



FRANCISCAN  
SISTERS  
OF LITTLE FALLS  
MINNESOTA

FEBRUARY/MARCH 2021

# The Associate

## A Prayer for our Country Today

**God, fashion us anew as doorways to your peace:**

**where there is violence and hostility, let us bring compassion;  
where there is abuse of power, let us bring dignity and respect;  
where there is deliberate deceit, let us bring truth and authentic concern;  
where there is a shattering of dreams, let us bring visions of hope;  
where there is conflict in relationships, let us bring reconciliations;  
and where there is disregard for creation, let us bring reverence and care.**

**O Divine Creator, let us not so much seek to be centered on ourselves  
as to focus on the needs of those neglected,  
to be appreciated by others as to further the gifts of the forgotten,  
to be materially secure as to share our wealth with the poor.  
For it is through awareness of injustice that suffering will be healed,  
it is by simplifying our lifestyle that consumerism will lose its grip,  
and it is through a selfless commitment to love that peace will be reborn.**

*Amen.*

*Peace Prayer of St. Francis  
adapted by Sister Jean Schwieters, OSF*

*Living the Gospel courageously ... with energy, spirit, peace.*

**You are invited to a ZOOM All-Community Day of Prayer entitled:  
*LIVING FAITHFULLY IN THE PRESENT MOMENT:  
CONNECTED IN THE CHALLENGE AND THE HOPE***

**On Saturday, February 27, 2021, from 9 a.m.—2 p.m.**

The Franciscan Leadership, along with the Planning Committee, invites you to an *All-Community Day of Prayer*, knowing it is good for us to pray and reflect together to ground us in our belief that God is leading us in this unique moment.

Our two facilitators, Sisters Carol Marozzi, SSJ and Connie Gilder, SSJ, will lead this day. Carol is an experienced retreat director and spiritual director. Connie is also experienced in leading groups in contemplative dialogue and days of reflection. Together, they hope to provide some initial thoughts to guide our prayer and sharing.

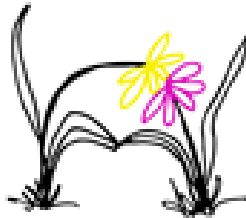
Our hope is that the time together will deepen our relationships with one another as we pray and share together. We seek to discern God's dream for us even as we are challenged by the events of our time.

**Some reflection questions to prepare for the day are:**

*How are you experiencing God's presence in new ways at this time? Can you put words on this experience?*

*To what or how may God be "nudging" you toward something more profound?*

*How does your experience of God impact your desire for community? What is your longing?*



We live  
fully and faithfully  
into our future

To register for this Zoom day, please sign up with Christi at [chartwell@fslf.org](mailto:chartwell@fslf.org) no later than **February 15**.

Please consider being with us on this blessed day. I hope to see you there!

With joy, *Geri*



# My favorite Franciscan story

AS Ramón Zamora, San Diego, Nicaragua

I was born in Estelí, Nicaragua and lived there until I was eight, then we moved to Condega, San Diego. My parents were good people. They taught me responsibility and we lived in simplicity, without a telephone or television, in the midst of beautiful practices such as praying and believing in God.

My wife, Martha, lived in a small mountain in San Diego and the Lord, in His intelligence, chose her and brought her to the town. We met and immediately fell in love. One day God touched my heart and we got married and had two children.

Unfortunately, I also had my weaknesses. I turned away from the church; alcohol seduced me. One day my 9-year-old daughter came to the canteen to take me back home. I thought, "This is not right. I have to change my life." I stopped drinking and dedicated myself to my family and my mother. Before she died, she was able to see me again without vices, working and doing good.

Martha met the Franciscan Sisters through the Faithful Fools. My moment arrived later. After a process, I became an associate and to date I remain firm in the faith. For me, it is a wonderful thing to be a man who loves God and to have brothers and sisters who, although we don't see each other often, we know that we are together in prayer.

