



# HEARTBEATS

QUARTERLY NEWSLETTER OF THE SISTERS  
AND ASSOCIATES OF THE SISTERS OF ST. JOSEPH OF LYON IN MAINE

## *Serving the Dear Neighbor, Building Community*

BY TONI FREDETTE, DIR OF COMMUNICATIONS AND TECHNOLOGY

For many of us, most days are steady, normal, routine even. But then something happens close to home or across the globe that changes our lives in ways we could not have anticipated. Think about the seemingly never-ending pandemic, and the heartbreaking war in Ukraine. These events shake us from our routines and can lead us to fear and even despair for our world. But if we look beyond ourselves, we see people in action who give of themselves for their love of the dear neighbor - for their love of the world. In these amazing people, we recognize the resilience of humanity, we are inspired, and we find hope.

In our local Central Maine community, many struggle with meeting their basic needs including food, housing, personal care items, and much more. And there are also those who choose to walk with their neighbors in their time of need.

In the past, the Sisters here in Maine, and those of us drawn to the mission of 'uniting neighbor with neighbor and neighbor with God', would often create and run programs to meet the basic needs of others. The challenge of diminishing numbers and increasing age has created the opportunity to continue serving the neighbor, but through initiatives led by others. This past quarter we added three new locations to the growing list of those we now consider friends and partners: the Essentials Closet, The Lighthouse, and Stone Soup Café.

The Essentials Closet, initiated by the Waterville United Church of Christ, is a resource for people who need personal care and household items. Once a month anyone in need can stop by during their open hours to pick up 'essential' items such as soap, shampoo, laundry detergent, diapers and so much more, for free.

Due to limited volunteers, they were going to have to cut back the days and times that they are open. When we heard this, we thought, perhaps we can make a small difference. Now three of us volunteer one shift a month allowing them to stay open. They have served over 1300 different people who represent more than 4000 family members.



(L to R) Sr. Lorraine Rioux, Lora Downing, Sr. Judy Donovan, and Janelle Seavey at the Essentials Closet.

**Continued on Page 3**

# *Living Into It . . .*

BY SR. JUDY DONOVAN, COMMUNITY LEADER

I was blessed to spend early May in France (see page 19). When I left, the tiniest green promise of buds were visible on tree branches but when I returned, Maine was abloom, including bright yellow dandelions covering the grass at our Center in Winslow. Many are eager to drag out their mowers and start the summer ritual of lawn care. But along with others, we are moving away from maintaining lawns and towards more earth friendly measures. One step in that direction that we're trying this year is to take part in 'No Mow May'. This movement allows early spring lawn flowers to bloom and feed a high diversity of hungry native bees and other pollinators emerging from hibernation when other flowers are still scarce.



Although they're commonly thought of as a weeds, we learned through our '80 Garland Road Group' friends (see page 4) that there is no such thing; there are only plants that you would rather not have in a particular location. (How about that for a different perspective?) Dandelions have been used around the world to serve many purposes. Their roots, stems, and flowers can be turned into wine, tea, tincture, anti-inflammatory salve, or even fritters.

Despite their offerings of vibrancy and vitality, most human efforts these days are spent on trying to keep them at bay. And this is no easy task: with hundreds of seeds that can spread up to a hundred miles away and roots that grow stronger the more they're cut, they are difficult to shake, eluding strong lawn mowers and expensive herbicides alike.

I think we can recognize ourselves in and take inspiration from this ethic of *deep roots, resistance, and fruitfulness*. Fr. Medaille and our first six sisters in 1650, along with Mother St. John in her revolutionary time, and unknown generations of others since, certainly would be at home in this description. Like them we seek to cultivate deep roots via our lives of prayer and community, push back against all that promotes division in our society, and continue spreading to places and relationships where the Good News can bring nourishment. This issue of Heartbeats speaks to some of that new 'blooming' that is taking place here in our small patch of God's world.

And in our work towards 'living and working so that all may be one\*', could we think of dandelions themselves as 'dear neighbors' in the struggle and joy? They are like all who fight the good fight for justice and peace in the wake of gentrification, displacement, and scorched earth politics that aim to eradicate the elderly, the poor, and all deemed marginal.

Wherever we live, let's be grateful for so many small yellow reminders of our collective and individual capacity when united to God's dream, 'That all may be one.' (John 17:21). And let's be inspired by them to welcome new partners and relationships which will help us grow this small, scrappy, joyful community of resistance that thrives when rooted in God.

