

What's Up? US!



I Will Sing of The Mercies of the Lord

<https://www.youtube.com/watch?v=cTSgc0d0gv4>

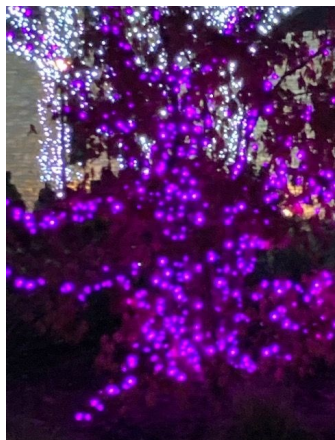
It has been a while since the December What's UP? and a lot has happened! We baked Christmas cookies, and celebrated the season. Amaryllis buds blossomed at Mercy and Casa thanks to Grace Creighton and Mary Ellen MacDonnell. We prepared for the Regional Congregation (RC) with many challenging conversations about Becoming One. Many were on a ZOOM with Sr. Liz Cotter. Sr. Brenda returned to visit. Sr. Rosemary moved as did Sr. Claire and Sr. Peg. Sr. Linda Charles was able to visit many sisters in their homes. Sr. Christa spent a week after our assembly meeting her sponsors from the Wheaton Franciscan Ministry Fund, Fr. Joe, and the sisters just about everywhere in this area. Sr. Kay finally got her neck collar off from her injury! Many enjoyed Super Bowl Sunday—because of, or despite, the football game. We each celebrated friendships on Valentines Day. Black History Month is underway, and Lent is on the way. Inside find pictures and bits and pieces of our many and varied experiences.

Looking ahead to the next edition, please send in pictures of Spring as it explodes around you, people and events related to your home or work, and any items you think might inspire hope or joy. May Lent be a rich time of prayer and being for you.

Thanks,

Sr. Mary Carton

December



Arboretum's Illuminations
this December



December 2021

Friends sent Sr. Rosemary Lynch orchids as a 'room warming' gift when she moved into St. Patrick's Residence in Naperville.



Annual Cookie Making with Sr. Barb, Sr. Judy, Sr. Linda and Sr. Mary adding artistic touches.



December Birthdays: Sr. Esther O'Mara and Sr. Arlene Connelly



Like Crepes? Sr. Linda Charles' artistic skills extend to food preparation. Here she is making a chicken and vegetable filling for dinner crepes. Sweet dessert crepes had a great variety of fillings!

What Sr. Liz Cotter saw during her Zoom presentation



Over 20 sisters were on Zoom for Sr. Liz Cotter's presentation and Q & A session in January, helping us prepare for the Congregation.



Regional Congregation — Opening

Song/ Slide Show – At This Table

<https://www.youtube.com/watch?v=ZTQ6oB0N2aY>

*At this table, everyone is welcome
At this table, everyone is seen
At this table, everybody matters
No one falls between*

*At this table, you can say whatever
At this table, you can speak your mind
At this table, everything's forgiven
There's enough for everyone
So come as you are*

*Remember that the door is always open
Yes, come as you are
The perfect gift that you could bring is your heart
So come, come as you are*

*At this table, there will be no judgement
At this table, mercy has a seat
At this table, we're all sons and daughters
There's no place I'd rather be
So come as you are*

*Remember that the door is always open
Yes, come as you are*

*The perfect gift that you could bring is your heart
Come, come as you are
Come as you are*

*At this table, everyone is welcome
At this table, everybody cares,
At this table, everybody matters So come, pull up a chair*



Sr. Connie Steffen, Sr. Claire Vandborg, Sr. Nancy Kennelly and Sr. Judy Illig discuss at the IBVM US Regional Congregation Meeting.



Chris Teichler and Sr. Helen Timothy checking vote totals.



Let us
rejoice
and
give
thanks!



From Nurse Nancy Beck:



8 Health Foods that Lift your Mood

This time of year, as we are still working through the cold weather and being inside – I found an interesting article on “8 Healthy Foods that Lift Your Mood”.

Good nutrition is so important to our overall health and wellbeing. Along with getting enough sleep, staying hydrated and remaining physically active. A Healthline.com article provides us with 9 Healthy Foods that Lift Your Mood.

*fatty fish *oats *dark chocolate
*berries *bananas *coffee
*fermented foods *nuts and seeds

If you are interested in this topic, here is the link to the full article: <https://www.healthline.com/nutrition/mood-food>

I am also happy to provide more information on healthy eating tips as long as you invite me over for coffee and dark chocolate!

JPIC

At the gathering we received salmon colored papers from JPIC asking about the kinds of recycling we do. If you have not completed it, please send it to Frances McCarron.

Reduce/Reuse/Recycle!



