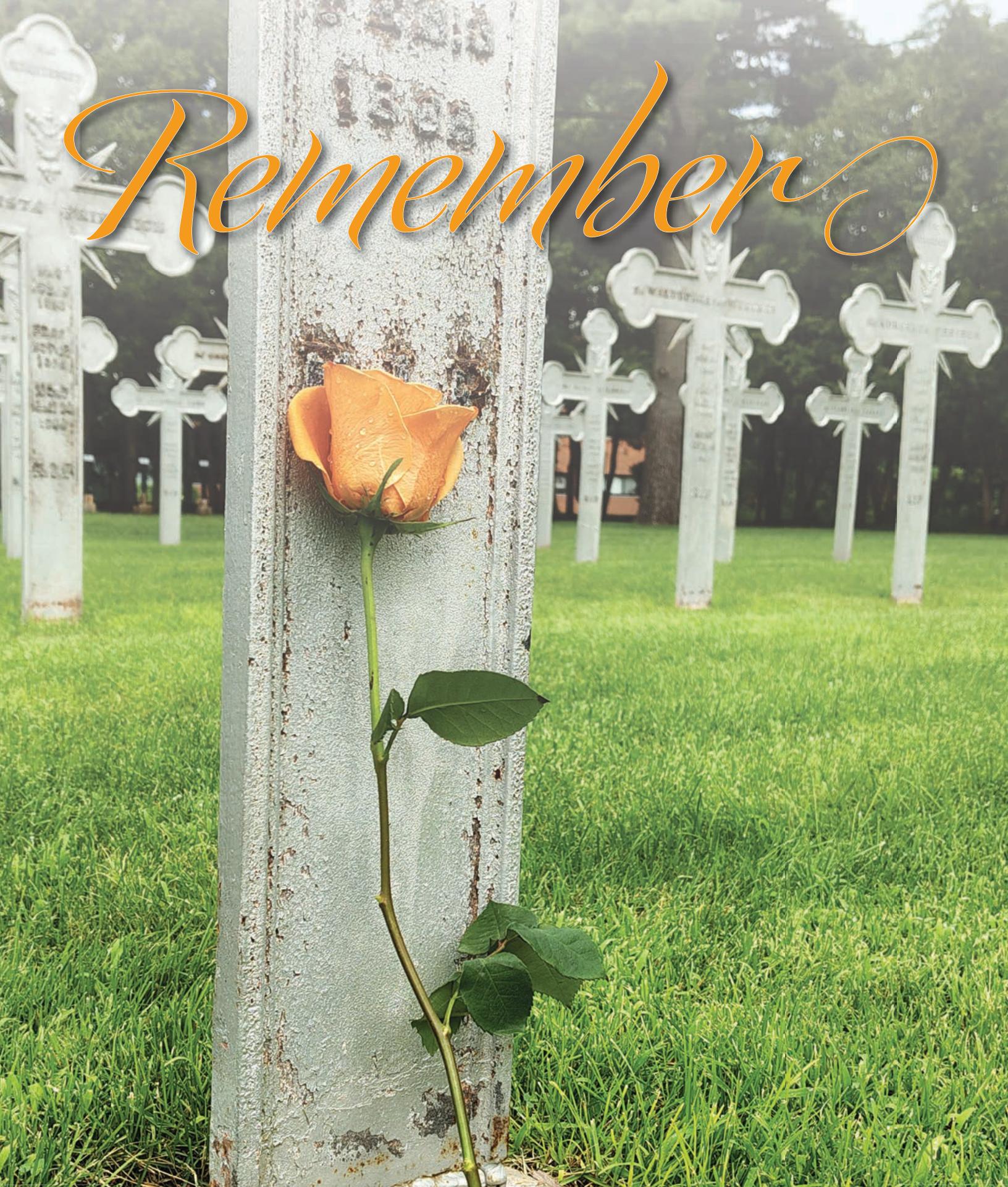


Remember



In Memoriam

Sisters of the
Order of Saint Benedict®

Winter 2026

From the *Prioress*

Karen Rose, OSB, Prioress

*I*s this the year *after* the Year of Hope? Well, it's the year after the Jubilee Year proclaimed by Pope Francis, but that doesn't mean that we are going to forget about hope and move on to something else. What we learned this year about building and maintaining hope is that it must be taken forward into the future. The year 2026 is the start of that future, where we continue to strive to keep hope alive in our world.

I am firmly convinced that the committed living of Benedictine life is a source of hope for the world. The very stability of our life, which monastic women and men have pursued for centuries, is a calm, nonaggressive statement that we are not shaken by the passing whirlwinds of life but remain committed in all circumstances to what we have promised. As you read about the lives of our sisters who passed between November 2024 and October 2025, you'll find that each lived her Benedictine commitment in a way that was uniquely hers. What they have in common is that each lived life in way that provides a beacon of hope for those of us still living.

Being signs of hope isn't confined to monastics. There is a reason why *you* are reading this magazine. You are part of the band of people called to make hope a reality in the world through caring about your neighbor, whatever their color, gender,

nationality or creed. As you become a living sign that it's possible to carry out Christ's command to "love your neighbor as yourself," so, too, you become a source of hope in the world.

Before I conclude, I want to give you an update on progress of the new monastery. As anyone who has ever built a house will know, it is slow! However, those of you who live in the St. Joseph area will be aware that something significant happened in November when the barn was taken down. This is the site of the new monastery, where we hope to break ground in spring/summer this year. Seeing the barn go was a sad moment as there are many memories attached to it, but it's a sadness within hopefulness, because the new monastery will enable us to spend less time and energy on maintaining buildings and allow us to focus on our mission and ministries, hopefully in partnership with many of you.

Yours with a hopeful heart,



Karen Rose, OSB, Prioress

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A flower laid upon a grave in the monastic cemetery.
Taken by Alyssa Tasto.

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Our Mission
We, the Sisters of the Order of Saint Benedict in St. Joseph, Minn., are a monastic community of women who seek God in our daily lives according to the Gospel and the *Rule of Benedict*. Through our ministry of prayer, work and community living, we listen and respond to the needs of the Church and the world.



Remember is published annually by the Sisters of the Order of Saint Benedict, St. Joseph, Minn., and commemorates the sisters' life, work and hope for eternal life with our Lord, Jesus Christ.

