



FRANCISCAN  
SISTERS  
OF LITTLE FALLS  
MINNESOTA

OCTOBER 24, 2018

# Community News

## New Franciscan Associates welcomed

*Jan Roering, CRD*

The Franciscan Sisters of Little Falls welcomed nine new Franciscan Associates in a ceremony at Sacred Heart Chapel, St. Francis Convent, Little Falls, on Sunday, October 14. Franciscan Associates are women, men and families who proclaim their call from God to live the spirit, charism and mission of the Franciscan Sisters of Little Falls, Minnesota. They commit to a mutual relationship and live the commitment within their own lifestyles as they joyfully follow the Gospel values in the footprints of Saints Francis and Clare!



**New Franciscan Associates (front L to R):** Carmelita (Mela) Finn, St. Cloud; Ramona Fedor, Holdingford; Marie Popp, Sartell; Carol and Duane Wiest, Coon Rapids; **(back L to R):** Maureen Gertken, Royalton; John-Caleb Vacheresse, St. Cloud; Alison Swoboda, Little Falls; Sheila Gardner, Flensburg.

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





# The latest Green Tip

The Green Committee

## Consider Using Organic Shampoo and Conditioner - Part Two

Last time we discussed the benefits of using organic hair products. Here are tips on shopping for organic hair products:

### Ingredients to look for:

- Coconut oil (for conditioning and encouraging hair growth)
- Aloe vera (to keep the scalp moisturized and stimulate hair growth)
- Organic shea butter (can help soften and moisturize hair)
- Organic tea tree oil (contains antiseptic properties and can help with dandruff)
- 100% pure nut and seed oils

### Ingredients to avoid:

- Sodium Lauryl Sulfates
- Ammonium Lauryl Sulfate
- Mureth Sulfate
- Phthalates
- Parabens
- Silicones
- Siloxanes



### How do I know how much of an ingredient is in my shampoo and conditioner?

Cosmetic ingredients are usually listed on the label in descending order of predominance, so the highest percentage of ingredients are at the top of the list. If the desirable ingredients are at the end, there might not be that much of them in your product. With drugstore shampoos, you might notice that water is one of the top ingredients. You're paying less for the bottle, but you are getting a more diluted product that makes you use more of it, so you have to buy it more often and are not saving that much money over the long term.

*Sisters, Employees, Volunteers,  
all Justice-minded Friends,*

*Starting October 8, we can  
all follow the **nuns on the bus**.*

*Over the course of 27 days,  
Sister Simone Campbell of  
NETWORK and the nun-riders,  
will gather concerned citizens in  
54 events in 21 states all across  
the country.*

*The presentations will focus  
on the tax policy that favors large  
corporations and the wealthiest  
individuals, at the expense of  
programs to strengthen our  
schools and social programs of  
food and housing.*

*If you know sisters, family or  
friends in any of the cities where the bus will stop, tell them to "get on board" (figuratively) to spread the good news  
that working together we can create hope, change and community. Peace and All Good - Sister Carol Schmit*



# Sister Cordy Korkowski re-appointed to board

*Sister Cordy Korkowski, CRD*

Sister Cordy Korkowski was appointed to a fifth term on the Speltz House Corporate Board on October 11, 2018, by Bishop Don Kettler. Her time on the board will end in June, 2019. The six member board oversees general policies for the 15 resident priests who are retired at Speltz House. Bishop Kinney has been there since his retirement also. The Speltz House is the former Sacred Heart, Sauk Rapids, Minn., parish house and church structure with additional renovations for current needs.

## New format for *The Visitor*

*Jan Roering, CRD*

Major changes are coming to *The Visitor*, the official newspaper for the diocese of St. Cloud. Beginning with the January 2019 issue, this publication will shift from a newspaper to a magazine format, becoming the 55th magazine under the umbrella of Faith Catholic Network, printed out of Chicago. *The Visitor* will be published monthly (instead of every other week) and will include 28 pages in English and 4 pages in Spanish. Because of these changes, submission deadlines for all articles and advertising will move from 2-3 weeks to 6-8 weeks prior to publication. Look for the last issue (in newspaper format) on December 14.



## 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...

Sophie Swenson, who died October 12 at the age of 74. She is a sister of Sister Doretta Meier.

Father Bernard Kahlhamer, who died October 17 at the age of 87.

Sister Annella Bieniek, who died October 21 at the age of 93.

## PLEASE PRAY FOR...

Sister Susan Knutson, who is recovering from knee replacement surgery.

Sister Mary Ann Capizzo's brother John, who was hospitalized for tests because he could no longer swallow.

Sister Bea Eichten's sister, Lois, and brother-in-law, Gene. Lois was hospitalized for heart problems and while there, Gene had a stroke and was also hospitalized.

Mary Lentner, who is recovering from a total shoulder replacement. She is a sister-in-law of Sister Ruth Lentner.

Sister Eileen Kosel, whose health is rapidly declining.

## 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.

## UPCOMING EVENTS

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.  
November 22 ..... Thanksgiving Day Mass, 8:30 a.m.  
December 1 ..... Advent Day of Reflection, *Receiving Life as a Gift*,  
9:30 a.m.-3 p.m.  
December 6 ..... Taizé Prayer, 6-7 p.m.  
December 7 ..... Community Chorale Christmas Concert  
December 8 ..... Save by Strength Competition, 11 a.m.-3 p.m.  
December 12 ..... Bilingual Liturgy, 11 a.m.

## ENCLOSURES

November & December Birthdays/  
Feastdays

## COMMUNITY DIRECTORIES

The new Community Directories will be in your mailboxes today. A sheet of recent updates that have occurred since printing is included in this directory. Please update these in your new book.

A box is located in the Mailroom for recycling of your old directories.

For any questions, contact Julie Haldenwanger at (320)632-0614 or [jhaldenwanger@fslf.org](mailto:jhaldenwanger@fslf.org).

## 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 **November 7, 2018.***