

# CANTICLE OF ST. GERTRUDE

## A JOURNAL OF OUR LIFE



**2013 Theme:**  
**"Behold, I make all things**  
**new."** Revelation 21:5

**This issue: Gratitude**

## A MESSAGE FROM prioress SISTER CLARISSA GOECKNER:

### The Journey from Greed to Gratitude

While reading Sarah Ban Breathnach's book, *Simple Abundance*, the following quote demanded my attention. "Gratitude," she says, "is the most passionate, transformative force in the cosmos. When we offer thanks to God or to another human being, gratitude gifts us with renewal, reflection, reconnection." What a powerful force is gratitude to make all things new!

Unfortunately, gratitude is not one of our strong suits these days. Surrounded by numerous conveniences, we take so many things for granted — until the electricity goes off for an hour or so. This helps us appreciate our computers, the elevator, and other musts in our lives even if briefly. Surprisingly, the number of things we have does not lead us to greater satisfaction and thankfulness; rather, they seem to create an even greater hunger and deeper ache within us for more. Not many in our time resonate with St. Benedict's guidance on material things: "Let those who need less be grateful and thank God!" (RB 34:3)

How do we begin the important journey to gratitude? First, it is important to improve our ability to see what is around us. We have so much we hardly notice anything special in our surroundings. Rabbi Harold Kushner tells us where to begin: "Can you see holiness in those things you take for granted — a paved road or a washing machine? If you can concentrate on finding what is good in every thing/situation you will discover your life will suddenly be filled with gratitude..." For what very ordinary things do you feel gratitude?

So many activities bring enjoyment into our lives. Do we recognize these and appreciate the joy they bring? G. K. Chesterton challenged: "You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book...and grace before sketching, painting, swimming, fencing, boxing, walking..." Name

some favorite activities and before doing them, take a moment to be grateful. Make this a habit.

Now take another glance around you. Notice what surrounds you and notice what is within you. Albert Einstein observed: "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Start finding the miracles in your life!

What about the difficult things? The Hebrew Scriptures tell us of gratitude in suffering. Recall the three young men in the fiery furnace who sang a hymn of thanksgiving amidst their sufferings (Dan. 3); Job, in his devastating losses — loss of property, children, wife, and his health — prayed and maintained a relationship with God in the struggle. Are you able to find the gift born of suffering and pain?



~William A. Ward

When we offer thanks to God or to another human being in the good times and the bad, we participate in shaping an energy that brings about renewal, reflection, and reconnection. This transformative potential is limited only by our awareness and our desire to act on that awareness. Autumn is a good time to recognize, celebrate and be grateful for the abundance that is ours. We are deeply grateful for each of you, our oblates, volunteers, donors, and friends, for supporting us and our ministries. Your generosity this past year has made it possible for us to move into the future with courage, hope and joy! Thank you!

"Thou that has given so much to me,  
 Give one thing more — a grateful heart;  
 Not thankful when it pleaseth me,  
 As if thy blessings had spare days;  
 But such a heart, whose pulse may be  
 Thy praise." ~ George Herbert ✕

### OUR MISSION

Eager to welcome God's transforming power in ourselves and our world, we, the Benedictine Sisters of the Monastery of St. Gertrude, seek God together through monastic profession and respond in Healing Hospitality, Grateful Simplicity and Creative Peacemaking.

## A MINISTRY OF MUSIC: SISTER CECILE UHLORN

If you walk into the chapel almost any time of the day, you are likely to see Sister Cecile in a prayer stall with her book that contains chants of the Divine Office or at the organ practicing. As the Monastery’s organist, she keeps the community in music.

A unique aspect of praying the Divine Office is that the Psalms are meant to be spoken in unison. Each person listens to the others as the prayers are read and together they make “one voice.” Sister Cecile sees music as providing a similar unifying mystery. “My favorite music is something we can all sing together. That brings us all together, praising God,” she says. “Music is a way community can be together.”

