



Newsletter of the
*Sisters of Saint Joseph
of Philadelphia*

March 2013



The Church in the Modern World: *Doing Justice*

As part of its celebration of the 50th Anniversary of Vatican II, the Catholic Coalition for Justice and Peace invited Executive Director of NETWORK Sister Simone Campbell SSS to offer a presentation on *The Church in the Modern World: Doing Justice*. Some 300 women and men gathered to hear Simone speak at Mount Saint Joseph Convent Auditorium on March 11, 2013.



NETWORK, a National Catholic Social Justice Lobby, Simone explained, uses the lens of Catholic Social Teaching in all its efforts to promote the common good. “Reach out and connect with each other, and work together to help reduce social inequalities,” she encouraged. She focused attention on such issues as Immigration Reform, Health Care—especially for the poor and elderly—and a Just Wage, one enables economic participation in society.

Simone made connections between the stories she hears at NETWORK and the Vatican II Document, *Gaudium et Spes*. “Those stories are grounded in reality, and they tell me that many people are hungry for joy and hope,” Simone said.



*Pictured above: Simone Campbell SSS
Pictured below from left: Sisters Ingrid Schweikart SSJ, Eileen Dorothy Maguire SSJ, Dolores Burkhardt SSJ and Madeleine Jude Hamilton SSJ*

Villa Benefactor & Friend **Lawrence Biscontini** **Presents** **Wellness Workshop**

Mindful Movement Specialist Lawrence Biscontini, enjoys coming to Saint Joseph Villa to visit with Sisters of Saint Joseph who were his grade school teachers in Lebanon, PA and have been his friends ever since. Among those sisters, whom he credits with gifting him with self-confidence along with a solid education, he counts especially **Sisters Agnes Leona Arnold SSJ, Charles Teresa Cunningham SSJ, Ruth Eisenhauer SSJ, and Loretta Dolores Scribbick SSJ.**

During the visit he made in February, Lawrence also offered a *Workshop of Wellness* for all the sisters who are Villa residents. In addition to directing exercises designed to increase strength and enhance balance, – while comfortably seated in a chair – Lawrence offered an array of fitness tips. Here are four:

1

Think about some way to exercise your brain every day. “Memorize something—perhaps a phone number.”

2

Welcome good humor. “Laughter improves mood and appetite.”

3

Breathe—Conscious breathing increases energy. “Inhale for a count of six; exhale for a count of three.”

4

Eat—Choose and enjoy food that is good for your health. “When it is time to eat ask: Am I hungry? How much do I need? Are these ingredients that make food healthy?”

In his latest book, *Meals and Musings: Tidbits from a Traveler*, Lawrence offers award-winning recipes from countries he has visited along with some philosophical ponderings. Sales of his book benefit Saint Joseph Villa.



Top Photo: Sisters Ruth Eisenhauer SSJ, Lawrence Biscontini, Loretta Scribbick SSJ, and Agnes Leona SSJ
Middle Photo: Sister Ann Sweeney SSJ
Bottom Photo: Sister Regina Immaculata Monaghan ç and Lawrence. He autographed his book “Meals and Musings: Tidbits from a Traveler.”