



the MORE... update

A publication of the Sisters of St. Joseph of Boston

April 2022 | Celebrating God's endless outpouring of love

Cardio Drumming Craze

Comes to Bethany Health Care Center

Shannon Vinton

Director of Activities

Just before the Pandemic hit, we learned of a new trend “going viral” on YouTube. Assisted Living Communities and Nursing homes around America were doing this new exercise program - Cardio Drumming! Seniors in these videos were literally having a ball!

Cardio Drumming is based on a program in Germany called Drums Alive! Using a pair of drumsticks, you beat on a yoga ball, which sits in a bucket for stability. Cardio Drumming has helped many people with neurological disorders, pain from hip injuries, and much more by the use of drum patterns,

which help the brain to generate enhanced Alpha waves, synchronize the hemispheres, as well as enhance the healing of the body on many levels. Finally, drumming can induce a natural “high” by increasing Alpha brain waves.

When the brain changes from Beta waves (concentration) to Alpha waves, you feel calm and relaxed. We were so excited to get our beat going that we ordered yoga balls, buckets, and drumsticks.

Unfortunately, due to the pandemic, our purchases were backordered or unavailable. Finally, two years later we had all the pieces to begin our drumming.

On Thursday, February 10th, we had our first Cardio Drumming session. What an amazing experience! With our activities staff down front to lead the way, 24 residents had a great time banging in rhythm on their drums to music played over the Activity Center's speakers. The residents enjoyed themselves and it was clear that they are good at this.

Attesting to the popularity of this program, a resident commented:

“I want to do this every week!”



Joseph's "Yes" Continues to Inspire Us

Celebrating St. Joseph

Excerpts from Welcome from
Marian Batho, CSJ



Excerpts from Father Richard
Lennan's Homily



To all gathered here in the Motherhouse Chapel and to all who are joining us through live stream: it is always good to be together. A warm welcome to all!

Today we honor Joseph, our patron, brother, and friend.

The readings chosen for today remind us of the importance of welcoming a family, creating a home, and caring for future generations. Joseph did this quietly and without recognition, all the while exercising "the most sincere charity."

Joseph's "yes" continues to inspire us to go deeper into our mission of unifying love and to recognize the God who is always beckoning us to ever-widening circles of relationship.

Feasts Days are always moments of gratitude.

We pause to give thanks for the gift of Joseph, his life, and our lives together in mission.

Happy Feast Day to all!

...What is it that we can take from, say Joseph, and from this feast? I think there are [a few] things.

We already know our faith is not of superstars. What matters in the Christian life is not becoming a star. It's being faithful. Of course, we can attribute this to Joseph, in a left-handed sort of way, who doesn't ever tell us how he reacted to things.

The scripture simply tells us what he did, and what he does, which is to always live out faith.

Joseph is a model because you and I are called to live that same life.

We don't have to be stars.

You don't have to be successful.

What we have to be is people who live out our faith – who embody our faith. And we do that in the everyday life that is ours.



Father Richard Lennan sharing his homily

There's more! Click [here](https://www.csjboston.org) or visit www.csjboston.org to read the full article.

Jeanmarie Gribaudo, CSJ:

Coordinator for New Woods
College Program



Click [here](https://www.csjboston.org) or visit www.csjboston.org to read the article.

The Sisters of St. Joseph of Boston Present

Living the Dream Dinner

Ninth annual dinner to benefit the
Sisters of St. Joseph of Boston
May 11, 2022 at the **Seaport Hotel** in Boston
Join us for an engaging evening from **6 p.m. - 9p.m.**

REGISTER NOW !
Click here or visit
CSJDream2022.givesmart.com



HONORING
Rosemary Scapicchio
a Boston criminal defense lawyer who has
saved the lives of the wrongfully accused

Join us in person or virtually.

Register to receive link (will be sent in the future.)