*The sun
shining upon
the monastic
cemetery. Taken
by Alyssa Tasto.*



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A Testimony on Hope

Linda Allen

What Hope Means to Me

Hope, for me, is not the absence of darkness — it is the small light that refuses to be extinguished even when surrounded by darkness. It's the assurance that love is stronger than death, that meaning persists beyond our understanding, and that we are held by something far greater than ourselves.

When I was 37, I lost my father unexpectedly to a tragic accident. He was only 61. In the weeks that followed, I felt as though I was drowning in a sea of grief, desperately seeking any sign that life still held meaning.

The world continued around me — people went to work, children played, the sun rose and set — but I existed in a gray space where nothing seemed to matter. I was quite certain I would never see my mother smile again. There was such a deep and profound sadness that even though my entire family gathered together, there remained such a void, such loss — a sense of being utterly alone. I was angry toward God. I demanded answers and meaning to it all.

Hope Revealed Through Others

It was in this darkness that hope began to reveal itself through the actions of others. Soon after his death, extended family and friends began to gather. People arrived with food, toilet paper and Kleenex, a listening ear and support in any way possible. There was an outpouring of cards and phone calls, flowers and words of comfort. My friends and

work colleagues reached out to let me know they were there for me. The presence of these many individuals reminded us that we were not alone in our suffering.

Hundreds of people came to my father's visitation, waiting for hours to show their support. They too were grieving the loss of a great man who had touched so many lives. We heard stories we'd never heard before: childhood adventures, dreams and fears, and comical things my dad did to brighten others' days. Through their words, my father lived again — not as a memory frozen in time, but as a continuing presence in the love he had planted in others.

My Own Choice to Hope

But hope required something from me too. I had to make the difficult choice to remain open to it. There were mornings when staying in bed felt easier than facing another day. There were moments when bitterness seemed more natural than gratitude. Yet something within me — perhaps planted by my father's example of resilience — whispered that I could choose differently.

My personal experience with grief led me to help women I served while working with Sister Georganne Burr and Father Al Stangl at Birthline, a crisis pregnancy center, heal from their losses. My experiences with grief eventually took me down a path of working in the hospice field, where today I serve as executive director of Quiet Oaks Hospice House. There I have the privilege to journey alongside those who are dying and to support their families. I believe my life's pathway has been shaped by my own grief journey, and the hope I was

in the Face of Death and Loss

given along the way now serves as an inspiration and gift that I can extend to others.

Spiritual Influences

Throughout this journey, my faith became both a rock and a refuge. There were times when I could not pray with words, so I sat in silence, letting my brokenness speak its own language to God. I found comfort in Ecclesiastes Chapter 3 and in Psalm 23 — not because they promised easy answers, but because they acknowledged that there is a larger divine plan, and that even in the valley of the shadow of death, we are not abandoned.

I began to understand that hope is not about knowing how the story ends but about trusting in whose hands hold the story. My father's death taught me that love creates something imperishable — that every act of kindness, every moment of connection, every prayer offered becomes part of an eternal tapestry that death cannot unravel.

Hope as Gift and Responsibility

What I have learned is that hope in the face of death and loss is both gift and responsibility. It is **gift** because it comes to us through grace — through the unexpected kindness of strangers, through the persistent love of friends, through the quiet presence of the Divine in our darkest moments. It is **responsibility** because we are called to become hope for others who walk through their own valleys.

Our Call to Hope

Today, more than 20 years later, I carry my father's death with me — not as a wound, but as a blessing. His death taught me that hope does not mean the absence of sorrow — it means the presence of love that is stronger than sorrow. It means choosing each day to believe that our lives matter, that our connections are eternal, and that even in endings, God is writing new beginnings.

In this Jubilee Year of Hope, may we remember that hope is not a feeling we wait to receive, but a light we choose to kindle for one another. May we trust that in our darkest moments, we are held, we are loved, and we are never, ever alone.

Linda Allen is the executive director of Quiet Oaks Hospice House, a residential hospice house in St. Augusta, Minn. She shared this testimony during a Gratitude Prayer Service at Saint Benedict's Monastery on August 13, 2025.

“Seek and You Will Find”

Amanda Hackett

Seek and You Will Find: A Catholic Sacraments Adventure! is an interactive children's book written by Kristina Schoh and illustrated by Michael LaVoy. It invites children on a faith-filled journey as they seek to find Jesus in the seven sacraments of the Catholic faith. This book was brought to life through years — yes, years — of faithful patience, steady prayer and unwavering encouragement from many supporters, including Sister Bridget Donaldson, for whom the book is dedicated.

Kristina first met S. Bridget in third grade when her family began to attend St. Elizabeth Ann Seton Parish in Holmen, Wis., where S. Bridget served as a pastoral associate for 35 years. Describing her as a “cheerleader of the faith,” Kristina said that S. Bridget was always encouraging her, and everyone around her, to serve at Mass and to be involved in the Church and with their own faith journeys. Kristina shared, “Her enthusiasm was so authentic, you couldn’t help but be excited about your faith.” S. Bridget’s secret weapon was eye contact; if you made eye contact with her, she was guaranteed to walk over and invite you to serve the congregation in some capacity!

Kristina (center) with S. Bridget (left) and Monsignor Delbert J. Malin



S. Bridget was a constant presence in Kristina’s life and was there for some of her most pivotal moments, including her wedding, her motherhood journey and being crowned Miss Wisconsin. It only makes sense that she was there through Kristina’s journey to publishing this book, too. In fact, when Kristina first gathered with S. Bridget and Monsignor Delbert J. Malin, parish priest at St. Elizabeth Ann Seton, to share her book idea with them, S. Bridget’s response was immediate and encouraging: **“You are called to do this.”**

This dream of creating an interactive book began to emerge when Kristina’s firstborn child, Halle, was two years old. As Catholic parents committed to their faith, Kristina and her husband, Jared, prioritized sharing their faith with their children. Halle was fascinated with seek-and-find books, so Kristina began searching for a similar resource that would be educational and fun for Halle as she explored the many beautiful parts of the Catholic faith. However, the book she searched for simply didn’t exist.

