



Heartbeats

SISTERS OF ST. JOSEPH OF LYON IN MAINE
NEWSLETTER | SEPTEMBER 2026

Celebrating and Caring for Creation

BY SARAH SIROIS, PROGRAM COORDINATOR



Living Water
Season of Creation 2026

The Season of Creation is the annual Christian celebration to give thanks to God for the gift of creation, and to raise awareness about the need to care for

creation and our common home through prayer and responding together to the earth's cry. The ecumenical family around the world unites to contemplate and care for our common home. The season begins on September 1, the day that several Christian denominations celebrate as the World Day of Prayer for the Care of Creation, and others celebrate as the Feast of Creation. It ends on October 4, the Feast of St. Francis of Assisi. (seasonofcreation.org)

Pope Leo XIV has proclaimed this year to be a special Jubilee Year to commemorate the 800th anniversary of the death of St. Francis of Assisi. To celebrate this significant memorial, the St. John the Baptist Secular Franciscan Fraternity, the Sisters of St. Joseph of Lyon and Catholic Charities Maine collaborated to host a day of prayer, reflection, and care for our common home.

Inspired by this year's theme - Living Water - a planning team of nine people from across the state, led by Secular Franciscan Kay Spofford, began meeting in June to prepare for this day. Our focus was on celebrating the gift of God's creation and "in the spirit of Saint Francis of Assisi," exploring how we can work together for the healing and renewal of our common home.

Season of Creation Day planning team: Kay Spofford, Michele Audet, Mary Astumian, Julia Steed-Mawson, Meredith Morehouse, Deacon Frank Daggett, Bill Wood, and Dianne Smith.
Missing from photo: Sarah Sirois



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This issue's reflection on Living into the charism comes from the Sisters of St. Joseph newsletter *That Life May Flow*, July 2026 issue no. 112.

Living Union in a Divided Digital World: Insights from the Eucharistic Letter

BY SRS. KOWSALYA KABIRIYEL AND JOSEPHINE MARIYA PRAGASAM,
ST. JOSEPH PROVINCE, INDIA

As Sisters of St. Joseph called to live the spirit of the Eucharistic Letter (EL), we are invited to be women of union in a world that is often fragmented by screens and constant communication. The charism asks us to bring communion wherever we are, yet the digital environment sometimes pulls us toward comparison, distraction, or emotional reactions. When we open our phone during community time or feel disturbed by a message, we realize how quickly technology can shift our inner peace. The EL reminds us that our presence—whether physical or online—must be a presence that unites, heals, and draws others gently toward God.



In today's age, hospitality is not only about welcoming someone at our door; it extends to how we respond to messages, how we comment on posts, what we say in WhatsApp groups, etc. As religious, our tone, our words, and even our silence become opportunities to welcome the other, to show kindness. But the challenge is real: sometimes misunderstandings happen through text, sometimes we may sound sharper than we intended, or we may react too quickly. The spirit of the EL invites us to pause before we speak and to ask whether our words create peace or tension, whether they unite or divide. Communicating in the spirit of the EL can turn this digital world into a place where we learn patience, gentleness, and the art of slow, discerning speech.

Our screens are often the first thing we see in the morning and the last thing we touch at night. This reality challenges our call to simplicity and inner silence. When we find ourselves scrolling without intention, getting curious about unnecessary posts, or comparing ourselves with others, we realize how easily our hearts get pulled away from the quiet presence of Jesus or the cry of our dear neighbor.

The EL reminds us that the things we look at should be worthy of the One we adore in the Blessed Sacrament. If something feels inappropriate before the Eucharist, it does not belong on my screen. This awareness becomes a daily invitation to create sacred space, to be intentional and to cultivate clarity of mind.

The Little Design calls us to be hidden, humble, and simple—to do good without seeking recognition. But the digital culture encourages visibility and self-promotion. Even within religious life, it is tempting to post what we do, to highlight our achievements, or to compare ourselves with others. While it is healthy to feel good about our life and vocation and to want to share our life experience with others, the challenge is to remain rooted in humility and honesty of intention, to let our online presence reflect Christ rather than oneself. Before posting anything, we could ask ourselves, ‘Is this coming from a place of love and service, or from the desire to be seen?’ The Little Design invites us to choose quiet service over display, depth over popularity, and truth over exaggerated attention.

