



FRANCISCAN
SISTERS
OF LITTLE FALLS
MINNESOTA

SEPTEMBER 12, 2018

Community News

Women's group looks forward to first harvest

Elizabeth Rydeen, CRD

The final report from Father Mansuetus Setonga, a friend of Sister Tonie Rausch, proclaims that the organization Mater Dei Africa heard the cry of the poverty of the women at Bwiko and Gama villages in the Same Diocese, Tanzania, and established Bwiko Women Entrepreneurs Group. "The aim of the group is to work together in order to enable them to improve their economic status, livelihood and hence the well-being of their families."

With this goal in mind, Mater Dei applied for and received a One-World Mission grant to construct a fishpond. Many women make a living in agriculture, but these two villages are in a dry location and farming is not an option. The grant was received last November and less than a year later, the pond was constructed, stocked with baby fish and the harvest will take place in September. The project was a huge undertaking; the biggest expense was renting an excavator to dig the pond. Other expenses included the plastic liner, skilled labor and security fence. The local community contributed \$1150 for the project.

The project benefits 15 women and their families in two significant ways: 1. provides a rich source of protein, improving basic nutrition, especially for the children and 2. enables the women to start their own small business and earn an income.

The fishpond is named in memory of Sister Tonie Rausch who ministered in the Same Diocese and was well loved. You may remember Chuck and Pat Ernst who were here earlier this year and gave an enrichment with Sister Rose Mae Rausch. They had visited the project and reported on the construction process and the dedication.



Top: The women are checking the growth of the fish.

Bottom: The women are amazed how their fish have grown in just four months.

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



The latest Green Tip

The Green Committee

Try using beeswax wraps

There has been a huge buzz (pun intended) surrounding beeswax wrap recently, due to its healthy and environmentally friendly qualities. Beeswax wrap is a natural alternative to plastic wrap for food storage. Made with organic cotton, beeswax, organic jojoba oil and tree resin, this innovative form of food wrap protects food from the air and moisture while also letting it breathe. Cover a bowl or use it to wrap cheese, half a lemon, a crusty loaf of bread, fruits or vegetables. Beeswax paper can be made from natural and sustainable materials, to help you live green while completing tasks such as packing a lunch or storing food. They are reusable and easy to clean, making it easy to avoid plastic!

Plastic wrap is made from petroleum—a non-sustainable resource. For all intents and purposes, plastic bags are technically recyclable, but few facilities exist that recycle this type of plastic. As a result, the large majority of this type of plastic ends up in landfills (at best), clogging gutters or dotting our oceans in increasing number.



Versatile ways to use beeswax wrap

- *Wrap a sandwich!* Invest in some reusable beeswax wrap. These easily washable squares can also double as a placemat at a desk, table, or even outside at a picnic.
- *Save it for later!* Use beeswax wrap to cover fruits and vegetables to store for later. Beeswax wrap will save fruits and veggies from drying out in the fridge. It's okay if you don't finish the whole avocado, just cover the other half with beeswax wrap and firmly press around the skin and enjoy later.
- *Easy washing up!* Just wash in cool water with mild dish soap and then air dry.

Make the change

Plastic wrap is technology from the past and beeswax wrap is the modern solution to not damaging the environment by supplying a healthy alternative to plastic wrap. Beeswax wrap is committed to progressive social change by helping the community and planet. It's available through Amazon, www.beeswrap.com and many kitchen stores. You can even make your own.

Donor Day is September 23

Sisters, if you plan to attend Donor Day, please RSVP to Reception by September 14.

Thank you!

Happy retirement!

Sister Char Grossman, Leadership

After 28+ years Sister Phyllis Hennek plans to retire this fall as Transportation Coordinator. We thank her for her many years of service in getting us to our appointments and answering our questions regarding car care. A retirement party will be planned at a later date.

Funeral arrangements

Sister Char Grossman, Leadership

Sisters, this is a reminder for those who have not completed your wake service and funeral arrangements, please do that as soon as you can. For those who have completed the form, you may wish to look at it and make the necessary changes. If you need a copy of what is in your file or if you need a new form, please contact Sister Julien. We want to keep this updated as best we can. Thank you.

Prayer group starting

Sister Anita Jennisen

Starting September 18, as written in the Parish Bulletin, this program is open to all sisters and staff. Although it will be weekly, feel free to come whenever you are able.

To all parishioners of the Tri-Parish Community:

An opportunity is being offered to grow in our Spiritual Life. Using DVDs, we will hear and receive teachings and instructions from well-known theologians in spirituality. About 30 minutes will be spent in silent prayer. This prayer is an ancient practice going back to the Desert Fathers; it is known as Centering or Contemplative prayer. **Weekly sessions will be held Tuesdays beginning September 18, from 9:30–11a.m., at St. Francis Convent, Clare Lounge.**

For more info, call any of the coordinators: Sister Anita Jennissen: 632-2981, Bea Britz: 632-8090, or Judy Virnig: 632-6080.

