

Communigram

FRANCISCAN SISTERS OF CHRISTIAN CHARITY

Holy Family College Continues to Benefit Others



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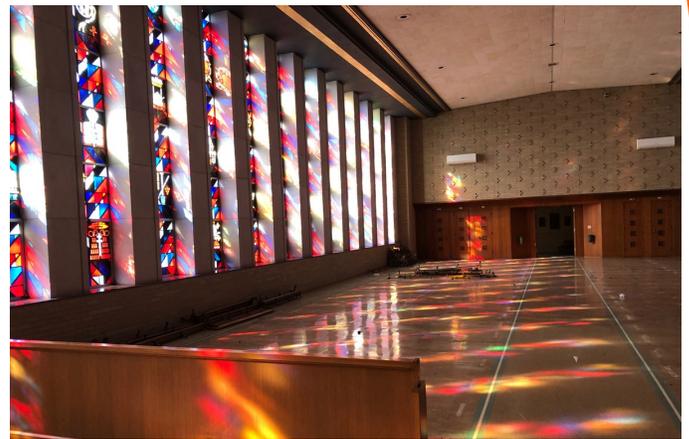
We continue to share many good memories of our days at our college. There are still good memories being created in the items being taken from the college by others to be used. The Amish in the Manitowoc area have come often for items they can use in their homes or places of work. Some of the items are: An Amish carpenter has taken wooden shelves from all over the college to use in his cabinet making business, an Amish baker received a food rack from the kitchen to place his pies on. The Amish Bishop has a greenhouse north of New Holstein and he and two of his sons have disassembled items in the college greenhouse to use in his greenhouse. This includes even the chains from the windows that opened the windows. The Amish Bishop also bought one of the rare books that was in German that told of the life of Christ. Their church services are all in German and he will use this book as a resource.



Different groups have come and taken kiddie lit books and adult books. Some of the religion books have been given to the Carmelite Sisters in Denmark and also to the Missionaries of the Word Sisters in Baileys Harbor. It is great to see that we can help others as we close the door on our college.

New Home for the College Chapel Pews

Friday, March 11th the pews from the college chapel began their journey to Chambersburg, Pennsylvania.



They will be used by three congregations of the Old German Baptist Church. The Amish Bishop from the New Holstein area spread the word that we had chapel pews for sale. An Old German Baptist Church in Athens, Wisconsin knew their brothers in Pennsylvania were in need of pews. Several men from Athens came one Saturday to look at the pews and took pictures for their fellow church members in Pennsylvania. They were what they were looking for.

Friday, March 11th a family with four small children, the grandparents and a young adult from Pennsylvania and Indiana came to undo the benches. Forty-four screws per pew is what they took from each of the 46 benches. They left the kneelers and the book holders as “we carry our books with us” is what they told me. In the afternoon a semi backed up to the back porch of the college and a work crew of men came from Athens to help load the pews into the semi for their long journey to Pennsylvania. It is a blessing that our pews will still be used to give worship to God.

—Sister Carol Seidl

An article on page 5 shares another way the college continues to benefit others.

“Say Ya to da U.P. eh?”

Green Bay, Wisconsin—The Sisters from St. Agnes Convent traveled to the Upper Peninsula of Michigan to visit our Sisters and other special places March 11-14.

The first stop on Friday was at the Carmelite Monastery of the Holy Cross in Iron Mountain, Michigan. We visited Sister Maria of Jesus, the Mother Superior of the sisters. She is Sister Estelle Vanden Heuvel’s sister and Sister Anne Marie Selinsky’s classmate. We left laden with Kit Kat Bars, Peanut Butter cups, cake mixes and spaghetti sauce. They shared their abundance with us. We, in turn, shared with others at stops on the remainder of the journey.



Our next stop was in Crystal Falls, Michigan for supper. After a treacherous trip through a snowstorm that caused whiteouts, we reached Ann Nelson’s home in L’Anse, about 8:30 pm. Ann is Sister Jan Villemure’s cousin, and her home was our home base for the weekend.



