



Central Secretariat for Formation- OCSO -  
Monasterio Nuestra Señora de los Ángeles, December 2019.

## Newsletter 23:

To the Superiors and the Regional Secretaries of the OCSO  
and to the brothers and sisters interested in formation.

“Today is Emmanuel, it is God with us. With us, in our nature, with us in his grace; with us in our weakness, with us in his kindness; with us in our misery, with us in his mercy; with us in charity, with us in godliness, with us in tenderness, with us in compassion.” (Saint Ælred, Sermon 57.10)

Already near the celebration of Christmas, I communicate the news received and wish you that the King of Peace fill each of you with his presence and joy. P. Mauricio

### RE

P. Carlos María (Sobrado)

\* **Temporary professed: Regional Plan for Monastic Studies** ([PREM] *Plan Regional de Estudios del Monasticado*)

During the days 8 to 23 October 2019, in the Monastery of San Isidro de Dueñas (Palencia), another session of our cycle of philosophical and theological studies took place. On this occasion, 28 students from the OCSO and the CCSB met, plus 3 from the OSB. The following subjects were taught: One and Triune God (Father Antonio María Martín, OCSO, of the Zenarruza Monastery); Ancient Philosophy (Felipe Izquierdo, layman, professor in Burgos); Pentateuch and Historical Books (Sr. Olga Nicolau, OSB, of the Monastery of Sant Benet de Montserrat); Fundamental Moral (P. Román Ángel Pardo, professor at the University of Salamanca); Philosophical (complementary) ethics (P. Bernabé Domínguez, OCSO, of the Monastery of San Isidro).

For more information, read the *chronicle* written by one of the students:  
[https://drive.google.com/file/d/1b\\_c5WMkpe87Ms6o2WBnaUv1TTTKyn7e3/view?usp=sharing](https://drive.google.com/file/d/1b_c5WMkpe87Ms6o2WBnaUv1TTTKyn7e3/view?usp=sharing)

\* **Ongoing formation: Course on Ælred of Rieval**

From November 5 to 8, 2019, a permanent formation course on the figure of one of our greats Cistercian Fathers: Ælred of Rieval, considered the only historian of our parents took place in the Cistercian Monastery of Zenarruza, located in northern Spain, in the province of Bizkaia, belonging to the Basque Country.

In the course participated monks and nuns belonging to the following monasteries: Armenteira, Vico, La Palma, Cardeña, Huerta, Sobrado, La Oliva, Zenarruza, La Encarnación de Córdoba (Congregation of San Bernardo) and Casarrubios del Monte (Cistercian Order).

The course was animated and directed by Father Roberto de la Iglesia, abbot of the Cistercian Monastery of Cardeña, province of Burgos. With his usual depth and simplicity, Father Roberto unraveled the vital and spiritual itinerary of Ælred of Rieval, from his birth in the north of England, bordering with Scotland, through the court of King David I, until his death in the abbey de Rieval on January 12, 1167. In this itinerary

we were able to discover the different processes of interior conversion of Ælred, and the experiences that shaped his being of monk and Abbot. In addition to his biographical features, he deepened his writings, especially the most significant for us Cistercians of the 21st century, such as:

- The Mirror of Charity, a masterpiece for us, with special emphasis on the book on affections;
- Spiritual friendship;
- Pastoral Prayer;
- The Life of the Recluse.

Father Roberto's also introduced us into the Ælredian exegesis through three of his sermons, one on Advent, another on the Assumption of Mary and the third on the Oracles of the Prophet Isaiah, where we could capture the literal, allegorical, tropological sense and analogical of them.

From this great radiography of Ælred, from his heart as a pastor, is to be highlighted his merciful dimension, turning Rieval into the house of mercy.

*Notes and audio recording* of classes:

<https://drive.google.com/drive/folders/1iBWeyS9tldn8kV4WmLm42kba4sYE9M6x?usp=sharing>

## RAFMA

### \* Ongoing formation:

Muzindusi Kanumbu (Mokoto)

There has been a session on the theme of "Jesus and Women" from October 12 to 18 at the Monastery of Mokoto for Fr. Philippe OCSO of our community who remains in Orval.

*(See attached file [in French])*

Sr. Elizabeth (Butende)

### \* Initial formation and Temporary professed:

From October 6 to 11, 2019 by p. Dr. Hilary Munyaneza a Session on the Bible, held at Notre-Dame de Louange Butende Abbey. For young professed and professed and novices of the second year.

Participants:

- 6 brothers from Notre-Dame de Victoria Abbey; 4 teachers and 2 novices
- 5 sisters from Notre-Dame de Louange Abbey, 4 professed, 1 novice
- 1 Benedictine sister from the Arua monastery
- the secretary of Rafma, sister Elizabeth



*(see Annex)*

Sr. Barbara (Mvanda)

The *Inter-Congregational Theological Studium* (Studium Théologique Inter-Congrégation [STIC]) has already organized and carried out three sessions in this year 2019-2020, in particular one for young people in the first formation stage (Aspirantate, Postulate and Novitiate) and two for young professed and for the solemn professed of our monastic communities, OCSO and OSB, but extended to other participants.



In chronological order, the first session was that of STIC in November, with a good participation of 28 people, more or less always present during these 13 days of lessons, shared, according to the program planned, between Introduction to Research scientific, there is Logic, to Epistemology and Theology.

Being the professor prevented from coming the first three days, we reduced the subjects. He gave us instructions on scientific research, with everything related to the ability to read, analyze and understand a text, organize a synthesis, write an intellectual work. Find yourself in the different syllogisms to build...The Jesuit father who gave us this session knew how to do it with great care and attention to all the students, from the fastest to the slowest, with a really professional pedagogy, which made everyone feel protagonist and passionate!