Through prayer and discernment, Kristina began gradually watering the seeds of this dream. However, the road to bringing *Seek and You Will Find* to life was not swift or easy. It took eight years of research, rejection and redirection to bring it from an idea to a tangible piece of work. Through the setbacks, Kristina, a woman of strong faith, never felt defeated. She shared, “I’ve always been a believer that failure and disappointment is a gift. Everything good comes from a process, a journey, and even when it’s hard, sometimes the most beautiful place to be is that space in the hallway as you trust God and wait for the right door to open.” Another unwavering constant was the encouragement of S. Bridget, who kept nudging Kristina along through every step, reminding her that she was called to do this.

While waiting in the hallway, the right door opened for Kristina right on time as she always believed it would. After accepting that she would need to self-publish her book, she posted a note on Facebook, asking her connections for help finding someone who could illustrate her book. Through this, she connected with Michael LaVoy, the son-in-law of her sixth-grade teacher.

Here's where the divine timing comes in: When Kristina and Michael met for coffee to discuss the project, Kristina was astounded to learn that not only would Michael love to *illustrate* her book, but he was also the chief commercial officer for Voyage Comics and Publishing, a Catholic publishing company, and wanted to *publish* it, too!

Seek and You Will Find became the first title in a new subsidiary at Voyage Comics called "Little Voyagers," and it won't be the last. Although Kristina has future plans and aspirations to write more interactive children's books with the same "seek-and-you-will-find" approach, her heart right now is with the engaging story times she does with Catholic schools, Vacation Bible School classes, faith formation groups and other fellowship



opportunities. She loves helping ignite the faith in young people, as well as sharing her testimony of chasing a dream, being resilient through the setbacks, and trusting God in the process. The readings are interactive to encourage learning through exploration, and one of Kristina's favorite techniques is to place the various sacraments around the classrooms and invite students to "seek and find" them.

When writing *Seek and You Will Find*, Kristina knew she wanted the book to feel like an adventure because our faith journeys *are* an adventure. She also wanted the book, storyline and characters to feel relatable to *everyone* reading the book — not just children. Most importantly, Kristina wants children to feel connected to their faith and know that they have a place in their faith journeys. She reflects fondly, "*S. Bridget always helped us feel like we have a place in our faith.*"



In Loving Memory: Ardella (Erik) Kvamme, OSB



August 17, 1936 - February 15, 2025

Sister Ardella (Erik) Kvamme, age 88, died peacefully at Saint Scholastica Convent in St. Cloud, Minn., on February 15, 2025.

Born to John and Alice (Anderson) Kvamme, S. Ardella lived a childhood steeped in Scripture. She had one younger sister, Dagny, and the small Lutheran family lived on a farm in Pelican Rapids, Minn. Throughout S. Ardella's childhood, an important aspect of her family life was the family altar. At this altar, John would read aloud a portion of the Bible for the gathered family, and they would pray together. S. Ardella had little exposure to Catholicism early in her life but was gifted a strong Christian foundation by her dedicated parents.

S. Ardella graduated from high school in Pelican Rapids in 1953. She then moved to Minneapolis, Minn., to attend college and be with her parents and sister, who had moved from the farm to the city due to Alice's ill health. S. Ardella worked at Ebenezer Nursing Home for the Aged and Saint Mary's Hospital, both in Minneapolis, to pay her college tuition, and she earned a bachelor's degree in music with a minor in religion from Augsburg College, Minneapolis, in 1958. A year after graduating, S. Ardella told her parents of her decision to enter the Catholic Church. Her close family was initially shaken by this, but she eventually gained her parents' support and understanding.

In September 1961, S. Ardella entered Saint Benedict's Monastery in St. Joseph, Minn., and was received into the novitiate on June 12, 1962, as Sister Erik. She made her first monastic profession on July 11, 1963, and her perpetual monastic profession on July 11, 1967. She returned to her baptismal name in 1969.



Enjoying time in nature

S. Ardella's life of service reflected her versatile talents and skills. In 1965, she earned a bachelor's degree in elementary education from the College of Saint Benedict (CSB) in St. Joseph. She served as an elementary school teacher, choir director and organist. She worked in student development at CSB and traveled many times to serve at our dependent priory and St. Anselm's College, both in Manchester, N.H. From early on, S. Ardella consistently worked in the business office at Saint Benedict's Monastery and served as treasurer on the monastery's leadership team from 2011-2017.

One of her Benedictine sisters described S. Ardella as being a "seeker." Through her dry sense of humor, love of music, patient demeanor and quiet conviction, one could see the ongoing discernment in her contemplative heart. Upon her entrance to the monastery in 1961, she stated that her motive was "to seek, to serve and worship God."



*The 2011-2017
monastery leadership
team (left to right):
Sisters Ardella
Kvamme, Marlene
Schwinghamer,
Michaela Hedicar
and Dorothy Manuel*

We rejoice with S. Ardella, who now beholds the face of the God she sought faithfully all her life.

In Loving Memory: Mary (Jeanette) Maves, OSB



July 3, 1946 - March 30, 2025

Sister Mary (Jeanette) Maves, age 78, died peacefully at Saint Scholastica Convent in St. Cloud, Minn., on March 30, 2025.

S. Mary was born to Robert and Janet (Traynor) Maves in Plum City, Wis. She was the second of six children, having three brothers and two sisters, one of whom died at birth. She attended Rock Elm Country School and Elmwood Area School in Elmwood, Wis. On September 25, 1964, S. Mary entered Saint Bede Monastery in Eau Claire, Wis. She was received into the novitiate as Sister Jeanette on July 13, 1965, made her first monastic profession on July 11, 1966, and her perpetual monastic profession on July 11, 1970.

From the University of Wisconsin-Eau Claire, S. Mary earned a bachelor's degree in education, which became her primary ministry. Between 1969 and 2001, she taught elementary students at St. Thomas More in La Crosse, Wis., and at St. Patrick's Parish School, Sacred Heart School and St. Olaf's School, all in Eau Claire. She continued her own education and earned a master's degree in religious studies from Aquinas College in Grand Rapids, Mich., also studying at Viterbo College Extension Program in Eau Claire and attending workshops.

At Saint Bede Monastery, S. Mary served as subprioress and house coordinator. She served several terms on the monastic council, on the vocation committee and, for a time, was the formation director of the temporarily professed. In 2010, S. Mary and the other members of Saint Bede Monastery moved to Saint Benedict's Monastery in St. Joseph, Minn., at which point she

adopted a special ministry of prayer for the sick and for the people of White Earth, Minn. She also participated for several months in the Reading Buddies program at St. Joseph Catholic School in St. Joseph, continuing her ministry of education for a short time through that program.



