

Staying Connected

Volume 22 - Issue 5

November 13, 2025

Sisters of St. Francis
of Mary Immaculate

Happy Thanksgiving!



Let Us All Be Grateful!

Jeanne

Peggy

Sue

Gene

MJ

ARC

By Lois Prebil, OSF

INSIGHTS FROM DR. MARTIN LUTHER KING, JR.



In April 1963, Martin Luther King Jr. wrote the "Letter from Birmingham Jail" while being imprisoned for leading desegregation efforts in Birmingham, Alabama. Responding to criticism by eight unidentified white clergymen, King rejects claims that his actions are ill-timed or misguided, defending nonviolent protest and emphasizing the urgent need to end racial injustice in the United States. The 11-page letter highlights racial equality, non-violent action, justice, moral law versus unjust laws, shortcomings of white moderates and churches, and a vision for a better United States.

Please reflect on the following quotations about the "white moderate" from MLK's renowned letter. Consider how his insights may inspire our approaches to supporting migrants within the United States today.

"I must confess that over the past few years I have been

gravely disappointed with the white moderate. I have almost reached the regrettable conclusion that the Negro's great stumbling block in his stride toward freedom is not

the White Citizen's Council or the Ku Klux Klanner, but the white moderate Shallow



understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will. Lukewarm acceptance is much more bewildering than outright rejection."

"I had hoped that the white moderate would understand that law and order exist for the purpose of establishing justice . . ."

"I had hoped that the white moderate would understand that the present tension in the South is a necessary phase of the transition from an obnoxious negative peace, in which the Negro passively accepted his unjust plight, to a substantive and positive peace, in which all men will respect the dignity and worth of human personality."

"We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people."

"We must use time creatively, in the knowledge that the time is always ripe to do right. Now is the time to make real the promise of democracy

and transform our pending national elegy into a creative psalm of brotherhood. Now is the time to lift our national policy from the quicksand of racial injustice to

the solid rock of human dignity."

Thank you for reading this article and for reflecting.

Message from LSAP Goals 1, 4 Subcommittee

If your parish or organization wishes to receive a weekly bulletin, google Catholic Climate Covenant/Creation Care Corner Bulletin.



Creation Care Corner

Gratitude, Generosity and Stewardship

In his Encyclical, *Laudato Si': On Care for Our Common Home*, Pope Francis encourages us to imitate God's generosity, calling for an attitude of "...gratitude and gratuitousness, a recognition that the world is God's loving gift, and that we are called quietly to imitate his generosity in self-sacrifice and good works."

Pope Francis further explains, "One expression of this attitude is when we stop and give thanks to God before and after meals. I ask all believers to return to this beautiful and meaningful custom. That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation; it acknowledges those who by their labours provide us with these goods; and it reaffirms our solidarity with those in greatest need." (*LS* 222, 227).

We show our respect and gratitude to the Creator by our stewardship and recognition of his bountiful creation as a precious gift requiring our care.

Happy Thanksgiving Week!

Franciscan Human Trafficking Joint Committee



Submitted by: Associate Therese Griffin

Human Trafficking – Labor & Sexual

PRAYER RESOURCES:

Loving God

We pray for all laborers around the world.

Grant them dignity, fair treatment, and just wages.

Guide us to make choices that honor Your justice and protect those most vulnerable to exploitation.

Amen.



*I PUT THE NATIONAL
HUMAN TRAFFICKING HOTLINE
IN MY CELL PHONE, WILL YOU?*



Do you know other members who would like to receive the Human Trafficking newsletter or need to update your contact information, email us at

Info@AllianceToEndHumanTrafficking.org

We will add them to the HT newsletter listing.

Thanks!



Notice

LCWR Congregations are joining together to participate in a project called
100 Days of Prayer, Fasting and Advocacy.

This second round of Days is from

October 1- January 11.

We have committed to **December 7** as our special day of prayer, but there is more.

Please see the additional information in this mailing.

There is a hard copy of the letter from our leadership; a prayer written by Karen Berry, and two flyers describing the projects.

Sr. Paula Bingert's 100th Birthday!

