



The *Franciscan*
REVIEW



Newsletter of the
Franciscan Sisters
of Dillingen

Immaculate Heart
of Mary Province

Vol. 11, No. 2
Hankinson, North Dakota

2022-2023



Message from Sister Donna...our Provincial Superior



Since our last *Franciscan Review*, a couple of our Sisters and our Chaplain have entered eternal life. We have a couple more people to intercede for us.

Sr. Mary Louise died on July 4. Sister taught many years in grade and high school and worked with training our postulants and novices. In her later years she worked at St.

Gerard's Community of Care and did a lot with the legislature to help the elderly. We will miss her!

Fr. Brooks died September 19 in Essentia Hospital in Fargo. He was hoping to live longer, but when he was told that he would have to be on oxygen the rest of his life, he chose to go on palliative care. It was interesting: Monsignor Donahue was there, as well as Sr. Sara Marie and myself, when the doctor was talking with Fr. Brooks. Msgr. Donahue asked Fr. Brooks, "Would you like to go to confession?" Fr. Brooks said, "Yes."

Immediately, the doctor said "everybody out!" After his confession was finished, Monsignor called Sr. Sara and me back into the room. Monsignor then anointed him and gave him the apostolic blessing. Msgr. then put a first-

class relic of St. Faustina between his and Fr. Brooks's hand. We then prayed the rosary and the Divine Mercy Chaplet.

Shortly after Monsignor said to Fr. Brooks "St. Joseph is here waiting for you; you are welcome to go whenever you want." Very shortly afterward, his breathing got very shallow. Monsignor again gave him the apostolic blessing and within seconds Fr. Brooks took his last breath. All I could think of was "WOW, what a way to leave this life!"

Death can be a very difficult time, but it can also be a beautiful experience! The Lord provides many beautiful experiences but we need to take the time and pay attention to our surroundings. We also need to take the time and ask the Lord for help when we are in need of it. It is also good to give praise and thanks during the day. It is amazing when we take the time during the day to stop and look at our surroundings and the people God has put in our lives.

We also have difficult times but some of these difficult times can also help us to grow and many times enable us to help others. Thank you Lord for Your many graces and blessings each day.

May each of you have a wonderful Thanksgiving and Christmas!

Sr. Donna Welder
Sr. Donna Welder

General Chapter in Germany ... August, 2023

Last summer, Sr. Donna and Sr. Sara Marie (our elected delegate) travelled to Germany for the General Chapter of Election. The theme was "Together, Sowers of Hope."

Congratulations to: Sr. Elisabeth Schneider (Superior General), Sr. Friederike Müller (Vicar), Sr. Mercy Elangunnapuzha, Sr. Cholastica Bach and Sr. Maria Uttenreuther (Councilors) on their election to our congregation's leadership in August.

Sr. Chiolastica



Sr. Bernadette & Sr. Friederike



Sr. Mercy, Sr. Elisabeth, Sr. Maria and Sr. Friederike

Each province was asked for symbols of significance to our life. We were able to have the images below made by a resident at St.

Anne's in Grand Forks, ND, Ron Danielson, who is a talented artist.



Sister Rebecca Metzger, OSF

Oct. 4, 1944-Jan. 17, 2023



Baptised Gail Marie, Sr. Rebecca grew up on a farm near Wales, ND. The oldest of seven children, she had a lifelong love of people and pets. Her family was very dear to her, and even when battling cancer, she enjoyed an occasional trip to the Fargo area to take part in family gatherings and visit her mother.

Sr. Rebecca served at St. Anne's Guest Home in Grand Forks from the 1960s until her death from cancer, except for a five year period she spent administering the hospital in Cando.

Over her years, first as activity director and later as administrator, she put her gifts to use, utilizing her degree in occupational therapy as well as her knack for problem solving, decorating, and working with people.

In the late 1970s, when the building was no longer usable due to fire safety concerns, Sr. Rebecca worked tirelessly with community members to add on to the new site and set up HUD housing.