S. Mary at her first monastic profession

S. Mary was born with inclusion body myositis, a hereditary degenerative muscle disease. This caused her to slowly lose the use of her hands, arms, legs and the ability to swallow. The disease robbed her of the energy required to teach, and it grieved her to leave this ministry and the children she loved. Another sister who came from Saint Bede Monastery, also a teacher, recounts how many of the students she taught in middle school expressed that S. Mary was their favorite teacher from years prior. Though she stopped teaching in 2001, many of her students stayed in contact with her until her death, feeling so blessed by her work with them.

After a life lived in love, S. Mary now stands before the God with whom she shared her suffering. We rejoice as God welcomes her now to live in freedom.

S. Mary teaching



In Loving Memory: Dorothy (Perpetua) Heinen, OSB



October 29, 1933 - April 18, 2025

Sister Dorothy (Perpetua) Heinen, age 91, died peacefully at Mother of Mercy Care Center in Albany, Minn., on April 18, 2025.

S. Dorothy was born in Rogers, Minn., the youngest of Hubert and Angela (Zimmer) Heinen's three daughters. Her childhood education consisted of time at the country school in Rogers, St. Walburga's Grade School in Fletcher, Minn., and St. Mary's High School in Bird Island, Minn. She decided to continue her education at the College of Saint Benedict (CSB) in St. Joseph, Minn., in 1951.

Between her first and second years of college, S. Dorothy began to consider religious life. Her third-grade teacher, a Franciscan sister, first inspired the idea in her, and just a short time at CSB and seeing the sisters' daily lives of prayer and work kindled the flame further. S. Dorothy entered Saint Benedict's Monastery on September 12, 1952, and was received into the novitiate as Sister Perpetua on June 17, 1953. She made first monastic profession on July 11, 1954, and perpetual monastic profession on July 11, 1957, returning to her baptismal name in the 1980s.

S. Dorothy received a bachelor's degree in elementary education with minors in Latin and

philosophy from CSB. She served as an elementary teacher in multiple parochial schools in Central Minnesota from 1954 to 1969, and she greatly enjoyed the small group living that came with these teaching positions. In 1969, S. Dorothy returned home to Saint Benedict's Monastery, where she worked in a variety of ministries.

In addition to ministering at Saint Benedict's Monastery, S. Dorothy also served at Saint Raphael's Convent and Saint Scholastica Convent in St. Cloud, Minn., caring for sisters as a nurse's aide, working in housekeeping and assisting in the mailroom. She also shelved books in the library — wherever S. Dorothy went, she always found the library. In her own words, she "lived in a world of books," even reading while doing other work. One sister recounts a story of S. Dorothy mopping the hallways of the monastery, pushing a mop with one hand and engrossed in the open book that was in the other!

S. Dorothy enjoyed the simple things in life. Aside from reading, she enjoyed going for leisurely walks and spending quiet time in prayer. She prayed the Liturgy of the Hours and *lectio divina* faithfully, even as her eyesight began to diminish. The Rosary was also a constant companion for her.

Moving from assignment to assignment with an eager desire to serve the needs of the community, S. Dorothy lived a life of service which reflected

God's love and mercy. We rejoice as she now stands before that same loving and merciful God.

Left: S. Dorothy at her high school graduation

Right: S. Dorothy as a young child



In Loving Memory: Rose Mary (Edane) Kuklok, OSB



August 6, 1937 - May 18, 2025

Sister Rose Mary (Edane) Kuklok, age 87, died peacefully at Saint Scholastica Convent in St. Cloud, Minn., on May 18, 2025.

S. Rose Mary was the second of Roman and Lucille (Kedrowski) Kuklok's eight children. She was born and raised in Opole, Minn., attending Our Lady of Mount Carmel Grade School in Opole and Holdingford Public High School in Holdingford, Minn. S. Rose Mary entered Saint Benedict's Monastery on September 12, 1958, was received into the novitiate as Sister Edane on June 16, 1959, and made her first monastic profession on July 11, 1960. She made perpetual monastic profession on July 11, 1963, returning to her baptismal name just a few years later.

S. Rose Mary began her community ministry in 1962, serving in the monastery business office. At the College of Saint Benedict (CSB) in St. Joseph, Minn., S. Rose Mary earned a bachelor's degree in social work with a minor in psychology. She took on multiple roles at CSB, including prefect, director of CSB Christian Service, assisting in the registrar's office, ministering as associate chaplain, and working in the development office in deferred giving. She continued her work for the monastic community as director of communications and community secretary. She also worked with a vocation program entitled Shared Vision and served as assistant oblate director at Saint Benedict's Monastery.

In the 1980s, S. Rose Mary traveled to California and continued

her education. She received a certificate from the School of Applied Theology from the Graduate Theological Union at the Jesuit School in Berkeley, Calif., and earned a master's degree in applied theology from the Franciscan School of Theology in Berkeley. After completing her graduate courses, S. Rose Mary was employed in the diocesan Tribunal Marriage Office in Monterey, Calif., the beginning of her diocesan ministry in California. One of her notable ministries during this season of her life was assisting those who were going through the annulment process, helping them to heal and move into new sacramental life in the Church. She was regarded by one of her bosses as an "unseen and unsung hero of the diocese" in Santa Rosa, Calif.

Among her many accomplishments during her time in California, S. Rose Mary was appointed by the Congregation for the Cause of Canonization of Saints as the notary and secretary for the investigation into an alleged miracle performed by the late Father Junipero Serra. Her reporting was sent to Rome, and Saint Junipero Serra was canonized in September 2015. That same year, S. Rose Mary returned home to Saint Benedict's Monastery.

S. Rose Mary loved creating beauty wherever she could, and she was never one to boast. We rejoice now as S. Rose Mary — this humble servant —

stands before her loving God.

S. Rose Mary at work in California





Eternal rest

*grant unto her, O Lord, and let
perpetual light shine upon her.*



This crucifixion scene stands at the center of our monastic cemetery. Photograph taken by Nancy Bauer, OSB.

