



Angel Whispers

Benedictine Sisters of Clear Creek ∞ Spring 2016

Dear Friends of the Clear Creek Sisters,

“Could you not watch one hour with me?” (Matt.26:40)

In response to Our Lord’s plea to his sleeping apostles in the Garden of Gethsemane, here in Clear Creek we started the Forty Hours devotion after Mass on Quinquagesima Sunday (“*Quinquagesima*” meaning fifty days before Easter). These forty hours recall the forty hours Our Lord spent in the tomb after His Crucifixion. It is also a preparation the start of Lent on Ash Wednesday.

We are also having Adoration of the Blessed Sacrament every Thursday in our Oratory during Lent from 3:30 pm until 5:00 pm. All are welcome to join us in keeping watch with Our Lord.

From Septuagesima (*seventy* days before Easter), Holy Mother Church prepares us for the special liturgical season of Lent by suppressing the “*Alleluia’s*” and organ music from all the Lental Office and Mass. From the First Sunday of the Passion (the Sunday before Palm Sunday) all statues are veiled in violet. These are all reminders for us that we are in the penitential season of Lent.



Missal Stand: Ornate Missal Stand for our Altar – gift of benefactor

You will recall that Our Lord started His Public Life by having St. John the Baptist baptize Him in the Jordan River. Many were present to witness the Holy Ghost descending upon Jesus and hearing the Voice of God the Father, “*This is My beloved Son in Whom I am well-pleased. Hear Him.*” Despite the accolades Jesus could have had by “hanging around,” He leaves the admiring crowd and heads for the mountains where in a cave He spends forty days and forty nights – fasting.

It was only after these forty days and forty nights of deprivation, that Our Lord allows the angels to bring Him food. After this He launches His public ministry. He begins His preaching with the words, “*Do penance, for the Kingdom of God is at hand.*” Later on He says, “*Unless you do penance, you shall perish.*”

That is pretty clear to us. If we are to follow Christ, we must do penance. To make reparation for our own personal sins and the sins of the world, we must practice mortification.

However, God did say, “*Rent your hearts, not your garments.*” Penance therefore consists in contrition of soul and mortification of body. Lent involves two elements, negative and positive. It involves the elimination of sin, of imperfection, and the suppression of all that does not fit in with God’s Will for us. The giving up of certain foods and drinks are just aids, not ends in themselves. They are simply reminders of a call to a whole conversion of life. That is the negative side. The positive aspect is in the practice of good works, of alms-giving, of acts of charity, of time spent in prayer, in our efforts to grow in greater union with God.

As we are all aware, very grave trials assail our Holy Mother Church today. We recall one of many of St. Don Bosco’s prophetic dreams. To quote from *The Prophetic Vision of the Two Columns Given to St. Don Bosco*, “...a vast expanse of water is covered with a formidable array of ship in battle formation, prows fitted with sharp spear-like beaks capable of breaking through any defense. All are heavily armed with cannon, incendiary bombs, and firearms of all sorts – and are heading toward one stately ship, mightier than them all. As they try to close in, they try to ram it, set it afire,

and cripple it as much as possible. But this stately vessel is shielded by a flotilla escort – two solid columns, a short distance apart, soar high into the sky; one is surmounted by a statue of the Immaculate Virgin as whose feet a large inscription reads: *Help of Chrstians*; the other, far loftier and sturdier, supports a large Host with the inscription: *Salvation of believers.*” (*The Catholic Company, January 2013*)



New Marian Chasuble: New Marian vestment in honor of 100th anniversary of Apparitions of Our Lady in Fatima.

This year is also the 100th anniversary of the apparitions of Our Lady to the three shepherd children in Fatima, Lucia, Francisco, and Jacinta. It behooves us to recall Our Lady’s urgent requests, namely, to pray (especially the Rosary) and to do penance for sinners. Our Lady showed the three children a vision of Hell and told them, “*Many souls are going to hell because there is no one to pray and sacrifice for them.*” In another vision, an angel with a flaming sword looked like it was going to strike the earth with fire, but Our Lady intercepted. The angel then said, “*Penance, Penance, Penance!*”

Thus, it seems that we need to have much recourse to the Holy Eucharist (regular reception of Holy Communion and adoration of the Blessed Sacrament), and prayer and penance. Our Lady said, “*God wishes to establish devotion to my Immaculate Heart.* She also asked for the practice of the devotion of the Five First Saturdays of the month, namely, to go to Confession, receive Holy Communion, recite five decades of the Rosary, and spend fifteen minutes mediating on the Mysteries of the Rosary. She promises to assist at the moment of death whoever does this devotion. She also assured that “*In the end my Immaculate Heart will triumph.*”

Before we close we give a great big THANK YOU to all who came for the annual Work Day. We Sisters really appreciate the many men, women and children who worked so hard to clear the yard and both the vegetable and flower gardens, to do all the polishing of the brass in the Oratory, to wash all the windows and glass panels of the doors, FINALLY to have the wrought iron hand-rail going from the yard to the iron gate painted like new, and all the many other “nun-projects.” Thank you for coming from distances of Nebraska, Arkansas, and throughout Oklahoma to assist us here in Clear Creek. Please be assured of our prayers for you.

As always, we offer our grateful prayers for all of you who support us with your prayers, your donations, and your faith in our community. May God reward you and may Our Lady of Fatima protect you from all harm. Have a very fruitful Lent and a most glorious Easter.

In Conspectu Angelorum,

Sr. Annuntiata

Sister Annuntiata, Superior



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.