

Our Journey

Summer 2018 • Vol. 36 No. 3



FRANCISCAN SISTERS
OF LITTLE FALLS, MINNESOTA

Our Journey

SUMMER 2018 • VOL. 36 NO. 3

Our Journey is published three times a year by the Community Relations Department of the Franciscan Sisters of Little Falls, Minnesota, for donors, associates, friends, relatives and employees. This publication shares the journeys of our Franciscan community as they work in joyful service in the spirit of Saints Francis and Clare.

Editorial Team:

Elizabeth Mahoney Rydeen, editor
Jan Roering, editorial assistant
Amanda Frieler, graphic designer
Julie Hanson, direct mail specialist
Sister Rose Margaret Schneider
Sister Elise Saggau
Sister Carmen Barsody
Associate Geri Dietz

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To receive this publication, please contact:

Community Relations Dept.
Franciscan Sisters
of Little Falls, Minnesota
116 8th Avenue SE
Little Falls, MN 56345
Phone: 320-632-2981
info@fslf.org • www.fslf.org

Cover: Knute Nelson staff

Photo by Amanda Frieler

Our Mission:

We, Franciscan Sisters of Little Falls, Minnesota, are a community of women religious whose members are called to live the Gospel joyfully and to reverence the earth and all of God's creation. In the spirit of Saints Francis and Clare, we embody a life of prayer, simple living and service to those in need.

We are committed to nonviolence as we recognize the need for healing in ourselves and in our world. We seek to build communities of peace and justice wherever we are called to serve.

© June 2018
Franciscan Sisters of Little Falls,
Minnesota



On the cover

The staff and sisters at Clare Residence celebrated Older American's Month and Nurses Week on May 10 by having a homemade breakfast, prepared by Knute Nelson staff Trevor Wichner, Kristie Berendt and Jean Nelson. As a Franciscan community, we sisters are committed to the care and well-being of our aging members. We're grateful to all our donors who give generously to support the health care needs of our retired sisters. Thank you!





Dear friends,

There is a song that honors those women on whose shoulders we stand, our mothers, grandmothers, founding sisters, builders of hospitals and nursing homes, teachers and homemakers, always reaching out to those in need. Here are a few of the lyrics:

*These are the women we come from,
the faith that sustained them is bred in our bones.
They were women with backbone, keepers of the flame . . .*

*You'll know what you're made of and where you belong –
'Cause these are the women, survivors each one
They aren't always easy, but were loving and strong
The life force inside them is still going on
'Cause these are the women we come from.*

I think you probably know women like this.

History honors our past and lays the groundwork for the present and the future. Our history is the story of our Franciscan community and the women who journeyed to the wilderness of Minnesota in 1872 and laid the foundation for our current Franciscan community. Because of their strength, faith and determination, we as a community have known God's abundant blessings.

In this issue, you will read about some of these blessings that continue to bear fruit in the lives of our jubilarians, the mission in San Rafael, Mexico, Faithful Fool's ministry with the people of the Tenderloin in San Francisco, and the richness that has borne fruit in our relationship with the people in Nicaragua.

Here in Little Falls, we celebrate the 10th anniversary of the Community Chorale, an outgrowth of our St. Francis Music Center, and we look forward to this year's Green Fair Folk Festival with additional exhibits and vendors. These are just a few of the ways we are standing firm with *"the life force inside [us] still going strong."*

On June 10, the current leadership term comes to a close with the installation of our newly elected Leadership team, Sisters Carol Schmit, Grace Skwira, Char Grossman and Carolyn Law. Their generosity and willingness to serve our Franciscan community—sisters, associates, co-workers, donors, volunteers and our extended network of friends and neighbors—will be a rich blessing for us during these next five years. We are grateful for the abundance of goodness and sharing that has enriched our lives. Sister Grace will continue in the ministry of Leadership and we, Sisters Bea, Rose Margaret and Susan, will continue to be involved with you, just in a different way as we re-immersing ourselves in the life and ministry of our community.

Peace and all good,

Sister Beatrice Eichten

Sister Beatrice Eichten
Community Minister/President

Faithful Fools Street Ministry celebrates 20 years

Sister Carmen Barsody

"You gotta put one foot in front of the other and lead with love. Don't give up hope. You're not alone."

These are words to a song by Melanie Demore we all sang and danced to at the end of our annual Oscar's Feast in April of this year. We had gathered to celebrate 20 years as Faithful Fools Street Ministry. It was 1998 when Rev. Kay Jorgensen, a Unitarian Universalist minister, and I began Faithful Fools in the Tenderloin District of San Francisco. As we walked into the streets together and shared about our lives, our longings, our frustrations and our hopes, we discovered our mission:

We are called to a ministry of presence that acknowledges each human's incredible worth. Aware of our judgments, we seek to meet people where they are through the arts, education, advocacy and accompaniment. We participate in shattering myths about those living in poverty, seeing the light, courage, intelligence, strength and creativity of the people we encounter. We discover on the streets our common humanity, through which celebration, community and healing occur.

In meeting Kay, I met another being who was restless and rattled by what she saw around her. Like Francis and Clare, we felt compelled to take action with nothing less than our lives. In our 20 years many people from across the United States and Nicaragua have encouraged one another in the work of Faithful Fools within their local communities.