Blessed Are the Beatitudes

Maribeth Theis, OSB

The eight Beatitudes, Matthew 5:3-10, are known as Jesus' Sermon on the Mount. Each encourages a spiritual mindset that prioritizes God's will over material wealth and worldly power. Unlike the Ten Commandments wherein Moses brought law, Jesus' Beatitudes bring personal sacrifice and an abundant, joy-filled life. Immediately after listing the Beatitudes, Matthew urges believers to be "the salt of the earth" and "the light of the world." Could his intent be that living the eight Beatitudes will result in being salt and light for all?

“Blessed are the poor in spirit, for theirs is the kingdom of Heaven” (Matthew 5:3)

Jesus' first teaching about being "poor in spirit" directs attention to poverty of things, the poor and the destitute. Having left all to follow Christ, the heirs of the Kingdom do not strive for material goods, social prestige, self-satisfaction and education. People, not things, are valued.

The Anawim, a Hebrew word referring to “the poor,” recognize their need for God’s graces and are satisfied with what they have. They are blessed not because of poverty, but because they are rich in faith. Biblical persons such as Job and Mother Mary are icons of being poor in spirit. Pope St. Gregory I states the essence of life: “Do not be anxious about what you have but about what you are.”

“Blessed are they who mourn, for they shall be comforted” (Matthew 5:4)

Life can be challenging, and God's followers will weep as Jesus did. To mourn is to feel the strongest expression of sorrow. People mourn for many reasons, yet God will wipe away tears in a world rampant with pain.

God does not inflict suffering on people. We say, "Help me, God" rather than "Why me, God?"

Grieving over sin and the world's suffering leads to the need for compassion, helping others feel better about themselves after losses.

“Blessed are the meek, for they shall inherit the earth” (Matthew 5:5)

Meekness comes from the word “humus,” which means “soil.” The meek will inherit the earth because of their gentle, soft and patient personalities. This beatitude teaches us to be slow to anger, quick with patience and devoid of ego. Humility is the true sense of who one is, and a meek attitude lets God’s will come about in whatever way God deems best. This beatitude does not ask one to be a doormat — the meek are bold enough to stand up for what is right and true, and humble enough to admit failure.

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied” (Matthew 5:6)

Those who hunger and thirst for righteousness desire justice more than riches, fame or power. They actively pursue what is right, doing what is fair for everyone. Their lifetime quest is accomplished only through hardships and heartaches, and it is an ongoing conversion, inviting one to say, "Thank you, God," rather than "Rotten

bananas, do I have to?" This beatitude teaches believers to help others take the right path, to trust everyone though they may let you down.

"Blessed are the merciful, for they shall obtain mercy" (Matthew 5:7)

In the Hebrew Scriptures, mercy is called "Hesed," which means "God's love to a compassionate degree." Forgiveness is not being soft, allowing self to be harmed by another's wrongdoings; the merciful respond to the wrong with clarity and firmness. Also, forgiving self is as important as forgiving others.

God's tender heart cares and acts for the good of others, giving them the gift of merciful love, and human hearts are also tender and merciful. This disposition enables us to be open to those struggling and provides the power to make more of another's virtues than their failures.

"Blessed are the pure of heart, for they shall see God" (Matthew 5:8)

The pure of heart have one purpose: God. Their words and actions are helpful to others and redemptive for the world. They see God, always, in all ways. This heart-stance directs the pure to conform to God's leadings. Finding goodness in others and in creation, they are not detained by evil or their own virtues. They do right no matter the cost, not for personal gain, but because it is the right thing to do.

"Blessed are the peacemakers; God will call them Children of God" (Matthew 5:9)

Peacemakers are people who bring peace to others because they have it themselves. God and people universally desire peace, and making

peace requires disciples to live the law in a way that produces righteousness. Even in a troubled world, Children of God practice the gift of inner and outer calm living with a courageous spirit and determined will. They surrender what they think is important to what is of utmost value: God's Kingdom. Where hate and oppression destroy, peace creates and builds up.

"Blessed are you who are persecuted for righteousness' sake, for yours is the kingdom of Heaven" (Matthew 5:10)

This last beatitude teaches us to continue doing the right thing because of others. Believers are given inner strength to endure calamities of a personal, communal or worldly nature, but this final beatitude turns things backward. Christ-followers desire to follow Him so fiercely that they embrace suffering.

This beatitude does not say you *may* be persecuted; it says you *will* be persecuted, and it promises Eternal Life. St. Paul outlined the situation for the true follower: "We are afflicted in every way but not crushed; perplexed but not given to despair; persecuted but not forsaken; struck down but not destroyed. When reviled, we bless; when persecuted, we endure; when slandered, we speak kindly."



The Sermon on the Mount challenges believers to live with integrity and resourcefulness. They make the world a better place to live, achieving blessedness now and forever. ***They are the "salt of the earth" and the "light of the world."***

In Loving Memory: Jonathan (Rose) Herda, OSB



February 21, 1923 - July 28, 2025

Sister Jonathan (Rose) Herda, age 102, died peacefully at Saint Scholastica Convent in St. Cloud, Minn., on July 28, 2025.

S. Jonathan was born to John and Anna (Trnka) Herda. She lived with her parents and 12 siblings in Lonsdale, Minn., where she attended Immaculate Conception Grade and High School. She entered Saint Benedict's Monastery on September 12, 1941, was received into the novitiate on June 22, 1943, made her first monastic profession on July 11, 1944, and perpetual monastic profession on July 11, 1947.



S. Jonathan (left) working in Utah

S. Jonathan's long ministry in health care began in 1946 upon her graduation from the St. Cloud Hospital School of Technology in St. Cloud and registry as an X-ray technician. Her ministry was focused on radiology for

just over three decades, two of which were spent serving in the radiology department of the St. Cloud Hospital in St. Cloud. In 1966, S. Jonathan traveled to St. Benedict's Hospital in Ogden, Utah, and directed their transition from a two-year hospital-based radiologic technician program to a three-year accredited college-affiliated program. She taught in this program at Weber State College in Ogden and consulted in the institution of radiologic technician training programs in several different hospitals.

In 1977, the need for pastoral ministry spoke to S. Jonathan and led her to refocus her ministry. She received Clinical Pastoral Education (CPE) training from multiple institutions, including one in Houston, Texas, and was certified by the National Association of Catholic Chaplains and the United States Catholic Conference. She also completed a bachelor's degree in theology from the College of Saint Benedict, St. Joseph, Minn., in 1978.



