



A newsletter from  
**ST. MARY'S ABBEY**

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## January 2018

### 1. Mary, Mother of God, *solemnity* (Ab. Richard)

- ⊕ Mass, 11:00 a.m.
- ⊕ Solemn Vespers 5:15 p.m.

### 2. Ss. Basil & Gregory, *opt. memorial*

### 3. 6:30 a.m. Matins resumes.

### 7. Epiphany, *solemnity* (Abbot Richard)

- ⊕ Solemn Vespers, 5:15 p.m.

### 8. Baptism of the Lord, *feast*

### 11. Notre Dame Chorale, 7 p.m.

### 12. Second Friday, 3-5 p.m.

### 14. II Sunday (Abbot Elias)

### 15. Martin Luther King Day

- ⊕ Matins, 7:30 a.m.

### 17. St. Anthony of Egypt, *memorial*

### 21. III Sunday (Fr. Hilary)

- ⊕ Oblate Meeting, Vincent House

### 24. St. Francis de Sales, *memorial*

### 25. Conversion of St. Paul, *feast*

### 28. IV Sunday (Abbot Elias)

- ⊕ Sophomore Retreat I

### 31. St. John Bosco, *memorial*

*\*This calendar follows the Order of Worship as approved by the Congregation for Divine Worship on 22 June 1972 in Rome for the American Cassinese Congregation of Benedictine Monasteries.*

**SUNDAY SCRIPTURES:** The following schema of readings can be an excellent and prayerful preparation for Sundays:

- ⊕ **Jan. 1:** Num. 6:22-27; Gal. 4:4-7; Luke 2:16-21.
- ⊕ **Jan. 7:** Is. 60:1-6; Eph. 3:2-3a, 5-6; Matt. 2:1-12.
- ⊕ **Jan. 14:** 1 Sam. 3:3b-10, 19; 1 Cor. 6:13c-15a; John 1:35-42.
- ⊕ **Jan. 21:** Jon. 3:1-5; 1 Cor. 7:29-31; Mark 1:14-20.
- ⊕ **Jan. 28:** Deut. 18:15-20; 1 Cor. 7:32-35; Mark 1:21-28.

**SECOND FRIDAY:** Adoration & Reconciliation will be Friday, 12 January 2018 from 3-5 p.m.

**OBLATES:** The Oblates of St. Benedict will hold their monthly meeting Sunday, 21 January 2018 on the lower level of Vincent House. New members and inquirers welcome. For more information call

Father Hilary 973.538.3231 [ext.2019] or [hilary@delbarton.org](mailto:hilary@delbarton.org).

**CHRISTIAN UNITY:** Each year the Church calls us to pray for unity among Christians. The division among churches scandalizes the world and damages an effective witness to the gospel. The restoration of unity among all Christians was one of the principal concerns of the Second Vatican Council (*Unitatis redintegratio*, 21 November 1964). Benedictines have been leaders in the ecumenical movement since the 19<sup>th</sup> century. The monastic community observes the octave of prayer for Christian Unity with special intercessions at the daily Conventual Mass. Let us all pray with Christ "that all may be one, as you, Father, are one in me and I in you; I pray that they may be one in us, that the world may believe that you sent me" (*John 17:21*).

**SACRED MUSIC:** On Thursday, 11 January 2018, the University of Notre Dame Chorale will offer a concert of sacred music at 7 p.m. in the Abbey Church. Admission is free. A reception in the Estabrook Dining Hall will follow the concert.

**JANUARY SAINT:** Many are familiar with and often invoke the aid of St. Anthony of Padua when something is lost. Yet in the monastic tradition, there is another Anthony from 900 years earlier. St. Anthony of Egypt was born in 251 in Upper Egypt, and at the age of 20 sold all he had to live with ascetics. From 286-306 he lived in complete solitude west of Alexandria. There Anthony underwent a series of temptations and was unperturbed.

Soon thereafter, Anthony attracted a group of disciples, yet in 311, he went to Alexandria to assist during persecutions. Living with great austerity, Anthony gardened and wove mats, along with discretion and total love of God.

Then in 355, he traveled again to Alexandria to refute the Arian heresies, which denied the divinity of Jesus. While in Alexandria, he worked miracles and impressed many by his holiness. He wrote letters to Constantine and monasteries, composed spiritual conferences and even a monastic rule. St. Jerome makes mention of Anthony visiting Paul the Hermit shortly before the latter's death. St. Athanasius composed a biography of Anthony, the historicity of which is challenged. Anthony's *fuga mundi* (flight from the world) and ascetic monastic life is duly noted by Athanasius. St. Augustine, and many others, were greatly influenced by the example of Anthony.