Kay passed away January 15, 2018, the birthday of Dr. Martin Luther King Jr. As I was cleaning out Kay's room in Chaparral House where she spent her last three years, I found a notebook. Written over and over on the first few pages in purple ink were the words: "A Revolution of the Heart! A Revolution of the Heart! A Revolution of the Heart!" A revolution of the heart is not only what Kay longed for herself but for all of us.

When Kay and I met we set out walking the streets of San Francisco and Nicaragua. Over these 20 years I have come to know more fully the meaning of a quote by Ché Guevara that I had noticed on a poster on the wall of a taco shop when I lived in Nicaragua. "At the risk of seeming ridiculous, let me say that the true revolutionary is



Sister Susan Knutson and Associate Melissa Fafarman rest during a seven-day street retreat in 2006. Sister Susan worked with the Faithful Fools from 1998 until 2011 when she was elected to the Franciscan Sisters Leadership team.

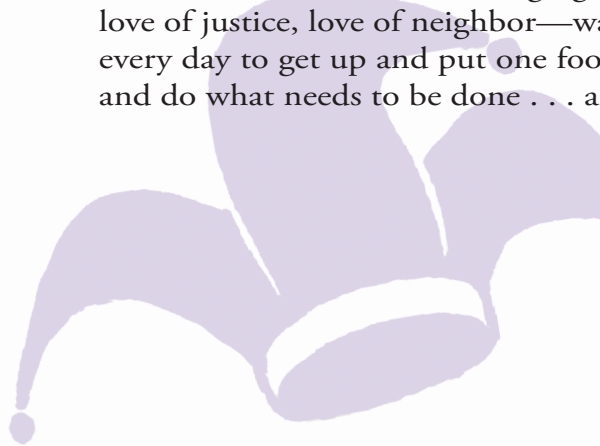


Sister Carmen meets Rev. Kay Jorgensen's clown, Oscar, in UN Plaza in San Francisco, in 1998. Twenty years ago, neither knew where their shared ministry would lead them.



Sister Carmen (back row third from right) with students from Santa Clara University. FF sponsors the Institute for Street Level Learning where young adults come to live and learn with the Fools and engage with the Tenderloin community.

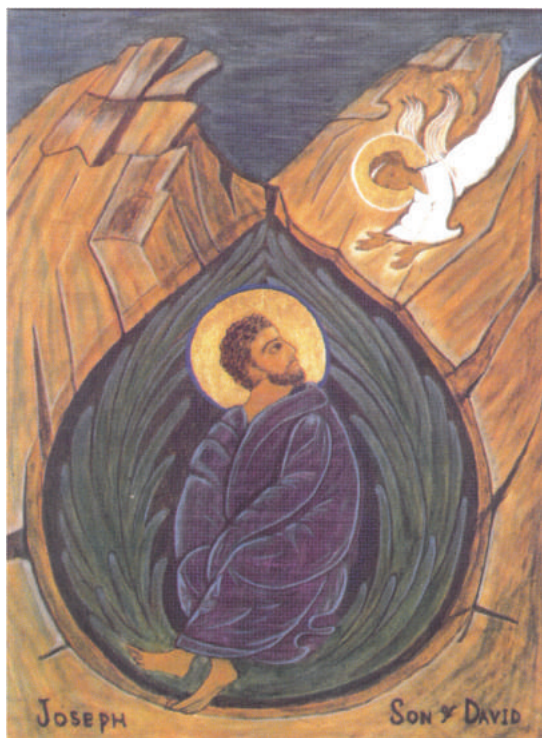
guided by a great feeling of love.” In reading it I felt a knowing beat in my heart. Sister Michelle L’Allier wrote it down for me on a tiny piece of notebook paper and for years I kept it on my altar or on my desk to urge a revolution of my own heart and remind me that a longing for love—love of God, love of justice, love of neighbor—was what compelled me every day to get up and put one foot in front of the other and do what needs to be done . . . and to do it with love!



Sister Ade Kroll and Faithful Fool Sam Dennison. Sister Ade is a full-time volunteer and supports the Fools in many, many ways.



The mere sight of someone with a clown nose often brings forth a smile, a little lightness and laughter in the midst of a routine day or in a moment or place of struggle. Hy Carrel, Nicole Fusco, Mary Ganz, Sam Dennison, Sister Carmen Barsody and Jackie Hider, all members of the FF leadership team, don theirs during the 20th anniversary celebration.



The icon: Son of David

Sister Joan Tuberty

“Thy words I have hidden in my heart.” (Ps. 118)

“Joseph, Son of David,” is the salutation of the angel to Joseph in his dream. He is the only one other than Jesus who was given this identity. This event of annunciation comes at a time in Joseph’s life when he was tormented over his relationship with Mary. Was he to follow the directive of the law and divorce her or follow inclination of his own heart? The moment captured in this icon is that of Joseph turning from the dark anguish of soul toward the messenger of enlightenment, the angel. He heard, “Fear not, Joseph.” Dreams contain messages to guide us, to enlighten us. May our faith in dreams and angels be restored!

Where do we go when we dream? It is someplace deep inside beyond the rational, logical world where spirit and feelings and images are liberated and woven together into something new from the fabric of our lives. In order to convey this dream space in the icon, Joseph is symbolically placed in the womb of the earth with mountains rising behind him. Icons are

themselves a symbolic art form and nature is not portrayed realistically but symbolically in them.

