

IN MEMORY OF

*Sister Wilhelmina*

AT EPHESUS



BENEDICTINES OF MARY, QUEEN OF APOSTLES

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- TOTAL PLAYING TIME: 42:42**





## 1. GOD'S WILL ❁

MUSIC– ADAM TAYLOR (B. 1989);

LYRICS– SR. WILHELMINA/ PSALM 116

*“God’s Will” is Sister Wilhelmina’s signature poem and march. She regularly recited it to the Sisters, and it was always an encouragement, especially in difficult moments. In the silence of the monastery, the even pounding of Sr. Wilhelmina’s cane through the house gave away when she was saying this poem to herself.*

God’s Will, God’s Will, God’s Will be done!  
Praised be the Father, Praised be the Son!  
Praised be Divine Love, Lord Holy Ghost!  
Praised be in union with the heav’nly host!

*Laudáte Dóminum omnes gentes: laudáte eum omnes pópuli. Quóniam confirmáta est super nos misericórdia ejus: et véritas Dómini manet in ætérnum. Glória Patri et Fílio, et Spirítui Sancto. Sicut erat in princípío, et nunc, et semper, et in sácula sæculórum. Amen.*

Praise the Lord, all ye nations: praise him, all ye people. For his mercy is confirmed upon us: and the truth of the Lord remaineth forever. Glory be the the Father, and to the Son, and to the Holy Ghost, as it was in the beginning, is now and ever shall be, Amen.

4315 Garfield  
St. Louis, Missouri  
May, 6, 1937

Dear Mother Superior;

I am a girl, thirteen years old, and I would like to become a nun. I plan to come to your convent as soon as possible. I will graduate from Grade School next month. What I want to know is, whether you have to bring anything to the convent and what it is you have to bring. I hope I am not troubling you any, but I have my heart set on becoming a nun. (Of course I am a Catholic.)

God bless you and those under your command.

Respectfully,  
Mary Elizabeth Lancaster



**2. QUAE EST ISTA** ❀ MUSIC– TRADITIONAL ITALIAN CHORALE; LYRICS– CANTICLE OF CANTICLES 8:5, 4:7-8  
*The Benedictine of Mary extend special thanks to Sharon Knecht, archivist, and the Oblate Sisters of Providence for providing this, their traditional ceremony hymn, which was sung at Sister Wilhelmina's Investiture in 1942, pictured above. Sister Wilhelmina is in the front row, second from the left. Sister recounted this song to the Benedictines at a recreation in 2004.*

Quae est ista quae ascéndit de desérto;  
delíciis áffluens eníxa super diléctum suum?  
Tota pulchra es, amíca mea, suávis et decóra.  
Veni de Líbano, sponsa mea.  
Veni de Líbano, veni coronáberis.

Who is this that cometh up from the desert,  
flowing with delights, leaning upon her beloved?  
Thou art all fair, O my love, sweet and comely.  
Come from Libanus, my spouse, come from Libanus,  
come, thou shalt be crowned.

3. BRING FLOWERS OF THE FAIREST 🌸 MUSIC/LYRICS— MARY E. WALSH (19<sup>TH</sup> C.) *The May crowning exhilarated Sr. Wilhelmina each year. From the community's first May crowning until her death, she carried the wreath of flowers even in her wheelchair, and gave it to the youngest postulant to crown the Marian statue, all the while singing this hymn with great gusto.*



Bring flow'rs of the fairest,  
bring flow'rs of the rarest,  
From garden and woodland  
and hillside and vale;  
Our full hearts are swelling,  
our glad voices telling  
The praise of the loveliest  
Rose of the vale!

O Mary! we crown thee with blossoms today,  
Queen of the Angels, Queen of the May;  
O Mary, we crown thee with blossoms today,  
Queen of the Angels, Queen of the May.

Our voices ascending, in harmony blending,  
Oh! thus may our hearts turn, dear Mother, to thee;  
Oh! thus shall we prove thee how truly we love thee,  
How dark without Mary life's journey would be.

O Virgin most tender, our homage we render,  
Thy love and protection, sweet Mother, to win;  
In danger defend us, in sorrow befriend us,  
And shield our hearts from contagion and sin.



