



Together

Sisters of St. Joseph of Carondelet & Consociates
St. Paul Province | www.csjstpaul.org

Your voice speaks:



*Jubilation is my name
and rejoicing is my countenance.
I am like a young meadow wreathed in dawn,
like a sweet shepherd's pipe among the hills.
Hear me, ye swelling valleys,
ye waving meadows, ye happy songful forests.
For I am no longer lonely among your splendors,*

*I have become your sister
and one of your kin:
greet me fair likeness of myself,
glad earth that Love has fulfilled.
Nearness is still far,
Grace is but a forward step;
God is in me as eternally mine, come
over me as buds come on a spray,
sprung forth in me
like roses on the hedgerows.
I bloom on the red-thorn of God's love,
I bloom on all my branches in the
Purple of God's gifts.
I bloom with fiery fulfillment;
I bloom out of the Holy Spirit of God.*

—“Pentecost”, Hymns of the Church, Gertrude von le Fort



Happy Pentecost!



*Our hearts are full of gratitude and joy
as we consider the work and play, the
discernments and engagements,
the needs met and the dreams yet-to-be,
all the relationships we have grown and know
with those near, dear, and new to us,
those who rest now in the embrace of God,
and all the gatherings, in person and on Zoom,
that have brought us
to deeper love of God and each other.
We thank you, and thank you all the more, and
can never thank you enough.
We pray and trust the Spirit, our Resource, ever
rising up in us,
to move in us to all that is blessing and love
before us in your good company.*

Cathy, Susan, Suzanne

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The U.S. Federation of the Sisters of St. Joseph

End the Misuse of Title 42!

Nearly 30 Sisters of St. Joseph, associates, and partners in mission from around the country joined NETWORK and other faith-based and secular immigrant rights groups in May to call on the Biden Administration to end the misuse of Title 42.

Title 42 expels migrants arriving at the southern border without any due process and in violation of their legal right to claim asylum. The public health clause, initially enacted by the Trump Administration during the COVID-19

pandemic, remains in place by the Biden Administration today. The immoral use of Title 42 denies the God-given, inherent human dignity of our migrant siblings and the basic right to seek asylum protected under international law.

Sister of St. Joseph Janet Kinney (Brentwood), an attendee at the event, said the deplorable conditions she witnessed firsthand at the border compelled her to be present today. "It is a travesty," Sr. Janet said, "I am here today to pray and act for justice for our immigrant friends who deserve our support."

To take action, call the White House and tell them to **Rescind Title 42**. The White House comment line is only open Tuesday-Thursday from 11 a.m. to 3 p.m. Eastern. Dial **1-888-496-3502** to call the comment line.

Congregation

The Congregation, through social media, has been running an Eco-Challenge series. A recent posting suggests you make a laundry list of changes. One small area where individuals can make a big impact is in their choices about how they do laundry. Quick, cost-saving changes you

can make today include using cold water and line drying. Several of our sisters have been using plastic-free laundry sheets and wool dryer balls for a while.

Action alert

Eco-Challenge: Make a laundry list of changes

Sisters of St. Joseph of Carondelet / May 1, 2022

Read in English | Lea en español

As part of our commitment to Earth via our Laudato Si' Action Plan, we are inviting everyone who shares in our charism to take a monthly Eco-Challenge with us.

Change things up in your laundry room

One small area where individuals can make a big impact is in their choices about how they do laundry. Quick, cost-saving changes you can make today include using cold water and



Take the Eco-Challenge

Choose one or all of these challenges to make a laundry list of changes. Earn a soap bubble for each of these sustainable swaps.

- Use cold water for washing and rinsing (1 soap bubble)
- Use laundry detergent sheets, not detergent in a plastic jug (1 soap bubble)
- Use wool dryer balls instead of dryer sheets (1 soap bubble)
- Line dry your laundry (2 soap bubbles)



MinnPost columnist, Bill Lindeke, writes: “There’s a much better way’: How pandemic relief offered a roadmap for addressing homelessness.” His article advocates for funding support of Project Home and notes the CSJ’s part in the project. He writes, “It’s not surprising that spending more money “upstream” can improve outcomes. This kind of “housing first” approach is common in many countries, most notably Finland, where policymakers and politicians have learned that spending money upfront is a great investment. Not only is it the moral thing to do, it also saves tax dollars down the road because it avoids expensive social service costs.”



Community Musings

Government Committee Invites New Membership

The purpose of the Government Committee is to be attentive to the **Sister governance of the province.**

In so doing, the committee reviews the government plan and makes recommendations concerning it, coordinates the review of policies and nominations process, and establishes procedures for efficient government functioning when necessary.

