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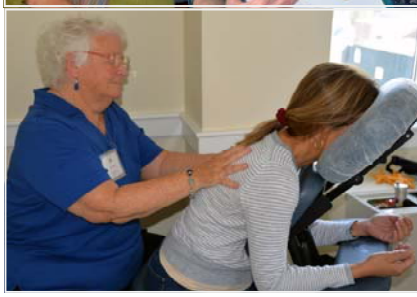
Online Update 3.1.2
November 22, 2017

THE WOMEN'S TABLE OFFERS THIRD ANNUAL PEACE BEGINS WITH ME

We Can Be Peace!

By Denise Kelly, CSJ



Thanks to a Unity and Nonviolence grant from the Sisters of St. Joseph, The Women's Table, a Congregation Ministry of the Sisters of St. Joseph of Boston, offered a day-long program of self-care for women of all ages and backgrounds. *"Peace Begins with Me III"* was held on November 4, 2017, with more than thirty women in attendance. This day of relaxation, renewal, and rest included yoga, guided meditation/reiki, neck and shoulder massage, adult coloring, zentangle, journaling, quilling, and time to just be!

After a full day of breathing deeply, centering, contemplating, and relaxing, participants were asked to share a word that expressed their experience of the day. Words shared included: peaceful, blessed abundantly, feeling centered, loved, welcomed, affirmed, rejuvenated, calm, refreshed and overflowing with gratitude.

Our peace day was truly a healing and restorative experience for all who attended. At the end of the day, blessed in body and soul, women were resolved to nurture the peace and tranquility within themselves and, thus, be peace for others and our world. Peace truly begins with each of us. WE CAN BE PEACE!

Learn more about The Women's Table Programs at: https://thewomenstable.org/

PICTURED CLOCKWISE: Demonstrating the art of Paper Quilling; Lisa Connors leads Jackie Wright, Marian Wing, Peggy Bakalo and Erin Loparo in Yoga; Denise Kelly, CSJ, and Mary Rita Weschler, CSJA, admire a participant's artwork. Charlene Favreau, CSJ, instructs Rosemary Sheehan and Monique Tureene in the art of Zentangle. Wendy Luk and Mary Thomits review the schedule. Kathy Short, CSJ, gives Deolinda Daveiga a neck and shoulder massage.

Leadership Teams of the Sisters of St. Joseph Circle the City with Love

On November 8, 2017, before their annual Leadership Assembly, Sisters of St. Joseph from across the United States gathered at West Capital Park, Albany, NY, in a gesture of solidarity for all that is happening in our world today. This witness is linked to the ritual known as Circle the City with Love, begun by the Congregation of St. Joseph in Cleveland in July, 2017. The mission of Circle the City with Love is to stand together holding hands in silence embodying the power of LOVE that brings healing, peace, nonviolence, and justice to our world.

PICTURED AT LEFT: Peggy Sullivan, CSJ, third from left with other Sisters of St. Joseph who gathered to Circle the City with Love outside the Albany, NY, state house.

New England Region Associates (NERA) 23rd Gathering. By Kathryn Davis, CSJA

Associates and sisters gathered on Saturday, November 4, 2017, at Mercy Medical Center, Springfield, Massachusetts, to celebrate twenty-three years of the New England Region Associates (NERA). Gail Furman and Fran Popko, SP Associates, were facilitators for the day. It was impressive to meet with thirty-nine associates and six sisters from nine different congregations. Included in this group were eight Boston CSJ Associates and Mary Ellen O'Connell, CSJ. Attendees rekindled friendships, developed new friendships, and shared a common bond of God and religion. After the opening prayer, the group discussed the history of how associates began.

The topic of the meeting was membership among the associates; specifically, how do we attract new and younger members? After much reflection and sharing, the consensus was to reach out by personal invitation and invite friends to associate gatherings; to develop a small group gathering at your parish to discuss what it means to be an associate; to develop social media, such as Facebook and Twitter announcements to attract young adults; to embrace family participation in an effort to "plant the seed" which can deepen spiritual relationships today and in the future; and, most importantly, to live the charism of your congregation. In addition, the gathering opened and closed with beautiful and inspiring music, reflection, and gifts.

Pictured Clockwise: Elise Cheverie, CSJA Boston, center, during small group sharing with associates from other New England congregations. Mary Ellen O'Connell, CSJ, with CSJ Boston Associates Joanne Murphy, Elise Cheverie, Kathryn Davis, Judy Swett, Janice Young, Margaret Lelakes, Catherine Sabatini, Kathy Tighe. Kathy Tighe, CSJA, and Kathryn Davis, CSJA, during prayer.

Dates to Remember

Nov. 22, Wed., 5:30pm — Weekday Liturgy — Motherhouse — all welcome
Nov. 26, Sun., 9:30am — Sunday Liturgy— Fontbonne Convent — all welcome
Dec. 2, Sat., 4:00pm — Vigil Liturgy for Sunday — Fontbonne Convent — all welcome
Dec. 6, Wed., 5:30pm — Weekday Liturgy — Motherhouse — all welcome
Dec. 8, Fri., 8:30am — Feast of Immaculate Conception — Fontbonne Convent — all welcome
Dec. 10, Sun., 9:30am — Sunday Liturgy— Fontbonne Convent — all welcome
Dec. 12, Tues., 5:30pm — Weekday Liturgy — Motherhouse — all welcome
Dec. 14, Thurs., 7:00pm — Taizé Prayer — Motherhouse — all welcome
Dec. 16, Sat. 2:00pm — Advent/Christmas Social — details to follow
Dec. 16, Sat., 4:00pm — Vigil Liturgy for Sunday — Fontbonne Convent — all welcome

Long deeply for God.
Be constant, wisely eager
to receive God's love.
Maxims in Haiku #42, Frances Agnes Blake, CSJ
Based on Maxims of the Little Institute

Sister Anne Gavin, CSJ
Sister Mary Arnold
Date of Birth: June 9, 1925
Date of Death: November 16, 2017
In the 73rd year of her Religious Life.

Membership: 254

Reflections can be viewed at:
http://www.csjboston.org/news-and-events/in-memoriam/

For more dates, updates on stories, events, and news related to the Sisters of St. Joseph, follow us at www.facebook.com/csjboston, and on Twitter: https://twitter.com/csjboston and subscribe to our YouTube page at https://www.youtube.com/user/csjboston/videos. Visit www.csjboston.org for quick links to these places.