S. Jonathan lived life to the fullest!

S. Jonathan went on to supervise and develop several CPE programs across multiple states including Washington and North Dakota. She encountered some resistance while developing these programs, as it was not common at the time for women to pioneer and direct such projects. However, her desire to serve outweighed any negative pushback, and she persevered.

In her own words, S. Jonathan's life as a Benedictine, "... has not always been easy, but it has always been fulfilling." Indeed, S. Jonathan faced many challenges throughout her life: living far from home, missing her family and experiencing health issues. She suffered several heart attacks and underwent heart surgeries. Nevertheless, she persisted in obeying God's call. She reveled in the beauty of God's creation through gardening, hiking, birdwatching and even mountain climbing!

At Saint Scholastica Convent, where she lived from 2002 until her death, S. Jonathan continued to show Christ's love to her sisters and the staff, expressing genuine interest in their lives and families and offering love and compassion. We rejoice that she now experiences Christ's love to the fullest.

In Loving Memory: Lauren (Frances) Keppers, OSB



September 6, 1933 - August 16, 2025

Sister Lauren (Frances) Keppers, age 91, died peacefully at the St. Cloud Hospital in St. Cloud, Minn., on August 16, 2025.

S. Lauren was born to Nicholas and Rose Philomena (Reisinger) Keppers in Avon, Minn., the second of seven children. Her close-knit family grew up on a farm where they worked and prayed together. Between attending weekly Mass, reciting the Rosary and performing farm and household chores, S. Lauren and her family enjoyed outdoor activities including playing ball, sledding and skating.

While attending Cathedral High School in St. Cloud, S. Lauren first considered entering religious life. She answered God's call and entered Saint Benedict's Monastery on September 11, 1951. She was received into the novitiate on June 18, 1952, made first monastic profession on July 11, 1953, and perpetual monastic profession on July 11, 1956.

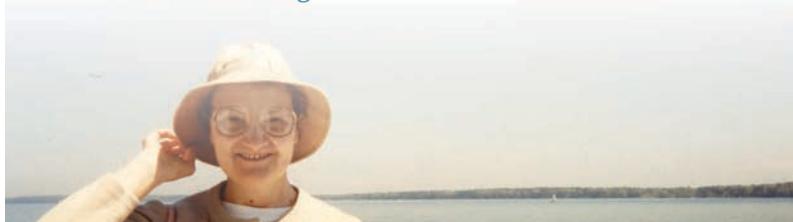
After receiving a bachelor's degree in elementary education from the College of Saint Benedict in St. Joseph, Minn., S. Lauren began a 22-year ministry in teaching. While she primarily taught in Central

Minnesota parish schools, she did spend one exciting year as an exchange teacher in Nassau, Bahamas, which she cited as a year of "extraordinary growth and insight into the worth and dignity of a new culture."

In 1975, S. Lauren returned home to Saint Benedict's Monastery



S. Lauren visiting Madeline Island in Wisconsin



and served the community in three new ministries. For five years, she managed the duplicating center at the College of Saint Benedict, and then she worked as an accountant in the monastery business office for 12 years. In 1993, she moved into a ministry unlike the others she had served in before: cosmetology. She attended the Model College of Hair Design in St. Cloud and served the monastic community as a licensed cosmetologist for 15 years.

S. Lauren moved to Saint Scholastica Convent in 2007 and continued to serve in environmental services, hospitality and other areas as needed. In her spare time, she enjoyed reading, embroidering, listening to music and spending time with family and friends.

One of her Benedictine sisters described S. Lauren as a "somewhat reserved, quiet person." Never one to put herself into the spotlight, she was a valued and humble member of the community who lived her Benedictine life fully. Of her perpetual profession, S. Lauren once said, "I remember final vows, when we were under the pall. I just made up my mind that this is what I'm going to do. I think sometimes that makes a difference. I think if you really put your heart and soul into your choice, your decision, it makes a difference."

S. Lauren appreciated God's call for her to walk the Benedictine way of life. We believe she now experiences her loving God face-to-face!

Left: S. Lauren (left) performing hair care for Sister Annella Mayerhofer

In Loving Memory: Suzanne (Stanley) Slominski, OSB



May 24, 1928 - August 24, 2025

Sister Suzanne (Stanley) Slominski, age 97, died peacefully at home in Sauk Centre, Minn., on August 24, 2025.

S. Suzanne was born the third of four children to Leon and Anne (Schmit) Slominski in Valley City, N.D. At two years old, her family moved to St. Cloud, Minn., where she attended St. Mary's Grade School and Cathedral High School. It was here that she formed friendships with the sisters who taught her, and her religious vocation began to blossom.



Sisters Suzanne (front) and Janine Braun at their home in Sauk Centre, Minn.

Benedict in St. Joseph, Minn., a master's degree in elementary school administration from Clarke College in Dubuque, Iowa, and a specialist degree in education administration from Saint Thomas University in St. Paul, Minn. With her education and a passion for service, S. Suzanne began a decades-long ministry in education.

On September 12, 1946, S. Suzanne answered God's call and entered Saint Benedict's Monastery. She was received into the novitiate as Sister Stanley on June 17, 1947, made her first monastic profession on July 11, 1948, and her perpetual monastic profession on July 11, 1951. She returned to her baptismal name in 1968.

S. Suzanne earned a bachelor's degree in elementary education from the College of Saint

In 1948, S. Suzanne began her career at White Earth Indian Reservation in Minnesota, where she taught for 13 years. In 1961, she moved to St. Paul's School in St. Cloud, where she taught and served as principal until 1972. She then became principal of Holy Family School in Sauk Centre, where she served for 22 years and initiated the use of the Individualized Guidance Education program.

S. Suzanne's passion and competence in administration roles led her to receive the National Catholic Education Association Distinguished Principal Award in 1990 and the National Distinguished Principal Award for the Midwest Five-State Region in 1991. It was not only prestigious organizations that recognized her influence in education — many of her former students kept in touch with her the rest of her life.

Beginning in 1994, S. Suzanne began serving the monastery and Diocese of St. Cloud in technology. She worked in the monastery's Office of Mission Advancement and as a computer consultant for many surrounding schools. In 1998, she returned to school administration, serving as principal at St. John's-St. Andrew's School in Greenwald and Meire Grove, Minn., until her retirement in 2008. After retirement, she continued to assist the community with technology, as well as paint glassware and ornaments and crochet dishcloths and prayer shawls for the monastery's gift shops.