At a recent Government Committee meeting, current members reviewed the work plan of the past year and looked ahead to the coming year. The Government Committee invites Sisters to join us in this work. Please contact current chair, Jill Underdahl, junderdahl@csjstpaul.org about your interest.

Work plan for the year, 2022-2023:

1. Explore what ‘remaining as a province’ means for St. Paul. What might Sister governance look like in the St. Paul Province?
2. Encourage exploration and consideration for further simplification in light of Chapter 2019 call.
3. Track practices that are different from what is in the Government Plan in preparation for Chapter 2025.
4. Pay attention to processes used in the Sister Assembly and consider any revisions for Standard Operating Procedures (SOPs).
5. Learn about processes used and consider relationships among Sister, Consociate, and Community Assemblies.
6. Facilitate 2023-2024 nominations process for Sister Assembly and Board positions.

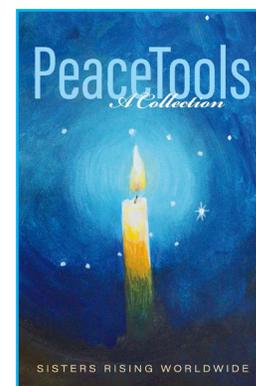


Sisters Rising Worldwide

Sister Irene O'Neill's new book

Are you ready to engage in conversations about peacemaking instead of controversial discussions about all that is not going well? *PeaceTools* will help! Inside you will discover a sampling of ways Sisters respond to root causes of poverty. The short stories are fiction, though within each story the tools for

making peace are inspired by real events. It makes for great conversation! Discuss it with people of all ages. What peace tools do they all find? Read it as a family, book group, friends, colleagues. Email me your reflections at irene@srw.org. *PeaceTools* can be purchased through Irene (limited advance sale copies) or Amazon Books. All funds go toward supporting the work of Sisters Rising Worldwide.



Partners In Justice (PIJ)

Submitted by Meg Gillespie, CSJ

Thank you to the Sisters and Consociates who submitted names of organizations for the Partners in Justice committee to consider sending applications to us for grants during this 2022 budget year. Our total budget was \$150,000 and was allocated as listed below. Organizations are most grateful for funding received, especially during these very volatile and challenging times.

Annunciation House	\$15,000
Border Compassion	\$8,000
Breaking Free	\$10,000
Bridge for Youth	\$10,000
Dream of Wild Health	\$7,000
East Side Learning Center	\$10,000
Grandmother Circles	\$5,000
Growing Community Roots	\$10,000
Hope Community	\$10,000
Interfaith Coalition on Immigration	\$8,000
Lift Garage	\$10,000
MN Peacebuilding Leadership Institute	\$5,000
Reclaim	\$13,000
Shobi's Table	\$8,000
St. Joseph's School of Music	\$15,000
Women's Environmental Institute	\$6,000

What would you like to tell Pope Francis?

Saturday, June 18, 1:30 – 3 p.m., via Zoom
Listening Session for consecrated women
and men in our Archdiocese

Archbishop Hebda invites you to join this important Zoom Listening Session to respond to Pope Francis' call for direction as he guides the Church going forward.

Please join us! No RSVP required.

Zoom link to follow.

www.archspm.org/vaticansynod



**Remembrances are excerpted from the full obituaries that are posted on Forum.*

Rita Foster, CSJ

Faithful friend and tender caregiver for the wounded, this passionate promoter of peace was born Florence Rita Foster on December 26, 1932, to Dean and Marie (Reul) Foster, and died peacefully on April 12, 2022, at Carondelet Village in St. Paul. She entered the community of the Sisters of St. Joseph of Carondelet in 1952. Her life of research and study awarded her a BA in Math and Chemistry from the College of St. Catherine (1956), an MA in Theology and Physics from the University of San Francisco (1975). Her early career was spent teaching at St. John's Academy in Jamestown, ND, and the College of St. Catherine, St. Paul, MN. After serving on the ministry team at St. Paul's Newman Center in Fargo, ND, she returned to the Twin Cities as a Catholic Worker, doing works of mercy for St. Joseph House (Mpls) and Ascension Place (Mpls). In 1994, Rita received a certificate in T'ai Chi Chih. This new passion spanned more than 10 years, allowing Rita to offer T'ai Chi instruction, Massage and Healing Touch Therapy throughout the Twin Cities. So much of her life was spent as a peaceful social activist, particularly



with the Honeywell Project, promoting the principles of nonviolent resistance and civil disobedience. Of this work Rita offers: "Nonviolence has as its end the traditional women's values of cooperation, mutuality, inclusiveness and integrity, with love and truth at its base."

