

Staying Connected

Volume 21 - Issue 8

February 6, 2025

Sisters of St. Francis
of Mary Immaculate

Sisters Celebrate Christmas and the New Year



On January 14, 2025, around 45 sisters gathered at Jacob Henry Mansion to share the joy of being together and have a Christmas/New Year celebration! Sisters Jeanne, Peggy, Barb and Sue serenaded all with a few Christmas songs.

Then a lovely meal of salad, pot roast with veggies, rolls and apple cobbler was served. All the sisters were then presented with Christmas presents. It was a lovely afternoon despite the snowy, cold weather. The sisters were really troopers!



Photos by Sr. Marianne Saieg, OSF

More pictures on page 2

*Sisters
Celebrate
Christmas
and the
New Year
continued*



Message from LSAP Goals 1, 4

Green Electricity

By Jane Nienaber, OSF

LSAP Goals 1, 4 Subcommittee



Green electricity is electricity that comes from renewable energy sources and technologies that do little to no harm to the environment. It is often produced from solar and wind sources. We offer this Creation Care Corner bulletin as an invitation to support renewable energy. If your organization or parish wishes to receive weekly bulletins, google Catholic Climate Covenant/Creation Care Corner Bulletin.

Message from JPIC

By Jane Nienaber, OSF



REMINDER:



Valentine's Day is coming soon. Have you mailed in your donation for this year's One Heart Project? If so, thank you for your generosity.

January's mailing gives the three options and a form for mailing your donation by February 14th, or contact Sr. Peggy or Sr. Jane via email, text or phone.

ALSO:

Be aware that the 2025 JPIC Grant Letter and Grant Application are included in this mailing.

The due date is April 5 for the grant application.

Creation Care Corner



"The pace of consumption, waste and environmental change. . . can only precipitate catastrophes...". "Truly much can be done!" – Pope Francis

WEEKLY STEWARDSHIP RECOMMENDATION

Support Renewable Energy

Electricity generation contributes significantly to earth warming greenhouse gas emissions nationally. Consider and shop green electricity sources for your home. Here's one simple way to do it. There are 2nd party providers that guarantee to repurchase certified wind power equivalent to your household demand. You reduce your environmental footprint and support/expand renewable energy. Select a provider that has no sign-on or discontinuation fees, and that enables you to be billed and serviced thru your current electric utility. The process should be seamless: no equipment or service interruption required. Compare rates and select a supplier where the clean energy upcharge is negligible. Explore community solar as another easy way to support renewable energy. Compare to: www.aepenergy.com/residential/renewable-energy/



Hope you
have a
Valentine's
Day that
makes your
whole heart
extra happy!

A Message from ARC

By Lois Prebil, OSF



KNOW YOUR RIGHTS INFORMATION

Among many actions that the new U.S. administration is and will be taking, one that is the most urgent and local is the looming threat of mass deportations of our immigrant neighbors, beginning in Chicago. The most important thing right now is for every citizen to know their rights if they encounter an ICE (Immigration and Customs Enforcement) agent. If you believe you are witnessing ICE enforcement activity, call ICIRR's (Illinois Coalition for Immigrant and Refugee Rights) hotline to report what you're seeing: 1-855-436-7693.

If you would like the Know Your Rights information for immigrants, please contact me to send you an email. I'll send it in English and Spanish and also a card in several languages that an undocumented person can show to an ICE agent.



Jennifer Johnson, longtime Member of ARC, passed into Eternal Life on January 28, 2025. Jennifer was an active member of our Anti-Racism Committee. She was a delight to be with,

inspired us and always contributed to the activities we were about. Some sisters and associates know Jennifer from Sacred Heart Parish in Joliet, now part of Queen of the Apostles. Please pray for Jennifer and her family and friends.

