



# WESTERN REGION

October 2020

## Salvatorian Western Region

**Regional Moderator:**

Sr. Sheila Novak

**Regional Representative to LSNB:**

Jan Bencken

**Men's Religious Representative:**

Fr. Marcel Emeh

**Women's Religious Representative:**

Sr. Jean Schafer

**Secretary:** Joyce Dwonch

**Treasurer:** Joyce Daniels

**Lay Representatives:**

Mickey Drake

Mary Jo Verke

### Salvatorian Links

[www.salvatorians.com](http://www.salvatorians.com)

[www.salvatoriansisters.org](http://www.salvatoriansisters.org)

[www.laysalvatorians.com](http://www.laysalvatorians.com)

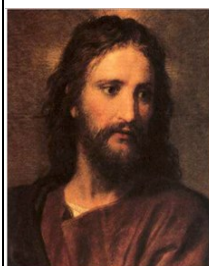
[www.salvatorianfamily.us](http://www.salvatorianfamily.us)

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**From our Regional Moderator,  
Sr. Sheila Novak**



## Becoming Our Name

If I say the word Franciscan – what comes to mind? St Francis and the centrality of poverty. If I say the word Jesuit – St Ignatius and his ways of prayer and discernment have gifted the world. If I say Benedictine – community is their charism. What about Salvatorian? Salvatorians have the wonderful name of the Divine Savior. What is the heart of being Salvatorian?

That is what our recent formation session of September 12<sup>th</sup> – “Becoming Our Name” had as a focus. Actually, as I reflected on the session after it was over, there are other names that could also describe what unfolded: “Holy Ground” (that is where we were with each other) or “Hindsight Leading to Foresight” (there is gift in seeing where we have been, how God was with us and a confidence that God will be there as we move into the future) or “Salvatorian Scriptures” (our own real life experiences of how God has been in our lives) or “The Many Ways of God” (there is no one way that our ingenious God works!).

Our five candidates and their sponsors were at the session. Thanks to technology, Penny was able to be with us all the way from Pennsylvania. The Roses made sure they were at a campground with good WiFi so she could participate. (Thank you, Don and Penny!) Rita Schillin had helped Sr. Sheila launch the session on Zoom and did a follow-up when it was finished to see if it went okay. (Thank you, Rita!) The sponsors were also present – including Mary Frontiera with a double-booking dilemma – but she was there for part of it before her other commitment. (Thank you, Mary!). Shirley Barbera

Trust in Jesus

was neither a sponsor nor a candidate, but as all SDS are welcome for these sessions, she joined us and gifted us with her sharing. (Thank you, Shirley, for this support to the group.)

What stays with me is how people shared their experiences of how God had saved them. It showed a wonderful diversity – revealing the many ways that God works. In one instance, it was a given moment bringing about a dramatic change. In other examples, the saving unfolded slowly but surely. It helped me name a time in my own life that I had not labeled as “saving” in the past – but that is indeed what it was. It opened my eyes to how God’s providence was so apparent that I marveled at really seeing it for the first time.

At our regional meeting, I encouraged the use of the Salvatorian Consciousness Examen that was on page 2 of our September newsletter. If you have not yet taken the chance to pray with it, I highly encourage giving it a try for two weeks as your daily prayer. It will give you a chance to see what it can open up. Then you can choose the Examen or to go back to your regular prayer – whichever seems best for you. The way to God is a web of pathways!

Read the accompanying article in this newsletter entitled “5 Practical Ways to Live the Vision of Christ.” It will help us become our name! We will also discuss this at our next regional meeting. Lastly, click the link below to hear the hymn “The First Song of Isaiah” – a wonderful Salvatorian song! Close your eyes and let it soak into your bones! Surely it is God who saves me! <https://www.youtube.com/watch?v=5bcjzhZwOIE>. (If clicking the link does not work, then copy and paste it, or type it into the URL and hit enter. If you are typing it, the case of the letters matter.)



## 5 Practical Ways to Live the Vision of Christ

How can you and I live out this rich vision . . . of Jesus Christ in the third millennium? The following points for a practical spirituality might provide a helpful start:

1. **Treat the earth with reverence.** To pollute this earth is to defile Christ’s home. To touch creation with love – as Jesus did - is to restore it to him. No occupation or vocation is unclean or without dignity as long as we seek to serve this world and the human family with Christlike care. Whether you are a gardener or a trash collector, a technician or a street sweeper, a parent or a priest, your work, performed with love, has great goodness and significance.
2. **See the sacraments echoing all creation’s sacredness.** Some spiritual writers see the sacraments only as a cure for a fallen world and a failed humanity. Saint Paul reminds us, however, that all creatures were made through Christ and for Christ and find rich meaning in him. When Christ entered creation at the incarnation, the whole created world was powerfully blessed. As part of our created world, the sacraments are a foretaste of the fullness of time when Jesus Christ will be all in all. In the water of baptism, in the bread and wine of the Eucharist and in the oil of anointing, we celebrate the goodness of creation and the wholeness that is ours in Christ.
3. **Embrace your humanity.** Our humanity is modeled on that of Christ. If the divine Word embraced that humanity, so must we. Saint Francis saw Jesus as the pattern and blueprint of our own human dignity and worth. “Be conscious, O human being,” he once said, “the wondrous state in which the Lord God has placed you, for he created you and formed you to the image of his beloved Son.”
4. **Keep Jesus central.** The popular Christian tradition of reverently praying the Angelus is a wonderful way of keeping ourselves mindful of the most pivotal event of human history – the incar-

