



The Hawaiian Benedictine

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Benedictine Monastery of Hawaii

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

Winter 2017

Issue #126

The Lord Is My Shepherd

Psalms 23 is the most beloved of all the 150 psalms in the Bible. It begins with the famous line, *The Lord is my shepherd. I shall not want.*

It goes on to compare God to a wise shepherd who is completely dedicated to his sheep. Early every morning he figures out where in the mountains the grass will be abundant. Then he goes ahead of his flock and leads them unerringly to a lush meadow.

He also remembers where all the springs are, so the sheep trust that he will always find them water to drink and a safe place to rest in the heat of the day. Even if they must traverse a dark and dangerous canyon, their shepherd will always defend them against a lurking predator.

Perhaps we don't like to think of ourselves as sheep. Yet we are like sheep in many ways. Whether we will admit it or not, we do choose a leader whose ideas we make our own. As much as we try to be self-sufficient, there are bad times when we need someone stronger and wiser to guide and protect us.

Probably Jesus had psalm 23 in mind when in John's Gospel He says, "I am the good shepherd. I know my own and my own know me" (John 10:14 NRSV).

One of the rewards of faith is that we learn Jesus. Through the power of the Holy Spirit working in us, in our prayer and meditation on the New Testament, we actually meet and get to know Jesus. We ponder how he lived and died and rose *for us!* We become convinced that He is totally on our side, concerned about us, wanting the best for us, and eager to help us.

As King of the Universe, He has the power to help us. As the human expression of the God-who-is-Love, He cares about each and every one of us far more than we care about ourselves. He is indeed our Good Shepherd.

This is our faith. We not only believe these truths, but through the inspiration of the Spirit we experience them.

Faith, however, is like a coin. It has two sides. One side is belief. The other side is trust. We believe with our mind. We trust with our heart. The fullness of faith demands trust. If I believe that the Jesus who has been made Lord and Master of all things through His Resurrection is at the same time my Shepherd, who ardently cares for my welfare, then logically I should trust Him utterly.

When the angels appeared to the shepherds to announce the birth of our Shepherd, their first words were "Do not be afraid." The Good Shepherd is God's remedy for my fears. God does not want any of us to live in fear and anxiety.

Like sheep, though, we are small creatures in a big world. Life is tenuous and we are vulnerable. From the moment we are conceived we are subject to dangers of many kinds. Fear is our natural response. It is nature's way of making us aware of the dangers so we can avoid them. Fear, however, has a way of dominating our outlook and causing us to be anxious and negative about life.

God, of course, knows this. God is acutely aware of our situation. Why else would God send His Son to share our humanity than to prove to us beyond a shadow of doubt that He understands our needs and is present to guard and protect us?

Continued on Page 2





ON MY MIND

Dear Friends,

Sr. Ann Cic's last weeks, passing to the Father, and funeral service have been the most significant events of the past couple of months. The support and assistance of the homeschool families, and their many meals, and of our volunteers, oblates and friends has so blessed us during these days.

It is a great consolation that Sr. Ann's and Fr. Tim's urns reside in the crypt under the tabernacle in our monastery chapel reminding us daily that they are with us still.

Bill Myszkier is with us and in process of entering the community and Scott W. will be with us for a second visit the month of January. So hope is sustained.

Even though this year Advent is as short as it ever gets, I pray that it will be a fruitful time of preparation for the celebration of Jesus' birth into our world and taking on our human condition. As Jim Scully reflects in the lead article, Jesus is the true source of our hope. May he fill all of you, our family and friends, with a full measure of renewed hope.

Blessed Christmas in the love and peace of Jesus,

Fr. David

(Good Shepherd: from Page 1)

The Christian faith tells us: *God cares!* With the strengthening of the Holy Spirit, we can keep our emotion of fear under control. The solution is trust. The more we trust God, the less we will worry. The less we worry, the happier we will be. The happier we are, the more hopeful and loving we will be. The more loving we are, the more we can alleviate others' anxiety. The more we can alleviate others' anxiety, the more peaceful the world will become. The effects of trust are far-reaching.