Music as a form of togetherness is something Sister Cecile has known from an early age. She grew up in a musical family, with both parents who sang and played instruments and made music a part of all of their twelve children’s lives. The family even sang together as they did household chores.

She has spent her life on the western edge of the Camas Prairie, growing up on a farm near Ferdinand, only about 10 miles from the Monastery of St. Gertrude. Because she was taught by the Sisters from St. Gertrude’s and her family was acquainted with some of those living at the Monastery, she was familiar with the Benedictines and their way of life from a young age.

Although her older sister Angela had joined the Monastery a few years before, her parents were surprised when she announced after



*Sister Cecile Uhlorn celebrating her Investment on June 11, 1959.*

“My favorite music is something we can all sing together...music is a way community can be together.”

high school graduation, that she, too, wanted to join the Monastery. “There were so many kids in the family, so much going on all the time — and I’m kind of an introvert — that my parents never suspected that I was even thinking about becoming a Sister, too.”



Much of her monastic life was spent as a teacher in local schools, primarily in the fourth through eighth grades, including Cottonwood, Grangeville, Nezperce, Rupert, Nampa, St. Maries and Lewiston. My years in campus ministry were some of the best times of my life though.” Serving at St. Augustine’s in Moscow, Idaho, and at St. Martin’s in Lacey, Washington, Sister Cecile worked with young people who were learning how to make their faith their own, instead of simply an extension of their upbringing. “They were excited about their faith and it was wonderful to be a part of that.”

Sister Cecile is especially adept at singing harmony, plays music (on most any instrument) by ear, and has taught music most all her life. She has a Master’s in Liturgy from St. John’s University and also spent six years playing and teaching the organ at St. Andreas Monastery in Sarnen, Switzerland — the motherhouse of the Monastery of St. Gertrude.

“I love to play,” she smiles. “I like to learn new music and work hard. Music really touches your heart. It speaks to your soul. If I couldn’t make music, it would be pretty hard. Music and the community: these are my life.” ✕



*Saint Cecilia, the patroness of musicians and a symbol for good music in liturgy, with an angel — Orazio Gentileschi, 1618-1621.*

## RUNNING STILL *by Oblate Julene Tegerstrand*

I had no idea what I was saying "yes" to. Sitting across the lunch table from Liz, a Northwest Nazarene University student-athlete, on a cool April afternoon in 2012, I consented to train for and run my first marathon. I had never even run a half-marathon! Running was a part of my workout regimen but I was not a runner. Yet marathon training was about to shape my life in ways I didn't even know. This "yes" was the beginning of a new life-giving pathway; it would unearth a new form of an old spiritual practice. Less than a year later God would use running to sustain me through the valleys of the shadow of death.

So it began. In June of 2012, I started a four-month training program. Training for a marathon requires a lot of time. I was running three times during the week and one long run on the weekend. Long runs took me between one hour (at the start) and four hours (at the peak of training). Most days I trained all by myself.

What startled me is that running quickly became a spiritual practice. These hours alone were the invitation to contemplative solitude. Running became a training ground for practicing stillness. Often I do not let myself sit still long enough to find the solitude I need. It is my constant challenge. But I found that within the regular and constant body motion, the mind and spirit have the opportunity to slow down. As the weeks of training went by I began to look forward to this time of stillness.

On October 6, 2012, Liz and I finished the Portland Marathon. It was an amazing day, to say the least. I was so grateful I had been graciously pushed to consider this physical challenge. On the high of the successful completion of my first marathon I decided to run a second one. I would have a few months of recovery before starting official training in January for the Lake Lowell Marathon in May.

On Saturday, February 9, I was running in the Boise foothills on a cold wintery morning. My cell phone rang. It was my mom and so I answered. She had been up all night. "Dad's in the hospital," she said. "It's not good." In fact, it wasn't. A few days later, I went to Redding, California, where my parents live. That week my father received a Stage 4 cancer diagnosis: lung cancer.

