



*Sponsored Ministries of the Sisters of Saint Joseph of Boston*

# The Bridge

BETHANY HEALTH CARE CENTER + BETHANY HILL PLACE + FONTBONNE ACADEMY  
JACKSON SCHOOL + REGIS COLLEGE + SAINT JOSEPH PREPARATORY HIGH SCHOOL + WALNUT PARK MONTESSORI SCHOOL

**Signs of the Times Call Us to Respond** by Mary Rita Grady, CSJ, Archivist, Mission Effectiveness Facilitator



**“One touch of nature makes the whole world kin”**  
(Shakespeare, William. *Troilus and Cressida*.  
Act 3, scene 3, 169–179)

The plays of William Shakespeare in the sixteenth century often furnish nice turns of phrase, which help twenty-first century people to use the expression with a contemporary meaning. In these days of concern about climate change, global warming, rising sea levels, melting glaciers and use of natural resources, days of the science of ecology and care for human beings in an organic and inorganic universe, there is reason to consider that all that is natural is related. Even before Shakespeare, Francis of Assisi's thirteenth century *Praise of Creation* furnished the title and spirit for the twenty-first century encyclical of Pope Francis, with its emphasis on all of creation as our common home, addressing Wind and Air as Brothers and Water as Sister.

At Regis the 2015 addition to Maria Hall, the dorm which was built in the 1950s, has quotations on its outside walls reminding the passerby of the gift which Regis aspires to fulfill—welcoming all without distinction, and excellence tempered by gentleness. Looked at from one angle, the windows of the new addition reflect St. Joseph Hall, a reminder of the founders of the College, the Sisters of Saint Joseph, who with the collaboration of many besides themselves, bequeathed a college aspiring always to

welcome all, and to instill excellence with gentleness. Other buildings can be seen when the viewer moves, and other thoughts pondered.

More than buildings, though, is the desire of the people who make up the institution to be the ones to welcome all, to aspire to excellence, to answer the needs of the times. Striving to embody this spirit is seen both in campus events and in the individual activities of students, faculty and staff. The celebration of Founders' Day on October 1 called together alums, faculty, staff, students—children, undergraduates, graduates and LLARC (Living and Learning at Regis College) seniors, as well as the Executive Director of ACSSJ (The Association of the Colleges of the Sisters of Saint Joseph). In brief talks, the Sisters spoke of the past history of Founders' Day as well as the call to the future; and current students spoke of their commitment to education of the whole person. The sound of the trumpet, as well as refreshments, contributed to the festive spirit of the event. New faculty members, desirous of meeting the needs of their students in their shared pursuit of excellence, were energized to create new courses and programs.

The signs are all around campus—in people, places, events and buildings—and there are many conscious of the call to respond.



## College Connection

by Courtney McSparron, Program Director



## Introduction (by editor)

*Pope Francis opens the final chapter of Laudato Si' with the following words: "Many things have to change course, but it is we human beings above all who need to change. We lack an awareness of our common origin, of our mutual belonging, and a future to be shared with everyone. This basic awareness would enable the development of new convictions, attitudes, and forms of life." (paragraph 202) Care for all God's creation means that we all must change. Education is the way to create new awareness to make our world a better place for all life. As you will read below, Bethany Hill Place is taking on the task of working with young people who are headed to college and enabling them to find their path forward for their own betterment and that of the human family.*

**A**t Bethany Hill we believe education is the mightiest tool in building self-sufficiency. This year we have taken a special interest in making this clear to our high school aged young adults who are headed towards one of the loftiest educational events of their lives: entering college. We have started a new group called "College Connection" that takes these students to many different types of colleges: large, small, private, public, urban, suburban, etc. It is our hope that when our high school students apply for college they will be fully ready to choose the college that is right for them, feel confident in funding their education, and understand how they will impact the campus they choose. Also, by taking part in this group and starting the college planning process together, we hope that our young people will feel supported by their peers and know they have their community's support as they take on applying to and entering college. So far the group has visited Mass Bay Community College, Framingham State University, Wellesley College, and The College Planning Center in Framingham. During the remainder of the year we will visit colleges in Boston, Clark University in Worcester, and have several meetings to discuss how to build a great resume for applying to colleges. We can't wait to see the college success of these incredible young residents!

