



SACRED HEART PROVINCE  
**SISTERS OF ST. FRANCIS**  
**NEWS BRIEF**  
August 20, 2021

**IMMACULATE HEART OF MARY – PROVINCIAL CHAPTER**

As Immaculate Heart of Mary Province begins their Chapter on Friday, August 20<sup>th</sup>, the entire Congregation is invited to pray for, and with them! Please see attached prayer. May this Chapter be blessed ... and may it be a blessing to all!



**PLEASE PRAY FOR THE REPOSE OF THE SOUL FOR:**

John Sauer (Sr. Sarah Manchester's brother), who died on Thursday, August 9, 2020, in Plymouth, Minnesota. Please keep Sr. Sarah and family in your loving prayers.

Sr. Irene Maria Fronza, who died on August 13, 2021. She was born on March 1, 1944 and professed on March 2, 1969. Sr. Irene was a member of Immaculate Heart of Mary Province, in Santa Maria, RS-Brazil.

**HEALTH ALERT:**

**Symptoms of a silent heart attack:** Few people actually exhibit no symptoms of a heart attack. But signs of a heart attack can be muted or confused with other conditions. Here's what to look out for:

- Shortness of breath
- Weakness or fatigue
- A general feeling of unease or discomfort
- Sweating
- Nausea or vomiting
- Lightheadedness or dizziness
- Mild pain in the throat or chest
- Pain in the back or arms, like a sprained or pulled muscle

**NOTE:**

Diabetics usually have poor circulation and nerve issues that interfere with pain signals. They are at higher risk for having a literal silent heart attack. (This happened to Donna’s dad. ☹️) Women and older adults are also more likely to have an event without warning signs.

For more information: [https://www.aarp.org/health/conditions-treatments/info-2021/silent-heart-attack.html?cmp=EMC-DSO-NLC-HLTH---MCTRL-081821-F1-5716541&ET\\_CID=5716541&ET\\_RID=44515366&encparam=NnE2E%2b4CY8n6hsJ56%2f953vu7Qa3ksLFtrhJhfTVV36U%3d](https://www.aarp.org/health/conditions-treatments/info-2021/silent-heart-attack.html?cmp=EMC-DSO-NLC-HLTH---MCTRL-081821-F1-5716541&ET_CID=5716541&ET_RID=44515366&encparam=NnE2E%2b4CY8n6hsJ56%2f953vu7Qa3ksLFtrhJhfTVV36U%3d)



**HAPPY BIRTHDAY TO OUR SISTERS BORN IN AUGUST!**

- Sr. Mary Joy Peter, August 3<sup>rd</sup>
- Sr. Bernadette Clifford, August 6<sup>th</sup>
- Sr. Elizabeth Fuhr, August 7<sup>th</sup>

**SR. SARAH MANCHESTER’S SCHEDULE:**

**2021:**

- September 8-9 Council Meeting & Audit Exit Conference w Mark (Noon lunch – 9th)
- October 5-6 Council Meetings
- October 8-9 Pre-Chapter Sisters’ Meeting #2
- November 1-2 Council Meetings
- November 8-11 LCWR Region XIII Meetings – Atchison  
*(or 9-10 virtual)*
- December 6-7 Council Meetings

**2022:**

- January 14-15 Pre-Chapter Sisters’ Meeting #3  
*(or 21-22 bad weather)*
- March 22-23 LCWR Region XIII Spring Meetings  
*(or March 29-30, April 19-20 or 26-27)*
- April 22-23 Pre-Chapter Sisters’ Meeting #4  
*(or 29-30 bad weather)*
- May 7 Jubilee in Alliance
- July 8-9 Pre-Chapter Planning:  
Provincial Council, General Minister, General Councilor, Secretary, Facilitators
- July 10-17 Chapter XVIII !