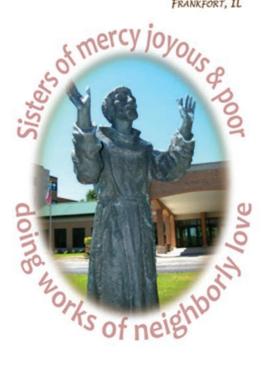
SPRING/SUMMER 2025 Vol. 33, No. 1



FRANCISCAN SISTERS OF THE SACRED HEART FRANKFORT, IL



#### Let us pray... for you!

We would be glad to pray for your intentions. You can send your prayer requests through the form at this link: <u>http://www.fssh.net/</u>submit-a-prayer-request.

#### Dear Friends,

Please help us save paper, ink and postage costs by receiving our communications via email rather than mail. Please send your email address and your name to: Vallerie. Wonders@fssh.net.

Once you approve a test email, you can start receiving PDFs of our newsletters in full color. Thank you!

> Vallerie Wonders Director of Development

#### Dear Friends,

I invite you to join with us during this month of June

dedicated to the Sacred Heart. This year we celebrate the 350<sup>th</sup> jubilee of the apparitions of the Sacred Heart to St. Margaret Mary. We are also celebrating a Jubilee Holy Year dedicated



by our late Pope Francis to being "pilgrims of hope." And above all as Franciscan Sisters of the Sacred Heart, we celebrate our 2025 Jubilarians honored in this edition of our *Co-Fran* news.

This threefold jubilee is cause for much celebration. According to the Old Testament, a jubilee year involves the release of prisoners, forgiveness of debt, and laying fallow the land. Pope Francis declared it to be a year of forgiveness of sin, conversion, and joyful celebration. All of these may be marked by a mercy and hope rooted in God that does not fade. "May it help us to recover the confident trust that we require, in the Church and in society, in our interpersonal relationships, in international relations, and in our task of promoting the dignity of all persons and respect for God's gift of creation." (Pope Francis, *Spes non Confundit* 25)

As cojourners, may the central message of devotion be manifest in the unconditional and compassionate love exploding from the Heart of Jesus that is ablaze in us. Join us on **June 14 at 11:00 a.m. (CT)** for our Jubilee Mass honoring this year's Jubilarians. *(The livestream link will be available on our website, fssh.net.)* Please know that then and in our Masses throughout the year, we give thanks for your friendship. With the Word of God in our heart, we cannot keep quiet, for love that is genuine cannot be held back. Each of us is the result of God's dream. We are each willed into being, we are each loved, and everyone is necessary. Let us always give love, mercy, and kindness simply because that's who we were made to be and that's who's we are ... made in the image and likeness of a loving God. Thus, like our father, Francis of Assisi, may our lives be a jubilation. "Praise and bless my Lord and give Him thanks and serve Him with great humility."

Sister Mary Elizabeth Imler General Community Minister

# 2025 Jubilarians Fan the Flame of Hope



Sister Theresa Renninger 75<sup>TH</sup> Jubilee

Sister Francis Therese Ortega 60<sup>TH</sup> Jubilee

Sister Mary-Lynn Danaher 60<sup>TH</sup> Jubilee



Sister Judith Plumb 60<sup>TH</sup> Jubilee



Sister Norma Janssen 60<sup>TH</sup> Jubilee

Sister Kim Marie Wolf 50<sup>TH</sup> Jubilee My heart rejoices and gives thanks as I celebrate my 75<sup>th</sup> Jubilee. My memories are many and my friends and acquaintances wonderful. I have been blessed to serve in educational roles as teacher, principal, volunteer, and tutor, and I have always tried to help others in any way I could. What made it all worthwhile was simply sharing joy and a smile with those who crossed my path. It has been an honor to live these many years in a community that means so much to me. To any woman considering a religious vocation I would say, "Come, you'll love it just like I do!"