She is dearly missed by her family and Sisters.

Sister Mary Louise Jundt, OSF

May 17, 1931-Jul 4, 2023

Sr. Mary Louise (Rosie) grew up near Fulda, ND. She met Sisters from our community during vacation schools and would become a candidate during her time at St. Francis Academy.

Sister Mary Louise was a professed Sister for nearly 73 years. She taught at Catholic schools in Rugby, Lidgerwood, and Hankinson. In 1970 she was elected Provincial Superior and held the position for 18 years, attending important meetings around the world and sharing her wisdom and experience during difficult years.

In this role, she served in a leadership capacity on boards of our various healthcare institutes. Sr. Mary Louise was very dedicated to the prolife movement. She also helped start a day retreat program. She was always gracious and receptive to all who came to her.

From 2000 on, she served at St. Gerard's; in 2006 she became the Assistant Administrator there, a job that grew into development and human resources. She worked with the North Dakota Long Term Care Association and legislators at the State Capitol.



In love, we remember two of our Sisters who worked tirelessly in long-term care.

Eucharistic Miracles Associated with the Franciscan Order

As you probably know, we are in the midst of a Eucharistic Revival (called by the U.S. Bishops). At this time, since more attention has been given to Eucharistic miracles, especially those documented by Blessed Carlo Acutis, we wanted to share with you some Eucharistic miracles with ties to the Franciscan Order.

St. Francis and the Lamb *(retold by St. Bonaventure)*

One time some people brought as a gift to St. Francis a sheep, and he accepted it with gratitude, because he loved the innocence and the simplicity that the sheep demonstrated by nature. The man of God admonished the little lamb to praise God and to absolutely not bother the brothers. The sheep, for his part, sensed the piety of this man of God, and he put these teachings into practice with great care... During the celebration of the Mass, at the moment of elevation, he would bow down, knees bent, as if it were that this devout little animal wished to reproach men of little faith for their irreverence and encourage devout men for their reverence towards the Blessed Sacrament.

St. Clare's Victory, 1240

Saint Clare lived with her Sisters at St. Damiano, near Assisi. While she was very sick, Arab troops were nearby, threatening to invade. She prayed for protection and brought out the Blessed Sacrament, trusting in Our Lord. At this, the soldiers fled.



St. Anthony and the Mule

St. Anthony was a famous preacher, but a certain man had a problem believing the truths of the Faith taught by this amazing saint. In his incredulity, he wagered to Anthony, promising to believe and adhere to the Church's teaching if his mule showed him! The pretext was that the poor animal would be deprived of food for three days. Then, the animal would be brought to the piazza, where St. Anthony would also be, carrying the Blessed Sacrament. Hay would be put in front of him. All this transpired as determined, but the famished mule took no interest in fodder. Instead, he bent his knees (as well as any donkey can) before the Blessed Sacrament.

*We adore you, O Lord Jesus Christ,
here and in all the Churches
of the world, and we praise you,
because by your Holy Cross,
You have redeemed the world.*

- Saint Francis of Assisi

Lanciano, Italy

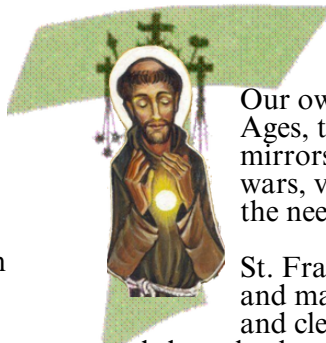
This event took place probably in the early to mid 700s. A monk was celebrating Mass and having doubts about Christ's true presence under the Eucharistic species. At Mass, during the words of Consecration, the bread and wine visibly turned into flesh and blood, respectively. Scientific study showed that the flesh is cardiac tissue, and the blood is Type AB. A fascinating detail is that this blood type matches findings from the Shroud of Turin as well as the Sudarium of Oviedo. This Eucharistic miracle is preserved in the Church of St. Francis in Lanciano.

