



# Angel Whispers

Benedictine Oblate Sisters of Clear Creek

Fall 2013

*"Ora et Labora" ("Pray and Work")*

Dear Family and Friends of the Clear Creek Sisters,

The above phrase is commonly considered the motto of Benedictines. We spend a great deal of our day at prayer and work, in silence and solitude, in order to contemplate God and to strive to be in union with Him.

It is no surprise that our country and the world are in great need of prayer. What are we to do about this sad state of affairs? Will all the peace-talks and negotiations save us from total destruction of the human race? Sometimes it takes dire situations for the world to realize that only God can put things right. We have to turn to prayer.

The "secrets" of the spiritual life are not only for a few select souls, as many people like to believe. We are all created by God, and as such we are all called to save our souls; and all are asked to do so by the same means – that of constant prayer. Dom Gueranger (the founder of the Solesmes Congregation) tells us that: *"The earthly life of all Christians is a novitiate for eternity. Each soul must prepare itself for eternity by a life of close union with God. Consequently, the spiritual life and prayer are a normal part of life....."*



**LABORA** : Mundane, simple and repetitive work — but pleasing to God!



**ORA** : The simplicity of Low Mass, heaven touches the earth and we find the center of our day.

*To pray or not to pray is not a matter of option; on the contrary, there is nothing more important than prayer."* The atmosphere of prayer must penetrate every part of our life – when we awake in the morning to bedtime at night. Even in our sleep, we do this in the arms of God. Our life should be one continuous prayer. Basically there are two forms of prayer: Liturgical prayer, which is regulated by the Church and Individual prayer. The first form is superior to the second in its *"dignity, authority, comprehensiveness and power."* So, you ask, what do Benedictine nuns pray? As contemplatives we offer God both forms – both Liturgical



The peaceful setting at Clear Creek lends itself to prayer even as the leaves turn.

prayer as well as mental, individual prayer daily. We are faithful to daily individual mental prayer, as well as to the first form, Liturgical prayer, which is higher, is the more ancient and universal tradition. It is the sacred liturgy of the Church, the *Opus Dei*, the *Work of God*, the *Divine Office*. The Holy Rule of St. Benedict tells us to “put nothing before the *Work of God*.” Mother Cecile Bruyere (foundress of the Solesmes Congregation of Nuns) guides us with her wisdom: “*In the sacred liturgy the Church’s children have all their mother’s learning; it is the most perfect way of prayer, the most traditional, the best ordered, the simplest, and the one that give the strongest impulse to the freedom of the Holy Spirit. The official and social homage rendered by the Church militant to God, Father, Son and Holy Ghost, that whole group of spoken formula, of chants and ceremonies which is, as it were, the necessary accompaniment of the eternal Sacrifice (Holy Mass) – constitutes the most noble portion of divine worship, which is the essential tribute of adoration, thanksgiving, praise and impetration.*” Mother Cecile Bruyere continues: “...when everything seems dormant, this prayer penetrates all our being like incense penetrates the objects that it has touched – its perfume remains in the flowers and in the sacred vestments at the altar. This is the very image of this perfume of prayer, which must emanate from a nun.” However, one does not reach this state of constant prayer by the exercise of the brain, but rather through uniting one’s will with God. We have to submit our whole life into God’s hands.

The Holy Sacrifice of the Mass is the central focus of our day, and around the Mass are the “rays” emanating from the Mass. These “rays” are the liturgical “Hours” of the Divine Office, namely, Matins (or Vigils), Lauds, Prime, Terce, Sext, None, Vespers and Compline. We pray



A sneak preview of items we will be making in order to avoid the Christmas rush!

these “Hours” throughout the day. As Scripture says, “*Seven times a day have I praised you....At midnight I arose to give you praise*” (Psalm 118:164;62). So, we rise early and stop whatever we are doing during the day at the set liturgical times to give praise to our Creator. Thank you for your continued spiritual, material and moral support. You are remembered each day in our daily prayers and sacrifices. We hope to see you at our Boutique. We are having it earlier than in past years to allow you to do your Christmas shopping BEFORE Advent. This way you can devote your time to preparing for the coming of our Savior at Christmas.

#### **In Conspectu Angelorum,**

*Sr. Annuntiata*

Sister Annuntiata, Prioress



**BENEDICTINE SISTERS  
OF CLEAR CREEK**

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**MARY, QUEEN OF ANGELS PRIORY  
ANNUAL CHRISTMAS BOUTIQUE**

**Date: Saturday, November 16, 2013**

**Time: 2:30 – 5:45 pm**

**Place: Mary, Queen of Angels Priory**

**Everyone is welcome! You are invited to do your Christmas shopping here. Do it BEFORE Advent.**

**Come and see our hand-made, all-natural pure soaps: Castile, Lavender, Lemon and Mint, and the ever-popular lip balm. We will have our hand-rolled 100 percent beeswax Advent candle sets and pairs of white, off-white, red and green candles. As usual, we will have a variety of our home-made baked goods. There will also be many new items including some new hand-embroidered silk bedspreads and table-cloths from the Far East. Books, religious articles and 2014 Tan calendars will be available.**

**For the first time our Boutique will be in the former monks' Gatehouse/Gift shop.**

**We will take mail orders, but we will have to charge for shipping.**

**Thank you and God bless you for supporting the Benedictine Sisters of Clear Creek.**

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Pax

*Products by Angel Works\**  
2013

<i>Advent Sets</i>	<i>\$10.00 per set</i>	<i>EXTRA TALL: Advent sets \$20.00</i>
<i>Red Candles</i>	<i>\$5.00 per pair</i>	<i>Red Candles \$10.00</i>
<i>Green Candles</i>	<i>\$5.00 per pair</i>	<i>Green Candles \$10.00</i>
<i>White Candles</i>	<i>\$5.00 per pair</i>	<i>White Candles \$10.00</i>
<i>Lip Balm (all natural ingredients) - \$3.00 each</i>		

*Soap (all natural ingredients) – Pure Castille (\$1.00 per oz.)  
Lavender, Mint, Lemon (\$2.00 per oz.)*

*\*Sizes vary from 2oz. to 4 oz. OR per request*

NOTE: *We will take mail orders, but we will have to charge for shipping.*

*\*Angel Works – products by the contemplative Benedictine Sisters of Clear Creek, a Public Association of the Faithful of the Diocese of Tulsa, Oklahoma. We have no active apostolate and support ourselves from donations and the work of our hands. Thank you for supporting the Benedictine Sisters of Clear Creek in Queen of Angels Priory! May God reward you for your kindness!*