



# The Hawaiian Benedictine

Newsletter of the:  
Benedictine Monastery of Hawaii

With the canonical title of:  
Mary, Spouse of the Holy Spirit Monastery

Spring 2021

Issue #138

## *The Spirit of Easter and the Paschal Mystery*

As we contemplate the Paschal Mysteries, let's begin with one of the more mundane ones: why do we celebrate Our Lord's Resurrection on a different day each year? The Roman Catholic Church determines the date by indicating the first Sunday following the first full moon (known as the Paschal Full Moon) following the spring equinox (which the Church always designates as March 21, regardless of when the astronomical equinox occurs). Thus the date for the celebration of Our Lord's Resurrection is determined by a combination of solar and lunar events, similar to the manner in which the Jewish celebration of Passover is determined. The word *Paschal* derives from the word *pascha* which means Passover in Aramaic. For a more in-depth explanation please see, "The Ancient Math That Sets the Date of Easter and Passover" (*The Atlantic*).

What are we referring to when we speak of the Paschal Mysteries? Loyola Press describes the Paschal Mystery as "... basically the process of dying and rising, death and new life... Jesus Christ's passion, death, Resurrection, and Ascension are the ULTIMATE event of dying and rising, of death and new life. We learn from Jesus that new life can come from death, that we can find meaning in tough times, that there really is light in the darkness. We learn that all life has this rhythm of dying and rising and that God is with us in good times and bad. Christ's suffering, death, and new life has forever changed us and given us a different way of living. Death no longer has the last word."

Another helpful definition is offered by the Catholic Dictionary which states that "Paschal Mystery is a general term to describe the redemptive work of Christ, especially the events of the Last Supper and the Passion, reaching their climax on Easter Sunday." The Catholic Dictionary goes on to explain that in order to emphasize this redemptive mystery, Pope Paul VI issued the document *Paschalis Mysteriorum* whose purpose was to reorganize the liturgical year so as to "permit the faithful to communicate in a more intense way, through faith, hope and love, in the whole mystery of Christ, which ... unfolds within the cycle of a year."



As we return again to the season of Lent and Easter, how do the four elements of the Paschal Mystery - Christ's passion, death, Resurrection, and Ascension - play a role in our spiritual and secular lives, especially during this most dramatic and important time of year in the Christian calendar? How do we die to self and rise to newness in the likeness of Christ?

Viewed individually, the four elements of the Paschal Mystery offer a wealth of insight into both the human and divine aspects of the life of Jesus. When taken as a whole, I sense a common thread running through the Paschal Mystery that is relevant to each and every believer.

There is a word in Greek worth pondering here - it is *anamnesis*. Literally it means "remembrance." It has its origin in Jesus' words at the Last Supper: "Do this in memory of me." *Anamnesis* entails active remembering. It is more like "re-member-ing" (3 parts): putting the members back together.

*Continued on Page 2*



**Kumu Ke Aloha...**  
**(From the heart)...of our Prioress/**  
**Superior**

Happy blessed Easter to all!  
We have been blessed beyond measure here at our beautiful monastery.

So much has happened these past months as we began our new normal here. Having been elected as Superior recently, my vision for the monastery continues from where our Kupunas (elders) have left off in seeking our mission here. We have seen the work of our Lord's transformation and resurrection of new life as we journey this path as a faith community.

We have grown in tremendous ways in the short time of eight months and because of your love, support, prayers and financial gifts we continue to build this monastery all for God's greater glory and His precious people! May this Easter season find you all in God's continued trust as we journey into healing our Ainā (land) and this world-wide pandemic. We pray for all who have lost their lives from the Covid-19. From our halé (home) to yours... we continue to pray for one another. May God bless you & your Ohana' (family).

Aloha Ke Akua, (with God's love)  
Sr. CC+

*( The Spirit of Easter: from Page 1)*

Isn't that really what we are hoping to achieve through spiritual reflection and self-denial during Lent and the celebration of Easter? In our dying to self we are attempting to "re-member" (reconnect, rejoin) those who have been alienated, lost, wounded, hurt, disenfranchised, and, in-need. Through a praxis approach to celebrating our faith in the risen Christ we have a remedy to a multitude of injustices, including homelessness, poverty, unemployment, discrimination, domestic violence, and every form of abuse.

This Lent and Easter, as the Body of Christ—and in remembrance of Our Lord's Paschal Mystery—let us "re-member" (to make whole again, to bring back as members) everyone graced with respect and self-respect, since we have all been created in the image and likeness of God. All who are now hurting and struggling often just want to be heard, before anything else. It's an amazingly easy and effective place to begin, though, sadly, such attentive listening is often missing at the most crucial moment in people's lives. Maybe, just maybe, at times, dying to self can simply mean

being a good listener, and nothing more. Just that.