DONORS OF THE DAY

SEPTEMBER

- 12 Dale & Pam Deters (St. Paul)
- 12 Vernon Yetzer (San Tan Valley, Ariz.)
- 13 Deb Galvez (St. Cloud)
- 13 Russell & Martha Young (Oak Grove)
- 14 Cliff & Betty Johnson (Cold Spring)
- 14 Victor & Verna Zeiher (Morris)
- 15 Stan & Janet Oian (Moorhead)
- 15 Art & Marilyn Zenzen (Plymouth)
- 16 Carol Otani (Herndon, Va.)
- 16 David & Virginia Zeta (Wadena)
- 17 Julie K. Culberson (Sylacauga, Ala.)
- 17 Ron & Jennifer Sheppard (Kerrville, Tex.)
- 18 Bernie & Nancy Evans (St. Joseph)
- 18 Ray & Barbara Thomes (Buffalo)
- 19 Lee & Jeri Arendt (Cushing)
- 19 Olle Geislinger (Litchfield)
- 20 Kevin & Irene Becker (Franklin, Wis.)
- 20 Vicky Hartmann (Paynesville)
- 21 Mildred Bromenshenkel (Sauk Centre)
- 21 Ed & Margaret Huffman (Phoenix, Ariz.)
- 22 Louis & Susan Kost (Rochester)
- 22 Richard & Kim Quiroz (Hoboken, N.J.)
- 23 Joe & Karen Kuklok (Rice)
- 23 Allen Webskowsky (St. Michael)
- 24 Michael & Maureen Lanning (Ham Lake)
- 24 Margaret Torborg (Richmond)
- 25 Thomas Mills (Alexandria, Va.)
- 25 Ronald & Sylvia Trafas (Little Falls)
- 26 Mark & Mary Ann Monroe (Melrose)
- 26 Al Weber (Little Falls)
- 27 Ed Pintok (Holdingford)
- 27 Viola Wuebkers (Upsala)
- 28 Gerald & Donna Bauer (Watkins)
- 28 Marilyn Senn (Hollywood, Md.)
- 29 Marvin & Elaine Binstock (St. Cloud)
- 29 Gerry Sinderman (Little Falls)
- 30 Julie Bizzell (Lusby, Md.)
- 30 James & Beverly Sylvestre (Eden Prairie)

OCTOBER

- 1 David & Mary Ann Bouley (Ham Lake)
- 1 Barbara Stumpf (Little Falls)

FROM DEATH TO LIFE WE PRAISE GOD IN...

Leo "Dick" Perlinger, who died August 21. He is a nephew of Sister Joan Gerads.

PLEASE PRAY FOR...

Sister Fran Kempenich, who is recovering from blood clots in her lung.

Sister Jeanette Quinn, who is recovering from dehydration and an infection.

David Koenig, who was hospitalized with a bowel obstruction. He is a brother-in-law of Sister Jan Kilian.

Sister Audrey Jean Loher's sister, Virginia, who has developed an excess amount of water around her heart.

Sister Doretta Meier's sister, Sophie, who is battling cancer. Her tumors are shrinking, but not as much as her oncologist expected.

THANK YOU

Dear Sisters,

My beautiful mother, with her strong spirit and generous heart, has left us physically and we, the family, do miss her. Your many expressions of kindness, concern and love have deeply touched my heart and helped to ease our pain. We greatly appreciate the thoughts, prayers, cards and words of sympathy. Very special thanks to those of you who came to the visitation and funeral—my family was amazed and comforted by the witness of Community! Praise God's goodness,

- Sister LaVonne Schackmann

DEATH ANNIVERSARIES

September 10 is the one-year death anniversary of Sister Matthias Gangl.

September 17 is the one-year death anniversary of Sister Mary Dulski

Please remember their families and friends in your prayers.

UPCOMING EVENTS

September 20 Centering Prayer and Lectio Divina, 6-7 p.m.

September 23 Donor Appreciation Day

October 3 Transitus of Saint Francis, 7 p.m.

October 4 Feast of Saint Francis

October 7 Blessing of Animals, 12 noon

October 14 Associate Commitment Day

ENCLOSURES

Inside/Outside

NOTE

An electronic copy of the Franciscan Federation *Musings* will be available online. Printed copies will also be in the Mail Room and the library if you would prefer to read a hard copy.

AVAILABLE CSA ITEMS FROM THE KITCHEN

Horseradish

Cabbage

Muskmelon

Community News

is published biweekly by the Community Relations Department of the Franciscan Sisters of Little Falls, Minnesota, for its members. News items and suggestions for this publication are welcome from community members. Send to:

Community News

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Articles are due noon Monday.

*The next newsletter will be issued
on **September 26, 2018.***