You are welcome to send any part of your annals as soon as possible. Pictures, data, stories of community—all are welcome! This is our story and our time is now! Thank you!

Example: February 9, 2022 Naperville hosted Carol Stream, Christa, Linda and Brenda. Great conversations and food filled the evening.

Betty still needs a few responses about the last five years from a few of you. Soon and very soon, please!

A FEW REMINDERS FROM OUR MINISTRIES AND MINISTERS

Development

Stepping forWARD – Walk and Picnic

Benefitting Mary Ward Center



Saturday, April 30, 2022 10AM – 1PM

Forest Preserve District of DuPage County -
Herrick Lake
Wheaton, IL 60189

Let's walk together! Take a step towards supporting Mary Ward Center, their students and staff by joining the IBVM on a 1 mile walk around Herrick Lake, followed by a picnic lunch. Learn about students' journeys and Mary Ward Center's impact and role in enriching their lives.

Can't attend? You can still register and walk with us virtually or donate! Registration information coming soon.

All proceeds go to the Mary Ward Center.

Archives



Sr. Linda Charles tells us a bit about herself and her sabbatical...

I've completed my term of office as provincial in Mauritius. In September 2021 I arrived at Carol Stream to a welcoming and very supporting community a week before I started my three month sabbatical at Springbank. The next day of my arrival, they were having a picnic. It was amazing to meet most of the members of this region. I was happy to see Brenda among them.

It's so wonderful to catch up with Judy Illig, whom I've known during our ELM (extending leadership Meeting). How fantastic to feel home and safe as well as a sense of deep gratitude towards the Institute for this time of renewal in the midst of the raging covid 19 with its variants!

When I reached Springbank, I was thrilled to have Anita Braganza on the staff, who was also with our group of provincial before. The retreat centre is located in such a beautiful setting of over 90 acres forests of pines, oak and other trees... We had reflections on ecology/cosmology, spirituality, indigenous wisdom and pottery. We did dance, music, especially learning 'the native American flute', and making baskets among other things as well as enjoying beautiful walks in the forest, the 'cosmic and 12 steps walk' and outdoor exercises! I never knew I was an artist, as I am now called, until I started different art and creativity sessions here!

As the other three from Kentucky, Indiana and Chicago each came in their cars because of Covid 19, it allowed us to go out during the 'free day break' to discover the history and beautiful places in South Carolina!



Returning back to community at Carol Stream, it was such an exciting atmosphere to see all the preparation for Christmas in the house and in the kitchen; cookies making to be shared later. (see page 2)

It was also fascinating to see all the decorations and the brilliant lights in the city, streets and family houses. We went to explore the neighborhood and visited Morton Arboretum. (see page 2) Fabulous illumination and breath-taking scenes with lot families strolling in a cold, if not freezing for me, forest of shining lights!

We had a lovely Christmas vigil mass at the chapel of the Franciscans sisters in Wheaton and a celebration in the community.



Sabbatical... cont.

For New Year's Eve we joined the Franciscans again at Wheaton for evening prayer followed by a get together with drinks and snacks sharing quality time and games. We came back home with surprises awaiting us: New years gifts!

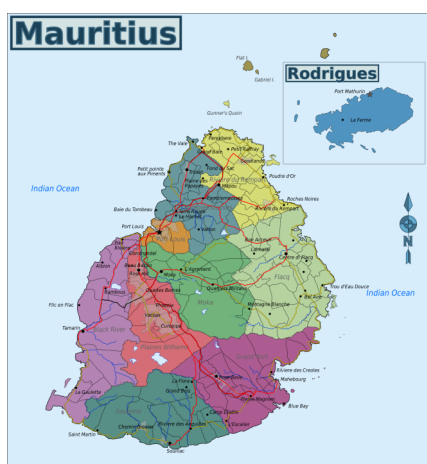
It's such an uplifting and life giving experience for me while I remain open to the prompting of the Holy Spirit for what is in store for me during my sabbatical time in the US region. I'm so thankful to God to be blessed with such a time, keeping in my heart and prayer not only my region and the whole Institute, but each and every one as we all are going through this pandemic with its outcomes in our lives worldwide!

-January 2022, M. Linda Charles, I.B.V.M.

Candy dish made by Linda and given to the Carol Stream community



Owing to its geographic location and centuries of colonialism, the people of Mauritius are highly diverse in ethnicity, culture, language and faith. It is the only country in Africa where Hinduism is the most practised religion.^{[18][19]} The island's government is closely modelled on the Westminster parliamentary system, and Mauritius is highly ranked for democracy and for economic and political freedom. Mauritius is the only African country to be in the "very high" category on the Human Development Index. According to the World Bank, the country is classified as a high-income economy.^[20] Mauritius is also ranked as the most competitive, and one of the most developed economies in the African region.^[21] The country is a welfare state. The government provides free universal healthcare, free education up through the tertiary level and free public transportation for students, senior citizens, and the disabled.^[22] In 2019, Mauritius was ranked the most peaceful African country by the Global Peace Index.^[23]





Companions and Sisters Together Prayer of Common Commitment

Our past, our present and our future, you called your servant, Mary Ward, to begin a new work in the Church.