Rita is preceded in death by her parents. She is survived by sisters Shirley Rian, Mary Ellen Foster, CSJ, Susan Pumarlo, Jennifer Taylor, Deanna (Connie) Abbott-Foster; brother Charles (Andrea) Foster; many nieces and nephews, grandnieces and nephews; Godchild Katie Rian; many dear friends; and the Sisters of St. Joseph of Carondelet and Consociates. Mass of Christian Burial was celebrated on Friday, April 29, 2022, at 11:00 AM, in Our Lady of the Presentation Chapel, 1884 Randolph Avenue, St. Paul, with burial following at Resurrection Cemetery in Mendota Heights. Memorials preferred to the Sisters of St. Joseph Ministries Foundation.

*Dear Rita, rest in love
and peace.*

Florine Provencher, CSJ

Springtime loveliness was at its height on May 22, 1921, in the small northwestern town of Thief River Falls, MN, when Estelle Josephine was born to Harold and Stella (Charboneau) Provencher. Just seven days shy of 101 years, she died peacefully on May 15, 2022, at Carondelet Village in St. Paul. Inspired by the life of the Sisters of St. Joseph, she entered the community in 1940, where she was given the name Sister Florine. With her first mission to the Catholic Boys Home in Minneapolis, Florine began a lifetime of engaging ministries. During WWII, she was missioned at St. Joseph's Hospital and with characteristic generosity, provided services for patients and nursing personnel alike. In response to the post-war need for teachers, Florine was missioned at St. Michael in West St. Paul, St. John in East St. Paul, St. Cecilia and Nativity School in St. Paul, St. Helena in Minneapolis, St. Mary in Le Center, and St. Mary in Graceville. After 25 years of teaching, Florine received her CPE certification and began challenging work



as Chaplain at Ramsey County Hospital, St. Mary's Rehabilitation Center in Minneapolis, St. Joseph Hospital in Tucson, AZ, and the Women's Unit at Hennepin County Jail. During her 4 years in Tucson, Florine went to Clown School and became a professional clown named "Fleury." Described by those who loved her as "a beautiful example of a friend, confidant, and beloved family member," Florine's quick wit and humor, loving presence and gracious kindness to all, served her well in the many ministries she so generously offered to those she met along her path. Of her life she wrote: "All and all, mine was a life blessed by God."

Florine is preceded in death by her parents and beloved brother, Lane. She is survived by her second cousin, Renee Nutter; many dear friends; and the Sisters of St. Joseph of Carondelet and Consociates. Mass of Christian Burial was celebrated on Tuesday, May 31, 2022, at 11:00 AM, in Our Lady of the Presentation Chapel, 1884 Randolph Avenue, St. Paul, with burial following at Resurrection Cemetery in Mendota Heights. Memorials preferred to the Sisters of St. Joseph Ministries Foundation.

Dear Florine, rest in love and peace.

Missives

Thank you beyond words for the comfort of your prayers, presence, stories, letters, phone calls, shared tears and laughter when Rita Foster died. Thank God that love is eternal, so that somehow, Rita and all our beloveds who have died, are in our hearts as well as gone to God.

Char Madigan

May 1 Ritual of Consociate Commitment

By Andrea Pearson Tande, Consociate

On Sunday, May 1, 2022, the CSJ Community welcomed 12 new Consociates in a ritual that was both very familiar and very different. It was wonderful to welcome one another back to Our Lady of the Presentation Chapel in person for this ritual after two years of celebrating only on Zoom. But this year, we also experimented with hybrid technology that allowed people to participate in the ritual not only in person, but also over Zoom, over YouTube Livestream, and over channel 991 at Carondelet Village. This inclusive celebration was important because seven of the new Consociates live in Kenya! Although we encountered a few technological bumps, it was inspiring to hear from the community in Kenya in person.

Going back to early Consociate tradition, each of the new Consociates answered the following questions: What am I seeking? And, what do I bring? These were the same two questions offered to the first groups of Consociates making commitment some 30 years ago. Their reflections on these questions will be reprinted in future issues of Together.

Welcome to our newest Consociates: Irene Bellah

Adhiambo, Leah Lieta, Samuel Lieta, Margo Dempsey, Jacklyne Mambe, Angela Dimler, Judith Leatherwood, Roseanne Akinyi Ochieng, Immaculate Atieno Okuta, Pamela Wandzel, Rosie Romportl, and Margaret Wanda! Please keep these new Consociates in your prayers. Also, many thanks to all those who supported these Consociates through their candidacy, especially their companions, Mary Lieta, Lois Mineau, John Gries, Kit Breshears, Anne Hannahan, Carolyn Puccio, CSJ, Linda Crosby, Anita S. Duckor, Serphine Mambe, Irene O'Neill, CSJ, Michelle Moran, and Karleen Reller.

