



# School Sisters *of* Notre Dame

Central Pacific Province

Summer 2012



P. 4 | GROWING IN GOD'S GRACE  
P. 9 | CELEBRATING OUR SISTERS

# Our Mission

is to proclaim the Good News as School Sisters of Notre Dame,  
directing our entire lives toward that oneness for which Jesus Christ was sent.

— *You Are Sent*, Constitution of the School Sisters of Notre Dame

## FROM THE PROVINCIAL LEADER

Sister Mary Anne Owens, SSND

We are celebrating our first year anniversary as the Central Pacific Province! Reflecting on the year's accomplishments and challenges, we know that it is our common mission and strengths that guide our refounding. We continue to explore our structures, our campus locations, our staffing and finances, our governance as well as increased opportunities for ministry and community.

As partners in the SSND mission, your interest and involvement are vital parts of our sisters' ministries. With your support, the sisters you know, love and respect still respond to the needs of our world, the concerns of women, youth and those who are poor. We are educators in all we are and do, choosing ways of living, whether in rural areas or metropolitan cities, and serving in ministries for the enablement of all people.

In this newsletter you will meet some of the more than 100 sisters of the Central Pacific Province who are celebrating their jubilees this year. Together they offered more than 6,000 years of ministry with persons of all ages in different parts of our world. We invite you to visit our website to read individual sister's profiles, many who share their Jubilee blessings and wisdom ([www.ssndcentralpacific.org/jubilee](http://www.ssndcentralpacific.org/jubilee)). I am sure you have your own stories and memories about the Jubilarians you know.

You will also meet Melissa Schreifels, one of our sisters who professed her final vows this summer. Learn how her commitment today echoes those of our Jubilarians. See how we continue to be energized by community, prayer and ministry.

We trust you will get to know *more of our sisters* in this newsletter. After one year as the Central Pacific Province, we hope you see that you have more sisters who partner with you. Together we *proclaim the Good News, directing our entire lives toward that oneness for which Jesus Christ was sent.*

Thank you for walking with us in prayer and through many other forms of support. Together we can better respond to God's call to those who are most in need in our world today. Know that you, and those who are important to you, remain in our prayers each day.



# Celebrate *with* our Jubilarians

*The School Sisters of Notre Dame Central Pacific Province celebrate with our Jubilarians, women of hope, and are grateful to God for their faithful lives.*

## **25 YEARS**

Julie Brandt  
Mary Essner  
Judy Fleisner

## **50 YEARS**

Marianne Almon  
Judy Bakula  
Mary Helen Bender  
Marie Vianney Bilgrien  
Ann Jerome Bisek  
M. Rosae Brown  
Mary Ann Carey  
Genevieve Cassani  
Ruth Chausse

## **50 YEARS** *continued*

Lucille (Rose Lucille)  
Coughlin  
Juliette Daigle  
Gloria Degele  
Deanna Donahue  
Kathleen Donovan  
Mary Lucy Egashira  
Carolyn Fasnacht  
Jeanette Feldott  
Terez Gonsoulin  
Gail Guelker  
Susan (Lorene Marie)  
Hetebrueg  
Mary Andrea Ikeda  
M. Jovann Irrgang  
Barbara (James Helene)  
Janda  
Leonette Juengst  
Mary Petra Kato  
Kathleen Mary Kiemen  
Marian Kodama  
Vincella Lake  
Darlene Lenzmeier  
Martha (Joan Francis)  
Meyer  
Nadine Meyer  
Joy Marie Parolari  
Ann Christine Pendleton  
Mary Francine Perez  
Margaret Roozen  
M. Thomasin Sergot  
Janet Siebenman  
Loretta Marie Strobel  
Carolyn Sur  
Mary Germaine Tanahashi

## **50 YEARS** *continued*

Karen Marie Thein  
Mary Carol Weber  
Janet Wermerskirchen  
Leona Wieck  
Floretta Williams  
Karl Mary Winkelmann  
Mary Ann (Ann Michelle)  
Wutkowski

