

## President's Message

*Loretta Manzara, CSJ*

An article I read recently about youth and religious practice, highlighted the importance of engaging young people in conversations about the sacramentality of everyday life. We, the more senior persons seem to embrace that sacramentality full throttle during the Advent/Christmas Season.

At one time I bewailed society's anticipation of Christmas in mid-November, but that is shifting within me. Every evening now on my way home from work I notice more and more homes decked out in festive lights. A few nights ago my companion and I purposely drove around Victoria Park in London to enjoy the festivity. As Harvey Cox indicated back in the late '60's – we need festivity to kindle the creative process. Festive lights signal hope in the midst of our winter cold and darkness. Indeed these festive signs of hope instill a deep inner longing for the wholeness/holiness of humanity and that is indeed the promise of our God.

As sisters within the family of Joseph, these Advent/Christmas days offer reflective time to ponder what the world seeks from us. What creativity might this season of festivity ignite among us, CSJ's?

Psalm 85 sings out "Mercy and faithfulness have met; justice and peace have embraced." The world is afire with Pope Francis's witness to these life values: mercy, faithfulness, justice, peace. His summons to this Jubilee Year of Mercy begins with the Opening of a Door. This symbolic act signals forgiveness, and yet at one time historically it marked sanctuary for those who escaped persecution. Many will cross that threshold whether in pilgrimage to Rome or to designated churches in their diocese. Crossing the threshold marks transformation, change, a desire to be moved, a freshness of spirit, a creative next step.

Imagine the many refugees taking that next step into a country of refuge. How might our

creativity be stimulated to be a better place of welcome, to provide sufficient resources not only for the newcomer, but for those who still struggle in this land of freedom. How might we creatively companion the *dear neighbour* in our local areas? We hear of the generous spirit of many in Canada; we hear specifically of the efforts of our CSJ congregations. From the Sister who turns her heart to prayer in support of refugees, to the Sister who works with others to set up apartments, to the Sisters who accompanies the newcomer to the various support agencies, to the local community households who invite the newcomer to dinner. These actions all express our charism of unity and reconciliation.

Throughout our history, the Sister of St. Joseph has rolled up her sleeves and taken up the unmet need. Today thousands of Canadians are doing just that, rolling up their sleeves in response, hearts open, doors open. In this Advent/Christmas Season pregnant with signs of God dwelling among us, let's open our hearts in readiness for whatever is the next possible call to mission as a Federation. The inclusion of our global focus in the Federation Mission Statement is not simply an addition of a phrase, it is the result of Spirit nudging us to a new awareness. On October 31<sup>st</sup> we were 475 women. We live in an environment of sacramentality, we pray the daily liturgy with deep faith in the unfolding mystery of God. This Christmas may the Christ, Emmanuel, increase our capacity as 475 to use every ounce of energy, creativity, intuition and wisdom to participate in God's reign of faithfulness, mercy, justice and peace.

On behalf of the Federation Executive Committee – **Sr. Ann Delaney, Sr. Alice Greer, Margaret Magee, and Sr. Nancy Sullivan**, we wish each of you Advent Days filled with rich blessing and a Christmas Season ringing with deep inner joy.

## Message from the Executive Director—Nancy Sullivan csj

These past few months have been filled with activity which nurtures our sense of unity as a Federation. The leadership teams of the 3 congregations held their annual meeting on the beautiful shores of Lake Simcoe in October where issues of common concern and interest were discussed and Committee reports were gratefully received.

A welcome addition to these meetings in recent years is the presence of the Executive Director of the US Federation of the Sisters of St. Joseph - **Patty Johnson** along with one of the Co-Chairs of the US Federation which this year was **Ginny Maitland** of the Springfield congregation. The presence of our American Sisters strengthens our bonds as the global family of Joseph as information and insights from both countries were shared and areas of collaboration were discussed. With Patty Johnson also being on the International Centre Board and the Global Coordinating Committee, she was able to assist **Anne Karges** and me to respond to questions about these initiatives.