\*The charism, or mission, of the family of the Sisters of St. Joseph.



## ***our dear neighbor...***

***continued from Page 1***

Many of these people come back each month, along with new people, seeking what the Essentials Closet has to offer.

On May 2nd, the Waterville Area Soup Kitchen opened The Lighthouse, a new community meals program. Volunteers serve hot lunch meals three days a week and hope to expand to six days a week. Sisters have long supported WASK's work to hand out bagged meals in parks to those in need, and they were on site to congratulate the volunteers and join in their joy on the first day that The Lighthouse was in operation.



The Lighthouse volunteers. Standing (L to R): John Bacon, Jane Routhier, Dean Dolham, Carla Caron, Chad Cookson, Aline Poulin, and Austine Segel. Sitting (L to R): Paul McDonald, Roger Ruthier, and Marie McDonald.

In Winslow, the Stone Soup Café is a new, free, sit-down, hot meal program operated three days a week by Starfish Village Ministry, in collaboration with the Winslow Community Cupboard, a food pantry ministry of the Winslow Congregational Church. Sisters volunteered to help when they were preparing to open, but the organizers said, 'Lots of people can peel potatoes and help serve. We need you to do what you do best: come eat with our guests, listen to them, build community.' And so we do.



Sisters and friends return to the Café from time to time to lend their support (L to R standing) volunteer Nancy Sanford, co-organizer Reb. Nancy Finland, Sr. Claudette, volunteer Alexis Burbank. (L to R seated) Sr. Gloria Philip, Sr. Janet, and co-organizer Rev. Maureen Ausbrook.

*On a bright and crisp morning in late April, 20 folks, many strangers to each other, met at our Center in Winslow for a two-hour 'Skills Share' event. They left as new friends.*

## ***Earth Day 2022: Learning to See the Land with New Eyes***



Teams spread out across the property to 'observe and interact' via a 'scavenger hunt' list of trees, plants, animal dwellings and more.

In celebration of this year's Earth Day, the Sisters of St. Joseph and their partners hosted a free educational event based on the permaculture philosophy of land and garden design, which is good for the earth and all its creatures. Members of Mid Maine Permaculture planned and lead the event.

They focused on the first principle of permaculture, "Observe and Interact". This principle allows us to discover and learn about the various elements on our land, their relationships, and how we may be better stewards of the land as we engage with it.

*This inaugural "Skills Share" is part of a series of such events that will take place on the 4th Saturday of every month from April through October as an initiative of the 'The 80 Garland Road Group'.*

Made up of the Sisters of St. Joseph, Mid Maine Permaculture, the Winslow Agricultural Commission, the Kennebec/Messalonskee Trail Association, and local Maine Master Naturalists, the Group plans to host educational events like this, as well as develop a trail system with learning and prayer stations along the way,



(L to R) Stephen Gagliardi, Ida Wistar, and Jo Ashburn down by the Sebasticook River.

where the community can come learn sustainable skills to employ at home, or simply enjoy the trails and gardens that will be developed. To register for the next skills share events, see page 27.



(L to R) Many of the group who took part...Backrow: Jordan Smith, Jo Ashburn, Gotard, Harry Vayo, Stephen Gagliardi, Sr. Judy Donovan, Kathy Wistar, Ida Wistar, Barbara Russell, and Bonnie Sammons, Frontrow: Sally Harwood, Sr. Janet Gagnon, John Audibert, Sr. Gloria Philip, Linda Woods, Kate Newkirk.



(L to R) Barbara Russel, Jordan Smith, Linda Woods and Sally Harwood comparing notes.



(L to R) Friend John Audubert, Sr. Gloria visiting from Argentina, and Toni Fredette identify a naturally occurring perennial in the field.