This icon expresses my own love for Saint Joseph whose stillness and silence echoes through the centuries and who was foolish enough to believe in dreams, for my love for my father born on the feast of Saint Joseph, and for the Sisters of St. Joseph who also dreamed an impossible dream and shared it with me.

*This is the fifth and final icon in Sister Joan Tuberty’s book *Icons: Gifts of Prayer, Soul Images Made Visible*.

St. Francis Community Chorale celebrates 10th anniversary!

Elizabeth Rydeen

Tenth anniversary concert wows crowd!

What started with nine singers 10 years ago has grown to a full choir of over 50 members who love to sing and are willing to share their joy—and tremendous talent—with others.

Many members are involved in music in their churches but agree with Cassie Neumann when she says, “The chorale is an opportunity to go beyond the traditional music in church choirs.” Jan Everson, part of the original nine, says she loves the choir and plans to continue singing as long as she’s able.

Director Barb Stumpf and accompanist Vicki Spofford are the heart and soul of St. Francis Community Chorale. Both liturgical musicians, their ability to recruit local talent has turned the chorale into a premier singing opportunity for people from all walks of life. The beauty of the program, however, is that everyone is welcome and there are no auditions. The goal is building community. “Barb is a fantastic leader, and the music she chooses appeals to all generations,” said long-time member Don Goligowski. “Music is a gift and singing should be from the heart.”

Ever grateful for the support of the Franciscan Sisters, the chorale’s theme song is *Make Me a Channel of Your Peace*, an adaptation of the *Peace Prayer of St. Francis*. In her remarks, Robyn Gray said, “The Franciscan Sisters



Director Barb Stumpf and accompanist Vicki Spofford know the importance of music. St. Francis Music Center benefits the entire community. Concerts and recitals are free and open to the public. All donations received that day support the #MusicMatters campaign for financial aid.

created our beautiful music center 39 years ago. Thousands of central Minnesota people of all ages experience music as a part of their lives. Many thanks to the sisters and their incredible understanding of how music uplifts us, inspires us and makes us better people.”

The chorale and other Music Center programs are supported by generous donors along with the Five Wings Arts Council, through a legislative appropriation from the Minnesota Arts and Cultural Heritage Fund. The Music Center is dedicated to making music and the performing arts available to everyone who wishes to participate.



Over time, the choir has grown to over 50 singers. This year a delightful children’s choir was formed to celebrate the 10th anniversary.

St. Francis High School G A T H E R I N G

July 15, 2018 - 10:30 a.m. - 3 p.m.
St. Francis Convent, Little Falls



The Franciscan Sisters invite former students, staff and faculty to gather on Sunday, July 15, 2018, for Mass and lunch.

This is a great opportunity to enjoy one another's company, to share memories, and to nurture and promote the Franciscan spirit that was instilled during your high school years.

Please send your name, address, year of graduation and phone number, together with your registration fee, by July 1 to:

Mary Ellen Imdieke
3395 125 Ave. NE, Blaine, MN 55449-6572
763-785-0295 • sfhs.reunion@outlook.com

**Registration fee: \$20 per person. Checks payable to Franciscan Sisters.
After July 1, \$25.**

Memories of St. Francis High School

Barbara Latterell Ziliak, Class of '53

It's day one of my years at St. Francis High School! Walking into the freshly polished halls and shining clean locker room was not the easiest journey I'd ever taken: all my friends had chosen the public school in town. I was a "day student," feeling alone among "boarders" arriving from towns all over the state. However, it wasn't long before I found comfort, friendship, challenges, support and fun within those halls. The years at SFHS became the cornerstone of my education and living for the rest of my life.

The sisters were not only our teachers—they were our models, mentors, counselors. Their Franciscan way of life—one of simplicity, joy and hospitality—became our way of life. Even though I was a day student, I was able to enter into many school activities. Many nights I slept in the school's infirmary because play practice ran into the night, or the school newspaper, the *Fioretti*, had an evening meeting, or my Latin study group was preparing for a big test.

I have memories of having fun scrubbing and waxing hallways with the sisters and my friends until late at night. Whether scrubbing floors or walking in May processions, participating in Sodality meetings, or getting extra help for our classes, the sisters and students were always working, playing and praying together.

The most precious gift of my years there is the friendships I formed with other "Frannies" and sisters alike; many of us remain in contact to this day. We were not wealthy at St. Francis, but we received a wealth of gifts: education, spiritual formation and Franciscan joy, simplicity of life, love for creation, and hope for our future as women in the Church and the world. What a legacy for us to share with our husbands, friends, children and grandchildren!



Co-editors of the *Fioretti*
Barbara Latterell (seated) and
Anna Marie Gaffrey in 1953



'We worked together every moment of every day'

Sister Carmen Barsody

In January, Sister Michelle L'Allier and I drove into the barrio in Nicaragua that we had driven out of together 20 years earlier. From 1990 to 1997, Sisters Carolyn Law, Joanne Klinnert, Ruth Lentner, Michelle L'Allier and I lived and ministered together for different lengths of time, in different combinations.

There Sister Michelle and I were . . . in the same house in the same neighborhood. To be there together at this time was an unexpected, precious gift.