## 4. AVE MARIA ❁

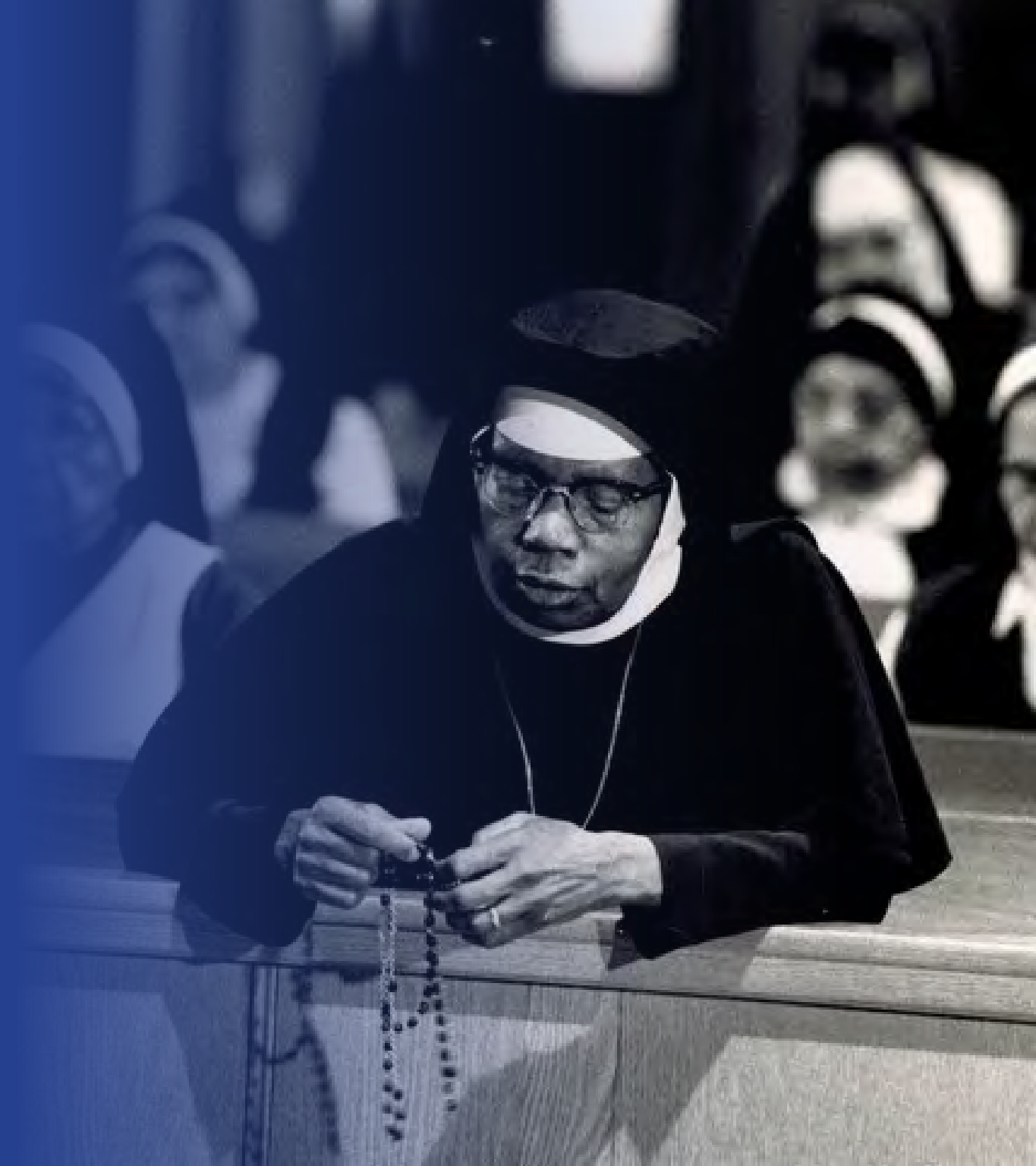
MUSIC—JACQUES ARCADELT (+1568);

LYRICS— LUKE 1:28, 1:42.

