



SISTERS OF ST. FRANCIS

SACRED HEART COMMUNITY (SHC)

NEWS BRIEF

Friday, January 13, 2023

PLEASE PRAY FOR THE REPOSE OF THE FOLLOWING SOUL:

- Sister Maria Otylia Janina Winkowska, who died on January 9, 2023. She was born on November 24, 1932 and professed on August 13, 1954. Sr. Maria Otylia was a member of Immaculate Heart of Mary Community, Orlik, Poland.
- Sr. Nair Biatríz Hedges, who died on January 1, 2023. She was born on May 14, 1939 and professed on February 3, 1963. Sr. Nair was a member of Immaculate Heart of Mary Province, San Maria, RS, Brazil.

PRAYER REQUEST, PLEASE:

- Srs. Sue-Artone-Fricke and Sen Nguyen (SHC), Srs. Joey Grabowski and Nancy Zelma (HNP), and Srs. Debbie Lockwood and Maria Elena Martinez (SFP), who are traveling to/from Palenque for their annual visitation (January 8th-15th). Thank you for your prayers for their trip, along with prayers for our Palenque sisters and the people they serve.

MESSAGE FROM SR. RITA CAMMACK:

Greetings everyone! I just wanted to send out a brief note saying "Thank you" for the prayer and get well wishes everyone sent me in these past days (weeks and months). I "survived" surgery on Monday (LOL) and was transferred back to the Health Unit at Stella on Tuesday. My doctor was/is excellent and I am gifted to have him!

The last couple of days has brought encounters with a wonderful Physical Therapist, great nursing and care staff...and a many, many Sisters, friends, Associates and my family offering prayers and blessings as I begin to recover.

Thank you all. I am up walking (with a brace and walker) and faithful in doing my exercises...and more! I am very motivated to recover quickly! Physical therapy will be coming in to see me for 5 weeks...and will hopefully facilitate my dancing! 😊

For now...I'm just trying to be patient with myself and gentle with my own expectations. Thank you all again...I am ever so grateful!

Peace and love, Rita

FRANCISCAN CONTEMPLATIVE PRAYER:

On Tuesday, January 17, 2023, Franciscan Contemplative Prayer will continue with its monthly gathering. The theme: “*Francis’ Epiphany.*” The three kings came from far places to see the newborn King. Like them, Francis of Assisi searched to find his God. We, too, see Jesus if “we have eyes to see”.

Please join on **January 17th, 5:00-6:00 pm for a simple meal** (optional), and at **6:10-7:30 pm for prayer**. This gathering is available by phone, ZOOM, or in person at the Sisters of St. Francis office, 5314 Columbine Road, Denver, CO. Please RSVP Sr. Liz Fuhr at 720-448-4818, mefuhr@franciscanway.org ; or

<https://sacredheartprovince.franciscanway.org/spirituality/franciscan-contemplative-prayer-group/>

CONFERENCE:

You are also invited to attend “*Re-Imagining the World: Pope Francis and Saint Francis,*” on **January 27-28, 2023**, from the Franciscan School of Technology. More information is available at: <https://www.fst.edu/event/re-imagining-the-world-pope-francis-and-saint-francis-jan-27-28-2023/> or contact Sr. Liz Fuhr at 720-448-4818 or mefuhr@franciscanway.org .