During those seven years, our ministries emerged in a decidedly Franciscan way: we engaged in the everyday life of the community in which we lived, discovering the needs around us. The barrio was a new settlement established at the end of the Contra War made up of dirt roads and makeshift shelters. We worked right along with everyone else to build the infrastructure, and we helped our neighbors make big pots of soup to sell to raise the money needed to buy the pipes to bring in water. As a neighborhood, we purchased transformers so each home could have a few light bulbs.

We worked with neighbors to construct a small building that served as the Soy Kitchen, a daily food program that provided soybean-based meals for malnourished children and pregnant women. We helped organize courses on nutrition, natural medicine and nonviolence. We facilitated

peer led health education groups for children and a music program called *Música en Los Barrios*. We formed a Franciscan youth group that grew in strength through acts of community service. Women from various faith traditions gathered weekly in our home for conversation inspired by scripture readings. We worked together every moment of every day to weave a community across political and



Mercedes Gonzales, Mariel Pérez, Benigno Tellez, Jessenia Blandon and Arlen Casco. An added blessing to the retreat was the acceptance of three new Franciscan Associates.

-Continued, Page 9

religious divisions and support each other for the common good. And in these postwar years we learned that the work of peace and reconciliation is never-ending.

Twenty years later, a community of Franciscan Associates and Faithful Fools has come to be and now extends to the rural village of San Diego, Condega, located four hours north of Managua. These Franciscans in Nicaragua share a relationship of support and learning with Franciscan Associates and Faithful Fools in Latin America and the United States. Verónica Rivadeneira, co-minister of Associates, and I, as well as sisters, associates and Faithful Fools, have traveled to Nicaragua over the years, nurturing our shared commitment and leading retreats. It was one of those retreats that brought Sister Michelle and me, along with Associate Brianda Cediél, from St. Cloud, to Nicaragua this past January.

For three days a diverse group of people of various ages, religions, genders and geographical regions spent time reflecting on the Franciscan values of poverty, minority, prayer and continual conversion. Through presentations, conversations and sociodramas, we worked with how to live them out in the realities of our everyday lives amongst the forces that seek to divide us. The longing and sincerity of everyone gathered strengthened my own commitment as a Franciscan Faithful Fool. I have no doubt that the global communal seeds that took root in 1990 will be tended to for generations to come, and they will be continually infused with our shared Franciscan spirit.



20 years ago...

Our ministries emerged in a decidedly Franciscan way as we engaged in the everyday life of the community in which we lived, discovering the needs around us.



PLANNED GIVING

Please let us know if you would like more information on remembering the Franciscan Sisters in your will and estate planning.

Contact: Sister Bernice Ebner
116 8th Avenue SE, Little Falls, Minnesota 56345
(320)632-0699 • bebner@fslf.org



Jubilarians 2018

“We perceive our call particularly in hearing the needs of our brothers and sisters in the human community and attending them.”

—*Constitutions*, Franciscan Sisters of Little Falls, Art. 5



75 Years

Sister Sharon Fyle

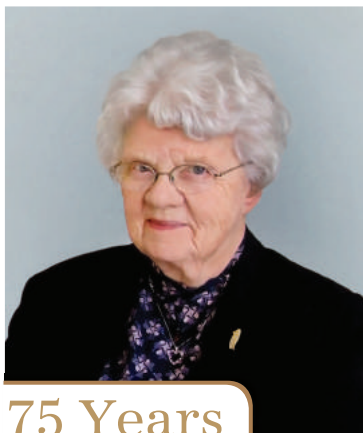
When I think about my life as a follower of Saint Francis over these 75 years, I’m reminded of the song *Heart of a Shepherd*. It goes like this: “If you love me, feed my lambs; Be my heart, my voice, my hands. If you love me, feed my sheep. And I for my part, give you the heart of a shepherd.” What a promise! My prayer is to live those words as best I can.



75 Years

Sister Mary K. Zirbes

My 75 years of living the gospel way of life among sisters who desire the same has been a profound blessing. Each day has been a learning of what it means to love and care for one another. In St. John’s Gospel, we read again and again that God is love and the ones who abide in God, God abides in them. What more could I want? Thank you, God, for your loving presence in and among us all these years.



75 Years

Sister Mercita Pipp

Looking back over these past 75 years, my most memorable ministry experience and where I truly lived out my Franciscan call was as a nurse for Project HOPE in Colombia. The USS HOPE (Health Opportunities for People Everywhere) was the world's first peace-time hospital ship which brought medical care to the people of developing countries. Each day was a challenge, an adventure, a learning experience and a fulfillment. I felt the warmth of the people as they welcomed me, the depth of their kindness and the sincerity of their faith and love.



60 Years

Sister Rose Margaret Schneider

As a Franciscan Sister, I have had the privilege to bring the Gospel message to God's people, fulfilling words attributed to Saint Francis, "Preach the Gospel at all times, when necessary use words." I must admit I may have used a lot of words, and while doing that, I met so many wonderful people on this 60-year journey. I wish I could name them all, because they brought so many blessings to my life.



60 Years

Sister Marjorie Bischoff

I believe my call to love God as a vowed sister began in my early years when God became an important part of my life. The call matured through faith-filled people, my family, friends, mentors, along with my Catholic faith and a love of creation which all culminated in my desire to be a Franciscan Sister of Little Falls. To me, living my Gospel commitment means striving daily to love God with my whole being and to unconditionally love and serve everyone as my neighbor. This is done with and in support of my Franciscan Community.