Agivnon, France, 1433

This event is, in a way, reminiscent of the Exodus story. A group of Franciscans called the Gray Penitents had, at that time, the practice of perpetual Eucharistic adoration in their church. Days of rain caused severe flooding that November, and four of the Franciscans decided they had better go to the church to take care of the Blessed Sacrament. Amazingly, when they arrived, the flood waters were parted, to the right and to the left of altar, so there was an area of dry space straight from the door to where Jesus was exposed. After getting other members of the order to witness the miracle, they took the Blessed Sacrament to dry land.

*O sublime humility! O humble sublimity!
The Lord of the universe, God and Son of God,
so humbles Himself that for our salvation He
hides Himself under an ordinary piece of bread!
Brothers, look at the humility of God and pour
out your hearts before Him!*

~ St. Francis



Eucharistic Revival Reflections

Our own time is not unlike the Middle Ages, the time of St. Francis. Our world mirrors, in many ways the same discontent, wars, violence, poverty, abuse, greed and the need for power.

St. Francis found the churches neglected and many needing repair. Among both laity and clergy there was need of restoration of a wounded people who were broken and in need of healing, forgiveness, mercy and love. Many had fallen away from the faith in the God who created them to know Him, love Him and to serve Him in this world and throughout eternity.

Our world today does mirror that of the Middle Ages. Our churches are half-empty. Many do not feel they need to attend church, as God can be found anywhere. We continue to be a broken people, wounded and searching for something better. Wars and violence have taken over many on the global scene as well as here in the western world. We have questioned our existence and have tried to erase our history so we can believe the lies we are being fed by Satan.

St. Francis found the solution when he answered God's call to go and "rebuild [His] church": The holy Eucharist! Every fiber of the heart of St. Francis was aglow with love for the Sacrament of the Body of Christ. With exceedingly great admiration, he marveled at the loving condescension and the condescending love of our Lord. He considered it an unpardonable negligence not to attend Mass every day whenever possible. (St. Francis and the Eucharist by Albert J. Nimeth)

Sisters Celebrate Jubilees of Religious Profession



On June 10, 2023, our Sisters, Sr. Ann Marie Friederichs and Sr. Jean Louise Schafer celebrated fifty and forty years of religious life, respectively.

Congratulations, Sisters, on your many years of faithful witness and service to Christ and His Church.



They were grateful for the presence of many family members, friends, priests, and even our Bishop John Folda.



We are grateful for your *Yes* to His call to our Franciscan Community.



News from St. Francis Retreat Center



My name is Karen Bladow. I am the Retreat Coordinator here at St. Francis Convent and Retreat Center.

Sr. Christina did a YouTube video and she included our guest rooms, our chapels, for spiritual renewal, our beautiful grounds for walking and all of our outdoor areas for prayer and reflection in a beautiful prairie setting. So, if you would like to see our video, please check it out as Sr. Christina and I are now on YouTube!

Our retreat Center is located in southeastern North Dakota in the city of Hankinson. There are many amenities available to our retreatants if time permits for them while they are here on retreat.

If you are planning a visit to our area, we have many options and conveniences available: hotels, restaurants, a grocery store, fitness center, pharmacy, hardware store, clothing boutique, thrift shop, community center, flower shops and two parks within the city of Hankinson. Check out the Hankinson City webpage to see what events are happening in our area at the time you are visiting.

One of these is a four-mile walking or biking path out to Lake Elsie, which is three blocks west of the Retreat Center. Lake Elsie offers a public beach a wedding venue, bed and breakfast, as well as the Veterans Memorial Park.

We just had OktoberFest and Hankinson has the Canadian Pacific stopping here in December with the Holiday Train and concert.

The Sheyenne Valley grasslands at the Sand Hills are east and north of our city and offer biking, primitive camping, horse camping and an eight mile trail for horseback riding or biking.