What strikes me the most about Saint Francis of Assisi is knowing how he loved creation and lived in poverty and also loved



Sister Poverty. He chose to embrace poverty and thus people could believe in a God who provides, who changes. Francis was a rich young man who lived comfortably with his parents. But he abandoned not only his parents but also his comforts and privileges, to go to live with the sick, with common people, with the unprotected.

In my life, Francis induces me to follow God in this way, being simple, generous, without pride. It may be that at some point you think that you will not need God, but trials come and we remember the Father who does not abandon us.

In this last year of trials for the world, my cross also came to me. Because of my diabetic foot after several interventions in the hospital, the moment came when they had to amputate it. I have not stopped praying for strength and acceptance of God's will. One can say that with money you can do this and that, but above all there is the will of God. I have felt the intercession of the saints and the Virgin Mary to carry on.

I am happy carrying my cross now. I have done it with patience in the midst of all the difficulties we have had with the family. Now I am in the middle of therapies and I wait for my prosthesis in a few more months to continue walking and working.

I thank you for your prayers and the love you have had for all my family. At no time have I been alone. The Franciscan community has made me *(cont. on page 7)*



# Green tips for a greener world

Christi Hartwell, Little Falls, Minn.

With New Year's Day well behind us, you may find it easy to let go of your resolve to adopt a simpler, more Franciscan lifestyle. After all, what harm is there in leaving things as they are, with stuff crammed into your attic, garage, extra bedroom and/or basement?

Of course, we all know the benefits of owning fewer items: less to clean, less to take care of and easier to keep organized. But have you considered the benefits clearing out your clutter and adopting a simpler lifestyle gives your loved ones? In particular, the loved ones who will be tasked with cleaning your attic, garage, extra bedroom, etc., after you've... *um...* entered the Pearly Gates?

Looked at in this way, cleaning the house and saying "no!" to more stuff is clearly an act of love. (Hence, why we're talking about it so near Valentine's Day.)

The Swedes even have a word for this process: *dostadning*. Basically it translates to "death cleaning" which may sound dangerous, but actually refers to the slow and steady decluttering as the years go by, minimizing the amount of stuff you leave behind for others to deal with. (Who knew the Swedes were so Franciscan?!)

Since none of us have any idea when our time will come, it's best to get started right away. Here are some steps to help motivate you:

1. Talk about it — tell your family and friends what you're doing. They can help hold you accountable and they might even help with the cleaning!
2. Make sure people know your commitment to "no more stuff."
3. Whenever your resolve starts to waver, imagine your loved ones faced with the task as they are grieving. Do it for *them*.




4. Reward yourself with pleasurable activities, such as a nature hike, watching a favorite movie or eating out. (Not shopping for more stuff.)

5. When in doubt whether to keep something, make phone calls. Don't assume your

daughter will want your collection of Hummel figurines—*ask her*.

6. Recognize that this is not a one-time activity, but a lifetime process. Your chief goal is to lessen the burden for those you love, as well as live more gently on our planet.

In the next issue, we'll discuss what to do with all your excess stuff and how to donate it responsibly. In the meantime, let's start cleaning in the name of love! 

# Lessons from Saint Francis and Brother Covid

*AS Harry Fleegel, St. Cloud, Minn.*

Francis tells us to put our entire lives into the Lord's hands. Our hearts, souls, time, energy assets, all these things which in fact are not really our possessions, but rather belong in total to our creator. We are only obliged to listen, trust and heed our call with humility, compassion and love. So when Brother Covid arrived, there was much to learn from him. Those of us comfortably ensconced in our committee meetings, or engaged in all manner of good works and ministries, suddenly found all our routines destroyed.

We at Homeless Helping Homeless were busily collecting and distributing furniture and other household items to those who

needed them. Brother Covid demanded that this and everything else we were doing must stop. Why was this happening? For what purpose? What were we supposed to do now? Retreat and hide? Or was Brother Covid bearing another call from on high for us to respond to? Was

the Lord using him to refocus our mission on more fundamental challenges?