60 Years

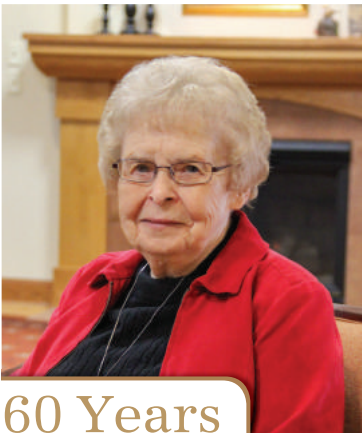
Sister M. Christelle Watercott

My call to religious life is a mystery of God's mercy, presence, guidance and unconditional love for me. I experience this call through the people, circumstances and experiences of my life which led me to join this community of dedicated Franciscan women. My commitment to Gospel living is servant ministry wherever I am, by being present to listen and be helpful to others, daily being about "My Father's business" and following "in the footprints of Jesus."



Sister Joanne Klinnert

As the oldest child in our family, I observed that every few years our mother would go to the hospital in Perham and return with a new baby! She then seemed more peaceful than when she went. I believed it was because of the care she and the baby received from the Franciscan Sisters. I decided that's what I wanted to do when I grew up! At St. Francis High School, I noted how the sisters worked together, enjoyed each other and took care of us. I wanted to be like that when I grew up! Now, I am grown up with many experiences and opportunities over these 60 years—all a result of notable Franciscan Sisters before me.



Sister Juanita Mauer

As a young girl, I had Franciscan Sisters as my catechetical teachers and felt the pull to religious life at an early age. Throughout these 60 years and my long tenure in nursing, I have loved the people wherever I've worked, especially in New Mexico where I found the homes filled with gracious and grateful people who took care of one another. I listened to their stories and we shared our mutual gifts. It is in prayer that I enter into a deep relationship with the Lord and am given the strength to live a life of love and service.



Sister Janice Wiechman

In these 50 years as a Franciscan Sister, I have been a witness of God's loving action in our world, in my own life and that of others. This experience calls me to be more and more consciously open to and actively cooperate in God's work in my life and in our world.

Donating to the Franciscan Sisters:

Please, feel free to express any wishes you may have for your gift. However, be advised that in order to ensure that donors will be entitled to a federal income tax deduction, Franciscan Sister of Little Falls, Minnesota, is required by Internal Revenue Service rulings to retain full authority over the assets granted to it and cannot accept gifts that are required by the donor to be paid, or to be used, only to further the work of a specific individual or that are required to be used in another country by FSLF or another foreign charity or religious institute.



Taste of St. Cloud: best ever!

Sister Cordy Korkowski


The walls of the Best Western Plus pulsed with energy as the Taste of St. Cloud unfolded May 7 for the annual fundraiser to support Franciscan Community Volunteers. This year the event moved from Coyote Moon Grille to a larger venue and better location in downtown St. Cloud. Over 600 guests sampled fine cuisine from 19 local restaurants, along with craft beer and coffee. A silent auction and games captured the interest of guests.

Each year, I look forward to seeing many familiar faces. My friends Joe and Helen Bettendorf have been coming for years. Helen states, “We believe in the FCV program and what the volunteers bring to our community. I worked with them in various locations in the St. Cloud area and saw the good work they do. We want to support their efforts.” Joe added, “I met the sisters while I served on the Catholic Charities board of directors and learned about their ministries and mission. We are honored to be a part of all of this.”

The Franciscan Sisters thank all the vendors, donors, guests, families and friends—and in particular Pat Flicker, director of the program, and many volunteers—for organizing this grand event, which raised over \$33,000 for Franciscan Community Volunteers. I hope to see you next year at the 10th annual Taste of St. Cloud, May 6, 2019.



Sister Cordy (center) with Joe and Helen Bettendorf. “We come every year and love being here,” remarked Joe.



If I had a hammer . . .

Sister Pat Forster

During Easter week, a group of hardworking men and women from central Minnesota arrived at the sisters' mission in Mexico. They came to build two homes for families in San Rafael Parish.

I became friends with Mary and Tom Ruhland and other "winter" Texans in 2016 at St. Joseph's Parish in Alamo. In summer 2017, Mary and Tom invited me and Sisters Marie Theis and Lorraine Olmscheid to their home in Eden Valley, Minn. As I shared information about our missions in Mexico, the group, which included other members of the Ruhland family, became intrigued by the sisters' work and expressed interest in a building project in San Rafael. As time went on, we learned more persons were interested in traveling to San Rafael and building, not one, but two homes for families in need.

The group was involved in every step of the project, including selecting the building sites and drawing the plans. Families from the villages of La Paz and El Uno were chosen. One family with three children was living in a house that was 4 x 4 meters with no indoor plumbing; the other was a family of 18 living in very poor conditions. Over \$13,000 was raised through the efforts of the Ruhland family and a Go Fund Me campaign led by Marcie Ruhland.

Most of the building materials were gathered and part of the foundation for the two houses was completed before the Minnesotans arrived. The team, which included experienced electricians and construction workers, "did what worked" and felt excited about nearly finishing the two houses. Both families worked well with the group, learning about

construction, becoming apprentices along the way. The team also gathered the children for recycling and clean-up projects. Two men from San Rafael, Abel Moreno and Eduardo Ortiz, along with the families will finish the roofs, plumbing, plastering and painting.