My Jubilee is like a celebration of what I have dreamed. I am so excited! Now it's my turn to celebrate who I am, Sister Francis Therese. I am a simple woman. When I was a child in the Philippines, our parish was very big, and we had many celebrations. I always felt that God was calling me to give myself to him. After 60 years, God still calls me, and I love the Lord, my Sisters, and the people I have served. In all these years, I feel greatly blessed. I am grateful and my last words will be, "Thank you, Lord!"

In celebrating Jubilee, I reflect on my various ministries, feeling that I have always done what was mine to do. For 24 years at St. Joseph Medical Center, Joliet, IL, on the 8<sup>th</sup> medical-surgical floor, I felt I was present to those who were suffering from some illness and was able to make them as comfortable as possible. I'm honored to celebrate Jubilee when the Church is celebrating Jubilee 2025, and I know our Sisters in heaven are celebrating with me. I am most grateful for all who supported me in my vocation and my care of the sick, especially my mother, who was also a nurse.

While still a novice, I made my retreat at Mundelein Seminary. In the chapel was a simple sign "Dayenu" which in Hebrew means, "It would have been enough." Ever since, I have had this word in my Office Book as a reminder of all that God has done for me. It is enough and all is gift. Throughout these 60 years, I have been blessed with Sister companions and my family who stood by me in painful moments, ministry and health challenges, and in joyous times. I am blessed to have been called to religious life and to celebrate 60 years.

My vocation was nurtured by a loving family, and it continues to unfold with the presence of a supportive community of Sisters, Associates, coworkers and friends. I have been blessed to share the joys and challenges of a variety of ministries (nursing, social service, health care administration, massage therapy and spiritual direction) which brought me into contact with countless wonderful people who made a powerful impact on my life and who will be forever in my heart. My gratitude to God, my constant companion on the journey and the One who started and sustains it all, knows no bounds. I love being a Franciscan who is dedicated to the Sacred Heart.

For me, the Year of Jubilee is about being grateful, rejoicing, and celebrating. As I grow older, I am feeling more blessed and thankful for all that has been. I am becoming more aware of God's presence in all things. The goodness of so many people who have been part of the journey is amazing. The importance of loving, supporting, and caring for each other has come alive. Celebrating a jubilee is cause for rejoicing for all of us. Ultimately it is realizing the goodness and generosity of God. I rejoice in God and the many graces he has lavished upon me!



#### In Memoriam

# Sister Colleen Loehmer (1932-2024)

Simplicity! This is the Franciscan value that Sister Colleen Loehmer carried in her heart and life for 73 years as a religious Sister. "That's the virtue I love—simplicity. Just be satisfied with what you have.

Be simple," Sister said. Sister entered our congregation in 1948 and spent 44 years working with children as a teacher, teacher aide, and tutor, something she loved. If she could tell a child one thing about finding purpose in life, she would say, "Always be open to suggestions and to your wants and desires and pray! Pray to know God's will and to accept whatever God wants you to do. This is best for humankind because we are here to help others, our brothers and sisters in Jesus." In retirement Sister continued bringing the love of Jesus to everyone she met, whether visiting friends, writing notes, coloring/painting pictures for others, or knitting beautiful baby sweaters and caps for newborns. At all times, her faith and perseverance were an inspiration to others. On November 17, 2024, Sister Colleen welcomed Sister Death with that same simplicity and trust in Jesus that had accompanied her in life, believing that was her reason for being on earth was to help others! Sharing and giving the little she had was her hallmark. At that final moment, all she had left was what she had given away, for she had given her entire self away.

#### Sister Colleen, you were a beautiful light of Jesus. May the love of Jesus you shared so joyfully during your life be lavishly poured out upon you for all eternity!



Sr. Josephine Mulcahey with Sr. Marilyn Renninger holds up her award.

