

Staying Connected

Volume 21 - Issue 4

October 10, 2024

Sisters of St. Francis
of Mary Immaculate

LCWR Reflection

Hospitality in Focus

By Sr. René Simonelic, OSF

In the talk prepared by Sister Maricarmen Bracamontes, OSB, and delivered by Sister Pat Henry, OSB, for the LCWR Assembly, I heard about *Radical Inclusion and Christian Hospitality*. Sister Maricarmen shared some linguistic meanings of the word “hospitality” and some features of the hospitality witnessed by Jesus. Leading up to the fact that the Trinity, whose image and likeness we are, is the fullest expression of hospitality.

My favorite part of the talk was her reflection on hospitality as a potential mystical-prophetic experience and how her experience with Lucia,

an angry young woman, changed both of their lives. It showed how hospitality is reciprocal, a mutual recognition of vulnerability and trust. Hospitality exists in a climate of risk. Others in their diversity challenge me to believe in them and to venture to receive them. I challenge others to believe that they will be received and accepted for who they are.

In the words of Sister Maricarmen, “Our world, perhaps today more than ever, needs coherent and hospitable followers of Jesus.” My hope is that in the face of a collapsing world, radical Christian hospitality will give us “new ears” to hear the groan of people struggling for the recognition of their full dignity. May we take on the joyful challenge to build solidarity in our discordant world by recognizing that we are all sisters and brothers in Christ.



*As long as autumn lasts, I shall
not have hands, canvas and colors
enough to paint the beautiful
things I see.*

Vincent Van Gogh

Happy Fall!

Fall, Leaves, Fall

Emily Brontë

Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.
I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.

Autumn

John Clare

I love the fitful gusts that shakes
The casement all the day
And from the mossy elm tree takes
The faded leaf away
Twirling it by the window-pane
With thousand others down the lane

I love to see the shaking twig
Dance till the shut of eve
The sparrow on the cottage rig
Whose chirp would make believe
That spring was just now flirting by
In summers lap with flowers to lie

I love to see the cottage smoke
Curl upwards through the naked trees
The pigeons nestled round the coat
On dull November days like these
The cock upon the dung-hill crowing
The mill sails on the heath a-going
The feather from the ravens breast
Falls on the stubble lea
The acorns near the old crows nest
Fall pattering down the tree
The grunting pigs that wait for all
Scramble and hurry where they fall

Message from JPIC

Reflections with Black Elk - The Season of Fall

By Sr. Carol Mecko, OSF

The Black Road of Suffering and the Balance of Courage

LSAP Goal 6 Ecological Spirituality

"In the sacred hoop, the Black Road runs from East to West and signifies the road of suffering We walk the Black Road because we cannot escape life's turmoil. The long- term remedy is to stand at the center where the Red Road balances the Black....

Being at the center describes the balance of human beings who are in right relationship with every aspect of their world."

(Black Elk)



FACING WEST:

West, adulthood, bear,
Home of Internal Teachers,
Helping stone nation!

Thunder Beings of the West, help us to face the Black Road of life's difficulties and to have the Courage to see them as opportunities to grow, deciding to sacrifice for the good of others...nothing can be taken without giving back...which brings us to balance...help us to be the "fool" exposing what is not good, true, beautiful or loving, like flashes of lightening. Bear, show us how to go into the caves of our being to contemplate...and be tested. Turtle, teach us perseverance. Sweet Grace, teach us how to be at our center in right relationship and peace. May we be strong-hearted. Amen. Ho!

Apple Day at USF



Monday, September 30, from 9 a.m. to 3 p.m. several sisters handed out free apples to USF students on the Quad of the University of St. Francis.