Sisters on the team, Isabel Berrones, Mary Dumonceaux, Janice Wiechman, Ange Mayers, and I were honored to welcome and guide this group. We also had the privilege of celebrating Mass and praying together at various times. It was truly a resurrection experience with a constant awareness of walking with the gift of the Spirit. The new homes are bringing new life to these two families. The hammers, the hard workers and experts and the loving kindness of all made this happen.



The team came from throughout central Minnesota. Front row: Marcie Ruhland, Sisters Pat Forster and Ange Mayers, Mary Ann Ruhland, Sister Mary Dumonceaux, Tere Ruhland; Back row: Sister Janice Wiechman, Jim Schulzetenberg, Harold Wieman, Jeff Ruhland, Mike McCann, Lalo España Romero (from Mexico City), Bruce Geyer, Gail Geyer. Not pictured: Joe Ruhland, Fr. Jeff Ethen and Al Kerzman.

Franciscan spirit crosses cultures

Sister Mary Dumonceaux

When we Franciscan Sisters arrived here in San Rafael in 2003, we discovered, to our pleasant surprise, that there was already a strong Franciscan sense pervading this region of northern Mexico. The first four sisters who came here to live a Gospel life among the poor encountered the spirit of Saint Francis of Assisi alive and well. Sharing Franciscan values has turned out to be a mutual experience.

Early on, we discovered the name Francis to be popular among both men and women and reverence for Saint Francis strong. For example, in the fall many people observe a popular pilgrimage to Real de Catorce, where devotion to Saint Francis has been maintained for at least a century and a half. It began when, through Francis's intercession, God's favor saved the lives of a few gold miners. Today, to enter the town, one passes through a tunnel, once an old mine shaft where gold was extracted till the mine became extinct. In the large church dedicated to the Immaculate Conception (also the patroness under this title of our religious community), Masses are held all day long. In front of this church, *danzantes* (folk dancers) from different villages pray with their traditional dances. No place of pilgrimage is complete without plenty of small shops selling food, souvenirs and religious articles. So, there is likely to be a framed picture or a statue of Saint Francis among photos or statues of Mary, Jesus and other saints on the altar to be found in traditional homes, where one prays privately or as a family.

Franciscan friars, arriving with the conquerors and colonizers from Spain in the 16th century, evangelized the many Indian populations. Since there was no common language, teaching Gospel stories was done by enactments like the living Stations of the Cross. Processions in the streets with singing, dancing and verbal praying while carrying banners and statues of Jesus, Mary or a saint were another public expression of faith—one that endures even today.

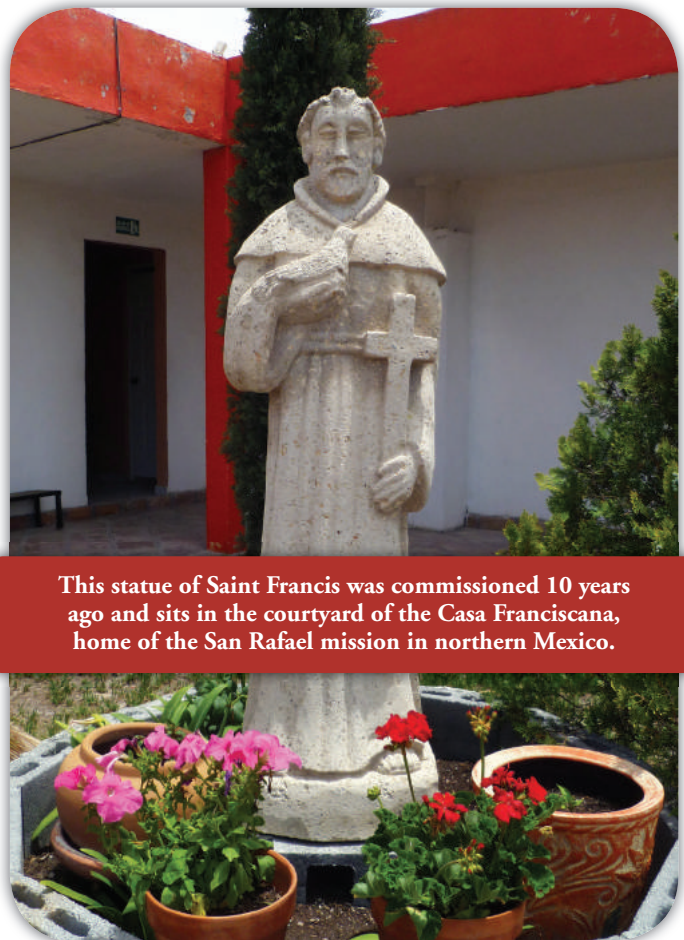
Another popular devotional tradition that often accompanies special events is breaking the piñata. A light bat is used to break open a seven-point star made of paper mache as it bounces by a rope overhead. Each point of the star represents one of the seven capital sins. When all seven points have been batted off, the center is broken open and candies come tumbling out to represent the goodness and abundance of God.

These customs and others teach us 21-century missionaries to appreciate our own faith at a deeper level.

Some of the gospel meanings of these traditions have faded over time so we try to help refurbish their original intent. Also since a large majority of the people are now literate, we teach them to read the written word in the Bible and how it fits the visual dramas.