CSJ Consociate Spirit Statement



Consociate Spirit Statement

Stimulated by the Holy Spirit, we move in communion with the Sisters of St. Joseph and Consociates toward profound love of God and neighbor without distinction.

We are firebuilders, inspiring and supporting one another to bring forth our gifts. The source of our flame is the everlasting love of God.

We are peacemakers engaged in a troubled world, confronting unjust systems of power. Although we are challenged and tested, we seek to be authentic, vulnerable, grateful, and hopeful persons.

We are co-creators of a loving community of courageous leaders and collaborators. We commit to living the prophetic mission of the Sisters of St. Joseph and embrace the challenges of living right relationships.

With sincere prayer, we call on Holy Wisdom to guide our every step.

Moving Always Toward

www.csjstpaul.org

Last month we shared some information about St. Kate's Senior, Josie Benzie, who featured nine members of the CSJ community in her Antonian Honors Senior Presentation poster series called "The Sisters Next Door: Stories of Influential Women Pushing the Boundaries of Advocacy and Education in Pursuit of a More Just World." Over the next few issues, we will share that series with you.

This month, we also include photo highlights (thank you Marty Roers!) of Josie sharing the poster series at Carondelet Village in May.



The Sisters Next Door: Stories of Influential Women Pushing the Boundaries of Advocacy and Education in Pursuit of a More Just World

Presented By: Josie Benzie

The inspiration for this project came to me after I had the opportunity to work with the Sisters of St. Joseph during an honors course focused on women, aging, and poetry. Seeing the intergenerational connections between students and Sisters made me feel as though we are missing out on opportunities to utilize all that the Sisters have to offer in wisdom, knowledge, and courage. Our next-door neighbors at Carondelet Village are the foundation of the school's mission to educate women to lead and influence. Yet, many students will go throughout their time here without interacting with a Sister. This project aims to inform the community on the important role of this group of women and encourage further interaction between the Sisters of St. Joseph (CSJ) and the students of St. Catherine's.

I want to extend a tremendous amount of gratitude to the sisters who gave their time and shared their stories, which made this project possible, and Michelle Hueg, the archivist for the Sisters of St. Joseph, for bringing together this group of women. As well as my advisory board and honors director; Dr. Lisa Rovick, Professor Todd Deutch, Dr. Marci Myers, and Dr. Rafael Cervantes for allowing me creative freedom and pushing me to make this project what it is. As a senior soon to be graduating from St. Catherine's, I am beyond grateful for the educational opportunities and relationships this university has provided me over the past four years. It is my honor to present this project which will serve to educate the student body and community about the work of the Sisters of St. Joseph of Carondelet-may their continued work inspire women of future generations to follow their passions with the same devotion and ambition.

When strangers start acting like neighbors... communities are reinvigorated. -Ralph Nader



Nancy Parlin



NANCY PARLIN is a woman with a radiating sense of independence and optimism. Born in St. Paul in 1934, she is soft-spoken and humble about her life's accomplishments. Many would consider her educational journey alone impressive for one lifetime. After graduating high school from Cretin-Derham Nancy chose to attend the College of St. Catherine (Now St. Catherine University) and obtained a degree in sociology. A Bachelor's degree soon turned into a Masters of sociology at St. Louis University, with her being one of the only women in the program. Nancy also served in the Peace Corps in Pakistan, where she managed a team of 40 volunteers. Their time was spent doing agriculture extension and community development in rural villages. In addition, Nancy also conducted surveys about village life. Pakistan holds a spot near and dear to Nancy's heart where she loved meeting the people, and enjoyed their hospitality, and friendliness.

After returning to the United States her next professional venture led her back to Minnesota, where she started teaching at the College of St. Catherine while getting her Ph.D. in sociology at the University of Minnesota. From here, Nancy got a job as a sociology professor at Moorhead state, where she was promoted to chairman of the department and then Dean of Arts and Sciences. She stayed at Moorhead for 15 years before taking a job in 1986 at the University of Wisconsin-River Falls as Vice-Chancellor.

Nancy became a Consociate with the Sisters of St. Joseph in 2009. The word consociate stems from the French term for "companion on the journey," and she continues this role in her journey of life as a companion to those in need. Nancy is, in every way, a woman of faith who has served and continues to serve through her actions of kindness and love.