Silence is the place where our vocation grows and deepens, but today silence is constantly broken by notifications, messages, and the pressure to be immediately available. Devices, while helpful, can fill the space where God desires to speak to our heart. The discipline of *Digital Fasting* can be a helpful spiritual practice—switching off during prayer, putting away the phone during meals, setting limits during the night. These small acts can restore our freedom, help us listen to the movements within us, and remind us that our first call is to remain in the presence of God. When we disconnect from noise, we reconnect with our true selves and with Jesus, who waits in silence. In this way, digital devices and social media can become a platform for spreading compassion and unity and supporting one another in faith and mission.

Try the Digital Examen!

Did my media use today deepen communion or create distraction and inner fragmentation?

When did technology disturb my peace today or pull me away from quality presence in community or ministry?

Did I view things that distanced me from God or disturbed my inner purity?

Did my digital habits support or weaken my prayer life today?

Before posting, did I check whether my intention is love or self-display?

When did I notice that I was most tempted to use my phone unnecessarily?

The celebration was held at the St. John the Baptist Church Hall on Saturday, September 12. The day began with an outdoor Mass at the grotto, celebrated by Brother Algis Malakaukis, OFM, of the St. Anthony Franciscan Monastery in Kennebunk. Deacon Frank Daggett, director of Catholic Charities Parish Social Ministry, gave the homily focusing on the goodness and beauty of creation. Following the mass, he gave an overview of the Traditional Catholic Foundations of Creation Care found throughout Scripture.

Kay Spofford, OFS, then shared how and why St. Francis became so well known for his love of creation and nature. *'He would go to the precipice and just look down. He would climb up into the mountains. He was everywhere. He was connecting with God in all of these places, and through that connection, he was looking at the animals, at the environment. They were becoming his brothers and sisters. They were his kin. We take care of our brothers and sisters. St. Francis did that because he knew that God created all of this.'*



Living Water Scripture

Reference: 'Wherever the river flows, every sort of living creature that can multiply shall live, and there shall be abundant fish, for wherever this water comes the sea shall be made fresh. Along both banks of the river, fruit trees of every kind

shall grow; their leaves shall not fade, nor their fruit fail. Every month they shall bear fresh fruit, for they shall be watered by the flow from the sanctuary. Their fruit shall serve for food, and their leaves for medicine. *Ezekiel 47: 9, 12*





The day also included roundtable discussions sharing ideas for actions that can be taken to immerse ourselves in caring for all of God's creation. The afternoon talks were devoted to a celebration of the success of living water in Maine, with presentations from Sr. Angela Fortier, CSJ, and Pete Didisheim, from the Natural Resources Council of Maine (NRCM).

Sr. Angela shared a history of the ways the Sisters of St. Joseph have been stewards of creation along with their partners. During the 90s and early 2000s, when they owned the Living Water Spirituality Center on Halifax St. in Winslow, they offered spirit-and-nature programs and created walking trails behind their center along the Sebasticook River. Since moving to their current location on 80 Garland Road about ten years ago, they quickly formed partnerships with local groups and created the Saint Joseph's Nature Sanctuary, with a walking trail and monthly skills sharing programs.

Pete Didisheim, representing NRCM, shared the ongoing dedication to restoring waterways in Maine; rivers are being cleaned and some dams have been removed, allowing fish to swim freely in their habitats.

Finally, Julia Steed Mawson described the Laudato 'Si movement and her involvement with it in New Hampshire. Dianne Smith and Bill Wood shared the stories of their parish's Care for Creation Team.

'St. Francis and Pope Francis must be very happy to see and hear how Maine people are taking care of Mother Earth.'
- Sr. Angela



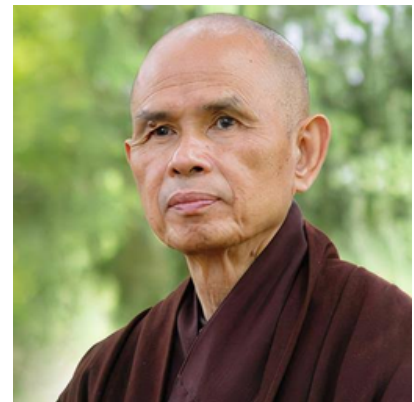
For more information about the Laudato 'Si movement, visit this page: [laudato 'si movement](https://www.laudato-si-movement.org/). To learn more about Catholic Charities Maine EcoJoy and other Care of Creation initiatives, visit their [parish social ministry page](https://www.catholiccharitiesmaine.org/psm).