Franciscans are called to live among and with the poor and marginalized. The opportunity for this is ever present here in our parish, where the people have to be very creative to extend their meager incomes. It is much like the way many of us grew up in the rural United States about 70 years ago before electricity and indoor bathrooms. The people here appreciate that we are comfortable in their homes and receive us joyfully. Nevertheless, there is a growing tendency to consumerism even here. We sisters find that by sharing our resources, we can encourage a situation in which living with less is not just a hardship but also a blessing once basic life needs are met.

When 200-year-old Catholicism from the United States meets 400-year-old Catholicism in Mexico, one can only stand in wonder as the two revitalize each other.



This statue of Saint Francis was commissioned 10 years ago and sits in the courtyard of the Casa Franciscana, home of the San Rafael mission in northern Mexico.

Vendor becomes Green Fair organizer

Elizabeth Rydeen

Elise Carey, a former missionary, has been the librarian at St. Clare Library since 2016. With her background in theology, she finds herself at home with the sisters and the Franciscan values. She's lived around the world and has experienced the environment from all different perspectives from the toxic waste dumps in remote areas of Russia to places in Latvia and Sweden that she found wonderfully environmentally friendly.

Already a member of the campus Green Committee, she's now co-chair of the annual Green Fair Folk Festival along with Associate Jeff Odendahl. Elise lives on a small hobby farm near Swanville with ducks and chickens and a large garden. She's an avid canner, baker and maker of jams and jellies. She also makes soaps and salves from home grown plants, such as lavender and calendula, and sells them at local farmers' markets.

Setting up a booth at the Green Fair was a natural fit, which she's done for the past two years.

Elise wants to inspire others to live more sustainably. To that end, she expanded St. Clare Library to include a seed library where people can "borrow" seeds, plant them, and then "return" them to the library, much like one borrows and returns a book.

In two short years, the endeavor has seen much success. This spring 15 categories of vegetables, including 12 varieties of tomatoes and seven varieties of squash, were available to the 50 or so patrons excited about the seed library. There are many categories of annuals and perennials and nine varieties of sunflowers. "I'd love to teach people how to save seeds annually and encourage folks to eat what's in season," Elise said.

This year's GFFF will feature more educational exhibits and artisan demonstrations, in addition to your favorites from years past. Wagon rides, face painting and other activities for kids are back. As always, entertainment will be provided by St. Francis Music Center and other local musicians. There's good food and plenty of opportunity to visit with Franciscan Sisters. All are welcome!



Elise Carey explains how St. Clare Seed Library works.

Stay up to date with all FSLF events



Achieve your goals

Elizabeth Rydeen

Jay Grove, certified personal trainer, joined the staff at St. Francis Health and Wellness Center about a year ago. He was drawn to his profession because he likes to help people achieve their goals. One client came with a goal to break the record for bench pressing at her high school. Another reversed the effects of osteoporosis with strength training. Jay said, "People shouldn't be afraid of lifting weights. No one is too old or too weak." In addition to personal training, Jay teaches a variety of classes—senior weight lifting, Tabata, boot camp and Silver Sneakers—to name a few. Each class is different with unique group dynamics. Jay attributes the center's growth to its manager Jan Burley, who is forward thinking with new ideas. "She's solidified a good team," he said.

"Jay is easy-going, friendly and creates a comfortable atmosphere. If you are serious about changing your life for the better, Jay will lead you every step of the way." —Irina Knopik

Whereas Jay can be found in the weight room, Lauren Brady offers personal training in the pool, a new concept in the fitness world. She's a certified aquatic personal trainer and aqua-fitness instructor. Many seniors are attracted to Lauren's classes, because they provide constant resistance while being low impact and easy on their joints, and exercising in the water keeps the heart rate low and relieves stress. Lauren has already developed a following. One satisfied client shared, "Water and swimming have never been my thing, yet, coming off a surgery I needed a different approach to strength training, and I found exactly what I needed with Lauren's personalized aqua fitness training. . . . Beyond her exceptional training skills, she has a great sense of humor, great focus and can readily adapt to what her clients need."

For more information on personal training and all fitness opportunities at St. Francis Health and Wellness, visit stfrancishealthwellness.org or call: (320)632-0627.



Jay Grove: "I'd like to see a growing fitness community centered here at St. Francis."



Lauren Brady, who worked at the center as a life guard and swim instructor during college, recently returned to Health and Wellness after seven years of active duty in the Coast Guard.

Scholarship awarded

The 2018 Sister Judine Cassidy Scholarship was presented to Asia Muhammad at a ceremony May 9 at the high school. Asia came to the United States from Somali in 2014. In May she graduated from high school and plans to attend St. Cloud Technical College in the fall to study nursing.

Sister Judine Cassidy will always be remembered as a teacher totally committed to education, especially for women. She was a Franciscan Sister for over 70 years and served as assistant principal and principal of St. Francis High School for 19 years, from 1958-1977.

She was dedicated to her students and motivated each of them to reach their full potential. The alumnae of St. Francis High School were instrumental in initiating and funding this scholarship for a graduate of Little Falls Community High School.



Sister Cordy Korkowski and Asia Muhammad. Asia visited St. Francis Convent to extend her sincere thanks to the Franciscan Sisters for the scholarship.

In loving memory . . .



Sister Donna Guyott, 77, died March 11, 2018.

Donna was born August 31, 1940, to Arthur and Florence (Carlson) Guyott of Oakes, N. Dak., and was the youngest of nine children. They lived on a farm and all the children helped with the farm chores. Donna and her siblings loved to play on a small ice pond between their

home and the country school. Donna's dad played the violin and the banjo at barn dances. The entire family entered into these celebrations.