*Inspired to initiate this partnership by Pope Francis' call to 'care for Our Common Home', the Earth, in his 2015 encyclical, Laudato Si, we are seeking ways to both sustainably care for the nearly four acres we have along the Sebasticook River, as well as to share this land with others. Our conversations led us to wonderful partners and together we hope to make this property a kind of 'demonstration project' where anyone can come to learn on and enjoy the land.*

# *Praying with and Responding to the War against Ukraine*

The war on Ukraine began in the midst of Lent and led to efforts to raise awareness, pray, and act in solidarity. Immediately our already planned virtual Lenten prayer series with the laity, aptly named, 'A Season of Fresh Hope', became a place to voice our horror and raise our voices in prayer (see screen shot of the Zoom prayer below). Then, as part of our St. Joseph Day festivities we had blue and yellow ribbons, made by Sisters Lorraine and Angela, available for all to wear as a reminder to pray and act for peace. They were then available at our Center for anyone to take and wear one.

Finally, we joined our friends at the Universalist Unitarian Church of Waterville in partnering with the 'Dress a Girl Around the World' (DAG) non-profit to redirect all our sewing and crafting energies into making simple 1 ¼ long flannel blankets, which DAG then gathered and air freighted to Ukraine and Poland for war refugee children. While our efforts were small and local, we trust that turning our hearts, minds, and hands towards peace, animated by the Spirit of God, can contribute in some way to the efforts to stop the carnage and begin the long process of healing.





(L to R standing) Sr. Angela, friend Izzy Nolan, and Sr. Lorraine join members of the St. John's 'Happy Quilters' (L to R seated) Joyce Peters, Georgette Desmond, Beth Terry, and Judy Rooms in finishing off the edges of the blankets.

*Shortly after Sisters Lorraine and Angela traveled to Cape Neddick to deliver the flannel blankets, we received this note of thanks from Dress A Girl Aroud the World:*

*'We are so appreciative for your support of warm snuggles and hugs. I got the blankets off this morning. I was wondering how you heard about the project. Happy that the good news traveled from the Unitarians to you. Blessings!'*

*... uniting neighbor with neighbor...*





## *Associates Meet Again, Reflect Easter Energy!*

**BY DORIS BOURQUE, ASSOCIATE**

Associates Bob and Nancy Hurd, Monette Valcourt, and I gathered on April 9 at the Hurds. Unfortunately, Patty Hackett was sick and could not attend. We missed all who could not attend for any reason.

We focused our sharing on Easter, seeing, that we were so close to that beautiful feast.

The spring rain reminded us that the human spirit is much like a spring garden that must be opened up if God's goodness is to be grown here. Our open minds and hearts are ready to receive the abundant life God offers this Easter. This kind of 'opening' is at the heart of the Easter story, which begins with a wide-open tomb. Beside the tomb stands a messenger of God asking these compassionate women to open their inner selves, encouraging them not be afraid, as they listen to a profound message, "He is not here, for He has risen." Their minds and hearts act like gardens ready for watering. The women open their hearts, receiving the word of the resurrection like thirsty soil and hurry away to share the marvelous news with others. Not everyone who had walked with Jesus was ready to receive this incredible news. The soil of their hearts was not receptive.

Are our hearts ready and opened for this news? We reflected on the months that have passed since last Easter, about the soil of our souls. Where have we been opened, closed? How is God coaxing life out of us? Where do we see the signs of growth, birth, hope, change, nurturing?

May God keep us ever mindful of how He is a part of our lives in a profound way!

We look forward to see the other Associates at our June 18th Annual Retreat.



# AROUND THE COMMUNITY

## St. Joseph Day 2022

*For the first time in since 2019, we were able to have a small gathering of around 50 friends, parishioners, ministry partners, former sisters and students in honor of St. Joseph. We then joined the parish 4pm Mass where we renewed our vows. It was wonderful to come together to catch up, enjoy each other, and pray together. Here are some of the folks who joined us...*



The parish women who made the reception possible: (L to R) Pat, June, Sue, Barb and Linda prepared and decorated the hall and served the food and beverages. Patty Vachon (not pictured) provided beautiful spring flower arrangements for each table and St. Joseph.



(L to R) Srs. Shirley and Marcelle, Kathy Keup, Toni Fredette, Annette Rioux and Sr. Lorraine

# AROUND THE COMMUNITY



Above: Sr. Catherine Marie, SSS,  
Louise Bowker, Fern & Bud Bard.



Left: Paulette Gosseline (L) and  
Sylvia Bilodeau (R) catching up



(L to R) Rev. Maureen Ausbrook, Sr. Janet, Rev. Nancy Finley, Sr. Dorine,  
Izzy Nolan, Jo Ashburn and Sr. Angela

# AROUND THE COMMUNITY



(L to R) Kate Newkirk, Carla Caron, and Dianne & Ray Smith



(L to R) Greg Gillespie, Emilie Sinclair, Monette Valcourt, Patty Hackett, and Doris Bourque, and Denise Dorey.



