



FRANCISCAN
SISTERS
OF LITTLE FALLS
MINNESOTA

OCTOBER 10, 2018

Community News

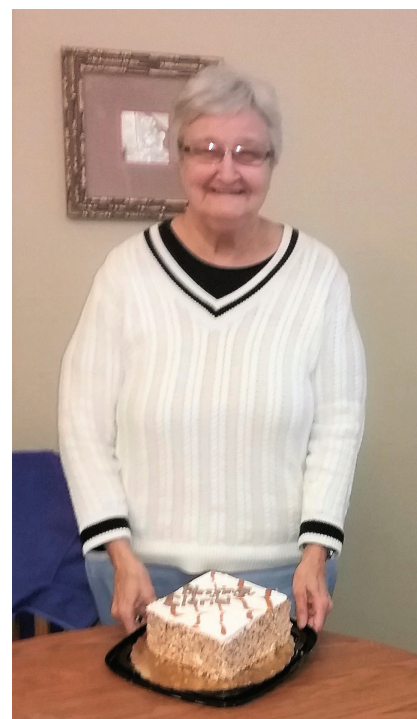
Send-off for Sister Gloria

Sister Janice Welle

Sister Gloria Haider heard the Holy Spirit calling her to leave a familiar area and be a living witness to the Gospel in and around McAllen, Texas, for our sister and brother immigrants from Honduras, Guatemala and El Salvador. Therefore, the Waite Park and St. Cloud Franciscans gave a special good-bye to her on the Sunday afternoon of October 7. Sisters Joanne Heim, Loretta Bloch and Pat Imdieke helped me plan and host the event.

In the Westwind Apartments party room, St. Cloud, 14 gathered together. After many hellos, smiles and snacks, an old-fashioned bingo game was played with a twist. Instead of receiving a prize, each winner donated \$5 to a bucket for Gloria. Following a group blessing prayer, Gloria expressed her gratitude, "Thank you all for this party. Thanks especially to Sister Janice Welle for the inspiration for us to get together. I'm looking forward to going to Texas. Thank you again."

Everyone feasted on ice cream cake with coffee or lemonade and said their good-byes with hugs and best wishes.



Kathy Woodruff retires

Jan Roering, CRD



Sisters and staff gathered together on September 26 to celebrate the retirement of Kathy Woodruff, who has been a supportive companion to the Franciscan Sisters (especially those in Clare Residence and Angela Community) and a valuable resource for employees over the past 10 years. Previously, Kathy worked at the St. Cloud Children's Home and as a counselor for the Catholic schools in the diocese. She has been a "sister" and friend to our Franciscan family for many years. Sister Grace commented, "On behalf of all the sisters and employees, I offer a heartfelt thank you and a deep appreciation for sharing your GOOD HEART with us. We will truly miss your kind and peaceful presence! We wish you a wonderful retirement."

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



The latest Green Tip

The Green Committee

Consider Using Organic Shampoo and Conditioner - Part One

Benefits of using organic hair products:

- **Gentle on your hair and skin.** Natural products tend to have a milder, more natural scent, which might be a welcome change if you're sensitive to chemical fragrances. Infusing your hair follicles with essential oils, minerals and herbal extracts can also help moisturize your hair. Natural ingredients can also be gentler on sensitive and allergy-prone skin.
- **Better for the environment.** It's easy to think your shampoo is "away" once you've tossed the bottle in the recycling bin, but the chemicals in it can stick around in the environment long after you've washed them down the drain. Many shampoos contain sulfates, phthalates, parabens, and silicone, which can linger in the environment. Phthalates (artificial fragrances) and parabens have also been identified as potential hormone disruptors. You can avoid these ingredients by purchasing organic shampoos and conditioners which contain essential oils and natural ingredients that are biodegradable. Look for sulfate-, phthalate-, paraben- and silicone-free on the label.
- **Fewer trips to the salon.** Using a sulfate-free shampoo might also help you prolong your hair color. Sulfates are part of a group called surfactants, or harsh detergents, which cleanse the dirt from your hair but also strip your hair of its natural oils that help smooth the cuticle in the process. Anything that can lift the hair shaft's cuticle can fade color by allowing pigment particles to escape, and a damaged cuticle can lead to split ends. Sulfates are also too harsh for most curly hair and can leave it feeling dry and frizzy. They can also irritate eyes (giving you that stinging sensation) and potentially skin.

Note: A common complaint about sulfate-free shampoos is that they don't lather as well. Because the products don't contain sodium lauryl sulfate, a foaming agent, the shampoo won't get as bubbly in your hands. But the lack of bubbles doesn't mean your hair isn't clean. It takes a little getting used to, but your hair will thank you.

- **Less buildup.** Shampoo and conditioner may also contain silicones, which give your hair a silky, shiny and smooth coat at first, but end up drying out and damaging your hair over the long term. Silicones may give that temporary synthetic illusion of shine, but as they build up in your hair they can also prevent moisture and essential oils from getting to the hair shaft, making your hair feel greasy and weighed down.
- **Price.** Organic products can be more expensive than the \$3-\$4 bottles of shampoo and conditioner that you buy at a drugstore, but you can also save money by switching from salon products to organic ones. I was spending \$25-\$30 per bottle on salon sulfate-free shampoos, and some products marketed to people with curly and colored hair like myself can cost more than \$60 per bottle! I'm spending \$12 on each bottle now and my hair feels healthier than it ever has. That \$4 you spend might feel good temporarily, but as with most cheap purchases, you end up paying for it in the long run. I noticed the negative effects of cheaper products especially as I used them for a longer period of time, as I grew my hair out longer and as I got older.

The next Green tip will give you pointers on what to look for when shopping for organic hair products.