Front Row: Sr. Mary Lou Marchetti, Sr. Yvonne Weidner, Nancy Wilhelm (Sr. Phyllis' sister-in-law), Sr. Phyllis Wilhelm
Back Row: Fr. Michael Jennrich, Sr. Elaine Kerscher

Photos by
Sr. Marianne Saieg, OSF

St. Francis Day 2024

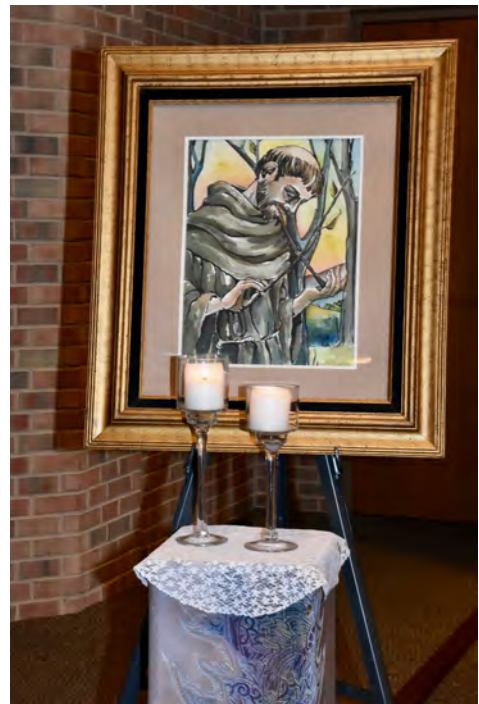
The Sisters of St. Francis held a beautiful celebration in honor of St. Francis Day, October 4, 2024, at St. Patrick's Residence in Naperville. Father Carl Markelz, O.Carm., Provincial of the Carmelites of the Province of the Most Pure Heart of Mary, presided at a Mass held in St. Patrick's beautiful chapel.



Over 70 people attended the mass including many Joliet Franciscan sisters and associates, Carmelite sisters and friars, and residents of St. Patrick's.



Sr. Anthony Veilleux, O.Carm., Director of Mission Integration, St. Patrick's Residence, officially greeted the Joliet Franciscans and assured us of their joy in being able to join us for our Franciscan celebration!



Sr. Barb Kwiatkowski did an amazing job of planning the Mass and directing the choir.



Thank you to Sr. Maria Bui, (on the right) who performed the duties of alter server.

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Sisters Mary Lou Marchetti and Elaine Kerscher



Sister Paula Bingert with Sr. Pat's staff member



Associate Marilyn McGowan read the first reading.



Sister Peggy Quinn welcomed all.



Sister Jeanne Bessette gave the Reflection.



Sister Rosemary Huzl read the Prayers of the Faithful.



© Sr. Kay Francis Berger, OSF

Photos by Sr. Marianne Saieg, OSF

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Sister Pat Skowronski was thrilled to be reunited with her student, Father Carl.

Karen Garifo ordered a delicious Italian meal (in honor of St. Francis, of course!) which was thoroughly enjoyed by everyone.



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Photos by Sr. Marianne Saieg, OSF

Human Trafficking Joint Franciscan Committee



By Therese Griffin, Associate

We extend a hearty welcome to our new members who joined our Human Trafficking Joint Franciscan Committee! They are:

Akaki Luhahi, DNP, MSN (CIC), RN, Assistant Professor, **Dan Knapp**, Ph.D., LSW, and **Marcia Van Natta**, Associate Joliet Franciscans, MHS, BA, CADCRSS Program Director at University of St. Francis/President Illinois Certification Board.



One of our new team members Dan Knapp, Ph.D., LSW, as USF Director of Social Work, BSW/MSW Program Chair and BSW Director, invited our team members to address the interns who are in the social work program. I, Therese, offered as a topic, "What's It Like Being Out in the Field?" The title caught his attention. In my talk I focused on my experiences with people in very vulnerable situations: inmates, the homeless, and survivors of human trafficking. The students actively participated with great questions and input.

People suffering mental health issues who are in any of the following groups are often underserved: the LGBTQ community, the homeless, those recently released from prison, those with physical, vision and learning disabilities, and victims of human trafficking. They have limited or no access to treatment because they do not have cash or health insurance, as deluxe treatment is dependent upon insurance or cash.

Human trafficking prevention work is about prosecution, protection, and prevention. Persons with disabilities have been recognized to be at a heightened risk for human-rights violations but they remain under-represented in human trafficking research. Those with disabilities often rely on others for basic needs, such as caregivers, family, and friends. Traffickers can exploit this dependence by grooming people in their care and threatening to withhold or steal resources. And people with disabilities are often seen as less than human, and traffickers target people they think they can exploit with little consequence.