Joint Franciscans Joliet/Frankfort



Submitted: Associate Therese Griffin

Human Trafficking Prayer

Akaki Luhahi, DNP, MSN (CIC), RN

Hebrew 3: 7 which says, "If today you hear God's voice, harden not your hearts." As we begin this new year, we are reminded of the opportunities it brings to make meaningful impact in our work and in the lives of others. Let us continue to be voices for those who are often unheard, especially those affected by human trafficking. May our efforts this year foster awareness, compassion and action to create a community and world where freedom and dignity are rights shared by all.



New Members

We welcome our new members, Christina Fuller and Genevieve Raupp of Franciscan Sisters of the Sacred Heart, Frankfort, Illinois, as part of the Joint Franciscans with the Joliet Franciscans. They are joining the Human Tracking Committee: Peggy Quinn, OSF, Alie Phillips, Lou Krippel, OSF, Dan Knapp, Akaki Luhahi, Marcia Van Natta, Clarita Schumacher, OSF, Kathleen McGowen, Kathy Salewski, OSF, and Therese Griffin.

Continued on next page

The Alliance to End Human Trafficking

March 25:

Time: 1 P.M. Eastern Time

Susan Patterson, National Leader in the Fight
Against Human Trafficking, and Author of
*How You Can Fight Human Trafficking: Over 100
Ways to Make a Difference.*

Join Via Zoom – March will include contact

Mark your calendars for these additional
dates: May 27, July 29, September 23, and
November 25

**Associate Relationship
50th Anniversary**

April 26, 2025

**University of St. Francis
Motherhouse**



Artwork © Sr. Kay Francis Berger, OSF

Sisters and Associates please
mark your calendars and plan
to attend our celebration of fifty
years in relationship.

Detailed information to follow.

Save the Date

Saturday, August 9, 2025



**10:30 a.m. Mass
followed by Brunch**

to celebrate the

160th
Anniversary
**of the founding of the
Sisters of St. Francis**



Personality Traits of Snake Signs

Snakes are sensitive, effective, and adaptable, positive personality traits often complemented by a considerable intelligence. They are usually amiable and even-tempered, showing a cool and calm exterior punctuated by occasional bouts of perfectly-timed energy and passion.

They move elegantly through the social sphere, armed with their wide range of interests and hobbies, which add to their intrigue and mystery. They're often artistic, which makes them taste-makers others look to for guidance.

In emergencies, Snakes show their true value by remaining calm and collected, not losing an ounce of their ability to analyze the situation and come up with the best solution while remaining a dependable presence.

In daily life, Snake people are easy-going and fascinating for their mystery while also needing alone time to smooth their sensitivities. If they can learn to be vulnerable, Snake will find a new *world opening to them*.

**Is your Chinese Zodiac sign SNAKE?
Or do you know any "Snakes"?**

**People born in 1929, 1941, 1953, 1965, 1977,
1989, 2001, 2013 are Snakes!**

Snake Strengths

Snakes are self-respecting and steadfast; therefore, external voices won't shake their resolve. They're goal-oriented, and while they don't often appear outwardly passionate, they're blessed with a keen intuition and ample inspiration, making them very creative.

Indeed, Snake may well choose a career in art because they make connections between subjects. They also possess excellent taste, glide among the elite with elegance, and can remain calm in the most stressful situations.

Lucky (and Unlucky) Things for Snakes

For Snakes, the numbers of 1 and 8, red and black, the directions of west and south bring good luck; pink and purple, 0 and 5, and east [are unlucky](#), which should be avoided if possible.

In Chinese culture, your [Ben Ming Nian](#), or zodiac birth year, is considered bad luck, so make sure to wear red clothing or jewelry during your year (Year of the Snake) to keep away any misfortune.

Lucky Things

- Lucky numbers: 1, 8
- Lucky colors: Red, Black
- Lucky directions: West, South
- Lucky flowers: Camelia, Orchid

Unlucky Things

- Unlucky numbers: 0, 5
- Unlucky colors: Pink, Purple
- Unlucky directions: East



February 17 — National Random Acts of Kindness Day

Each year on February 17th, National Random Acts of Kindness Day grows in popularity. It is celebrated by individuals, groups, and organizations nationwide to encourage acts of kindness.