## **60 YEARS**

Mary Lucita Allen  
Cerella Baumgartner  
Cynthia Borman  
Alice Borries  
Marguerite Churilla  
Joan Fink  
Beverly Ann Fries  
Jeannette Glinske  
Muriel (Corda) Glodosky  
Elizabeth Marie Hoell  
Rosemary Hufker  
Elizabeth Marie Ishida  
Edith Juergensmeyer  
Kenneth Marie Kozal  
Mary Gerold Mobley  
Elizabeth Morgan  
Germaine Mulcahey  
Joseph Miriam Nemeč  
Cathryn O'Donnell  
Irene Marie Schmitz  
Mary Myles Schwahn  
Mary Blaise Sorenson  
Irene (Raynald) Stanczyk  
Sharon Rose Terbrock  
Mary Jo Trombley

## **60 YEARS** *continued*

Mary Joseph Tsuzuki  
Rita von Holtum  
Bernita Wasinger  
Christyn Willems  
Florence Wesselmann  
M. Roselle Zollar

## **70 YEARS**

Antonice Backes  
Marian (John Dominic) Blong  
Odilo Brinker  
M. Therese Fletchinger  
Mayette Hughes  
Mary Bede Hurst  
Cecile Marie Lubniewska  
M. Eva Manney  
Mary Jean Raymond  
McBride  
Mary Joel Robin  
Gabriel Rooding  
Mary Francele Sherburne  
Esther (Francis Joseph) Smith  
Veronica Wald

## **75 YEARS**

Mary Anastasia Glanbin  
Elizabeth (Adamine)  
Gnabasik  
Mary John Lachowsky  
Pearl Mary (Romuald)  
Nedwecka  
Mary Louise Van Straten  
Regina Zolner

## **80 YEARS**

Melvina Pausina  
Alix Le Clerc Winkelmann



School Sisters of Notre Dame  
Central Pacific Province

TRANSFORMING THE WORLD THROUGH EDUCATION

Sculpture of Blessed  
Theresa Gerhardinger,  
our foundress, by  
Marie Henderson, RSM.



Sister Bernita Wasinger  
Photo by Catholic Missourian

“Jesus told them, the harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.” *Luke 10:2*

This year, we thank God, Lord of the harvest, for the 103 sisters from the Central Pacific Province celebrating Jubilees as women religious. Rejoicing together, we recognize these sisters for 25, 50, 60, 70, 75 and 80 years of service to God, the Church and the world.

Throughout the summer, Jubilees were celebrated with SSND community members, family and friends at St. Mary of the Pines, Chatawa, Miss.; Notre Dame of Elm Grove, Elm Grove, Wis.; Our Lady of Good Counsel, Mankato, Minn.; Sancta Maria in Ripa, St. Louis, Mo.; and various parishes. “Jubilees are cause for special celebration and provide opportunity to replenish the spirit and the soul for renewal and recommitment.... They call us to express gratitude to God and the Jubilarians for their faithful love.” – *You Are Sent*, Constitution of the School Sisters of Notre Dame. Each Jubilarian is encouraged to reflect on the experiences in her life, the blessings she has received, and the wisdom she has gleaned.

Sisters in the Central Pacific Province live and minister in 57 dioceses, in 22 states, as well as in Ghana, Guam, Italy, Japan, Kenya, Nepal, Nigeria, Sierra Leone and The Gambia. Discover the ministries of four Jubilarians and those of the sisters featured on the cover (see page 8). We invite you to rejoice with all Jubilarians. Read their stories at [www.ssndcentralpacific.org](http://www.ssndcentralpacific.org).