Trusting God, however, does not mean that our life will be all smooth sailing. On the contrary, each of us will have our share of storms, sorrows, insecurities and pains. We will all die. We cannot escape the human condition. Neither did Jesus. But there is a gigantic difference between trying to cope with adversity on our own strength alone and trusting that God will see us through it. Jesus is our

friend, our confidant, our ally, our support, our defender, our inspiration, our energy source. He is indeed the Good Shepherd. We can count on Him. We can lean on Him. At all times. No matter what.

So it is important for each of us to grow in trust. It is something we need to think about, meditate on, and try to practice all the time.

And that brings us back to Psalm 23. It may help our trust in God to pray this psalm daily. Another good prayer is psalm 91. Monks pray this psalm at the end of every day. It too is a prayer of trust, reminding us of what a mighty Shepherd we have looking out for us.

Whatever worries and fears we have, faith tells us that we can always put ourselves in the hands of God, in the hands of our Good Shepherd. There is no safer place in the whole universe.

*by Jim Scully
long-time friend of the community*

May the Light of the world, made flesh through the Virgin Mary, bring light, warmth and love to you and your loved ones this Holy Season!



*Merry Christmas and a Happy New Year from the
Hawaii Benedictines*

Celebrating a Life Well-lived:

SR. ANN CIC, OSB (Aug. 23, 1929 to Oct. 24, 2017)

Sr. Ann Cic, OSB, (88) passed to the Kingdom at 5:35am on Tuesday, October 24, 2017, at the Wahiawa General Long Term Care Facility in Wahiawa, HI.

She was born in Denver, CO on August 23, 1929, to Anton Cic and Annie Hoffman Cic. Sr. Ann was preceded in death by her parents, and her siblings: Tony Cic, Mary Pacello, John Cic, Frank Cic, and Pauline Afshar. She is survived by her one remaining sibling, Eileen Copeland, 12 nieces & nephews, 14 Great nieces & nephews, 9 Great-Great nieces & nephews, and 5 Great-Great-Great nieces & nephews, and her Benedictine Ohana. When she said that she was praying for her family, we never realized how many people were included in her prayers!

She was most grateful for her devout parents and family, her Catholic education, and the many priests and sisters who touched her life. She served as a religious sister for 66 years; 51 of those years as a nurse. She attended Annunciation Elementary and Annunciation High School, taught by the Sisters of Charity of Leavenworth, Kansas. She entered their convent and attended St. Mary's College, and there won a scholarship for academic achievement, opening the door for her Masters degree in nursing at Montana State University.

Some of the hospitals where she served included: St. Vincent's in Billings, MT, St. James in Butte, MT, St. Francis in Topeka, KS, St. Mary's in Grand Junction, CO, and St. John's in Santa Monica, CA, where she was eventually Head of Nursing.

She would say that the Charismatic Renewal in the Catholic Church brought her to discovering a loving God, which she experienced in Santa Monica, CA, and then Pecos, NM.

Sr. Ann transferred from the Sisters of Charity to the Pecos Benedictine Monastery, where she later served as Administrative Secretary to the Abbot, Secretary for the International School for Charismatic Spiritual Directors, and nurse for the Monastery and its guests. She was also involved in spiritual direction, vocations, liturgy planning, prayer meetings, retreat planning, hospitality and intercessory prayer. The transfer to the Benedictine Monastery of Hawaii in 2005, resulted in assignments as sacristan, bookstore manager, spiritual director and prayer companion.

Her health challenges in the last years of her life gave her ample opportunity for offering her pain to the Lord in intercession for the many who are suffering in our world today. Her favorite Scripture was: "God is Love. Whoever lives in love, lives in God, and God in him." 1John 4:16. She was able to write a Shutterfly Booklet: "Remembering... And It Was Good," in which she recorded her favorite memories and anecdotes.

Her Funeral Mass was the Saturday after Thanksgiving, November 25, 2017, at the Benedictine Monastery of Hawaii, in Waialua, on Oahu, at 2:00 PM. Her ashes have been laid to rest in the crypt below the Tabernacle in the Monastery Chapel.



FROM THE DAILY LOG:

MS- Fr. Michael Sawyer AC- Sr. Ann Cic
 DB- Fr. David Barfknecht GS- Sr. GERALYN Spaulding
 MJ- Sr. Mary Jo McEnany CC- Sr. Celeste Cabral
 BM- Br. Benjamin Martinez

Aug 5: GS attends all inclusive Rachel's Vineyard Reunion at Kapiolani Park.