Unity and Presence

BY TONI FREDETTE, CSJ AGRÉGÉE

I recently listened to a recording of a 1995 conversation between Michael Toms of New Dimensions radio and Thích Nhất Hạnh. Their discussion explored the parallels of Buddhist and Christian ideologies and covered a wide range of topics.

Thích Nhất Hạnh (1926–2022) was a Vietnamese Buddhist monk, teacher, author, poet, and peace activist. He is known as one of the most influential figures in bringing Buddhist mindfulness to the West. He taught mindfulness, compassion, nonviolence, and engaged Buddhism, emphasizing the importance of being fully present in everyday activities. During the Vietnam War, he advocated for peace and reconciliation rather than taking sides.



As I listened to the dialogue, I experienced a profound sense of Oneness as Nhất Hạnh shared his thoughts on topics ranging from the benefits of the broad spectrum of humanity's spiritual heritage to similarities between Buddhist and Christian concepts and the importance of mindfulness. In response to each question throughout the dialogue, Nhất Hạnh had a natural way of sharing his thoughts that was inviting and enriching. He moved me to deeper prayer, to continual reflection, and to practicing mindfulness.

In this article, I will share two excerpts from the dialogue and my reflection on each.

Excerpt of Năht Hahn on Self and Non-self

"...if you practice looking deeply into the nature of things ... you see that nothing has a separate existence. Like a flower: a flower cannot have a separate existence because as a flower it would rely on non-flower elements in order to be."

... on Self and Non-self (cont.)

If you look into a flower you see a cloud because if the cloud is not there, there will be no rain, and no flowers can grow. You look into the flower and you see the sunshine. If the sunshine was not there, the flower cannot grow either. Also you see the gardener, the earth, a lot of things; if you send all these elements back to their source, a flower cannot be there. So, a flower is made only of non-flower elements, and that is what we call non-self. Non-self means the absence of a separate existence. You and I and the flower – we are without a separate self. We rely on each other in order to be... .

Reflection

In Christianity, we affirm the dignity and uniqueness of the person created by God. Christianity does not teach “non-self” in the Buddhist sense, yet Christian spirituality also challenges the isolated or self-centered ego.

As I grow in my Christian spirituality, I strive to not lose myself – to not lose the essence which with God created me, which makes me who I am. I strive to “*Live out my life with one desire only: to be always what God wants me to be, in nature, grace, and glory, for time and for eternity.*” (Maxim 73) I work toward this transformation through love and through relationships: relationship with God, relationship with neighbor, relationship with the community, relationship with creation. It is these relationships that allow the being that I am, that God wants me to be, to unfold over time - with practice, with discernment, with mindfulness.

Buddhism and Christian spirituality view the self in profoundly different ways. Buddhist reflection on non-self can challenge Christians to examine attachment to ego and separation, while the charism of the Sisters of St. Joseph offers a vision of moving beyond self toward communion, love, and unity.

Thích Nhất Hạnh’s sharing on the Buddhist teachings of self and non-self invites me to a profound sense of Oneness: a sense that as we enter more deeply into unity, reconciliation, and love. We are also connected to one another in ways that speak of mystery. I find myself meditating on Oneness not as something to believe, but something to embody.

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Winslow Ag Commission at the Saint Joseph's Nature Sanctuary

BY MELISSA SULLIVAN, ST. JOSEPH CENTER COORDINATOR

As part of our continuing series focusing on the founding partners of the Saint Joseph's Nature Sanctuary, in this issue we are featuring the Winslow Agricultural Commission.