In the midst all this, I kept running. It never occurred to me to stop training for the marathon. I was doing what I had done in the fall — listening and taking it one week

at a time (and this time one day at a time). It might have seemed overly ambitious to those around me. Train for the marathon now? But that would be like asking me to stop praying. I kept running and I kept praying.

On my trips to Redding, I would run in the beautiful mountains overlooking the Sacramento River. I became an Oblate in April and enjoyed a long run in the wind and rain on the Cottonwood prairie. I ran in Nampa on the road and on the trails in the midst of worsening news. This was how I coped. At a time when grief and pain were great, God gave me the spiritual practice of running still.

It was very clear to me as I trained for this second marathon that I had less emotional push. Training for and running a marathon requires just as much emotional energy as physical. On those days when I did not have much of either, I slowed down and even walked. This time I wasn't training for a marathon as much as I was taking care of my need to be still long enough to listen. I needed to listen to my emotions so that they could settle down and thereby open up a path of listening for God. Training just provided the regular rhythm in the midst of uncertain times.

I finished the Lake Lowell Marathon on May 5 in Nampa, Idaho. My father wrote his last text to me on that day but never sent it. He would enter the hospital for the last time that evening. My mom sent me the text later. He wrote: "I am glad you finished and you're home." Four days later my father finished his own journey and went home.

I am still running but the distances are less these days. There may be other marathons in my future. Time will tell. I had no idea at that lunch table in April of 2012 that marathon training would give me the space I would need to process my father's illness and dying. Never would I have guessed that I would even run a marathon let alone two in one year. What grace that God would gift me with the desire and passion for a sport I have always hated in order to give me what I most needed — a regular dose of silence, solitude and prayer. ✕



*Oblate Julene Tegerstrand is the Director of Student Ministries at Northwest Nazarene University in Nampa, Idaho.*

# SPIRIT CENTER RETREATS



## INTO THE CREATIVE EXPERIENCE

**“Embracing the Artistic Call: A Cohort Program for Exploring the Mystery of the Creative Experience” Initial Week: January 13-17, 2014**

One of the benefits of attending a retreat is the spiritual companionship of learning and growing with a group of people. Sensing the need to create a retreat experience that provided a deeper sense of this learning community, a five-person group has been in intense planning for a totally new kind of retreat.

Spirit Center staff Mary Schmidt and Krista Green, retreat leaders and participants Nancy Collins-Warner and Theresa Henson, and artist and teacher Sue McNicol (also a former artist-in-residence) have already participated in two planning retreats for “Embracing the Artistic Call.” With creative sessions that were at times full of flow and inspiration and hesitant or volcanic at others, the planning experience echoes the broad range of ways creativity occurs.

The result is the upcoming “Embracing the Artistic Call: A Cohort Program for Exploring the Mystery of the Creative Experience.” One of the dictionary definitions of *cohort* is “a group of people banded together” and that is exactly the intention of how people will proceed through this retreat. It all begins with a week-long retreat January 13-17, 2014, and ends twelve weeks later with a weekend retreat April 11-13, 2014. In between, participants will have the opportunity of responding to weekly invitations, deepening their creativity, and staying connected to cohort members.

“Embracing the Artistic Call” will bring together individuals at any level of artistic proficiency who have a desire to live a creative life with intention. One cohort inquirer wrote: “I no longer think artists do well in isolation; artists need to



*by Mary Schmidt*

spend it all, be open to those who cross their paths and be in that present moment, listening to and engaging others. That act alone nurtures their craft and potentially strengthens it.”

If you have the desire to explore the unknown reaches of your own creative spirit with the support of a creative community, then please join us for this twelve-week cohort program. Another inquirer wrote: “My greatest hope for this program is that I will be able to explore prayer in a new way, express faith through art, and allow the Spirit to communicate through form and color.”