*Sr. Wilhelmina's favorite Marian hymn that she requested on all her feast days. Only Victoria's version (Track 8), the Magnificat (Track 10), and Mother Cecilia's "I Am Thine" could even compare to this one among the hymns to Our Lady that Sister loved.*

*Ave María, grátia plena, Dóminus tecum; benedícta tu in muliéribus, et benedíctus fructus ventris tui, Jesus. Sancta María, Mater Dei, ora pro nobis peccatóribus, nunc et in hora mortis nostræ. Amen.*

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



## 5. WE DO BELIEVE MUSIC— SR. BENIGNA HOLLAND, OSP; LYRICS— SR. WILHELMINA

*Sr. Wilhelmina wrote: "I fell out of the classroom for good in February 1972 ... Around this time I became very despondent, feeling that I had failed as a teacher, that I could neither teach nor cook, and therefore why should I be alive. With my head on the desk in my cell, I was inspired with a poem honoring Our Lord in the Most Blessed Sacrament. When I finished writing it - and it came quite easily - I felt consoled and satisfied. I immediately took it to Sister Benigna who resided in the infirmary wing, but was still the community's topmost musician. She was not for any of the musical nonsense that was going on, and I knew that she would give my poem, "We Do Believe", quick shrift if that is what she thought it deserved. She read it, smiled, and then said, "I am going to write music for this." In a couple of weeks it was done, and she was teaching it at choir practice." The two Sisters, pictured below, dedicated the work to public domain. It was discovered after Sr. Wilhelmina's death, and the Benedictines learned it most eagerly.*

We do believe, Lord Jesus Christ,  
That Thou art present here,  
Although but simple bread and wine  
Doth to our eyes appear.  
Thy Body and Thy precious Blood,  
Thou whole reality,  
We do believe, Lord Jesus Christ,  
We do believe in Thee.

The child once born  
in Bethlehem  
And once to Egypt fled,  
Doth dwell upon this altar  
Under forms of wine and bread;  
Divinity is present here,  
'Tis Jesus Christ Our Lord  
Whom we adore, Whom we adore  
as He should be adored.

True God-made-man is Jesus Christ,  
Yet on a cross He died.  
All they who would salvation reap  
Must, too, be crucified.  
We beg God's pardon for the sins  
That caused Him so much pain,  
O may we rather die than ever  
Disobey again.

Thou art the Living Bread  
Who com'st  
to give us life today;  
That we may rise in glory  
At the end of time, we pray.  
Without Thy wondrous gift of Self  
How hopeless we would be;  
Lord, let us make return of love!  
We give ourselves to Thee!





## 6. LITANY OF LORETO ❀ MUSIC– ANONYMOUS; LYRICS– TRADITIONAL

*The Litany of Loreto has unknown origins, dating back as early as the 3<sup>rd</sup> Century, and was a revered prayer of Sister. This new version, given by Our Lady of Guadalupe Seminary, was sung during the procession with Sister Wilhelmina's incorrupt remains.*

Kyrie, eléison. Christe, eléison.

Christe, audi nos. Christe, exáudi nos.

Pater de cælis Deus,

Fili Redemptor mundi Deus,

Spíritus Sancte Deus,

misérere nobis.

Sancta Trínitas, unus Deus, misérere nobis.

Sancta María, Sancta Dei Génitrix,

Sancta Virgo vírginum, \*ora pro nobis.

Mater Christi, Mater Ecclésiæ,

Mater Divínæ gratiæ, Mater puríssima, \*

Mater castíssima, Mater invioláta,

Mater intemeráta, \*

Mater amábilis, Mater admirábilis,

Mater boni consílii, \*

Mater Creatóris, Mater Salvatóris,

Virgo prudentíssima, \*

Virgo veneránda, Virgo prædicánda,

Virgo potens, \*

Virgo clemens, Virgo fidélis,

Spéculum justítiae, \*

Sedes sapiéntiæ, Causa nostræ lætítiæ,

Vas spirituále, \*

Lord, have mercy on us. Christ, have mercy on us.

Christ, hear us. Christ, graciously hear us.

God the Father of heaven,

God the Son, Redeemer

of the world, God the Holy Spirit,

have mercy on us.

Holy Trinity, one God, have mercy on us.

Holy Mary, Holy Mother of God,

Holy Virgin of virgins, \*pray for us.