## In this issue

Signs of the Times Call Us to Respond by Mary Rita Grady, CSJ	1
College Connection by Courtney McSparron	2
Cultural Change Program at BHCC by Jim Argir	3
Caring for the Environment at JS by Jean Behenna and Kathleen Berube, CSJ	4
Simple Acts of Kindness by Sandra Selvarajah, CSJA	5
Ecological Conversion Begins... by Linda Walkins	6
For the Beauty of the Earth by Ann Marie Ghiloni, CSJ	7
The Overconsumption of Plastic by Lisa Tran	8

**Mission Statement:**

***The Bridge is the official communication of the Office of Sponsored Ministries to inform, educate and inspire the community linked to CSJ Sponsored Ministries.***

**Office of Sponsored Ministries**

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

**Executive Director:**

Suzanne M. Kearney

**Director of Mission Effectiveness:**

Ann Marie Ghiloni, CSJ

**Administrative Assistant:**

Sabitha Salzmman

## Cultural Change Program at Bethany Health Care Center

by Jim Argir, Manager of Hospitality and Building Services



Bethany Health Care Center shows care for the environment and the betterment of the human family through everyday choices and long-range planning. James Argir, Bethany's Manager of Hospitality and Building Services, leads the initiative to safeguard the environment and reduce costs.

In order to reduce the hazardous waste cost, Bethany Health Care Center purchased a machine that melts down the sharps and turns the needles and plastic into an oversized hockey puck that can go directly into the regular trash stream. This initiative reduced Bethany's cost of Hazardous Waste Removal by 90%.

A water conservation project was conducted. All the toilets in the facility were replaced. The old toilets used 3.5 gallons per flush and the new

toilets use .8 gallons of water. All the aerators and shower heads were replaced with .5 gallons per minute heads.

Almost all the main floors and resident room floors in the facility have been replaced with flooring that requires no stripping or waxing. This not only has reduced our labor and chemical cost, it has provided a more home-like atmosphere for our residents. Only microfiber products are used for floor cleaning, which has resulted in reduced chemicals cost and reduced employee accidents.

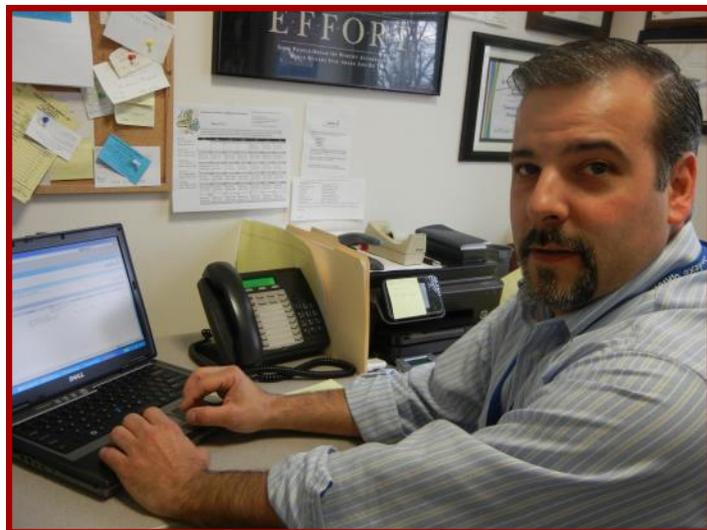
Our 150 KW Co-Generation system continues to produce 60% of our electricity for Bethany Health Care and Saint Joseph's Hall. BHCC is participating in the Federal Government's Energy credit program and receives approximately \$4,000.00 per quarter back in Energy credits.

Bethany is launching a recycling program for our residents and staff, where all paper, plastic and metals are collected and recycled. The residents are excited to participate in this project. In addition, a vendor comes to the facility and takes the fryolater oil and recycles the oil.

Bethany Health Care Center's Cultural Change program is alive and well. All bathing suites on the skilled nursing floors have been remodeled to give a more spa like experience to the residents. Our dining room renovation will be complete in the next couple of weeks. New energy efficient Marvin windows have been installed. A more functional Servery to better serve our residents is being installed as well as new flooring and cabinetry. The new LED lighting that is being installed will have different settings for different times of the day and is much more energy efficient than traditional lighting. This will enhance the resident dining experience here at Bethany Health Care Center for many years to come.

