

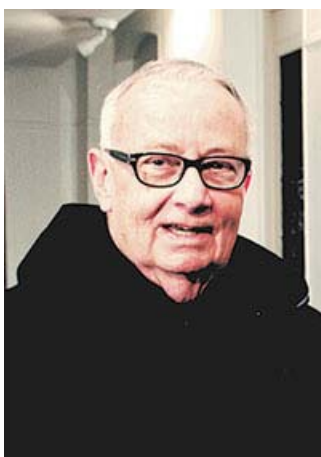


Oblate Program at Belmont Abbey, NC

March 2021

FATHER DAVID KESSINGER, O.S.B.

AUGUST 5, 1932 – FEBRUARY 7, 2021



Father David Kessinger, the senior professed monk of our community, died peacefully in the Lord in the late afternoon of Sunday, February 7, strengthened by the sacraments. Robert Kessinger was born on August 5, 1932 in Clifton Forge, VA, the son of Samuel K and Ethel Shughrue Kessinger. He first came to Belmont Abbey in the fall semester 1949 as a student in the junior college.

He subsequently earned a B.S. in History and Economics at Mount St. Mary's College, Emmitsburg, MD, and later pursued graduate studies in Library Science at the Catholic University of America. Upon entering Belmont Abbey he was given the name David and sent for his novitiate formation to Saint Bernard Abbey, where he made his first profession of vows on July 2, 1954. Following seminary studies at Belmont Abbey, he was ordained a priest on May 31, 1958. Father David initially taught Geometry in the prep school at Belmont, and served as librarian for the college for thirteen years. He served for one year in each of the Abbey's dependencies in Richmond and Savannah.

Father David was a gentle soul and the kindest of men. He could never understand why anyone would be unkind, and he suffered much from life's inevitable hardships. He himself never grew weary of offering assistance to others, and always willingly accepted any and all tasks he was asked to undertake. His sensitive nature, however, made him especially susceptible to disappointment and discouragement.

From his mother, a piano teacher, Father David re

ANGIE FORDE, OBL.S.B.

NOVEMBER 1, 1949 – JANUARY 24, 2021

Cicely Angie Forde passed away unexpectedly on January 24, 2021. Angie was born on November 1, 1949 in Barbados, to McDonald and Cicely Forde. She was educated at Queen's College (Barbados), Codrington College (Barbados), Queens College (USA), and University of Phoenix (USA); and attained degrees in Mathematics, Business, and Theology.



Angie first embarked on a successful business career at various firms including Xerox, Coopers and Lybrand, and Johnson & Johnson; at those companies she implemented information management and planning systems, advancing to the level of Director.

After retirement from the corporate world, Angie pursued her highest calling: advocacy for the poor and the ministry to God in the Episcopal Church - lately at St. Martin's in Charlotte, where she proudly took the title "trouble maker in chief." She was a tireless advocate for the homeless in Charlotte, making her a regular speaker at city council meetings and for a myriad of advocacy efforts and groups. Angie's activities in Meck Min, One Meck, Roof Above, Charlotte Clergy Coalition for Justice and many such programs would lead one to easily come to the conclusion that there were many Angies around the city. But there was only one Angie. She gladly became a thorn in the side of any who would stand in the way of justice. Angie loved God dearly and that abiding love was

Father David Kessinger, O.S.B. (cont.)

ceived a love for classical music. He had an extensive knowledge of composers and their works and loved to listen to music, especially in live performances. Father David had a quick wit, made all the more effective by his own quiet and self-effacing personality. He could produce an endless supply of jokes with puns as a specialty. His training as a librarian made Father David an indefatigable researcher; an avocation which reached new heights with the advent of the photocopy machine and the internet. He shared a continual stream of articles, jokes, pictures and other materials with his confreres and friends, archiving copies of everything in his room over the years.

He was a devoted and faithful priest with a special compassion for the sick and homebound, and a kindness which made him a much sought-after Confessor. He loved his duties as chaplain to the Sisters of Mercy, who readily returned his affection. He was devoted to his confreres, Abbot Walter and Father Kieran, with whom he made several pilgrimages to the Blessed Mother's Shrine at Fatima.

Father David was preceded in death by his parents, and by his sisters, Miss Phyllis Kessinger and Sister Dolores Kessinger, C.S.C. He is survived by the monks of Belmont Abbey. His body was received at Vespers on Tuesday, February 9, and the funeral was celebrated on February 10, the Feast of St. Scholastica. During his life, Father David was required more than most men to share by patience in the sufferings of Christ. We trust that he now shares all the more abundantly in his glory. In your kindness, please remember our gentle confrere, Father David, with the customary suffrages for the deceased monks of our Congregation.