Anthony died in 356 and was buried in an unknown place, according to his wishes. In 561, his



relics were discovered and translated to Alexandria, and later to other sites, such as Constantinople and La Motte, France. In the latter locale, ca. 1100, the Order of Hospitallers of St. Anthony was founded. Here many pilgrims visited, especially those seeking cures from ergotism, an infection caused by the ingestion of alkaloids that infests rye and other cereals. This disease is often called “St. Anthony’s Fire.” The Hospitallers rode about Europe wearing bells to collect alms. Bells were later hung on the necks of animals to protect them from the disease. The Hospitaller’s pigs were allowed to roam about freely. Thus bells and pigs became associated with Anthony in Christian iconography.

An Anglo-Saxon cross, the Ruthwell Cross from the 8<sup>th</sup> century is one of the earliest depiction of St. Anthony along with St. Paul the Hermit. Later high crosses in Ireland depict Anthony, as well as stained-glass windows in Chartres Cathedral. Northern Renaissance artists Hieronymus Bosch and Matthias Grünewald painted fanciful scenes of Anthony’s temptations.

Hugely popular in the Middle Ages, Anthony is considered the patriarch of monasticism and prototype for all future monks and nuns—including St. Benedict. The English word *tantony* is from the name Anthony and can refer to the runt of the litter of pigs or the smallest in a peal of bells. The legacy of St. Anthony of Egypt is rich for those especially in the monastic tradition, but also for the whole church.

**RENOVATION UPDATE:** The \$5.5m capital campaign to renovate the 1966 monastery and Vincent House (built in 1939) has begun in earnest by architects from Genovese Associates and Natoli Construction. The modest and long-overdue renewal of the physical plant will allow monks to

age in place independently, reduce health care costs, and make the monastery operate more efficiently.

Currently, monks live in a 10’ x 12’ room and share common bathrooms. Two rooms will become a suite equipped with an ADA-compliant bathroom, new HVAC, and new windows, for a total of 240 sf. The common bathrooms will be converted onto a laundry room/kitchenette. Aged and infirm monks could take their meals in their rooms when necessary, and manage their own laundry (currently laundry rooms are in the basement and inaccessible to the mobility-impaired). Renovations welcome the next generation of monks who will make this monastery their home.

The first phase began December 11, 2017, with the west wing of the 1966 monastery, closest to the Abbey infirmary. Residents of the west wing will have direct access to the nurses. As funds become available, the other wings of the monastery will similarly be renovated. Vincent House will receive a similar make-over, including a barrier-free entrance, an elevator, and corridor link to the abbey church.

The Abbey Campaign Committee is under the leadership of Sharon and Peter Coccoziello. Check the Abbey website for updates and opportunities to participate. Be assured of our prayers and gratitude for your continued support.

**OFFERING:** During December, the congregation gave \$4,257 to the monastery in the Sunday collection. The Christmas collections amounted to \$9,402. God bless you for your kindness and generosity. Be assured of our prayers!

**WEBSITE:** Please visit the Abbey website: [www.saintmarysabbey.org](http://www.saintmarysabbey.org) for this newsletter and more up-to-date information about the Abbey. You can visit the school website here: [www.delbarton.org](http://www.delbarton.org).

#### *Retreat Center News*

In January, the Retreat Center welcomes the following overnight retreat groups:

- ⊕ St. Gabriel’s Youth Ministry
- ⊕ Central Jersey Intergroup
- ⊕ Covenant House
- ⊕ St. Peter’s Prep
- ⊕ Delbarton Campus Ministry Sophomores

The Retreat Center is proud to offer the following Small Faith Sharing Groups for the 2017-2018 Academic Year:

- ⊕ Spiritual Direction and/or Reconciliation
  - Wednesdays, 1–3 p.m.

For more information about these groups, scheduling or registration, contact Paul Cocco at 973-538-3235, ext. 2100, or pick up a flyer in the Abbey Church.

The Retreat Center also welcomes men and women of all faiths for private or directed retreats, or for spiritual direction. For more information, contact Paul Cocco at 973-538-3235, ext. 2100 or via e-mail: [retreatcenter@delbarton.org](mailto:retreatcenter@delbarton.org). Visit our [webpage](#) and like us on [Facebook](#). Happy New Year!