January 12 2021

A Bulletin for the Divine Word College Community

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Birthday Corner

January

15 Fr. Linh Pham, SVD17 Mr. Khoa Bui

THE PRESIDENT Fr. Tom Ascheman, SVD

HOPE 2021

The recent celebrations of New Year's Day emphasized the strong desire for a change in 2021.

On January 2, Mr. Don Percival, a high-school friend and an attorney and instructor at the University of Washington School of Law, shared the accompanying illustration on a ZOOM call with five of us classmates scattered across the country.

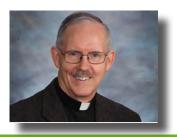


As we looked back on 2020, we lamented the COVID-19 pandemic and the hyper-partisan standoff in

and the hyper-partisan standoff in our national politics. We also commented that spending hours on cable TV news and opinion programs, or compulsive reading of reports from news websites can drive us crazy! We can become addicted to pandemic anxiety and political anger. My group of friends is thirsting for hope.

Then on January 6, a mob of angry, angry people, with do mestic terrorists among them, mounted an insurrection and attacked the US Capitol. In response to President Trump's participation in the upheaval, calls for him to resign or to be impeached again are growing. Members of Congress, citizens of the United States, and friends around the world have been plunged into a sea of anxiety.

Can 2021 be a year of hope? Some look forward to a new administration in Washington, D.C. to calm anger. Some look to a vaccine for COVID-19 to placate anxiety. We want to return to a "normal" past, but it may be that we can never go back to the way things were. Maybe we should hope for something much bigger.



This past Sunday we celebrated Jesus' Baptism. In Jesus' time, sickness provoked great anxiety. The blind, the lepers, the deaf and the lame had nowhere to turn. Palestine was a hotbed of political unrest, and religious partisanship further aggravated the situation. Anger was all around.

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Divine Word College

Mark's Gospel tells us that as Jesus was coming up out of the water, "he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased" (Mk 1:10-11).

In that moment, the Father summoned Jesus to leave behind the life of a construction worker and to commence the building up of the Kingdom. The Son embraced the struggles ahead; and the Spirit sustained hope in the coming of God's Reign. As we read the story, we who have been baptized remember that we too are called, we too will suffer, and we too will overcome.

In 2015, Pope Francis wrote to all men and women religious. He advised: "...embrace the future with hope.... Don't be closed in on yourselves, don't be stifled by petty squabbles, don't remain a hostage to your own problems. These will be resolved if you go forth and help others to resolve their own problems, and proclaim the Good News. You will find life by giving life, hope by giving hope, love by giving love."

That is good advice for 2021. Hope!



The Superior General of the Society of the Divine Word, **Fr. Paulus Budi Kleden SVD** from Indonesia, has sent a letter to all our students in formation around the world and to all of the formators. He writes to express "appreciation and gratitude for your extraordinary efforts to keep our formation program going during this challenging time." His letter closes with words of encouragement, "In the face of uncertainties, we remain hopeful, faithful to the Word, and One with the People."

(The full letter is attached at the end of The LOG.)

As we celebrate the Feast of St. Arnold Janssen on Friday, let us take Fr. Kleden's words to heart and be hopeful in the Spirit, faithful to the Word, and one with all of the Father's children.

DWC COVID-19 Dashboard

	Number of Tests	Tested Positive	Number Self-Isolated	Number Quarantined	Number Recovered
Before Sept. 15	~200	9	9	~15	9
Sept. 15 - Dec. 31	220	8	8	~80	8
Jan. 1 - 11	148	6	6	22	0

Six students tested positive at the beginning of the spring semester. Three are in isolation at the College, and three are in isolation at their homes. Nineteen students are still in quarantine at DWC and one at home. Depending on the results of an additional test, the quarantined students look forward to be free by the end of this week. Most of the students in isolation should be able to follow them a few days later.

(Recent COVID-19 Guidance bulletins are attached at the end of The LOG.)

VICE PRESIDENT FOR ACADEMIC AFFAIRS

Fr. John Szukalski, SVD

Welcome

Join me in welcoming our new faculty and formation personnel to Divine Word College:

Sr. Anna Trang Mai, IHM Fr. Paul Aquino, SVD Ms. Mackenzie Hackert

More information to follow next week.



FOOD SERVICE DIRECTOR

Ms. Brenda Williams

Kitchen Closed

As a reminder to all, the kitchen remains closed during the COVID-19 pandemic; you should not enter. The kitchen doors will stay closed; signs are posted on the doors. Your cooperation in observing these guidelines for the safety of everyone is appreciated. Thank you.