# Remembering Our Legacy ...

## ... Blessing Our Future

Our FSSH legacy was celebrated at St. Joseph Hospital, Elgin, IL, and St. Joseph Medical Center, Joliet, IL, on February 28, the date Prime Healthcare took over both institutions. Honored were Sister Josephine Mulcahey for her 33 years of service at St. Jospeh Medical Center and Sister Leticia Lapid for her 25 years at St. Joseph Hospital. Gratitude was expressed for the countless

Sisters who offered their faithful service in these hospitals and whose spirit will always remain in them. Calling upon the Sisters who served the healing ministry, thanks and a prayer of blessing of God's newness for a future full of hope were offered. Our mission of caring for all those in need will carry on with our prayers.



Sr. Leticia (far left) celebrates with Ed Hunter and Sisters Christina Fuller, Karen Lanigan, and Nancy Roberta Schramm.

### Barbara Hines Retires



On February 18, 2025, the retirement of QueensCare CEO Barbara Hines was announced. She followed in J.J. Brandlin's footsteps, her father, and for the past 30 years has led the organization in the tradition of compassionate service that began with the Franciscan Sisters of the Sacred Heart and continues today and into the future, thanks to the dedication of St. Joseph's Health Support Alliance and QueensCare's board, staff, and community partners, all working together to improve the health of underserved Los Angeles County residents. Furthering the mission originally established by the Franciscan Sisters of the Sacred Heart, QueensCare brings preventative and direct care to the communities it serves through screenings, treatment, and educational initiatives. Read more of the history found on their website: https://queenscare.org/our-history/.

# Jim Trautmann Retires After 30+ Years of Service

In January, the Sisters and employees celebrated the retirement of James Trautmann after more than 31 years in food service at the Motherhouse. Stories were shared of memorable and enjoyable moments with gratitude expressed for James' patience and endless efforts to provide delicious meals.



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#### Sisters Celebrate Feast of St. Joseph at St. Joseph Hospital-Elgin



It was a blessing for Sisters Leticia Lapid, Christine Bowman, Karen Marie Lanigan, Ella Binz, and myself to celebrate the Feast of Saint Joseph at St. Joseph Hospital in Elgin, IL, on March 19. We had a nice breakfast with the Pastoral Care Team Leszek Baczkura, Sr. Appolonia, and Fr. George. Next, we divided into three groups to



deliver delicious donuts to the staff. After that, we gathered in the chapel for a beautiful Mass celebrating the Solemnity. After Mass, we had a festive luncheon with several key staff leads. Before leaving, we visited the garden dedicated to Sr. June Does where a plaque on the wall lists the names of all the Sisters who have ministered there.

Sister Lovina Francis Pammit



# Sister Debrah Attends Pro-Life March

Sister Debrah Funfsinn and her sister, Joan Miller, attended the Pro-Life March in Springfield, IL, on March 25. It was the Feast of the Annunciation of our Blessed Mother Mary. How appropriate

to have it on this feast! They joined the Pro-Life group from Immaculate Conception Church in Morris, IL.

## Associate Frankfort Circle Gathering

The Frankfort Circle of Associates gathered with the Motherhouse Sisters on March 8. The gathering focused on checking in with Honorary Associates, presenting the prayer bowl, and planning a day of reflection. A highlight included sharing signs of hope—reflecting on the images, people, and moments that inspire us. We found hope in the rhythm of the seasons, the delicate beauty of a snowflake, and the promise of new life emerging from the earth. Nature reveals God's presence, while acts of love and faith remind us that hope is alive in those who witness among us.

> Pat Tomich Assistant Associate Director

St. Anthony CCW Bingo Night

In celebration of Catholic Sisters Week (March 8-14), Council of Catholic Women members from St. Anthony Parish, Frankfort, IL, held a bingo party for the Motherhouse Sisters on March 18. It was



a great time of fun, fellowship, food, and wonderful prizes for the bingo winners.