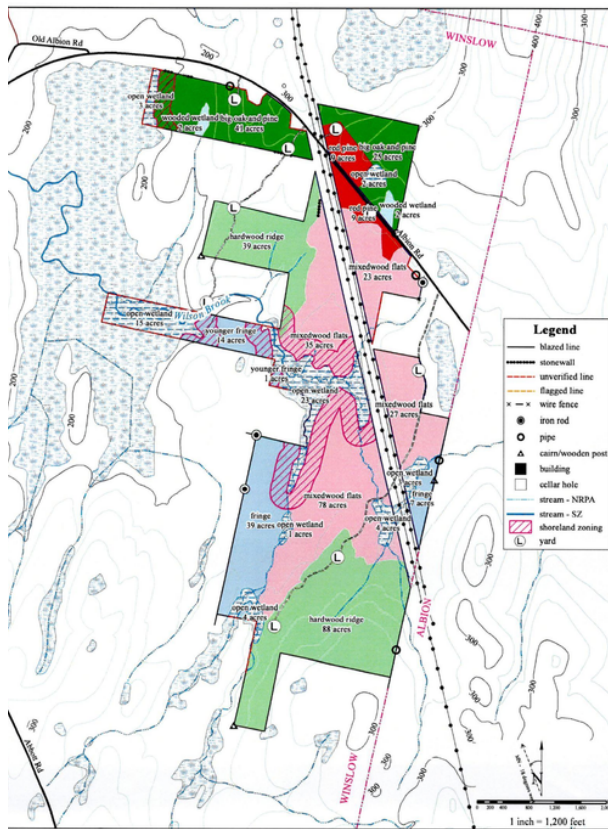
Formed in 2014 by a Town Council Ordinance, the Winslow Ag Commission is the first commission of its kind created in the State of Maine. With a focus on promoting farming and preserving agricultural land, the Ag Commission oversees the Voluntary Municipal Farm Support Program (a tax rebate program designed to encourage landowners to keep their land in farm production for a period of twenty years after acceptance into the program) and a variety of community programs that encourage homegrown food production and celebrate agricultural lifestyles.



Community garden plots are available to rent on Dallaire Street in Winslow, with the goal of encouraging families to grow their own food. Together with the Winslow Parks and Rec Department, the Ag Commission provides raised beds, composted soil and a garden shed with a water source.



The Winslow Fall Festival is an annual celebration that is held at Fort Halifax Park in October, which celebrates the fruits of the fall harvest. Activities include face painting, pumpkin decorating, family activities, live music, and products from many local vendors. The Fall Festival was first held in 2024 and is continuing to gather more sponsors and community support. The Fall Festival will be held on October 3rd this year.



Above: The kiosk marking the start of the town forest trails. Informational signs will be coming soon.

Left: A map of the Town Forest property.

Another project the Ag Commission has been working on is the development of the Town Forest, a 500-acre parcel of land along the Albion Road in Winslow. As stewards of this property, the Ag

Commission has overseen a small timber harvest under the direction of a State Forester. The development of walking trails through the forest is still in the early stages with intermittent mowing happening each summer. The Ag Commission has installed several game cameras in the woods with the goal of sharing trail photos on the Town of Winslow's website. Visitors to the trail will be sharing the space with deer, moose, bobcats, and other creatures who may only be seen in the game camera photos.

Other goals for the future of the Town Forest include the creation of signs and maps promoting trail use, and educational signs about bird habitats within the forest property.

The Winslow Ag Commission has built a supportive program for our community's farmers and is building up awareness of our town's agricultural treasures. Their establishment of the Voluntary Municipal Farm Support Program has become a model for other communities who want to start their own agricultural commissions. We are grateful for their partnership with the Saint Joseph's Nature Sanctuary.

Saint Joseph's Nature Sanctuary

Skills Sharing Workshops

BY MELISSA SULLIVAN, ST. JOSEPH CENTER COORDINATOR

June - Summer Botany Walk



A morning of exploration of plants and wildflowers
with Maine Master Naturalist Harry Vayo

July - Identifying Garden Pests



Barbara Russell from Mid-Maine Permaculture introduced some wholistic ideas for managing pests in the garden. When we encounter insect damage in our gardens, it's important to think about the environment we have created that may have invited them into our planting space.

Building up healthy soil to strengthen transplants increases a plant's ability to tolerate pests. Barbara recommends mixing epsom salt into the soil for vigorous root growth when transplanting seedlings. Good root health will lead to good leaf growth, which in turn supports the roots - a circular pattern of health. Attracting beneficial insects and birds to eat the damaging bugs will also help your garden. She recommends leaving woody stems and leaf litter behind in the fall so beneficial insects can lay eggs in them to hatch in the spring. Spreading crushed eggshells around new plantings improves soil health and can deter slugs or beetles.

Are your plants still doing well and producing flowers or vegetables despite the insect damage? If so, you may want to learn to accept some insect damage so your garden can also attract beneficial predators to come and eat the insects and keep the current population from becoming an infestation. One example we discussed was finding aphids on roses - the aphids will attract ladybugs, which are voracious predators of aphids. Ladybugs will take care of those pests in no time!