Hopes were high that **Sr. Justine Senapati** who is our representative at the United Nations would be at the meeting to meet the Sisters and share her work with us. Alas, due to timing of her visa, it was

not possible that she attend in person. She did send a PowerPoint presentation which **Joan Atkinson** presented to the group on her behalf and Justine then was on speaker phone for some time responding to questions from members of our leadership teams.

Justine was also available on our teleconference call one evening during the meeting which we hope many Sisters were able to tune in for. There is much excitement about the new Sustainable Development Goals about which we will receive more information as to how we might become involved in the months ahead. For ongoing updates about initiatives that Justine and her team are pursuing on our behalf, please visit the website: [www.csj-unngo.org](http://www.csj-unngo.org). Justine often mentioned her gratitude to **Sue Wilson** of our Federation Office for Systemic Justice for her assistance in furthering important initiatives at the United Nations which benefits people around the world.

In November, **Loretta Manzara** and I travelled to Latham, New York to represent the Canadian CSJs at the annual US Federation meeting. We were as warmly welcomed there as Ginny and Patty were when they came to Canada.

It is interesting to me to hear of the activities and initiatives of CSSJ Sisters anywhere in the world and more particularly at this meeting of what is happening in the United States congregations.

We learned about the “Leaders as Leaven” program - a mentoring program for fostering future

leaders of ministries/congregations. We heard from various Interest Groups of the Federation including the Communicators who provided details of how they share the CSSJ Story in various venues with the many means available these days for communication. The Justice, Peace and Integrity with Creation group explained how they are continuing to strengthen links of collaboration among the congregations in order to bring about a world that is more peaceful and just. The Artists’ group shared how they seek to spread the charism through their art and how they are seeking more ways for this to happen. The Directors of Development/Mission Group shared their activities as did the Vocation Group, members of which are always trying to assist people to discern their unique call. The Life Long Formation Committee reported on their activities as well.

You may be interested to know that the US Federation consists of 16 congregations of Sisters of St. Joseph (or provinces of a larger international congregation) with a total of 4,682 members as of Dec 31, 2014. Of this number 331 are under 65 years of age. These 16 units range in size from 27 to 1180 members and in age from 28 to 104 years!

It would be my pleasure to speak with any Sister or group of Sisters who may be interested in hearing more about anything mentioned here or about the Federation more generally.

As we enter this holy time of Advent and Christmas let us hold with reverence all Sisters of St. Joseph, Associates/ Companions, partners in ministry and those whom we serve around the world that we may continue to do our part as individuals and groups to bring about a world of peace, justice and mercy.

[www.sistersofsaintjosephfederation.org](http://www.sistersofsaintjosephfederation.org)  
[www.un.org/sustainabledevelopment/sustainable-development-goals](http://www.un.org/sustainabledevelopment/sustainable-development-goals)



Federation Board Members gathered at Invermara - October 2015

# Federation Office News

The Federation Office has continued busily through the fall and approaching winter days, with preparations for the October Board gathering and usual office business. And through it all we've appreciated so much this year's wonderful fall weather.

One of our most exciting tasks over the past while has been preparing for the **50<sup>th</sup> Anniversary of Federation in 2016, with the actual date September 20**. It's really hard to believe that almost 10 years have gone by since many of you attended the very enjoyable 40<sup>th</sup> Anniversary Celebration held here in Toronto in 2006. The trusty members of our Planning Group (**Sr Penny McDonald** and Associate **Barbara Baptista** - Toronto, **Sr Frances Carter** and Associate **Anne Brisebois** - Sault Ste Marie, and **Sr Mary McGuire** and Companion **Joyce Young** - CSJ in Canada, as well as our always helpful and resourceful Federation Archivist **Linda Wicks**) put their heads together and helped to come up with the following ideas:

- ◆ The creation of an Anniversary Logo which we will share with you soon. We hope to use this

on any materials shared from the Federation Office during our Anniversary year

- ◆ The creation of a Federation Display for each congregation (this aspect is now in the hands of Linda Wicks and the Congregational Archivists)
- ◆ An application, kindly being prepared by CSJ in Canada Archivist **Mary Kosta**, will shortly be submitted for a display at the Ontario Legislative Assembly Building. If accepted, this will run from April to July
- ◆ An Apostolic Blessing will be requested for the exact Anniversary date
- ◆ A common prayer for use on or around the Anniversary date is being created by Sisters from each congregation (**Srs Ann Delaney, Pauline Guindon** and **Margaret Kane**)
- ◆ A donation in celebration – now approved by Board members – to the Old Growth Forest Project at the Ignatius Jesuit Centre in Guelph

- ◆ Updating of the 1966-1991 History of Federation booklet for the next 25 years is being undertaken by Federation Office staff.