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## Sister Genevieve Participates in Earth Awareness Fair



In early March I attended an Earth Awareness Fair sponsored by the Frankfort Public Library. I learned more about sustainability as well as resources in Will County and surrounding areas and collected handouts with more information. One thing that was new to me was the Bird Friendly<sup>®</sup> gold standard created by Smithsonian scientists. It does more than other eco-friendly seals to protect habitat that is often destroyed to make way for coffee growing. Instead of clearing rainforest, Bird Friendly coffees grow underneath shade trees that provide habitat for birds, including migratory species,

whose impressive journeys can take them from our backyards all the way to the coffee farms in Latin America. Bird Friendly certified coffees are 100% pure shade-grown and USDA Organic making them better for us and the planet. Look for the Bird Friendly seal wherever coffee is sold. In checking out the website, I also learned that there are now a few Bird Friendly chocolates as well. For more information, do an online search for Bird Friendly Coffee.

Sister Genevieve Raupp

#### Sister Kim Marie, Associates & Friends Demonstrate in "Hands Off!" Rally



I, along with Maria Powers and Associates Pat Tomich and Rosemary Travis were among the millions who took part in the "Hands Off!" rallies across the U.S. on April 5. These rallies provided an opportunity to take a public stance for justice, democracy, and values that are worth preserving and defending. It was an occasion to express Gospel values and to be a prophetic voice, as Jesus would



want us to do—to protect the vulnerable and to do it in a peaceful and nonviolent

way. It was hopeful to see so many people across the country standing up for the values of dignity, respect, and concern for those living on the margins and for care of our Mother Earth.

Sister Kim Marie Wolf

## Sister Christine Attends "Hands Off!" Rally in Santa Barbara

One of my hosts on a recent visit to Santa Barbara, Jane Carey Fehrenbacher, invited me to join her at a "Hands Off!" rally protesting some of President Trump's changes. Not knowing what to expect, I accompanied her. (I even took my ID in case I got arrested!) While the police were very noticeable, I did not need my ID. The peaceful gathering of thousands at this rally was awesome. Some said that

they had never seen this many people in De la Guerra Plaza. We listened to speeches from different organizations. I discovered that this was linked to hundreds of other rallies like it across the nation. At the Associate Retreat at the end of my trip, I found out that several of our Associates were at similar events in their neighborhoods.

My advocacy efforts are not usually expressed in this manner but rather in responding to online requests from Mercy Justice Team and others to send messages or call members of Congress on the issue at hand. I do scores of these throughout the year.

The picture at right with me in the middle is of Jane and her youngest child, Danny, born after I

left California for the convent. I lived with the Dr. Carey family for a time helping Jane with their seven lively children (ages 2-12). I once told the doctor that his children helped to strengthen my vocation!



Sister Christine Bowman

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St. Josephine Bakhita

# World Day of Prayer and Reflection Against Trafficking in Persons

On March 8, the Sisters in Icoaraci in Brail attended a special celebration of the World Day of Prayer Against Trafficking in Persons, which takes place annually on February 8, the date dedicated to St. Josephine Bakhita, a symbol of the fight against modern slavery. The celebration brought together women religious from various congregations sympathetic to the cause in defense of life. During the celebration, there were prayers, reflections, and testimonies on the impact of human trafficking and the need for concrete actions to eradicate it. The spirituality of St. Bakhita was recalled as a call to hope and liberation for those who suffer from this serious violation of human rights. The initiative reinforced the importance of raising awareness and mobilizing society to reinforce this reality, encouraging preventive actions and welcoming victims.



Sister Claudia Pires da Silva

## Running to Stand Still—Documentary on Immigration



"Running To Stand Still," a 25-minute documentary film, comes at a time when concerns about immigration are front and center. Millions of people around the world are on the move, forcibly displaced from their homes by powerful forces including gang violence, climate change, and war. At the U.S.-Mexico border, all these forces are present in the lives of innocent, vulnerable people. The film aims to provide a human perspective on the issue of immigration by telling heartbreaking and inspiring stories. It explores the desperate efforts of migrants and their search for hope in the "Promised Land." Despite the challenges, the film captures moments of hope and resilience among the migrants as

they strive to find a better life. You can rent or buy the film here: https://www.runningtostandstillfilm.com/buy.