The Monks of Belmont Abbey



aim usa

Benedict saw the entire world in a single ray of light. (Dialogues)

United States
Secretariat of
the Alliance for
International
Monasticism

Jesus showers his love upon us and asks that we do the same for others. With this in mind, AIM USA comes to you with its Lenten Appeal asking that you join in our mission. AIM promotes cooperation and solidarity among monasteries throughout Asia, Africa, and Latin America.

By supporting developing communities in their birth, growth, and development, the communities in turn are able to assist with the needs of the people in their surrounding areas.

If you have any questions, don't hesitate to call or write. We can be reached at 814-453-4724 or aim@aim-usa.org.

Any donation you make to this Lenten Appeal is greatly appreciated. By helping these monasteries your love and concern spreads throughout the world. Checks may be sent to: AIM USA, 345 East Ninth Street, Erie, PA 16503. Thank you.

Pax,
Sister Theresa Zoky, OSB
Executive Director

NECROLOGY



Please remember to pray for the following deceased monks of the Abbey.

MARCH

- 3 Fr. Michael McInerney (1963)
- 10 Fr. Vincent Campbell (1965)
- 14 Fr. William Mayer (1904)
- 17 Br. Christian Hierl (1930)
- 18 Fr. Florian Checkhart (1951)
- 18 Fr. Joseph Tobin (1978)
- 21 Prior Nicholas Bliley (1943)
- 24 Br. Celestine Wiegerle (1928)
- 25 Fr. Patrick Dolon (1913)
- 28 Fr. Ambrose Gallagher (1946)
- 28 Fr. Richard Graz (1952)



ORDO

MARCH

- 7 3rd Sunday of Lent (Week III)**
- 12 *Begin novena in Honor of Our Holy Father St. Benedict*
- 14 4th Sunday of Lent (Week IV)**
- 17 *Patrick, Bishop, Missionary (opt. Mem.)*
- 19 Joseph, Spouse of the Virgin Mary. Solemnity**
- 21 5th Sunday of Lent (Week I)**
- 22 Passing of Our Holy Father Benedict, Abbot. Solemnity**
- 25 Annunciation of the Lord, Solemnity**
- 28 Palm Sunday of the Passion of the Lord**



NOVENA TO SAINT BENEDICT

Glorious St. Benedict, sublime model of all virtues, pure vessel of God's grace! Behold me, humbly kneeling at thy feet. I implore thy loving heart to pray for me before the throne of God. To thee I have recourse in all the dangers which daily surround me. Shield me against my enemies, inspire me to imitate thee in all things. May thy blessings be with me always, so that I may shun whatever God forbids and avoid the occasions of sin.

Graciously obtain for me from God those favors and graces of which I stand so much in need, in the trials, miseries and afflictions of life. Thy heart was always so full of love, compassion, and mercy towards those who were afflicted or troubled in any way. Thou didst never dismiss without consolation and assistance anyone who had recourse to thee. I therefore invoke thy powerful intercession in the confident hope that thou will hear my prayers and obtain for me the special grace and favor I so earnestly implore (mention it), if it be for the greater glory of God and the welfare of my soul.

Help me, O great St. Benedict, to live and die as a faithful child of God, to be ever submissive to His holy will, and to attain the eternal happiness of heaven. Amen.

FUTURE MEETINGS

Oblate Meetings: There will be no face to face meetings of the Oblates until at least September, 2021. The Formation Committee will be meeting on-line following Easter to determine when it would be best to begin face to face meetings again.

Novice Oblate Formation: These meetings will continue on-line. There are 14 individuals currently in formation with 5 having completed the basic formation program and are considering making their final Oblation.

Angie Forde, Obl. S.B. (cont.)

the only thing that allowed her to work so furiously for the dignity of all. One would speak for Angie at their own risk, but we think it safe to say she thought it the duty of all people to care for the least of these, as Jesus described the poor and oppressed. It is in service to others that we meet the very face of God.

Deeply rooted in family values, Angie was an extremely caring person throughout her life. She generously provided advice, guidance, and support to both older and younger family members whenever and wherever she could. She treasured the experiences shared with friends and family growing up in Barbados; she retained many delightful memories and sustained many friendships from those years. In the USA she was active in the Toastmasters, receiving numerous awards for her public speaking and leadership. She enjoyed listening to a wide variety of music, including Caribbean folk music and especially the classical works of Mendelssohn. She sang in the church and civic choirs. Angie had a sharp sense of humor that was as surgically incisive as it was lovingly mischievous.