In France, Srs. Line and Rita celebrated St. Joseph with sisters from the European Provincial Team and the International Community.



# AROUND THE COMMUNITY

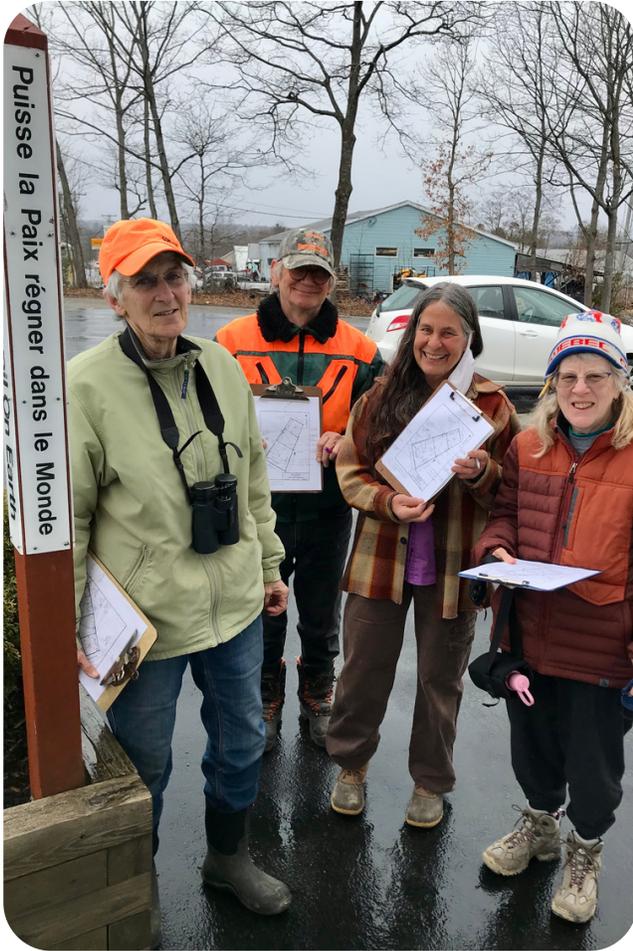


*On a warmish Saturday in February, members of the 80 Garland Rd Group met at the Center to explore the property via snowshoes, giving us access to places that are too densely wooded or wet to reach when the ground isn't frozen. The first principle of the permaculture philosophy of land use and gardening is 'Observe & Interact' and we did just that going through the woods, down to the river, and up through the meadow. We spotted birds nests, animal tracks as well as a tree rare to New England, Ironwood!*



*In March, members of the Group stake their claim on what could be the location of a future observation and learning space. (L to R Mike Heavener, Steve Russel, Sally Harwood and Kate Newkirk.)*

# AROUND THE COMMUNITY



Left: Jo, Gotard, Barbara and Linda set out on a drizzly morning in mid-April to begin planning the scavenger hunt that would be part of the April 23rd Skills Share event.

Below: Jordan Smith watches Kate Newkirk place the new 'no spray' signs on the property. Kate helped the Sisters negotiate with Central Maine Power not to spray pesticides under the power lines on their property and her husband Peter put CMP's signs on these robust stakes.



In early April some members of the 80 Garland Rd. Group gathered to start planning what they might plant in the patch of lawn they transformed into a garden bed via the 'sheet mulch' Skills Share event in late November.



# AROUND THE COMMUNITY



## Birthdays!

Sr. Rita Bujold (foreground) celebrates a landmark birthday in France with the General leadership of the Congregation, her local community, and her grand-nephew Nick and his friend Sasha who were visiting.



Sr. Angela's 'dear neighbors' past and present gathered to celebrate her birthday on March 29th.

Sr. Marcelle Roy celebrates a landmark birthday with her neighbor, Marcia Witham, along with Sr. Janet and Toni Fredette (not pictured).



# AROUND THE COMMUNITY



The Circle met in early March to begin sharing their reflections in preparation for the Congregation's General Chapter, which will take place in April of 2023. In the foreground is a prayer table for Ukraine. (Standing L to R Srs. Angela, Janet, Lorraine, Dorine, Judy and Marcelle. Seated, Srs. Claire and Claudette.)



