Time to Stretch

I visited my brothers and sisters over the weekend. One morning I saw Kato, the family dog, stretch and yawn as she started the day. I suppose that I look about the same when I get out of bed in the morning. This week, three celebrations, Halloween, All Saints and All Souls, give us a chance for some spiritual “stretching”.

Halloween, or All Hallows Eve (the evening before All Saints), invites us to try on different identities as we dress up in costumes. For very young people, the spooky decorations and costumes give a first hint of the death toward which we all are headed. Some dress as superheroes, some as ghosts, still others as saints or sinners. Our disguises give us the courage to “whistle past the graveyard,” as the popular saying goes. For Christians, Halloween is a time to mock death. In St. Paul’s words, we proclaim, “Where, O death, is your victory? Where, O death, is your sting?”

We are stretched a little further on All Saints Day. The solemnity is a kind of Easter celebration in November that presents a glorious image of what awaits us beyond death. The first letter of John reminds us: “We are God’s children now; what we shall be has not yet been revealed. We do know that when it is revealed we shall be like him...!” Our garments of death are replaced with the robes of resurrection. People from every nation, race, ...

Psalm for Dying of an Incurable Disease

Skilled at being my own doctor, I have diagnosed my disease, that terminal sickness that consumes me.

No therapy or radiation holds out any hope.
No known surgery can remove it.

For I’m dying of anticipation, and so seek no cure.
I have no desire to delay, O God, making love with you forever.

Yet, wrenching is my disease, pulling me two directions: wanting to be home with you;
wanting to be home with those who need me.

Suspended in this dilemma, I lay open my heart before you, my Beloved.

Fr. Ed Hayes

continued next page
people and tongue will sing God’s praise. I’ll be thinking about our fancy ethnic clothes of last week’s Mission Sunday.

All Souls Day stretches us between this life and the life to come. On the one hand, we are stretched when remembering the kindness and care of those who have died. They pull on our hearts at their leaving, we know we will follow them one day. On the other hand, those who are dying are stretched; they love us, and find it hard to leave. But they also love God and those who await them in the new creation. They are anxious to set out on the journey.

Fr. Edward Hays was a storyteller and spiritual writer from the Archdiocese of Kansas City. I shared one of his poems with my sister, Elaine, who is in her final days before death. I know she is feeling stretched, and I am feeling stretched with her.

The stretching awakens us to the Great Mystery of God and to communion with all of the Saints in the New Creation.

**COVID-19 Guidance**

Not unexpectedly, the number of new COVID-19 cases in Dubuque County is rising once again. The community level for the county is rated as medium.

At DWC, two members of the faculty tested positive for COVID today. They will remain in isolation for a minimum of five days, and if their test is negative on the sixth day we will see them around the College once again. After a time in isolation, a person is required to wear a face mask until after the 10th day. They also are asked to avoid taking meals in the dining room since they would need to remove their mask in close contact with other people.

Bivalent boosters for COVID Vaccines will be available at DWC for members of the College community on Tuesday, November 8. These boosters are formulated to respond more effectively to both the original variants of the virus and the now dominant strains of Omicron.

**Students are required to get the bivalent booster.** Exceptions for medical reasons will be considered. **Faculty and Staff are HIGHLY encouraged** to get the bivalent booster.

The CDC predicts that both COVID-19 infections and flu infections will be quite common this winter season. Up to one-third of the US population is likely to be infected with COVID-19. Please update your vaccinations for both COVID-19 and flu to help protect the health of the College and of your families.
Presidential Appointments

The majority of committee appointments were published in the September 6 issue of the DWC LOG. I am now able to confirm the final appointments for the 2022-2023 academic year.

**Faculty Promotions and Awards Committee**
- Dr. Cathleen Cleary (Chair), nominated by the VPAA
- Dr. Sam Cunningham SVD (DIS), nominated by DIS Chair
- Dr. Ron Condon (DTP), nominated by DTP Chair
- Mr. Daniel Gheorghe (IELI), nominated by IELI Director
- Ms. Sharon Sinton (AT-LARGE), nominated by the Faculty Senate

**Graduation Committee**
- Ms. Sandy Wilgenbusch, Dir. Public Relations, Chair (Ex Officio)
- Dr. John Szukalski SVD, VP Academic Affairs (Ex Officio)
- Fr. Sonny de Class SVD, Chaplain (Ex Officio)
- Dr. Evelyn Dias, Liturgical Music Coordinator (Ex Officio)
- Ms. Kimberly Burnett-Hackbarth, Registrar (Ex Officio)
- Mr. Joseph Simbre, Student Representative 2022-2023

Registration For Undergraduate Spring 2023 Semester: November 2-4 2022

Undergraduate student registration will take place from Wednesday, November 2 through Friday, November 4 2022. All returning undergraduate students should schedule an appointment with their academic advisor to review their academic progress in preparation for registration. Make plans now to register on time; registration closes on Friday, November 4 at 3:00 p.m. Consult the course listing and schedule published by the Registrar and plan your registration accordingly.