If you are looking to host a retreat or if you would like to know what retreats are being offered here at the Retreat Center, give us a call at (701) 242-7195 and ask to speak with Karen about our upcoming retreats.

Prayers and blessings to all!

Karen



Upcoming Spiritual Opportunities with Sr. Mary Ruth

“Discovering the Mass in the Bible”

Mondays from 7 to 8:30 p.m.

Through December 4

Fellowship, video lecture by Dr. Brant Pitre, reflection and discussion

Another series may be offered in the new year.

Greccio Retreat

December 8-10

As we celebrate 800 years since the first representation of the Nativity by St. Francis, spend some days in Advent reflection.

“Consoling the Heart of Jesus”

Mondays at 6 a.m. (finish by 7 a.m.)

January 15th through March 18

Group discussion based on Fr. Gaitley’s work.

All sessions will take place at St. Francis Convent in Hankinson. Some will be open to virtual participants via Zoom.

Call 701-242-7195 or email srmaryruth@sfc retreats.org for more information.



Living the Eucharist

Saturdays from 10-3 p.m.

Dec. 16 * January 20 * February 17

March 16 * April 13 * May 18

In this second year of Eucharistic Revival, the year of Parish Revival, we will gather for monthly days of reflection. The theme will be "Living the Eucharist" as we discuss, learn, and strive to incorporate the Eucharist into every aspect of our lives. Each day-long retreat will include presentations, private and group prayer times, lunch, and more.

Silent Directed Retreats

June 19-26

July 24-31

Aug 14-21

Retreats at SFC

This past year, we hosted both the men's and women's Ecclesia Domestica retreats, which gave attendees the opportunity to begin the restoration of their marriage and family, and thus the whole Church.

St. John Paul II often shared in his talks and writings that “as the family goes, so goes the nation and so goes the whole world in which we live.” We recognize that both marriage and family are in crisis due to the breakdown of our society. People feel it is their right to live however they decide and that life must be defined in such a way that it coincides with “ME” and not an “outdated ideology of faith beliefs.” Once again our Holy Father, St. John Paul II, stated: “It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provoked you with that thirst for a fullness that will not let you settle for compromise; it is He who urges you to shed the masks of a false life; it is He who reads in your heart your most genuine choices, the choices that others try to stifle.



It is Jesus who stirs in you the desire to do something great with your lives, the will to follow an ideal, the refusal to allow yourselves to be ground down by mediocrity, the courage to commit yourselves humbly and patiently to improving yourselves and society, making the world more human and more fraternal.”

We recognize that the battle for holiness is answering God's call, reclaiming our identity as the beloved children of our Father and surrendering our plans for God's plan. We know that each one of us should be treated as an object of love, not as an object to be used. We are a wounded and broken people. God's mercy, love and forgiveness are key to our growth in holiness. The solution to restoring the family and the Church is the Holy Eucharist.

Both the men's and women's Ecclesia Domestica retreats are a call to holiness. They are part of a Marian movement that shows us that Mary's faith and relationship to her Son is the model for the Church to follow. In Mary's *fiat*, we hear our *Amen* made possible in the Eucharist.





Six Stone Jars (married couples directed by Deacon Ben and Jennine Seitz) on virtues as building blocks for great lives and joy filled marriages.



Women's retreat directed by Ashley Njaa, Jennifer Anderson and Fr. Jayson Miller



30 day retreat; Fr Craig Doty, Fr Dennis Brown, OMV, Fr. Jeffrey Hopper



Bishop John Folda of Fargo, speaking to the Women's Ecclesia Domestica Retreat in February.



FOCUS (from North Dakota Universities) Retreat, October



Sr. Susan Marie with Jim Koenig & Earl Markley who brought the Eucharistic Miracles Exhibit of Blessed Carlos Acutis this past March.