Blessing of Animals

Elizabeth Rydeen, CRD

Mild weather and no precipitation made for a pleasant Blessings of the Animals last Sunday. This annual event is organized by Rick Dietz and the Franciscan Life Center. Almost 40 pet owners brought a variety of animals for a special blessing in honor of Saint Francis.

Sister Grace Skwira, who blessed the four chickens in attendance, said, "I felt like I was back on the farm."

Terry Bernardy brought Charlie to be blessed. This cute little dog has become a favorite of Sisters Patrice Kiefer and Sharon Fyle. You can find more photos on the Franciscan Sisters' Facebook page.



DONORS OF THE DAY

OCTOBER

- 10 Elisabeth Ljungkull (Rochester)
- 10 Anita Hendrickx (St. Cloud)
- 11 Robert Cadotte (Livonia, Mich.)
- 11 Patricia McCarty (Minneapolis)
- 12 Joseph & Jean Krause (Brownsville, Tex.)
- 12 Margaret Mercer (Long Lake)
- 13 Jerome & Sharon Kelly (Buffalo)
- 13 James & Doreen Meyer (St. Cloud)
- 14 Thomas & Sharon Kloss (Royalton)
- 14 Marion Nohner (Grey Eagle)
- 15 Timothy O'Driscoll (Sartell)
- 15 Joe & Clare Reagan (Norfolk, Va.)
- 16 Ralph & Darlene Omann (Flanders, N.J.)
- 16 Rita Reker (St. Cloud)
- 17 Lloyd & Ruth Pallansch (Clitherall)
- 17 Jerry Reller (St. Paul)
- 18 Peter & Colleen Palony (Baxter)
- 18 Raymond & Patricia Roloff
(Cedar Rapids, Iowa)
- 19 Kathryn Perszyk (Perham)
- 19 Leah Rusnak (Milwaukee, Wis.)
- 20 Norman & Joyce Petrik (Minneapolis)
- 20 Paul Sacia (Woodstock, Ga.)
- 21 Dave & Kathie Pflueger (Waite Park)
- 21 Karen Schellinger (Avon)
- 22 Dale & Diane Schneider (St. Joseph)
- 22 David & Lucy Shinabarger (Granger, Ind.)
- 23 Robert & Trish Manning (Maple Grove)
- 23 Michael Kieffer & Heidi Siemon
(Shoreview)
- 24 Mr. & Mrs. James Skroski (Oshkosh, Wis.)
- 24 Jerry & Barbara Ziliak (Notre Dame, Ind.)
- 25 Mark & Brenda Schirmers (Albany)
- 25 David & Clarice Smith (Annandale)
- 26 Leon & Mary Ann Schueller (Dawson)
- 26 Max Sovell (Columbus, Ohio)
- 27 Janice Schwieters (Melrose)
- 27 Robert & Karen St. Marie (Albany)
- 28 Lorraine Shafer (Pewaukee, Wis.)
- 28 Jerry Steidl (Bloomington)
- 29 David & Mary Ann Bouley (Ham Lake)
- 29 Barbara Stumpf (Little Falls)

FROM DEATH TO LIFE WE PRAISE GOD IN...

Glen Miner, who died September 24 at the age of 79. He is the husband of Sister Adela Gross's cousin, Carol.

Therese Rodseth, who died September 30 at the age of 88. She is a niece of Sister Mary Fabian Schneider.

Theresa (Terri) Petron, who died October 6 at the age of 90. She is a sister of Sister Maurita Bernet.

PLEASE PRAY FOR...

Kathleen, sister of Sister Loretta Denfeld, who is in a dying condition at the Foley Nursing Homes. She is filling up with fluid and is very uncomfortable.

Sister Betty Berger, who is receiving radiation treatments and will be having surgery to remove a tumor on her leg at St. Mary's Hospital in Rochester.

Sister Jeanette Quinn, who is recovering from a hospital stay.

Melissa Kilian Willenbring, who was hospitalized after suffering two minor strokes. She is a niece of Sister Jan Kilian.

Sister Loretta Bloch's nephew, Dean, who is having a heart procedure to correct his Atrial Fib problem.

Sister Sharon Fitzpatrick, whose tests showed that she has cancer in both of her lungs in addition to kidney cancer.

Sister Pat Zangs's brother-in-law who had a cancer removed and plastic surgery, and his recovery isn't going as well as hoped.

Paul Dirkes, who has cancer and has moved to a nursing home. He is a brother of Sister Julien Dirkes.

Sister Susan Knutson, who is having knee replacement surgery.

Sister Bea Eichten's sister, Lois, who is in the hospital.

UPCOMING EVENTS

- October 14 Associate Commitment Day Mass, 11 a.m.
October 18 Centering Prayer and Lectio Divina, 6-7 p.m.
October 23-26 Community Days
October 29 American Red Cross Bloodmobile, 1-7 p.m.
October 30 American Red Cross Bloodmobile, 12-6 p.m.
October 31 American Red Cross Bloodmobile, 8:30 a.m.-
2:30 p.m.
November 4 Daylight Savings Time ends
November 10 Franciscan Harvest Supper, 4:30-7 p.m.
November 12-14 Gift Shop Christmas Open House, 9 a.m-5 p.m.
November 15 Centering Prayer and Lectio Divina, 6-7 p.m.

ENCLOSURES

The Associate

THANK YOU

Dear Sisters, Thank you for your prayers, thoughts and visits during my hospitalization and recovery. I'm looking forward to seeing you all during Community Days.

- Sister Anne Furnstahl

DEATH ANNIVERSARY

October 21 is the one-year death anniversary of Sister Helen Hassler. Please remember her family and friends in your prayers.

AVAILABLE CSA ITEMS FROM THE KITCHEN

Horseradish, Potatoes
Sauerkraut, Squash

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 **October 24, 2018.***