In losing ourselves, dying to self, we end up finding ourselves and we realize that our lives are not ultimately about us. What a wonderful place to embark on a road less traveled as we approach Easter. We can strive toward the pinnacle of our faith, not merely by thanking Jesus, but by adding substance to our thanksgiving by acting like Him in living our own version of the Paschal Mystery in daily life. How do I reflect my own passion and willingness to suffer; in what ways do I die to myself each day; how do I pick myself up after a fall; and how do I rise above myself placing others' interests before my own?

St. John of the Cross famously said: "In the end we will all be judged according to love." This Lent and Easter allow yourself to be judged, as was Jesus, in the spirit of love and forgiveness allowing the Paschal Mystery to be the focus of your thoughts and prayers as you gather with family and friends. God bless!

*by: Br. Tom Morris, OSB*

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I've struggled with my mental health for most of my life. Depression has been a frequent dark and unwanted heaviness, often for months at a time. I've been through many, many hospitalizations and treatment programs, but I've never experienced long-term stability.

I first visited the monastery while my dad was stationed here on Oahu as a chaplain in the Army. Since moving to California, I have been back to visit three times. I've always felt safe here, but my current extended stay as a volunteer has been particularly emotionally healing for me. This beautiful place offers me an indescribable feeling of being at rest. The structure and balance of work, prayer, and rest, as well as building healthy relationships within the monastery community, have helped me maintain better and longer emotional stability than I've ever experienced. And for the first time, I am actually starting to believe that I am enough, just as I am.

I am so thankful to Sr. CC and the whole Monastery community for so lovingly welcoming me into their home.



*by: Valorie Eubank*

## Ora Et Labora

Long before dawn nature begins to stir around us. Peacocks and chickens call; birds follow with their chatter. In the background is the ocean's soft roar, which from this distance masks the more distinct rhythm of the waves themselves, moving in and out, in and out from the shore. It is a kind of breathing. This is the rhythm of "Aloha," which I am learning meant originally "breath of life" and referred to that which holds all things together. *Aloha* also means "welcome." The spirit of Aloha moves through the beautiful surroundings and the community we wake up to each morning here at the Benedictine Monastery of Hawaii, where we have been warmly embraced.



My husband Bryce and I live in Minnesota and are volunteering here for a month. For us, it is a chance to be of service and to deepen our prayer lives (not to mention wintering in a warm place!) We are a retired couple, I from the field of mental health and Bryce from ministry in the United Methodist Church. As part of our own new rhythm of life, we began volunteering in the winter months, our first two winters being spent at Holy Trinity Monastery in St. David, Arizona before coming here. Each stay has brought new adventures, new learnings, and best of all, new friends.

Our day formally begins by entering into yet another rhythm: the ancient Benedictine rhythm of *Ora et labora*, or prayer and work, that grounds and nourishes daily life at the Monastery. Throughout the day, periods of labor alternate with gatherings for worship, devotion, and prayer. So far we have planted a small herb and vegetable garden and assisted with several cleaning projects. In addition, Bryce is regularly baking fresh bread for the community. Back in Minnesota, he bakes in a wood-fired brick oven in the back yard and sells to customers who pick up their weekly bread at the house. But whether we are shaping dough here, sweeping a mop back and forth across a floor, or watering the plants, we find our anxious minds settling into the task at hand. Worries seem to drift away and life becomes simpler. I think St. Benedict knew that frequent prayer becomes a part of us and begins to infuse all that we do.

Bryce and I have been genuinely impressed by this prayerful spirit among the Benedictine community members. They carry out their work humbly and look for ways to help one another. Their way of life is a model for life beyond the Monastery, surely, that we will carry with us, along with the friendships that have formed during our time here.

by: Bryce & Jody Johnson



### Brother Ricky's Interview

I first met Ricky Martinez last October when he came to stay with us here at the monastery. Ricky was facing some personal difficulties at the time and needed a place to live. Sr. CC, our Superior, consulted with the community and shared the opinion that Ricky's mother has been an oblate and good friend of the monastery for many years, thus, if all agreed, we would welcome Ricky to share in the monastic life with us for an indeterminate period of time. Not knowing how the situation might play out I can say now with hindsight inviting Ricky into our lives was one of the best decisions ever made.

Br. Ricky, as he is now affectionately known, brings a wealth of gifts and has an infectious personality people simply enjoy being around. He truly embodies the Fruits of the Holy Spirit in a way that should make some of us blush who have years of living the consecrated life under our belt.

