition heritage of Christmas. Some of these cultures could be modified perhaps, and others enhanced, but most should be treated generously as attempts to extend the Spirit of Christmas.

The purpose of the customs, colors and legends of Christmas is to make available its essential Spirit. In the search for Spirit there may be a time to squint expectantly into the visible air, but Christmas is not that time. Christmas is a time to plunge into the visible pudding.

The visible pudding includes the Christmas tree. While Santa Claus is struggling down the chimney, the Son of God is climbing down the brightly-lit tree and entering into the village of the human race. He is God's gift to us.

Gift giving is another example of a custom that reflects the Light at the Center. Receiving and giving gifts is not about flattery or amassing possessions, but about the sacrificial giving of life to one another.

Recall a time when you gave a gift, and it meant something special for you to give the gift.

Now, recall a Christmas when you received a gift and it meant something special for you to receive it.

Gifts are symbolic of a relationship where knowing and known are going on. T.S. Elliot once called the Incarnation a "gift half-understood." Perhaps all the gifts, given and received, are only half understood because the feelings they carry are too deep for our minds to fully understand.



Image found at Needpix.com

THROUGH THE LENS OF THE SEASON CONTINUED...

Christmas is the feast of imagination and reason, and both are needed in the spiritual life. Images reveal and conceal simultaneously. They express and communicate a felt sense of what was experienced. However, images work in flashes. We see for a moment and then we go blind. The Christmas symbol of spiritual experience is the angel. In the stories angels arrive unexpectedly and depart suddenly, leaving people to scramble with their new insights and commissions.

Joseph is bundling up his family and is on the run; Mary is heading with haste through the hills to Elizabeth; shepherds are on the move to find the child.

When we puzzle the images, the work of reason takes over. This becomes the work of theology, a reflection on images that express and evoke spiritual experiences in a way that people can enter into the world of the spirit on a regular basis. If spiritual experience is a door that suddenly opens, theology is a doorstop that keeps it open.

The Infancy narratives of Matthew and Luke are dense with provocative images. Every word is a wink of the eye suggesting more. The natural flow is to let one image flow to the next.

See the potential for teasing out the images Christmas evokes. It is a matter of taking the suggestion, trailing the tease, completely unwrapping the gift whose ribbon is partially untied. Image evokes image, which flowers into thought, which, in turn, suggests a story that turns us into seeing a new way.

Christmas has unlimited potential. Can a feast that strings lights over the entire world not have the power to illumine the dark spaces of our souls? The feast of Christmas is prepared. The invitations are out. Are we too busy that we cannot come?

In the Spirit of Saint Benedict,
Mary Randall, Oblate

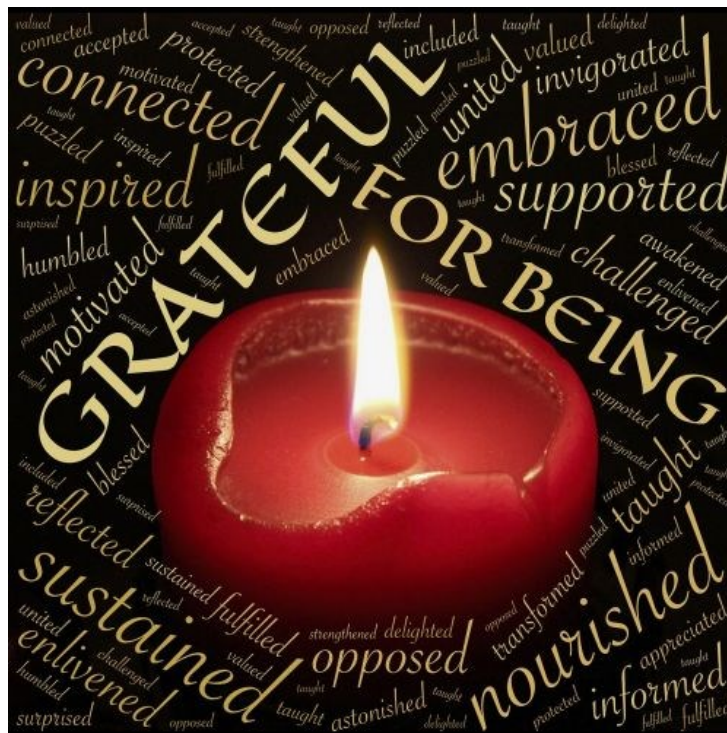


Image found at Needpix.com

If life was like the movies... By Oblate Jeanine Kavanaugh

Hallmark Christmas movies have some of it right. It is a season for joy, peace, and family. They usually tend to leave out the most important event – the birth of the Savior of the World. While Advent is a time of reflection and peace it is also a time of loneliness for many, especially those who are missing a loved one. The media and culture want us to believe that our expectations for a beautiful season of gifts and love will be fulfilled when in truth this brings up the ways our lives do not live up to this exaggerated portrayal of the perfect life.