Dyslexia: Cracking the Code
CBS News Sunday Morning 2021
Please watch on YouTube - Important
<https://www.youtube.com/watch?v=IpO3o9U-2s&t=18s>

Yale researchers who have studied hundreds of kindergartners for nearly 40 years say one in five was dyslexic. But perhaps their most important finding: There is no link at all between dyslexia and intelligence. Susan Spencer reports on efforts to help those with dyslexia "crack the code."

Our Joint Franciscans are Sisters of St. Francis of Mary Immaculate (Joliet, Ill.) and Franciscan Sisters of the Sacred Heart (Frankfort, Ill.)

Present Members: Alie Phillips, Associate; Peggy Quinn, OSF, Alexine Knotek, OSF, Kathleen McGowan, Kathy Salewski, OSF, Clarita Schumacher, OSF, Kim Wolf, OSF, and Therese Griffin, Joliet Franciscan Associate.

A Message from ARC

By Lois Prebil, OSF



THE MIGRANT JOURNEY OUR HUMANITARIAN RESPONSE

"While migration is inevitable, the fact remains that most people leave their homes to escape violence and the certain persecution that come from it."

Richard Grench

The experience at "The Migrant Journey – Our Humanitarian Response" was awesome thanks to our wonderful moderator and panel, Deborah Glenn, EdD, Veronica Gloria, Maria Gonzalez, Cesar Guerrero, Eric Ruiz and José Vera, JD. Following the panel discussion, the stories of two recent migrants were told. The migrants are now in a more vulnerable position than they were since ARC hosted the presentation in April. The audience entered wholeheartedly into the experience.

The big question is "What can we do?" The panelists provided resources that were shown on a PowerPoint. The CALL TO ACTION resources are posted here; please join in some of the actions if you are motivated to do so!

Key persons at
"The Migrant Journey:
Our Humanitarian
Response"



Call to Action:
WHAT WE CAN DO

ICIRR-Illinois Coalition for Immigration & Refugee Rights
<https://www.icirr.org/calls-to-action>
(Send a legislative letter) <https://p2a.co/alr3lte>

Donate @ Spanish Community Center &
South Suburban Immigrant Project
<https://www.spanishcenter.org/donate>
<https://www.ssiipchicago.org/donate-2/>

Call to Action:
WHAT WE CAN DO

~VOLUNTEER!!!~

Spanish Community Center
<https://www.spanishcenter.org/volunteer>

South Suburban Immigrant Project
Email: info@ssiipchicago.org
Phone: 630.296.6755

Call to Action:
WHAT WE CAN DO

~Get to know them!!~

Speak to them at church and in the community.
Invite immigrant neighbors to your home for a meal or the holidays.
Participate in events that involve immigrants.
Discover their needs and donate items such as coats and toys to organizations like the Spanish Community Center.

October 13— National Train Your Brain Day

On October 13th, National Train Your Brain Day challenges us to some puzzling games and riddles! Whether you play solo or go up against teams, the day improves our thinking power.

#TrainYourBrainDay

Exercising the brain is important. Routine activities don't keep the mind sharp. This day encourages us to expand and exercise our brain and use more of its potential capacity. To do that, we need to break out of our routines and try new activities or relearn old ones. We'll work on our cognitive skills. To do this, try reading or word puzzles. Number games and brainteasers also improve cognition. Riddles and word games challenge areas of the brain we don't use every day.

Learning something new is another practice that benefits the brain, too. When we learn a new skill, we focus and tap into our problem-solving abilities. If we're doing the same thing every day, we're probably not solving too many problems. The brain gets bored. You'd get bored, too if you watched the same episode of the same TV show every day.

When the question is asked to American scientists as to how much of the brain is used, the answer varies. However, many of them believe that it is only a small percentage and that there is room for expanded learning and knowledge within everyone.