A friend of S. Suzanne shared, "Once in a while, you meet a friend who becomes a friend for life. In these sacred moments, you realize that God's grace has opened your heart to another's love. With a kindred spirit, there's no need for words — just the silence and wonder of two hearts sharing, laughing, crying, simply being present. In those moments, we saw God's blessing in the sacred encounter."

We rejoice with S. Suzanne as she now enjoys the sacred encounter for eternity with God.

In Loving Memory: Benet (Cleo) Frandrup, OSB



February 2, 1935 - September 21, 2025

Sister Benet (Cleo) Frandrup, age 90, died peacefully at Saint Scholastica Convent in St. Cloud, Minn., on September 21, 2025.

S. Benet was born to Frank and Bertha (Freiermuth) Frandrup in Hampton, Minn. She grew up on a large farm with a large family. As the 10th of 11 children, S. Benet enjoyed playing with her siblings, interacting with the animals on the farm, and appreciating God's handiwork through nature.

Deciding to enter Saint Benedict's Monastery wasn't a difficult choice for S. Benet. In fact, three of her older sisters — Sisters Shirley, Dennis and Mary — had entered the monastery ahead of her! She entered on August 21, 1949, was received into the novitiate on June 17, 1953, made her first monastic profession on July 11, 1954, and her perpetual monastic profession on July 11, 1957.

S. Benet received a bachelor's degree in elementary education from the College of Saint Benedict in St. Joseph, Minn. What followed was a decades-long ministry in education. Known as both a firm and caring teacher, she taught in the Minnesota cities of Wadena, Minneapolis, Greenwald, Albany, St. Joseph, Red Lake, Little Falls, Buckman, St. Cloud and St. Augusta. She also served as principal at several of those schools.

As a child imagining her future, S. Benet hadn't planned

to be a teacher. While celebrating her Golden Jubilee, she wrote, "My professional life has been a little different than I had planned. My hope was to be a physical therapist, but God had other plans for me. Over the past 49 years, I have been blessed with 'God's most precious gifts' ... His children." S. Benet always saw the blessing in situations. One of her Benedictine sisters shared, "S. Benet knew the glass as half full ... maybe even more!"

After nearly 50 years in education, S. Benet moved to Saint Benedict's Monastery and served as a candlemaker and assisted in the guest house. She fashioned candles for use in monastery liturgies and for sale in the monastery's gift shops. As she dipped the Easter candle, she said, "It's a symbol of Christ being present with us." She was also born on the Feast of Candlemas — how fitting!

S. Benet was creative and detail-oriented, tending to her crafts and hobbies with meticulous care and patience. In addition to candlemaking, she crocheted, embroidered, gardened and enjoyed nature. For many years, she also volunteered at St. Peter's Parish in St. Cloud, singing in the choir and decorating the church for special occasions with her friend, Millie Nathe. In 2021, S. Benet moved to Saint Scholastica Convent, where she continued to live her Benedictine vocation as fully as possible.

S. Benet saw God in all creation during her life on earth. May she now behold her loving God face-to-face in her new creation.



S. Benet with her class on a field trip



S. Benet dipping candles for Monastic Enterprises

In Loving Memory: Rachel (Mary) Krippner, OSB



April 9, 1932 - October 19, 2025

Sister Rachel (Mary) Krippner, age 93, died peacefully at Saint Scholastica Convent in St. Cloud, Minn., on October 19, 2025.

S. Rachel was born the eldest of three children to Tony and Anna Krippner in Luxemburg, Minn. She first felt the inkling to explore religious life as a young student. She wrote, "As a sixth grader, my favorite teacher, Sister Seraphia Seitz, took us to see the convent and I was so impressed ... they had a little church in their home. I decided right then that this is what I wanted: a 'chapel in my home.'" Answering God's call, S. Rachel entered Saint Benedict's Monastery on September 10, 1950, was received into the novitiate on June 20, 1951, made her first monastic profession on July 11, 1952, and her perpetual monastic profession on July 11, 1955.

S. Rachel received a bachelor's degree in English from the College of Saint Benedict in St. Joseph, Minn., and attended the Diocesan Teachers' College in St. Paul, Minn. A lover of learning, she also participated in creative writing and computer workshops. S. Rachel always strived to be "better for her students," which served her well in a ministry of education that spanned over four decades.

For 43 years, S. Rachel served as an elementary teacher, mostly at rural schools in Minnesota, including in Freeport, St. Cloud, Sobieski, St. Martin, Luxemburg, Perham, Pierz, Meire Grove and Buckman. She also served as a principal at several of these schools. She considered it a blessing that her teaching journey took her full circle — beginning her career as a fifth-grade teacher at Sacred Heart School in Freeport and then returning 31 years later to work 12 more years with third graders.

In 1995, S. Rachel moved to Saint Scholastica Convent and served the community in new ways. She served as sacristan for 16 years and worked in the dishwashing room, assisted with the laundry, and accompanied sisters to doctor appointments. As she continued her ministry of prayer and community living, she also enjoyed time for reading, walking, doing jigsaw puzzles and listening to music.

Described by her Benedictine sisters as gentle, soft-spoken and attentive to detail, S. Rachel once wrote, "I have found ... the importance of the little things; just being an attentive, kindly, sometimes wordless presence is enough." She embodied this through the gentle and humble way she lived her Benedictine life faithfully each day.

For her Golden Jubilee in 2002, S. Rachel wrote, "Jubilee is a time to celebrate my vocation to the monastic way of life — a life where I give myself in love and service to God and others. I am very grateful." We rejoice as she now enjoys the blessing of eternal life with her loving God.



Above: S. Rachel (right) with Sister Raymond Doerfler

Below: S. Rachel teaching in Freeport



The Word on Planned Giving

Nina Lasceski, OSB

Do you remember what it was like when you were learning how to read? First, it meant sounding out consonants and vowels into words. Next, the challenge was making those words flow into sentences as you recited them aloud. You started with small words and then eventually worked your way up to big words.

Do you remember who helped you learn to read? It may have been a teacher, a parent or grandparent, an older sibling or even your best friend. Learning to read took patience, practice and a willingness to see that there are many ways that letters can be put together to make many different sounds and words.

When it comes to making decisions in life, there are often lots of words to read — medical reports, car loan paperwork and insurance documentation, just to name a few. Sometimes, we need guidance to better understand all the fine print. This can also be the case when you are making your estate plans.