Sr. Stella and her sister Elaine (standing) work on a puzzle as Stella settles into her new room on the Fontbonne Unit at the Mount



On March 31st we proudly hosted the local Interfaith celebration of the Transgender Day of Visibility, dedicated to celebrating the accomplishments and victories of transgender people, while also raising awareness of the work that is still needed to combat discrimination and violence.

# AROUND THE COMMUNITY



Sisters and Marcia Witham pitch in to provide Stone Soup Café with a coffee maker for guests. (L to R) Sr. Judy, Rev. Maureen Aushbrook, Sr. Claudette, and Marcia.



Sr. Angela proudly displays her 'kitchen scraps' garden created by planting beet tops!

Sr. Judy enjoying a moment with two faithful participants of the weekly Spanish Mass, Claribel Henry (L) and Sara Languet (R).



# *AROUND THE COMMUNITY*



Sr. Claire Labbee and her neighbor Doris, along with others at Fontbonne, gather every day before lunch to pray the Rosary together and to speak in French!



Our wonderful Health & Wellness Coordinator Liz Grant (L) organizes and hosts 'pic nics' with the Sisters at the Mount from time to time. This one featured a lovely nature-inspired charcuterie board, that Srs. Shirley (above) and Stella seems to be enjoying alongside Srs. Claire and Aline (not pictured).

# AROUND THE COMMUNITY



Srs. Angela and Judy took part in a Lenten zoom workshop series on Land Justice focused on how groups of women religious can manage, share, and even 'rematirate' the lands they have occupied. The Series was organized by the 'Nuns & Nones' organization.



Sr. Gloria Philip, a Sister of St. Joseph of Argentina (center), arrived Monday of Holy Week to spend nearly 3 weeks with us prior to her travels to France.



Harry Vayo, Master Naturalist, comes to 80 Garland Road at least once a month to walk the property and help us determine where future trails and educational markers might be placed.



Agrégée candidate Toni Fredette with Sisters Claudette and Janet at the reception following the Agrégée Welcoming ceremony. (See page 22.)

# *AROUND THE COMMUNITY*

## *Sharing Our Space*



The Board of the Messalonske/Kennebec Trails meets at the Center several times a year. The trails that were part of our Living Waters Spiritual Center on the north side of the Sebasticook River, along with our current property on the south side, are the foundation of beautiful through-trails that will be built.



The Secular Franciscans enjoy the use of our Center for their monthly meetings.

## *Roots and Wings*



From May 3-13th Sr. Judy, together with Sr. Gloria Philip, CSJ of Buenos Aires, led a program in Le Puy, France, for Sisters from around the world who were preparing for their Perpetual Vows. Le Puy is where in 1650 the Sisters of St. Joseph first began.

During the program, participants made a day-long pilgrimage to Lyon (Right) where Sr. Rita Bujold gave the group a tour of the 'Origins and Evolution' center, commemorating the life and mission of Mother St. John Fontbonne who founded the Lyon Congregation after the French Revolution. Here, participants enjoy their bag lunches on the Motherhouse grounds.





# *The Synod - a Booster Shot for the Church*

BY SR JUDY DONOVAN, CSJ

'I haven't been this excited about something happening in the Church since Vatican II', said one of our sisters after Pope Francis launched the global 'For a Synodal Church' campaign in October of 2021. Designed to engage every diocese, bishop' conference, and Church body in the biggest popular consultation in history, Pope Francis says the purpose of the Synod,

*'is not to produce documents, but to plant dreams, draw forth prophecies and visions, allow hope to flourish, inspire trust, bind up wounds, weave together relationships, awaken a dawn of hope, learn from one another and create a bright resourcefulness that will enlighten minds, warm hearts, and give strength to our hands.'*

Weeks before this launch, the Vatican invited all women and men religious to begin reflecting on their hopes for how the Catholic Church may best live its mission in the third millennium. We were also asked to reach out to those on the margins and invite them to submit their reflections. All this input will culminate in a Synod in Rome in 2023 and the setting of new/renewed priorities and directions.

We sisters began reading and reflecting on the preparatory documents last fall. And then, in a series of monthly zoom gatherings late in the year, we began sharing with each other. Finally, in face-to-face assemblies in February and March we gathered our reflections and submitted them to the Diocese and to the Vatican.