VICE PRESIDENT FOR FORMATION DEAN OF STUDENTS

Fr. Long Phi Nguyen, SVD

Welcome

A special welcome to all the returning and new students! Given the current circumstances, our college looks and feels different in the midst of the pandemic! I encourage you to work together to maintain our community safe and healthy. Wishing you all a successful Spring Semester.

Feast of St. Arnold Janssen

Scheduled on Friday January 15, this will be postponed until January 29. Morning Eucharist and evening prayer will continue at its usual time, live streaming through ZOOM for those students in quarantine and isolation. Please remember in your prayer three religious congregations: (Divine Word Missionaries (SVD), Holy Spirit Missionary Sisters (SSpS) and Holy Spirit Adoration Sisters (SSpSAP).

Virtual Formation Meeting

In this critical period of quarantine and isolation, avoid person-to-person meetings as much as possible. Formation Group Conference will be held by ZOOM. Formation directors will provide you further instructions.

Community Services, Work-Study and Other Activities

These also resume as usual, so please check the Student Board for more information.

Ministry Practicum

Ministry practicum will be suspended until further notice. Although you are not be able to go out to do ministry, you can do it here in the community. Instead of being overwhelmed by the great need, I encourage you to think of ways you can meet a need of those around you here at our community. That is ministry!

COLLEGE COUNSELOR

Ms. Megan Sutton, LMHC

Five New Year Resolutions for Your Mental Health

The classic New Year's resolutions we hear every January include things like working out more and eating healthier. There are plenty of ways to improve your well-being in 2021. This new year, commit to improving your mental health through a few small changes in the ways you think and behave. Here are 5 ideas to get you started.



1. Commit to Kinder Self-Talk: For many of us, our default self-talk is critical and negative. We are quick to judge ourselves, berate ourselves for our mistakes, and focus on what we perceive to be wrong with us. Luckily, with some effort, we can gently shift our self-talk to be kinder and more compassionate.

- **2. Practice Gratitude:** Practicing gratitude has a host of benefits, including decreased stress, and increased resilience, happiness, and self-esteem. It's also been linked to improved relationships and better physical health. The key here is to do something that evokes true feelings of thankfulness.
- **3.** Learn to Say No: Our time and energy are our most precious resources. With that in mind, think about how you want to expend these resources in 2021 and stick to them. This is where the skill of saying "no," firmly and kindly, becomes key. People may try to guilt you for your decisions, but you can stand firm, knowing that everyone has the right to politely decline something they don't have the time for or don't wish to do.
- **4. Prioritize Joy:** We often forget to engage in activities that bring us true joy. Actively working to cultivate joy reminds us just how fun and special life can be. Joy can arise spontaneously and surprise us, but we can also be intentional in trying to infuse more joy into each day.
- **5. Ask for Help:** Finally, recognize that in 2021 you don't have to do it all alone. We are social creatures; we are meant to be connected to each other and work interdependently. Instead of shouldering everything yourself, think about who might be able to help.

Remember that we are all works in progress, and we always will be. Our wellness is a practice we commit to, mess up, and start again. With some intention, reflection, and help from those who love us, we can face 2021 with all our messiness and imperfections — and know that we are already more than enough. (*Adapted from: talkspace.com*)

VICE PRESIDENT FOR ADMISSIONS Mr. Len Uhal

Welcome Students

While being excited to see all our returning students back at Divine Word College after the Christmas break, we warmly welcome five new students to our Divine Word College community. They are:

SVD Candidate

Long Ngoc Hai Nguyen Vietnam

Religious Seminarian

Bro. An Van Nguyen, OCist Vietnam

Diocesan Priest

Fr. Jean De Dieu Felix Kayiranga Rwanda

Lay Off-Campus Students

Mr. Uredi Mulinga Tanzania Ms. Ntabisingwa "Tabi" Mwamba Tanzania

Divine Word College

Come and See Visitors

The Vocation Office is hosting two Come and See visitors this week. They will arrive on Wednesday and leave on Monday. Giovanni Mendez is from Riverside, CA, and Peter Anninos is from Pasadena, CA. Both men feel God may be calling them to religious life and are interested in learning more about the Divine Word Missionaries and Divine Word College. They are aware of our COVID-19 precautions and are prepared to be safe in our community during their visit. Thank you in advance for helping them feel welcomed during their time on campus.