Angie is predeceased by her father, and is survived by her mother; her brothers, Michael Forde (Evelyn Arnal) and Ralph Forde (Mary Jean Koontz); niece, Jennifer Forde; nephew, Justin Forde; close family friends "sisters-at-heart" Sandy Stovall and Shelley Scantlebury; and several cousins, including Roger Thorpe, Valerie Suzie Arthur, Derek Thorpe, Hu Thorpe, Elna Springer, Patricia Bhola, Antonette Whatton, Cecilia Thorpe, Mel Gill, Le'Roi Gill, Shawn Gordon, Jeffrey Austin, Maria Waithe, Gloria Sealy, Barbara Best, Eudene Harewood, Valerie Forde, Jewel Forde, and Annette Forde. She had no children of her own, but was chosen to be a godparent to some young people, including Stephen Albright; she performed in this role with distinction.

For her untiring work on behalf of the homeless Angie was recognized by both the City of Charlotte and Mecklenburg County by a joint Proclamation declaring February 3, 2021 as "Angie Forde Day." Knowing Angie as we do she would rather have encouraged us all to continue working for the homeless with our time and money. Perhaps a fitting memorial would be a donation to the local homeless shelters in various communities in which we live. (gkc)

PRAYING THE STATIONS AT HOME

RESOURCES TO KEEP THIS LENTEN DEVOTION DURING THE PANDEMIC

Extraordinary times call for extraordinary measures — and that's true also of Catholics who wish to keep up with their Lenten practices and devotions in a time of pandemic and social distancing. With church services curtailed in many areas in the name of public safety, you might find yourself watching Mass on television or the web and making a spiritual communion rather than receiving the Eucharist in person.

As for the weekly Stations of the Cross, that's probably canceled at your local parish too. So why not pray the Stations at home? It's a nice communal devotion and very meaningful when you can literally walk the stations at church with your fellow parishioners, but you certainly can do the prayers and meditations from your own home as well, whether with your family or by yourself.

Here are a few quick ideas and resources for praying the Stations of the Cross at home:

Read and pray. There are several versions of the *Via Crucis*, or Way of the Cross, and you might find one in a prayer book or devotional on your shelf. Ideally, everyone who prays with you should have his or her own copy so they can recite the prayers and responses as well. So go online and download this booklet [<https://www.kofc.org/en/resources/cis/cis363.pdf>] published by the Knights of Columbus' Catholic Information Service. This booklet contains two complete sets of prayers: the traditional version composed by St. Alphonsus Ligouri, and a set of modern meditations (including a 15th station, the Resurrection) written by Father Stefano Penna, a Canadian priest.

Listen and pray. Check out your local Catholic radio stations. They likely have a broadcast of the Stations of the Cross that you can tune in to and pray along with. It might be tougher to recite along without a copy of the meditations and prayers being used, but you can still join silently in the prayers being vocalized.

Watch and pray. Check out EWTN-TV if your service offers it, or else search online or on YouTube for prerecorded versions of the Stations. You can watch these on your phone, tablet or PC, or you can gather the family around and cast the program to your television. You will find some of the Way of the Cross offerings online more elaborate, with music or extended meditations, while

others are more concise. A recorded version of the Stations from the Holy Land [<https://youtu.be/-uofRteUvhQ>], from EWTN, may be especially interesting at this time when pilgrimages are postponed to the place where the first *Via Crucis* took place.

Although the Stations of the Cross are most often prayed on Fridays, the devotion can be prayed any day of the week. If you use a modern version that has a 15th station, just be sure not to pray that final station on Good Friday.

A final suggestion for families: If you have children in the house and still wish to walk the stations, why not get them involved in the preparations? Give them paper and a set of markers or crayons and let them draw versions of each of the Stations using the traditional images as a model. When they are done, post them around the house and in various rooms so you can experience the *Via Crucis* at home. Your kids might not prove themselves to be budding Caravaggios or Fra Angelicos, but you might find they enjoy the task and thereby enter more fully into the devotion itself.

Gerald Korson, a veteran Catholic journalist, is a member of the Knights of Columbus in Indiana.



<http://kofc.org/en/news-room/articles/praying-the-stations-at-home.html>

TRADITIONAL PRAYERS

Act of Contrition (Inspired by the Gospels: Father of mercy, like the prodigal son I return to you and say: "I have sinned against you and am no longer worthy to be called your child."

Christ Jesus, Savior of the world, I pray with the repentant thief to whom you promised Paradise: "Lord, remember me in your kingdom."

Holy Spirit, fountain of love, I call on you with trust: "Purify my heart, and help me to walk as a child of light."

Prayer before a Crucifix: Look down upon me, good and gentle Jesus while before Your face I humbly kneel and,

with burning soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope, and charity; true contrition for my sins, and a firm purpose of amendment. While I contemplate, with great love and tender pity, Your five most precious wounds, pondering over them within me and calling to mind the words which David, Your prophet, said to You, my Jesus: "They have pierced My hands and My feet, they have numbered all My bones."