We give you thanks for her faithfulness to you and for her vision.

Give us all a share in that same vision which filled her heart.

May we continue the good work you began in her as bearers of your loving May we be witnesses to Jesus Christ, your Son, who is one with you

In the unity of the Holy Spirit, God now and forever.

Parent of all parents, we gather here in this place to commit ourselves to the Gospel of Jesus. We are inspired by Mary Ward's passion for justice, integrity, freedom, and joy. We want to live with this passion in our serving and in our waiting, in our silence and in our speaking. Certain of the Spirit moving in us, we walk together, and offer ourselves in service to you through the people and events of our lives. Amen.

Welcome to our new Companions!

Chicago: Joan Smyth

Phoenix: Mary Pat Waldmann,

Sue Gouldemans, Cait Sullivan,

Carol Madrigal, Crystal Aguilar

Miscellaneous submissions



The meaning of Kyrie Eleison

The word mercy in English is the translation of the Greek word eleos. This word has the same ultimate root as the old Greek word for oil, or more precisely, olive oil; which was poured onto wounds and gently massaged in, thus soothing, comforting, and making the injured part whole again. The Hebrew word which is also translated as eleos and mercy is 'hesed,' which means steadfast love.



The Greek words for 'Lord have mercy' are 'Kyrie, eleison' meaning, **'Lord soothe me, comfort me, take away my pain, show me your steadfast love.'**

Thus mercy does not refer so much to justice or acquittal but to the infinite loving-kindness of God, and His compassion for His suffering children.

+ Fr Anthony Coniaris

Dear God, So far today I have done all right.

I haven't gossiped, I haven't lost my temper.

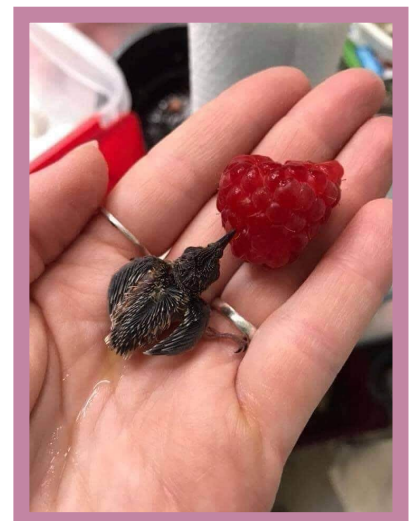
I haven't been greedy, grumpy, nasty, selfish or overindulgent.

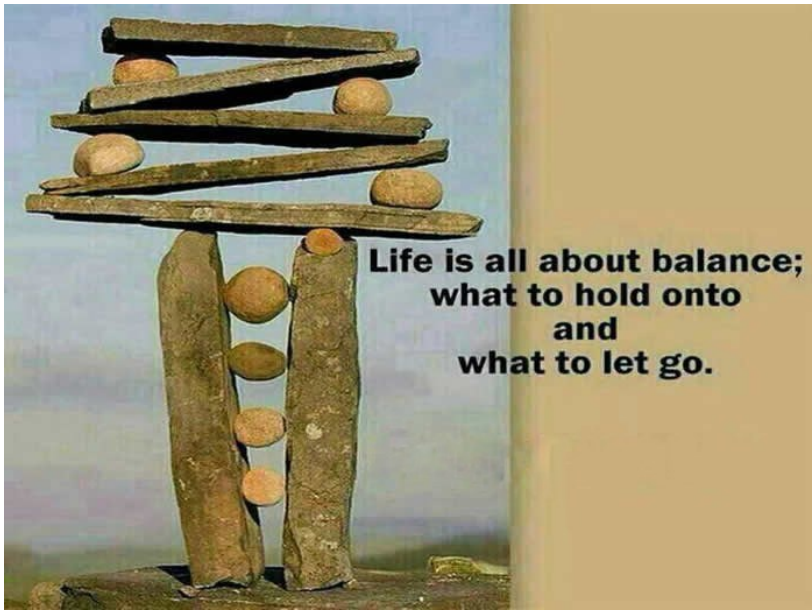
I am very thankful for that.

But in a few moments, God, I am going to get out of bed, and from then on, I'm probably going to need a lot more help.



Hummingbird having a meal of berry juice.





While in town Christa met with Sr. Bea Hernandez to update the Franciscans on her ministry in El Paso.

She was also able to have lunch with our friend, Fr. Joe.

