



*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

Ayiti Cherie

by Elizabeth Conway, CSJ, Director of Mission and Ministry



Though we have a special Lenten giving project during these 40 days, the Fontbonne Academy community embraces service to the Dear Neighbor as a way of life. Awareness of and outreach to various communities of need are seamless. This year the students chose to relate to the Haiti MICAH Project. Their mission is taken from the prophet's call to love tenderly, act justly and walk humbly with our God. They invest in children and adolescents in Haiti. Junior Thalia Etienne has been to Haiti with the MICAH project and has an ongoing relationship with the school and orphanage for which we are collecting money. It is important to our students that there is some connection with the people beyond the name and the need. At our community Morning Prayer, students share information about the nutritional, environmental and educational deficits in Haiti, along with a Lenten Challenge to give of ourselves through prayer, almsgiving and fasting. Students have sung and spoken prayers in Creole as a way of praying in solidarity with these Dear Neighbors. Our own Haitian students bear witness to the beauty, strength and faith of the Haitian people and have shared stories with us of their culture. The French National Honor Society is selling bracelets that say, "Ayiti Cherie" which means, "Precious Haiti." All proceeds will go to the MICAH project.

As we have highlighted for each other the limited resources of water, electricity, forests and food in Haiti, we have challenged each other to watch and conserve our own use of these gifts, which we have used, and sometimes abused, in abundance. We strive to reverence all of God's creation and see the interconnectedness of it all and how our relationship with all that lives impacts all that lives. During these weeks of Lent, the Fontbonne community has had a collection for supplies - magazines, candy and socks for our troops, as well as a coat and winter clothes drive for the women at Rosie's Place.

When students were asked what the impact of this giving has meant to them, they responded, "Lent reminds us that we need to do what Jesus asks of us. Sometimes we forget. It also helps us see how fortunate we are."

"It's about what you give back - sacrifice, but also a spiritual connection, vertical and horizontal, like the cross. Even though they're far away, we can still do something. And we're learning while helping."

In many ways, and particularly during these holy days of Lent, we are challenging ourselves as a community of faith to move in action, thought and prayer towards the realization of Jesus' dream and call to us "That all may be one."



**ABOVE:** BRIANNA RAPHINO WEARING AYITI CHERIE BRACELET  
**BELOW:** LEFT TO RIGHT, ABBY HORROCKS AND SAMANTHA TRAN

## Responsible Simplicity of Life

by Ann Marie Ghiloni, CSJ, Director of Mission Effectiveness



The wonders of nature are amazing! I love to thumb through: the travel sections of newspapers, magazine sections with places that are a must visit, drive or ride along the highways at the change of seasons, or travel via the various TV shows that feature our global world in all its beauty and in its woundedness. Each day I thank God, the Creator of all things, for the sight to see what surrounds me, ears to hear nature's sounds, hands to feel and touch surfaces, the sense to smell the spring rain and feet to travel various pathways. How blessed am I and how blessed are we to know that God saw everything created was good!

This leads me to reflect on 'How responsible am I being in my care for all that God saw as good?' In my small space on this earth, I love to care for plants and watch them grow and rejoice when I patiently wait to see an orchid plant re-flower or a simple green plant cutting root to begin a new plant. Outside our dining room there is a bird feeder that attracts a variety of our feathered friends and their unique songs from early morning to early evening. On occasion, we see deer stop by and wild turkeys waddling up the hill. I appreciate that they drop by to be admired. I watch the squirrels and chipmunks scurrying about to pick up the dropped bird seed and scamper to store it. All of these living things teach me about the simplicity of life.

The story of creation, Chapter 1 in the Book of Genesis is a favorite of mine. As a teacher, I always liked the picture books from different cultures and the way they told the story of creation. They were always beautifully illustrated and the simplicity of the story enthralled the students. Each story always ended with the narrator or storyteller exclaiming that we are all one with creation and should respect and be at peace with one another. It would be wonderful if each of us learned this lesson and put it into practice. The CSJ mission of unity and reconciliation and the charism of connecting neighbor with neighbor and neighbor with God would blossom in earth's garden and make a difference in our world. The earth's wounds would be healed and the wonders of the universe would truly amaze us in a radical way.

**ABOVE:** GRADE 6 JACKSON SCHOOL STUDENTS VISITED THE MOTHERHOUSE FOR A TOUR AND TO HEAR THE STORY OF THE SISTERS OF SAINT JOSEPH. JEAN BEHENNA, AREC KEOMURJIAN, LUCY TONTHAT, AND KATHLEEN BERUBE, CSJ PRESENTED A HYDRANGEA TO ANN MARIE GHILONI, CSJ.