First Station

Jesus is Condemned to Death



Fourteenth Station

Jesus is Laid in the Tomb



Second Station

Jesus is Made to Carry His Cross



Third Station

Jesus Falls the First Time



Fourth Station

Jesus Meets His Blessed Mother



Fifth Station

Simon of Cyrene Helps Jesus



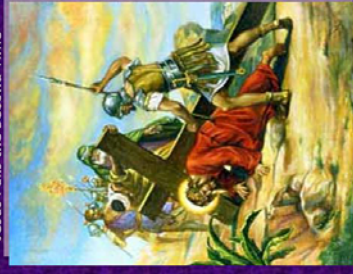
Sixth Station

Veronica Wipes the Face of Jesus



Seventh Station

Jesus Falls the Second Time



STATIONS OF THE CROSS

“WE ADORE THEE, O CHRIST, AND WE BLESS THEE, BECAUSE
BY THY HOLY CROSS THOU HAST REDEEMED THE WORLD.”



Thirteenth Station

Jesus is Taken Down from the Cross



Twelfth Station

Jesus Dies on the Cross



Eleventh Station

Jesus is Nailed to the Cross



Tenth Station

Jesus is Stripped of His Garments



Ninth Station

Jesus Falls the Third Time



Eighth Station

Jesus Speaks to the Women

HOW TO CREATE A PRAYER CORNER IN YOUR HOME

Our homes have turned into our churches for now. Here are a few ideas for setting up a special spiritual place to pray.

A prayer corner is essentially any place where we pray. It might literally be a corner in a room, closet, or shed. When it is set up with religiously significant items, it can remind the entire family throughout the day of the vital importance of prayer in our daily lives. A prayer corner encourages meditation. It is a call to prayer. It is also a tool for family catechesis.

One father I know has his family's "prayer corner" in the living room with a lamp constantly lit in front of an icon — a popular tradition in some countries. The children of this father said that when they get up at night and walk past the "prayer corner," it reinforces God's presence and is reassuring for them.

So, how to create a prayer corner? Each one will be unique like each family. But here are some guidelines.

Decide on a specific place

The first step is to choose the location. Sometimes you have to try one place and then another before finding the most appropriate one. The children's wishes may also lead to change. Even in a small apartment, several possibilities may occur, and you should know that there is no ideal place per se: the "prayer corner" can be placed in the kitchen, in a bedroom, or family room. However, these criteria are important to consider:

- Enough room for the whole family to stand together.
- A quiet place, which does not distract attention. If you stand in front of a window facing the street, the noise coming from outside may prevent meditation.
- As beautiful as possible ... or can be made beautiful. Avoid the proximity of the trash bin or a basket of dirty laundry.
- A place that you can frequently walk past during the day, not to be relegated to a place where nobody ever goes.
- At the same time, isolated enough to allow anyone to come to pray alone. This last criterion, of course, is only

conceivable in sufficiently large housing. It is difficult — not to say impossible — to isolate yourself from the others when six or seven people live in three or four rooms. But even if that is the case, do not be discouraged. Any place that reminds us to pray and fosters peace and reflection is good.

How to adorn a prayer corner

Once the space is chosen, it needs to be developed. The minimum might include a small statue, a crucifix, or an icon. Choose something beautiful or meaningful. It is very beneficial for children to associate God with beauty. Monasteries offer a large selection of images and statuettes, for all tastes and at all prices. These images (or icons, or statuettes) can be placed on a small table or hung on the wall, but always at the height of the smallest children.

Another important element is a candle or candles. The flame speaks to us about the love of God, the fire of the Holy Spirit, the light of Christ who guides us. Some families light three candles, one for each Person of the Holy Trinity. Others light as many candles as members of the family: each one his own and, when there are absentees, their candles are there to represent them. During Advent or Lent, the number of candles may increase from week to week. On the anniversary of their baptism, the children can also light their candle, if it is easily located.



Flowers (fresh and not faded) or plants bring life and cheerfulness to a prayer corner. Children will be happy to find flowers outside on walks to place there.

You might also consider a kind of bulletin board: all you need is a cork plate or expanded polystyrene (2 to 3 cm thick). If it is polystyrene, you'll need to cover the plate with plain fabric. You can hang children's drawings, Scripture quotes (that of the Sunday's day), photos of people for whom you want to pray, especially godchildren, etc.

Other elements like rugs, appropriate lighting, a small shelf with books and notebooks, stools or small benches, a speaker, and more can complete your prayer corner. Enjoy setting up this special space and let it evolve with time and inspiration.

Christine Ponsard

<https://aleteia.org/cp1/2020/03/29/how-to-create-a-prayer-corner-in-your-home/>