A Student Course Over/Under Load [S-LOAD] form must be completed by undergraduate students and the academic advisor at the time of registration whenever students are requesting a course overload (19 credit hours or more) or a course underload (14 credit hours or less). The S-LOAD form is available on the DWC website under the DWC Community > Student Forms. Students who register for an overload / underload—but who fail to submit a completed S-LOAD form by the close of registration on Friday 4 November—may have their overload / underload request denied by the VP for Academic Affairs.

Undergraduate students are expected to carry a minimum of 15 credit hours per semester, per academic regulations as published in the DWC Catalog—unless the VP for Academic Affairs grants approval on a case-by-case basis.
HLC Assessment Academy Midpoint Roundtable

Members of DWC’s HLC Assessment Academy Team attended the Midpoint Roundtable in Rosemont, IL from October 26-28, 2022, along with members from 17 other cohort institutions of higher education from across the Midwest. Pictured (L to R): Ms. Kimberly Burnett-Hackbarth; Dr. Cathleen Cleary; Dr. Yasmin Rioux; Dr. John A. Szukalski, SVD (Team Leader); Dr. Mary Ann Danielson (Facilitator), and; Dr. Mathew Kanjirathinkal.

Resource guide: Check out “NILOA”, The National Institute for Learning Outcomes Assessment at www.learningoutcomesassessment.org. The site features an “Assignment Library”, “Case Studies” on Assessment and Equity, a Publications section, “Curriculum Maps” section, and so much more. You can also join the NILOA Listserv or emailing list.

Get Boosted!

Covid Booster Vaccines will be done on TUESDAY NOVEMBER 8 in the gym from 11 am to 1:30 pm.

Bro Mike will put up a sign-up list on the bulletin boards.

Please sign-up, the deadline is Friday November 4.
All Saints Day
Happy All Saints Day! Let us join the universal church to celebrate all the holy men and women who lived and witnessed to the sacredness of life and their vocation. Some of these people have been publicly recognized through canonization by the church while many others have not including our grandmothers and grandfathers, friends and relatives. We celebrate and ask for their intercession that even when our acts of faith, love and charity go unnoticed we will still remain faithful in doing the good.

All Souls Day
Wednesday, November 2 is All Souls Day, also known as the commemoration of all the faithful departed. The college chaplain, Fr. Sonny De Class, SVD, reminds us that for the celebration of All Souls Day on Tuesday, November 2, Divine Word College Community will pray for the souls of our loved ones. Please write down the names of your departed loved ones and put them in the urn placed at the front door of the main chapel.

Formation Weekend Retreat
The formation group of St Arnold Janssen and the community of St. Teresa of Avila both are scheduled to make their annual retreat this weekend in East Troy, Wisconsin, beginning Friday, November 4 until Sunday November 6. Please remember in your prayers, Fr. Paul Aquino, SVD, and Fr. Simon Thoi Hoang, SVD and their formation group members. May they have a spirit-filled retreat.

Cultural Week Canceled
Scheduled for next week was supposed to be celebration of the Ugandan culture. However due to some difficulties, the culture week has been suspended until next semester.

Daylight Saving Time
Clocks are turned backward one hour on Sunday, November 6, 2022

Christmas Break Travels
Christmas break is right around the corner. Be sure to get in touch with Fr. Son Le, SVD, as soon as possible for your travel arrangements. The deadline for purchasing your ticket is Friday, November 18. Please note that as indicated in Alamanac, all travels begin on Saturday, December 10, and return between January 3 - 5. Permission to leave and return early must be approved by the Dean. Please do not wait until the last minute to buy your airplane ticket. If you have any travel questions, please see the Dean. Fr. Son Le's office hours are: Monday & Tuesday (9:30 am - 11:45 am and 2:00 pm - 4:45 pm)
Formation Group Annual Retreats
by the Colossians Formation Group

Is a weekend enough time for one or a group to do a good retreat? The question of how much time one needs for a good retreat is irrelevant in my view. Any amount of time spent with God is always good and transforming. The different formation groups at DWC have been undertaking their annual retreat during weekends in October. Just this past weekend, October, 28 - 30, the Colossians and Romans completed their retreat in East Troy, Wisconsin.