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#### **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.*

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## Variations on a Theme

by Mary Rita Grady, CSJ, Mission Effectiveness Facilitator

Some years ago, Kathryn Miller, SSJ, conducted an empirical study of the colleges conducted by the Sisters of Saint Joseph nationwide to determine how faculty, staff and students considered themselves rooted in the mission and traditions of the Sisters of Saint Joseph. After the survey, campus visits and interviews followed. Kathryn determined that the CSJ characteristics common to the colleges were: hospitality and caring community, concern for all without distinction, addressing the needs of the times, striving for excellence in all endeavors, and making a difference in the local and world community. These characteristics form a theme for reflecting on recent events at Regis College in Weston.

On March 13, 2016, the Alumnae Chorus of Regis held a concert in the Foyer of College Hall. Eileen Sullivan, an alumna, who had been a member of the Chorus from its beginning, announced her upcoming move from the Boston area. To honor her, the Chorus planned a concert comprised of Eileen's favorite songs. The program, directed by Dr. Sheila Prichard, past Director of the Regis Glee Club and present Director of the Alumnae Chorus, spanned Eileen's wide range of musical favorites. The event

was well attended by Eileen's family and friends and friends of the Regis music program. It concluded with refreshments and renewal of friendships. The program, moderated by Dianne Baxter, set a tone of professionalism and welcome. Solo and ensemble pieces demonstrated the determination of the singers for excellence and the obvious affection of the Chorus for each other. This exhibited the existence of a caring community.

On Tuesday, March 15, College Hall Foyer was the site of another program, a celebration of Heritage Day and Saint Joseph's Feast. Dr. Kathryn Edney, Graduate Program Director of Heritage Studies for a Global Society, developed the program. She called upon both graduate and undergraduate students, the musical talents of the Regis Glee Club and its Chamber Singers, conducted by Elizabeth Smith, a Regis alum and Visiting Professor of Music. Sister Carmela Abbruzzese opened with a prayer. The program consisted of student viewpoints on various aspects of the CSJ mission, the origin and practice of the Italian celebration of the feast of Saint Joseph, the beginnings and history of the Sisters of Saint Joseph, the establishment of Regis College and the many meanings of charism and its CSJ practice at Regis. The program closed with students looking to the future, commenting on the quotation in the 1968 *Regis Herald*, a student newspaper: "We honor the symbols of tradition, but mainly as reminders of our responsibility for progress." To include weekend students, the program was repeated on Saturday, March 19, with the prayer delivered by Father Paul Kilroy. All members of the Regis community were invited for both occasions.

The very presence of present and past members of the Regis Glee Club at the events, speaks of the willingness of the Regis musicians to contribute to college events, as well as to provide a musical expression to the theme. Participants at each event were faculty, present and past students, and Sisters of Saint Joseph who are the interpreters of the mission. In summary, the words from the final song of the Alumnae concert, "River in Judea, it fills me up with hope and good will, the will to go on, go on" gives energy to the Regis College community as it moves forward into the future.



**ABOVE:** REGIS COLLEGE GLEE CLUB; **BELOW:** REGIS COLLEGE ALUMNAE CHORUS



LEFT: GRADE SIX GIRLS: JULIA ARMAND, ISABELLE ARMAND, TESSA CATALANO AT THE EMPOWERING WOMEN CONFERENCE  
 RIGHT: GRADE SIX GIRLS WITH MIDDLESEX DISTRICT ATTORNEY, MARIAN RYAN, AT THE EMPOWERING WOMEN CONFERENCE

The Catholic Schools Week 2016 theme was *Catholic Schools: Communities of Faith, Knowledge, and Service*. Activities at Jackson School reflect this theme not only during Catholic Schools Week but every day of the year. Jackson School's second annual STEAM Fair was held during Catholic Schools Week. STEAM integrates Science, Technology, Engineering, Arts, and Math as students explore, gather and evaluate information, and solve problems using this knowledge. The amazing projects ranged from programming Bee-Bots in kindergarten, building bridges and the Great Wall of China in Grades 1 and 2, creating traps to save an endangered species in Grade 3, exploring electric circuits and testing parachutes in Grades 4 and 5, and creating prosthetics in Grade 6. Judging from the amazing projects, there are many future engineers and scientists here at Jackson.