As the normal world shut down all around us, it soon became apparent that those most vulnerable among us were being devastated. Our friends experiencing homelessness were becoming increasingly desperate as community meals shut down, food shelves closed, welfare offices emptied, gyms used for showers were shuttered, restaurants and libraries used for warming no longer open. Shelter capacity was reduced because of social distancing. There was nowhere to go,

no place to sleep, no place to eat. Brother Covid reprioritized our lives. He refocused our mission to the call the Lord gave us, his church: "Do you love me? Then feed my sheep."

We are old, retired folks living on social security. What could we do to feed masses of hungry unsheltered scared people? Like the apostles in the parable of the loaves and fishes, we wondered how all these can be fed with so little. But the Lord expects us to not worry about such things, for the Almighty can do all things. So we joined with other groups and started handing out food at Lake George near downtown St Cloud and other

people came bringing food, clothing and donations. All faiths and political persuasions joined in, at first in one location, then ultimately in four. The city gave us a grant to shelter folks in motels and the state funded another motel project. Ultimately, over 150 people found a place to lay their heads and over 250 a day are fed by an

army of volunteers, seven days a week.

For years, our committees have sought a warming center to protect those sleeping outside from our horrible winters. It got nowhere. This Fall, the city approved two centers. How could all this happen in so short a time? Certainly not through the efforts of a couple of worn-out retirees, but rather through the Lord using Brother Covid to motivate and inspire the community of Saint Cloud to refocus onto what really matters: the care and nurturing of the most vulnerable among us. (T)



# Request for Prayers

*I am the Lord who heals you. (Exodus 15)*

- For AS Clea Gingrich who is on blood thinner due to blood clots in her leg that are blocking veins. We pray her body will absorb them.
- For Damaris Acosta, a friend of AS Vilma Zambrano. She has thyroid cancer. By the end of January she has surgery.
- For AP Shelly Shefvland who needs God's healing touch after long intensive and critical radiation treatments for cancer.
- AS Eva Rodríguez has COVID and is at home under care. We ask for many blessings so that her body reacts well to the treatment and that her family does not lose faith and she heals soon.
- For AP Kris Shefvland who is grateful to God for a new job he was hoping to receive.
- In thanksgiving for the operation of Rodrigo Avila, AS Alejandrina Proaño's husband. He no longer has pain in his knee and will have frequent medical check-ups.
- For AS Marie Popp's mother's therapy after a fall and brain bleed; for Marie's good friend who lost her life due to a stroke.
- For the health of AS Salvadora González. She is maintained with natural medicine to strengthen herself after her operation for a neurism. She does not want to need an operation for the fibroids in her uterus.
- For AS Cynthia Summer's health as she endures severe rheumatoid arthritis and inflammation.
- For AS Karine Durán that her frequent eye problems are answered in medicine and or the health of her body.
- AS Helen Taffe is grateful to God for her niece, Marilyn, who had Covid and was in the hospital for many weeks. She has needed extensive rehab and we pray for her recovery.
- For AS Heidi Meza, as she awaits results from health exams and that she can continue her life with peace of mind. Let us pray to God for her integral health.
- For AS Mary Dongoski's upcoming eye surgery and that her blood levels return to normal.
- For the health of ASs Mercedes González, Lucía De la Ese, Iris Prieto, Aeérica Figueroa, Cristina de Padilla, Gladys Arreaga, Carmita Malucín, Lady Borja, Susana De la Guerra and Ramón Zamora.
- For AS Judy Virnig's brother, Dave Sauer, who is having total knee replacement surgery.

*Let not your hearts be troubled. (John 14)*

- Sister Siena Wald, OSF, passed away.
- AS Paul Schlauderaff's mother, Betha (96), who passed away.
- AS Ann Praus's daughter, Mary Ann (54), who passed away.
- AS Pat Ricci's brother, Ed (70), who died of a cardiac arrest.
- For AS Connie Lacher brother, Karl (90), who passed away.



