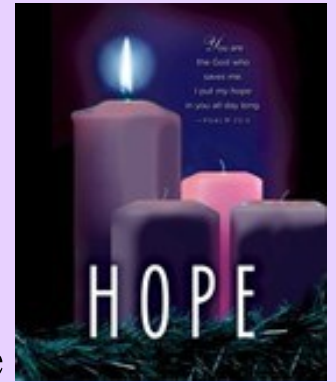


November 30, 2021

It's been a long time since I've written to you. I've missed being connected with you through my weekly letters, but I have prayed for you each day.

On August 5th, I fell in our convent, and broke my right elbow. Couldn't get surgery until August 30th. I stayed at St. Mary's Hospital until August 9th, and then was transferred to Citadel Nursing Home. After my surgery on the 30th, I returned to Citadel and was there until Friday, November 12, **3 months**. I am so happy to be home now and getting Physical and Occupational therapy twice a week. That is fine, but the exercises I have to do two or three times a day really tire me out. Would appreciate prayers for more energy. Thanks.



I hope you had a grace-filled Thanksgiving, filled with **gratitude** for being able to live through this pandemic time and continue to do so with awareness of how you have been blessed with family and friends and just another day. When we are thankful for God's blessings, they increase.

The **ADVENT SEASON** began On November 28. It's a time of lifting up our hearts with songs of **joy** and **hope**. How much we need that at this time! It's a time for **deepening** our relationships with **God** and with **one another**. Would you agree that one of the most important things the pandemic has taught us is the value of having **time together, staying connected?**

So, how about using the Advent season this year to connect with others. Who in your life do you need to re-connect with? A family member? A friend of the past? Maybe, even with yourself!! So, whose life will you brighten up when they hear from you? I really love getting a card, phone call or email from students and friends of the past, some more than 60 years ago.

As we enter the **ADVENT** season, let us journey with **Mary**, our mother, who carried Jesus in her womb as we become **more aware** of Jesus **living** in each of us.