There is a palpable sense of hope in my world right now. After a year and a half of nothing but bad news, constant worry, sickness, and death, it finally feels like things are slowly starting to return to normal. Restaurants are reopening, flowers are blooming, my children are playing in the park. For the first time in over a year, I am able to visit with my extended family again.

And yet I understand that my sense of hope comes from a place of privilege. Not everyone in the world shares the same feeling. Vaccination rates across the country are falling as pharmacies and healthcare providers struggle to give away their surplus, while unvaccinated masses are turned away from hospitals in India. As I sip cool, clean ice water in my comfortable air-conditioned home, hungry asylum seekers from South and Central America who have walked hundreds or thousands of miles on foot are told by the U.S. government, “Do not come.”

As I safely walk my dog in my largely white, upper-middle class neighborhood, it is likely that somewhere, not so far away, a Black man encountering a white police officer is unsure if he is about to take his last breath. As is often the case, his crime will have been being in the wrong place at the wrong time.

My comfort comes from privilege, but perhaps even that is misplaced. If we have learned only one lesson from the collective trauma of the COVID-19 pandemic, it is that life is not only precious, but precarious. At a moment’s notice, everything can change. Our comfortable lives can quickly turn into lives of suffering and loss.

However, it is through community—love of neighbor—that we learn how to make it through to the other side. We must begin to see the human persons behind the issues that divide us. We do not get vaccinated only for ourselves, but for the most vulnerable among us. When we tell a weary, frightened refugee not to come, we blind ourselves to the reasons they fled. When we ignore the desperate cries for police accountability, we deny the humanity of those who have died.

This issue is filled with stories of such human people, including those with and without the privileges I enjoy. The stories beckon us toward recognition of and celebration with the human family.

John Freml is a Springfield Dominican Associate and a member of the Anti-Racism Team and JUST Words editorial board. He lives in Springfield, Ill., with his spouse and two children.
In recent years, debate over the environment has become a major factor in modern society. Between environmental recovery plans and seemingly never-ending arguments over climate change, some Americans have taken steps to do their part in the fight to save our planet and its resources. However, many citizens have simply continued on with their carbon-emitting lifestyles, wasting precious resources and neglecting to make easy, often money-saving changes that can help protect our God-given Earth.

Humans tend to waste a good deal of our resources. In fact, each person in the U.S. makes up to 4.4 pounds of landfill-bound trash per day, according to the U.S. Environmental Protection Agency. Food is just one resource, however. Every day, most people are guilty of wasting electricity, paper, water, food, and fuel. Such large amounts of waste are having a detrimental effect on our environment; electricity waste causes more fossil fuels to be burned and more harmful greenhouse gases to enter the atmosphere, the logging industry destroys habitats and is responsible for an estimated 20% of global carbon emissions, the agricultural industry is responsible for roughly 10% of greenhouse gas emission in the United States, and transportation in the U.S. is the source of almost 30% of greenhouse gas emissions.

Altogether, these human activities have caused a domino effect of problems for humans and the beautiful organisms we share this Earth with. Luckily, we are not powerless in the fight to reverse the damages we have inflicted on our planet.

There are many small things we can do to fix this horrible epidemic. Simple things like turning off the lights when you leave a room and choosing walking or biking over a car can drastically reduce your personal carbon footprint. Choosing to buy sustainably sourced lumber or view a document digitally instead of printing it out can make a big difference. Growing carbon-dioxide consuming plants and even cutting meat partially or completely from your diet will make a difference as well. Simply avoiding plastic products like water bottles and grocery bags can prevent the use of energy to recycle them. This handful of simple solutions can seriously help our environment, but there is one other method that is a hundred times better than these: word of mouth. These solutions only work if all do their part, because without everyone involved we are just fighting against ourselves.

Tommy (MCHS ‘24) is a member of the MCHS Generation Green ecology club.

JUST Words called on Marian Catholic High School Student Tommy Walsh to provide his perspective on the ecological crisis facing our Earth, and asked Sister Sharon Zayac to make a response.
I echo Tommy’s point about the many small things we can do to help mitigate our environmental crisis. It is the combination of many persons’ little things that together make change in the world. The urgency of the ecological crisis, however, has moved beyond our individual actions to Reduce, Reuse, Repurpose, Refuse, Refill, Repair, Re-gift, and Recycle! It is time to add a few more “Rs.”

The first is to Re-think how every one of us is part of the greater community of life on this planet and the responsibility that is ours to make choices that do not prevent the whole of life from flourishing. Re-thinking implies conversion, a change in heart, so that we view the world through the lens of sustainability, recognizing the goodness and integrity of the whole of creation. That way, our individual actions are more than just things we do (or don’t do if we are too busy or they are too inconvenient at the time). Such conversion helps us more Readily see the world as God does, a world made with great care and patience, love and delight. It Requires from us our Respect and careful Response.