The season of Advent is to prepare our hearts to receive the love and peace of the Christ Child. Perhaps forgetting about ourselves and focusing on others, especially those in nursing homes and those who are bereaved might be the real gift of presence/present of Christmas. Or working on listening and hearing what others are saying rather than talking. Smiling. We all do this but perhaps at this season becoming more aware to do it.

I want to share a picture of a friend that I met in a nursing home many years ago. She is now deceased and I am her age. She was a wonderful, loving woman and knowing her was a joy. I would encourage and pray others to reach out to those in nursing homes and the joy and peace of the season will be a better experience than a Hallmark Christmas movie.

*Visits that heal,
hearts that connect*



WELCOME



Novices: Pamela Pavitt-Colvin, Art and Thiengga Boyd, Paul Collins, Cecelia Brennan, Matthew Bruno.

New Oblates:

Ron Fialkowski and Wayne Clare



The Human Heart My Heart By Br. Ramon Newell OSB

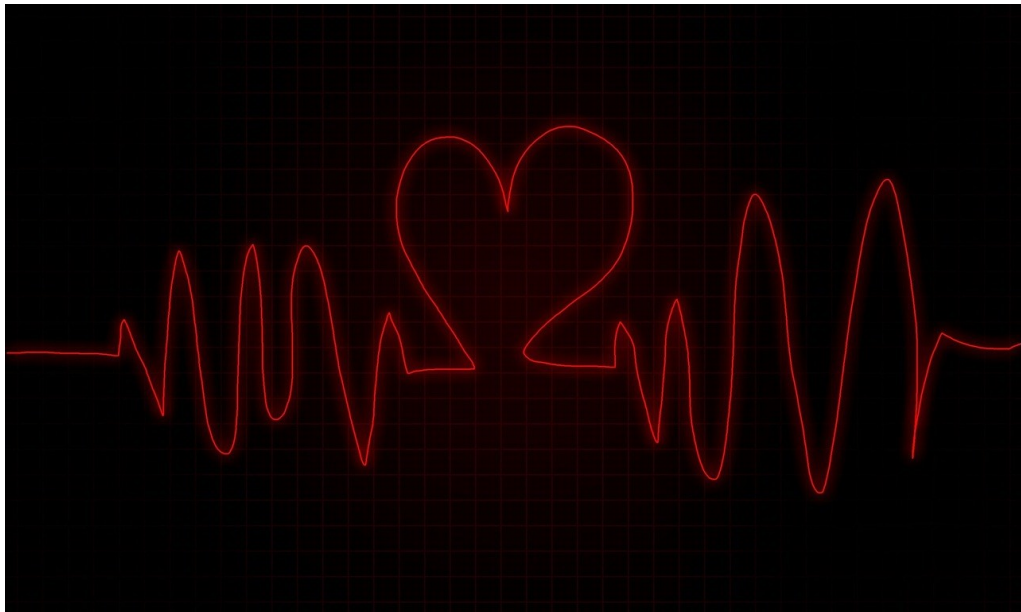
What a strange and complex thing it is.
It serves a biological purpose, yet it is more.
It is strong, yet it is very fragile.
It can withstand great trials
Yet can easily be crushed.

The heart can be proud and arrogant,
Yet humble, sweet and tender.
The heart can be hard as stone,
Yet merciful and compassionate.
The heart can be selfish and cruel,
Yet can plumb to great depths.

The heart can be courageous,
Yet timid and fearful.
The heart can be simple,
Yet very profound.
The heart has been called the seat of wisdom,
But some have been criticized for "thinking
With their heart instead of their head."
Still when some important decision
Is to be made, we are told to
"look into our heart."

God tells us that He can see deeper
Into our heart than we, or anyone else
Is able to see.