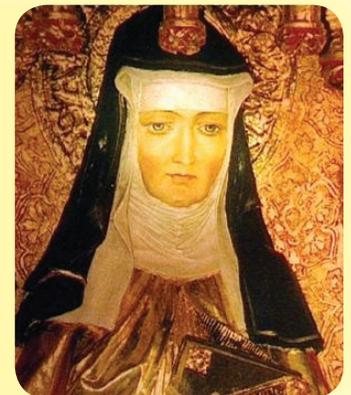
“Embracing the Artistic Call” is limited to 20 participants who will be accepted through an application process. A donation of \$760 will cover the retreats, food, lodging and program costs after acceptance into the cohort program. To inquire about participating, call 208-962-2004 or visit [www.Spirit-Center.org](http://www.Spirit-Center.org) ✕

### *Meet a Mystic*

**The rooms in Spirit Center are named for famous mystics and monastics. Each issue of *Canticle* features one of them.**

**Saint Hildegard of Bingen** (1098 – 1179) was a composer, writer, philosopher, Benedictine abbess, visionary and mystic. She founded two monasteries and wrote treatises on theology, botany and medicine. She composed many liturgical songs and a morality play called *Ordo Virtutum* (*Play of the Virtues*).

From a young age, Hildegard experienced visions that would inspire her writing, teaching, and leadership. She corresponded with popes, statesmen, and emperors and made four preaching tours sharing her deep understanding of the power of God and calling for clerical reform. In 2012, Saint Hildegard was formally recognized as a Doctor of the Church. ✕



## Quotes from Spirit Center guests

“I just can’t tell you enough how knowing that there is a place that I can retreat to that gives me space and peace to come into my own means to me. I feel like a more whole and centered person when I leave here – and I can carry that out into the world with me.”

“Oh, my! How wondrous is this place! The Lord met with me in the grotto, cemetery, evening walks, mealtime and praise time, and in the smile and glistening eyes of the Sisters who know this sacred place as Home until HOME welcomes them. Thank you, dear, dear Sisters, for welcoming me into this space!”

“Thank you for facilitating and fostering a life-changing experience. I can’t wait until my next visit. Thank you for showing me so much kindness. You have all touched my soul.”

“Thank you again for all your kindness, warmth and welcome. Again, I leave slightly changed with clearer eyes and a fuller soul.”

*Upcoming  
Retreats*  
at Spirit Center



**October 25-27 ~ Introduction to Centering Prayer**

**October 29-November 1 ~ Tools for the Art of Spiritual Direction**

**November 15-17 ~ Losses of Our Lives** With Nancy Copeland-Payton.

**December 31-January 1 ~ First Night: A New Year’s Reflection**

**January 13-17 ~ Embracing the Artistic Call: A Cohort Program for Exploring the Mystery of Creative Experience** Initial Retreat

**January 24-31 ~ Come to the Quiet**

**February 3-7 ~ The Sacred Art of Iconography** With Fr. Damian Higgins

**March 14-16 ~ Celtic Pilgrimage: The Spirituality of Journey, the Sacredness of Place** With Sr. Mary Loneran, OSF.

**March 28-30 ~ God’s Beauty: A Call to Justice** With Patrick McCormick

**208-962-2000**  
**Spirit-Center.org**

## Getting ready for Federation Chapter 2014

We have the honor of hosting the Federation of St. Gertrude Chapter Meeting, June 21-28, 2014. The theme of the meeting will be “Imagine! Create! Embrace! Behold I am doing something new. (Is. 44:19).” Preparations have included renewing the tower domes. Over 100 feet high, it takes most of a 126-foot-tall manlift to get painters in position to apply two coats of paint. (The Lewiston Tribune ran a full-page picture!) The last time the towers of the Monastery chapel were painted was in 2007. Delegates from around the country will be welcomed by the bright red metal domes gleaming as brightly as our hearts as we host this gathering.