HOW TO OBSERVE TRAIN YOUR BRAIN DAY

Do some logic puzzles, brainteasers, and riddles to train your brain. Other fun ways to train your brain include:

- Download a brain training app. These technologies offer a variety of ways to test your brain.
- Mix up your routine. If you always do a crossword puzzle, try a different type of word game or number puzzle.
- Expand your interests. Take a cooking class or music lessons. Both will help improve your brain as you learn new skills.
- Take a different route to the grocery store or to work. You may discover changes to your neighborhood but you'll also be giving your brain an opportunity to shake out some of the rust.

- | | | |
|---|---|---|
| 1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why? | 4. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I? | 6. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I? |
| 2. A woman shoots her husband. Then she holds him underwater for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be? | 5. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it? | 7. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I? |
| 3. What is special about these words: job, polish, herb? | | 8. No matter how little or how much you use me, you change me every month. What am I? |
- Answers on Page 12**

Memory Brain Teaser

Look at the picture for 1 minute then turn it over and write as many things as you can remember



Fall Day of Reflection—October 19, 2024

Last Chance to Register!

“Building a Bridge from the Gospel Story to My Own Story”

(finding a new sense of mission and legacy in a time of transition)

Facilitator: Mary LaMont, Director of The Knocking Door Ministry

10:00 AM—2:00 PM

Joliet Franciscan Center

1433 Essington Road

Joliet, Illinois 60435



Using five gospel stories, Mary will lead us as we weave together scripture, theology, and interactive actions that will provide opportunities for reflection and conversations.

Please RSVP to **Darcy Mason** at dmason@jolietfranciscans.org or 708-508-7795.

Recipe Corner:

Balsamic-Glazed Mini Meatloaves

Yes, you can make these in the air fryer! (or oven)
A two-ingredient balsamic glaze—brushed on before and after baking—adds a lovely tang to every tender bite of these cute mini loaves.

Ingredients:

2 large eggs
2 Tbsp. Worcestershire sauce
Kosher salt and pepper
1/2 c. panko
1 small onion, coarsely grated
2 cloves garlic, grated
1/2 c. flat-leaf parsley leaves, finely chopped
1 1/2 lb. ground beef chuck (80% lean)
Oil, for brushing (if needed)
1/4 c. ketchup
1 Tbsp. balsamic vinegar



Directions:

Step 1 Remove insert from air fryer basket. Heat air fryer to 325°F.

Step 2 In large bowl, whisk together eggs, Worcestershire sauce, 3/4 tsp salt, and 1/2 tsp pepper; stir in panko and let sit 2 minutes. Stir in onion, garlic, and parsley. Add beef and mix until just incorporated.

Step 3 Shape beef mixture into three 5 by 3 in. loaves and place on air fryer insert. (Note: If using stainless steel air fryer insert, brush lightly with oil before adding meatloaves.) Return insert (with meatloaves) to basket and air-fry 10 minutes.

Step 4 Meanwhile, in small bowl, stir together ketchup and balsamic vinegar until combined. Transfer 2 tablespoons of mixture to second bowl and set aside. Brush tops and sides of loaves with remaining ketchup mixture, then continue to air-fry until internal temp registers 150°F, 13 to 16 minutes more. Brush with reserved ketchup mixture and let rest at least 5 minutes before slicing.

• **Oven Instructions:** Heat oven to 375°F. Line rimmed baking sheet with nonstick foil. Proceed

with recipe. Transfer mixture to prepared baking sheet and shape into three 5- by 3-in. loaves. Bake 15 minutes. Brush tops and sides of loaves with ketchup mixture, then continue baking until internal temp registers 150°F, 15 to 20 minutes more. Brush with reserved 2 tablespoons ketchup mixture and let rest at least 5 minutes before slicing.

Quiz Answers

1. An apple a day keeps the doctor away!
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.
3. They are pronounced differently when the first letter is capitalized.
4. Pencil lead
5. The river was frozen
6. Love
7. The number 8
8. A calendar

Facebook Prayer Authors

October	Sr. Meg Guider
November	LSAP Goals 1, 4 Members
December	Associate Dorothy Nesbit

Staying Connected

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If you would like to submit an item for *Staying Connected*, or if something you have requested to be published is inadvertently omitted, please e-mail Sister René Simonelic at rsimonelic@jolietfranciscans.org or Renée Cipriani at rcipriani@jolietfranciscans.org