

Monastery of St. Clare

Spring 2021

May almighty God bless you. May God look upon you with mercy and give you peace.

Blessing of St. Clare

I am about to do something new!

See, I have already begun! Do you not see it? Is 43:19

Dear Friends,

Spring is finally here! Alleluia!!! Can you see trees in bud, flowers springing up, bushes bursting with blooms? Are you enjoying the longer days of sunlight? Can you step outside and breathe deeply and smell the freshness in the air?

THIS Spring is a particularly welcome sign of new life, isn't it? Especially after the year we've had!!! It's a way of reminding us God is always saying, "See, I am making something new" (Is. 43:19). Aren't we SOOO VERY ready for something new!

I believe that as we emerge from our quarantine and COVID-related experiences we will continue to discover something new within ourselves, around us and among us. For instance, maybe the gift we have in friends and

family has become even more precious. Perhaps we've learned to enjoy some new ways of being: praying more, reading things or listening to music that feeds our soul, enjoying nature.

What's something new you've

discovered or learned during this challenging time of living during a global pandemic? Can you let God work with that and bring about new life for you in that? Don't miss out on the grace that's in it. Don't block the blessing.

My life has a new focus of service as I begin my first term as abbess since our elections on January 22. Please say a prayer I can serve my sisters well. Please know

we hold you in prayer as we all emerge from the cocoon of this dark time and enter the light of new life.

Gratefully, *St. Nancy.*



Sisters Annemarie, Rucia, Nancy, Bernadette Marie and Kathy
Our new Abbess with her Council

Introducing Hermana Clara del Rosario, Our New Novice in Huehuetenango, Guatemala

On January 27, 1984, I was born in Jutiapa, Guatemala near the border of Salvador. My name before entering the novitiate was Jenny Arely Calderas Lemus. I am thirty-six-years-old, the third child of eight siblings. Before entering the monastery, I participated in the parish choir at the Cathedral, the Charismatic Renewal, and the Legion of Mary Youth Group.

Entering the Poor Clares and being part of this community, has been one of my best decisions. When I heard God's call, I was determined to take this important step in my life, to have a courtship with Jesus. Before my reception as a novice, I made a retreat and reflected on my union with Jesus Christ. This motivates me to continue persevering in my vocation, the invitation the Lord made to me to be one of his chosen ones and to respond in my daily life.

This experience of January 25, being received into this community as a novice, clothed in the habit and getting my religious name, has completely changed my life. I want to be faithful and give my best in my

service to God and the community. I am so grateful to the sisters for all the beautiful details: the floral decorations in the chapel, the dining room and the special meals. I could feel their joy during the ceremony when I became a novice at Lauds. At each step of this beautiful ceremony, I felt great emotion in my heart. I am a new creation!



Sisters Elizabeth, Allison, Sandra, Benedicta, Clara, Conchy, Agnes and Ana Maria

Return Service Requested



God will be your best comforter, for God is our Redeemer—Saint Clare

El Señor es su mejor consolador, porque el Señor
es nuestro Redentor —Santa Clara

Soul Food



Srs. Bernadette and Sharon preparing some Soul Food

I love soul food—yes, fried chicken, collard greens with a little fatback in them (or a streak of lean), cornbread, mac n' cheese, and banana pudding. It is the food I grew up on, the food that nourished both body and soul.

Admit it! There is a smile on your face right now as you think of the favorite dishes that comfort you and keep you moving through dark and uncertain times.

As good as food is, there is another kind of soul food that not only sees us through but renews our hope in dark times. You will find these recipes in the Bible, in honest prayer and expectant listening, and in all of creation. Here are a few of my favorites:

--"I look up to the mountains; does my strength come from mountains? No, my strength comes from God, who made heaven, and earth, and mountains. God won't let you stumble, your Guardian God won't fall

asleep. Not on your life! Israel's Guardian will never doze or sleep. God's your Guardian, right at your side to protect you - Shielding you from sunstroke, sheltering you from moonstroke. God guards you from every evil, guards your very life. God guards you when you leave and when you return, guards you now, guards you always." Ps. 121

--"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matt. 11:28-30

--"Do you think anyone is going to be able to drive a wedge between us and Christ's love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture... I'm absolutely convinced that nothing - nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable - absolutely nothing can get between us and God's love because of the way that Jesus our Master has embraced us." Rom. 8:35, 38-39 [All scripture passages from The Message Devotional Bible]

Feed on this soul food, enjoy quiet walks and talks with God in the beauty of creation, and be renewed.

Sister Sharon