Sister Christina Varner

By Michelle Hueg, archivist

Sister Christina was born Mae on September 10, 1915 to Christina Frisk and Henry Varner at South Haven, MN. She entered the Novitiate on September 8, 1941 and professed final vows on August 15, 1947. She earned a BS in English/History from the University of Minnesota (Minneapolis, MN); a BS in Library Science from the College of St. Catherine (St. Paul, MN); and an MS in Library Science from the University of Chicago (Chicago, IL). Her thesis topic was: The Development of Special Libraries in Minneapolis and St. Paul Minnesota.

Sister Christina was a high school teacher-librarian at St. Anthony (Minneapolis, MN). She was Assistant Librarian at



the College of St. Catherine, 1945-46 and became a member of the Library School faculty in 1946. She taught in the Library School and served as a technical services librarian at St. Catherine until 1966. She was a member of the honor society, Delta Phi Lambda and professional organizations including the American Library Association. She received a certificate of Merit from the Minnesota Library Association in 1966. From her necrology: “She was considered one of the best catalog librarians in the country and was visited by catalog librarians from many places so they might learn and profit by her experience and her success.”



To learn more about the history of the Sisters of St. Joseph in the St. Paul Province check out the Archives website at csjstpaul.org/our-heritage-csj/, and our online collection at csjstpaul.pastperfectonline.com/. For information about what the Sisters are doing today check out our website: www.csjstpaul.org/ and csjministriesfoundation.org/.



www.facebook.com/csjstpaul

www.instagram.com/csj_stpaul



WISDOM WAYS



Upcoming events with Wisdom Ways

By Carly Swenson

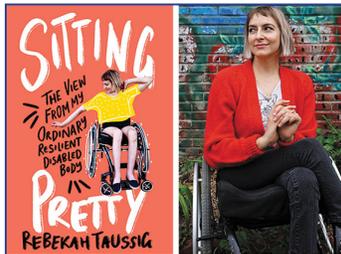
Disability Book Club –Rebekah Taussig's “Sitting Pretty”

in 3 Sessions w/
Danielle Clausnitzer

Participate online or
in-person, \$10 per session or \$25 for series

5:30 p.m. on Wednesdays, June 15, July 20, &
August 17, 2022

A memoir-in-essays from disability advocate Rebekah Taussig, processing a lifetime of memories to paint a beautiful, nuanced portrait of a body that looks and moves differently than most. Growing up as a paralyzed girl during the 90s and early 2000s, Rebekah Taussig only saw disability depicted as something monstrous (The Hunchback of Notre Dame), inspirational (Helen Keller), or angelic (Forrest Gump). None of this felt right; and as she got older, she longed for more stories that allowed disability to be complex and ordinary, uncomfortable and fine, painful and fulfilling; a well-rounded depiction of an authentic human experience. Taussig's book provides a greater understanding about persons with disabilities as well as how ableist societal norms create and perpetuate destructive concepts of “otherness”. She states that “The book is born from the most personal place, swaddled in academic knowledge, and shaped by the voice I’ve been honing online for years. It provides a nuanced portrait of a body that looks and moves differently than most.”



Wisdom Ways Summer Solstice Celebration & Open House

Friday, June 17 from 4-8 p.m. at
the Carondelet Center, 1890
Randolph Ave. St. Paul, MN
55105

FREE. All Welcome.

Enjoy Food Trucks, Live music & performances,
Live painting, and more!



Affirmations Visual Journaling Workshop w/ Carly Swenson

Saturday, June 25 at 9 am–
Noon • \$45

This event is IN-PERSON Only. Proof of
vaccination or negative COVID test required.

All artistic skill levels welcome!

Art journaling is a playful, inspiring, and reflective creative process. And, the fact that it's a “journal” provides an element of privacy. Your journal is for YOU, not to impress others. There are no mistakes in art journaling, it's about embracing the joy of the creative process. So make it your own! As we journal, we will be reminded that affirmations are to help us reframe our perspectives of self. When times are challenging, it's easy to let the negative voice in your mind take over your thinking. In our 1-day workshop, you'll receive a sketchbook and affirmations list. Carly will demonstrate several artistic approaches and techniques for art journaling with a few tips and tricks. Supplies will be provided. You will have time to gather inspiration, explore different styles, and get started on your journal pages and take it home to continue your creative adventure.



Learn more about any of these programs or register at www.wisdomwayscenter.org
Members of the CSJ community receive 50% off with code **CSJDISCOUNT**.

ST. KATES



Campus Ministry at St. Catherine University

By Therese Sherlock, CSJ

Our Lady of Victory chapel is the spiritual heart of the St. Catherine campus.