Grade 6 organized a service project during Catholic Schools Week. It was a "dress down day" and the proceeds were donated to buy furniture for a preschool in Nepal. Mrs. Lorraine Leo, our computer teacher, arranged to have the sixth graders skype with the principal of a school in Nepal. They have been interacting and following the progress as this principal has been attempting to rebuild the school after it was destroyed in the earthquake. The sixth grade was so moved and wanted to do something to help. They raised over \$1,000 and the principal and students in Nepal were most grateful. During the holy season of Lent, Grade 5 organized a Food Drive to benefit the Newton Food Pantry. The bins were overflowing with donations which are greatly needed at the Food Pantry. The fifth grade students plan to donate their time working at the Newton Food Pantry which will be a rewarding experience for them. Students and families certainly understand the importance of service to those less fortunate. Another impressive example of reaching out to the dear neighbor is the pen pal project. The students wrote letters to the residents at Saint Joseph Hall and the sisters wrote back to them. Both the Sisters and the students have enjoyed many new and cherished friendships.

The Jackson School community has taken the opportunity to pray more often as a school community during Lent. On Ash Wednesday we attended Mass at Our Lady Help of Christians Church. Every day fourth grade students led the school community in morning prayer. In addition, Grade 2 created a Prayer Bulletin Board. Every child in the school had the opportunity to add a prayer or intention to the board. It was a wonderful way to continue to build our community and to recognize the importance of prayer.

On December 3, 2015 Grade 6 girls attended the *Empowering Girls Conference* hosted by the Middlesex District Attorney Marian Ryan and Middlesex Partnerships for Youth. The program was entitled "Curate Your Life: Creating Your Own Story." The girls listened to inspiring stories of several women that included a research scientist and a jewelry curator at the MFA. Following the presentations, the girls interacted collaboratively with middle school girls from all over the State. The program fosters confidence-building, self-assertion and goal-setting through compelling speakers, interactive presentations and

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## Climate Change Lessons at Walnut Park Montessori School

by Marc Allen, Teacher

Nancy Fish, Head of School, asked me to present a program to our Walnut Park Montessori School seniors on climate change to further their education on the importance of taking responsibility for the environment. I thought it to be just another earth science topic. Climate change is based on science, and it is science that provides us with answers about our natural world. Maria Montessori said, "All things are part of the universe, and are connected with each other to form one whole unity."<sup>(1)</sup> I feel this project is core to Montessori's cosmic education: the belief that there are two things necessary for raising peaceful human beings and their awareness of interdependence; a sense of gratitude that comes from that awareness.<sup>(2)</sup>

I adopted an approach from [coolscience.net](http://coolscience.net) which is an artwork project expressing children's concerns or hopes about climate change. The program introduces the students to some concepts they need to understand about climate change. We began our series with the basics – the importance of the sun and about non-visible radiation. The children each made a bracelet of ultraviolet-sensitive beads. The beads are all white when inside a building; but when exposed to sunlight outside the beads bloomed into color. This illustrates that sunlight is different from indoor lighting. In the next session we continued with some of the scientific reasons why our earth is special. The earth is a "goldilocks planet" – not too hot, not too cold. We did experiments to illustrate the greenhouse effect. Two bowls were lined with black paper and a thermometer was placed in each bowl. One bowl was covered with plastic wrap and both were placed under a heat lamp. After a lesson on how to read a thermometer, we passed around the bowls and saw a 25° difference in temperature.

The second experiment was done by the children in classrooms. An apparatus with three thermometers was mounted outside a window in each classroom: one uncovered, another enclosed and one in a clear jar simulating a greenhouse. Over the next few weeks, the children recorded the date and weather, and the three temperatures. Children in Room 3, whose windows all face north and get no direct sunlight, were lamenting that all three of their thermometers always read the same. We relocated the Room 3 thermometers to a window in a public area that gets more sunlight. Watching thermometers is not usually a 6-year-old's top choice of activities! Nevertheless, a few children stayed engaged in ongoing recordkeeping of their classroom thermometers for a period of weeks.

In the third session we talked about balance and its effect on the earth which causes the earth to be hurt. We pretended to be polar bears scavenging for cardboard fish. The first time, there were enough fish for all the polar bears to be healthy. The second time, fewer fish were scattered and they were more concentrated on one end of the gym. More than half of the polar bears did not get enough fish to stay healthy. Feelings of disappointment were quickly forgotten and the conversation turned serious. This was just a game but what we were pretending is really happening, right now. We then read the book [Polar Bear, Why is Your World Melting?](#) We didn't finish it, leaving the children at a cliffhanger on their way home to winter vacation. Were they worried? Yes, but then so are we all.