Lord look into my heart and bring forth
That which is good and pleasing to you.





ON THE BOOK SHELF

Come to Me, All of You by Amy Ekeh

Gifts from Friends We've Yet to Meet by Virginia Herbers

Praying the Psalms in the Voice of Christ by Frank J. Matera

Forty Parables of Jesus by Gerhard Lohfink

If anyone reads these suggested books please let Brother Edmund or a council member know what you like about them.

Book Recommendations By Oblate Leilani Roberts

The Love Chapter: The Meaning of First Corinthians 13 by St. John Chrysostom

Most of us are familiar with First Corinthians chapter 13 which gives a rundown on what love is and what love is not. This book contains reflections on the love chapter by St. John Chrysostom who lived during the fourth century, was the archbishop of Constantinople, and became known as Chrysostom, or “golden-mouthed,” for his gift of preaching. This book dives into the deeper meaning of true love. It challenges us to “love even to the point of being killed for our beloved” and to “have this love for all persons.” For St. John tells us that “a person who loves in this way and is also beloved will live on earth as if they were in heaven, enjoying a kind of serenity!”

Story of a Soul: The Autobiography of St. Therese of Lisieux

St. Therese was a simple girl who grew up in a devout Catholic family in France in the late 1800's. She very much desired to become a saint but felt so very little. She did not do anything that seemed extraordinary. She did not have visions, perform miracles, or travel the world. In fact, she went from living a simple life with her family to becoming a cloistered nun in a convent not too far from her childhood home. She died at the tender age of 24 and she did indeed become a saint! In this story, we learn about her “little way” that we too can all follow, no matter how small we feel in this big wide world. Her story is beautiful and inspiring. This book is available in our oblate library!

Our oblate library is full of wonderful books just waiting to be read by you! It is available to browse online at <https://www.librarycat.org/lib/OblateLibrary>. You can even put a hold on books to pick up at the next oblate meeting. You will need to email the librarian for initial access by clicking on the “Ask the Librarian” link at the bottom of the Oblate Library page or by emailing directly to OblateLibrary@gmail.com.

Oblate Council's Corner

Current council members are open and ready to listen to your concerns and suggestions they can be reached via email or on Sunday Oblate meetings. The current members are:

Bede Colvin, bede.orthodox@gmail.com

Bene Reece, anforait@yahoo.com

Ellen Borland, ejboblbs@yahoo.com

Joshua Roberts, oblate.joshuaroberts@gmail.com

JT Batstone, batstonejt@gmail.com

Patricia McClure, Ravenwings@comcast.net

Ron Fialkowski, ronaldbenny24@gmail.com

September Council Meeting

We had a brief discussion on these topics:

Oblate Sunday: Who was being invested, who was making their oblations and adding new members to the council.

Retreat:

60 people attended our silent retreat on the first three steps of Humility.

Things to improve upon for next year:

Audio presentations

Things to consider adding:

Facilitator training.

Pamphlets available for those interested in knowing about the art.

Sign up for more Oblates to be involved in set up and welcoming.

Rummage Sale:

Was successful enough that will probably do it again.

Things to work out:

More publicity needed.

Moving it to a later August date, perhaps after the students have arrived.

Moving location to the Abbey guest parking lot rather than the lawn.

Formation classes:

We are pleased and happy with how well these are going. We plan to evaluate in May of 2024 to see what if anything we need to be added.

Oblate Council's Corner continued

October Council Meeting

We welcomed two new members to the council Oblate Ron Fialkowski and Oblate Ellen Borland.

Brief discussion on the following topics:

Website for St. Martin's Abbey Oblates:

Designing of the website.

What features and content to include.

Rosary Making:

Change to bi-weekly rather than weekly.

Oblate store:

Is an online store for rosaries feasible?

What about liability?

Rule concerning non-profit status.

Possibility of a traveling store that goes to the local parishes.