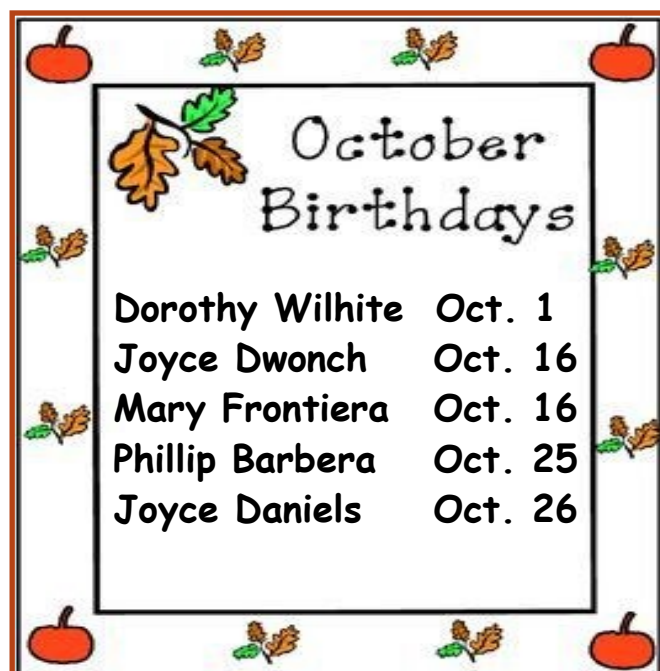
nation: “the word became flesh and made his dwelling among us” (Jn1:14). We do well to take a good look at restoring this tradition – or at least of recapturing the spirit behind it.

5. **Look to Jesus’ mother.** God’s plan for a universe completely centered on Christ found its first fulfillment in Mary. By her immaculate conception, she was already being prepared to be his first home in this world. By her total yes to the angel’s message, she became a sign of perfect conformity to God’s plan.

(Excerpt from Catholic Update, Jesus Christ - Why the Word Became Flesh by Stephen Doyle, OFM)

### Questions to Ponder

1. Which of the 5 practical ways to live the vision of Christ seem most Salvatorian to you?
2. Give an example of how one of these is happening today.
3. How would you sum up the core of who we Salvatorians are?
4. Is there something you would add to this list – a 6<sup>th</sup> way?
5. In number 4, the Angelus was raised up as a way to keep Jesus central. Do you see another way to recapture the spirit behind the Angelus?

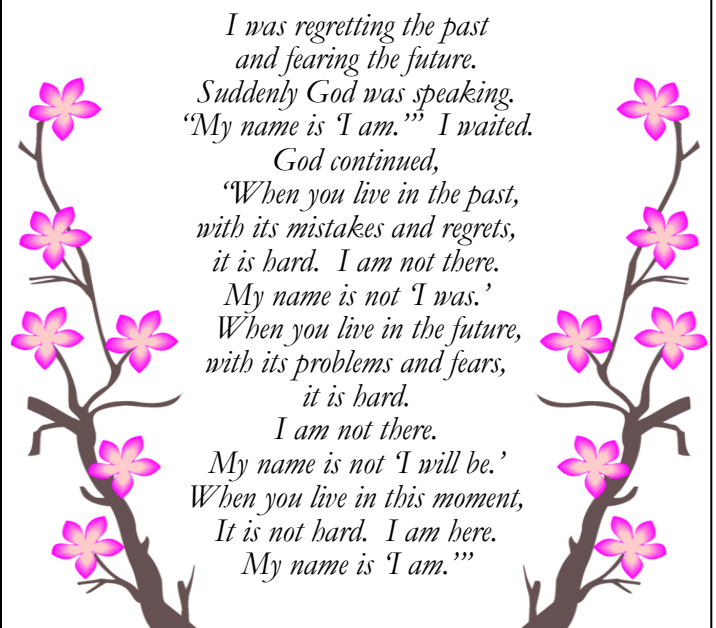


We received this email from Rich right after our regional meeting as to why he was not on our zoom call:

*I live in Philomath, Oregon – which is just west of Corvallis (Oregon State University). Things are very smoky here – we have had AQI numbers over 500 . . . We are sending prayers to the people in CA, and ask for your prayers for the people here. We have 10% of the entire State’s population on evacuation notices at the moment, and we haven’t seen the worse as yet (there are multiple fire converging at the moment). We have a team of people and equipment on one of the large complex fires from our Department. Just to put things in perspective – we have 85 sq. mi. of area to cover, and have 6 full-time paid staff, and 30 volunteers. I am one of those paid staff (the Fire Marshal). We have two of those paid staff and five volunteers out on the team fighting the wildfires – so we are running a little thin at the moment (hence the long days). From Rich Saalsaa*

We hold Rich and the people of Oregon in our prayers!!