## Joyful Gonzaga!

We are so blessed to have hosted (for the third year in a row) the Gonzaga University Concert Choir on Sunday, September 8. Directed by Timothy Westerhaus, the 68-member choir filled our chapel with beautiful music for a prelude concert and Mass. See photos and videos of the performance on our Facebook page.



## Spirit Center Geothermal Update and Press

With a grant from the M. J. Murdock Charitable Trust and your support, Spirit Center’s geothermal system was up and running the middle of July. News of the project was reported on the front page of the July 8, 2013, edition of the Lewiston Tribune: “Drawing energy from the earth: Sisters at St. Gertrude’s look to reduce their carbon footprint with geothermal heat,” by Kathy Hedberg. It was also featured in Idaho Business Review on August 5, 2013, “Northern Idaho monastery and retreat center installs geothermal heating, cooling,” by Jennifer Gonzalez.

# BORN INTO ETERNAL LIFE...

June 12, 1931 ~ July 3, 2013

## SISTER THERESA DVORAK *Enjoying the beauty and eventual harvest...*

Sister Theresa Dvorak was born into eternal life on July 3, 2013, at the Monastery of St. Gertrude, at approximately 11:30 p.m. She will be remembered for her commitment to education, her passion for nature and her deep interest in the stars and the heavens.

The daughter of Frank and Frances Musil Dvorak (immigrants from Czechoslovakia), Sister Theresa entered the Monastery from Nampa, Idaho, making her First Monastic Profession in 1949. "Benedictine life," she said, "challenges us to a deep spirituality which can enable us to be effective in ministering to the spiritual hungers of the world."

Sister Theresa was an elementary school teacher for most of her religious life. At the start, Sister Theresa worked in domestic services with the Sisters at St. Joseph's School in Cottonwood, St. Mary's School in St. Maries, St. Martin's College in Lacey, Washington, and St. Paul's School in Nampa. Her teaching ministry took her to St. Anthony's in Pocatello, Sacred Heart in Boise, St. Paul's in Nampa, Holy Trinity in Nezperce, St. Nicholas in Rupert, Our Lady of Lourdes in Lewiston, and Sts. Peter and Paul in Grangeville. In 1998 she retired to the Monastery. Sister Theresa would have celebrated her 64th year of Monastic Profession on August 17th this year.



Like Hildegard of Bingen, Sister Theresa became very interested in the healing properties of plants. "I have always been interested in plants, from planting the seed and watching it grow, to enjoying the beauty and eventual harvest. Over the years I have discovered the healing power of plants in whatever form they manifest themselves — in their beauty, fragrance or medicinal properties." In her retirement she had a chance to be in the garden caring for plants and flowers and was the community bread baker for awhile. Her interest and passion for plants greatly inspired and influenced the development of the Monastery's Nature's Gifts herbal products.

Sister Theresa was preceded in death by her parents, Frank and Frances Musil Dvorak, and two brothers, James and Joseph. She is survived by her monastic community, three sisters, Mary Dvorak Blasko, Agnes and Rose Dvorak and one brother, Benjamin (Wilhelmina) Dvorak, all of Boise. Sister Theresa is also survived by several nieces and nephews. Her Rosary Vigil was on Monday, July 8 and her Mass of Christian Burial was Tuesday, July 9. Memorial gifts in Sister Theresa Dvorak's honor can be made to the Monastery. ✕

## CARE OF THE LAND

Anyone who has grown a garden or maintained a lawn has faced the challenge of dealing with a variety of pests that seem determined to undo all of one's hard work. The same is true of forest land. Diseases and bugs can cause tree mortality while a healthy plant understory can be threatened by invasive weeds. To maintain these pest populations at a tolerable level, two things are necessary: vigilance and a plan.