Saturday morning Sister Carolee Vanness met us at Sacred Heart School in L’Anse, where we got a great tour of her place of ministry. We all headed for Chassell after the tour where we had a homemade soup lunch with the Sisters. Next on the touring agenda was a visit to Houghton Tech University, where Sister Jacqueline Spaniola ministers. We toured St. Albert the Great University parish, offices, and Campus Ministry areas. After the visit



at Tech, we crossed the bridge to twin city Hancock, to locate Sister Jan’s grandparents’ home on Water Street. The house was located and the memories of family trips there in the 60’s and 70’s were brought back. We returned to Chassell for a game of Samba, Mass at St. Ann’s, Vespers, and a delicious pork roast supper, followed by one more round of Samba.

Sunday, Sister Jackie was our tour guide to the Keweenaw Peninsula. We headed for the monastery of Holy Protection, a Ukrainian Catholic Community of Monks in Eagle Harbor, Michigan. After meeting two of the three brothers, we prayed in the chapel for an hour. It was particularly touching to be praying for Ukraine from this holy place in Michigan with roots in the Ukraine. The next part of the trip was driving to the peak of the peninsula. Seeing 12-15 foot snowbanks, blue ice and many fir trees, eagles, a yard full of 30-40 deer were some of the highlights. We enjoyed a brunch at the Otter Belly Café. Next stop was supper with Maria Paula Kwesiga’s apartment. She is a friend of ours who has stayed with us several times at St. Agnes, as she took medical exams to obtain her MD license for the US. Maria is Ugandan, and has a license for Algeria. We are praying she gets an interview soon at places she has applied for residency. After supper there we all traveled back to Tech for the student Mass at 7PM.



Monday we toured some spots in L’Anse where Ann volunteers: the St. Vincent de Paul store and their pantry. We then headed to Republic to visit Sister Margey Schmelzle. She had a lunch for us, toured us through her home and St. Augustine Church.

The visits gave us a good view of the wonderful work our Sisters do in the Upper Peninsula. When we got home to pray Vespers on Sunday, the prayer card for our chapel that day was for the “Sisters who minister in the Upper Peninsula.” A perfect way to end our pilgrimage.



—Sister Jan Villemure, Photos by Sister Elena Gonzales

Franciscan Sisters of Christian Charity Host Liturgy of the Hours Workshop



Called to Pray the Liturgy of the Hours

On February 26, 2022, the Franciscan Sisters of Christian Charity, Manitowoc, offered a workshop on the Liturgy of the Hours to discerning women interested in learning to pray or to pray with more depth this beautiful daily prayer of the Church. The Zoom conferences commenced at 10 AM, 2 and 4 PM. They offered a variety of topics, presenters, and experiences. Each session began with the following prayer and the ritual of crossing the forehead, lips, and heart:

Lord, open our + minds that we may learn and understand this great prayer of your Church.

Lord, open our + lips that we may speak your Word and pray with zeal and attention.

Lord, open our + hearts that we may not only understand and speak but may integrate this prayer into our day-to-day life. We ask you to guide every thought, word, and action of this day to your greater honor and glory. Amen.

Sister Anne Marie Lom explained the use of imagery and anthropomorphism in the Psalms and examples were given. Then, Sister Pamela Biehl traced the origins and development of the Liturgy of the Hours from early Christian times to the more recent format used after Vatican II. Some comments from the participants were:

“It was very helpful to understand the background and development of Liturgy of the Hours and recognize how we can incorporate some earlier elements of this prayer while we pray it today (i.e. lighting a candle)” and “having more background knowledge to the Liturgy of the Hours helped to create better appreciation for it.”

For simplicity, brevity, and clarity, a website was used to show examples of Lauds, Vespers, and Night Prayer. Participants offered their favorite sites/apps for praying Liturgy of the Hours.