Mother of Christ, Mother of the Church,

Mother of divine grace, Mother most pure, \*

Mother most chaste, Mother inviolate,

Mother undefiled, \*

Mother most amiable, Mother most admirable,

Mother of Good Counsel, \*

Mother of our Creator, Mother of our Savior,

Virgin most prudent, \*

Virgin most venerable, Virgin most renowned,

Virgin most powerful, \*

Virgin most merciful, Virgin most faithful,

Mirror of justice, \*

Seat of wisdom, Cause of our joy,

Spiritual vessel, \*



*Vas honorabile, Vas insigne devoti6nis,  
Rosa mística, \**

*Turris Davídica, Turris ebúrnea, Domus áurea, \**

*Fóederis arca, Jánuca cæli, Stella matutína, \**

*Salus infirm6rum, Refúgium peccatórum,  
Consolátrix afflict6rum, \**

*Auxílium Christian6rum, Regína*

*Angel6rum, Regína Patriarchárum, \**

*Regína Prophetárum, Regína pacis,*

*Regína Mártyrum, \**

*Regína Confess6rum, Regína Vírginum,*

*Regína Sanct6rum ómni6rum, \**

*Vessel of honor, Singular vessel of devotion,  
Mystical rose, \**

*Tower of David, Tower of ivory, House of gold, \**

*Ark of the covenant, Gate of heaven, Morning star, \**

*Health of the sick, Refuge of sinners,  
Comforter of the afflicted, \**

*Help of Christians, Queen of Angels,*

*Queen of Patriarchs, \**

*Queen of Prophets, Queen of Peace,*

*Queen of Martyrs, \**

*Queen of Confessors, Queen of Virgins,*

*Queen of all Saints, \**



Regína sine labe origináli concépta,  
Regína in cælum assúmpta,  
Regína Sacratíssimi Rosárii, \*

Regína Apostolórum, (thrice) \*

Agnus Dei, qui tollis peccáta mundi, parce nobis,  
Dómine, exáudi nos, Dómine, miserére nobis.

Queen conceived without original sin,  
Queen assumed into heaven,  
Queen of the most holy Rosary, \*

Queen of Apostles, (thrice) \*

Lamb of God, who takes away the sins of the world, spare us,  
O Lord, graciously hear us, have mercy on us.

**7. SONG OF THE TILMA** ✿ MUSIC– BENEDICTINES OF MARY;  
LYRICS– OUR LADY OF GUADALUPE/SR. WILHELMINA

*In light of the community's founding at Our Lady of Guadalupe Seminary, (see photo at end) Sr. Wilhelmina always retained a deep devotion to the Empress of the Americas. A sermon on Our Lady of Guadalupe at the Abbey in December 2023 spurred a fresh attempt at decoding the musical message contained by the stars on the image of Our Lady on Juan Diego's tilma. Staff lines were overlaid upon the image to derive both melody and harmony from the placement of the stars, following the "boustrophedonic style" of Medievalists, as the Sisters' contribution to the corpus of various interpretations by composers. The chorus is the Spanish version of Our Lady's words to Juan Diego, and the verses from a poem by Sr. Wilhelmina.*

¿No estás bajo mi amparo?

Oye mi hijo, ¿no estoy aquí yo?

¿No estoy aquí yo, que soy tu Madre?

Mi hijo, Juanito, ¿no estoy aquí yo?

