



Angel Whispers

Benedictine Sisters of Clear Creek ❧ Winter 2016

Dear Friends of the Clear Creek Sisters,

“Confitemini Domino, quoniam in aeternum misericordia ejus.” (Give thanks to the Lord, for He is good, for His mercy endureth forever.) (Psalm 135)

We have had some very unusual events these past months, so please excuse the tardiness of this newsletter. Despite the fact that you have not heard from us, you remain in our daily prayers. Also, the first Mass each month celebrated in our Oratory is for your intentions.

The highlight of our year was the incredibly inspirational Retreat given by His Eminence Raymond Leo Cardinal Burke. Our deepest gratitude goes to our Father Abbot, Dom Philip Anderson for arranging for us to listen in to all the retreat conferences. They were piped out to us in the parlor, so we had the benefit of all the talks.

We were also privileged to meet His Eminence one day in the parlor. He is a very gracious, humble, friendly prelate. We shall always remember him in our prayers.

Another highlight was the Ordinations of Father Nesbit and Father Hudson on the November 13, 2016. The next two days were their respective First Masses – great blessings for all of us.



We hope you have all had a pleasant summer. We remembered you in our prayers on Thanksgiving Day. We thank all of you for your faithful support of us in so many countless ways. That means a lot to us, and your prayers for us help us in our daily Benedictine life of *Ora et Labora* (Prayer and Work).



So here we are approaching Advent! This liturgical season is the time of longing and expectation, a time of awaiting the coming of the Son of God.

“The scepter shall not be taken away from Juda, nor a ruler from his thigh, till he come that is to be sent; and he shall be the expectation of nations.” (Gen.49:10)

We are told He comes at three different times and in three different ways. In the first coming, the Son of God comes in the flesh, in weakness, at midnight, in the “fullness of time”. The second coming is in the soul. Jesus said that if we love Him, He will come to us and take His dwelling in us. The third coming is when the Son of God comes in majesty and power to judge the living and the dead.

We are now in the time of the second coming, when each year the Church prays that she may be visited by Him Who is her Head and her Bridegroom. During this time of Advent, Our Lord is knocking at the door of our hearts, at

times so gently and quietly that it requires our attention to know it is He Who is seeking admission. He asks if we have room for Him, for He wishes to be born anew in our hearts. *“But as many as received Him, He gave them power to be made the sons of God, born not of blood, nor of the flesh, but of God.” (John 1:12-13)*

He will be born in us with more beauty than we have seen. We who cherish Him with us as our only treasure – how will we express our love in words He longs to hear? It is in the Sacred Liturgy of Advent that we will find the means to do so.

In the early morning at Matins, we chant: *“Come, let us adore the King our Lord, who is to come!”* And throughout the “Hours” of the Divine Office, we express our longing for Christ to take up His abode in us. This theme is recurrent throughout Advent till we enter on the last seven days preceding the Vigil of Christmas. The Divine Office then becomes more solemn. Every day, at Vespers, is sung a special antiphon, one of the *“O Antiphons”*- consisting of a special title given the Son of God. The Church chooses Vespers (also called “Evening Prayer”) to be the most fitting “Hour” for this solemn supplication to our Savior, because it was in the evening of the world that the Messiah came among us. These antiphons are sung at the Magnificat of Vespers to remind us that the Son of God came to us by the Blessed Virgin Mary.

The Great Antiphons are: *“O Sapientia (O Wisdom).....O Adonai (O Adonai).....O radix Jesse (O Root of Jesse)... ..O Clavis David (O Key of David).....O Oriens (O Orient).....O Rex gentium (O King of nations).....O Emmanuel (O Emmanuel)*. These are all pleas to our Divine Savior to come and save us and dwell in us.

As always, we thank you for all your prayers and the many ways you support us. Please know that our Christmas Novena and Masses of Christmas will be offered for you and all your intentions. May your longing for our Savior during Advent be fulfilled in a most Blessed Christmas! May He, the expectation of nations, the Prince of Peace, come into all your hearts and homes and bring you all much peace and joy!

In Conspectu Angelorum,

Sr. Annuntiata

Sister Annuntiata, Superior

Christmas Novena

Hail and blessed be the hour and moment in which the son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in piercing cold. In that hour vouchsafe, O my God, to hear my prayer and grant my desires, through the merits of Our Savior Jesus Christ, and of His blessed Mother. Amen.

(It is piously believed that whoever recites the above prayer fifteen times a day from the feast of St. Andrew – Nov. 30th = until Christmas will obtain what is asked.)



We are a community of contemplative women, who live according to the Rule of St. Benedict, as Benedictine Sisters of Clear Creek Abbey. We are a Public Association of the Faithful in the Diocese of Tulsa, Oklahoma. Our vocation is to consecrate ourselves to God alone, by means of constant prayer and joyful penance, in solitude and silence, all for the greater glory of God and for the salvation of souls and the sanctification of our brother monks and all priests.

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