## Pilgrims of Hope: A Reflection

How can we be "Pilgrims of Hope" as we celebrate this Jubilee Holy Year? When I think of "pilgrims" the first thing that comes to my mind is the Mayflower and people coming to America hoping for religious freedom. The one thing pilgrims and immigrants have in common is hope. Presently, people are coming from Europe, the Middle East, and so many other places where people are hopeless in their own country due to war, poverty, persecutions, and other sufferings. They wish to come to America, which has been a melting pot of people from around the world since its very beginning. They come hoping for a better life. In the beginning, it was mostly religious organizations who helped to settle the immigrants/refugees into our country. In 1980 Congress passed the Refugee Act to help with these settlements. However, in January 2025, an executive order stopped refugee resettlement. We need to reach out with empathy and prayers to help these people of God who come here seeking a better life. May we make the words of St. Paul from the quote from Romans a reality for the immigrants and refugees.

Sister Mary Paul Shisler



## Matthew 28:8-15

Mary Magdalene and the other Mary "came out of the tomb in haste, fearful but very rejoicing, and ran to tell their disciples …" Lord, you ask me to make your message known to others, but I know that what I say will not always be well received. Thank me, Lord, with the courage to make your message known. Moreover, Jesus let me be so convincing that, just as the two Marys were able to persuade Peter and John, let me lead others to "go and see for themselves."

Sister Dominic Dybel

## 10th Anniversary of Laudato Si'

*Laudato Si'* is an encyclical Pope Francis published in May 2015. It focuses on care for the natural environment and all people. We Sisters and Associates have committed ourselves to work on its seven themes: responding to Cry of the Earth and Cry of the Poor, adopting a more ecological spirituality and a more sustainable lifestyle, and embracing ecological education and ecological economics.



Our more sustainable lifestyle has made us more consumer-conscious using laundry sheets and dryer balls, DIY shower spray, bar shampoo, Fair Trade and Rainforest Alliance coffee and chocolates, cloth napkins and bamboo products. Single-use plastic is used only when necessary! For us, *Laudato Si* was the catalyst to be more intentional in our care of the poor and Mother Earth. So it is with delight that we will celebrate this 10th anniversary even as our work continues!

Sister Christina Fuller



Congratulations and welcome, Pope Leo XIV!

We pray that our newly elected Pope Leo XIV will be a faithful witness of the Gospel, a compassionate servant to all in need, and a unifying presence in our divided church and world.





# An Evolving Call: National Associate Week as a Sign of Becoming

April 26-May 3 marked the first-ever celebration of National Associate Week within the FSSH community. The idea for National Associate Week emerged from Midwest Kindred Spirits, a coalition of Associate leaders representing congregations of women religious in the



Midwest. Several members shared how their congregations already recognized their Associates during this season. We agreed: let's collaborate and initiate an Associate Week within our respective congregations. What followed was a first step, one taken with hope, prayer, and gratitude.

Throughout the week, Associates received personal cards sent by the Sisters. These notes lifted hearts and allowed Associates to feel seen, known, and companioned on this mutual journey.

Associates were remembered in the intercessory prayer at Sunday liturgy at the Motherhouse where the outdoor marquee highlighted the celebration of the week.

Midweek, Associates and Sisters gathered on Zoom for a shared reflection on what brings us joy in our relationship. Each spoke, naming the joy that flows from mutual support, shared prayer, and our collective commitment to Gospel living. What emerged was a growing awareness that this connection which often began through friendship with a particular Sister grows into a deeper, communal commitment to the FSSH charism. A special thank you to all who participated, especially Waren who joined us from Nigeria.

Our prayer is that National Associate Week becomes a spark that continues to ignite deeper connection and commitment to the mission we share ever open to what the Spirit is unfolding among us.