Afghans given to the Sisters
by Deb Ellsworth in June



April 2023:
Quilts made
for each of
the Sisters by
MaryAnn
Hentschell



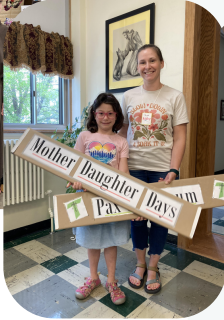
*Various
Quilting
Groups*



Vocation / Youth Work



Sisters attended a Catholic Schools Week program



Mother Daughter Days



Youth Night
February 2023

Upcoming Events

Come & See:
March 22-24
June 28-30
Aug. 9-11

Mother Daughter Days:
June 13-15 and July 11-13

"From the Eucharist comes strength to live the Christian life and zeal to share that life with others."

- Pope John Paul II

Visit ndfranciscans.org
for more information.



Vocation Jamboree at the University of Mary March 16, 2023



Sister Jean Louise at FOCUS Retreat at SFC in October

Youth Night at the Convent 7-9pm
December 15 * January 19 * February 16
* March 15 * April 12 * May 10

The evening includes:

- 7:00 Gathering & getting caught up
- 7:15 Teaching (20 minute presentation)
- 7:45 Praying (30 minutes in chapel)
- 8:15 Playing (Games & popcorn)
- 8:45 Concluding (Night Prayer)

"You come to me and unite Yourself intimately to me under the form of nourishment. Your Blood now runs in mine, Your Soul, Incarnate God, compenetrates mine, giving courage and support. What miracles! Who would have ever imagined such!"

- St. Maximilian Kolbe



Sr. Mary Ruth and Sr. Christina attended the diocesan Middle School Youth Day at Red Willow Bible Camp (Binford, ND).



In early November, Sr. Donna attended the SEARCH weekend in Valley City.



Sister Jean Louise spoke to fifth and 6th grade students at her brother, Fr. Dennis Schafer's parish, St. Mary's, in New England, ND on November 8th.





With the death of Sr. Rebecca and other issues to face, this past year has definitely had its challenges.

Nonetheless, the Sisters and staff still do their best to provide a caring home and family-like environment to the residents at St. Anne's.

STANNE'S LIVING CENTER



This summer, we had another successful "St. Anne's Day Matching Gift Campaign" in honor of our patronal feast on July 26.



We again had fun festivities and dress-up days during St. Anne's Week.



St. Gerard's Community of Care

The administration and staff at St. Gerard's continues working diligently to provide excellent care to our residents.

At Thanksgiving, the St. Gerard's Employee Fundraising Group had a pie sale to support the mission.



Please join us for a fun afternoon of Christmas cheer at St. Gerard's Community of Care for our residents and their families - **YOU!** Please inform other family members as this will only be sent to resident's responsible party.

Saturday, December 9 from 2 - 4 pm. A festive lunch with a beverage will be served at 2 for all. We have received a message from Santa, saying he plans to arrive in his sleigh at 3 pm to bring a surprise for each resident and treat for the children attending.

If you have a gift you would like to bring for your loved one, please put it under our tree on 2R and it will be passed around after Santa visits.

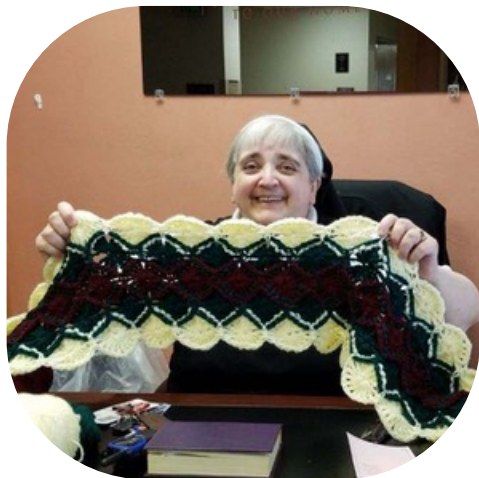
With any questions, please call Activities at 701-242-7891; ask for Terry, Cindy, Peggy, or Rhonda

Hoping to see you on December 9



St. Gerard's currently has a full census (no vacancies) in the skilled nursing section, for which we are grateful. However, we are in need of more CNAs to care for the residents.