A YouTube video explaining step by step the use of the ribbons and sections of the book Christian Prayer was shared.

At 2 PM, Novice Sister Mary Jane Schwartz and Temporary Professed Sisters Maria Guadalupe Martinez, and Cecilia Joy Kugel joined the group. They responded to each of these questions:

Did you pray the Liturgy of the Hours before you entered?
If yes, how did that happen?

What struggles did you have learning to pray the Liturgy of Hours?

What do you remember from the course on the Liturgy of the Hours that we shared last year?

Any advice for those beginning to pray the Liturgy of the Hours?

Judging from the comments in the evaluations, this session was very helpful. Comments included: *“It was so nice and helpful to get the newest sisters’ advice and learn about their struggles with the Liturgy of the Hours”* and *“I liked the multiple age viewpoints all the different Sisters provided.”*

Another positive feature of the day was the attendance of Postulant Kathrine Logan and future Postulant, Michelle Ozuna.

The 4 PM conference included in-depth exploration of the daily Canticles of Simeon, Zachariah, and the Magnificat. Another valuable site was shared that connects the reader to commentaries of the Psalms and Canticles for all four weeks of the Liturgy of the Hours. These commentaries were begun by Saint John Paul II and completed by Pope Benedict XVI.

http://ch.catholic.or.kr/pundang/4/psalter/ip2_b16_commentaries.htm

This session concluded with Vespers for the eighth Sunday of Ordinary Time led by Sister Pamela Biehl. Sister’s explanation of the rubrics for our prayer together, the artwork that drew our attention to the prayer and her prayerful layout of Vespers helped us to end with a true reverence for praying the Liturgy of the Hours.

All were grateful for a day full of learning and grace.

Speaker credentials:

Sister Pamela Biehl holds a MA in Liturgy from the University of Notre Dame and Sister Anne Marie Lom holds a MA in Applied Spirituality from the University of San Francisco.

During the month of April Pope Francis gives us the following prayer intention: **We pray for health care workers who serve the sick and the elderly, especially in the poorest countries; may they be adequately supported by governments and local communities.** To inform our prayer, let us explore some examples and information regarding healthcare personnel and their care for the world's poor.

Darya Naumova says this would typically be the most stressful time in her burgeoning career. The fourth-year medical student at Canada's McGill University is in the middle of residency interviews, but she says it pales in comparison to what her family is going through under Russian bombardment in their native Ukraine.



Medical student Darya Naumova has helped coordinate the production and transfer of training videos from Canada to Ukraine [Courtesy Darya Naumova] from:

[‘Not alone’: Canadian doctors help train Ukrainian counterparts | Russia-Ukraine war](#)

Like millions of Ukrainians living outside the country, Naumova, who has lived in Canada since age 17, sprung into action to support her country after Russia launched an all-out invasion last month. She and her colleagues quickly seized on a way to contribute, combining their expertise in trauma patient care with existing connections to healthcare workers in Ukraine to produce medical training videos to help respond to urgent needs during the conflict.

Naumova shared, “These instructional videos are something ... we identified as a common ground where we can help.”

“You can be a dermatologist, an internist, a cardiologist, and you may have not done this procedure ever or it’s been a very long time. But now, during the war, you’re called upon to actually perform these life-saving procedures,” said Dr. Dan Deckelbaum, the co-director of the video group.

--From an article on Al Jazeera by Jillian D’Amours

When considering healthcare for the world’s poor population, one may first think of Catholic Relief Services, and rightly so. This extensive and effective organization is well known for its influence around the world. Their website explains their aim to help improve global health. “Catholic

Relief Services provides medical supplies and innovative treatment to the world’s poorest people. We support health care and training for health providers through hospitals, local clinics and churches.” This same website contains a wealth of information about the ministry Catholic Relief Services provides. You may wish to read further, so go to [Catholic Relief Services \(crs.org\)](http://CatholicReliefServices.org).