New Students

All new students need to visit the Admissions Office to see both Ms. Carolyn Waechter and Ms. Patti McDermott. Carolyn will assist all new international students with visa information. She needs to make sure all your immigration documents are in order and make copies for our records. Patti will work with new students to make sure we have original copies of your educational documents and baptismal and confirmation certificates (for SVD candidates). New international students also need to complete the application for the USC International Student Grant.

ALL NEW STUDENTS, PLEASE VISIT THE ADMISSIONS OFFICE BEFORE THE END OF JANUARY!

The Word Among Us

Admissions Office staff put the latest issue of The Word Among Us in student mailboxes before Christmas—they should have been there when you returned to campus. A few extra copies were put in the SVD lounges and editions in Spanish are available in the Vocation Office.

Where are they now?

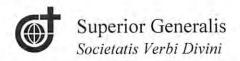
All of the vocation directors are on campus this week for the start of the new semester. Obviously with COVID restrictions, things are a bit different. However, our vocation team is excited to be together as we continue to plan our ministry and forge ahead optimistically for a productive 2021. Thank you for your support and continued prayers for our ministry. We appreciate the entire community's encouragement.

VICE PRESIDENT FOR OPERATIONS Mr. Steve Winger

SafeColleges

Welcome Back! Thanks to everyone for completing the SafeColleges coursework last semester. For spring 2021, employees will have three classes to take: HIPAA Overview, Workplace Bullying and Implicit Bias/Micro-aggression Awareness. Students will have two classes: Diversity Awareness for Students and Time Management.

You should receive an email from SafeColleges in the coming days. You will have until May to finish the classes. If, for some reason, you do not receive an invitation or reminder from SafeColleges, please let me know. You should receive automatic reminders until you have finished all the assigned coursework. I will know when you are done with the coursework. You are not required to send me the completion certificate or email me that you are done.



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20 November 2020 L16/2020

To All the Formation Houses of the Society of the Divine Word.

Dear Formators and Formandi,

I take this opportunity to express our appreciation and gratitude for your extraordinary efforts to keep our formation program going during this challenging time of the global pandemic. Despite the restrictions, many of our formation communities were trying commendably, courageously yet cautiously, to uphold the objectives of our religious missionary formation. At the same time, we are also deeply concerned that some of our formation programs have been affected worldwide. Prompted by the demands of this difficult situation, you have been responding creatively, constructively and contextually to its challenges and opportunities. Thanks to all of you for your willingness and ability to accept the situation and alter your approach accordingly.

Committed to promoting 'formation for mission', you are resolute in continuing the formation programs with immense enthusiasm and indomitable spirit, undeterred by this unrelenting crisis. We march ahead with our conviction that formation is a progressive process of inner discernment oriented towards growth by the power of the Holy Spirit into unity with the Incarnate Word (c.501), making formandi able to respond to the demands of our time and capable of evangelizing the world (*Pastores Dabo Vobis* 10).

Constrained by the hardships of Covid-19, we continue to strive towards a new formative pedagogy that fosters deep experience of God, wholesome interpersonal relationships, affective sexual maturity, acceptance of the uncertainties of life, dialogical spirit, intercultural competence and profound sensitivity to the poor and the environment. You are aware that the task of preparing and becoming transforming missionary disciples of Jesus can be better served in an environment of mutual love, trust, freedom, responsibility, sacrifice and self-discipline.

Social distancing, online classes, lack of physical exercises, absence of group/inperson interactions, restricted external exposure, dearth of pastoral involvement etc. may lead to an experience of loneliness, stress, and loss of motivation. I do not need to tell you that such situations call for a personalized formative accompaniment characterized by understanding, optimism, compassion and care. Inspiring and encouraging our formandi to reach out to the victims of the virus, respecting the local regulations, should form part of our formation program.

Formation is a collaborative enterprise that entails mutual learning and growth. Just as the formators need to be aware of their roles in the areas of direction, reflection and evaluation in accompanying the formandi, so also the formandi need to be creative, open, receptive, generous, humble, responsible, and cooperative to the unconventional and innovative efforts of the formators.

In the face of uncertainties, we remain hopeful, faithful to the Word, and One with the People. May the intercessions of our Blessed Mother, our Saints Arnold Janssen and Joseph Freinademetz, Blessed Maria Helena and Josepha, and our Blessed Martyrs continue to accompany us in our formative journey.

