



WESTERN REGION

May 2021

Salvatorian Western Region

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From our Regional Moderator, Sr. Sheila Novak

The Sounds of Silence

Those of you around my age may remember the Simon and Garfunkel song - "The Sounds of Silence."

Even though I have loved the song and heard it many times, the paradox of the title just hit me. How can silence have sound??

The article on the next page tells how little silence we have in our lives these days – even with the pandemic. Even when making a phone call and being put on hold, messages or music are piped into our waiting ears. I long for just quiet to collect my thoughts and be. The mute button on the TV tuner is a favorite of mine. No one shouting at you about what I need, what I cannot live without, what to buy,

The one sacred time of the year for in depth silence used to be retreat for me. For those of you who have been on a silent retreat, even without speaking, a deep connection can happen with the other retreatants. God is the focus that binds us together in a profound way. The silence opens our ears and hearts to the Spirit stirring within.

Retreats have changed and now often include times of verbal connection. So we go with the flow and structure things differently. But as we look at our Western Regional Retreat coming up next week with Father Tom Bonacci, I do hope we also carve out for ourselves times of silence. It is where that small still voice is waiting to speak to us. It is a chance to really take note of what is stirring within me, where God may be planting an idea or a new response needed in our world today. We have been given the Spirit in abundance. All we need to do is give an equal chance to the Spirit - making our usual monologue into a dialogue. The grace of our years now is the wisdom and life experience we have been gifted with. Allow this grace to move you in a new way. Let us also hold each other in special prayer as we explore how the beatitudes continue to bless us today and give hope to the world.

Mary our Mother

- On the cross, Jesus said to the disciple John "Behold your mother"
- Then he said to Mary "behold your son"
- In this statement Jesus gave His mother to the Church (represented by John)



A Time for Silence

The way it was: Silence was a given. Men went with the flocks up a lonely mountain for weeks and had to learn to be at peace with themselves. Women worked in the kitchens of the world grinding corn and plucking chickens, deep in thought, attuned to the things around them. Children picked in the fields in long, separated rows, learning young to hear birds and wind and water, weaving their fancies from the materials of earth. Silence was a friendly part of life, not a deprivation, not a fearsome place to be.

The way of now: Quiet has become a phantom memory in this culture. . .It has been driven out by noise pollution that is endemic, invasive, clamorous. Everywhere. Everyplace. Not simply in New York. In Small Town, USA, it is blaring every hour of the day. There is Muzak in the elevators and public address systems in the halls and people standing next to you in the hardware store talking loudly on cellular phones and every where,. . . in offices and restaurants and kitchen and bedrooms – the ubiquitous television spewing talk devoid of thought while people pay no attention at all and shout above it about other things. There are loudspeakers in boats now so the lake is not safe. . . . We don't think any more; we simply listen. The problem is that we are so deluged with sound that we are accustomed to listening only to things outside of ourselves, however vacuous the message, however pointless the talk.

The way of silence: There are some things in life that deserve to be nourished simply for their own sake. . . .It is in silence that we learn that there is more to life than life seems to offer.. . It is in silence and solitude that bring us face-to-face with ourselves and the inner wars we must win if we are ever to become truly whole, truly at peace. Silence gives us the opportunity we need to raise our hearts and minds to something above ourselves, to be aware of a spiritual life in us that is being starved out by noise pollution, to still . . .our limitless desires. It is call to the Cave of the Heart, where the vision is clear and the heart is centered on something worthy of it. . .

Noise protects us from confronting ourselves, but silence speaks the language of the heart. Silence . . . brings us in contact both with ourselves and with others. Deep down inside of us reside, in microcosm, all the human hopes and fears, the struggles to control them, the hope to set them free, and the peace that

comes when we have confronted both the best and the worst in ourselves and found them acceptable.

Silence does more than confront us with ourselves, however. Silence makes us wise. Face-to-face with ourselves . . . if we listen to the undercurrents that are in contention within us,(we) respect the struggles of others. Silence teaches us how much we have yet to learn. . . there is no room in us for mean judgments and narrow evaluations of others. Suddenly, out of silence, comes the honesty that tempers arrogance and makes us kind. . . The Word we seek is speaking in the silence within us. (exurbs from Sr Joan Chittiste



Submissions from Jan Bencken:

CONGRATULATIONS TO OUR GIVING GARDEN!!!

