

# interim

Volume 40, Issue 4

April 2022

Sisters of St. Joseph of Northwestern Pennsylvania

## The Power of Prayer

Prayer is a powerful tool in our lives. If you don't believe me, read what a staff member shared with me not too long ago.

She said that she sent a prayer shawl to a man named John because he was not doing well physically. In her note, she explained that the SSJ community would be praying for him.

Upon receiving the shawl, he called her and asked, "What am I supposed to do with this shawl?"

She told him that the shawl was made by one of our Sisters or Associates in our Prayer Shawl Ministry. She

encouraged him to wrap the shawl around himself to feel the warmth and love of the prayers for healing and health being sent his way.

A few weeks later, John called again. This is what he shared: "I have worn the shawl and when I do, I have the strength to stand and walk, to sit up in my chair. I have had better days since I've worn the shawl. So, thank you for it and for the steady prayer that you send my way each day. I know that God is taking care of me.

*Sr. Mary*  
Sister Mary Drexler



*God's grace be upon this shawl, warming, comforting, folding and embracing. May this mantle be a sign of God's healing presence. May it warm you and may it surround you to ease your suffering, sustaining and embracing in good times as well as in difficult ones. May you be cradled in hope, kept in joy, graced with peace and wrapped in love. Bless you as the recipient of this shawl. We wrap you in love and protect you.*

If you are interested in learning more about prayer shawls and the prayer shawl ministry, contact [S. Ann Marie Cappello](#).

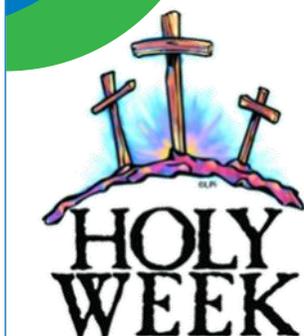


After more than 2 years, we are excited to announce the re-opening of the CLC to visitors! We can't wait to see you! Visitors are welcome to come

inside the Community Living Center to visit with sisters or attend mass. Masks are optional though visitors must be fully vaccinated (shots and booster) to enter the CLC. Visitors must show their vaccination card (screen shot or photo is acceptable).

There will be designated visiting areas and visitors must check in at the front desk. Hope to see you soon!

**CLC Mass Schedule**  
Mon., Tues., Thurs., Fri.  
8:00 a.m. Liturgy  
Sunday  
9:00 a.m. Liturgy



### SSJ Community Living Center

Holy Week/Easter  
Worship and Liturgy  
Schedule

**Palm Sunday**  
April 10  
9:00 a.m.

**Holy Thursday**  
April 14  
Liturgy of the  
Lord's Supper  
4:00 p.m.

We invite you to join us  
for dinner following the  
liturgy.  
Reservations are  
required.  
Call 814-836-4100  
by April 7.

**Good Friday**  
April 15  
Liturgy of the  
Lord's Passion  
2:00 p.m.

**Easter Sunday**  
April 17  
Liturgy of the  
Resurrection  
9:00 a.m.

# MISSION: POSSIBLE

## Spring is upon us—a time of renewal.

Sr. Ann Marie Cappello, SSJ, Mission Integration Coordinator

Congratulations to the associates on their recommitment and to the agrégées on the renewal of their vow. While talking with a few associates who were discerning their recommitment, they expressed concern that they were unable to be as active or involved as much as they should be, most often because of the pandemic, health issues, or the aging process. As I listened, the words of the song **The Presence You Are**, by Jan Novotka came to mind.

*"It's not what you do but how*

*you do it; it's not what you see but how you see; it's not what you say, know or achieve but it's the presence, the presence you are."*

Living the SSJ charism and mission is not about "doing a lot." It is simply being present and reaching out to the dear neighbor without distinction. According to Eckhart Tolle, "when you're present with another, it's all about giving someone your time, energy and attention. In practical terms, it means truly paying attention to what they're

saying, doing, sharing, or asking."

This presence can be in the form of a phone call, visiting others using Facetime rather than just a call, sending a thinking of you note, a card, an email, or getting some friends together via ZOOM. I know of one group that gets together for a morning coffee hour once a week via ZOOM.

However you are able to reach out to the dear neighbor, this makes the **SSJ Mission Possible**.