If you, or someone you know is interested in applying, please call Kasey or Brittany at 701-242-7891 or email them at Kasey.brandenburger@stgerards.org or Brittany.fryer@stgerards.org.



While working as receptionist at St. Gerard's, Sr. JoAnn Marie does craft work for the gift shop.

Highlights

...This & That

On October 29, Sr. Mary Ruth's parents came for a visit, celebrating her birthday.



On Sept. 16th, Sr. Leonida & Sr. Donna drove to Carrington, ND to attend Sr. Leonida's sister Gemma's 90th birthday party. She is pictured here with Gemma and Bernie.



A visit from Sr. Mary Louise's relatives Steve & Teresa Glascock



Sister Hildegard's birthday

Every day He Himself comes to us in humble guise; every day He descends from the bosom of the Father onto the altar in the hands of the priest. And as the holy apostles He revealed Himself in true flesh, so also now, He reveals Himself to us in the consecrated Bread. And as they with the sight of the body saw only His flesh, but contemplating with spiritual eyes, they believed that He was the same God; in this way we also, seeing bread and wine with the eyes of the body, we must see and firmly believe that it is His most holy Body and Blood, living and true. ~St. Francis



Sister JoAnn Marie with dear friends Kim Brandt Sawyer, Idaho and Connie Brandt, Wahpeton, ND.



Sister Hildegard and Neeley Wallock had a little outing and made a visit to the cemetery.



A former student of Sister Mary Louise Jundt, Ray Fritel, along with his wife and sister, Bea Bachmeier, came to visit her.

*"Gaze upon Him,
consider Him,
contemplate Him,
as you desire to
a- St. Clare"*



A visit from Michael Miller (Germans from Russia) who donated a number of items including his German steins.



Officers come to give presentation at SFC



Community friends, Dave and Maureen Miller, Florida, with Sr Sara Marie.

Sr. Jean Louise & Sr. Mary Ruth with Kelsey and Ruby Fisk, standing beside the truck we bought from Chuck Belisle.



On Saturday, September 30, Sr. Donna and Sr. Christina, with assistance from some of our staff, had a table downtown at Hankinson's 21st annual OktoberFest.



Various items from our gift shop were sold. We also had tables at two craft sales in Fairmount in October.



Sr. Mary Ruth and Sr. Leonida made an appearance as well, and Sr. Leonida was able to visit with old friends she met.





Mr. Jim Wilm planted 2 hills of squash with three seeds in each one yielding three wheel-barrels full of squash.



Karen and Sr. Christina worked at processing it, yielding 20+ gallons for our Sisters and retreatants to enjoy in the months ahead.

Sr. Jean Louise and Sr. Sara Marie take a ride on "Donkey," Sister Edwardine's handy golf-cart.



Making pickles at SFC

"The Sacrament [of the Holy Eucharist] is the Gift of gifts, and the Grace of graces. When the almighty and eternal God comes to us with all the perfection of His thrice holy humanity and His divinity, He surely does not come empty-handed ..."

- St. Angela of Foligno



Sr. Sara Marie participates in Life Chain Sunday.

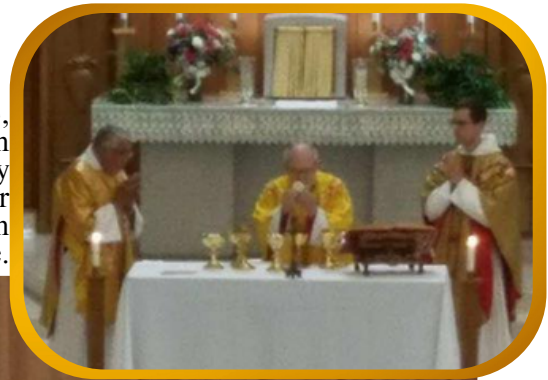


Fr. Damien Schill, cousin of Sr. Dianna, offered mass in our convent chapel one Sunday in September.