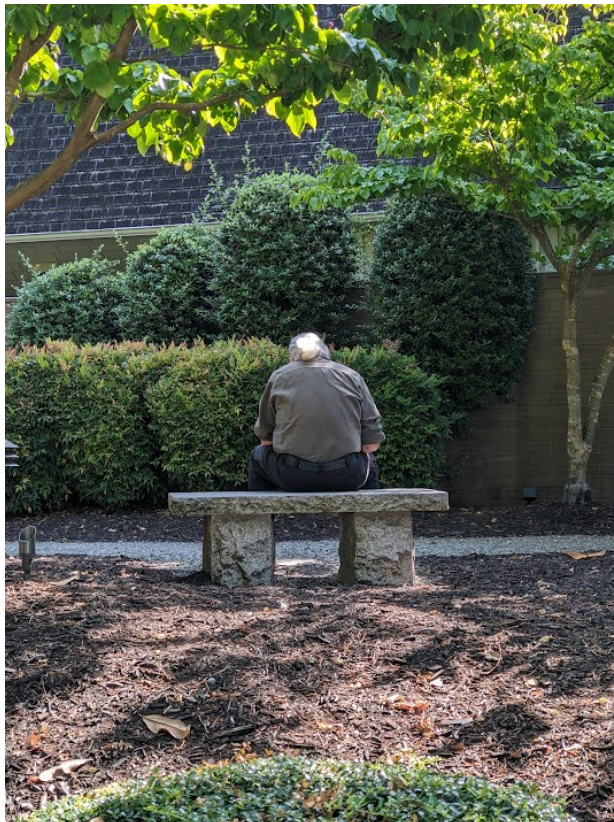


Photo from silent retreat

Helpful Organizations

Faith-based Support Groups:

Saint Elizabeth Ann Seton Grief Support: This ministry provides faith-based support and reaches out to those in our community who are struggling with the loss of a loved one, illness in the family, and other life issues. We offer open meetings every Monday from 6 to 7:30 pm, and a closed cycle of meetings will start Saturday, November 11th (meetings are every Saturday from 10 am to 12:00 pm. Mass is at 9:00 for those who wish to attend)

Saint Peregrine Cancer Support Group: Participants encourage one another by praying, listening, and sharing stories while learning. We offer free cycles of meetings for cancer patients, survivors, family members, friends, or caregivers for someone with cancer.

Saint Dymphna Dementia and Alzheimer's Support Group: A faith-sharing support group for family members and friends of those diagnosed with Alzheimer/dementia. Meets Wednesdays, 10 –11:30 am in Parish Center room 7.

Saint Catherine of Siena Miscarriage and Loss of Infant: One-to-one support for those who have suffered the loss of a baby through miscarriage, stillbirth, or neonatal death.

St John the Evangelist Suicide Loss Support Group: This ministry provides faith-based support for healing, dealing with complicated emotions, and improving or preventing grief symptoms that come from losing a loved one to suicide.

Inclusion Ministry:

Faith and Light is organized as meeting communities, gathering children, adolescents, and adults with intellectual disabilities, their families, and friends. The members of each community meet regularly for times of celebration, sharing, friendship, and prayer. Faith and Light presently counts more than 1290 communities organized in 51 provinces located on five continents, in 86 countries, and of 38 different languages. Members of Faith and Light communities come from different Christian traditions, (Catholic, Protestant, Anglican and Orthodox...) without distinction of age, culture, or income.

Sunday October 15th Faith and Light gathered for their monthly meeting. There were only 9 participants this time, but Each of them took turns adding more rose petals to the heart of petals. Then Jeanne, one of the group leaders, led the word of the month about Nazareth, and how Mary and Joseph found Jesus in the temple preaching. Then each one of them shared experiences of how to be simple like Jesus, and how to help those who are less fortunate. Hopefully, there will be more attendees next month. The group will meet and have a Thanksgiving potluck on Nov 12, at 1:30 at St Michael.

The focus of the groups is to make participants feel and recognize the importance of faith when carrying a cross from recent or past events.

Please be aware they do not provide or replace counseling or therapy.

Support groups are **free** and have a foundation in the Catholic faith but are open to everyone of all faith backgrounds.

If you or someone you know are interested in participating or volunteering please contact Bene Reece at 360-292-7143 or breece@saintmichaelparish.org

*Saint Martin's Abbey
5000 Abbey Way S.E.
Lacey, WA 98503*

Return Service Requested

St. Martin's Abbey Oblates are people who earnestly seek a more deeply spiritual life rooted in God according to the Holy Rule of St. Benedict. The Oblate lives and works in the secular world guided by the wisdom of Benedictine life.

We can be found on the web at <https://stmartinsabbey.org/news-and-events/oblate-newsletter/>