### The tale of Mary Grace and Gilbert Gander Goose

Our story begins when Mary Grace and Gilbert chose to nest right in front of the SSJ Administration Building on March 7, 2022. Mary Grace laid her first egg on March 9<sup>th</sup> and five more on March 15<sup>th</sup>. The last of the eggs appeared on



March 16<sup>th</sup>. A fence was put up to keep all of us away from them and to keep Gilbert away from us. This has only been somewhat successful!

Now we just wait for the eggs to hatch



which should be sometime between the 14<sup>th</sup> and 24<sup>th</sup> of April.

Keep posted for updates.



Chapter 2022-23

Sisters, Agrégées, and Associates,

Thank you for your participation in the small conversation groups in preparation for Chapter 2023. After we review each group's responses (which are due March 31), our next step is to prepare a synthesis of the issues raised. Following the planning committee's April 20 meeting, this information will be shared with everyone. All the responses will also be posted on the Chapter web page before the second small conversation groups meet in mid-May through June 2022.

From the Chapter Planning Committee

## Retreats and Webinars

### Relational Care: Living Healthily and Authentically with One Another

Tuesday, April 5th  
2:00 p.m. EST

Online via Zoom Webinar  
In the CLC Gathering Space

We long for healthy relationships in religious life. This webinar will focus on the care of the many relational dynamics experienced throughout religious life. We will highlight aspects of attachment theory that hinders and supports living healthily and authentically with one another. As formators, leaders and ministers there are tools and skills that give us the ability to engage in caring for ourselves and our relationships. We invite you to join us and deepen Jesus' invitation to "love one another as I have loved you."

### SSJ Summer Conference Retreat July 11 -15, 2022 SSJ Community Living Center with Sr. Mary Rowell

We look forward to welcoming our retreat facilitator, Sr. Mary Rowell of the Canadian province of the Sisters of St. Joseph. Sr. Mary Rowell has been a Sister of St. Joseph since 2004. At Villa St. Joseph, Sister Mary is engaged in retreat facilitation, spiritual accompaniment and she is deeply engaged in the ecology ministry at the Center. She teaches theology at Regis and St. Michael's College at the University of Toronto. Sister Mary is also the Vocation and



First Formation Director for the Congregation of the Sisters of St. Joseph in Canada.

Before entering the Congregation of Sisters of St. Joseph in Canada, Sister Mary worked as a nurse and nurse educator in England and

later in ophthalmological and blindness prevention programs in Southeast Asia, China and the Indian sub-continent. She is also a clinical bioethicist.

Sister Mary has a bachelor's degree in philosophy, a Master's in Medical Law and Ethics and a doctorate in Theology. More details will follow. Contact [Sr. Rosemary O'Brien](#) if you have questions.

## News from St. Patrick's Haven



St. Patrick's Day is always a special day at St. Patrick's Haven. This year, the staff at Erie Fitness Academy made it even better. They held a St. Patrick's Day fundraiser at their Edinboro Road location in Erie to help



support our mission to serve homeless men. St. Patrick's Haven board members Ashton Barnes and Edith Benson were on hand to talk with the staff and patrons about how we help men experiencing homelessness. Board President, Lee Marzka, hand crafted a dough bowl and all who participated received raffle tickets. Erie Fitness Academy not only helps the people they serve improve their health but they have not forgotten

there are those in the community who struggle.

Each year, Karen and Jim Bomba remember their son, Jeffrey, who passed away in 2018 by holding an event to remember him and gather items for a non-profit. This year, those attending their memorial event donated coffee supplies for St. Patrick's Haven. Gifts given in memory of a loved one such as Jeffrey are particularly special to St. Patrick's Haven. Jeffrey's parents found a way for him to continue to be present by sharing with those in need.



## Associates' News and Happenings

Sr. Ann Marie Cappello, SSJ  
Associate Director

### Prayers

Please keep in your prayers all the sisters, agrégées and associates and their family members who are dealing with health problems.



### Welcome!

Exciting news! **Sister Ricarda Vincent**, who recently retired from Sacred Heart Parish, will be volunteering some of her time with the associates. She looks forward to getting to know each associate. You'll be hearing from her soon.