### *Celebrating 80 years*



**Sister Melvina Pausina** entered the School Sisters of Notre Dame from St. Louis Cathedral Parish in New Orleans. Her original ministries were community service assignments, first in the aspiranture at the St. Louis Motherhouse and then at St. Mary of the Pines in Chatawa, Miss. In 1951, Sister Melvina began her 31 years of ministry as an elementary teacher in Missouri, Louisiana, California, Texas and Arkansas. In 1982, she left the classroom to rejoin staff at St. Mary of the Pines. At age 91, Sister Melvina officially retired from full-time ministry. She continues to serve the SSND community through prayer and hospitality at 101 years of age!

*I am blessed with time to pray, to say many short indulgenced prayers and to make little sacrifices.*

*From time to time, I stop to be quiet and say the rosary. I say many rosaries during the day, asking Mother Mary for her help.*

*I know I always have Mary's help when I call on her, night or day. I know that through prayer, you get what you are praying for.*

## Celebrating 60 years



**Sister Bernita Wasinger** has ministered as a teacher and principal in Missouri for 29 years. Sister also served as coordinator of religious education and pastoral ministry in Missouri and Illinois. She was the associate superintendent for the Diocese of Jefferson City, Mo. Currently, she is a pastoral minister at St. Martin in Jefferson City. Sister Bernita received a bachelor's degree in theology from the former Notre Dame College in St. Louis and a master's degree in elementary administration from St. Louis University.

*A blessing of these years I want to share is all the people I have gotten to know and with whom I have ministered. They have been an inspiration and a blessing to me. I still smile at the wonderful experiences I have had with them. God is good.*

*The wisdom I would like to share is to have a good laugh frequently and smile a lot. It makes life brighter, friendlier and really enjoyable. Be happy. Be the first to say "hello," otherwise you might miss someone so wonderful. There are no strangers that way. I am 79 and still working full time. God has blessed me with good health and the ability to keep going. I love it. My work involves interacting with every age level, which makes it very exciting and interesting.*

## Celebrating 50 years



**Sister Thomasin Sergot** began her ministry as a teacher in LaCrescent, Minn. For 16 years she served at the primary and intermediate levels and as a school administrator in Jordan, Red Wing, Prior Lake and Lonsdale in Minnesota. In 1979, Sister Thomasin shifted her focus to pastoral ministry and religious education, serving the next 22 years at parishes in North Branch, Kenyon, Montevideo, Springfield and St. Peter in Minnesota. In 2002, Sister became the manager of Highlands on Graham Retirement Center in St. Paul, Minn. In 2006, she joined the staff at East Side Learning Center (ESLC), a program that provides free, one-on-one tutoring for children who read below grade level. A former lead teacher and board member, she currently ministers as the St. Matthew School site coordinator to ESLC.

*A Jubilee blessing of these years I want to share is that I will be forever grateful for the opportunity to collaborate with ministers and church members, parishioners, staff, parents and students throughout the many rural cities where I have ministered. All have been an overwhelming grace in my life that continues to permeate my heart with treasured memories.*

*The wisdom I would like to share is to do the best you can wherever you are, with whomever you are, every day you're there. Don't miss the surprises God places in your life daily because 50 years will indeed fly by!*

## Celebrating 25 years



**Sister Judy Fleisner** served as an elementary school teacher at St. Mary in Menasha, Wis., and at Bruce-Guadalupe, Catholic East Elementary, St. Helen and Holy Wisdom Academy in Milwaukee. Currently, she is a fourth grade teacher at Notre Dame Middle School in Milwaukee.