Today, the practice of going on annual retreats has become very common, even for secular organizations. This means people and groups go on retreats for all sorts of reasons. For example, people take a retreat to rest, to plan a business, and make an important decision in life. What then is the particularity or uniqueness of our weekend retreat in East Troy? Well, we the formation group of Colossians and perhaps other formation groups, believe that God’s loving grace has gathered us from various countries, namely Haiti, Ghana and Vietnam, into a community dedicated to growing in faith and in love of God and to discern our call to religious life in the Society of the Divine Word. We think of our growing and discernment process as a communal one where we each have a Christian duty to help one another.

For our retreat we further reflected on the theme of the Pope’s Mission Sunday message: “You are my witnesses.” Again we asked ourselves the basic questions: Who is a witness? What are we witnessing to? How are we witnessing? These questions could be explored in several different dimensions. However, for us these questions ultimately helped us to come to the understanding that we are called to witness to Christ’s loving actions from the gifts each of us has been blessed with. For some of us, it is the gift of helping others, the gift of sacrificing for others, the gift of forgiveness, the gift of singing, the gift bringing joy and smiles to others.

The gift of this weekend retreat is that we saw the beautiful community of East Troy. The weather was fantastic, the lake was crystal clear, beautiful and serene. More so, we were able to forget about our assignments and just be. We bonded with one another, we prayed, we kayaked, and we laughed. And through all these activities, we understood clearly that we don’t have to wait for several years to be missionaries. We are missionaries now. In fact, we are SVDs and the call to witness is now and not in the future. We are looking forward to next year.
Stop. Breathe. Be.

This is a brief mindfulness exercise that might be useful in everyday life. It simple – it is a discipline of taking a few short moments each day just to stop and be in the moment, notice what is happening, and then move on. You might want to incorporate it into your daily work by, for example, stopping for a moment just before you meet with someone or go into the class room, grocery store, or before start the car, take a breath, wait a second and allow yourself to clear your mind so that you can just be with the person or your activity. It may seem very simple. That is ok. Some simple and obvious things can be very helpful if only we would do them!

1. Stop
   Come to a complete and full stop. Do this deliberately. Make it full at complete. Don’t move on to the next step until you have felt your body fully. Wait for that stop, and take long enough to feel it from the inside.

2. Breathe
   Bring all of your attention to the breath. Try using either one or three breaths. Don’t just notice the breath. Enter it fully, with all of the attention.

3. Be
   At the end of the breath, rest in the awareness of stillness for a moment.
   If your eyes were closed, open them. Let any stillness or silence or relaxation that you found radiate out and saturate your environment. Allow that sense of the present moment, and its quiet center to stay with you for as long as it lasts. If it fades, don’t struggle to recreate it. Instead, simply look again to see where it is. It is there already, right in that moment.

   Stop, Breathe, and Be as often as you can to help you to stay in that moment.

   Baime M, Handout (2007): Stop, Breathe, Be

The Counseling Center would be happy to help you for this practice or other Mindfulness practices. Please contact us at ext. 377 or email auntarto@dwci.edu.

Divine Word College had it’s most successful blood drive to date this fall with 21 members of the community – including faculty, staff and students – stepping up to give the gift of life through blood donation.
National Vocation Awareness Week

November 6-12 is National Vocation Awareness Week! This is a perfect time to pray for an increase in vocations to priestly and religious life. Here is the link to the USCCB website to learn more about the week and watch a video on religious life.

More information can be found at the NRVC website here.

Due to the fact that all of the vocation directors are traveling this week to Spokane, Washington, to attend the biennial National Religious Vocation Conference’s Convocation, the vocation office will celebrate National Vocation Awareness week at another time. Here is a prayer to pray this week:

**Prayer for Abundant Hope**

Holy Spirit,

Stir within us. Fill our hearts with abundant hope.
Grant us a glimpse of what is possible.
Remind us, at any one moment, there are a million ways to hope.

Embolden inquirers to take the next step in responding to God’s invitation;
Ignite meaningful conversations among discerners and vocation ministers;
Encourage those in initial formation and their formators;
Enkindle hope in those renewing vows and celebrating jubilees;
Enliven each associate and volunteer in mission;
Nudge all leaders who encourage us to reimagine borders.

Help us to serve with grace and unwavering hope;
Embracing each day filled with possibility.

Amen.
MARK SINGSANK
ASSOCIATE DEVELOPMENT DIRECTOR

VACATION SPOT
Dominican Republic

ABILITY YOU WISH YOU HAD
To fly like an eagle

FAVORITE PLACE TO EAT
My dining room table with family or friends

TIME TRAVEL TO
The Roaring 20s

FARTHEST YOU’VE BEEN FROM HOME
Tanzania – 8,500 miles
Pour House

Friday | November 4, 2022 | 12 noon

3 Sisters Soup will be provided

Please join us!

Food for Thought

Topic:

Food & Nutrition on the Reservation

We will have a discussion around:

How do this affect the life of Native Americans on the Reservation?