### Drive Thru Event Just a Reminder

Saturday, April 23, 2022, is fast approaching. We will be holding a Drive-thru at the Administration Building at the CLC from 10:00 – 11:30 a.m. to benefit the Sisters of St. Joseph Neighborhood Network. The items requested are: Gatorade, juice boxes, cases of bottled water, toilet paper, diapers (sizes 4 and 5), baby wipes, laundry soap or pods, body wash, gift cards to neighborhood stores such as Larry's Central Market, Serafin's Market, Dollar General or Country Fair.

### Your Input is Requested

Please mark the date May 19, 2022, from 7:00 – 8:00 p.m. on your calendar. KEB, the consulting firm that has been working with the

congregation regarding our future, has requested a short meeting via ZOOM with the associates and agrégées. More information will be sent soon by KEB.

### Thank You

On behalf of all the Sisters, I want to thank the Associates from the Sharon area who sent lovely St. Joseph Day notes to each of us. The cards contained a "heart" full of seeds for us to plant. Your thoughtfulness was gratefully appreciated.

### Associate 40<sup>th</sup> anniversary celebration

The Associates of the Sisters of St. Joseph of Northwestern Pennsylvania will celebrate their 40<sup>th</sup> anniversary this year on October 15, 2022. **Patricia Marshall and Nancy Donnelly** are serving as co-chairs of the event. They will be forming committees to help plan the celebration. More information will be coming.

### Future Events

Since it has been two years (seems like forever) since we have been able to get together in person, we are planning some summer events. We hope to have small get togethers throughout the summer at various times and days of

the week to accommodate everybody's schedule. If you would like to help with the planning, or if you have any ideas, contact me at 814-836-4199 or email

[s.amcappello@ssjerie.org](mailto:s.amcappello@ssjerie.org).

**Sister Carol Morehouse** and the celebration committee will also be planning some events for the entire SSJ community.

### Candidate Sessions

We will resume our candidate formation sessions this Fall. If you know of anyone who might be interested in becoming an associate, please give me their name and phone number or they can call me at 814-823- 8211. I will be having an information session sometime in May.

### Reminder

Just a reminder—I have moved and my phone number has changed. It is 814-823-1182 or you can call my office 814-836-4199. Thanks!



### Directory changes

Sr. Mary Ann White and Sr. Mary Herrmann have discontinued their land line phone. Please use their cell phones;

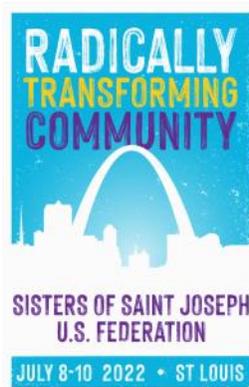
Sr. Mary Ann 814- 572-1104  
Sr. Mary 814-882-5031



Sisters of Saint Joseph  
U.S. FEDERATION

## Federation News

There is still room for about 6 people to virtually attend the Federation event. Participants would view sessions at the CLC. The community has covered the cost of this expense. If interested, please email Cass Shimek by Friday, April 9 to express your interest and be added to the list. More information will be forwarded to you at a later date.



### Want to learn more about Event 2022?

[Click here](#) to watch this informational video. Be sure to visit the [Federation website Event page](#) for more information and regular updates.

### Justice Lead Up to Event 2022 Tuesday, May 3 7-8:30 pm ET

Join U.S. Federation JPIC Coordinator, Lisa Cathelyn, as she leads this event which features organizations doing work around criminal legal reform across the United States. It'll be a perfect introduction to Event 2022's justice action and will allow you to learn more about the injustices of the criminal "justice" system and learn from folks who are working to change it.

**\*\*\*This programming is open to all. You do not need to be registered for Event 2022 to attend\*\*\***

[CLICK HERE to register.](#)

### Federation Synod Listening Sessions

The Federation is hosting virtual synod listening sessions, open to any sister, agrégée, associate/consociate, employee, partner in mission, or St. Joseph Worker. Don't miss your chance to participate.

Sessions will be 1 hour and 45 minutes in length and include time for communal prayer and small group listening. Each listening session will begin with Scripture and prayer; then will break into small groups for listening, sharing, and discerning. The key questions are:

- What have been the joys and obstacles in your journeying together with the family of Joseph (as a sister, agrégée, associate/consociate, employee, partner in mission, or St. Joseph Worker)? Please share a brief story that illustrates your experience.
- Considering our charism's call to love God and dear neighbor without distinction, how is the Spirit inviting you to act at this time in history?