It is also home to the Center for Spirituality and Social Justice and the home for Sister Sharon Howell, the director of the center. Sharon also holds the Archbishop Flynn chair for Catholic Identity. Sharon has gathered a staff which includes Aysha Wazwaz, the Muslim chaplain, Katie Jonza, the chapel liturgist, St. Joseph Worker Meghan Berg, and Claire Frederick, the office coordinator. Along with student workers these women provide liturgical celebrations, faith-sharing groups, prayer experiences, and other programs for all students at the University.



Sister Sharon Howell

What is it like to have students from many different religions at St. Kate's? "It is because we are a Catholic university that we value the importance of supporting each member of the St. Kate's community in the development of their spiritual journey to become the person they were created to be," Sharon says.

During the pandemic Sharon and her staff became involved with the CSJ/SCU food access hub. "We are very happy to partner with Jennifer Tacheny and student interns," Sharon says. She is also looking forward to more in-person events for students such as retreats, days of reflection, direct service opportunities, Bible study, among other activities. "The prayer partner program with the sisters is still active," Sharon notes, "but only in the prayer part, not the social part. I hope that can change and students can get to know sisters, consociates, and Carondelet Village residents again."

Sharon grew up in Holy Names parish in south Minneapolis and went to school there. She chose Xavier University in New Orleans for her undergraduate work in chemistry and biology. She has a master's degree in Pastoral Studies from the University of St. Thomas. In November 2018, Sharon accepted the position at St. Kate's. Prior to that, she spent 33 years in various positions in student affairs at St. Thomas. There, and now at St. Kate's, Sharon finds her greatest joy in interactions with students.

Sharon has a busy summer ahead of her. One of the ways the Spirituality and Justice Center serves faculty is by planning summer workshops to help them integrate Catholic social teaching into their classes.

Sharon will talk about St. Kate's and her role there in person on Tuesday, June 21. Plan to come to the auditorium at Carondelet Village at 10:30 that day. There will be plenty of time for questions and dialog.



ST. JOSEPH WORKERS



The St Joseph Worker Program is excited to celebrate our 20th Anniversary year!

We are honoring the Sisters of St. Joseph who founded and launched the St. Joseph Worker Program back in 2002 and before. It all started with “Thunderstorms” back in the early 2000s with CSJs Alberta Huber, Mary Thompson, Susan Oeffling, Irene O’Neill, Charlotte Berres, and Chris Ludwig gathering, dreaming and planning together. Joan Pauly Schneider was hired as the first Director and the first group of SJWs were called together in the fall of 2002. Suzanne Herder took over directing in 2004 and the Program has grown and evolved over the past twenty years. Currently led by Lisa Murphy and Bridgette Kelly, the St Joseph Worker Program strives to live its mission- The St Joseph Worker Program empowers women to respond to the needs of the time in the tradition of the Sisters of St. Joseph.

During this 20th year of the Program, we hope to offer multiple gatherings and forms of storytelling to celebrate all that has been and all that is yet to come. Please join us for our Sending Forth Ritual, Monday, June 27th.

Also save the date for additional 20th Anniversary Celebration Gatherings including SJW Welcoming Ritual on Thursday, August 18th and SJW Community Gathering at Septemberfest- Thursday, September 8th.



An update from SJW Alum Theresa Günther

For the past three years, I've been studying graphic design in Kiel, Northern Germany. Now I work with different scientific institutions to make scientific research and its outcomes more accessible to the public.

My last project involved research about deep-sea sponges and how they are an important habitat for many other sea creatures, as well as the threats they face through human



impact, like deep sea mining, trawlers, and global warming. In some ways it reminds me of my time at Learning in Style, as it is also a wonderful place that made education accessible.

When I'm not busy with science, I like to travel around Europe in a van that my partner and I converted together!

SARAH'S... AN OASIS FOR WOMEN



Soleil's Flight for Freedom, Part 3

Soleil's Flight for Freedom, Part 3

In the U.S., Soleil's friends helped with a lot, her cousins too.

She was able to get health insurance here through the Center for Victims of Torture. Coming to the U.S., Soleil came alone and then went to her cousin's house. She stayed there a long time during the beginning of the treatment she needed. They took her to the hospital and helped her a lot. Between Soleil's good friends and cousins in the U.S., they helped her to start the process for asylum for her to remain in the U.S. A friend mentioned Sarah's, and with the support also of Center for Victims of Torture, Soleil was able to come to Sarah's. She couldn't stay where she was because they didn't have space anymore. Sarah's is a very special place for her. Soleil still has more treatment and surgery that she must have to continue to improve her health. But she has been able to live at Sarah's independently, safely and comfortably and the other women help her and she is able to work.



Sarah's group, including former residents, celebrate at the Carondelet Celebration.

