



WESTERN REGION

January 2021

Salvatorian Western Region

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Women's Religious Representative:

Sr. Jean Schafer

Secretary: Joyce Dwonch

Treasurer: Joyce Daniels

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Salvatorian Links

www.salvatorians.com

www.salvatoriansisters.org

www.laysalvatorians.com

www.salvatorianfamily.us

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From our Regional Moderator, Sr. Sheila Novak

Making It Through



It is one of God's kindnesses to us that we don't know the future! There is a part of us that likes to know what's coming so we can make preparations. If I know guests are coming for dinner, I make sure I have extra food. If I know it will be a joyous event, like the wedding of a loved one, I already feel their anticipation and happiness. If I know a health intervention -- like fasting before surgery -- is needed, I plan my life accordingly.

But who knew what 2020 would really be like! In mid-February, it seemed like we would pull back for a couple of weeks and *then* get on with life. *Then* it extended into a couple of months. *Then* we hoped by Easter things would subside. *Then* came the news that this pandemic will last for months, maybe into 2021. We needed a different mindset as we entered the long haul of the pandemic. To protect family, ourselves, and the public at large we did what we needed to do. The *then* become a permanent way of life.

We are so aware of the adverse effects of this scourge. Hundreds of thousands have died. Health care workers are exhausted; some even committed suicide. People have lost jobs, have no incomes to support themselves and their families. Businesses have closed; evictions loom in the air. If we had known all this as 2020 began, many of us may have said -- "I'm not up to this!" We would have been even more anxious than we are now. So it seems like it was kindness to be left in the dark and have to work everything out as it unfolded. We could put our limited energy into strategies of coping instead of into excess worry.



2021
faith
moves
mountains
Wishes for a
Blessed
New Year

As we enter 2021, a new year, where are we? 2020 is still with us in this new year. We do not know what we will say about it a year from now. But 2020 helped us discover important things about ourselves and each other. We are flexible and can adjust to the needs of the moment. Scientists have worked hard to shorten the long process of manufacturing a safe vaccine, see that it reaches us, and end the pandemic. People are finding ways to connect with folks near and far through Zoom meetings. We are finding new and creative ways of doing things. There are fewer distractions and disruptions. We can live without going to all the places we want to go or shopping for all the things we are told we need. Our homes and family are hopefully getting more of our attention. We have more time to read, pray, reflect and be with God in a qualitative way. Maybe, despite the dark side of 2020, we can be grateful that we are present to welcome in 2021 and be hopeful for what it will hold for us.

NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
 spring is not cancelled
 love is not cancelled
 relationships are not cancelled
 reading is not cancelled
 naps are not cancelled
 devotion is not cancelled
 music is not cancelled
 dancing is not cancelled
 imagination is not cancelled
 kindness is not cancelled
 conversations are not cancelled
hope is not cancelled



#keeplookingup
 SimpleStencils.com

What if...

There is so much fear, and perhaps rightfully so, about COVID-19.

And, what if...

If we subscribe

- to the philosophy that life is always working out for us,
- that there is an intelligence far greater than humans at work...
- that all is interconnected.

What if...the virus is here to help us to reset.:

- To remember what is truly important.
 - Reconnecting with family and community.
 - Reducing travel so that the environment, the skies, the air, our lungs all get a break. (*Parts of China are seeing blue sky and clouds for the first time in forever with the factories being shut down.*)
 - Working from home rather than commuting to work (*less pollution, more personal time*).
 - Reconnecting with family as there is more time at home.
 - An invitation to turn inwards — a deep meditation — rather than the usual extroverted going out to self-soothe.
 - To reconnect with self — what is really important to me?

A reset economically:

- The working poor.
- The lack of healthcare access for over 30 million in the US.
- The need for paid sick leave.
- How hard does one need to work to be able to live, to have a life outside of work?
- To face our mortality — check back into “living” life rather than simply working, working, working.

To reconnect with our elders, who are so susceptible to this virus.

And, washing our hands — how did that become a “new” thing that we needed to remember?

But, yes, we did.
The presence of Grace for all.
There is a shift underway in our society —
what if it is one that is favorable for us?

What if this virus is an ally in our evolution?

In our remembrance of what it means to be connected, humane, living a simpler life, to be less impactful/more kind to our environment.

An offering from my heart this morning. Offered as another perspective.

Another way of relating to this virus, this unfolding, this evolution.

