



# SURSUM CORDA

Laudetur Jesus Christus!

## Who are the Norbertine Sisters?

### ***A Tree With Deep Roots***

The Congregation of Norbertine Sisters is a community of religious women who, after the example of their holy founder St. Norbert, strive to be authentic followers of the Gospel in obedience to the Pope as Christ's vicar on earth. In a world thirsting for truth and love, they wish to raise the Holy Eucharist high above all miseries and sorrows. They are currently established in Slovakia, the Czech Republic, Russia and the United States. Following the Rule of St. Augustine, the Sisters live a rich community life striving to be one in mind and heart on the way to God. Their Congregation lives the *Vita Mixta* (mixed life) of contemplative prayer and active apostolic work for souls.

### ***New Shoots***

Mother Hermana, the Mother General of the Congregation, desired to open a new convent for Sisters close to a community of Norbertine priests in order to spread the Order's charism and apostolic work. They were invited by the Norbertine Fathers of St. Michael's Abbey in Orange County to send Sisters to the US, and in 2011 three Sisters were delegated to plant the seeds of a new community in Los Angeles, CA. They found a home at Sts. Peter and Paul Parish in Wilmington where the Norbertine Fathers serve as Pastors. Father Thomas O. Praem, who was instrumental in the Sisters' establishment, says of them, "This new community of Norbertine Sisters is certainly a blessing for us all. They complete our Norbertine family, now more fully expressed in the various states of life."



The Sisters are sent to the USA by Mother Hermana.

### ***Bearing fruit***



From L-R: Isabel (Postulant), Hanna (Novice), Sr. Roberta, Maritza (Novice), Sr. Adriana, Rosalina (Novice), Sr. Benedikta, Anna (Novice), Candice (Postulant)

For the last three years the Sisters have experienced the joys of God's blessings on their new community with new vocations. Six young women have joined the community since 2014 who are currently in their formation period; four Novices and two Postulants. In 2016 the Sisters registered with the CMSWR (Council of Major Superiors of Women Religious), officially recognizing them as a house of formation. Mother Hermana affectionately calls them her "Benjamin Community" because they are the youngest child of the Congregation but dearly loved. They pray daily for the Lord to continue to inspire the hearts of other pure and generous young women, full of hope that He will bless and guide the growth of this sprouting "Benjamin Community."

# Daily Life of the Norbertine Sisters

## *Prayer*



The source and summit of our life is the Holy Eucharist and so our day is centered on the Holy Sacrifice of the Mass. As Norbertines, we are dedicated to chanting the Liturgy of the Hours in community. Each day there is time set aside for personal meditation, and as a community we listen to God's Word during Bible Study and the sharing of Scripture.

## *Community Life*



Following the Rule of St. Augustine, we are focused on living in community with *one heart* and *one soul* as we journey with and to God. Aside from prayer and studies we enjoy recreation time together throughout the week where we enjoy our life together as sisters. This extends to all activities like playing sports, going for walks, making bracelets, or sometimes special outings to the beach!

## *Apostolates*



Following the teaching and spirituality of St. Norbert, we aim to bring the values of the Gospel into today's world through various apostolic works. Our charism is not expressed with a specific external ministry, as our main mission is to respond to the challenges and needs of our community and the Church. We live a very deep contemplative life, which enables us to serve the Lord, our Church, and our community with greater zeal. Since arriving to California in 2011 we have been entrusted with the following apostolic works in our neighborhood:

- ◇ Religious studies at SS. Peter & Paul Elementary School
- ◇ Poverty Program
- ◇ Running the Bookstore at SS. Peter & Paul Catholic Church
- ◇ Assisting with Catechism & Confirmation classes
- ◇ Helping in the Church sacristy

# The Formation House

## ***What do you do in formation?***

The formation period, Postulancy and Novitiate, is a beautiful time of spiritual and human formation. It is the time when one is gradually being integrated into the life of a Religious Sister and forms a solid foundation and deep prayer life. The Postulants and Novices pray all seven hours of the Liturgy of the Hours, also known as the Divine Office, and follow a balanced schedule of prayer, apostolic work, and classes. There is also time for recreation, Bible sharing, and other activities to instill the importance of community life. If one lives the life generously during the time of formation she will be properly equipped to discern whether she can see herself as a Sister in our community.

## ***What do you study?***

We are blessed with many wonderful Norbertine Fathers as our teachers. Fr. Thomas Nelson teaches those in formation Spirituality and Canon Law, as well as ongoing formation class for professed Sisters. We have Liturgy via skype with Fr. Norbert Wood, Latin with Fr. John Caronan, the life of Sts. Norbert and Augustine with Fr. Martin Benzoni, and Chant with Fr. Jacob Hsieh. Fr. Jacob is also giving organ lessons to Hanna and Candice. Once a month we have VCI (Vita Consecrata Institute) classes at Mary Star Highschool, which are also taught by Norbertine Fathers.

## ***Stages of Formation***

***Candidate:*** Candidates are young women actively discerning religious life, who have expressed interest in our community and are growing in friendship with the Sisters.

***Aspirant:*** If a young lady discerns that our Lord is drawing her to our charism and way of life she may enter as an Aspirant. This period can last from several days to several weeks.

***Postulants:*** Beginning with the entrance ceremony, the Postulants are received into the community for a year of deeper discernment. We currently have two women in Postulancy; Candice and Isabel.



***1st Year Novice:*** Novitiate begins religious life with one year of what is called the Canonical Novitiate. We have two 1st Year Novices; Hanna and Rosa.

***2nd year Novice:*** The second year of Novitiate is called the Apostolic Year, where the Novices go out of the community for some experience of the apostolates. We have two 2nd year Novices; Maritza and Anna.

***Ongoing Formation:*** The First Profession of Vows is taken upon the completion of the Novitiate. In the years leading up to one's Solemn Profession of Vows, which is usually about six years, there is ongoing formation, study, and growth specific to the apostolate and work that each Sister is called to.

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Please pray for our young women in formation!

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# Upcoming Events



**Monthly Holy Hour**

*“Do you really love me? Then come to me, visit me before the Blessed Sacrament”*

**When?** Every fourth Friday of the month

**Where?** Convent Chapel (see address below)

**What time?** 7 p.m. - 8 p.m.



**Days of Recollection**

*Are you discerning?*

*Come and join us for a series of Days of Recollection that will help you discern God's call!*

**Who?** Women between the ages of 18-25

**Where?** Convent (see address below)

**What to bring?** Bible, notebook and an open heart!

Recommended Donation: \$10

## NORBERTINE SISTERS



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