As essential as are all our individual actions, the urgent Reality of the crisis Requires us to join with others to work toward healing the hurt we have caused. On May 24, 2021, Pope Francis launched the Laudato Si Action Platform. He is calling on every single sector of the Catholic Church (families, dioceses and parishes, schools and universities, hospitals and healthcare centers, organizations, groups, businesses, agriculture, and religious congregations) to undertake a concerted effort to Respond to the “Cry of the Earth and the Cry of the Poor.” Each of us has a part to play, an important Role in the work ahead.

Sister Sharon is on the staff at Jubilee Farm, New Berlin, Ill.
In March 2020 the world suddenly became very small for all of us. My family was no exception. The girls, Leah and Clare, stayed home every day and accessed school via video conference. Josh and I still worked but had limited contact with co-workers and no contact with anyone else. Elisabeth, who lives in Chicago, went from work to home and could not come home for Easter, birthdays, or weekends. Josh and I thought, we need to go... We did not know where... but we knew we needed to see more of the world.

I have always loved the idea of the National Parks. I can’t count how many times I have watched the Ken Burns PBS series, *The National Parks: America’s Best Idea*. There was something about these places that felt otherworldly, so special that they were removed from everyday existence for safe keeping. To me they became holy places I wanted to see but probably never could. But during the isolation and smallness of the pandemic stay-home orders, that dream became an urgency. We needed to go, now! If we didn’t go now, when would we go? We

(continued on page 6)
Park we marveled at the huge trees and the incredible destruction from last year’s fires that even now have new life emerging. We found a “fancy pants” bird whom we would see again at Yosemite. At Point Reyes National Seashore, we learned from a four-year-old that crabs live under rocks in tidepools and that Clare is a little scared of them (even if they are only 2 inches long.) We also learned that Mom (me) can’t handle driving across roads with wide open space on the side (cliffs) and can get spectacular panic at just the wrong moment.

We listened to the audio tour at Alcatraz and learned about true isolation: the ability to hear the world across the water while not being a part of it. We sat on a rocking boat for two hours looking for whales but never found even one. We cried, then sprang into action when the rental car was broken into in San Francisco and we let out a collective sigh of relief when we discovered that Clare’s computer was not in the backpack that was stolen. We agreed that the city was just too much and sped off to Yosemite as soon as we got a new rental.

Yosemite was the pinnacle of the adventure, literally and figuratively. We rode bikes around the valley while looking up and down and trying to take in all the views. We learned some Spanish from Clare as she narrated video for her DePaul University class. “Esta es la cascada de Bridalveil y esta es la cascada del Yosemite.” We took our shoes off to wade across the glacially cold water of Mirror Lake on our way to the next trail. We stood in silence at the top of Glacier Point as we tried to take in the view of the whole valley with its waterfalls and granite monoliths.

We found the world beyond anything we had hoped for when we said, “Let’s go.” We encountered the kindness of others in the compassion of the rental car agent and our lodging hosts. We connected to the land as we touched cool rocks and warm trees. We gazed into the heavens as we looked up toward treetops and the granite soaring above our heads. We recognized our origins in the sound of rushing water heard everywhere in Yosemite Valley, and in our realization that the biggest of all trees grows from the tiniest pinecone. We pondered questions of equity, justice, incarceration, and poverty at Alcatraz. We identified the pain of marginalized and suffering communities surrounded by the expanse of national treasures and resources at the national parks, all of which have tribal lands within them. Most importantly, we connected with each other in the new spaces and places we visited. It was truly epic. And we are already planning our next adventure.

Cathy and her husband Joshua are Springfield Dominican Associates living in Springfield, Ill. Their three daughters, Elisabeth, Clare (who graduated from SHG) and Leah who is a favorite of the sisters when she visits, are intimately connected to the Dominican community through education, service, ministry, and cherished friendships. Cathy is a member of the JUST Words editorial board.
“Once upon a time” things seemed much simpler. Answers were clearer, “truth” more apparent. Boundaries ensured safety and good always prevailed in the end.

Welcome to the new reality! While COVID seemingly stuttered the world to a halt and forced adaptation, information—and misinformation—continues to overwhelm us. This seems especially true of the vaccine.

As a former history teacher and current medical professional, I am gratified by the dedication that has made these vaccines available. That same spirit enabled the United States to retool and refocus its industrial and social resolve during the Second World War and achieve victory against a formidable foe.