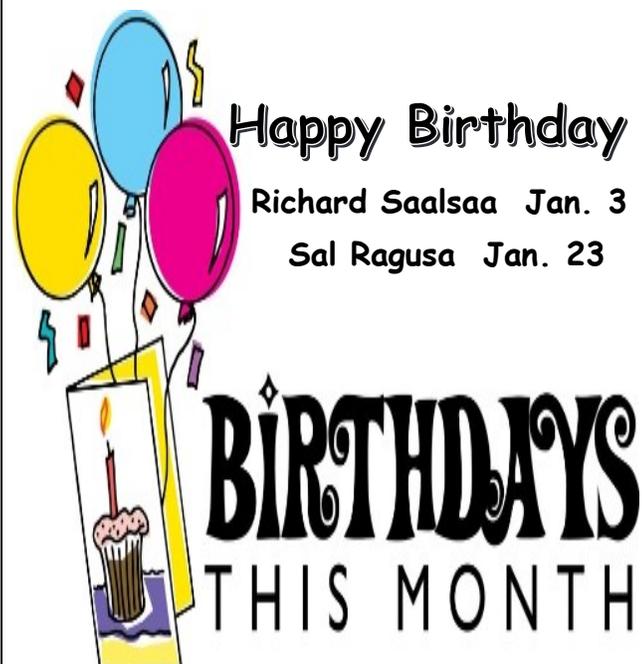
It was time for a change, we all knew that.

And, change has arrived.

What if...

For Reflection:

- Do you think that this virus is creating a change? If so, what change do you see?
- What has this time of pandemic helped you to realize? To value?
- What is most important to you? Has this time helped you connect with it?
- Have you had any shift in perspective about this pandemic time? Describe it.
- Do you see the virus as an enemy or as an ally?



Regional Gathering during the Pandemic Schedule— Jan. 2021 – May 2021

This year we are meeting via zoom for as long as the pandemic lasts. Here are the dates for your calendars. The zoom link is listed below. The link will be the same for all meetings.

Friday, Jan 8 – Regional 1:00 to 3:00 Pm. –
host - Rita Schillin
Details on page 4

Saturday, Jan. 9 - *Formation Session 9A-12P

Friday, Feb. 12 – Regional 1:00 to 3:00 PM

Saturday, Feb. 13 - *Formation Session 9A-12P

Friday, Mar. 12 – Regional 1:00 to 3:00 PM

Saturday, Mar. 13 - *Formation Session 9A-12P

Friday, Apr. 9 - *Formation Session 9AM-12PM

Saturday, Apr. 10– Regional 1:00 to 3:00 PM

Friday, May 7 – Regional 1:00 to 3:00 PM. –
hosts - Drakes

Saturday, May TBD - *Formation Session

** Formation sessions are for Candidates and committed Salvatorians only.*

Zoom Meeting Information for both Regional Gatherings and Formation sessions:

Link to join:

<https://us02web.zoom.us/j/85480659946>

(Copy and past link into URL)

Meeting ID: **854 8065 9946**

One tap mobile

+16699009128,,85480659946#

US

Dial by your location

+1 669 900 9128 US

Meeting ID: **854 8065 9946**



FORGIVENESS-Our Gathering Theme

When we meet on the 8th (at 1:00), our focus will be forgiveness. Why would I choose such a somber topic? Well, after going through a terrible pandemic year and witnessing so much hate and discord over health and politics, it seems fitting that we should enter the new year with love in our hearts. It is a time to be open and to allow people to have differing opinions. It seems our culture today has a motto that says, "You can believe whatever you want, as long as you believe and agree with what I believe and say." This 'motto' has caused rioting in the streets and friends and families to turn against one another. I personally do not want to experience what some other countries have experienced... such as in Rwanda.

On the 8th, we will watch a short 15 minute clip of Immaculée Ilibagiza give her testimony on forgiveness and then we'll break out and discuss how we can be a light in what sometimes feels like a dark world.

In Matt. 5:44 Jesus tells us to "Love your enemies." It is perhaps the most extreme thing Jesus commands us to do. But if we REALLY want to be a light to the World and to experience the joy of total interior freedom, we must be willing to let go of ALL resentment. Jesus doesn't ask us to be doormats for anyone to step on us....but he is telling us we cannot live with resentment in our heart.

I rather doubt that any of us are harboring any resentments. And I also believe that we are all very forgiving people. However, we probably know people who are resentful and angry and also depressed and feeling lost.

I'd like to explore in our breakout groups how we, as a group or individually, can be a light and an inspiration to the people around us. How can we show our love to anyone who is around us? In what ways can we reach out to others we know are depressed?

How do we preach the gospel without using words? What do you do to Witness the Good News?

Bring your ideas to our gathering on the 8th.

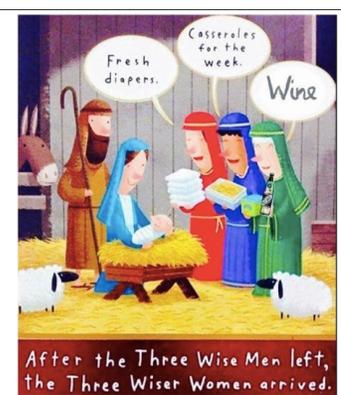
LAUGHTER
with you wherever you go.



New Senior's Exam, you only need 4 correct out of 10 questions to pass.

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

See answers below...



- 1) 116 years
- 2) Ecuador
- 3) Sheep and Horses?
- 4) November
- 5) Squirrel fur
- 6) Dogs
- 7) Albert
- 8) Crimson
- 9) New Zealand
- 10) Orange