In 2011 we wrote an Integrated Pest Management (IPM) plan for our land. The philosophy of IPM involves using ecological concepts and knowledge of pest biology to establish the natural checks and balances between plants, pests, beneficial insects and the physical environment. The first step was a complete scouting of the area looking for any signs of tree mortality caused by disease or insects, rodent infestations or invasive weeds. This information was transferred to a map establishing the basis for our IPM plan.



by Sister Carol Ann Wassmuth

A major purpose of IPM is to reduce the reliance on pesticides. In the case of some invasive weeds, the application of an herbicide is the only method of control. But our plan also outlines other ways to control unwanted pests. Removing green slash in the spring discourages the multiplication of bark beetles. We have methodically logged out trees affected by root rot disease or dwarf mistletoe and replanted the area with seedlings of resistant species. Some weeds can be kept at a desirable level by hand eradication or grass seeding. Goats are nature's most effective weed controllers so each summer we rent several goats and put them to work eating invasive weeds on our land.

Integrated Pest Management is a long term enterprise demanding constant vigilance and work. But it is a vital tool in achieving our goal of a healthy, sustainable forest. ✕

*Nature's most effective weed controllers.*

## COMMUNITY CELEBRATES COMMITMENT AND INSPIRATION

The monastic community celebrated six jubilarians this summer. Sisters Claudia Rae Braun, Lillian Englert, and Evangela Bossert celebrated 50 years of monastic profession; Sister Agnes Reichlin celebrated 60 years of monastic profession; Sister Bernie Ternes celebrated 70 years of monastic profession; and Sister Theresa Mary Stroeing celebrated 75 years of monastic profession.

It is tradition for jubilarians celebrating 50 years to renew their monastic promises before the monastic community, but these three asked for the whole community to renew their promises together. “We have the same goals and we are in this together,” explains Sister Claudia Rae. “I just think that it’s a milestone,” she adds. “The goal in life should be to do the best you can every day. Live each day as best you can.” Sister Claudia Rae spent a long career in hospital administration and has also served in Monastery leadership and founded the Development Office. She has served on the Monastic Council and is now the community’s archivist.

“It is a really wonderful occasion to celebrate,” says Sister Evangela who holds a doctorate in English and spent her career in teaching. She is also the author of “Gertrude of Helfta: Companion for the Millenium” and now devotes much of her time to iconography. “Our community is a stable presence and will remain. We also have a willingness to explore new things, new possibilities. I continue to be inspired by our prayer life.”

Sister Lillian Englert is active on the spirituality ministry team at Spirit Center and is a certified spiritual director. After her Monastic Profession in 1963, she taught a wide range of ages and subjects, including religion, but eventually settled in for 18 years as an English teacher at Bishop Kelly High School in Boise. In addition to her B.A. in Education, she earned a Master’s degree in theology and spirituality.



*Sister Agnes Reichlin celebrated 60 years of monastic profession.*

Sister Agnes Reichlin spent a long career in healthcare and was recently recognized as a “Legend of Nursing” by the March of Dimes. She teaches classes on herbs, tonics, and salves for Lewis



*Sisters Claudia Rae Braun, Lillian Englert, and Evangela Bossert celebrated 50 years of monastic profession.*

Clark State College and at Spirit Center. She is Director of Formation and recently led the Benedictine Spirituality Workshop and Retreat for women preparing to make their Perpetual Monastic Profession.



*Sister Bernie Ternes celebrated 70 years of monastic profession.*

Sister Bernie Ternes began her ministry in education and then “discovered that the deepest yearning of my heart is to be among God’s Anawim — the lost and forgotten ones,” she says. And so, at age 52, she began walking the streets at night, checking under bridges and in alleys and sitting on bar stools with those who had no hope. Sister Bernie has also served in Spokane, Washington, where she continued doing what she does best: serving the homeless. She volunteered at Our Place Ministries and also at St. Margaret’s Shelter for women and children. Now she is at home serving in the ministries of prayer, presence, and hospitality.