I believe one of you shared this with me... I apologize that I can’t remember who... but it’s a wonderful poem from Helen Mellicost (on the kitchen wall of the Ranch Guesthouse at the St. Benedict Monastery in Snowmass, Colorado). So whoever shared, thank you.



Below is a letter that I received from Denise Snyder about the money being sent to the Haiti Project. I also want to thank two members of Divine Savior Parish for their donations to the Project: Margaret and Joe Hellen and Caroline and Stephen Roberts. Take care, Joyce Daniels

## Haiti Project at Riviere Mancelle

3668 Lower Helton Rd.

Alexandria, Tennessee 37012

July 1, 2020

Dear Western Region Salvatorians,

The Haiti Project would like to give you many Thanks for your donations to the School Lunch Program. There have been many additional difficulties facing the people of Haiti for over a year now. Last year the country was locked down because of violent protests all over the country. The schools were closed for the safety of the children.

During these times we were able to covertly feed the children probably their only meal. The lock down caused food to become scarce and money even scarcer.

Just as the country was recovering from the lockdown and order was restored. Students were back in school, people going back to earning a little money. The covid 19 virus came into the country. Once again, the country is locked down. We are currently feeding children using social distancing at two of the schools.

Working with the Parish twinning Program and Food for the Poor, the Haiti Project was able to get a grant to double our money to buy a portion of a shipping container of beans and rice. This food will be distributed to the many families that are suffering from being under nourished.

The Haiti Project is committed to using the money donated to buy food, to only the cost of buying the food. The cost for administration is donated separately. We will continue to serve the Haitian people in the best way we can. We give thanks for the people in Haiti that are helping us to continue our work through these hard times. We also give thanks for all of you that contribute to helping these families that are suffering.

May God Bless each and every family,

Stay safe

Denise Snyder sds

 sds

**Regional Gathering during  
the Pandemic**  
**Schedule— Oct. 2020 – May 2021**



This year we will meet via zoom 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, Oct. 9 - \*Formation Session 9AM-12PM

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

Friday, Nov. 13 – Regional 1:00 to 3:00 PM

Saturday, Nov. 14 - \*Formation Session 9A-12P

Friday, Dec. 11 – Regional 1:00 to 3:00 PM

Saturday, Dec. 12 - \*Formation Session 9A-12P

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

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.*

**Notice—Regional Hosts Needed**

Please consider hosting a regional session in the upcoming months. The only months spoken for already are: January (Rita S) and May (the Drakes). That means you get to choose either Oct., Nov., Dec., Feb., Mar., or Apr. Sheila will be waiting to hear from you. Your reward will be great in heaven!!!



**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**

**WHAT TO YOU MEAN — HOST A MEETING???** *By Rita Schillin, your newsletter editor*

Truly, this is not that scary of a proposition. As host, the basics include:

- Choose a topic (*you may want to use Sr. Sheila's articles in the newsletter, or you can pick your own and PUT something in the newsletter for people to ponder*)
- Plan an opening and closing prayer. (*you can make it simple, you can show a video, you can play a song, etc.*)
- Prepare questions for discussion (*These would be based on your topic*)
- *Or, Be creative and do something different.*

**SO...HOW DOES THIS WORK...HOW DO I DO ALL THIS ON ZOOM.**

This is probably the easiest part... you call me and either coordinate with me the breakout rooms and video sharing, or I show you how to do it yourself. Sr. Sheila did a great job... it's not hard to do. Volunteer for a month and try it!!! You have nothing to lose and your audience will love you no matter what. Keep in mind, you are hosting...not initiating the zoom.

carry  
LAUGHTER  
with you wherever you go.  
—Hugh Casey

Anyone else's car getting 3 weeks to the gallon at the moment?



THE POWERBALL IS UP TO AN 18 PACK OF CHARMIN.

I'd say this about sums up 2020.. 🤔

SO IT TURNS OUT THAT BEING AN ADULT IS MOSTLY JUST GOOGLING HOW TO DO STUFF.

One day, you'll be able to tell your grandkids, "I survived the Great Toilet Paper Shortage of 2020."



HOME SCHOOLING UPDATE: MY CHILD JUST SAID I HOPE I DON'T HAVE THE SAME TEACHER NEXT YEAR