Insect Lab

The Insect Diagnostic Lab is part of the **Pest Management Unit** within the **Cooperative Extension Diagnostic and Research Laboratory**.

Since its inception in 1989, the Insect Diagnostic Lab has served thousands of Maine citizens as well as clients from throughout the region. Inquiries arrive in the form of walk-ins, phone calls, e-mails, and postal mail. The Insect Lab operates year-round and offers diagnostic services to the public, including insect identification, insect injury identification, and expert management recommendations.



SUBMIT AN INSECT SPECIMEN



INSECT ID



FREQUENT SUBMISSIONS & INQUIRIES TO OUR LAB



PHOTOS (WITH MULTIPLE CATEGORIES, INCLUDING SPIDERS)



INSECT FACT SHEETS



ADDITIONAL INSECT RESOURCES

There are many sources for pest identification online. An excellent resource for identifying the pests we encounter in Maine is the University of Maine Cooperative Extension website. (<https://extension.umaine.edu/home-and-garden-ipm/home/critter-id/photo-gallery/>). It's a helpful way to decide if you need to do some pest control, or allow nature to take its course.

September - Conserving While Preserving



The end of the gardening season brings us to the season of food preservation. Our September workshop with Bonnie Sammons and Jo Ashburn of Mid-Maine Permaculture presented many different types of preservation methods including steam canning, pressure canning, dehydrating, blanching

and freezing. They also introduced the concept of “EROEI” (Energy Return On Energy Invested) from different farming and preservation methods. Consider how much time and resources it takes to grow your food, then look at the nutrients you get back from harvesting and preservation. While the participants found that cracking hazelnuts with a hammer had a higher energy input than nutritional benefit, all agreed that eating homegrown food provides more nutrients than crops from large-scale, industrial farms. This was an active, tasty and enjoyable workshop that we hope to host again in the future.



Saint Joseph's Nature Sanctuary

SJNS Fundraising Updates

BY MELISSA SULLIVAN, ST. JOSEPH CENTER COORDINATOR

Our annual fundraising campaign is winding down, and we have some exciting news to share! Thanks to the support of our generous donors, the Nature Sanctuary partners have been able to make some big improvements inside Joseph House and the surrounding property. Joseph House has electricity and a ceiling fan, and there is now a paved path and small parking area next to the Joseph House ramp. With increased accessibility and lighting options, we are looking forward to welcoming even more people to our sanctuary space!



thank you



Around the Community



Celebrating the United States
of America's 250th Anniversary
Annual Lobster Picnic



On August 26, the Sisters enjoyed a meal with Sisters Judy and Colette while they were in Maine. We also shared a special prayer and blessing for a safe and faith-filled journey for Marc and Sarah Sirois, who traveled to Le Puy in September for a Mission Alive program at the International Centre.



Around the Community

Audubon Puffin Cruise in New Harbor, Maine



Sisters Janet, Angela, and Line, along with staff members, Liz, Melissa, and Marcia get ready to drive to the puffin cruise in New Harbor.



Waiting to board the boat



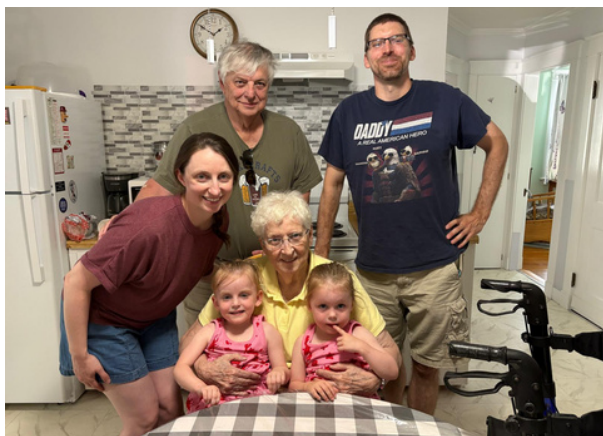
Bird blinds on Eastern Egg Rock

On July 15, several of our Sisters and staff members enjoyed an Audubon-sponsored puffin cruise in New Harbor. We learned about Project Puffin, which successfully restored the puffin breeding colony on Eastern Egg Rock. The puffins share their nesting grounds with razorbills, common and arctic terns, black guillemots and a large number of gulls. The boatripe was a sea-tossed adventure, but we all appreciated our time together.



Going to the coast must include fresh seafood!

Our summer has been full of family, fun and friends!