**ABOVE:** RENOVATED BETHANY HEALTH CARE CENTER RESIDENT ROOM

**BELOW:** JIM ARGIR, MANAGER OF HOSPITALITY AND BUILDING SERVICES



## Caring for the Environment at Jackson School by Jean Behenna, Kathleen Berube, CSJ and Students in Grades 1, 3 and 5

During the opening weeks of Jackson School, students had the opportunity to enjoy the beautiful autumn weather in a variety of ways. Sixth grade students led the school community in the celebration of Pinwheels for Peace on World Peace Day. Walnut Park Montessori students joined in the celebration on the front lawn of the annex to sing and offer prayers for peace throughout the world.

Several classes took field trips that brought them in touch with nature. Teachers asked students to think about the gift of creation and their responsibility to care for the earth.



Grade one went apple picking at Honey Pot Orchards. In addition to creating some drawings, they wrote about their experience.

*When we were apple picking the trees looked green. I liked being outside because it was sunny. The leaves are my favorite thing about nature. I thank God for the apple trees and flowers.*

*When we were apple picking, the trees looked red. I liked being outside because it is fun. My favorite thing about nature is the flowers. I thank God for the apple trees and the pumpkins.*

Third grade students went to Garden in the Woods, the nation's oldest plant conservation organization located in Framingham. They thought about two questions: What did you learn about the beauty of the earth? What did you

learn about caring for God's creation? A few of their responses follow:

- ◆ *I learned that all living things need plants and trees, so we need to take care of them.*
- ◆ *I learned that a lot of plants make other plants beautiful.*
- ◆ *I learned that different plants grow in different parts of the earth. That is what makes our planet so interesting and beautiful.*
- ◆ *I saw bark from trees that God had created and someone made it into a beautiful path.*
- ◆ *Caring for God's creation is very important because they are living things, just like us.*
- ◆ *I learned that if we don't care for nature, it doesn't just affect the environment. It also affects us. Plants give us oxygen so we can breathe and live.*



Jackson School fifth graders went on the ship, *The Roseway*; they were asked to write a poem or a short paragraph about their experience. A student wrote:

*When the fifth grade went on The Roseway, the ocean water had a shine. Watching the boat sail felt like there's no such thing as time. Standing in the boat listening to the rustling air, I thought the beauty of the earth is worth our care.*

*(Continued on page 5)*

## Simple Acts of Kindness

by Sandra Selvarajah, CSJA, Mission Effectiveness Facilitator

The Montessori philosophy and our sponsor, the Sisters of Saint Joseph, promote teaching children how to make a difference in our changing community at all levels and to effectively interact as peacemakers for the betterment of the human family. At Walnut Park, in every classroom, the new school year begins with the Peace Rose as a symbol in teaching children to resolve conflicts, to be respectful and to accept each other. International Peace Day on September 21 gives us an opportunity to discuss the impact of renowned peacemakers, create peace symbols and read messages of peace. This was a great way to continue our discussion of peace. The Montessori schools of the United States have been collecting pennies for the Syrian refugees and Walnut Park enthusiastically joined the call of solidarity.

Each year, the third week of October is “Make a Difference” week when we organize a community service project. This year, in the aftermath of the South Carolina floods, Walnut Park collected goods for the affected people of South Carolina. The teachers read the book, Elmer and the Flood to the children. This is a meaningful story depicting an elephant and its community mutually helping each other in time of adversity and need. The book also demonstrated how the environment can be powerful and impact our lives. As always, our families and friends demonstrated their support and their spirit of giving. Eight large boxes of items were shipped to South Carolina. We also continued our collection of pennies for the Syrian children and received \$350 which will be sent to UNICEF.

We know that there are so many ways to positively influence our world. We can do it through simple acts of kindness and charity, or through giving of our time and skills. I was deeply touched by one of our Room 1 students, Becket, who felt the need to give his pocket money to the Syrian children. Becket told me, “They need the money more.” Simple words of kindness from a child, and a great spirit of giving are indeed memorable. Wendy, a Room 5 parent, gave her time and energy in packing the eight boxes and spent days on the phone trying to organize the shipment of the boxes to South Carolina. Of course, Walnut Park is a special community - working together and helping those in distress.