### EVENT SCHOLARSHIPS

There are still scholarships available to assist folks in getting to Event 2022 this July. We envision the funds will be used:

- To increase the numbers of young adults, associates, agrégées, partners in mission, and all those who work in various ministries with the sisters attendance at Event 2022
- To cover a portion, but not all, of the costs associated with attending Event 2022 for individual grantees

The funds cannot be used in conjunction with other funding sources, such as from individual congregations. The funds cannot be used for sisters, individual groups or congregations.

The process will happen on a rolling basis, so we encourage folks to apply sooner rather than later. Please look at the [scholarship process document](#) first and then fill out the application.

[Scholarship Application](#)  
[Click Here](#)

The U.S. Federation is participating in a synodal animators cohort, sponsored by Discerning Deacons. The synthesis of these sessions will be submitted to Discerning Deacons by May 15.

**Next Session:**  
**Thursday, April 7, 2022**  
**2:00 p.m.—3:45 p.m.**

[Click here to register for this FREE session.](#)

## International Rivers Day

On March 14<sup>th</sup> Sisters joined other communities across the country in a public "Water Witness" in tribute to Laudato Si and Care for the Earth. The plan was to meet at the stream on the CLC property, have a short prayer service, and then clean up the area. We were able to have the prayer service, but Mother Nature had other ideas about the cleanup. With the snow covering the ground it was decided that our clean up would be postponed until a later date.

## Laudato Si Action Platform Update

The Pope has challenged all Catholics to help save the planet by living Laudato Si. The Laudato Si Action Platform consists of a self-assessment, a reflection and a seven-year action plan on how you can help our ailing planet. At this time the SSJ's have committed to participating in the Platform. We would like to have a small, 3-5 person, committee to help make sure the plan that we develop is inclusive of all living the charism. We are looking for associates, agrégées, and sisters. This is a short term commitment (3 or 4 meetings). If we get an overwhelming response, names will be randomly drawn. If you would like to contribute to this important work, please contact [deb.seng@ssjerie.org](mailto:deb.seng@ssjerie.org) or 814-836-4246.

## Green Apple Award

Thank you to the teachers who submitted their environmental projects that they were able to accomplish even faced with teaching during a pandemic. Each

teacher will receive a certificate and a special plaque. Maria Ehrman from Our Lady of Peace School in Erie was able to complete a dragon fly pond activity and a water project with her 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students.

Wendy Sparks from St. Francis School in Clearfield teaches her third-grade students about the environment by reusing and repurposing items in all projects they do. They also use filtered water, have a classroom garden and a pet turtle.

Allison Stinely from the SSJ Neighborhood Network submitted two projects that the students they serve participate in urban farming and the bike program. The students who work in the garden learn the benefits of growing and harvesting their own food. The students who participate in the bike program learn about how recycling can create a usable product and how riding a bike can reduce their carbon footprint. Both these programs thrive under the watchful eye of Gretchen Gallagher Durney and Margarita Dangle and the many volunteers at the Neighborhood Network.

Becky Kelly who teaches 6-8 grades at St. Francis School in Clearfield has her students run the recycling program for the school. The waste is then taken to the local recycling center rather than the landfill.

We are grateful to these teachers and mentors for showing their students the importance of thinking "green." Their efforts will ensure that the next generation will do their part to protect our planet.

## Working Toward a Sustainable Lifestyle



- ◆ Response to the cry of the Earth
- ◆ Response to the cry of the poor
- ◆ Ecological Economics
- ◆ Adoption of a sustainable lifestyle
- ◆ Ecological education
- ◆ Ecological spirituality
- ◆ Community resilience and empowerment

## Do you have a heart for justice? Join JPIC

If you have a heart for social justice please consider joining the JPIC Team. We welcome your help. Call Deb Seng at 814-836-4153.



Be sure to check out the SSJ Erie YouTube channel. Go to [YouTube.com](https://www.youtube.com) and search for SSJErie.



## 15th Annual SSJNN Guess That Tune Gala May 7<sup>th</sup>, 2022 Bayfront Convention Center

For the first time since 2019, the Sisters of St. Joseph Neighborhood Network will be hosting its 15th Annual Guess That Tune Gala in-person on Saturday, May 7th at the Bayfront Convention Center! (Portions of the event will also be available virtually for those unable to attend.)