Soleil describes Sarah's. "First of all, I felt peace. It is a very quiet and helpful place with the staff and residents. I stayed at Sarah's for two years without a job and would try to work but had to stop because of illness. Nowhere

else could I get food and live without paying. It feels like home at Sarah's and if I need something I just only need to ask and I get any support I need. When I tried to find a job, Sarah's helped me. Sarah's gives rides, free bus tickets, food, service, everything. I am not sure how to say how very special Sarah's is in my life."

Soleil is still living here as she needs to complete her immigration process and have support for it. Soleil feels the process has gone well because of Sarah's and how she is stable there. Soleil is trying to buy a house with a home ownership program. She hears about problems friends and co-workers have that she doesn't because of Sarah's.

CELESTE'S DREAM



The Food Access Hub and Empty Bowls at St. Kate's

Hannah White (left) and Jennifer Tacheny (right) smile with their handmade bowls at the St. Catherine University Empty Bowls Ice Cream Social on May 5. The event raised money for Open Arms Minnesota and the St. Kate's/CSJ Food Access Hub by selling student-made bowls with ice cream. A huge thank you to Prof. Monica Rudquist and her classes for organizing this event, and donating part of the proceeds to the Food Access Hub!

Celeste's Dream Seed Transplanting and Summer Garden Dates

Celeste's Dream community gardeners gathered on April 26 to transplant seedlings. The group of twenty—including young professionals, St. Kate's students, and seasoned gardeners from the neighborhood—transplanted broccoli, Brussel sprouts, tomatoes and peppers for this year's growing season. All are welcome to help us tend these plants in the garden! Garden nights are Tuesday nights from 5-7PM in the back garden by Carondelet Center.



Thank You to Our Student Leaders!

Our St. Kate's/CSJ Food Access Hub Community Leader Interns and NIFA fellow presented their work at the Community Work and Learning Symposium on May 5. Gao Lee (not pictured), Natividad Herrera (right), and Mollie Pierson (left) spoke about their experiences with advocacy, networking/collaboration, sustainability work, and more during their semester with us. Gao, Natividad and Mollie, thank you so much for sharing your energy and talents with us!





JUSTICE

Red Willow Blessing

By Marty Roers

On May 5 a group of representatives from the CSJ Native American Awareness Working Group, the Sisters of St. Joseph and St. Kate's gathered in a circle for prayer and a beautiful spring morning blessing of red willow bushes located outside of Carondelet Village with Gichitwaa Kateri community member and St. Kate's pastoral student Robert Haarman.

Robert along with Gichitwaa community member Joseph Bester came to campus to harvest, with permission, red willow bush branches and cedar for an upcoming sacred pipe ceremony for the church of Gichitwaa Kateri. Cedar is one of the four sacred medicines for local Indigenous. The CSJ community has a long standing relationship with the parish which recently held the Memorial Mass, feast, and giveaway for our dear Sister Ann O'Neill. We hope this is the beginning of a beautiful, annual practice and an on-going sign of our relationship building with our Indigenous neighbors.



A Pride Month Reflection

By Marsha Berry

At the gym last week, I looked at the rainbow sticker on my water bottle. For the first time in years, I felt a little shiver of fear seeing it there. As a lesbian, did I really want to be that visible now with all the news about anti-LGBTQ legislation and all the distortions about who we are?

The numbers of anti-LGBTQ bills being filed in state legislatures, 79 in 2020; 147 in 2021; 300 so far in 2022, tell a chilling story that is felt deeply and personally by those in the LGBTQ community, especially transgender youth who are often the target of these efforts.

It is the youth who pull at my heart. I am a white, educated, older lesbian who has had a professional career. If I felt that shiver, how do young people who are figuring out who they are, who are not white, who come from communities that may not support them, feel?

Several states have already passed legislation restricting health care for transgender youth. Some now have laws on their books excluding trans youth from school athletics. Books removed from libraries, teachers forbidden to speak about sexual orientation and gender identity, and discussions about who can use the bathroom add to the swirl of anti-LGBTQ conversation.

“Listening to all this talk, you might think that there are many transgender young people in our school buildings and athletic programs,” states Sr. Linda Taylor. “Even though only about 0.7% of youth identify as transgender or nonbinary, the adults’ actions are having a very negative impact on them.” The Trevor Project reports 42% of LGBTQ youth considered suicide in the past year.

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“When I hear all the news on anti-trans legislation, I get scared. I’m scared that my rights will get taken away. I’m scared my friends and I will be punished just because of who we are. I’ve worked so hard in therapy at RECLAIM to accept myself and to get my family and friends to accept me. I’m really scared a lot of that progress will be lost if these laws get passed,” shared D, a 19-year-old nonbinary person.