Sr. Sara Marie and Sr. Mary Ruth travelled to St. Louis in September for a conference by the Resource Center for Religious Institutes.

On June 4, 2023, we hosted the 40th anniversary celebration for Msgr. Brian Donahue.



Thank you!

We would like to thank all of you who have supported us in our various apostolates, this past year and over the 95 years that we have been in Hankinson. May God reward you!

In Loving Memory of Fr. Armand "Bud" Brooks



On September 19th, after a not-too lengthy illness and subsequent hospitalization, we lost our chaplain of seventeen years.

A native of Connecticut, he spent much of his life in the southwest. Later in life, Fr. Bud entered the seminary for the Fargo diocese after years of service in the military and in law enforcement as a parole officer.

He will be remembered, among other things, for his generosity to our Sisters and his enjoyment of minor league baseball.

Sr. Donna, Sr. Sara Marie and Msgr. Brian Donahue were all with him when he died; he was well-provided for spiritually at that time.

*We extend our profound gratitude
to Msgr. Brian Donahue and the
people of St. Philip's parish for
accommodating us during this time
of transition.*

Also Called by Sister Death

Alvin Brandt, SFA alumnus
Benedict Schmidt, Sr. Leonida's brother
Bill Friederichs, Sr. Ann Marie's nephew
Bill Neumann, Sr. Christina's cousin
Catherine Huber, alumna & Former Sister
Charles Schultz, SFA alumnus
Coco Karlin, Sr. Patricia's niece
Curt Foertsch, brother of employee
Chuck Foertsch
Fr. Ed Sherman, SFA alumnus
Francis Birnbaum, SFA alumnus
Francis Podhola, SFA alumnus
John Schafer, Sr. Jean Louise's uncle
Mary Birchem, former employee
Marylou Brosseau, Sr. Edwardine's sister
Paul Trom, SFA alumnus
Rita Friederichs, Sister Ann Marie's sister
Veronica Wilson, Sr. Edwardine's sister
Wayne Freund, Sr. Rose Marie's brother
Yvonne Teig, Sr. JoAnn Marie's sister

*In his love,
God gives
himself into
our hands;
we touch him
and receive
him daily into
our mouths.
-St. Francis*

As of September, 2023,

Sr. Ann Marie Friederichs was transferred to St. Anne's Convent in Grand Forks and Sr. Christina Neumann is at St. Francis Convent in Hankinson.



In Memorium

This June, we were saddened by the sudden death of Rev. Scott Sautner, pastor at St. Philips for twelve years, frequent organist for special Masses in our chapel and twice our retreat master.

We will miss his wisdom, knowledge and musical talent which he so generously shared with our community.

May he now be experiencing the joy of heaven!



Franciscan Review

Franciscan Sisters of Dillingen
PO Box 447 - 102 6th St. SE
Hankinson, ND 58041-0447
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Are You Moving?

Update your address:

Name: _____
Street: _____
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State: _____ Zip: _____

Email to
dillingenfranciscansusa@rrt.net or
mail to St. Francis Convent,
PO Box 447, Hankinson, ND
58041-0447.

Email Addresses

Prayer Requests & General Messages:

dillingenfranciscansusa@rrt.net

Retreat Center Information:

smloef@rrt.net or Karensfc@rrt.net

Vocations-Related Questions:

ndfranciscan@yahoo.com

*We, Franciscan Sisters of Dillingen
of the Hankinson Province, wish you
a very blessed Advent and upcoming
Christmas Season!*

*Did you know that this year
marks the 800th anniversary
of the miracle at Greccio,
the event in the life of
St. Francis to which we owe
"the Nativity Scene?"*



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Wahpeton, ND