We hope you will all join us in celebrating this 50<sup>th</sup> Anniversary throughout 2016, generally recognizing and highlighting it where possible. Ideas are always welcome so do get in touch if you have any thoughts. As we approach another Advent and Christmas season, and the beginning of a New Year, we offer many thanks to all those who keep our Office humming along – the Sisters of our Federation Board and in particular the Executive and as well all Sisters in our Congregations, members of Federation Committees, the many helpful staff members from our congregational offices. We thank too others that support us, such as our Newsletter Designer, our Webmaster, and our Accountant!

*We wish you all much peace at Christmas time and many blessings for the coming year.*



## **The Lace is Not Finished Program — April 8-10, 2016 in Hamilton**

***"The Lace begun in 1650 is not completed yet. The threads are now in our hands. We are challenged to be responsive to grace poured out in our world, revealing God's great love."***

A few spaces are still available – Total cost \$200 which includes a non-refundable \$50 deposit cheque to be made payable to the Federation of Sisters of St. Joseph of Canada by January 15, 2016. For further information, please call the Federation Office (416-424-4685).

***In each generation since 1650, the Holy Spirit has awakened God's compassionate presence in the hearts of women making it possible for them to adapt the founding grace and draw forth the essence of the charism in response to the ever changing world and the needs of the people of God. We will explore, and claim once again the transformative power of the charism in our midst and into the future.***

## Thoughts from France—Sr. Ann Delaney



L-R Srs Pat Valeriote, Anne Purcell, Ann Delaney, Lucy Godfrey

The International Centre in Le Puy offered a wonderful guided retreat in late June, with the theme *Holy Ground: A Pilgrimage of the Heart*. Attended by four Canadian Sisters (**Anne Purcell & Ann Delaney** (Toronto) and **Pat Valeriote & Lucy Godfrey** (CSJ in Canada), the days were facilitated by the gifted **Kitty Hanley CSJ** from the Albany Province of Carondelet. Sisters and lay associates from the US also attended.

Puy, and also visited “the kitchen”, part of the cradle of the congregation. Time was spent in prayer according to our personal rhythm, and due to a heat wave the schedule was adjusted to suit the challenge of the climate. On July 2, the anniversary of the *Reception of the Habit and First Profession*, Sister Anne and I made a pilgrimage to the main altar of the Le Puy Cathedral where, with lighted candles, we renewed our vows

aloud. It was very meaningful to be where many of our early Sisters would have pronounced their vows. Another special moment was also in the Cathedral when the retreat group gathered together to sing the Le Puy Hymn, *The Salve Regina*. Visiting the “lace makers” in the village and receiving their warm welcome was very touching. Visiting the sacred sites in Lyon was grace filled, especially at the grave of Mother St. John and the altar where she prayed daily, having walked to mass.

The French style late dining was delicious. The staff, **Sisters Line and Eluiza**, worked so hard to nourish us physically while we received spiritual nourishment from the retreat. We had a special celebration for July 1 and July 4. It was a very memorable retreat with many blessings and graces to renew us to continue to live our charism of active and inclusive love.



# The Green Window—Part 20

Mary Mettler CSJ on behalf of the Federation Ecology Committee

## Laudato Si—Call to An Ecological Conversion

— We have a “Green” Pope! However, **Francis** is not the first pope to call us to an ecological conversion. In *Laudato Si*, he quotes the previous four popes who speak of the ethical and spiritual roots of the environmental problems and challenge us, as **Thomas Berry** said, to “reinvent the human”<sup>1</sup>. This is a call to explore and live into, become again, one with a universe that is alive.