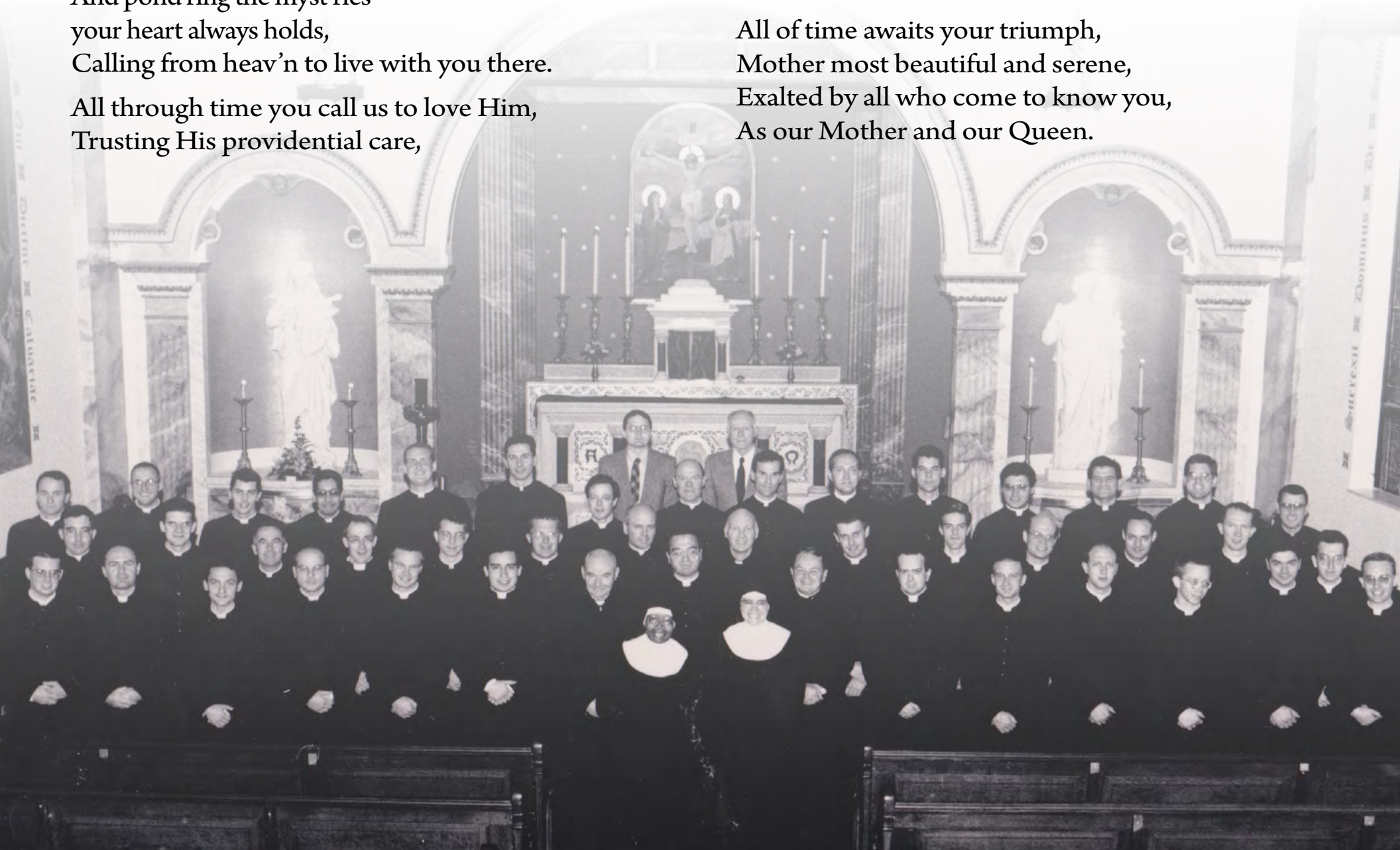
Are you not under my mantle? Listen, my son,  
am I not here? Am I not here, who am your  
Mother? My son, little Juan, am I not here?)



All through time you call us to penance,  
To give ourselves to faithful prayer,  
And pond'ring the myst'ries  
your heart always holds,  
Calling from heav'n to live with you there.  
All through time you call us to love Him,  
Trusting His providential care,

Allowing the Lord  
to cleanse and save us.  
Help us our daily cross to bear.

All of time awaits your triumph,  
Mother most beautiful and serene,  
Exalted by all who come to know you,  
As our Mother and our Queen.





8. AVE MARIA ☼ MUSIC– TOMÁS LUIS DE VICTORIA (+1611) SEE TRACK 3

9. JESUS MY LORD, MY GOD, MY ALL ☼ MUSIC– 19<sup>TH</sup> CENTURY;  
LYRICS –FR. FREDERICK FABER

*Sister Wilhelmina had been unresponsive for three days, during which time Sisters kept constant watch over her. The day before her death, Sisters gathered to sing her favorite hymns. In a miracle that astonished the attending nurse, Sister awoke for a few moments to join in the singing. No one could forget the radiant smile that burst upon Sr. Wilhelmina's face as the Sisters sang the words "Oh! with what bursts of fervent praise, Thy goodness, Jesus, would I sing," as if she were catching a glimpse of the paradise that awaited her.*

Jesus, my Lord, my God, my All!  
How can I love Thee as I ought?  
And how revere this wondrous gift,  
So far surpassing hope or thought?