As participants, there was a monk from Mambéré (OSB) from Kinshasa, a brother from Kasanza (OCSO) two sisters from an indigenous congregation, ten sisters from Mvanda and other academics from our village.

The **youth session**, immediately after, still in November, was animated by a nun Annonciade who studied in Leuven and who is - in turn - daughter of a Professor of Psychology at the University of Kikwit, on knowledge of self, involving all the psychological dimensions of the personality of a man and a woman and the need to form a solid and free Christian personality.

This session saw the massive participation of 110 people, young people and formators together and was characterized by great seriousness on the part of everyone.





We have another one in progress, on the Church - Modern Times and Ecumenism.

It is a Congolese Jesuit, historian, university professor too, who presents to us a very interesting historical journey from the Reformation to the present day, with all the ecumenical implications and developments that the scandal of division in mission had caused to the time of evangelization of the XVIth century. We are about twenty people, including a good number of sisters from Mvanda and sisters of active life, a young doctor, a Benedictine monk and candidates from two religious congregations, OMI and Passionists. We recognize quality education there.



## ORIENS

\* Course for the formators

Fr. David Lavich (Spencer/Nasu)  
(See Annex)

### **Formators Meeting of the Japanese Monasteries** October 7 – 11 Our Lady of Phare Abbey, Hokkaido

Participants:

- Dom Aloysius Yokouchi, abbot of Phare
- Sr. Gemma, Mitsusawa of Tenshien
- Mo. Raphaela Kuboki of Imari
- Mo. Veronique Shibata and Sr. Scholastica Thi Dinh (sub-mistress) of Nishinomiya
- Sr. Laurencia Miura of Nasu
- Fr. Vianney Yamaguchi of Oita
- Mo. Johanna Sato of Ajimu

The total number of monks and nuns in formation in the **Japanese sub-region** is 27, almost all in the nuns' monasteries. Of the 27, 9 are from Vietnam.

The Divine Office and Mass were celebrated with the community of Phare.



The speaker for the meeting was **Mother Johanna**, abbess emeritus of Ajimu. Her reflections were drawn from the book, *Path of Life* by Dom Gabriel Braso OSB, abbot emeritus of Montserrat Abbey in Spain. The book was written from material taken from the author's conferences on the major themes found in the Rule of St. Benedict which he gave to a meeting of Benedictine and Cistercian abbots in the early 1970's. There is a French edition (*Sentier de Vie - Au seuil de notre conversion, Coll. spiritualité orientale et vie monastique n°2, Abbaye de Bellefontaine, 1974*), but it seems that an English edition is not available. The Japanese edition was translated by Sr. Maria Coretta Hoshino of Tenshien.

Evaluation: We worked together very well in an open and peaceful fraternal atmosphere where we could share our joys and difficulties. It was good to hear from seniors who have many years of experience.



\* Continuing after course for the formators

With the title *FRATERNITY AND IRA - The beauty-sweetness of fraternal life in community and the "domestication" of anger in the Benedictine-Cistercian monastic tradition* was recently published the conclusive work done by a group of formators of REMILA, under the coordination of Dom Pedro Edmundo Gómez, OSB.

The second block of the Course for Formators 2018 was entitled: "*Healing-concord-growth of the concupiscible and irascible faculties of the monk-forming*", and during it, the first part were presented: "*Orientations and tools for the construction of the concord with the wishes of some medieval monastic authors*", from the *lectio* of Psalm 130. And Psalm 132 was proposed as a final evaluation of the subject: Community life, concordant with aggressiveness, the healing of the irascible faculty.

This research work was carried out personally and jointly at the same time, from two groups: one of them addressed the reception of Psalm 132, to highlight the theological foundation of fraternal life in some Cistercian authors attending to the senses of the Holy Scripture; and the other considered the issue of anger-patience in tradition, taking into account the anthropological and theological perspective in pastoral and formative key.

The reading of the work that we now present allows us to see that without a pedagogy of patience-meekness, in the manner of Christ, that heals and tames the irascible faculty of the monk, one cannot sing wisely "*How good and how pleasant it is, when brothers dwell together as one!*": fraternity is a blessing that descends and, at the same time, God blesses those who build it taking into account these orientations:

1. Recognize that anger is an energy of the soul that must be oriented towards its natural object dear to God: the fight against sin.
2. Contemplate Christ, especially considering the kenosis of the Redeemer.
3. Take root in patience following the example of Christ.
4. Living in the humility and meekness that the Divine Master teaches us.
5. Take seriously the commandment to love others and those who present themselves as our enemies.
6. Repent with pain when we are negligent in maintaining patience, and having total confidence in the Lord's forgiveness and the perfect reparation He offers the Father for our sins.
7. Exercise in the practice of good zeal, as a way to guard the virtues both in oneself and in the brothers.
8. Humble ourselves under the hand of the Lord recognizing that it is more advantageous precisely what He sends us.
9. Long for the final reward that God has promised us.
10. Never turn away from the Lord, because it is because of this great and intimate union with Him that every rebel instinct disappears.

The *electronic version* of this work can be accessed at:  
[https://www.academia.edu/40434736/Fraternidad\\_e\\_Ira.\\_La\\_belleza-dulzura\\_de\\_la\\_vida\\_fraterna\\_en\\_comunidad\\_y\\_la\\_domesticación\\_de\\_la\\_ira\\_en\\_la\\_tradición\\_monástica\\_benedictino-cisterciense](https://www.academia.edu/40434736/Fraternidad_e_Ira._La_belleza-dulzura_de_la_vida_fraterna_en_comunidad_y_la_domesticación_de_la_ira_en_la_tradición_monástica_benedictino-cisterciense)