Which words of Francis call us to this radical change in consciousness? It is those rooted in the teachings of Jesus. A significant one for us CSJs is the call to be in relationship. Francis speaks of relationship – with creation, with each other, with the Divine. We are reminded that the core issue of this environmental crisis is spiritual. We are breaking the essential relationships we are meant to have with our planet and all its creatures. Once we understand our common heritage and common ground, a common reverence and responsible action can emerge globally – and with joy! We need to let go of a mindset that denies, rejects or is simply unaware of our oneness with all creation.

We know now, that our world is dynamically alive and interconnected. Science is discovering anew the enchanted world that mystics of different religious traditions have written about; this is our true and common home that over the past three centuries has been devalued/diminished and is now close to being lost. Yet there remains a missing link between the scientific breakthroughs and the prevailing

consciousness which is leading to the current environmental crisis. The consequences are overwhelming. The rapid melting of glaciers<sup>2</sup> and the increasing toxicity in our oceans, land and air indicates that the very conditions of life are being destroyed. Tragically, we are losing splendid and intimate modes of divine presence, with the extinction of innumerable species. Perhaps we are losing ourselves<sup>1</sup> as well.

As spiritual beings we are stimulated by the beauty all around us – all the living forms of our earth reveal the beauty of the divine. Aquinas has said that God’s first Word was creation and **Pope Francis** writes, “In all its manifold relationships the universe shows forth the inexhaustible richness of God” (*Laudato Si’* #86). The awesomeness of our magnificent earth awakens the sense of the divine within us. The uplifting display of colour and sound, of form and movement, of fragrance and delicacy draw our imaginations into the immensity of Love, that we call God. Our spiritual life deepens as we experience the divine in the multiform beauty of creation.

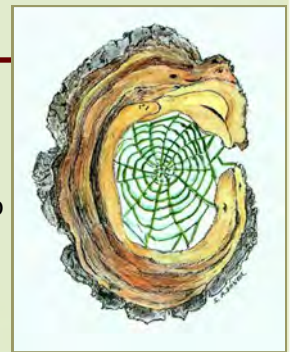
Pope Francis reminds us that we are genetically connected to all things and all things are in relationship with us – or are they? What is our awareness of this communion of all things? As we celebrate the season of Advent, a time to “wake up” we need to ponder these questions for ourselves and make choices that lead to mutually enhancing relationships among the entire earth community.

In 2009, the Federation Ecology Committee envisioned the symbol

of the “Green Window” to invite us into a green perspective upon the critical

issues of our day. Today, in 2015, the issues, especially that of climate change, are more critical than ever. As religious women we have an important role to play in the survival of our earth home through our personal lifestyle choices and our persistent advocacy for environmental change.

It has been said that we are not into yet another era of change, rather a change of era. In this call to conversion, can we see the next adjacent possible?



1. Quotes taken from “*The Dream of the Earth*” by Thomas Berry

2. Resource: Google “James Balog CBC” for the documentary, “*Chasing Ice*”



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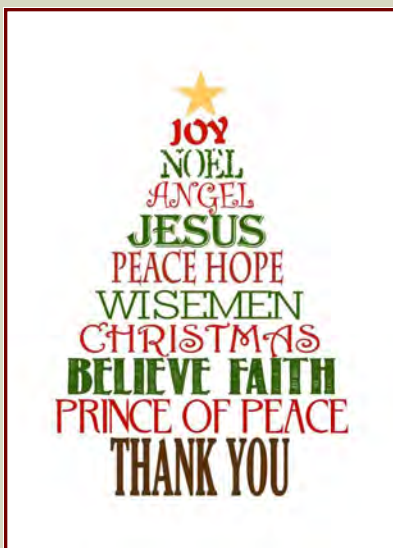
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### ***Our Mission Statement:***

***United by a common story and charism, we Sisters of St. Joseph of Canada, form a Federation to empower one another in the passionate living of our charism of active and inclusive love.***

***Urged by God's spirit, we collaborate with Sisters of St. Joseph globally and respond to the evolving reality of our world, bringing healing and hope to all creation.***