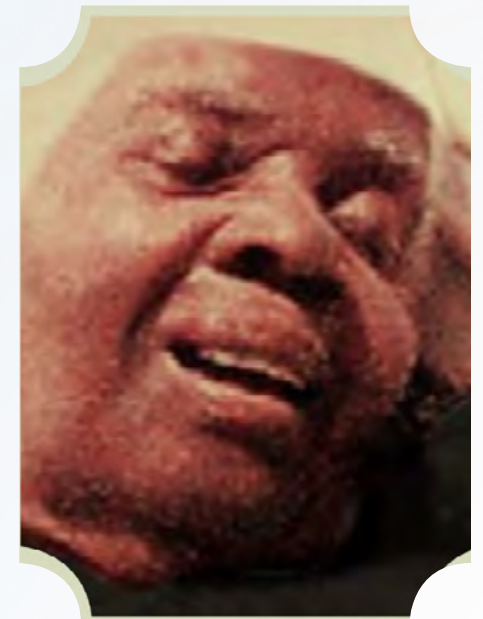
Sweet Sacrament, we Thee adore;  
Oh! make us love Thee more and more;  
Oh! make us love Thee more and more.

Had I but Mary's sinless heart,  
To love Thee with, my dearest King;

Oh! with what bursts of fervent praise,  
Thy goodness, Jesus, would I sing.

Oh! see upon the altar placed  
The Victim of divinest love!  
Let all the earth below adore,  
And join the choirs of heav'n above.

Jesus, dear Pastor of the flock,  
We crowd in love about Thy feet;  
Our voices yearn to praise Thee, Lord,  
And joyfully Thy Presence greet.



10. MAGNIFICAT ❀ MUSIC– CIRO GRASSI (+1952)/ CHANT MODE VIII; LYRICS– LUKE 1:46-55

*A hymn sung by the Benedictines especially in thanksgiving, deeply loved as such by Sr. Wilhelmina.*

Magnificat ánima mea Dóminum:

Et exsultávit spíritus meus in Deo,  
salutári meo.

Quia respéxit humilitátem ancíllae  
suae: ecce enim ex hoc beátam me di-  
cent omnes generatiónes.

Quia fecit mihi magna qui potens est:  
et sanctum nomen ejus.

Et misericórdia ejus a progénie in pro-  
génies timéntibus eum.

Fecit poténtiam in brácchio suo:  
dispérsit supérbos mente cordis sui.

Depósuit poténtes de sede,  
et exaltávit húmiles.

Esuriéntes implévit bonis:  
et dívites dimísit inánes.

Suscépit Israel púerum suum,  
recordátus misericórdiae suae.

Sicut locútus est ad patres nostros,  
Abraham, et sémini ejus in sácula.

Glória Patri, et Fílio, et Spirítui Sancto.  
Sicut erat in princípío, et nunc, et  
semper, et in sácula sæculórum. Amen.

My soul doth magnify the Lord.

And my spirit hath rejoiced  
in God my Savior.

Because He hath regarded the humility of his  
handmaid: for behold from henceforth all gen-  
erations shall call me blessed.

Because He that is mighty hath done great  
things to me: and holy is His name.

And His mercy is from generation unto gen-  
erations, to them that fear him.

He hath shewed might in his arm: He hath  
scattered the proud in the conceit of their heart.