*I am blessed by the opportunities I have had that caused personal growth in my spiritual life, community life and personal life. Right from the beginning, I was challenged to work in areas different from my usual routine. I volunteered in shelters for battered women, doing day care for the children who were uprooted with their mothers because of abuse. I taught English as a second language to refugees from*

*Laos. Another experience was working with the poor who needed food, housing or money for utility bills. These experiences enriched me and deeply changed my direction in life. Another blessing I cherish is the opportunity to participate in programs with sisters internationally. What an enriching experience to share life with SSNDs from other countries!*

*Twenty-five years as an SSND has taught me to be open and flexible. God is present with us in so many ways. If you hold fast to the ways you've always done things, you may miss out on powerful experiences that will touch you in all parts of your life. Personal growth is painful at times. Go through that pain and you will experience newness and freedom within. God has so many gifts for us. Receive and share them.*

## SISTER MELISSA SCHREIFELS PROFESSES FINAL VOWS



*Photo by Nich Perez, CSC*



*Photo by Sister Mary Kay Gosch*



*Photo by Sister Mary Kay Gosch*

On July 28, 2012, at Our Lady of Good Counsel campus in Mankato, Minn., Sister Melissa Schreifels vowed forever to live simply, faithfully and in service to God through her vows of poverty, celibacy and obedience.

Although Sister Melissa's journey as a School Sister of Notre Dame began in 2002, she was no stranger to the congregation, having been taught by them as a primary student at St. Francis Xavier Catholic School in her hometown of Sartell, Minn. "I was taught by the Sisters in first, second and third grade," said Sister Melissa. "One of the Notre Dames was the principal as well."

Attending college at St. Scholastica in Duluth, Minn., and then Creighton University in Omaha, Neb., she graduated in 1992 with a degree in pharmacy. For the next 10 years she worked as a pharmacist in managed care and retail pharmacies in Omaha. In 2002, Melissa took a job offer at Target in Minneapolis, Minn. That summer, she reconnected with the SSNDs at a Search and Discover Retreat. "I was looking for something," she said about attending the vocation weekend. "I wasn't sure what I wanted or what I would find." Melissa became an SSND affiliate in December 2002, a postulant in 2003 and a novice in 2004. She professed her first vows on August 4, 2006 as a member of the Mankato Province.

In 2008, while practicing pharmacy on a part-time basis, Sister Melissa began her education to become a math teacher. "Teaching has always been my dream," she said. "I am blessed to be able to pursue that dream."

Within a few classes of completing her master's degree in instruction, Sister Melissa ministers as a middle school math teacher at St. Michael Catholic School in Prior Lake, Minn. "I love teaching middle school students," she shared. "They ask so many questions and I really like being able to show them that in the

*"I, Sister Melissa Schreifels, offer myself to you, God, and vow to live forever consecrated celibacy, gospel poverty, and apostolic obedience, in community, according to the constitution of the School Sisters of Notre Dame.*

*I ask Sister Mary Anne Owens to accept my vows in the name of the entire congregation and in the name of the church."*

future they will need the math skills they are learning now. Being a sister teaching at St. Michael is great. The kids have lots of questions about religious life. For some of them, I am the first sister they have ever seen. It is a wonderful opportunity to be able to share with them religious life as a vocation option. In fact, I have invited students and their parents to my final profession."

In addition to teaching, Sister Melissa will continue her part-time ministry as a pharmacist. "I want to keep up my license. Continuing education is important to me and this is one way I can do that."

As for her thoughts about religious life, Sister Melissa believes that being part of a community is the best part. "I feel such support from the SSND community. I believe I am blessed to be able to share stories, ministries and especially prayer – first with the Mankato sisters and now with the sisters of the Central Pacific Province. Although I entered the SSNDs through the Mankato Province, I have the history of being part of the interprovincial novitiate. From the beginning I was part of the whole. I am honored to have professed my final vows as a School Sister of Notre Dame, and I look forward to sharing my energy and my perspective as a newly professed sister."

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*Someone you know is discerning their vocation.  
Pray for them. Encourage them.*

*Is there someone you think might be called to religious life?  
Pray for them. Encourage them. Ask them.*

If you believe God is drawing you to take a closer look at religious life, contact an SSND Vocation Director in your area. Locate one at [www.ssnd.org/become-sister/contact-vocation-director](http://www.ssnd.org/become-sister/contact-vocation-director).

