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THOUGHTS TO CONSIDER



**EDWIN SULEWSKI
FUNERAL DIRECTOR**

How can I help someone who is grieving?

You can help in a number of special ways. Through reaching out and offering support in the form of listening and presence you will help a great deal. Ask your friend how they are doing. Mention the deceased by name and allow the bereaved to continue discussion about the deceased if the wish. Many bereaved report feeling isolated. You can help by including them in your social groups. Contact with the grieving is most important during the period right after the death and in the three or four months following when the bereaved feel especially isolated. Reach out and make your presence felt.

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Senior Lifestyles

Nun, 91, working to keep chant alive

By Joseph Young
Catholic News Service

ST. CLOUD, Minn. — Were he alive, Pope Gregory I, the late sixth-century father of Gregorian chant, would probably sing a hymn to praise Benedictine Sister Cecile Gertken.

Sister Gertken, who is 91 years old, has dedicated herself to perpetuating the use of the centuries-old church chant and renewing its status in modern Christianity.

"Gregorian chant is our Christian heritage and the greatest body of melody in the history of music," she said in a recent interview with the *Saint Cloud Visitor*, the diocesan newspaper.

Gregorian chant is a plain chant set aside by most church musicians after the Second Vatican Council and the introduction of the vernacular into the liturgy. Sister Gertken translated into English from Latin many early Christian hymns of praise that make up the official prayer of the church known as "Opus Dei," or the "Work of God."

She has published several of these translations, as well as "Chant Melodies Simplified," which contains her own principles of modal chant accompaniment.

Sister Gertken recently returned from Holy Trinity Abbey, a community of Trappist monks in Utah, where she is helping translate their "Libre Hymnarius" into English.

The monks' text includes two pictures, Pope Pius X and a French Benedictine monk, Father Jean-Hébert Desroquettes, who taught Sister Gertken and encouraged her to translate and thus preserve the sacred chants.

"Those are my two patrons," she added.

Trappist, Benedictine and Dominican monasteries have traditionally been keepers of such texts over the centuries. Sister Gertken plans to return to Utah to continue the work.

"Those texts are gorgeous — they go right to the bottom of your soul," she

Bishop Hogan will honor centenarians

ROCHESTER — In celebration of Older Americans' Month, Bishop Joseph L. Hogan will salute resident centenarians at St. Ann's Home/The Heritage/Home Connection, 1500 Portland Ave., this Friday, May 21.

The 2 p.m. reception will take place in the Bishop Kearney Auditorium, where he will present certificates to all St. Ann's centenarians in attendance.

In addition, St. Ann's Home is currently seeking volunteers in the medical, recreational therapy and physical therapy departments.

Assistance is also needed in transporting residents to the chapel for weekday Masses at 3:30 and 5 p.m. Training is provided.

To inquire about volunteer opportunities at St. Ann's, please contact Barb Joyce at 716/342-1700, ext. 289.

said. "I told them, 'You have treasure in your antiphons.' I made the translations direct. The monks can sing them at prayer services."

The word "prayer" is paramount to Sister Gertken's musical philosophy.

"If they're not sung as prayers, even these beautiful hymns can be stiff and dead as the dickens," she said. "But when sung as prayers they're delightful and a great source of peace because prayer is a source of peace."

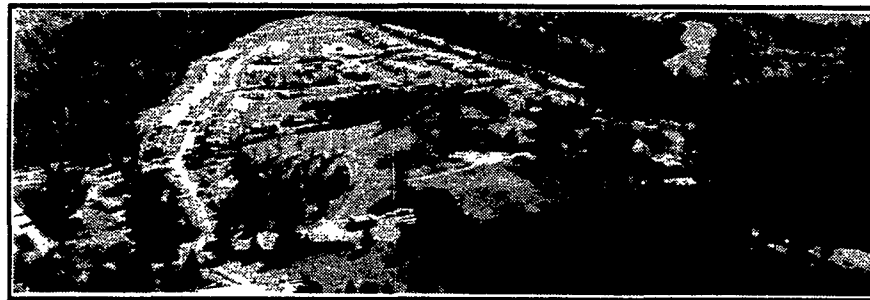
The difficulty in Sister Gertken's translation lies in retaining not only the sense of the original but also the musical scale embedded in the text.

"There are not many people doing what Sister Gertken is doing nowadays," said Benedictine Father Bartholomew Sayles, a friend and advocate with whom Sister Gertken translates texts. "She is very skilled at languages."

Sister Gertken brushes aside such praises, calling her work "drudgery, not genius."

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