**PICTURED:** WPMS STUDENT AKA PAPPU PREPARES A BOX FOR MAILING.



*(Continued from page 4)*

Another student wrote this poem:

*We went for a ride on a beautiful ship  
The Roseway gave us a wonderful trip.  
The ship cut through the foamy sea  
We glimpsed every leaf on every tree.  
The wind was wild, the sky was gray  
The water glimmered on the bay.  
The crew taught us how to sail  
The sails caught the wind without fail.  
Take care of the earth, and every plain  
And keep on working through sun and through rain.*

Our activities during this beautiful fall season have emphasized our responsibility to care for the environment. As students reflected on their experiences, it is obvious

that they understand the importance of taking care of all of God’s creation and responding to the appeal from Pope Francis to care for our common home. Soon we will be organizing a winter clothing drive, preparing for our Giving Tree Projects to benefit Bethany Hill Place, the Literacy Connection, and the Women’s Table. Academic projects, field trips, and service projects demonstrate how the students at Jackson School continue to follow the mission of the Sisters of Saint Joseph to care for all God’s creation and to serve the Dear Neighbor without distinction.

**PICTURE 1:** FIRST GRADERS, CATHERINE DUNN AND WILLIAM RAYMOND WITH THEIR STORIES ABOUT APPLE PICKING.

**PICTURE 2:** MATTHEW O’CONNOR, FIFTH GRADER, WAS VERY PROUD OF HIS DRAWING DEPICTING THEIR FIELD TRIP ON THE ROSEWAY

## Ecological Conversion Begins with Small but Significant Acts

by Linda L. Walkins, Librarian



Many of our students at Saint Joseph Prep speak of our school as their second home. When asked what they most appreciate about SJP, the answer often is the sense of family that thrives within classrooms and corridors. Together, students, faculty members and administrators do our best to foster this connection and work together to “care for our common home.”

In his Encyclical *Laudato Si'*, Pope Francis discusses the importance of education both in school and in families to bring about an ecological conversion that can result in lasting change. He says, “Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us” (paragraph 211). He explains that our education begins in the family where we learn “to show love and respect for life” and “to create a culture of shared life and respect for our surroundings” (paragraph 213).

At Saint Joseph Prep, we hold these ideas close to our hearts. We are blessed in our dedicated teachers, renovated learning spaces and diverse student body. Each individual plays an important role in the Saint Joseph Prep family. We show respect for each other and for our school

through easy, everyday acts like greeting classmates and colleagues with a smile, arriving to class prepared to listen and learn, clearing our tables at the end of lunch or recycling paper and plastic.

Although these individual deeds may not seem significant in the moment, each positive action strengthens our community. As Pope Francis notes, these efforts “benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread” (paragraph 212). At SJP, we are committed to fostering through ever widening circles of concern the necessary ecological conversion that will preserve the beautiful world God created for us.

Our students will take these lessons of nurturing, care and respect out into the wider world. Fortified and shaped by the charism of the Sisters of Saint Joseph—the Core Values of love and service of the Dear Neighbor and care for all God’s creation—they will be prepared to change the world.

**LEFT:** ISABELLA BELLARMINO AND PATRICK GULLEDGE; **BELOW:** BOTTOM ROW, RAPHAEL HANNA, AIDAN KELLY, TOP ROW, EMMA DIMARINO AND AUDREY MCDONOUGH



### Jubilee Year of Mercy

The Holy Year will commence on the Solemnity of the Immaculate Conception and will conclude on the Solemnity of Our Lord Jesus Christ, King of the Universe and living face of the Father's mercy. There is an aspect of mercy that goes beyond the confines of the Church. It relates us to Judaism and Islam, both of which consider mercy to be one of God's most important attributes. Israel was the first to receive this revelation which continues in history as the source of an inexhaustible richness meant to be shared with all humankind. As we have seen, the pages of the Old Testament are steeped in mercy, because they narrate the works that the Lord performed in favor of his people at the most trying moments of their history. Among the privileged names that Islam attributes to the Creator are “Merciful and Kind.” This invocation is often on the lips of faithful Muslims who feel themselves accompanied and sustained by mercy in their daily weakness. They too believe that no one can place a limit on divine mercy because its doors are always open. (paragraph 23)



## For the Beauty of the Earth

by Ann Marie Ghiloni, CSJ, Director Mission Effectiveness



Pope Francis must have had a picture in mind that expressed “the beauty of the earth” when he wrote, *Laudato Si’, mi Signore* – *Praise be to you, my Lord*. Each day that I drive along the expressway toward Boston, I give praise to the God of Creation as I pass the trees and brush changing from beautiful reds and yellows to their skeletal form; the green grass and fields of President’s Golf Course and Pope John Paul II Park; the birds of the air flying hither and yon; and Tenean Beach and Pleasure Bay with their high and low tides.

