



FRANCISCAN
SISTERS
OF LITTLE FALLS
MINNESOTA

MAY 2016

Sabbath Stirrings

Lenten Monday evening prayer and Sabbath House soup

Those attending Sabbath House Lenten prayer each Monday evening were served a variety of nutritious soups and then given experiences of feasting upon prayer from multiple cultural and religious traditions. The participation in these prayer-forms awakened in me a deep yearning “that we all may be one”; the actual praying with leaders of these traditions was an experience of the ONE GOD, giver of life and love, that we all worship. This six-week Lenten journey began with the contemporary *Taize Prayer*, which originated within the

Christian Protestant-ecumenical monastic men’s community in Taize, France, by Brother Roger in WWII. The Taize chants and prayer have spread throughout the world by monks and youth devoted to “unity.” (I have visited Taize and experienced the beauty, simplicity and transformative effect of this prayer.)

Then followed *Embodied Prayer in Movement and Song*.

I honestly had not previously thought of song as embodied prayer. Gentle, yoga-like movements were introduced and then brought together with song in prayer. *Daily Prayer Patterns* were represented by two traditions. A Muslim man told about *Muslim Prayer* and of the rich tradition of this prayed five times a day and we learned about the *Monastic Liturgy of the Hours*, with which we were more familiar. *Prayer of the Assembly* was a theme that was presented by a Jewish Rabbi who spoke

of the significance of the *Daily Jewish Prayer for the Dead* and a member of an *Intentional Eucharistic Community* worshipping in the Catholic tradition but without ordained leadership. *Centering Prayer and Mindfulness* were presented as both ancient and contemporary contemplative forms which have appeal for persons today. The series had an amazingly rich ending with two American Indians talking about and engaging us in *American Indian Prayer*, and then concluding with a presentation about, and an experience of, *Celtic Prayer*.

These Lenten prayer experiences help me to see God in the richness and diversity of prayer in these traditions and make me want to say with the mystic Lalla, “Wherever I go I see your Face, O God!”

- Sister Joan Tuberty



Lenten soup before presentation



Clare and Larry Martin speak to Native American style of praying

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

Directing Spirituality

Marilyn Gates and Mary Schulz were both students of Spiritual Direction at Sacred Ground Center of Spirituality at Carondelet Center in St. Paul. Over the years each has been a part of Sabbath House activities and presentations.



Spiritual directors Marilyn Gates and Mary Schulz

Currently each receives directees at Sabbath House, including each other!

Mary says: “Probably one of the lesser known offerings of Sabbath House is its use as a place where spiritual directors can meet with their directees. For a small offering, a lovely, quiet room is available. Just walking into Sabbath House, I feel the warmth of welcome and a shift in energy that is calming, thus supporting reflection and deeper listening to the spirit. To meet a directee in this sacred space beautifully supports the mission of spiritual direction.”

Marilyn says: “As Mary stated, Sabbath House provides a quiet, calming space in the midst of our often busy lives. I have been in this space both as a directee and

a spiritual director. There is a strong presence here, the presence of the holy, where the quiet voice of the Spirit can be heard.”

- Sister Joanne Klinnert

Theology and Spirituality

A small group of Franciscans, mostly secular Franciscans, have been meeting monthly at Sabbath House for several years in order to delve into Franciscan theology and spirituality. We have studied St. Bonaventure’s Tree of Life and Soul’s Journey to God as well as the works of contemporary authors such as Ilio Delio and Richard Rohr. Our next text will be Ilio Delio’s *The Emergent Christ*. Despite the centuries between the authors, the theme of God’s overflowing love is consistent.

Another group, convened by Sister Michelle L’Allier, met here monthly for almost a year to discuss *The Franciscan Moral Vision, Responding to God’s Love*. This book grew out of Franciscan scholars’ efforts to retrieve the Franciscan moral vision. In this vision, moral living is seen as a response to divine graciousness and love. For our last session, we were privileged to have Professor Kathryn Cox join us. She teaches moral theology at St. John’s University and has done some work in articulating the Benedictine moral vision.

Sabbath House also serves as a back-up meeting place for St. Crispin’s secular Franciscan fraternity when the parish where we meet in Little Canada is not available. I have been the spiritual assistant for this fraternity since 2011.



Franciscan Moral Theology study group

- Sister Betty Berger

Spring Sabbath

This past winter was not white.
This winter was brown:
grass was brown,
fallen leaves were brown.
Occasional snow cheered us,
but soon melted.
A tall white pine sometimes held snow,
then dropped it.
Brownness prevailed
until now, mid-April, exactly!

Tulips are in bud,
as are (one old and one young)
flowering crab trees.
Two hyacinths (one pink and one purple)
poked up amidst dry grasses.
There are one-inch sprouts where
peonies will bloom and hosta too.
Succulents show up and turn green.

Coleus in the house are waiting for their
summer life in big outside pots. The mother
plant remains the originator of the next
generation, year after year.

Grass, plants, trees change their colors
from brown. Birds, animals, and humans
all have their memories of Spring.

Humans can take it all in, with their fellows.
All that is required is some quiet,
some space,
some memory,
some attention,
Some Sabbath.

- Sister Joanne Klinnert





Sabbath House

3228 Portland Avenue South
Minneapolis, MN 55407

A ministry of Franciscan Sisters of Little Falls, Minnesota

Events Calendar

- Planting (and playing!) in the yard, May 7, 11 a.m.
Franciscan Community Volunteers, Associates, anyone who would like to help Mother Earth with beautifying.
- Sister/Associate Summer Picnic, June 26, 12 p.m.
- National Night Out, August 2, 5-7 p.m. *All are welcome.*

Monday nights, 7-8 p.m.

**Advent
Evening
Prayer**

“Creating a Space”

November 28, December 5, 12, 19, 2016

Featuring seasonal readings, quiet and music with local musicians.

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