Sr. Christina Fuller, Associate Director Pat Tomich, Assistant Associate Director





# Jubilee Holy Year Prayer by Pope Francis

Lord God of heaven, may the faith you have gifted us in your Son Jesus Christ, our brother, and the flame of charity kindled in our hearts by the Holy Spirit, reawaken in us, the blessed hope for the coming of your Kingdom. May your grace transform us into diligent cultivators of the evangelical seeds that make humanity and the cosmos rise unto the confident expectation of the new heavens and the new earth, when with the powers of Evil overcome, your glory shall be

Ð In Joving Memory of Pope Francis May St. Francis of Assisi meet him

at Heaven's gates with joy!

manifested eternally. May the grace of the Jubilee reawaken in us, Pilgrims of Hope, the yearning for heavenly treasures and pour over all the earth the joy and peace of our Redeemer. To you God blessed in eternity, be praise and glory for ever and ever. Amen.

With his death on April 21, Pope Francis was the first pope to open the Holy Door of St. Peter's Basilica for a Jubilee Year without living to close it.

# St. Francis Woods Employees Honored for Years of Service

Congratulations and special thanks to these employees for their dedication and years of service at St. Francis Woods:

Margaret Ezerski, Portiuncula Center for Prayer	5 years
Rachael Garcia, Care Corner	5 years
Sr. Janice Keenan, Portiuncula Center for Prayer	10 years
Alice Gitahi, Care Corner	15 years

# Send Jubilee Greetings to Our Sisters!

You are invited to celebrate with our six jubilarians by attending a special Mass in their honor on **Saturday, June 14**. (Lunch is by invitation.) In the meantime, you can send your greetings and congratulations through the homepage of our website: <u>https://</u> <u>fssh.net/</u>. They'd love to hear from you!

# SO<sup>TH</sup> CELEBRATION CRDINATION

PLEASE RSVP FOR THE LUNCHEON BY MAY 24TH

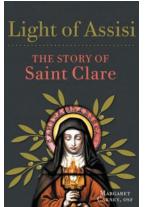
# A Mass of Thanksgiving

You are invited to a Mass of Thanksgiving to celebrate the 50th Celebration of Father Lawrence's Ordination. The mass will take place **on June 7 at 10:30 am.** followed by a lunch in the auditorium. "I don't need anything and I simply ask for your presence at Thanksgiving Mass." - *Father Lawrence* 

Please respond to Sister Ella at the front desk of the motherhouse at 815.469.4895 by May 24 so that we can properly prepare for the meal that follows. RSVP is ONLY for lunch.

# Enriching Reflections on the Life of St. Clare

Rich and fruitful discussions emerged from reflections on St. Clare of Assisi during our Franciscan Spirituality Program which began September 2024 and concluded in May 2025. It was a monthly conversation that centered on St. Clare and Franciscan spirituality, using *Light of Assisi: The Story of Saint Clare* as the basis for the discussions. It was a journey through the fascinating life of this groundbreaking Franciscan, her relationship with St. Francis, the Church, and her sisters. The experience was energizing and enlightening, giving participants a model of strength, faith, perseverance, and fidelity. St. Clare lights the way to hope for all those searching for spiritual encouragement!



#### "Clare's story shows us that we need only have the courage to unlock what is within us..." - From the Foreword

Keep an eye on our website, <u>https://fssh.net/</u> for the announcement of our next program's theme for September 2025!



PORTIUNCULA Center for Prayer Retreat and Holistic Center

#### Franciscan Summer Retreat Birthing the Word--Spiritual Motherhood

#### Sunday, July 13 - Friday, July 18

This contemplative retreat explores the Franciscan idea of spiritual motherhood and will be based on St. Bonaventure's "Five Feasts of the Child Jesus." Every Christian—male and female – is invited to do what Mary herself did as Jesus' mother, be a Christ-bearer to their world. Facilitator: Sr. Mary Elizabeth Imler, OSF

#### Limited seating - reserve soon

To register, call (815) 464-3880 or go to https://www.portforprayer.org/payment/







Mass Tuesday-Sunday 9:30 a.m.