The fourth session, we brought home the concept of anthropogenic climate change (though that term was not introduced), and made the connection between our activities and increases in greenhouse gases. Manufacturing, shipping, and transportation are major contributors of greenhouse gases. We talked about reduce, reuse, and recycle. Each child separated his/her lunch refuse into reusables to take home, recyclables and non-recyclables which went into the appropriate bin. To complete the lessons learned the students danced to a song r-e-c-y-c-l-e to the tune of Aretha Franklin's r-e-s-p-e-c-t. They left the session feeling pretty positive. There is hope for our earth!

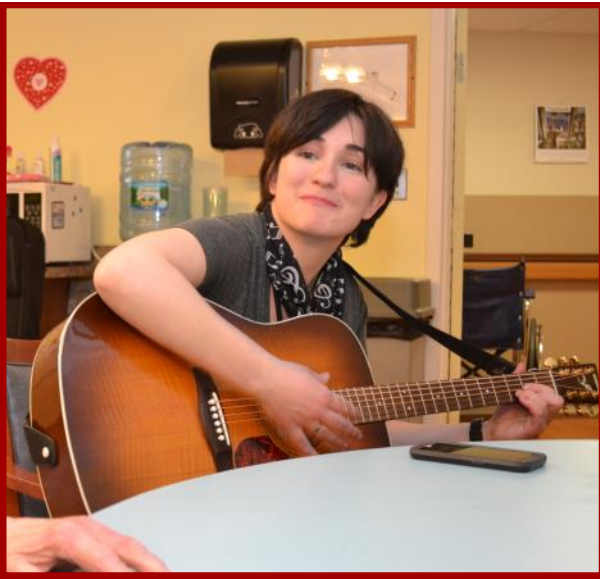
1. [To Educate the Human Potential](#), Maria Montessori, 1948
2. The phrase "an awareness of interdependence, and a sense of gratitude that comes from that awareness." is stated verbatim in many sources, but without quotes or citation. It refers to the second plane of development.

Below: A student makes and tests a sun bead bracelet



## Music and Memory Program at Bethany Health Care

by Amelia Fazackerley, Music Therapist



Special Care Activities Director Catherine Sabatini and I have orchestrated the Music and Memory Program at Bethany Health Care Center. As a board-certified professional music therapist, I have been blessed with many opportunities to enhance the quality of life for the residents on the Special Care Unit located on the second floor. In addition to providing individual and group music therapy sessions and supervising interns from my alma mater, Anna Maria College, I was able to implement the Music and Memory program through the inspiration of Sister Mary O'Rourke and many other Sisters of Saint Joseph of Boston.

The Music and Memory program was founded by Dan Cohen, who had the brilliant idea that residents in nursing homes and skilled care facilities should have access to the music they love. Sister Jacquelyn McCarthy enabled us to start the program. The starting program package contains ten iPods and headphones, iTunes gift cards, and training for staff. At Bethany, we invited staff from every discipline and on every floor to do the training from CNAs to housekeepers to Pastoral Care. This allows the entire facility to be certified.

After Bethany became certified, we began the process of creating iPods personalized to each resident. This included downloading a wide variety of music and gathering a huge amount of information about music preferences. We gathered information from every source we could think of, observing the client's reactions, interviewing them, and requesting assistance from family and friends. The music clients enjoy varies widely. We now have a library including Frank Sinatra, musicals, Hungarian folk tunes, Italian songs, classical music, and spirituals.

Being on the national database of certified Music and Memory facilities, we were lucky enough to receive an additional donation of iPods, headphones, speakers, and gift cards from a private donor. This has allowed us to expand the program to include even more residents! We now have almost 20 iPods individualized for residents on the second floor.

Our pilot program on the second floor has been very successful. We are beginning to expand the program beyond the Special Care Unit, so that we can continue to improve the quality of life for even more residents. If you wish to learn more or assist in growing this program, you can contact the Music and Memory program via their website, [musicandmemory.org](http://musicandmemory.org) or by contacting Catherine Sabatini at [catherine.sabatini@csjboston.org](mailto:catherine.sabatini@csjboston.org).

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student activities. It was a very positive and inspiring day for everyone.

In honor of the Feast of Saint Joseph, Grade 6 visited the Motherhouse in Brighton. They had a tour of the chapel and enjoyed hearing the history of the Sisters of Saint Joseph presented by Sister Ann Marie Ghiloni. The students were amazed at the courage of the early sisters in France and here in the United States. They enjoyed a pizza lunch in the Penthouse before they left with a much deeper understanding of the charism and mission of the Sisters of Saint Joseph.

As we look forward, the sixth grade will begin its project-based inquiry unit on the ocean. This project culminates an eight-week long STEAM activity that integrates all subjects including Math, Science, Social Studies, and Language. Students research ocean and environmental issues and create a product whereby they can share what they learned with the younger students at Jackson School and hopefully initiate an action plan. They investigate many global and environmental issues, and study how all creatures are interconnected and dependent on one another, and learn about our responsibility to care for all God's creation.