Aug 12: CC's Birthday Celebration with bonfire on monastery grounds with meteorite shower watch. Many homeschool families and friends in attendance!

Aug 17: DB presides at Mass at St. Rock's 100th anniversary (7th of 9 Masses said there).

Aug 19: CC is Guest Speaker for the Central Vicariate Conference for Young Adults at OLGC Pearl City.

Aug 23: MS, DB, MJ, GS, CC, BM visit AC in Wahiawa General Hospital to celebrate her 88th birthday.

German Chocolate caked shared with nursing staff.

Aug 31: CC leaves with HCCRS group to attend the SCRC Conference in Anaheim, CA.

Sept 9: CC gives talks at "All Parishes Annual Retreat" in Hana on Maui.

Sept 15: GS attends OLS's Feast day celebration with the Sacred Heart Fathers at Our Lady of Sorrow's, Wahiawa.

Sept 16: 125 attend annual All Membership BCC Retreat at the Monastery.

Sept 28: CC speaks on "Suicide Prevention Week" to all grades at Damien High School.

Oct 1: GS gathers Oblates at Haleiwa Ali'i Beach Park for Annual Picnic.

Oct 13: 100th anniversary of the Miracle of the Sun at Fatima; Mass for Dan Hickman, Oblate Bernadine Zimbra's brother). GS leaves for Rachel's Vineyard Retreat.

Oct 24: Sr. Ann passes to the Kingdom at 5:35AM at the Wahiawa General Long Term Care Facility. MS, DB, MJ GS, CC pray around her and bless her body.

Oct 27: Fund Raiser Candlelight Dinner at the Monastery for BCC/Oblate friend to defray recent medical expenses.

Nov 3: MJ leaves for BCC Youth Retreat; CC leaves for retreat at Queen of Angels Parish in Kula, Maui.

Nov 11: Damien High School and Lion's Club help maintain the Stations of the Cross and road to the grotto.

Nov 15: CC conducts retreat here for Military Wives.

Nov 18: CC attends Ordination of Sacred Hearts Father Jeremy Sabugo of St. Michael's parish.

Nov 23: Community celebration of Thanksgiving at the monastery with a number of neighbors and friends.

Nov 25: MJ directs morning BCC Pre-Retreat. At 2 pm communal celebration of Sr. Ann's life. About 120 people in attendance including Msgr. Gary Secor representing Bishop Larry Silva.

Nov 27: Community Recreation Day at monastery: rainy and cold; watched video "A Dog's Purpose."

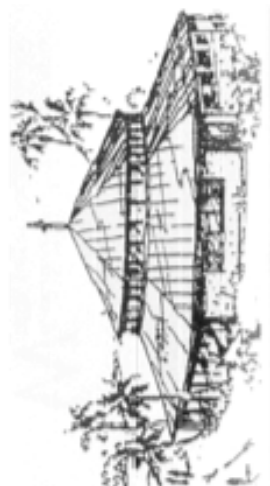
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JESUS CHRIST IS LORD

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RETURN SERVICES REQUESTED



CALENDAR

DEC. 2017

- 3 Oblate Sun. 2pm - Monastery.
- 1-3 BCCH Adult Retreat
- 6 BCCH Thanksgiving Mass - St. Anthony's
- 9 Rachel's Vineyard Reunion - Monastery
- 19 Homeschool retreat - Monastery
(12/19 - 1/1 Monastery closed)

JAN. 2018

- 7 Oblate Sun. 2 pm - Monastery: Jonathon Ocampo: "Using the Creed for *Lectio Divina*."
- 13 Our Lady of Good Counsel Middle School Retreat
- 18 Homeschool retreat - Monastery

FEB.

- 7 Oblate Sun. 2 pm - Monastery: Vicky Arakawa: "Intro to Centering Prayer."
- 20 Homeschool retreat - Monastery

MAR.

- 2-4 BCCH Adult Retreat - St. Anthony's - call Sr. MaryJo for info: 285-0254.
- 5 Lenten Oblate Retreat Sun. 12:30pm - Monastery: Bill Myszkier: "Our Lenten Journey to Easter."
- 10 RCIA retreat - St. John Apostle/Evangelist

APR.

- 8 Oblate Sun. 2pm - Monastery. "Divine Mercy Sunday"
- 6-8 BCCH Youth Retreat - St. Anthony's

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