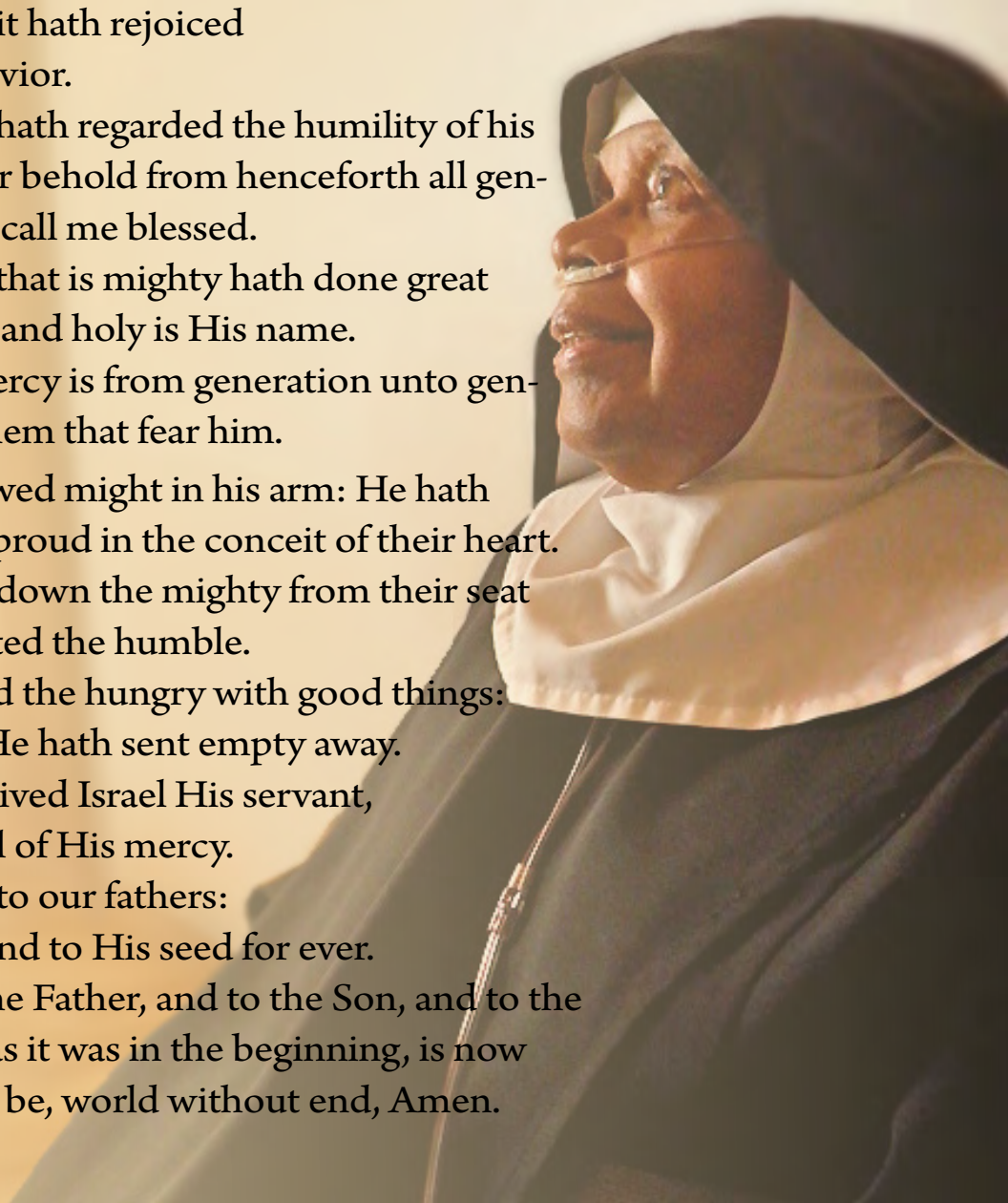
He hath put down the mighty from their seat  
and hath exalted the humble.

He hath filled the hungry with good things:  
and the rich He hath sent empty away.

He hath received Israel His servant,  
being mindful of His mercy.

As he spoke to our fathers:  
to Abraham and to His seed for ever.

Glory be to the Father, and to the Son, and to the  
Holy Ghost, as it was in the beginning, is now  
and ever shall be, world without end, Amen.



11. HYMN TO CHRIST THE KING ❀ MUSIC– BENEDICTINES OF MARY; LYRICS– SR. WILHELMINA

*Sr. Wilhelmina retained a great love for Christ the King, as she was heavily influenced by Fr. Daniel Lord of Saint Louis in her youth. Her autobiographical poem was lovingly set to new music soon after her death.*

Lord Jesus Christ,  
eternal king,  
In adoration  
let me bring  
My heart  
with all its love!  
Without Thee  
I can nothing do,  
Thou art  
my king,  
my king  
most true!  
I am Thy  
little dove;

I have so much to  
thank Thee for!  
Please let me  
love Thee  
more and more,  
And come to  
Heav'n above.





## 12. O SACRUM CONVIVIUM ❀

MUSIC— ROBERTO REMONDI (+1928);

LYRICS— ST. THOMAS AQUINAS (+1274)

*The Benedictines of Mary can scarcely sing this music without a smile in remembrance of when Sr. Wilhelmina would join in with such energy and volume that it would invariably turn into a solo while Our Lord was exposed in the Monstrance. Her voice grew louder until she drowned out the choir with her passionate vibrato, and was totally oblivious to the fact that all other voices dropped out in amazement. She was intent on singing to her Bridegroom, and nothing else mattered to her!*

O sacrum convívium!  
in quo Christus  
súmitur:  
recólitur memória  
passiónis eius:  
mens implétur grátia:  
et futúráe gloriæ  
nobis pignus datur.  
Alleluia.