The movement of Random Acts of Kindness inspires people every day. As a favorite celebration for many, people everywhere are enjoying doing these acts of kindness. Not only do the acts of kindness bring joy to the receiver, but they spread positive reactions to the giver, too!

In New Zealand, where this day originated, Random Acts of Kindness Day is celebrated on September 1st. However, it is also recognized by some on other days throughout the year. Nevertheless, doing random acts of kindness is something that can be done every day of the year.

A Few Quotes of Kindness:

- "Kindness is a language which the deaf can hear and the blind can see." (Mark Twain)
- "No act of kindness, no matter how small, is ever wasted." (Aesop)
- "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." (Scott Adams)
- "Kind words and actions can seem so small, but their effects are truly endless." (Author Unknown)

HOW TO OBSERVE RANDOM ACTS OF KINDNESS DAY

- Pay for the coffee or meal of the person in front of you in line.
- Leave a kind note for someone, no explanation is needed.
- Share words of encouragement. You never

know who might need them.

- Put your skills to work for someone in need.
- Drop off a load of groceries at the local food pantry.
- Mail a "thinking of you" card to someone you've not talked to in a while.
- Order a bouquet of flowers to be delivered to anyone in the hospital.
- Send a thank-you note to the local fire department, police departments, or any military personnel.
- Just smile.

NATIONAL RANDOM ACTS OF KINDNESS DAY HISTORY

Josh de Jong of New Zealand founded National Random Acts of Kindness Day.

Kindness FAQ

Q. What is the most important element of being kind?

A. There are many elements to kindness such as patience, honesty, and being a good listener. However, one of the most important characteristics of a kind person is that when they do something for someone, they don't expect anything in return.

Q. Can kindness be learned?

A. Yes. While some people seem to be born with a kindness gene, others develop the ability to show kindness later in life. So, kindness can be innate and learned.



Kindness
is
Magic

Recipe Corner:

Fettuccini Alfredo

(February 7 is National Fettuccini Alfredo Day!)

The original Fettuccine Alfredo – called *fettuccine al burro* in Italy – is a simple pasta dish consisting of fettuccine tossed with lots of butter and parmesan. With only 4 ingredients and ready in 15 minutes, this recipe is perfect to have on hand for when you are craving easy comfort food!

Ingredients:

- 1 pound dried or fresh fettuccine pasta
- ½ pound (2 sticks) unsalted butter (preferably European style), *at room temperature and sliced*
- ½ pound finely grated parmesan cheese (preferably Parmigiano Reggiano)
- Kosher salt, *to taste*
- **Salt** – We'll heavily salt the water to cook the pasta. After that, only a small pinch of salt should be enough, as Parmigiano Reggiano is already salty.

Instructions:

- Bring a large pot of water to boil, then salt generously with kosher salt. Cook the fettuccini, stirring often during the first 4 minutes and occasionally after that, according to package directions, until al dente.
- Drain the pasta, reserving 1 cup of pasta water (or more to reheat the pasta later, if you predict you will have leftovers).
- Return the pasta to the pot, off heat, and stir in the sliced butter, a small pinch of salt, half the cheese and a splash of the reserved pasta water (about a 1/4 cup). Toss the pasta vigorously, adding the rest of the cheese and more pasta water as needed for the sauce to emulsify. If you are having trouble getting the cheese to melt quickly, it's okay to turn

the heat on low under the pot. Just work quickly so the sauce doesn't curdle.

- Serve on warmed plates with more parmesan cheese and a fresh grinding of black pepper.

Buon Appetito!!



Facebook Prayer Authors

February	Sister Karen Berry
March	Sister Marianne Saieg
April	Sister Peggy Quinn
May	Sister Phyllis Wilhelm

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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