We then set our sights on those who might not otherwise hear about or have access to the call of the Synod and reached out to those in the 'Becoming a Welcoming Community' ministry. This effort, begun at our Center in late 2019 as a place where those with LGBTQ+ family or friends could gather and explore how we, as church, can indeed become more welcoming, has since grown to a network of LGBTQ+ people and their allies in 5 parishes of the diocese. We meet from across the Diocese on zoom monthly, and in some parishes, they are meeting with their clergy and developing local strategies. The group was eager to learn about and take part in the Synod and did so, submitting their responses to the Diocese and Vatican in March. To be part of their candid and faith filled sharing was a powerful experience. One shared, 'I want to feel as welcome walking into a Catholic Church as I do walking into an AA meeting.' Another desired, ' That love of God and neighbor would dominate the words and action of the Church.' Wow.

The Vatican Synod office extended the consultation phase to August 15, 2022, so if any individual or group would still like to contribute, send your reflections to [synodus@synod.va](mailto:synodus@synod.va)

We join the hopes of one sister who said, 'This Synod should be like a COVID booster shot to the spirit of Vatican II'.



*The following article appear in the March 2022 Online Update of "the More... "  
- A publication of the Sisters of St. Joseph of Boston and is shared here with their  
permission.*

## *An Adventure in Grace*

ADAPTED REFLECTIONS OF KATHY MCCLUSKEY, CSJ, MARYANN ENRIGHT, CSJ,  
AND WORDS OF AGRÉGÉE CANDIDATES DURING AGRÉGÉE WELCOME RITUAL

We gather today to celebrate an Adventure in Grace, namely, the call of the heart that has been heard by Toni Fredette, Jamie Medeiros and Julianne Shanklin. It is a call rooted in God's unifying love. What a rich community we have gathered to welcome and support our Agrégée Candidates as they continue their discernment and begin their formal program of formation.

These candidates have come to us with long experience in discerning life decisions. Maryann Enright, CSJ, and Kathy McCluskey, CSJ, were privileged to share in their individual discernments as they learned about the possibility of the Agrégée Relationship.



Sr. Judy and Sr. Lee Hogan, president of the Boston CSJs, address the candidates (Top R).

As 2021 came to a close, each wrote a letter requesting to begin the formal formation process. Judy Donovan, CSJ/Lyon, and Lee Hogan, CSJ/Boston, accepted them into this formation. In January, they first met each other through Zoom and on January 15 we came together to hear their rich life stories and get to know one another.

The candidates have been invited to speak briefly about the graces and hopes of this moment as they enter into the next phase of discernment asking, "Am I called to profess to God a vow of fidelity to the charism, the grace, the spirit, the mission of unifying love with the congregation of the Sisters of St. Joseph?"



(L to R) Srs. Maryann Enright, Claudette Poulin, Judy Donovan, and Mary Ellen O'Connell; Toni Fredette, Jamie Medeiros, Sr. Anne Marie O'Grady, Julianne Shanklin, Srs. Peggy Sullivan, Kathy McCluskey, and Lee Hogan.

These Agrégée candidates have acknowledged and trusted the movements of God that have brought them to this moment. In response to this call, each candidate is committing to a process of deepening the Charism and Mission of the Sisters of St. Joseph in her own life and learning the spirituality and origins of the Congregation. She will also explore the contemplative dimension of prayer and the theology that sustains us.

## Words from the Agrégée Candidates...



**Toni Fredette**, Candidate with the Sisters of Saint Joseph of Lyon in Winslow, Maine

*As I stand on this threshold, I feel God's loving presence within and all around me. I am grateful for all who have accompanied me to this moment. Jesus, knowing my heart, has brought me to you, the Sisters of St. Joseph, so I may follow my desire to accept His invitation to journey into "the More" and to live in unity with All. As I embrace God's call, it is my hope that this journey never ends, but is renewed each day as I seek to deepen my relationship with God, with you, and with all of creation.*



**Jamie Medeiros**, Candidate with the Sisters of Saint Joseph of Boston

*I like to observe. I realize my call at this time and in this place is to **speak**. So today, I will observe from here. What I see is you and what you stand for. I see in front of me all of these people from whom I have seen and experienced God's love, in word and in action. This is what I want to be a part of: to stand with you, to stand for God's love in words and in actions; to grow with this as my focus in a community of others with the same focus. I ask for the Grace to stand for love—to be love for God-- in my words and in my actions.*