## Short interview with Abbe Cullen

by Trish Appert, Executive Director



The CSJ value of caring for the earth is ‘deeply planted’ at Bethany Hill Place, where gardening is a much loved pastime, a therapeutic effort, a means to providing affordable healthy food, and a metaphor for our growth as individuals and as a community. I chatted with Abbe Cullen, Bethany Hill Place’s new Assistant Program Director. One of Abbe’s interesting personal attributes that came up during her interview is that she is a master gardener!

**TA: How and why did you become a master gardener?**

**AC:** I love nature inside and out and wanted to learn more about it. When I was living in Connecticut I had a large backyard. The yard was like a blank slate, and I took the course to understand what was in it and what I could do with it. I wanted to educate myself about plants and how to get a “green thumb.” I took the Master Gardening course at the UCONN Torrington Extension Program and it taught me about soil quality, micro climates, the species of plants, beneficial and not-so-beneficial bugs and pests, and about invasive plants. Ugh. I learned the hard way about invasives! The course also required that we give back to the community through internship projects. Mine was to enhance and beautify the entrance to a residential community that we cleaned out and started several new gardens. It was a great experience for me.

**TA: Why do you think gardening is so important - and why at Bethany Hill?**

**AC:** Gardening is very therapeutic. I love it for the peace and tranquility of watching things grow, and learning how and where plants thrive best within the yard. Gardening is easy and at the same time its hard work and yet nature has its way of making things happen with you or without you!

(laughs) I was really drawn to Bethany Hill because it has a community garden. Residents here can grow their own food and see firsthand the fruits of their labor. I wanted to be able to share in all of the benefits I get out of planting and nurturing plants. I believe we can be the tenders of the earth, that this is borrowed space, and to do what I can do for the environment on my “watch.”

**TA: What do you hope for this year’s garden at BHP?**

**AC:** I just love to play in the dirt. For me its more about getting as many people involved and excited about planting and watching it grow, especially the kids. There’s such gratitude in sharing a harvest and watching teamwork evolve through gardening. I also really enjoy cottage gardening and it might be nice to do some ‘companion’ planting mixing flowers and vegetables. I’ve never grown asparagus and would like to give that a try if anyone’s interested.

**TA: Final question – Flowers or Vegetables?**

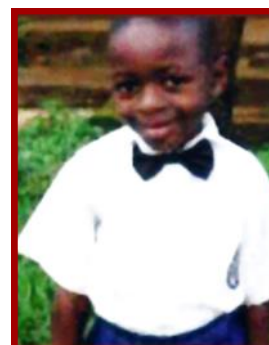
**AC:** Flowers – I can’t help it! I love them. My home and office would look like a nursery if I could!

**ABOVE:** ABBE CULLEN; **BELOW:** THE BHP GARDEN



## Called to a New Way of Being and Seeing

by Marilyn McGoldrick, CSJ



During this year proclaimed by Pope Francis as a year of Mercy each of us is called and challenged to reach out “in concern for the poor and protection of the environment.” (*Laudato Si*) During the Lenten season the students and adults at Saint Joseph Preparatory High School chose to continue the theme begun at the beginning of the year with the reading of the book “I Am Malala” by supporting the project “Kids in the Congo.”



Each morning in the context of prayer the community learned about the educational needs of the children of the Congo. Since education encompasses more than just intellectual development, focus was given as well to the health and physical needs of the children. There were striking contrasts between the environment for learning that each one at the Prep is afforded and the conditions of learning that exist in the Congo. Each Faculty Advisor worked with students to support the collaborative effort of reaching out to the Dear Neighbor.

It is hoped that through this experience awareness has been raised about our responsibility to steward creation by tending the environment, to grow in appreciation and careful use of our natural resources, and to express gratitude for educational opportunities. While a significant donation will be sent from Saint Joseph Prep what has been learned is that “Good education plants seeds when we are young, and these continue to bear fruit throughout life.” (*Laudato Si*).



In Chapter Six of *Laudato Si* Pope Francis invites us to awaken to a new way of being and seeing...everyone and everything is revelatory of the divine. This compels us to look beneath all reality to discover the Presence of the Spirit and then embrace each into our ever-widening circle of love. Through the many facets of education at Saint Joseph Prep, our community is growing into a new way of being and seeing in this world we call home.

**PICTURED:** CHILDREN SUPPORTED BY “KIDS OF THE CONGO” PROJECT.