Sr Janet shares: Visiting with my grandnieces Samatha and Daphne, my younger brother (grandfather), Mike, and niece Sarah and husband Matt on a hot July day!



August Community Social



Sr Rita helped Sr Marcelle and Sr Angela make sandwiches for the sandwich program.



Fresh cucumbers make Sister Janet smile!



Bishop Ruggieri came to Mount Joseph in Waterville to celebrate a Mass with Fr Dan, the Sisters and residents.



Our August gathering with Sister Judy and Sister Colette

Founders' Day - October 15



Celebrating Our Roots

BY TONI FREDETTE, CSJ AGRÉGÉE

Our gratitude to Kathy Rooney for the use of her artwork.



On October 15, Sisters of St. Joseph around the world celebrate Founders' Day to mark our founding in Le Puy, France, in 1650.

The seed that took root grew, not only in France, but throughout the world.

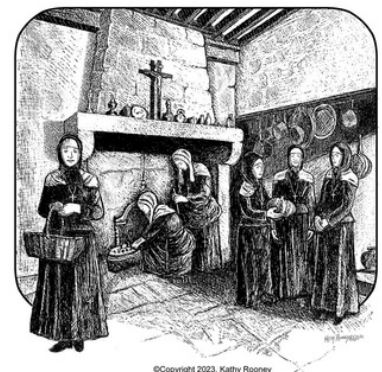
There are numerous articles written on our founding. Rather than write a traditional article, I invite you to join me in honoring those who came before us by reading their names aloud. Below, I include Fr. Médaille, the names of the first six sisters, and Lucrèce De La Planche, who assisted the first sisters when they arrived in Le Puy. I also add Mother Philippine, known to us as the foundress of the Maine Sector. I invite you to include the name(s) of your founding sisters as well. (Because the threads of our lace are many, please use and correct as you desire.) Finally, as there are many names lost to us, we reverence them aloud as *others we remember in our hearts*.

We speak these names in remembrance of those who have come before us.

We honor them in all that they were in their work, their sacrifices, and their love:



Jean-Pierre Médaille
Françoise Eyraud
Clauda Chastel
Marguerite Burdier
Anna Brun
Anna Chaleyer
Anna Vey
Lucrèce De La Planche
Mother St. John Fontbonne
Mother Marie Philippine
and others we remember in our hearts



Excerpt of Nāht Hanh on Mindfulness

Mindfulness is the kind of energy that helps you to live deeply each moment of your daily life. When I drink some water, I try to drink it mindfully. I drink my water in such a way that I become real, and the water becomes real. The moment when I drink my water, life is there, mindfulness is there. The opposite of mindfulness is forgetfulness.

When you are there, I try to be there with you. I am mindful of your presence. So I am real and you are real – and that moment is true life, so mindfulness makes life true and real. And when you touch yourself with mindfulness you become real and true; when you touch the world with mindfulness, the world becomes true and real. With mindfulness, things will reveal themselves with all their beauties, their meaning ... with mindfulness you acknowledge the presence of the other ... So mindfulness helps you to recognize what is there; it makes life real; it makes life possible.

Mindfulness practice should not only be in temples and monasteries. Mindfulness should be practiced in your daily life. When you drive, you drive mindfully, when you go shopping you shop mindfully, and if you do things mindfully, you avoid making mistakes so that you will not create suffering for yourself and for the world.

Mindfulness is to be really there. To love you have to be there in order to take care, and when the people you love suffer you have to be there in order to offer them your true presence. In order to be really there you have to be mindful of their presence, and that is why mindfulness is the energy that is so much needed at this time of history.

Mindfulness will help us to stop doing the things that continue to destroy our world - to cause misery and suffering to our society. Mindfulness helps us to understand the situation; it helps us to love in such a way that can relieve suffering and to bring joy and happiness to ourselves and the people around us. That is why the practice of mindfulness is not the business of monks and nuns alone but the practice of everyone.

Unity and Presence

Reflection

In Buddhist practice, mindful awareness can reveal the suffering of ourselves and others. When we become more attentive, we may notice another person's loneliness, the anger beneath someone's harshness, fear beneath someone's resistance, or our own judgments and assumptions. Mindfulness can be likened to a practice of compassionate engagement with the other – compassionate seeing.