**Julianne Shanklin**, Candidate with the Sisters of Saint Joseph of Boston

*Before becoming an educator and a canonist, I served in the US Coast Guard... where our motto was "Always Ready." Today, God's grace leads me to embrace my spirit which has always felt like a religious; to embark on the quiver of mystery; to enter new relationships, new conversations, new mission in prayer and solidarity with a community enflamed with the love of God and being present to dear neighbor. True to the relationship I have had with Jesus since a child on an island with far fewer Catholics than those gathered here today, I continue to stand "always ready" and I look forward to following Jesus and His unconfined love which is leading me to these new graced spaces.*



# *C'etait le Bon Temps: a Look at Our History*

**BY SR. JANET GAGNON**

(based on her research on our first decades in Maine)

## **A Woman with a Vision and a Heart**

While working on the story of the Sisters of St Joseph of Lyon coming to Maine at the turn of the 20th Century, I have learned many interesting gems regarding the leadership of the Congregation at that time.

The Community was led by Rev. Mother Henri Xavier (Arquillière) from 1897 to 1923. She was an extraordinary leader and a natural teacher. From Novitiate she was missioned to the Normal School in the Motherhouse to teach mathematics. The students found her to be an excellent teacher and a great support in their formation to be teachers themselves.

Mother Henri Xavier was the general superior when the sisters of the Congregation were sent to many different countries. The Laicization Laws of France in the early 20th century demanded that Sisters, teaching in the schools, would have to remove their habits, if they intended to continue teaching. Thousands of Sisters left teaching, refusing to remove their habits. Many Sisters returned to the Motherhouse, having no other place to go. The superiors decided it was time to send the Sisters, who found themselves without a place for teaching in the government schools, to new lands, leading to the great missionary movement of the turn of the last century.

But, there was another interesting development in the Congregation during this period. Sisters of the Congregation began to reflect on the effects their departure had made on the children they had left after the mass evacuation of Sisters from the government schools. Many wanted to return to the work of educating the children, but could not do so as sisters.

They went to the Superior General seeking 'secularization' from the Community, which meant a release from the vows, so they could return to teaching. Some 500 Sisters made the request. Mother Henri Xavier sought counsel from Rome and she deliberated with her General Council and responded in a manner typical of the family of Joseph!

“To respond to the desire of the Church authority and Christian families, we agreed, not without sorrow, to the secularization. This extreme measure allowed us to take back, under another form, a great number of the schools that we had abandoned, and even to accept many new functions. Our secularized personnel consists of close to 500 members divided into 136 groups.



Mother Henri Xavier

“In spite of the sorrows and difficulty of the present hour, we have consolation to observe that the Congregation maintains its regularity and its fervor. The Rules are observed, authority is respected, obeyed and loved. To maintain this good religious spirit, yearly we offer 3 general retreats; our sisters attend them assiduously to renew themselves in the love of their holy vocation and in our prayerful practices.

Our secularized religious benefit also from yearly Holy Exercises (retreat). To that end, and in taking all the necessary prudent measures, we share them in groups of 9 to which a special retreat is given. Each month, they may attend special conferences. Those means keep them affectionate to their life and religious family.”

So, they made it work! The vowed religious and the 'secularized' religious both continued their mission, but in a creative new way.

To have found a way around the Canon Law and civil restrictions so that these women could be faithful to their vocation and their mission is most amazing, given the times and given the leaders of the Congregation. Together in prayer and discernment they found a way; 'created' a new way!

This little story makes me very proud of our Congregation and the leadership. They continued in the spirit and direction of our founding sisters! They had the concern and interest of the people affected by their response to the government imposing laws that prohibited the Sisters from serving the people. They did what they needed to do so that the 'dear neighbor' would not be affected negatively. Not everything was black or white; they created a new way! Mother Henri Xavier was a compassionate and caring woman, she had a great missionary spirit and knew how to obey, all the while being a very open and faithful religious with great heart!

*Maxim 15 - Listen deeply to subtle nudges  
of the Holy Spirit; then act on them.  
- Fr. Medaille*



# Tech Talk: What is "Phishing"?

BY TONI M FREDETTE, DIR OF COMMUNICATION & TECHNOLOGY

Phishing is a crime where someone poses as a legitimate person or institution to trick another person into sharing personal information that may be used to steal your money and perhaps your identity. (They are "fishing" for your data!)