Fraternally in the Divine Word,

Paulus Budi Kleden, SVD

Superior General

José Nicolás Espinosa, SVD

Secretary General

January 4, 2021

Divine Word College, in coordination with state and local public health experts, is closely monitoring reports and recommendations from national and regional health departments regarding coronavirus disease 2019 (COVID-19). Updates will be provided through email, the LOG and on the bulletin boards.

Welcome back to Divine Word College. Let's do our best to keep everyone healthy in this unusual time.

TESTING AFTER CHRISTMAS BREAK

As we start a new semester, everyone should make arrangements to be tested for COVID-19.

- **All students** are expected to be tested during "orientation" week January 3-9. Please report the results of your test to Fr. Long Phi and to Br. Mike.
- **All SVDs** are also expected to be tested during the week of January 3-9. Please report your test results to Fr. Thang Hoang and to Br. Mike.
- **All off-campus employees** should be tested before they come back to campus by January 9. Please report your test results to Mr. Steve Winger.

Arrangements for testing at Epic and Grand River clinics can be made through www.testiowa.com.

Three Hartig Drug Company pharmacies and three Hy-Vee, Inc. sites in Dubuque also offer free COVID-19 testing. Test collection for this program is drive through; you do not need to leave your vehicle. Information and registration can be found at www.doineedacovid19test.com.

ORIENTATION WEEK - DINING ROOM CLOSED - MEALS AVAILABLE

During orientation week – January 3 to 9 – the dining room will be closed to shared meals.

- You can go to the food line there to collect a meal then take it to your room or office to eat alone.
- You can sit at one of the tables in the dining room or in the hallway *while eating alone*. Please do not engage in conversation while eating, and leave the table promptly after eating.

Once we have the results of COVID testing, then the dining room will be open again, as normal, to those who have tested negative.

JANUARY 3-20 STAY ON CAMPUS

On-campus residents are asked to respect the Stay-On-Campus policy from January 3-20. This is a semi-quarantine to help protect our community, especially the elders in the community. Medical appointments, etc. are allowed. For any purchases you may need – students please contact Fr. Long Phi; SVDs please contact Fr. Thang.

ZOOM - KEEP YOUR DISTANCE - FACEMASKS

Whenever possible, please wear a facemask when in the presence of other people!

Classes are expected to begin face-to-face, adjustments will be made as the situation changes. Instructors are reminded to keep at least six feet from the students. As much as possible, individual conferences should be held by phone, email and/or ZOOM. Please remind the students of social distancing as needed.

Staff, students, formators and spiritual directors, be careful to keep your distance from one another. Please avoid person-to-person meetings. **ZOOM, PHONE AND EMAIL ARE MUCH, MUCH SAFER.**

FEELING SICK?

If you are sick at the end of the break, please do not return to campus until you are healthy again.

If you live on campus and have symptoms that cause you to consider being tested for COVID-19 (cough, breathing problems, fever, etc.) **PLEASE DO NOT GO TO CLASS OR OTHER ACTIVITIES.** Contact Br. Mike. Students should also contact Fr. Long Phi. SVD residents should also contact Fr. Thang Hoang. If you come to class or share in other community activities while you are sick, you can easily spread colds, flu, and COVID-19.

January 8, 2021

Divine Word College, in coordination with state and local public health experts, is closely monitoring reports and recommendations from national and regional health departments regarding coronavirus disease 2019 (COVID-19). Updates will be provided through email, the LOG and on the bulletin boards.

FIRST WEEK OF CLASSES ONLINE

Approximately 20 students are either in ten-day isolation having tested positive for COVID-19 or in seven-day quarantine after contact with people who have tested positive. Most are currently here on campus, while five are isolating or quarantined at their homes.

After consulting with Fr. John Szukalski, VPAA and the other members of the board of administration, I have decided that all classes for the week of Jan 11-15 should be conducted through distance learning. This includes both ESL and the undergraduate program.

For the new students, I ask their mentors to help make sure they know how to access their classes.

ZOOM - KEEP YOUR DISTANCE - FACEMASKS

Please wear a facemask when in the presence of other people!

As much as possible, individual conferences should be held by phone, email and/or ZOOM. Registration will proceed mostly through zoom conferences.

Staff, students, formators and spiritual directors, be careful to keep your distance from one another. Please avoid person-to-person meetings. **ZOOM, PHONE AND EMAIL ARE MUCH, MUCH SAFER.**

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