When Sister Theresa Mary Stroeing made her Perpetual Monastic Profession on March 21, 1938, religious life at St. Gertrude’s looked rather different than it does now. “Back then our sisters were either teachers or nurses,” she explains. “Now our sisters serve in a wide variety of ministries. We have more freedom.” Sister Theresa Mary spent her career as a teacher and with 75 years of living her vocation, has some advice for her sisters: “Be faithful to prayer and the Divine Office. And love each other.” ✠



*Sister Theresa Mary Stroeing celebrated 75 years of monastic profession.*

## art · i · FACT: Stories from the Collection

The Historical Museum at St. Gertrude has many artifacts related to the mining days in the state. The quest for gold and other minerals played an important part in the history of Idaho. Early gold discoveries in the Pierce and Orofino areas opened central Idaho to gold exploration. In 1931, Sister Alfreda Elsensohn, founder of the Museum, received a geological collection that had originally come from the U.S. National Museum (now a part of The Smithsonian) in 1910. This collection plus other acquisitions has produced an extensive collection representing a vast array of minerals not only from Idaho but from around the world.



**Thank you to the thousands who joined us for Raspberry Festival on August 4! Our annual fundraiser was a huge success. You will find a full wrap-up and pictures in the News and Events section of our website: [StGertrudes.org](http://StGertrudes.org)**

## 14th Annual Fall Lecture Series

7:00 p.m. at Spirit Center

**October 3:** Dick Craig, *They Called This Canyon Home*

**October 10:** Richard Holm, Jr., *Bound for the Back Country*

**October 17:** Cort Conley, "A Poem About St. Gertrude's"

**October 24:** Priscilla Wegars, *As Rugged as the Terrain* \*

**October 31:** State Historian Keith Petersen, "Inventing Idaho"

\*This program is made possible by funding from the Idaho Humanities Council, the state affiliate of the National Endowment for the Humanities.

Get in-depth information about each lecture event at [www.HistoricalMuseumAtStGertrude.org](http://www.HistoricalMuseumAtStGertrude.org)

## WE ARE A COMMUNITY...

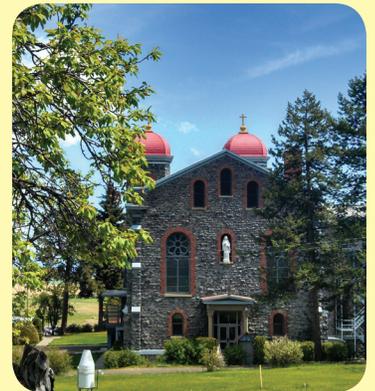


...committed to prayer and bringing about the Kingdom of God. For over 1,500 years Benedictines have lived lives of prayer and service to the world. For over 130 years, our community has lived this legacy of continual prayer, service, and community life and seeks to pass it on. We move into the future knowing that our presence,

our ministry, our faith, and our prayer witness to the transforming power of a way of life centered on God.

### Participate

With early Christian communities as our model, we live out the values of praying together, living together, sharing all things in common, and serving the wider community and one another. There are many ways you are invited to participate:



- ✦ **Attend** prayer, Mass, or one of our Spirituality and the Arts concert events
- ✦ **Come away** to Spirit Center for a retreat
- ✦ **Visit** the Historical Museum at St. Gertrude and learn about our region's history
- ✦ **Experience** Benedictine hospitality at our bed and breakfast, the Inn at St. Gertrude
- ✦ **Schedule** an appointment at the Healing Center
- ✦ **Find** monastic-made crafts and sacramental gifts at the Book & Gift Shop
- ✦ **Live** in the Monastery as a volunteer or Monastic Immersion participant
- ✦ **Learn** about becoming a Sister or Oblate.

**For more information, go to [www.StGertrudes.org](http://www.StGertrudes.org)**

We hope you are enjoying our color Canticles! Thanks to an anonymous printing donation, we are now able to print in color for the same cost as black and white. We are so grateful for the opportunity to share our life with you in this way.