The three most common ways you may be contacted by someone who is phishing are by telephone, text, and email. However, phishing can occur in other ways including items sent via the postal service, and even someone knocking on your door.

These criminals are becoming increasingly good at pretending to be legitimate, contacting you to assist you as a courtesy. Therefore, it is important that we never respond to any inquiry without first determining if the communication is valid.

*The best way to avoid Phishing scams is to NEVER provide personal information of any kind to someone you do not know regardless of how they contact you. You can always verify the details later.*

## Tips to Avoid Phishing

- Do not answer a phone call from a number you do not recognize. If it is important, the caller will leave a message.
- Do not click on links in emails or texts that come from someone that is not in your contact list.
- **Red Flags!:**
  - If the communication is "too good to be true" then it probably is.
  - If they create any sense of urgency, STOP! This is a common tactic, and is combined with fear tactics. Take the time to verify the communication.
  - For emails, although the sender may look like someone you know, it may be an imposter. Links may send you to a malicious site, and attachments may include malicious software that may run on your computer to gather information.
  - If they ask for ANY type of personal information (address, social security number, credit card number, email address, birth day, etc.), hang up / delete!

## How to Verify

**DO NOT use any contact information provided in the potential scammer (links, phone numbers, web addresses, etc) in the validation process. They just lead you back to the 'phisher'man.**

To verify if a communication is valid, use your OWN methods of contacting the individual / organization to inquire about the communication. You may do this by using contact information on a printed document that you may have in your files (like a bill), searching on your web browser to look up information, or [call someone you trust to assist you.](#)



# UPCOMING EVENTS

## COME TO THE NEXT SKILL SHARE EVENTS:



- May 28, 9am - noon: Create a base map, the foundation for a holistic garden.
- June 25, 10am - noon: How to enhance or hide elements of your land or yard.
- July - October topics to be announced!

Each month's 'Skill Share' will focus on teaching the principles of permaculture which are good for the earth and all its creatures.

To register for this free event, call: (207) 873-4512 or email: [connect@csjmaine.org](mailto:connect@csjmaine.org).

## SUMMER RETREAT

### *Trinitarian Love*

**Guided by Sr. Janet Gagnon, CSJ**

Curious about spirituality? Come learn about Trinitarian Love, the spirituality of the Sisters of St. Joseph, and the various ways to live it (as a sister, associate, agrégée, or partner in mission). There will be time for personal prayer, group sharing, and an opportunity to meet others who work in relationship with the Sisters of St. Joseph.

***Saturday, June 18th, 2022,  
10 am to 4 pm***

***St. Joseph Center  
80 Garland Road, Winslow***

Lunch and beverages provided.

\$30 suggested offering. Scholarships available.

PLEASE RSVP by Friday, June 10th, 2022

by calling: (207) 873-4512 or  
emailing: [connect@csjmaine.org](mailto:connect@csjmaine.org)



Sr. Janet Gagnon, CSJ

Sisters of St. Joseph  
of Lyon - Maine  
80 Garland Road  
Winslow, ME 04901



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80 Garland Road  
Winslow, ME 04901  
[www.csjwinslowmaine.org](http://www.csjwinslowmaine.org)  
[CSJsofLyon.Maine@gmail.com](mailto:CSJsofLyon.Maine@gmail.com)  
207.873.4512

***Our Mission is to live  
and work so that all  
may be one.***

### Sisters and Associates

Sr. Shirley Alexandre  
Doris Bourque  
Sr. Rita Bujold  
David Champion  
Janice Champion  
Sr. Judy Donovan  
Sr. Gilla Dubé  
Sr. Stella Dubé  
Sr. Angela Fortier  
Sr. Janet Gagnon  
Patricia Hackett  
Nancy Hurd  
Robert Hurd

Sr. Joyce Keevan  
Sr. Claire Labbee  
Marie Louise LaChance  
Lewella Landry  
Sr. Dorine Moreau  
Stacy Parady  
Sr. Claudette Poulin  
Sr. M. Line Rioux  
Sr. Lorraine Rioux  
Sr. Aline Roy  
Sr. Marcelle Roy  
Cheryl Smith  
Monette Valcourt