The public is invited to Eucharistic Adoration during our Holy Hour, 4:00 p.m.-4:45 p.m. on every Wednesday and the First Friday of each month. Please come and pray with us and spend time in the presence of the Beloved One of God who graces us on our life's journey.



#### What Is the Truth?

In the passion narrative from the Gospel of John after hearing Jesus say, *"Everyone who belongs to the truth listens to my voice,"* we heard Pilate ask Jesus: *"What is truth?"* This was the theme of the program co-sponsored by Office for Religious (Chicago), Chicago Archdiocese Vocation Association (CAVA), and Catholic Theological Union (CTU) on April 11, 2025.

Ann Garrido, the speaker, began with a short exercise. She asked us to use "truth" in a sentence. Then she asked us to write the same sentence except that we needed to substitute another word for "truth." When we finished, she asked us to reflect on what we learned from this short exercise.

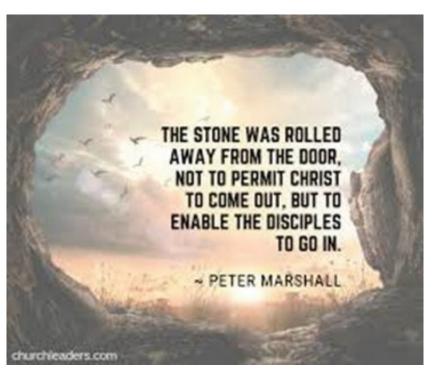
There were more than 45 people in the room, and the alternate/ substitute words for "truth" were more than we could manage. I realized there is more than one version of truth. We see truth from where we stand. We can relate to what is true from our life experiences as well as our cultural traditions. In a way, I realized this is the reason truth is a hard commodity to sell. Each person holds a piece of the truth that is part of the bigger picture. The invitation and challenge for me is, can I hold the truth of the other as sacred?

We had more exercises and discussions, and they were meant to help us unpack how we as a group or individuals protect our own version of truth. We realized that sometimes we need to find a middle ground for us to meet. For me, one thing is important: to stay at the table no matter what version of truth others hold. I need to stay in conversation without judgment, listen with the intention of understanding, accept others without compromising my own integrity, and be gentle with myself.

Sr. Maria Brizuela

## Roll Away the Stone(s)!

When I ran across this quote it made me pause and reflect. I never thought about the stone being rolled away for the apostles, the woman and us to go in. Don't you love the song "Roll Away the Stone"? Jesus opened the door to heaven for us. He showed us an example to follow and when we live our life as best we can, eternity with God awaits us. The resurrection was an overwhelming sign of God's unconditional love for us. It is sad to think that some people do not know all that Jesus did for us or how deeply God loves the poor, the refugees, the homeless, and those who live on the peripheries. How can we bring hope to those who so desperately need this virtue? We must be hope-filled ourselves so we can be examples of hope in our weary world. We need to examine our own heart and soul to see what we need to do to reach out and bring the Gospel to God's people. Sometimes other things keep us from reaching out to others. How many stones do we have to roll away in our lives to get closer and more intimate with God in order to show hope to the world?



Sr. Mary Paul Shisler



FRANCISCAN SISTERS OF THE SACRED HEART 9201 W. St. Francis Road Frankfort, IL 60423





Reserve a blanket and pack your own lunch: \$10

Reserve a blanket and have a lunch packed and prepared for you: \$10 + \$10 per person/per lunch



All ages Starts at 11 - All day



**Register now:** FSSH.net/give



#### **Outdoor activities:**

- Take a stroll through the beautiful acres of St. Francis Woods
- Go on a scavenger hunt
- Explore the unfolding story of life and the universe at the Cosmic Walk
- Enjoy a meditative walk at our Labyrinth