Why is it important to become vaccinated? I won’t quote the facts of their safety or statistics showing that they are making a difference. There are good websites for that information. Very simply put:

1) Getting vaccinated helps your own immune system to “retool” itself to fight the virus.

2) Getting vaccinated helps protect others with whom you come in contact.

Perhaps with this selfless resolve we will be able to refer to this pandemic also as “Once upon a Time.”

How you can help

A coalition of 50 U.S. Catholic organizations is encouraging faith communities to accept vaccination as an act of charity and solidarity with others to help prevent the spread of COVID-19 and build immunity against the virus. The coalition includes the Catholic Health Association, Catholic Relief Services, and Catholic Charities USA. Drawing on Catholic social teaching, the coalition is promoting vaccine equity in the U.S. and around the world for people who are underserved or marginalized. This includes communities of color, rural areas, and others with limited vaccine availability in the U.S., as well as access for developing countries and among refugees and other displaced people who may not be citizens in their current home.

You can help by using the videos, fact sheets, and social media messages provided free at catholiccares.org/resources.

- Share social media posts.
- Print posters to use in your parish, club, or place of work.
- Read up on details to improve your ability to talk to friends and family who are making decisions about getting vaccinated.

Sister Kristin is a clinical laboratory scientist at Cancer Care Specialists in Decatur, Ill.
Disturbing images of children at the border were flooding the daily news. During the height of the immigration crisis, an invitation went out for volunteers to minister to those arriving in Texas to be processed through Catholic Charities of Laredo. In collaboration with a larger initiative of the Leadership Conference of Women Religious (LCWR), the Dominicans of Springfield pledged financial and human resources to provide a compassionate presence for those seeking asylum with weary yet hopeful eyes. Sisters Anita Cleary, Judi Hilbing, and Pat Stark embraced this radical ministry in the name of the congregation.

(continued on page 10)
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mágenes inquietantes de niños en la frontera inundaban las noticias diarias. Durante el periodo alto de la crisis de inmigración, se envió una invitación para hacer voluntariado y servir a quienes llegaban a Texas para ser procesados a través de Caridades Católicas de Laredo. En colaboración con una iniciativa más amplia de la Conferencia de Líderes de Congregaciones Femeninas (LCWR), las Dominicas de Springfield se comprometieron a donar recursos financieros y humanos para brindar una presencia compasiva a quienes con ojos cansados pero esperanzados buscan asilo en este país. Las hermanas Anita Cleary, Judi Hilbing y Pat Stark abrazaron este ministerio radical en nombre de la congregación.

Durante sus dos semanas de servicio en mayo, las hermanas hicieron todo lo que estuvo en sus manos para vivir el imperativo del Evangelio de albergar a personas desamparadas, dar la bienvenida a los extranjeros y alimentar a los hambrientos. Prepararon comidas y clasificaron donaciones. Empacaron alimentos, pañales, ropa y artículos de higiene personal para distribuirlos a quienes continuarian su viaje después de recibir alojamiento durante la noche, una ducha y una comida caliente. Los niños de seis años o menos, acompañados por un adulto, llegaban todos los días. Con generosas donaciones, las hermanas fueron a las tiendas de dólar y lugares de remate buscando juguetes sencillos y zapatos nuevos para los niños. Judi encontró alegría en medio del sufrimiento mientras “desempacaba los zapatos y los veía alejarse rápidamente con los pies bailando.”

Mirando los ojos de cada inmigrante, las hermanas vieron las interrelaciones de la vida con renovada claridad. Anita sabía que el trabajo en la frontera no se trata solo de acompañar a quienes buscan asilo. También se trata de “proteger a las personas que están siendo víctimas de la trata y apoyar a las personas LGBTQ+.” Se trata de dar valor a las palabras de bondad. Pat expresó y fue repetido por todas, “¡Gracias a Dios, nuestro Dios amoroso llega más allá de las fronteras! Todos/as somos una familia. Todos/as somos hijos/as de Dios.”

— Hermana Pat Stark, OP

La hermana Judine es miembro del comité editorial de JUST Words.
During their two weeks of service in May, the sisters did all they could to live out the Gospel imperative to shelter the homeless, welcome the stranger, and feed the hungry. They cooked meals and sorted donations. They packed food, diapers, clothing, and personal hygiene items to distribute to those who would continue their journey after receiving overnight accommodations, a shower, and a hot meal. Children ages six and under, when accompanied by an adult, would arrive each day. Using generous donations, the sisters went to dollar stores and bargain basements in search of simple toys and new shoes for the children. Judi found joy in the midst of suffering as “I unpacked the shoes and watched them go away quickly on dancing feet.”

