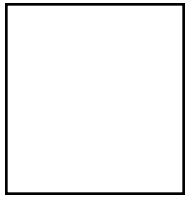




Sabbath House

3228 Portland Avenue South
Minneapolis, MN 55407

A ministry of Franciscan Sisters of Little Falls, Minnesota



Events Calendar

Advent Evening Prayer
Monday nights, 7-8PM
December 1, 8, 15, 22, 2014
“From emptiness to fullness”
Featuring seasonal readings, quiet and music with local musicians.

Soup & Sabbath
A learning & prayer time where all are welcome!
Monday nights of Lent
February 23,
March 2, 9, 16, 23, 30, 2015
Life Together
6:30PM Soup
7-8PM Presentation, Reflection and Prayer

Volunteers are always welcome—call us!

Sabbath House Mission

Sabbath House is a ministry of Franciscan presence in the heart of the City of Minneapolis. It is a place where people come to experience “Sabbath,” a time set aside “to enjoy being alive, to savor the gifts of creation, to give thanks ... a sanctuary in time.”

(Sabbath, Wayne Muller, p26)

This ministry flows out of the life of the Franciscan Sisters of Little Falls and finds its expression in the communities that gather at Sabbath House.

Sabbath House ■ (612) 822-2623
sabbathhouse@fslf.org

Sabbath House is a sponsored ministry of the Franciscan Sisters of Little Falls, Minnesota. Visit our website: www.fslf.org



FRANCISCAN
SISTERS
OF LITTLE FALLS
MINNESOTA

NOVEMBER 2014

Sabbath *Stirrings*

Rest, reflection, renewal and ritual

Sister Joanne Klinnert

Place is formative. Books have been written about this phenomenon and we all experience it. In this issue of *Sabbath Stirrings* we find a few reflections from persons living at Sabbath House, working at Sabbath House, volunteering at Sabbath House. I'll begin . . .

Growing up, my only connection to "Sabbath" was the third commandment in the Bible, "Remember to keep holy the Sabbath." Being Catholic we quickly translated that into worshipping on Sunday. Worshipping on Saturday was for Jewish people, of whom we had no knowledge. Then over time I learned some things:

- My sister married into a Jewish family. From them I have learned a good bit of Jewish faith and culture.
- In 2001 I spent sabbatical time in Nicaragua where I had lived. Every evening I read a small portion of the book, *Sabbath*, by Wayne Muller. Earlier that year Sister Noreen Bentfield and I had talked about having a hospitality house in Minneapolis and wondered what to call it. "Sabbath House" was the answer.
- There are several Jewish women in a Rosen Movement class I attend. Often I'll hear of holy days and traditions. Some of them have presented at "A Practice of Sabbath Day," a workshop given at Sabbath House.

In Jewish tradition, Sabbath is not a solitary, private practice. It is a gathering, a sharing, a being together with a specific purpose: to recall God's presence, to remember what God has done while being God's community. The Sabbath is a time for rest and reflection.

These sources have given me an appreciation, if not a consistent practice of, "remember to keep the Sabbath holy." And living in a place called Sabbath House helps me remember.



One of the works of Sabbath House is to promote the practices of Sabbath and reflect on their meaning. In the photo to the right, Sister Joanne Klinnert (left) leads a retreat for people of Faith Peacemakers using Wayne Muller's markers in *Sabbath*. These markers are rest, reflection, renewal and ritual.



National Night Out August 5, 2014

Joe, neighbor to the Sabbath House, helped children with a treasure hunt during National Night Out.

Living the Gospel courageously... with energy, spirit, peace.

What does Sabbath House mean to you?