School Sisters of Notre Dame of the Central Pacific Province live and minister from coast to coast as well as Guam, Nepal, Japan and beyond.

Contact the Mission Advancement department at [missionadv@ssndcp.org](mailto:missionadv@ssndcp.org)

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*Cover: School Sisters of Notre Dame  
in ministry; from top, clockwise:  
Sisters Mary Kay Brooks, Kathy Stark,  
Margaret Mary Friesenhahn, Mary Beck.  
Read more on page 8.*

*Transforming the world  
through education*

## SISTERS AND THEIR MINISTRIES

School Sisters of Notre Dame exist for the mission of Jesus. They carry out this mission daily in their ministries. Here are a few examples of the positive influence sisters have on the lives of many. Each day, they make a difference.



**Sisters Mary Beckman** and **Kathy Stark** direct activities at St. Augustine Wellston Center in St. Louis. With Sister Carol Ann Callahan, a Sister of Mercy, they strive to meet needs of the community through a food pantry that provides for more than 400 families a month and a busy thrift store. “Working with and loving the families we serve have made us what we are today. Low income people have taught us so much about what is important in life, who God is, the importance of family, how to handle suffering and how to laugh and enjoy the simple things in life,” Sister Mary said.



**Sister Mary Kay Brooks** lives in the Postulant community in Chicago. She teaches mathematics at St. Ignatius College Preparatory, Chicago. Being the only SSND and the only vowed woman religious in her place of ministry is both challenging and wonderful for her. “For over 14 years, I have been blessed with experiences to collaborate closely with colleagues in providing varied opportunities for students to move out of their comfort level, try new things, think differently and discover who they are becoming.” The students, in turn, challenge Sister Mary Kay to “walk the talk” in living the beliefs and values she proclaims.



**Sister Margaret Mary Friesenhahn** chairs the Foreign Language Department and teaches Latin and Spanish at Xavier University Preparatory, New Orleans. Sister Margaret Mary shares stories with her students of SSND foundress, Blessed Theresa Gerhardinger, and the SSND conviction *that the world can be changed through the transformation of persons*. One of the most transformative moments for Sister came after Hurricane Katrina breached the levees and flooded New Orleans, shuttering most schools for the fall semester of 2005. The following January, two schools serving primarily African-American students shared the Xavier campus. “I was profoundly touched at the incredible display of faith and resilience expressed by the students and their parents. Flood waters robbed them of their material homes. Yet nothing could rob them of their faith in an all loving God,” said Sister Margaret Mary. The cooperation among the students and staff witnessed what can happen when people *direct their gifts toward building the earth...with the conviction that the world can be changed through the transformation of persons*.

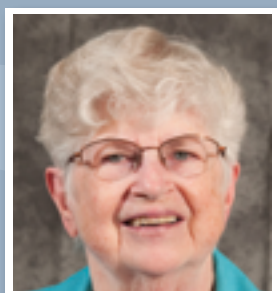
Although Our Lady of Mount Carmel Convent in Mount Calvary, Wis., closed after 160 years of SSND presence, **Sisters Mary Beck** and **Mary Ann Srnka's** commitment to the earth continues. They have assured that some of the Mount Carmel “holy land” is transforming part of the lawn into a bountiful vegetable and flower garden at their new home in Green Bay, Wis.

The sisters’ skills and knowledge benefit the “Homegrown Project” which aims to help low income residents grow, prepare and preserve food. “We’ve done extensive workshops on preserving foods, baking breads, making jams and jellies...skills younger generations may have lost,” said Sister Mary Ann. “It’s time to revive these skills that care for the earth,” Sister Mary said. Although the Green Bay project may not have chickens, the worms have found a new home, and are adjusting well, as are the sisters!