Looking into the eyes of each immigrant, the sisters viewed the interconnectedness of life with renewed clarity. Anita knew that work at the border isn’t just about ministry to those seeking asylum, it is also about “protecting individuals who are being trafficked and supporting members of the LGBTQ+ community.” It is about the value of kind words spoken by Pat and echoed by all, “Gracias a Dios, our loving God reaches beyond borders! We are all one family. We are all God’s children.”

“Gracias a Dios, our loving God reaches beyond Borders! We are all one family. We are all God’s children.”

– Sister Pat Stark, OP

Springfield Dominican Sisters Anita Cleary, Patricia Stark, and Judith Hilbing were among the dozens of Catholic sisters responding to the needs of asylum-seekers at the Texas border through an initiative organized by the Leadership Conference of Women Religious.
Celebrating our Jubilarians

The book of Leviticus instructs that at the end of each 49th year a trumpet is sounded and the 50th year is declared holy; a time of liberation, restoration, and peace. In the 50th year no labor is done, confiscated land is returned to its rightful owner; it is a year of sabbath. This year we celebrate the jubilees of five of our sisters, and recall the years of God’s fidelity since they made their first profession of vows of consecrated life 60, 50, or 25 years ago.

Read more about this year’s jubilee class at https://springfieldop.org/jubilee-2021/

Congratulations on your 60th Jubilee, Sister Marcelline Koch, Sister Helen Michael Horne, Sister Janet Marie Pfle

Congratulations on your 50th Jubilee, Sister Christine Marie Kub

Congratulations on your 25th Jubilee, Sister Mary Jo Sobieck

Congratulations on your 25th Jubilee, Sister Mary Jo Sobieck

Sisters Launch First-Ever Podcast Series on Founders’ Day

Watch for the new Springfield Dominican Sisters’ podcast series, coming to your favorite podcast app soon. Called F.L.O.W.cast, the name incorporates an acronym for the phrase For the Life of the World, which appears in John’s Gospel and is used by the sisters to summarize their response to God’s mission.

The podcast production team includes the communications office staff: Veronica Brown, Sister Beth Murphy, and Aaron Tebrinke, who oversee production, editing and marketing, and Jeremiah Washington, who is on loan from the Sacred Heart Convent housekeeping department to serve as the series host.

“The idea for the series was born out of a conversation Jeremiah and I had about his respect for the sisters, his comfortable way of relating with others, and his curiosity about their lives of ministry,” said Aaron Tebrinke. “I thought Jeremiah could share those gifts with a broader audience of young people like himself.”

The one-to-one conversations and roundtable discussions will introduce listeners to the lives and ministry of the sisters and their associates as they share stories about how they are changing lives in meaningful ways.

Search for F.L.O.W.cast on your favorite podcast app starting on August 19, or visit https://flowcastlisten.org/ to receive the podcast in your inbox. Listen to the first episodes in the podcast channel starting on the 148th anniversary of the Springfield congregation (1873-2021) Thursday, August 19, 2021: https://flowcastlisten.podbean.com/
Death is one thing that makes life precious. The grieving period can also be a time of transition for us, allowing us to take stock of what we want the bigger scope of our lives to be in Christ.
From the beginning of the pandemic, up to the time of this writing, fourteen of our sisters, fourteen associates, and numerous family members and friends have entered eternal life, the full embrace of Trinitarian love. The experience of losing a loved one to death is never easy, yet due to various pandemic restrictions, this time of loss has been especially difficult for many of us. Accompanying the dying has been limited by distancing protocols, constrained visits, and limited communication. Funeral rites, commending the deceased to God’s love, have been broadcast on screens preventing shared sorrow from being expressed through communal tenderness. At Sacred Heart Convent, wakes were suspended and attendance at the Mass of Christian Burial was limited to those sisters living at the motherhouse. Some relatives and friends came to the cemetery, yet needed to participate from afar. As members of a church which values, needs, and is supported by sacred rituals, these limitations made our loss more pronounced. It has been a time of unprecedented trial and yet, one of “Easier size” grace, which I like to think of as a kind of “Easter size” grace—that grace which comes with the triumph of Love Incarnate.

Fearing to grieve gets us nowhere. With grief, the way back is the way through. Throughout the pandemic sisters, associates, family, and friends have shown me Christ’s presence in is instead, the kind of strength that says, among other things, “I will wait this one out. I need to endure and have resurrection faith that there is a direction and meaning to this process. Christ is with me, and together we wait for calm.” Having patience is an Easter-size grace.