Another perhaps less known service group is **Cross Catholic Outreach**.

They share their mission as follows: *Our mission is to mobilize the global Catholic Church to transform the poor and their communities materially and spiritually for the glory of Jesus Christ. We aim to serve the poorest of the poor by channeling life-changing aid through an international network of dioceses, parishes and Catholic missionaries. This cost-effective approach helps break the cycle of poverty and advance Catholic evangelization.*

This is another website worth exploring. You can find it at [Providing Medical Aid in Developing Countries | Cross Catholic Outreach](#). Since their information is helpful in getting a feel for what the Holy Father is concerned about, I will include some extensive quotes from their site.

Poverty and health issues are inextricably—and tragically—linked. In the developing world, many families cannot afford even basic medications, and residents of remote rural villages often struggle to reach distant hospitals and clinics. At least half the world does not have access to essential health services.

Following Christ’s example of reaching out to the sick and poor, the Roman Catholic Church has long prioritized medical ministry, and serves as the largest nongovernment provider of health care services in the world.

From the day they are born, many impoverished children are at an immediate medical disadvantage. From there, an onslaught of deficiencies and environmental factors ravage the health of the poor. Without proper nutrition, children’s physical and cognitive development suffers, and more than one-fifth of all children under age five suffer from stunted growth.

Catholics have an incredible opportunity to honor Christ by caring for the sick! With this in mind, priests, nuns and lay missionaries are striving to bridge the gap between im-

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This article appeared in the Woodland Dunes Nature Center and Preserve *Dunesletter*, Spring 2022, Volume 187, page 4.

One year ago, Woodland Dunes received an exciting inquiry asking if we would like to take the herbarium collection that was housed at Silver Lake College (Holy Family College) due to its closing. Upon hearing that much of it was collected in Manitowoc County, we were more than happy to drive to the campus and were shown to a room labeled, "Sister Teresita Kittell's Herbarium. There sat 25 boxes filled to the brim with plant specimens that we immediately packed into Jim's car and headed back to the nature center where I began to catalog the boxes' contents.

We knew that a majority was collected in the mid-1900s by the Sisters. What we did not expect though, was that the rest of the collection were plant specimens from around the world dating back to the mid-1800s. The oldest specimen so far has been from 1862. How amazing is that?

In addition to the plants being older than we thought and from all around the world, some of the collectors were famous botanists. To name a few:

Rebecca Merritt Austin (1832-1919). One of the first female naturalists and one of the first people to study carnivorous plants, such as the pitcher plant. She also corresponded with Asa Gray and Charles Darwin.

Alice Eastwood (1859-1953). A botanist accredited with building the botanical collection at the California Academy of Sciences in San Francisco. She also published over 310 scientific articles and authored 395 plant species names (the fourth-highest number of names authored by a female scientist).

Percy Gentle (1890-1958). The Queen's Botanical Garden describes Percy as being one of the first African-American plant collectors/botanists of the Americas. He was one of the first native Belizean natural scientists and collected nearly 10,000 plants which were critical in understanding the flora of Belize.

S. F. Blake (Sidney Fay Blake) (1892-1959). Recognized as one of the world's experts on botanical nomenclature. He was also named one of the 50 greatest living botanists in America by the Botanical Society of America in 1956.

Like other herbariums, this collection is incredibly important. These specimens are historical records that cannot be replaced, which is why cataloging these specimens is so important. There is currently no digital or written record of the specimens within this collection and due to their age, handling them often would degrade the quality. By entering them into a database, anyone from around the world can look at them. Herbarium collections can tell us what plants were growing in specific areas during specific times, which is what Woodland Dunes is very excited to explore. This information can show us what plants used to be here and compare that to what plants are here now to help with restoration efforts on the preserve.

I am overjoyed to know that the work that we are doing ensures that the work that Sister Teresita and the other Sisters did in collecting and preserving this collection does not go unnoticed. In addition, we hope these specimens can be viewed for future research and education.

