



FRANCISCAN  
SISTERS  
OF LITTLE FALLS  
MINNESOTA

NOVEMBER 2016

# Sabbath *Stirrings*

## *W*inding through the seasons

Minnesota has many characteristics that can be used for jingles, for billboards, for identity. Remember “from the land of sky blue waters”? This past summer we were highly blessed with water. There was sufficient rain to keep our yard green and flowering. We had plenty of rain water for indoor plants.

Noting the results of plentiful rain, I resolved to be present to our waters, as much as possible. I walked around Lake Harriet (that included times for music at the Bandshell and a picnic for my birthday). As often as I could, I spent an hour or two at Minnehaha Falls, listening to the water and reading.

A friend of Sister Joan’s lends a week of a timeshare spot on Lake Superior to us. After two days of the mist over the lake, I started for home through mist over the hills at 10 mph, along with other vehicles, large and small. I was grateful when the mist turned into just plain rain!

Back to the yard. Associates and Franciscan Community Volunteers have been part of fall and spring “clean-up” and planting. In summer and fall there are long vines of pumpkin and squash with blossoms and bulbs, a result of putting compost in flower beds! All of this needs to be put to bed as suddenly it’s September! Stalks and vines become “yard waste” carried away by Minneapolis trucks. A giant coleus that has lived in

a big pot all summer, and that will die with the first frost, already has children safely in the house. Leaves have yet to fall, trees will be bare and we in this northern hemisphere will continue our round of seasons.

- Sister Joanne  
Klennert



*Living the Gospel courageously...with energy, spirit, peace.*

# Sabbath House sunshine in October

The warmth of the sun beaming through the windows at Sabbath House on this Sunday of October brings to mind the *Praise of Creation* of Saint Francis and why he names Brother Sun first among his praises. Francis found God mirrored in all that God created and worthy of praise, glory and gratitude. This is what he says of the sun: "Praise to you for Brother Sun, by whom you enlighten us, He is beautiful and shines with great splendor, for of YOU, he is the symbol." Sunday often allows us to pause longer to appreciate the enormous gift of all that God has created. Most of the time I am grateful for what sunlight allows me to see, like the changing color of the leaves in October and watching them fall slowly to the ground. Or to enjoy the squirrels, busy now hiding their nuts for the winter months around the corner. But today, I am basking simply in the sun itself. I am savoring the warmth and the light but I am more mindful of the SUN, the source that Saint Francis praises in his *Canticle*. The sun is the great symbol of God as a giver of life, having the power to heal and to banish the darkness. Yes, with Francis, I sing your praises today, for you are "beautiful and shine with great splendor!"



Sister Joan Tuberty "taking in the sun" at Sabbath House

# Hunting at the House



Sister Noreen Bentfield in the garden with Mexican sunflowers

Being hunters and gatherers is part of our history as a human race. That instinct still takes over in me at times. When Sister Joanne and I were hunting for plants for the yard at Sabbath House, we went to fellow gatherers. Sister Deborah gave us some of her surplus plants from the courtyard at the motherhouse. We also got primroses and raspberry plants from Sister Hope and Sister LaVonne in Hastings. I must not forget to mention the seeds that the birds voluntarily give us as they fly by. Every year we go to the "Friends Plant Sale" at the State Fair grounds on the first weekend of May. So the hunting and gathering continues.

- Sister Noreen Bentfield



# Harvesting bounty

There is always a sense of anticipation at Sabbath House on Thursdays during the summer gardening season. Thursdays are the day we pick up the produce from our CSA delivery spot. It is always great to see just what wonderful things God's good creation created for us for the week. Early summer has wonderful greens, such as a variety of kale, Swiss chard, lettuces, etc. Then green onions, radishes, zucchini, summer squash, cucumbers, tomatoes, etc., until the cooler days of summer when we receive broccoli, winter squash, onions, potatoes, carrots, peppers, etc. Then is the fun time of searching for favorite or new recipes to use the items, which can include wonderful summer salads, "hot dishes" and just new ways of serving lovely vegetables. These things are often carried to summer picnics/potlucks. Of course there are times the abundance is more than we could possibly use, which gives us the pleasure of sharing, especially with our neighbor who is so generous with cutting our lawn when he does his. A few vegetables are little for his generosity.



Here is one of my favorite ways of using Swiss chard:

- Potato, cut into about 1 inch chunks.
- Onion, chopped.
- Bunch of Swiss chard, remove the stems. Chop stems into about 1 inch pieces and cut up leaves.
- Balsamic vinegar
- Feta cheese

Sauté potato and onion for about 5-10 minutes, add chopped chard stems. Continue to cook until all is tender, may cover for a period of time. Then add the chopped leaf part of the chard, sauté until wilted. Add a bit of balsamic vinegar. Serve with crumbled feta cheese on top. The amounts of each vegetable are easily adjusted based on number of desired servings and your preference.

- Sister Gert Brixius



Sister Gert Brixius in the kitchen



Planning is underway for the Advent prayer at Sabbath House.

Left to right: Marilyn Gates, Chris Kosowski and Mary Preus



# Sabbath House

3228 Portland Avenue South  
Minneapolis, MN 55407

*A ministry of Franciscan Sisters of Little Falls, Minnesota*

## Events Calendar

### Advent Evening Prayer

Monday nights, 7-8 p.m.

“Creating a Space”

November 28, December 5, 12, 19, 2016

Featuring seasonal readings, quiet and music with local musicians.

### Soup & Sabbath

A learning & prayer time  
where all are welcome!

Monday nights of Lent  
March 6-April 10, 2017

“Working Together”

6:30 p.m. Simple Soup

7-8 p.m. Presentation and  
Reflection

**Volunteers are always welcome—call us!**

## Sabbath House Mission

Sabbath House is a ministry of Franciscan presence in the heart of the City of Minneapolis. It is a place where people come to experience “Sabbath,” a time set aside “to enjoy being alive, to savor the gifts of creation, to give thanks ... a sanctuary in time.”

*(Sabbath, Wayne Muller, p26)*

This ministry flows out of the life of the Franciscan Sisters of Little Falls and finds its expression in the communities that gather at Sabbath House.

**Sabbath House** ■ **(612) 822-2623**  
**sabbathhouse@fslf.org**

Sabbath House is a sponsored ministry of the Franciscan Sisters of Little Falls, Minnesota. Visit our website: [www.fslf.org](http://www.fslf.org)