There are so many times during the grieving period when we are at a loss for words. Another sister wanted to say something—even needed to say something—yet she found herself unable to do so. She recognized she was at a time when she had very limited energy, willpower, clarity of thought, or even patience with conversation. She was in the midst of deep pain, not walking away from it, nor pretending it did not matter. As time went on, she experienced the depth of her feelings, her words were is remembered with gratitude. Such a moment is an Easter-size grace.

I often heard people say that the pandemic gave them an opportunity to re-evaluate their lives, relationships, values, and dreams. Death is one thing that makes life precious. The grieving period can also be a time of transition for us, allowing us to take stock of what we want the bigger scope of our lives to be in Christ. We recognize that having loved and been loved is a blessing. Yet, we also resign ourselves to being capable of feeling deep hurt at loss. When someone or something we love is gone it may be especially hurtful, but the reality of the love is—and will always be—an Easter-size grace.

_Sister Rebecca Ann is the prioress general of the Dominican Sisters of Springfield._

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_I measure every Grief I meet_  
With narrow, probing, eyes –  
I wonder if it weighs like Mine –  
or has an Easier size.  

– Emily Dickinson
IN MEMORIAM

Please join us in prayer for these sisters and associates who have died:

Sister Regina Marie Bernet, OP • January 14, 2021
Gregorio Bustos, Dominican Associate • January 21, 2021
Dorothy Doedtman, Dominican Associate • February 18, 2021
Angela Schiava, Dominican Associate • April 26, 2021
Sister M. Ruthanne Huss, OP • May 3, 2021
Sister Mary Albrecht, OP • May 5, 2021
Cathy Seper, Dominican Associate • May 16, 2021
Peg Knoepfle, Dominican Associate • May 23, 2021
Rosemary “Rosie” Lubbe, Dominican Associate • June 17, 2021
Sister Mary Frances Gorman, OP • June 20, 2021
Like many of our Partners in Mission, Jim and Jo Powers say their lives have been shaped by women religious. They were first influenced by the Franciscan Sisters of Oldenburg, Ind., who encouraged them to delve deeper into religious studies and grow in their faith. When they and their daughter Alison moved to Illinois, they found a home at St. Joseph the Worker Parish in Chatham and continued their journey of faith with the Dominican Sisters of Springfield.

Jim talked about the Dominican Sisters who came into their lives: Sisters Margaret Mary Byrnes and Judith Pfile at the parish, Sister Kathleen Cour through the Office of Divine Worship, and Sister Margaret Therese Hebert, who was Jim’s spiritual director and fellow wood-worker at Jubilee Farm. “It’s evident [the sisters] truly live a Christian life and follow Jesus,” he said. This is what drew Jim and Jo to the Dominican Associate Program.

“As we progressed through the associate program there was the growing awareness that we belong with this community,” Jo said. “Dominican values provide a foundation for us. It has taught us to rely on God’s gifts and use them as God intended—preaching through our lives!”

In addition to becoming associates, Jim and Jo also recently joined our monthly giving program, Bearers of the Flame. So-called because monthly gifts are key to keeping alive the light of preaching as St. Dominic intended, Jim said it’s also a meaningful way to express gratitude for the blessing of the sisters in their lives.

For the Powers and other Partners in Mission, becoming Bearers of the Flame has focused their giving and assures the sisters a regular monthly income. Donors can easily alter the amount given at any time, and the monthly gift helps the sisters’ financial planning for ministry.

No matter the size of a monthly gift, over time, Bearers of the Flame have made a huge impact on the lives of our sisters and those we serve. We are truly grateful!

To establish a monthly gift, donate on the website and choose the monthly option, or call Sister Kathleen Anne at 217-787-0481 and she will set it up for you. Gifts can be paid on a credit card or by direct bank transfer.
Go green

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Dominican Sources

“Our true identity, our full personhood, lies in our awareness that we are called to be other Christs, members of the Body of Christ, the image of God, a light to the world.”

~ Sister Megan McElroy, OP
Dominican Sisters of Grand Rapids

DATEBOOK

Events not public unless otherwise noted.

August

8  Feast of St. Dominic Guzman, Preacher
8  Perpetual profession of vows, Sister Kelly Moline, OP
15  Solemnity of the Assumption of Mary
19  148th Anniversary of the Founding of the Congregation
21  Associates & Sisters Day virtual gathering

September

5  Remembrance of Deceased Friends and Benefactors of the Order
6  Labor Day
9  Memorial of St. Peter Claver

Call 217-787-0481 or visit springfieldop.org for details about digital events.

About the Cover Art:

Sisters Anita Cleary, Patricia Stark, and Judith Hilbing the day before they embarked on a two-week journey to the border at Laredo, Texas, to serve asylum-seeking families with minor children. See story on p. 8.