We are currently looking for grants, donations, and additional funding sources for covering the costs of cataloging and maintaining the collection for years to come. There are many more boxes to go through, but I am excited to see what other surprises are waiting for us to discover.

Just Gospel (Continued from page 4.)

poverished families and the medical healing they so desperately need.

Finally, we can consider a statement from the World Health Organization: "Ultimately, health systems would break down without health workers. Their ability to deliver safe and quality care is not merely a profession they have chosen for themselves, but a life-long commitment to save lives and keep all of us safe from diseases."

In all of this information, let us not lose sight of the needs

of the healthcare workers themselves. The need of the hour is to prioritize occupational health of health workers and ensure that the workforce is adequately cared for and healthy. Let us pray for these diligent and inspiring workers and for the ministry they heard from the lips of Jesus himself, "I was ill and you cared for me." Then the righteous will answer him and say, 'Lord, when did we see you ill and care for you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.' Matt. 25:36-40

Sister at the Border

Sister Marlita Henseler shares on recent happenings at Kino Initiative, Nogales, Mexico.



This past week we had the Immigrant March to end Title 42, which closed the border during Trump's time to any consideration for asylum cases.



The immigrants themselves organized the March, got the word out, and invited all who wished to participate. Being Lent, they wrote reflections and prayers for each of the 14 Stations of the Cross, and we stopped 7 different times during the march to pray them in units of two. A large cross, made by Kino's maintenance man, was

carried in the March by various participants. The prayers were beautifully written, and lots of thought and time went into each one. A pickup truck led the March with speakers on, so that all could hear the reflections and prayers easily. Around 250 persons participated, and we walked from Kino to a downtown park, about three miles from us, where the other border crossing is situated. The folks carried banners and posters that they had made, to carry the message to all who passed by.

Different people participated in reading the reflections and prayers



along the way. And I had the privilege of reading for the 9th station, and then was also able to help carry the cross for 3-4 blocks. One of the women had the front end, and I had the lower. It was very meaningful, as I felt at one with the plight of the immigrants, seeking a safe refuge to live their lives in peace. It is such a basic need, but few of us in the U.S. live each day as they do, fearful for their lives in the places where they lived. So much violence and corruption pushes them out of their homes, and on the road to seek refuge. As I have said before, some of the stories we hear on a daily basis are heart-rending, almost unbelievable, but very real for those who go through them. So, we pray for an end to Title 42 with consideration for families to apply for asylum.

Sister Carla Supports San Xavier Mission Catechumens



Sister Carla Riach facilitates the Rite of Christian Initiation at San Xavier Mission, Tucson, Arizona. Typically, this means meeting with those individuals desiring to enter the Catholic Church in a space at San Xavier Mission. Recently, however, Sister is pictured with Bishop Weisenburger, Father Bill Minkel, OFM and the four Catechumens from San Xavier Mission at the Rite of Election March 6, 2022 at the Cathedral of St. Augustine. This is a day of feeling part of the bigger diocesan church. Three of the Catechumens are Native Americans. Each person was also accompanied by a sponsor, someone who is committed to walking with them on this journey of faith. Catechumens and sponsors are blessed to form a supportive community as they move closer and closer to Easter.

The Bishop's message was how special the catechumens are and that God has chosen them. He is the one who initiated this journey into the Church. With every call there is a mission. God is calling them to love others as He has loved them.

From Rome

Sister Marie Kolbe Zamora shares some of her experiences while working in Rome.