I briefly interviewed Br. Ricky for this article keeping the questions mostly open-ended so he could speak freely and spontaneously from his heart. When asked who is Jesus for you, Br. Ricky replied: "He's the one who forgives me what I have done, and if He can do it for me, He can do it for others." Furthermore, "Jesus turned me around in the right direction by putting a roof over my head, and leading me to know God more through praying and going to Church."

Born and raised in Honolulu, one of five siblings, now age 54, Br. Ricky has happy memories of growing up and working at the Pancake House in Kaimuki as a food runner. A proud father of two boys, and a loving husband, Br. Ricky sadly lost his wife to pneumonia on May 18, 2017. Having remained very close to his mother over the years, he shared: "If not for my Mom I don't know where I would be."

Br. Ricky's dream is to have a place of his own down the line, but for now is proud to be living here at the Benedictine monastery. During our final moments, Br. Ricky offered these unsolicited words of wisdom: "Go to the monastery and turn your life around just like it did for me." There is great profundity found in the simplicity of that advice. In the weeks and months ahead Br. Ricky will be navigating some potentially challenging times as he confronts a few of his life's past choices.

We here at the Benedictine Monastery of Hawaii ask wholeheartedly for your prayers and best wishes on Br. Ricky's behalf. We are all hopeful he will be able to continue his life here with us and keep on sharing all the joy and beauty he brings in his very own unique and special way.

by: Br. Tom Morris, OSB

## From the Daily Log:

CC-Sr. Celeste Cabral      GS-Sr. GERALYN Spaulding  
SW-Br. Scott Whittaker    AA-Br. Anthony Akau  
MS-Fr. Michael Sawyer    AN-Br. Augustine Nguyen  
MJ-Sr. Mary Jo McEnany    TM-Br. Tom Morris

**Nov 4:** Community Day of Quiet Prayer

**Nov 8:** Bishop Larry celebrates Mass for us on 32nd Sunday in Ordinary Time

**Nov 18:** CC meets with donor Frances Hodge to build a Labryinth in memory of her husband Stan

**Nov 12:** SW, GS, AN and TM celebrate SW's birthday with tour of Iolani Palace

**Nov 26:** Community enjoys CC's "Eggs Benedict" for Thanksgiving Day Breakfast

**Nov 29:** New Liturgical Year begins with 1st Sunday of Advent

**Dec 9:** Community celebrates GS' birthday c/o gift cards to downtown restaurant, drove through Christmas lights extravaganza at the Stadium

**Dec 12:** EPIC Kailua young adults work in service, enjoy star gazing, and prepare Breakfast for all

**Dec 16:** MJ is on video giving her talk on "Angels" shared on Facebook & Zoom

**Dec 19:** Monastery is decorated for Christmas!!!

**Dec 21:** Star Gazing around the campfire, looking at Saturn & Jupiter aligned

- CC Convocation prayer for Matt & Johanna Coaps EPIC Young Adults Marriage

**Dec 25:** Christmas Day is made special with SW's "Swedish Pancakes & Bacon" for Breakfast;

- CC Bar-B-Q's at the grill as all other members contribute to main meal; gift exchange in St. Damien Room

**Dec 29:** MJ's birthday celebrated with board games in pavilion and Chinese take out food brought home

**Dec 31:** A few friends join us in welcoming the New Year with prayer from 9pm-12am, with fireworks display in the distance, and refreshments

**Jan 8:** CC meets with Aloha Pest Control for services

**Jan 13:** Extra community members contribute noticeably to taking down all Christmas decorations

**Jan 15:** MS' 71st anniversary of his simple vows celebrated by the community picnic to Kaiaka Park

- CC meets with State Health Inspector. We passed !!

**Jan 20:** 5 members take State of Hawaii online class to be certified as Food Handlers

**Jan 30:** SW meets our new neighbors, Peter and Jan, and discovers that Peter's ancestral home (Oppdal) is only two hours from SW's ancestral home (Malvik) in Norway

**Feb 2:** SW celebrates his first year of temporary vows

**Feb 13:** CC house Blessing of Robbie & Kyra Cubi & Ohana

**Feb 6:** CC, SW, AN, TM meet with neighbors and friends to discuss our new internet service

**Feb 27:** Dallas Carter help us set up our new Aquaponics system so that we can grow vegetables and fish with a complete supply donation from ACE Hardware Haleiwa

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JESUS CHRIST IS LORD

Benedictine Monastery of Hawaii  
P. O. Box 490  
Waialua, HI 96791-0490

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