



ST. JOSEPH SPIRITUAL MINISTRIES
A Congregation Ministry
of the Sisters of St. Joseph of Boston

Staying Connected in this Uncertain Time

As we carry on here at St. Joseph Spiritual Ministries in remote locations, we are taking some contemplative time to reflect on a favorite Scripture passage that has held meaning for us in past difficulties and what it may be saying or inviting us to look at in new ways during this global crisis.

“When it was already light, there stood Jesus on the shore, though the disciples did not realize that it was Jesus. As soon as they came ashore, they saw that there was some bread and a charcoal fire with fish cooking on it ... Jesus said to them, ‘Come and have breakfast.’

This was the third time that Jesus revealed himself to the disciples after rising from the dead.” John 21: 4, 9-10, 12-14



Photograph – Rosemary Brennan, CSJ, used with permission.

A Spirituality of Resilience

by Rosemary Brennan, CSJ

“Come and have breakfast.” What a simple, caring and ordinary gesture Jesus extended to his disciples. In reality, it was his way of attending and without explicitly saying it to them, he communicated, I am still with you and here for you.

In pondering these verses, I am mindful of all the ways so many people are likewise extending such thoughtful and caring gestures in the midst of these challenging and uncertain times by letting others know they too are with them and here for them. This outreach and accompanying witnesses to the resiliency present within individuals and among the wider community.

James and Evelyn Whitehead, a theologian and a developmental psychologist, have a gem of a book entitled ***The Virtue of Resilience***. I happened upon it a few years ago at precisely the time I personally needed the wisdom they offered. The Whiteheads describe resiliency as “the immune system of the human spirit” and they share the “Three Rs”, of **recruitability**, **reframing**, and **resolve** which assist in building resiliency.¹

Throughout his life, I believe, Jesus lived what the Whiteheads present as ways of cultivating resiliency. He fostered and recruited a community of friends and invited others to join and be his companions. He modeled how to reframe situations in order to invite others to shift their perspectives and open their hearts to new understandings – such as seeking to shift the cultural world view at the time from judgement to compassion. And he witnessed great resolve in continuing to preach his message of love and acceptance in the midst of rejection.

The pandemic we are currently experiencing is challenging us, individually and as a world community, to develop a spirituality of resilience. In doing this, it is important to know and hopefully believe you are not alone in this venture. Together we are reframing how to incrementally live into the present and have hope for the future. Our resolve is great, and we trust that God will bless us with graces sufficient to keep on keeping on in this moment in time.

In returning to Jesus’ invitation to “Come and have breakfast,” I am including a recipe for a ***Sour Cream Coffee Cake*** that you may enjoy baking for your own breakfast or to surprise a friend or neighbor with a little treat. If cooking is not your thing maybe you can forward the recipe with the hint of baking it for you.

Blessings to all!

Rosemary Brennan, CSJ

Spiritual Director

Advisory Board, St. Joseph Spiritual Ministries

Sour Cream Coffee Cake

Preheat oven to 350 degrees

½ cup of butter

1 cup of sugar

2 cups of flour

2 eggs

1 cup of sour cream (or 1 cup of milk and add 1 teaspoon of vinegar)

1 teaspoon of baking powder

1 teaspoon of baking soda

¼ teaspoon of salt

1 teaspoon vanilla

Cream butter, add sugar and sour cream

Mix together and add dry ingredients

Add eggs, mix well and add vanilla

Topping: (Mix together)

¾ cup chopped nuts

¼ cup of sugar

1 teaspoon cinnamon

Use a Bundt pan preferably sprayed with Pam.

Pour half of batter into the pan and sprinkle half of topping.

Mix through batter with knife.

Add remaining batter and sprinkle rest of topping.

Bake for 45 minutes at 350 degrees.

¹ The Virtue of Resilience, James D. Whitehead, Evelyn Eaton Whitehead, Orbis Books, 2016