Chi Leung's inspiring cranes



Interfaith Prayer Vigil for Peace in Ukraine

Sharing Perspectives and Hope

Kat Gunther
Digital & Print Graphic Designer

On March 23rd, sisters, associates, agrégées, and other spiritual members gathered in solidarity to pray for the Ukrainian people. Joanne Fantini, CSJ Agrégée and director of St. Joseph Spiritual Ministries, welcomed all to the prayer vigil.

A collection of origami cranes, colored by the light from the

faceted glass, rested in mid-air above the arrangement of candles and Ukrainian art on the altar. Chi Leung, maintenance mechanic of CSJ, created these origami cranes, also known as peace cranes, to bring some beauty and hope to the event.

Joanne's welcome helped to solidify the hopes of all present. She concluded her welcome with the words, "May all our prayers for peace be evermore energized by our unity, and reach up to world leaders to

guide them to peaceful resolutions, and where needed, conversion of heart." After the Ukrainian National Anthem was played, sisters, associates and agrégées read aloud the perspectives of those suffering from the war. Representatives from the Boston interfaith community then shared their traditional prayers.

These interfaith reflections were followed by a prayer for peace said in unison and the hymn "This is My Song".

Crossing the Threshold:

Breaking Open Our Own Alabaster Jars

Rose Yesu, CSJA

On April 9th, associates, agrégées, and sisters gathered for our Associate Day of Retreat led by Judy Donovan, CSJ-Lyon. Focusing on Mark 14:3-9, S. Judy shared a guided meditation: a room filled with men; an uninvited woman daring to enter, breaks open her alabaster jar and anoints Jesus with oil reserved for kings and burials; Jesus' chastising the critical men. S. Judy encouraged participants to cross the threshold with the woman,

and invited us to share our feelings: "Jesus did not accept the status quo about women! Her boldness to enter! Women are always shakers, movers." We resurrected the woman of Bethany!

When S. Judy suggested that we share the contents of our own alabaster jars, many responses emerged: "Love. Anxiety. NOW! Most precious treasure!" Calling attention to images arranged on the altar, she asked where we found ourselves - outside, at, or inside the threshold?



Answers came: "Inside, being kinder to myself! Praying for grace to step in!" Final reflections, anointing, and blessing brought this special day to a close.

Dates to Remember



Paschal Triduum

April 14, 15, 16, at 5:00PM

Liturgies will be held at 5:00PM at the Motherhouse in Brighton for Holy Thursday, Good Friday, and the Easter Vigil on Saturday. See [link](#) for more info.

*Living
the
Dream*

Living the Dream

Wednesday, May 11, 6:00PM-9PM

A dual in-person and remote gathering to support the Sisters of Saint Joseph of Boston and celebrate honorees. See [link](#) for more info.



A Place at the Table: Come to the Circle

Wednesday, May 18, 7PM-9PM

A virtual event to benefit The Women's Table. See [link](#) for more info.



Saint Joseph Spiritual Ministries Retreats

Summer 2022

There will be six Summer Retreats held at Glastonbury Abbey during June, July and August. Learn more about the retreats and sign up [here](#).



Federation Event

July 8-10, 2022

Hyatt Regency St. Louis at the Arch, with opportunities to participate virtually. Visit the [USCSSJ Federation website](#) for more.

In Memoriam

Sister Catherine Mary Meade

Catherine Mary Meade, CSJ, in her 76th year as a beloved member of the Sisters of Saint Joseph of Boston, died Monday, March 21, 2022.

*...think of the soul as a tree made for love
and living only by love.*

— Catherine of Siena, *The Dialogue*, 9:40, 10:41

Reflections can be viewed at [csjboston.org > news-events > in-memoriam](https://csjboston.org/news-events/in-memoriam)

For more information on upcoming events, visit csjboston.org > Events

Visit us on social media!



Have something to share?

Contact our editor, Joanne Gallagher, CSJ, at Joanne.Gallagher@csjboston.org
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