Fr. Uwe

Last week, through the mediating help of Sister Caritas Strodt-hoff, [our Community archivist], I was able to enjoy several hours with Fr. Uwe, a German priest who



helps Sister Caritas with German translations. He arrived with a beautiful book on the Station Churches in English that I will bring with me this summer for our library. Our conversation focused mostly on his interest in our Sisters and the "Synodal Path/Way" that was recently underway there. Fr. Uwe is a Church Historian, trained by Klaus Schatz (one of the great contemporary church historians, whose books are on the shelves in the room at the Convent I use as an office). His interest in our Sisters is the fruit of his early interest to enter a monastery. When, however, as an only child, decided that community life was not his way, he decided to abandon pursuing monastic life in favor of the Diocesan Priesthood. However, he has maintained an interest in monastic / religious life and lends his training as an historian to this research. He was very, very happy to meet a member of "The Gieboldehausen School Sisters" as he refers to us!

GSSB—April Meeting

At the office, we are in the middle of plans for a Plenary Meeting (April 26-29) of all the members of the Commissions that are helping with this Synod Process. There is a planning team of about 8 people, 3 of whom serve as the core team (a Jesuit priest, another priest from our office and myself). This work remains intense but good. Our deadline for having material ready is 1 April, translating completed by 5 April, printing completed by 21 April, materials assembled on 22 April. I am counting on there being glitches, but will be happy if it turns out that I am wrong about that.

Coming Up—Russian Theology

March 28-30th, I have taken PTO in order to enjoy 3 days of theological formation at a spirituality center that is on the shore (near the airport). I'll be immersed into Russian

Orthodox Theology. Why?? Because it has become clear to me that if Latin Theology is ever going to back itself out of the variety of corners into which it has driven itself, we need input from the East. For example, in the West, we need to figure out a way to articulate what it means for a Bishop (a priest) to BELONG TO the People of God. There are no models for this in Latin theology, but there are in Eastern Theology. So, this is why. Also, the woman giving these sessions is really brilliant and underrated. So it will be good to share her company and learn from her.

March 25th—Feast of the Annunciation of the Lord

Peace and every good to you this beautiful feast of the Annunciation! Because it remains a solemnity, even (most especially) during Lent, its festivity supersedes the usual Friday fast and abstinence!!

I imagined that [the line at St. Peter's for the prayer service and consecration] would be interminable. As it turned out, by miracle of God's providence, we arrived at St. Peter's at a lull and managed to practically walk right in. Sat down, said a rosary or two—friends pulled up behind us and joined us—lovely all the way around.

Attached is a photo of the program for the prayer service as well as a photo I took of the altar and the image of Our Lady (flown in from Fatima). When I realized that the image of Our Lady had been flown in from Fatima, I was moved—it was a concrete sign to me of the real fact that the whole world was praying with us and we were praying with the whole world. This experience in St. Peter's was, perhaps, the best in terms of reverence and decorum. There was no applauding the Pope when he processed in, which was a first for me to experience—was gratified.



Life Long Learning Digital Photography Course

Manitowoc, Wisconsin—I had the privilege of teaching a course in Digital Photography to Lifelong Learners at UW-Manitowoc. We learned about different types of digital cameras including smart phones and their settings, the basics of good picture-taking using the elements and principles of design, important editing tools in Photoshop and the free Gimp program and the differences between quality pictures for the web vs. those for print.



Above are a few nature pictures taken by the students.



Sister Mariella checks camera settings.

There were three 2-hour sessions of the class, March 8th, 15th and 22nd. A lot had to be put into each class but in the end, it was so rewarding. The enthusiasm of the students by the second class was amazing as they put into practice some of the things they had learned. You never have to stop learning unless you want to and the seven students that showed up faithfully showed that. Sue Johnson, Sister Carol Seidl's sister, was the Coordinator/Moderator and she was so helpful in sending materials I had via e-mail to all the students.

—Sister Mariella Erdmann



Tucson, Arizona—The Franciscan Sisters at San Xavier Convent recently hosted a delightful day of prayer, Mass, picnic and sharing with six young women from San Miguel High School, including new teachers from the Notre Dame ACE and Creighton Magis programs.

We had a follow up evening gathering of prayer and reflection, evening prayer, dinner, and a discussion of the book "The Journey and the Dream" on Thursday March 17.

—Sister Mary Ann Spanjers