All proceeds from the gala fund our mission to provide leadership, advocate for local residents, and partner with the broader community to develop opportunities for personal growth and neighborhood revitalization.

Join in the fun along with hosts Drs. Caitlin and Chris Clark, live music from the Gem City Jazz Ensemble, and an unforgettable music trivia game with emcee Raychel Adiutori and pianist Michael Malthaner!

A few more volunteers are needed for this high-energy, in-person event. Please contact Lora at 814-897-6901 if interested. Volunteers must be vaccinated.

The Sisters of St. Joseph Neighborhood Network would greatly appreciate your help with theme baskets that are always one of the highlights of the event.

Those interested in donating money, unused gift cards of any variety, or items for the themes below, can drop off donations at the CLC front desk or SSJNN at 425 W. 18<sup>th</sup> St., no later than April 20<sup>th</sup>.

The basket themes are:

- Tool/maintenance theme
- Cat/dog theme
- Spa theme
- Memorial Day/barbeque theme
- Kitchen/cooking theme
- Wine/spirit theme

Baskets will each have a value of \$200-\$250 and will be displayed at the CLC from May 2-5 for those who are unable to attend but wish to purchase chances. Please contact Sr. Catherine Manning at 814-528-8834 or Gretchen Gallagher Durney at 814-454-7814 x 210 or [gdurney@ssjnn.org](mailto:gdurney@ssjnn.org) with questions.

Individual tickets, corporate sponsorships, and virtual ticket options are now available: <https://www.ssjnn.org/gala/>

**THANK YOU so very much for your support of SSJNN ministries!**

### ssj community April Birthdays

- 1 S. Betty Ruza  
A. Evelyn Visnoski
- 2 S. James Francis Mulligan  
A. Jan Larrey
- 3 A. Jon Fuhrman  
A. Gina Adams
- 4 A. Margo Keefer
- 7 A. Alice Connelly
- 8 A. Donna Geiger
- 9 S. Margaret Ann Hardner
- 13 S. Mary Carol Hoke
- 14 A. Cindy Bielanic  
A. Susan Reda
- 17 A. Suzanne O'Connell  
A. Stephen Branton  
A. Brenda Desser
- 19 A. Audrey McLaughlin
- 23 S. M. Millicent Zimmer  
A. Lani Reinwald
- 26 S. Nancy Sonnenfeld  
A. Marlene Scully
- 28 Agr. Charlene Kellerman
- 29 A. Linda Dougherty
- 30 A. Ann Flick

### For a Synodal Church: Communion, Participation, and Mission

Pope Francis has asked every diocese in the world to participate in preparations for the upcoming world Synod of Bishops to be held in Rome in 2023. The theme of that synod will be **For a Synodal Church: Communion, Participation, and Mission.**

Information is available to aid in your understanding of the SYNOD and to explain how the Erie Diocese will participate. [Click here.](#)

## Sisters of St. Joseph of Northwestern Pennsylvania

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## Invest in Our Planet

### *Did You Know?*

The theme for Earth Day 2022 is "Invest in Our Planet." It can mean many things, but most important is realizing that the earth needs our help to heal.

Did you know that the fashion industry is responsible for 8% of the total greenhouse gas emissions? Sustainable fashion refers to a clothing supply chain that is ecologically and socially responsible. According to [Earthday.org](http://Earthday.org) the fashion industry sends waste to landfills, pollutes water with toxic chemicals and dyes, cuts trees to make fabric and is a significant contributor to biodiversity loss. In addition to harming the environment, the fashion industry is the second largest contributor to modern day slavery, including child labor.

What can you do to wear

sustainable clothing? When purchasing clothes, choose natural or organic materials like cotton, linen, wool, bamboo, or hemp. Buy 100% recycled fabrics. Do some research on clothing brands to identify those that are ethical, and practice transparency and sustainability. By doing just these few things, you can help the planet by only supporting businesses that care for the planet. You can also protect our water supply by reducing the use of pesticides and herbicides as well as the amount of microplastics that get released into our rivers and oceans.

According to [Earthday.org](http://Earthday.org), more than one billion

people in 192 countries participate in Earth Day activities. Will you join them? By practicing sustainable fashion, you can make Earth Day everyday!