*Designed by Valerie Raftrey Lemieux*

## FOOD FOR THOUGHT



**By the Numbers**—It is a startling fact that household waste accounts for an overwhelming 40% of

food wastage.<sup>1</sup> Every year, \$27 Billion worth of food finds its way into garbage cans, compost bins and giant dumpsters.<sup>2</sup>

**Multiple Losses**— Food waste causes more losses than one would first think. It has both an environmental and economic impact. On the economic side, when people toss food, all the resources to grow, transport, produce and package it also get chucked.<sup>3</sup> When food is thrown out, massive volumes of water and high amounts of energy resources get lost too.<sup>4</sup> While composting is good it shouldn't be seen as the perfect solution. Trashed food in landfills environmentally impacts our planet by creating large amounts of greenhouse gases.

### *Why So Wasteful?*

Why we are so wasteful is alluded to in an article by **Rosanna Tamburri**. She explains: "Food waste can be blamed, in part, on our consumer eating and shopping habits."<sup>5</sup> **David Sparling** of Ivey Business School states, "We're pretty spoiled in expecting perfect food all the time."<sup>6</sup> Home cooks frequently do little meal planning and often purchase more items and bigger quantities of food than are required.

### *What Can Be Done?*

**Meal Planning**—One should begin meal planning by adopting the wise habit of performing an inventory of what is already on hand. Checking cupboards, fridge and freezer avoids duplication and waste. The website [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) is one of many recipe sites. It offers a recipe search organized by recipe type, food type and ingredient and offers a quick way to create delicious meals with grocery items on hand.

**Storage Savvy**—**1.** An interesting article from David Suzuki's Queen of Green section begins to outline ways to sharpen our food storage skills to lessen food waste. **2.** Take produce out of airtight wrappings which speed up the

decaying process. **3.** Don't wash produce until ready to use. Moisture encourages decomposition and mould growth. **4.** Eat the most perishable items first. **5.** Keep produce whole as long as possible. Once living cells are broken, microorganisms start to grow. **6.** Know the right storage conditions. Some produce is cold-sensitive, so refrigeration speeds up spoilage.

**Five Ways to End Food Waste**<sup>7</sup>— **1.** Understand best-before labels on food products in Canada reflect the date after which the nutritional content on the item is no longer reliable. It doesn't mean the product in question has turned bad.<sup>8</sup> **2.** Buy in bulk with caution. If you buy more than you need and throw away food you haven't saved you actually wasted food, money and other resources.<sup>9</sup> **3.** Think twice before tossing overripe fruits and veggies. A squishy banana is ideal for banana bread, overripe fruits can be used in smoothies and wilted and cooked veggies can be added to the soup pot.<sup>10</sup> **4.** Learn to love your leftovers.<sup>11</sup> Some meals are even tastier on day two. **5.** Make use of your freezer by pre-portioning items such as meats into smaller portions when you get home from the grocery store rather than stuffing everything into the fridge.<sup>12</sup>

### **Are You a Food Waster?**

Find out whether or not you are a food waster? To find out, take the short quiz at: [www.foodwastemovie.com/quiz-js/](http://www.foodwastemovie.com/quiz-js/)

1. *Food Waste : An unappetizing, \$27B problem* by Jennifer Bain, Toronto Star
2. "Our biggest problem? We're wasting food" by Lesley Young, Canadian Grocer
3. "Help End Food Waste", David Suzuki Foundation
4. "Our biggest problem? We're wasting food" by Lesley Young, Canadian Grocer
5. "Canadians waste seven billion kilograms of food a year" by Rosanna Tamburri, Globe and Mail
6. David Sparling, at UWO's Ivy Business School
7. Five Ways to End Food Waste on the David Suzuki's Foundation website
8. Pascal Theriault,, a Canadian agricultural economist
9. "Words To Live By" by Rosenbloom
10. "Ways to reduce household food waste", Andre Mayer-CBC News
11. 5 Sure ways to save money on your food bills at [www.lovefoodhatewaste.com/](http://www.lovefoodhatewaste.com/)
12. John Williams, a partner at retail consultancy JC Williams Group