There are actions we can take to support people in the LGBTQ community, particularly trans youth.

First, be clear about definitions. Many news stories and elected officials are unclear about gender identity, gender expression and sexual orientation and often mix up terms. The Human Rights Campaign has a glossary of terms to get you started. Use the pronouns the individual uses. You may hear he/him, she/her or the singular use of

they/them. If you are not sure, it’s OK to ask what pronouns they use and how they would identify themselves.

Understand that the LGBTQ community is diverse. There are LGBTQ folks living in cities, in small towns and on farms. They are racially and ethnically diverse, in many professions and many faith communities. Some in the LGBTQ community are doing well financially, though people who are transgender are more likely than their cisgender peers to live in poverty and experience housing insecurity.

Respect each person. Put the person at the center of the conversation. She may love chocolate ice cream. They may be the parent of two young children. He may be a fan of country music.

Support RECLAIM, a local organization serving transgender and non-binary youth. Join the LGBTQ task group of the CSJ Justice Commission.





ST. MARY'S HEALTH CLINICS

Lifelong Learning....

By Sue Gehlsen, St. Mary's Health Clinics Director



Keeping up with trends, research and current practices is an ongoing and never-ending process for all professions. This is especially true in health care as we strive to provide the best care for St. Mary's patients, applying the latest evidence-based practice. Maintaining best practices is a goal for St. Mary's staff and volunteer providers.

One way to support ongoing education is by working with students from local and regional schools. St. Mary's is fortunate to be a clinical site for various disciplines related to health care including nursing, nurse practitioner, physician assistant, pharmacy, occupational and physical therapy, nutrition, and social work. Students seeking clinical experiences in public health, global health, culturally sensitive care or mental health, seek practicums or placements with St. Mary's Health Clinics.

Working with St. Mary's patients allows students to be exposed to a broad variety of needs, most often, needs far beyond medical care. Patients are served in various clinic settings, with very basic 'tools' and services needed often reflect the social determinants of health that can account for nearly 80% of a person's well-being.

Offering patients an interdisciplinary approach to care provides resources well beyond the clinic setting, and often referrals are made for services related to housing, employment, oral health, counseling, and/or legal support. Again, working with our students provides a broad range of services that go well beyond the physical needs of our patients.

St. Mary's is fortunate to partner with St. Catherine University to host a clinic twice per month on their campus, in Whitby Hall, offering medical care, pharmaceutical education, nutrition counseling and occupational or physical therapy.

Students from various colleges and universities bring knowledge, curiosity, trends and resources that benefit the patients and the staff. Recently students from St. Catherine University, the University of North Dakota, University of Northwestern, Century College, Notre Dame University, and the University of Minnesota provided knowledge and expertise to the St. Mary's Team. One graduate student developed a patient teaching video in Spanish

about the importance of diabetes management by interviewing four families living with diabetes. Another student helped lead the development and evaluation of providing one on one oral health education to patients, and educating patients about the correlation of good oral health and general well-being, while helping to prevent certain chronic diseases.

These students are our future, and while learning is their primary goal, they are educators for St. Mary's staff and volunteers also, by sharing their experience and lessons with the St. Mary's team. The benefits are mutual and students continue to enrich the environment! We look forward to students arriving this summer from Mayville, Notre Dame and St. Catherine Universities. Lifelong learning abounds!



Congratulations to our SMHC team and to all who assisted with getting our Apple Valley Clinic up and running. I know this will be a huge plus for our patients. Special thanks to our M Health Fairview (MHFV), the MHFV Apple Valley Clinic team and to Chris, Melinda and Lucia for the behind the scenes planning and preparation! Great work by all! Thank you! Sue

Ministry Updates

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St. Kate's Celebrates Feast of St. Joseph

Each spring, St. Kate's celebrates Saint Joseph in the spirit of the CSJ's mission, service, social justice advocacy, and reflection. For the first time in two years, on March 14, St. Kate's students, alumni, faculty, staff, Sisters of St. Joseph, and community members gathered in Coeur de Catherine to pray and engage in a variety of service activities and social justice advocacy efforts. Photos courtesy of Rebecca Slater '10, By Rebecca Studios.



FOUNDATION

The 2022 Carondelet Celebration featured a lovely meal, great music, fun items to bid on, and most of all an opportunity to share the gift of community. Carondelet Celebration photos continue on the back page.





The Ministries Foundation thanks everyone for a lovely time at the Carondelet Celebration! It was a fabulous evening filled with fun, music, and generosity. Cheers to next year!"