They have been awarded a grant of \$400 from the Collaborative Ministry Grants of the Salvatorian Family!!! Each year the SDS Family awards funds to selected applicants for their collaborative ministries-- --ministries which support the basic tenets of the Salvatorian Family. In past years, ministry grants have been awarded to the Haiti Project (where our recycling efforts also go), Project Light (a literacy program in Florida), and water well projects in Tanzania (thanks to our own MaryJo Verke). Each of these projects have the support and participation of the 3 branches of the Salvatorian Family, and benefit the homeless, youth, at-risk adults, people escaping trafficking or other forms of tyranny and poverty. Funds will be available by July, and we will be able to apply yearly for specific projects within the garden and the community meal, or any other collaborative efforts to benefit targeted groups. Congratulations to Sr. Sheila, Sr. Jean, Steve Roberts, Pat Day, Joyce Daniels, and all the rest involved in this incredible effort to feed the needy of our community, build community with the disenfranchised, and spread the love of our Savior!



BEATIFICATION IS FAST APPROACHING!!!



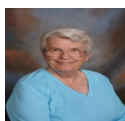
The Beatification of our Founder is fast approaching and will be live-streamed for those hail & hardy folks who would like to watch it first hand from the Vatican on May 15. On May 16, the USA Salvatorians will have a ZOOM celebration, and everyone is encouraged to participate by your presence. Our national committee has been working very hard to overcome the setbacks of the travel & gathering restrictions to ensure we can all be a part of this once-in-a-lifetime event of the Beatification of our Founder. Details are given in the weekly Update from Milwaukee. Be sure to check it out and mark your calendars!

NATIONAL CONVOCATION for the LAY SALVATORIANS of the US:



Mark your calendars for this event which will take place June 9-12, 2022 right here in our Western Region! We have reserved the Mercy Center for the event, and will be planning liturgies, working sessions, field trips, and celebrations to take place over the 3 full days. You won't want to miss this once in 3 year event at which time we review where what we've accomplished and what direction we'd like to see us go for the future. It's basically a type of action-oriented goal setting. Each branch of the Salvatorian Family holds these events for their branch, and this is our time. The very first one was held many moons ago right here in Orangevale. Since then, we have been hosted by the Southwest Region, the Southern Region, the Midwest, and now it's back to us here in the West. Although we have about 14 months before the event takes place, lots of planning needs to take place, and we will need everyone to step up to help make this a success. In particular, it is also the 50th Anniversary of the US Lay Salvatorians, so we will be incorporating this celebration as well. What a time to show the Western Region to the rest of the US SDS-L! We will be having people come from all the regions to participate, and it's a joyous, wonderful time to meet and share our faith in the Savior!

CELEBRATION OF LIFE for JO ANN Kuphaldt:



Can you believe it's been almost one year since Jo Ann went home to the Savior? I miss her every time I'm in DS, or at one of our SDS functions. Her family has asked me to extend an invitation to all to celebrate her life at noon on July 10, Saturday. They are planning on a gathering/reception possibly at DS, or a park. Details are being worked out, and Caroline Easton of our parish has been contacted. Additional details to be forthcoming.

Regional Schedule

There will not be a Regional Gathering in May because of the Retreat (*You should already be registered for*).

The Formation Session originally scheduled for May has been moved to June 12th at 9:00 am. Details for the session will be forthcoming.



I just heard about paraprosdokians, I liked them. They are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (At least I hope so.)



1. Where there's a will, I want to be in it
2. We never really grow up -- we only learn how to act in public.
3. War does not determine who is right, only who is left.
4. Knowledge, is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
5. In filling out an application, where it says, "In case of an emergency, notify..." I answered "a doctor."
6. You do not need a parachute to skydive. You only need a parachute to skydive twice.
7. I used to be indecisive, but now I'm not so sure.
8. You're never too old to learn something stupid.
9. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.
10. To be sure of hitting the target, shoot first and call whatever you hit the target.

Spread the Laughter, Share the Cheer,
Let's be Happy, while we're here!