Sisters Denise Braegelman (left) and Katherine Kraft in the monastery library



Estate planning can seem like a lot of work. There are so many possibilities to investigate:

- » **Trusts**
- » **Donor advised funds**
- » **Insurance policies**
- » **Wills**
- » **Annuities**
- » **401(k) investments**
- » **Individual retirement accounts**
- » **Qualified charitable distributions**
- » **Stock**
- » **Beneficiaries**

These are only some of the words you may read. One word can blend into another and suddenly your sight goes blurry.

There are many choices to make in estate planning as well. You may select to leave your inheritance to family members or a good friend. You may want to include your church or a favorite nonprofit organization in your estate plans. The options are almost endless.

Remember learning to read? You needed help. As you begin to make your estate plans, you also may need help. There are attorneys, financial planners and tax advisors trained to assist you. It can take patience and a bit of time to get all the i's dotted and the t's crossed, but doing so is important.

To find out how you can include the Sisters of the Order of Saint Benedict in your estate plans, contact Sister Nina Lasceski, planned gift specialist, at 320-363-7034 or plannedgiving@csbsju.edu.

“While I Breathe, I Hope”

Amanda Hackett

Last spring, the Spirituality Center•Studium offered a book study on *While I Breathe, I Hope: A Mystagogy of Dying* by theologian Dr. Richard “Rick” Gaillardetz. In this compilation of essays, Rick shares his journey of being diagnosed with terminal pancreatic cancer at age 63. Each page is raw, reflective and brimming with faith.

Intrigued by the book’s title, I immediately signed up to participate in this program. While I’ve experienced minimal true grief during my short 30 years of life, I’m fascinated by stories of resilience, especially when it requires surrendering fully to God. And that’s what this book is: A story of true surrender.

Upon learning of his diagnosis and facing an early departure from this world, Rick began to share his thoughts and reflections on CaringBridge.com, a nonprofit health platform that allows people and caregivers to share updates surrounding a health journey, similar to a journal. He signed off of each entry with “Dum spiro, spero,” a Latin phrase meaning, “While I breathe, I hope.”

This book, so eloquently written, is a heartbreakingly beautiful look into Rick’s life as he learned to navigate his final season of life with true faith. Some stories are uplifting and hopeful, such as traveling with his family and becoming a grandfather. Other chapters are heavy, such as stories detailing the devastating effects of chemotherapy on his fragile body.

One of the most beautiful elements of this book is Rick’s superb use of Christian imagery. Throughout the book, he compares his experiences to different liturgical celebrations and symbols of the Christian faith, which helps readers immerse themselves deeper in his journey. There are symbols in Eucharist, in baptism, in the Sacred Triduum.

Through every moment in his final journey, Rick always put his hope in God, our God who promises eternal life to all who put their trust in Him. Rick never said that his journey was easy or fair, but he always trusted that God’s plan was greater than his. Rick reminds us that even when we don’t understand why, we must trust that God is working in us and through us.

My intention for joining this program was to better position myself to be a woman of faith when life’s storms inevitably come rolling in. Although I haven’t yet been knocked down by the waves, I know the day will come where I myself will need to rest in the promises of God.

Participating in this program was a good start. We had a lively group of seven women, ranging widely in age, education and experience. Rick’s vulnerability throughout each chapter encouraged us to be vulnerable with each other, too, and although I didn’t always have a relatable experience to share, I was so moved by the stories and experiences of my fellow participants. Our conversations, and this book, reminded me that even in life’s darkest moments, no one walks the journey alone — ***and that is true hope.***

While I Breathe, I Hope: A Mystagogy of Dying can be purchased online at Liturgical Press at www.litpress.org/.

Dr. Richard Gaillardetz was a former scholar in the monastery’s Studium program. Learn more about Studium at <https://sbm.osb.org/ministry/spirituality-center-studium/#studium>.

A Wise Elder • A Jalopy

Mary Reuter, OSB

A friend, a senior citizen, cited from a list of strategies to keep her well and functioning: compression socks, hearing aids, daily medications for various maladies, frequent dental procedures, X-rays and other tests, frequent weight checks, help to climb stairs.

She went on to say she often felt like an old car — partly in humor, partly in regret for the changes she was experiencing. Duct tape holds the bumper to the car, a headlight doesn't work, one window won't respond to the "up" button, the battery is running low, plastic covers the back window, the brakes need to be carefully monitored — all first-aid maneuvers to keep the clunker going. Hope is challenged. In the back of her mind, fear lurks: How long will the jalopy be available? What will it need to keep going and how much will it cost? What will she do when the vehicle stops running?

While there are parallels between the image of a jalopy and an elderly person, there are significant differences. The vehicle can be dying. In contrast,

an elder can signal signs of life. For example, questioning her self-esteem can lead her to claim worth beyond her physical appearance, achievements and what she has and can accumulate. She also can learn to relish quiet rather than frenetic action and noise. As she walks through life with its losses, grief, loneliness and vulnerability, she can learn to entrust herself to God and the people around her. Daily invitations to exercise patience pester her. Gratitude for people and experiences in her history — her sacred history — can become an undercurrent of each day. Death beckons and she can face both her fears and her joyful expectations as she comes to know she will be transformed into a new life she can't imagine.

Personally, current positive images of aging boost my hope and help me become a more deeply spiritual and wisdom-centered woman. However, as good as some aspects of aging are, there are days when I'm a jalopy chugging along, wondering if I'll arrive at my destination. At such times, I cling to hope.

Photo: Pexels.com

This article was originally published as a blog on our website on September 9, 2025. Blogs are published every Tuesday. Read more at www.sbm.osb.org/spirituality/blog.

*For further insights regarding aging, see Kathleen Fischer, *Winter Grace: Aging and Spirituality*. Upper Room Books, 1998.*



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- » Immerse yourself in the Lenten season with virtual and in-person programming
- » Challenge yourself in a writing workshop with Sister Mara Faulkner
- » Experience Easter more fully through the Sacred Triduum
- » Plus more!

We look forward to welcoming you!

Photographs taken by Andra Johnson



To learn more about our spiritual opportunities, visit www.sbm.osb.org/ministry/spirituality-center-studium/. You can also contact 320-363-7112 or spirituality@csbsju.edu.