On November 5, 2025, Sr. Paula Bingert turned 100! Sisters Sue Bruno, René Simonelic, Lou Krippel, Associate Natalie Bayci, staff member, Debbie Lofdahl and eight friends from Ohio went over to St. Patrick's Residence with a cake, poster and presents to celebrate with Sr. Paula.

A mass and a larger community celebration to come!





A Thanksgiving Observance

Count your blessings instead of your crosses;

Count your gains instead of your losses.

Count your joys instead of your woes;

Count your friends instead of your foes.

Count your smiles instead of your tears;

Count your courage instead of your fears.

Count your full years instead of your lean;

Count your kind deeds instead of your mean.

Count your health instead of your wealth;

Count on God instead of yourself.

National Homemade Bread Day ~ November 17

On November 17th, homes will fill with warm, comforting aromas reminding us to slow down and enjoy National Homemade Bread Day.

Yeast bread calls for us to slow down. We need to spend time with each other as we work the dough and let it rest and rise before baking. Quick breads allow a special treat to share and enjoy with coffee or tea. Other homemade breads, such as donuts, pretzels, muffins, and biscuits, add variety to our everyday meals. And making them with friends and family brings joy and an opportunity to exchange recipes.

Those who make homemade bread commit to using good ingredients and investing in the time. They make it not only because they love the flavor, but because they know the people they love to do also. Homemade bread enriches the flavors of our meals and the flavors of our conversations, too.

Bread is full of symbolism around the world, across cultures and religions. In our lives, bread is valuable. We consider our livelihood to be our daily bread. We are making it, breaking it, consuming it as part of our faith. Bread can be exciting if it's sliced or boring if it's white.

There's a bonus bread, too.

However, it seems a bit messy if it's buttered on both sides. Then again, when we roll in the dough, it's

messy, too. Bake it, and it becomes heavy bread, but it means the same thing.

HOW TO OBSERVE HOMEMADE BREAD DAY

Take out your recipe box and get to baking. Or find a few new recipes like the one on page 8. It's the best thing since sliced bread! When you make bread, don't forget to use some for homemade croutons, too.

NATIONAL HOMEMADE BREAD DAY HISTORY

The National Homemade Bread Committee from Ann Arbor, Michigan, founded National Homemade Bread Day to encourage families to enjoy making homemade bread. The day has been celebrated since the early 1980s.

Bread FAQ

Q. Can I use brewer's yeast to make bread?

A. You could, but the bread won't be as light and fluffy as you're accustomed to. Baker's yeast produces more CO₂ than brewer's yeast making it more ideal for bread making.

Q. Is yeast a living organism?

A. Yes. And under the right conditions, it reproduces rapidly. That's why certain yeasts are ideal for baking and brewing.



Recipe Corner:

French Bread

Prep: 60 minutes
Bake: 20 minutes
Total Prep: 1 hour 20 minutes
Servings: 2 loaves

Ingredients:

2¼ cups water
2 tablespoons margarine or butter
1 tablespoon sugar
3 cups flour plus ¾ to ¾ tablespoons
1 teaspoon salt
2 tablespoons yeast

Instructions:

- Mix water and margarine or butter in saucepan and heat to 120°.
- In separate bowl, add 3 cups flour, yeast, sugar and salt.
- Slowly add liquid mixture to dry ingredients.
- Add remaining flour and knead until smooth and not sticky.

- Set aside and cover. Let rise until doubled in size.
- Divide dough in half and shape each half into a long cylinder shape.
- Bake in a 375° oven for 20 minutes.
- For added decoration, sprinkle sunflower seeds, sesame seeds, poppy seeds or toasted onion or garlic on dough before baking.
- Using a sharp knife, cut three slashes in the top. Cover and let rise again.
- Make an egg wash using 1 egg and water mixed well. Brush across the top of each loaf.



Facebook Prayer Authors

November	Sr. Rosemary Huzl
December	Sr. Marianne Saieg
January	JPIC-Daily Intentions
February	???
March	Sr. Karen Berry
April	JPIC

Volunteers needed for February and later in 2026 to be a Facebook Prayer Author!

Please contact Karen Garifo at
kgarifo@jolietfranciscans.org.

Thank You!

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Published by:

Sisters of St. Francis
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Staying Connected is prepared by Renée Cipriani.

Printing deadline for each issue is one week before the issue date.

Next issue of *Staying Connected*: December 11, 2025

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