## ***Birthdays -- Sisters***

- 1 S Louise Bauer
- 2 S Mary Ann Capizzo
- 3 S Anita Jennissen
- 6 S Dorothy Ann Rudolph
- 11 S Noreen Bentfield
- 18 S Donna Ebner
- 28 S Caroline Stoltz

## ***Feastdays***

- 2 S Susan Knutson
- 6 S Doretta Meier
- 6 S Dorothy Ann Rudolph
- 7 S Colette Toenies

## ***Birthdays -- Associates / Applicants***

- 1 Kathleen (Kat) Whittington
- 2 Mary Fleegel
- 2 Cleta Gingerich
- 2 Ignacio López
- 4 Paul Schlauderaff
- 5 Meg McArdell
- 7 Rita Britz-Toenies
- 7 Rick Dietz
- 8 Vivian Nash-Kirk
- 9 Helen Taffe
- 10 Lady Borja
- 10 Dorothy Noud
- 11 Ronaldo Alfaro
- 11 Lucía de la Ese
- 11 Carlos Zavala
- 12 Anne Heisick-Elliott
- 12 Mary Monroe
- 14 Ramon Zamora
- 16 Douglas McCarthy Beumer
- 20 Carmen (Carmita) Malucin
- 21 Jane Merdan
- 24 Lenore Dawson
- 26 Fabiola Albán
- 26 Mayuli Bales
- 26 Verónica Rivadeneira
- 27 Adilia Gonzales

## ***A Prayer for the Dead***

- |                                 |                               |
|---------------------------------|-------------------------------|
| 2/1947 SM Annunciata Lotzer     | 15/2005 SM Virgil Denzen      |
| 3/1961 SM Antonio Kane          | 16/1921 SM Baptista Blais     |
| 3/1991 S Virginia Claesgens     | 17/1974 SM Jane Donovan       |
| 3/2011 AS Leona Halbe           | 18/1982 SM Alma Barthel       |
| 3/2019 AS Cecelia Nieman        | 19/1990 SM Martha Ramler      |
| 3/2020 SM Theodora Higgins      | 19/2011 SM Marguerite Barbeln |
| 4/2004 SM Delphine Belanger     | 20/1916 SM Thomas Quinn       |
| 5/1959 SM Hugolina Belanger     | 20/2003 SM Assumpta Ahles     |
| 5/2000 SM Leonarda Schmitt      | 22/2007 SM Theresa Kimlinger  |
| 6/1956 SM Dominic Guerard       | 22/2011 SM Leonette Bursch    |
| 7/2015 AS Bev Skaj              | 23/1937 SM Lucy Schneider     |
| 7/2016 AS Dolores (Dee) Hanisch | 23/2007 SM Joyce Brandl       |
| 9/2020 AS Janet Rogalla         | 23/2017 SM Evangeline Stanoch |
| 10 /2010 AS Renee Smith         | 25/1973 SM Chrysostom Goedert |
| 12/1972 SM Emmanuel Gamradt     | 25/1985 S Florence Gendreau   |
| 12/1975 SM Regina Moran         | 26/2006 S Ann Sherman         |
| 13/1996 SM Karline Weyandt      | 26/2009 AS Rachel King        |
| 13/2003 S Mary Kraemer          | 28/1991 SM Catherine Reis     |
| 14/2003 SM Thomasine Schmolke   | 28/2014 SM Celine Jonas       |
| 14/2004 SM Carla Przybilla      | 28/2019 SM Benarda Sanoski    |
| 15/2001 SM Alicia Pischke       | 29/2008 SM David Miranowski   |

*(Continued from page 3)*

feel strengthened, I have not fallen into depression and my faith has not waned.