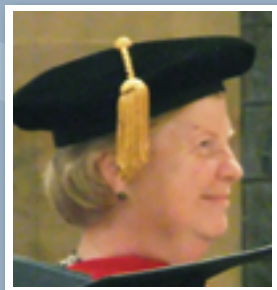


## CELEBRATING OUR SISTERS



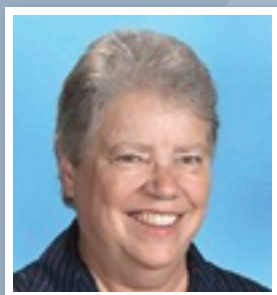
**Sister Carol Ann Collins** was one of the honorees at the Alzheimer's Association of St. Louis' annual recognition dinner for volunteers on June 13. She received a plaque in recognition of her five years of service in the St. Louis Chapter's "Let's Talk" program. Sister Carol Ann assists individuals in early-stage

Alzheimer's as they make bi-monthly personal and supportive phone calls to others who are themselves experiencing the onset of Alzheimer's disease. She served in this position for 24 years.

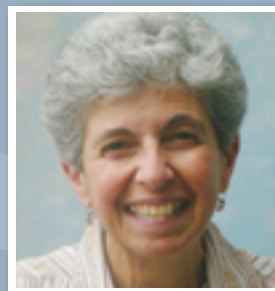


**Sister Janet Crane** received a doctor of ministry degree from Eden Theological Seminary in Webster Groves, Mo. Her research and dissertation is entitled, "Lived Religion: Spirituality and Community as Resources and Sources for Elderly Catholic Sisters." School Sisters of Notre Dame who live at Veronica House in Bridgeton, Mo.,

were volunteers in this study. Sister Janet's theology professor, Sister Mary Helen Hotze, SSND, helped articulate the theological basis of the dissertation.

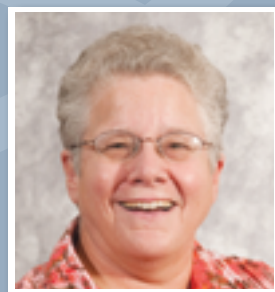


**Sister Jean Dietrich** of Jefferson City, Mo., was inducted into the Helias Catholic High School Hall of Fame earlier this year. In 1983, Sister Jean came to Helias as assistant principal and is currently the principal at the school. The Helias Hall of Fame was established in 2008 to recognize outstanding individuals whose lives have helped to establish Helias Catholic High School.



**Sister Carol George**, a teacher at Bishop Dunne Catholic School in Dallas, was honored by the Diocese of Dallas at the Diocesan Distinguished Educator Recognition Dinner on May 4. She received a Sister Caroleen Hensgen, SSND, Distinguished Teacher Award-Elementary School. The award is named in

honor of Sister Caroleen who was appointed superintendent of schools for the diocese in 1967.



**Sister Jeanne Goessling** received a master's degree in pastoral studies from Loyola University, New Orleans, in its leadership in ministry program. Previous to the graduation ceremony, she was awarded the Kairos Award for Academic Excellence and Collaboration for Ministry. Sister Jeanne is

currently the director of religious education at Holy Trinity Parish in Springfield, Mo.



*Sister Lynne is pictured second from right.*

Congratulations to **Sister Lynne Schmidt** and her water volleyball team from the Senior Olympics in St. Louis. The group of friends has cycled together for years though had never played water volleyball. They won their age group!

## JOIN US



*Attention quilters! Prepare to donate quilts to the October 2013 SSND Quilt Auction, held in Minnesota. The theme, Women Hanging by a Thread, supports women and children in need and touches the lives of all who contribute to the auction. More information to follow.*

Our current fundraising events include NoFest Octoberfest and our Quilt-A-Month project. NoFest Octoberfest is a popular calendar raffle in its seventh year at Our Lady of Good Counsel, now being expanded to Notre Dame of Elm Grove. Donors are offered 31 chances to win cash prizes throughout the month of October.