Being at Sabbath House is the best reminder to take Sabbath time. In our busy-scheduled society it is easy to forget just how important it is to take time to renew oneself. Even though here we take time daily to pray together, taking Sabbath time is a challenge. I find I need to schedule it. *Sister Gert Brixius*

At Sabbath House we are neighbors and a prayerful presence to those around us. It is also a place from which we extend our neighborliness in service and presence to many persons from different cultures and countries. *Sister Betty Berger*



Sisters Gert Brixius, Joan Tuberty, Betty Berger and Joanne Klinnert

As a member of the faith sharing sisters of Sabbath House, I go there often. It is a place where some of us who live alone, near to our ministries, experience the hospitality and home cooked meals of our sisters. Sometimes I am able to refer or bring persons with me to meet members of my Franciscan community. The Centering Prayer group of St. Olaf always looks forward to the annual New Year's Eve prayer and party there and have become friends of the sisters who live there. It is indeed a "welcoming house" that is shared with many others. *Sister Joan Tuberty*

My experience of Sabbath House is a call to set aside expectations and just be present to what is. My expectation of a quiet oasis is met by the hum of busy traffic, the barking of a dog, radio and music playing and conversation in the air. So I set aside what I think will be, and enter into what it really has been for me—a place of connections. Connections on many different levels. First of all, a connection with the Divine during times of prayer and ritual. Then a connection with my sisters, with the associates and friends, old and new. We connect in conversation, in meals, in work and in laughter and tears. For me Sabbath House is a place of connection. *Sister Noreen Bentfield*



Sanctuary. Sabbath House is a resting place, a centering place and a welcoming place for me. Over the past six-plus years I've met regularly with Spiritual Director Jane Leyden Cavanaugh to illuminate and pray into the mundane and profound places of my life's journey. In discovering Sabbath House, through Jane, I've experienced the hospitality and spirit of Saints Francis and Clare in the Franciscan Sisters of Little Falls in the city, at Clare's Well and Little Falls.

As simple as sharing a cup of tea and as profound as listening to what Saint Benedict describes as the "ear of my heart," I am grateful for the many blessings of meeting with Jane at Sabbath House. It is peaceful sanctuary near my workplace, discovered during a period of great transition. Reflecting on the past six years, profound changes include mourning the deaths of both of my parents, pursuing a master's degree, transitioning roles and routines as adult children go out into the world and deepening my relationship with my husband Doug. As Franciscan Associates, we are blessed to be in relationship with the Franciscan Sisters, at the Sabbath House and elsewhere. *Marian Beumer*



Associate Marian Beumer received tea from her spiritual director.

Sister Fran Kempenich made bowls which were given to the musicians for their Advent leading of prayer.

It is always a pleasure to come to Sabbath House to help lead singing and prayer. The sisters at Sabbath House provide an intimate and meaningful community time for neighbors, friends, and strangers to gather for food and prayer during Advent and Lent. The meaningful relationships that are made in that environment sustain us all in our life as part of God's good creation. *Mary Preus*



I am grateful to be a part of some Sabbath House offerings through volunteering as a musician for the Advent and Lent Prayer Evenings, and being part of the planning team for them. These evenings end up being a blessing for me, too—the contemplative nature of the Advent series offers a welcome peace in that beautiful season, and the Lenten series is wonderfully creative and challenging in drawing upon local wisdom around a timely theme (usually suggested by Sister Joanne Klinnert and embraced by the rest of us). I love the warm and gentle welcome we all experience upon coming to Sabbath House and am deeply touched by how abundantly Joanne and all express their gratitude and I am grateful to be connected in this way.

Blessings, *Chris Kosowski*



Associate Marilyn Gates and Genelle Koernig

I have been blessed in many ways during my long relationship with the Franciscan Sisters. One of these blessings includes being part of the "Planning Team" for Sabbath House. Being involved in planning the Advent Prayer Evenings and the weekly Lenten presentations has given me an opportunity to give back a little to the Franciscan Sisters and to share with the local Sabbath House community. Part of our planning process includes an early pondering of the Scriptures for the Liturgical Seasons, in addition to sharing in the music and prayer leadership. Whatever I may contribute, I receive back in full measure and more. *Marilyn Gates*