Donna graduated from Oakes High School, and during her high school years worked at the Oakes Community Hospital. Although her older sisters became teachers, Donna chose to become an LPN. After completing the LPN course in Dickinson, N. Dak.,

she returned to the Oakes Community Hospital. The Franciscan Sisters of Hankinson, N. Dak., encouraged Donna to move to Little Falls. She worked at St. Gabriel's Hospital for a short time before joining the Franciscan Sisters of Little Falls.

Donna was accepted as a Franciscan Sister in August 1962 and was given the name Sister Mary Arthur. She made final vows on August 12, 1969, and returned to her baptismal name. Sister Donna was a Franciscan Sister for 55 years.

Sister Donna ministered at St. Gabriel's Hospital, St. Otto's Home, St. Camillus Shelter and at Clare Residence (St. Francis Convent) in Little Falls. She also ministered at St. Michael's Hospital, Sauk Centre, Minn.; Franciscan Villa, South Milwaukee, Wis.; and at New Hospice Day Care in St. Paul, Minn. This ministry gave Sister Donna many opportunities to help others—one of her great joys in life. Residents and elder sisters knew her as a caring nurse. She especially loved working with younger children, a ministry she carried out in her later years.



Sister Janet Kunkel, 86, died on March 21, 2018.

Janet was born July 30, 1931, the oldest of four children of Louis and Teresa (Springer) Kunkel. She grew up in Melrose and attended St. Boniface School. She retained a great love of and affection for her hometown and home parish. One could always expect to find a copy

of the *Melrose Beacon* beside her chair.

After graduating from St. Francis High School in 1949, she was accepted as a Franciscan Sister and given the name Sister Mary Paulette. Sister Janet earned a bachelor of arts degree from the College of St. Catherine, St. Paul, Minn.; and a master of arts degree from the University of Minnesota, Minneapolis. She also studied

at Boston College, Boston, Mass., and at the University of Minnesota, Morris.

She was an excellent primary teacher and had great patience with her little pupils. She loved working with children and helping them become the best they could be. She taught in parochial schools in Flensburg, Morris, Fergus Falls and Little Falls, Minn., where she was also principal.

Sister Janet also served in religious education in Marona, Tucson and Vail, Ariz. She was very active in the RCIA program at St. Cyril's Parish in Tucson, and more than once, was a sponsor for a participant. Music was a great part of Sister Janet's ministry. She served as organist and director of liturgical music in various parishes and gave organ lessons to both adults and young students. In addition, Sister Janet taught remedial reading in Lexington, Miss., and in Tucson. Throughout her life she grew in her love and appreciation for the traditions of her Franciscan vocation.



Sister Donna Marie Zetah, 88, died March 15, 2018.

Thomas and Elizabeth (Wagner) Zetah welcomed Madonna Marie Zetah into their family on a cold December 8, 1929, near Motley, Minn. Donna, as she was called, was the fifth of six children. Her maternal grandmother, Anna, was

the midwife whose presence at this birth marked the beginning of a close relationship between the two of them.

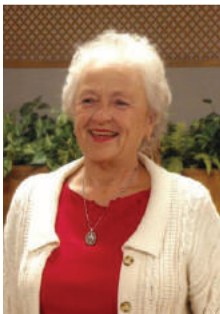
During her years at St. Francis High School in Little Falls, Donna began to feel a desire to become a sister. She wrote to many missionary communities for information, but as it turned out, she entered St. Francis Convent on January 26, 1947. She was accepted as a Franciscan Sister of Little Falls, Minnesota, on August 12, 1947, and was

given the religious name Sister Mary Jerome. She made final vows on August 12, 1952.

Sister Donna received her RN from St. Francis School of Nursing in Breckenridge. She ministered as a maternity ward supervisor at St. Francis, at St. Gabriel's Hospital and at St. Ansgar Hospital in Moorhead from 1952-1968, then served as a missionary nurse in Zepita and Yunguyo, Peru, from 1969-1978. Back in the States, she ministered to migrants in many parts of the nation, training health promoters in New Jersey, Florida, Minnesota, Michigan, Texas and Wisconsin. At two different times, she served as pastoral minister in Chimayo, N. Mex. As director of Nursing Service, she cared for her own sisters at St. Francis Convent. In each place, she made a lasting impact and formed lifelong friendships with coworkers and those she served, particularly when she worked as parish nurse and pastoral minister to Hispanics in Long Prairie.

People truly loved Sister Donna. She ministered in a gracious, gentle and compassionate manner and adapted easily from one experience, one community of people, one area, to another with much confidence.

We are saddened by the loss of Franciscan Associates Claire Stock, Rev. Kay Jorgensen, Victoria Morris, and Fr. Eugene Heerdink, but we know and rejoice that God has welcomed them home.



Claire Stock

Waite Park, Minn.
December 12, 1930 -
January 4, 2018



Rev. Kay Jorgensen

San Francisco, Calif.
January 9, 1932 -
January 15, 2018



Victoria Morris

Clarksburg, Tenn.
November 25, 1928 -
March 17, 2018



Father Eugene Heerdink

Jasper, Ind.
January 23, 1926 -
April 13, 2018

May they rest in peace.

Our Journey

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