In the 2015-2016 issues of *The Bridge*, our Sponsored Ministries will be sharing how they “Care for Our Common Home.” In paragraph 10, Pope Francis appeals to us to adopt an ecology that integrates “*the inseparable bond between concern for nature, justice for the poor, commitment to society, and interior peace.*” We are called to care for all that exists – a clear reflection of the CSJ values we espouse.

Care for Mother Earth can be found in the traditions of all people, their religious beliefs and their culture. The earliest writings of the philosophers, scientists, and mystics express the importance of caring for the elements of earth, water, air, and fire. These can be found in all forms of living things. We must ask ourselves, “What is my vision for Mother Earth? How do I care for planet earth today so that those born today and the tomorrows to come can appreciate this precious gift? Chief Dan George, Tseil-Waututh paints with words how the elements speak to him.

*The beauty of the trees,  
the softness of the air,  
the fragrance of the grass,  
speaks to me.*

*The summit of the mountain,  
the thunder of the sky,  
the rhythm of the sea,  
speaks to me.*

*The strength of the fire,  
the taste of salmon,  
the trail of the sun,  
and the life that never goes away,  
they speak to me.*

*And my heart soars.*

## The Overconsumption of Plastic

by Lisa Tran '16



The world is a little blue ball spinning in space at 1070 miles an hour. There are many materials but in particular, there is one distinct material that greatly attracts society to use it irresponsibly. It affects the environment and harms the health of people. In the United States, it is the reason the night sky is not as clear compared to other countries and where they see a million stars, whereas the US may see fifteen. It is reason the weather has been more severe than ever before, and for streets and bodies of water not being as clean as they can be. This material is plastic. Plastic is flexible, strong, versatile, lightweight and inexpensive. Its benefits and attractive qualities lead the world to consume plastic goods without realizing its harm. The root cause for these social and environmental problems is not plastic itself, but its overconsumption which creates a surplus of waste.

Because of the overconsumption of plastic, there is a problem disposing non-recyclable plastic products that do not biodegrade and pile up in landfills. Papers and even banana peels decompose within a few months but plastic takes 500 to 1000 years to fully decompose. People dispose of plastic products instead of reusing them. At Fontbonne Academy, teachers and students learned ways to reuse, reduce and recycle. For example, there are recycling bins in every classroom as well as the cafeteria. There are signs in the hallways to remind people to minimize their plastic use and how they can use plastic responsibly.

The overconsumption of plastic is also deteriorating the major sources of energy, petroleum and natural gas. These are non-renewable resources used to make plastic. The extraction of non-renewable resources involves using energy-intensive techniques that destroy fragile ecosystems. Even the use of products that are recyclable such as plastic bags and water bottles are the most

dangerous products to the environment because they are the most used and produced each year. Besides littering the environment and overfilling landfills, the wind carries them everywhere, harming wildlife and depleting our energy resources.

For this reason, the students at Fontbonne Academy have been influenced to use reusable water bottles. It is rare to see a student with a non-reusable water bottle. One school year plastic water bottles were banned completely to encourage students to minimize their plastic use. Now at Fontbonne, one may see plastic water bottles and bags reused for storage purposes as decorations, or transformed into jump ropes, kites, or other toys.

Research by a waste management company shows that the total production of plastic over the last ten years is more than was produced in the last century. Yet only five percent of the plastics produced is recovered and 50 percent is used only once and thrown away. Today consumption of plastic causes injustices that will effect our energy resources and a clean environment for healthy living. Human development will deteriorate and the energy source will deplete if there is no attention called to the problem. To reverse these harmful effects of overconsumption, Fontbonne Academy promotes ways to reduce the use of plastic by recycling or reusing it creatively in wonderful ways to protect all God's creation.

**ABOVE:** LEFT TO RIGHT, KAYCEE O'TOOLE '16; NYLAH APPERWHITE '18; BRIANNA BOLIVAR '18; MS. CURTIS '07; ILANA ZACK '18; ALANA SULLIVAN, KATIE NOLAN '16; **BELOW:** LEFT TO RIGHT: BENIGHEON BONNER, ROBERT KOEGEL, AND LISA TRAN (RIGHT)

