



# BENEDICTINE SISTERS

SACRED HEART MONASTERY  
in CULLMAN, ALABAMA

916 Convent Road NE, Cullman, AL 35055 ~ [www.shmon.org](http://www.shmon.org) ~ (256)734-4622

August 20, 2019

Dear Friend,

Often I find myself stopping on the first floor of Otilia, our main monastery building, to look at the pictures of our religious community throughout the years. In doing so, I am reminded of the century-old traditions that have been passed from one generation to the next for over 117 years. These traditions, born from Gospel living and upheld through a Benedictine way of life, continue to beckon Sisters and friends alike to deepen their relationship with Christ, and to respond with a loving heart to the needs of God's people. The partnership between the Sisters and our friends gives witness to the vibrancy of God's love and provides hope for God's people.

You, our friends, participate in this enduring Benedictine tradition through your support of our Benedictine way of life, and of the ministries that flow from it. Your prayers and financial assistance, as well as your numerous in-kind gifts and services, assist us in providing an oasis of hope that nourishes all who visit the monastery and retreat center. Your contributions also assist us with annual operating expenses, allowing us to properly maintain and enhance our facilities, thus providing an atmosphere of beauty and peace.

Here are some of the ways in which your contributions to our 2019 Annual Appeal will assist us:

- Provide for ongoing operational needs such as food service, grounds and general maintenance, and medical care for the Sisters.
- Continue efforts in promoting our Benedictine charism through the use of public relations, marketing and media resources. You helped us begin this project last year and your continued support this year will greatly enhance these efforts. If you have not done so already, please like or follow us on Facebook and Instagram.
- Purchase new recliners for the infirmary bedrooms to improve the comfort and care of our sick and elderly Sisters.
- Continue to preserve our historical data by providing special archive equipment and materials.
- Update kitchen equipment and purchase a new steamer.
- Continue to participate in educational opportunities that deepen our spiritual and professional base so that we may continue to respond to the needs of God's people.
- Continue to enhance our liturgies, both at the monastery and at the Benedictine Sisters Retreat Center.

We are most grateful that you, too, value the Benedictine tradition that our Sisters have handed down through the generations, so that today, Sisters and friends alike, we may pass on this rich spiritual tradition to future generations.

In Christ's peace,

*Sister Tonette Sperando, OSB*

Sister Tonette Sperando, OSB

Prioress

*Bless the Lord, my soul; all my being, bless God's holy name!*

*Bless the Lord, my soul; and do not forget all God's gifts.*

*Psalms 103:1-2*