I hope that we continue to live in this firm brother/sisterhood and we do not stop trusting in God who can do everything. The world is experiencing a pandemic, but in the midst of difficulties and diseases, let us remember the Saint of Assisi. He will help us because he is our brother. Let's think about continuing to do all good, about being peaceful, about living in

brother/sisterhood.

I hope in God and I plan to walk again with the prosthesis to go back to work. Thank you for keeping me in your prayers.

Here in Nicaragua. the Franciscan women left a seed. May it germinate and continue to produce more fruits so that we can build peace and love between brothers and sisters. May the Lord keep you, bless you and protect you from all evil. Peace and good to all! ☪



### ***Birthdays -- Sisters***

5 S Char Grossman  
13 S Mary Hroschikoski  
14 SM Antonette Ahles  
14 S Janice Wiechman  
18 SM Lillian Kroll  
18 S Cleone Renner  
23 S Bernice Rieland  
24 S Sylvia Opatz

### ***Feastdays***

9 S Fran Kempenich  
15 S Louise Bauer  
17 S Mary Pat Burger  
17 S Pat Forster  
17 S Pat Imdieke  
17 SM Patrice Kiefer  
17 S Mary Pat Zangs  
25 S Mary Dumonceaux  
25 S LaVonne Schackmann  
25 S Grace Skwira

### ***Birthdays -- Associates / Applicants***

1 Alexia Cripps  
1 Oswaldo Dávila  
1 Rita Hacker  
3 Sue Zenzen  
4 Jennifer Atlee Loudon  
4 Luz Marina Reyes  
5 Joan Papes  
7 Mary Steinke  
8 Ines Aguilar  
8 Thomas Schutz  
9 Francisca Peralta  
11 Joseph M Cherry  
13 Cristina de Padilla  
14 Carol Dagit  
14 John Lauer  
15 Judy McArdell  
15 Alice Vogel  
16 Deb Galvez  
18 Susan Adam  
18 Barb Oemcke  
20 Bennette Brou  
21 Dorothy Chizek  
21 Mary Ann Renner  
22 Cedar Morigan  
23 Máximo Jerez  
23 Jean Nelson  
27 Mary Ann Graeve  
27 Barry Hennen  
29 Aura Rivera  
31 Bill Hecht

### ***Birthdays -- Parents***

21 Mr. Ralph L'Allier  
26 Mrs. Louise L'Allier

### ***A Prayer for the Dead***

3/2013 AS Ana Mayorga	19/1967 SM Viola Christen
4/2013 SM DeLourdes Kolles	19/2013 AS Erlinda Guaycha
6/1935 SM Paschal Trudeau	20/2007 S Clara Frey
9/1989 S Frances Walz	21/2013 SM Rachel Zenzen
11/1989 S Margaret Walz	21/2018 S Janet Kunkel
11/2018 S Donna Guyott	22/1988 SM Othelia Urbashich
12/2002 SM Grace Bieniek	23/1918 SM John LaFond
12/2004 SM Lenore Weier	23/1970 SM Clarisse Juteau
13/2009 S Virginia Dingmann	24/2009 SM Gemma Gallus
13/2009 S Mary Judith Steinke	24/2009 SM Loretto Schneider
13/2010 S Mary Ellen Dinndorf	25/1975 SM Joseph Meaden
15/2018 S. Donna Marie Zetah	25/2005 SM Boniface Maier
16/1997 SM Bernice Trettel	26/1981 SM Augusta Schultheis
17/1943 SM Alcantara Belouin	27/1928 SM Francis Lueken
17/2018 AS Victoria Morris	29/1979 SM Hyacinthe Pull
18/1960 SM Raymond Blouin	31/1980 SM Ethel Wittman
18/1961 SM Georgia Kern	31/1993 SM Laurentia Billig
18/2007 AS Clara M Abel	31/2013 SM Doris Goldammer
18/2019 S Jeanette Quinn	



**Go green and receive *The Associate* via email!**

**Contact Christi ([chartwell@fslf.org](mailto:chartwell@fslf.org)) to be added to the list.**