



## A Spiritual Practice to Deepen Faith and Transform Relationships

Who have you decided will never change? Who, to you, is beyond hope? Have you ever prayed *against* someone rather than for them—that you and others be protected from them or that they be stopped somehow? What if we trusted in the Spirit’s ability to work in the lives of even the most blind, most cruel, most hardened of heart? Our prayer and its effects might be very different. What if, in a spirit of contemplation and as a spiritual practice, we were to regularly bring to mind those we fear, dislike or even hate and ask God to help us “gaze upon them” with a sincere desire for that person’s healing and reconciliation with God and all others? What if, every day, with compassion and mercy, our prayer was for that person’s broken relationships to be restored, traumas and weaknesses to be healed, hope to be renewed and desire to seek and follow God be sparked and intensified? Will we try to love as God loves and in so doing witness the Spirit working in, through, and among us?



## Empowering Women to Help Solve the Greatest Source of Health Issues on the Planet



Do you believe that clean water is a basic, God-given human right? Two billion people—one in four people on the planet—are drinking unsafe water, leading to needless illness and death, according to S. Lorraine Lauter, Director of [Water by Women](http://Water by Women), formerly known as Water With Blessings. Water By Women is a non-profit organization that trains women how to use safe, portable water filtration systems and then help their communities.



Water With Blessings S.Lorraine Lauter [Click to view video](#)

Our Sr. Ella Binz hosts Stitches & Blessings, an effort here in Frankfort, Illinois, that supports Water By Women through using a simple pattern to crochet and/or knit water filter covers that protect the delicate filters from breakage. Every second Friday of the month at 10:15 a.m. for one hour, people gather for a morning of prayer, crocheting/knitting, and camaraderie. This interfaith program emphasizes spirituality and neighborliness.

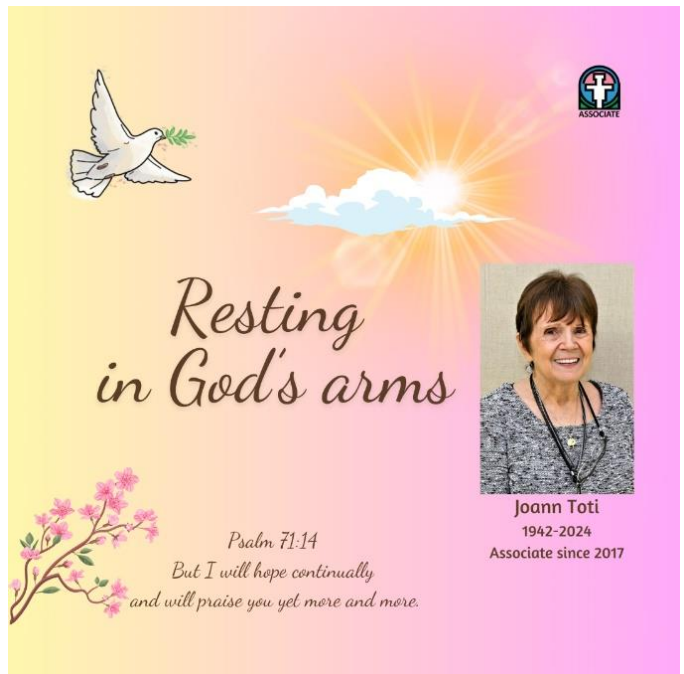
[Join Us](#)

*Resting in God's Arms*




*Sister M. Innocence Mills*  
1924-2024

*"In the time of their judgment, they shall shine and dart about as sparks through stubble. (Wisdom 3:7)*





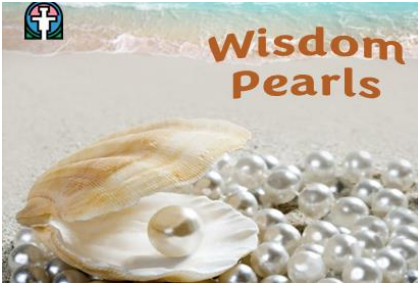
*Resting in God's arms*



Joann Toti  
1942-2024  
Associate since 2017

*Psalm 71:14*  
*But I will hope continually and will praise you yet more and more.*





Mk 4: 1-20

“A sower went out to sow seeds. As he sowed the seeds landed on different soil – some on the path, some on rocky soil, some among thorns and some on rich soil.”

*Lord, as I reflected on this I thought the sower in this story was reckless for not being deliberate in his planting and wasting the seeds but then I realized this sower was you. You give everyone a chance at obtaining salvation. Please Lord, help me make the soil of my soul rich. Let me nurture my soul with prayer, frequent reception of the sacraments, and spiritual reading. Thank you for being so generous.*

Sr. Dominic Dybel



## 2024-2025 Franciscan Spirituality Program



**Second Wednesday  
of the month**

Sept–Dec 2024  
&  
Feb–May 2025

**10:30-a.m. - 12:00 p.m.**

**St. Francis Woods  
Auditorium  
9201 W St Francis Road  
Frankfort, IL 60423-8330**

Text to be purchased by participants

### Light of Assisi: The Story of Saint Clare

by Margaret Carney, OSF

*Register at*

<https://fssh.net/connect/mass-events/>

## Associate News

Congratulations Mary Massingale and Eileen Redican, our newest Associates! Their commitment ceremony is set for **Sunday, September 8, 9:30 a.m.** during the Motherhouse Mass. Mary and Eileen are connected with the Motherhouse/ Frankfort Circle.

Welcome to Lee Menichella who formally entered the Associate Orientation Process.

Do you know a friend, neighbor, colleague, or family member who feels drawn to meaningful conversations about living the values of Francis and Clare in our world today? Do they seem to desire a deeper grounding during times of change? Invite them to explore the Associate relationship with the Franciscan Sisters of the Sacred Heart!



Mary Massingale



Eileen Redican

[Learn More](#)



## Scripture Reflections

Join Sr. Marilyn Renninger for a Scripture Reflection each Thursday beginning **September 5, 2024, through May 8, 2025**. No need to register. Just come to the Assisi Center or submit the form by using the button below to receive a Zoom link. We are so pleased to be able to welcome participants from around the world to join with us in preparing our hearts for Sunday Mass! You can reach Sr. Marilyn at [marilyn.renninger@fssh.net](mailto:marilyn.renninger@fssh.net).

[Zoom Link Signup](#)