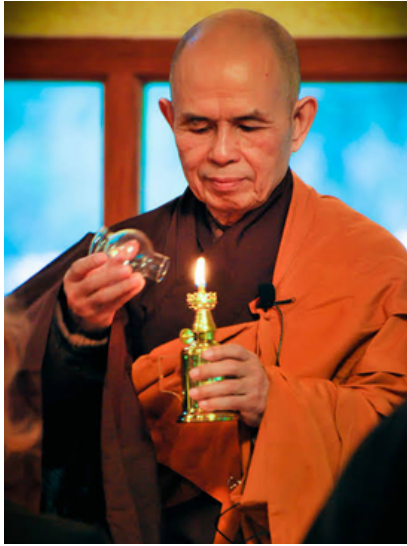
We cannot respond lovingly to what we refuse to notice. Too often, in the busyness of our lives, we do not see the other – we do not truly see our neighbors, our common home. Being truly present means allowing another person to become visible to me. It involves seeing beyond labels, and seeing the person as God created them – someone dear to God, and therefore dear to me.

In general, mindfulness asks, “Am I awake to what is happening right now?” The spirituality of being present to the *dear neighbor* asks, “Am I awake to the person who is before me right now?” Being mindful requires constant practice. Do I notice the person rather than rushing past? Do I listen thoughtfully, rather than simply waiting to respond? Do I notice my assumptions? Am I patient? And more deeply, do I become attentive to suffering and need? Do I remain open to being changed by the encounter? Do I offer my whole self as I am present to the other?

Over the past year, I have become aware of the many things that interfere with my ability to be mindful, to be present: busyness, technology, anxiety, multitasking, my own preconceived notions, thinking about the next thing to do, to fix, to prepare. These distractions keep me from living in the moment and being truly present. In Thích Nhất Hạnh's sharing on mindfulness, I hear and feel the invitation to be present – to return to the person, to return to listening, to return to compassion.

When we move beyond mindfulness as a technique or a practice, presence to the *dear neighbor* can be understood as an expression of love. To give someone our undivided attention can itself be an act of love. As a “problem solver”, I work on remembering that the most important ministry is not solving a problem, but communicating that I see you, I hear you, you matter. Being truly present allows relationship to precede action.

Practicing mindfulness helps me become more attentive to where God is present in the *dear neighbor*, in creation, and in myself. Presence is not passive; it is an intentional way of loving.



Thích Nhất Hạnh (1926 - 2022)

Zen Master Thích Nhất Hạnh was a global spiritual leader, poet, and peace activist, known for his powerful teachings and writings on mindfulness and peace.

He was born in Vietnam in 1926. At the age of 16 Nhất Hạnh entered the monastery at Từ Hiếu Temple, where he studied for three years and received training in the Vietnamese traditions of Mahayana and Theravada Buddhism. Eight years later Nhất Hạnh left

Từ Hiếu and moved to the Ấn Quang Pagoda in Saigon, where he was ordained as a monk in 1951.

In 1966 Nhất Hạnh was exiled from Vietnam for refusing to take sides in the Vietnam War. In that same year he came to the United States to share the pain and suffering of the Vietnamese people. He met with influential leaders including Secretary of Defense Robert McNamara, senator Edward Kennedy, and Trappist monk Thomas Merton.

Throughout his life Nhất Hạnh worked continuously as an advocate for peace: aiding war refugees, uniting people of all nationalities, races, and religions to expose them to mindfulness – the Zen practice of embracing the present. With a mindfulness perspective we can become profoundly aware of each moment, so we can better appreciate our own lives and be more compassionate with the suffering of others.

To read more about Thich Nhất Hạnh, visit <https://plumvillage.org/>



To listen to this interview, the recording can be downloaded (for \$1.99) at <https://newdimensions.org/>



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Sr. Judy Donovan	Sr. Lorraine Rioux
Sr. Angela Fortier	Sr. Marcelle Roy
Toni Fredette	Cheryl Smith
Sr. Janet Gagnon	

Thanking a Partner in Mission



On Wednesday, September 16th, at the end of Mass at Mount Joseph, Sr Janet thanked Marcio Biasuz for his 12 years of service as head of Maintenance at the Mount.

The Sisters presented Marcio with an icon of St Joseph the Worker to thank him for his services and for being a special presence at Mount Joseph. Fr Dan gave Marcio a special blessing and then blessed the icon. Marcio's gratitude was evident. We know he will bring the spirit of the Joseph family wherever he goes!



***Our Mission is to live and work so that
all may be one.***