

January 7, 2025

Dear Sisters,

Even as we live very much in the present – with all of its graces and challenges – we are collectively and individually trying to imagine our future. We have been in discussion for this past year about the legacy our Joliet Franciscan congregation has already left and one we still have the opportunity to create.

As part of the Living into Our Legacy Task Force, we formed several subcommittees that have been meeting regularly for almost a year now. One of these subcommittees is charged with Care for the Members. Members of this committee are Mary Ann Clark, Julie Kinsella, Binh Tram, RN, Sister Anthony Veilleux, O.Carm. and Sue Bruno. It is this committee which is planning our January Local Chapter agenda.

We will be asking you to consider what and where can we best put our energies as we plan to live our lives as Joliet Franciscans in our elder years. As we talk about our future, we must think about our present life situation realistically and reflecting on the actual “care of our members.” Are we taking good care of ourselves? We might find ourselves asking some personal questions such as:

- How do I want to live out “all the days of my life”?
- What choices am I making to promote my better health?
- What nutritional choices might I need to reconsider?
- How am I staying as physically and mentally active as I possibly can?
- If climbing stairs or walking is hard for me, what other forms of exercise do I engage in or can I engage in to stay active?
- Do I have a confidant with whom I can share such questions and arrive at my answers?

As the Care of the Members Committee tried to answer some of these questions, we realized that we wanted to offer each of you an opportunity to challenge yourself with such matters. In our research, we came upon a 12-minute Ted Talk by Jane Fonda which has some very enlightening information we want to share with you. The link for this YouTube Ted Talk is:

https://www.youtube.com/watch?v=IHyR7p6_hn0

To prepare for your next Local Chapter meeting, we ask that you watch this short video at least once. This will be viewed during your meeting as well. Your Convener will be scheduling a meeting of your Local Chapter group sometime between January 4 and February 9, 2025. All the materials that you will need for this meeting are included along with this cover letter and/or can be accessed through the Members Section on our website. For those of you who might have trouble viewing this on YouTube, we have a typed-out version of this talk that is available. Email Sue Bruno at sbruno@jolietfranciscans.org or call her if you would want the written copy (815-735-1282.)

You will soon be hearing from your Convener concerning a date and time for your Local Chapter meeting.

May we take a moment to pause and to look forward with joyful and joy-filled anticipation of the ways in which Jesus' arrival and presence will help us to complete our part of God's mission in the year ahead. And may it be a happy and healthy year for each of us!

Barbara, Darcy, Jeanne, Meg, M.J. and Sue

Note to Conveners: Some groups have been tempted or have strayed from the directions given for the Local Chapter meeting instructions. We ask you please to use this format we are providing.