O sacred banquet!  
in which Christ  
is received,  
the memory of  
His Passion is renewed,  
the mind is filled with grace,  
and a pledge of  
future glory to us is given.  
Alleluia.





### 13. I'LL SEEK HIS FACE ☼

MUSIC— J.P. STORM (19<sup>TH</sup> C.);

LYRICS— ISAAC WATTS (+1719) (PS. 54)

*Sr. Wilhelmina was enrolled in the Confraternity of the Holy Face in the 1970s and kept the image of Veronica's veil in her cell until her death. In light of her self-reference as God's "dove" this seemed a fitting tribute as it is in the American style that Sr. Wilhelmina appreciated.*

Oh, were I like a feathered dove,  
And innocence had wings,  
I'd fly and make a long remove  
From all these restless things.

Let me to some wild desert go  
And find a peaceful home,  
Where storms of malice never blow,  
Temptations never come.

By morning light I'll seek His Face,  
At noon repeat my cry;  
The night shall hear me ask His grace,  
Nor will He long deny.

## 14. DANCING WILHELMINA ❀ MUSIC– CZECH DANCE TUNE;

LYRICS– SR. GERTRUDE THERESE GARVEY, SP (+2006)

*Browsing through the lovely old series To God Through Music by the Sisters of Providence, Mother Abbess Cecilia was delighted to find this song centered around such an unusual name as “Wilhelmina.” The Sisters learned it “as is” in time for the June feastday of their foundress, who delighted in its hilarity. Invariably, she would start dancing whenever Sisters broke into it, even spinning Sisters from her wheelchair, betraying her irresistible love for such lively music and tap dancing in earlier years.*



Wee Wilhelmina, oh, will you stop?  
Or I am certain that you will drop! (drop dancing)  
Down went the sun and up came the moon,  
But she kept on dancing till June, June, June.  
Tra-la-la-la-la, tra-la-la-la-la,  
She kept on dancing through June, June, June.

Wee Wilhelmina, the winter's here,  
Surely you won't dance the whole long year? (the long year)  
They say she never noticed the cold,  
She went right on dancing, so we've been told.  
Tra-la-la-la-la, tra-la-la-la-la,  
She went on dancing, so we've been told.

## 15. JOSHUA FIT THE BATTLE OF JERICHO ❀

MUSIC/LYRICS— TRADITIONAL AMERICAN

*The Sisters learned this for Sr. Wilhelmina's 60<sup>th</sup> anniversary of vows. She chimed in with the energy, verve and movement of a very young woman. Later, a year before her death, an impromptu Bluegrass Jam began in Gower after the first Masses of two Fraternity Priests. Sr. Wilhelmina led a whole crowd of people in singing this song, filling in forgotten lyrics and adding embellishments with a spunk that thrilled the audience.*

Joshua fit the battle of Jericho, Jericho, Jericho,  
Joshua fit the battle of Jericho  
And the walls come tumblin' down.

You may talk about your Kings of Gideon,  
You talk about your men of Saul,  
But there's none like good old Joshua  
At the battle of Jericho.

Right up to the walls of Jericho,  
He marched with a spear in hand.  
"Go blow that ram's horn," Joshua cried,  
"Cause the battle is in my hands."

Then the lamb ram sheep horns began to blow,  
And the trumpets began to sound,  
And Joshua commanded the children to shout,  
And the walls come tumblin' down.



16. DEEP RIVER ☸ MUSIC/LYRICS– TRADITIONAL AMERICAN

*“Deep River” was Sr. Wilhelmina’s favorite spiritual, hands down. One Sister, probing into why she loved it so much, asked Sister to explain the lyrics. “Campground is the place you go where you’re going to stay,” she said, in a tone both wistful and assured.*

Deep river, my home is over Jordan.  
Deep river, Lord, I want to cross over  
into campground.

Oh, don’t you want to go to the Gospel feast,  
That Promised Land, where all is peace?

Oh, when I get to Heaven I’ll take my seat  
And cast my crown at Jesus’ feet.



Recorded February 2024  
at the Abbey in Gower, MO.  
Producer: Benedictines of Mary  
Engineer: Will Crain  
of BRC audio, Kansas City KS.  
Arrangements of tracks 2, 3, 4,  
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