The Quilt-A-Month Project is happening at Sancta Maria in Ripa, with hopes to expand to Notre Dame of Dallas in the future. Proceeds from both events enable sisters to continue to advance their ministries of transforming the world through education. Look for more information regarding these events in your mailbox or see sidebar on page 7 for contact information.

## WINE AND CHOCOLATE EVENTS DELIGHT

Imagine a room filled with laughter, decadent chocolate, engaging conversations, flavorful wine, fine fare, music and new and old friends alike. What you are envisioning captures the atmosphere of the Wine and Chocolate Soiree events, held at Notre Dame of Elm Grove and Our Lady of Good Counsel this past spring.

We are grateful for the support of you, our donors, sponsors and attendees and are happy to announce that over \$50,000 was netted to benefit School Sisters of Notre Dame ministries and retirement. These funds will help continue to spread the mission of transforming the world through education.

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We are especially thankful for our major event sponsors: Abdo Consulting Group, Elizabeth Ahlers, Catholic United Financial, Heintz Toyota of Mankato, Ken Hiniker Family, James R. Weir Insurance Agency, Inc., Jerry's Body Shop Inc., J.P. Morgan, Laurels Edge Assisted Living, Loyola Catholic School, MEI Total Elevator Solutions, O'Hare Group / Merrill Lynch, Paragon Printing, Mailing & Specialties, Tarantino & Company, The Schola Foundation, Wells Fargo, Eugene and Rose Marie Werner, and Grace M. Wilson. Thank you for partnering with School Sisters of Notre Dame.

# UPCOMING EVENTS

## DIRECTED RETREATS

St. Mary of the Pines Retreat Center, Chatawa, MS

**Offered:** Sept. 5-19, Oct. 7-19, Nov. 4-17, Dec. 2-15

Contact Sister Dorez Mehrstens at 601-783-0411 or [dorezm37@yahoo.com](mailto:dorezm37@yahoo.com)

## SEPTEMBER 6 | 2 p.m.; 6:30 p.m.

### **RISEING STARS VOLUNTEER TUTORS ORIENTATION**

Notre Dame of Elm Grove, Elm Grove, WI

Contact Sister Sylvia Hecht at 262-787-1018 or [shecht@ssnd-milw.org](mailto:shecht@ssnd-milw.org)

## SEPTEMBER 11 | 9:30 a.m. – 2:30 p.m.

### **A DAY FOR GRANDPARENTS:**

A Celebration of Generations

Our Lady of Good Counsel, Mankato, MN

Contact Sister Mary Jo Welter at 507-389-4266 or [mjwelter@ssndmankato.org](mailto:mjwelter@ssndmankato.org)

## SEPTEMBER 16 & NOVEMBER 18 | 6:30 p.m.

### **TAIZÉ PRAYER**

Sancta Maria in Ripa, St. Louis, MO

Contact Sister Joyelle Proot at 314-633-7015 or [jproot@ssndcp.org](mailto:jproot@ssndcp.org)

## SEPTEMBER 21 | 1 p.m.

### **PUBLIC PRAYER FOR PEACE**

Notre Dame of Elm Grove, Elm Grove, WI

Contact Tim Dewane at 262-787-1023 or [tdewane@ssnd-milw.org](mailto:tdewane@ssnd-milw.org)

### **MAY PEACE PREVAIL ON EARTH:**

International Day of Peace – Pray, Share, Reflect

9:30 a.m. – 3:30 p.m.

Our Lady of Good Counsel, Mankato, MN

Contact Sister Mary Jo Welter at 507-389-4266 or [mjwelter@ssndmankato.org](mailto:mjwelter@ssndmankato.org)

## OCTOBER 5-7 | Friday 7 p.m. through Sunday lunch

### **FALL WEEKEND OF PRAYER:**

Falling into the Hands of a Loving God

Our Lady of Good Counsel, Mankato, MN

Contact Sister Mary Jo Welter at 507-389-4266 or [mjwelter@ssndmankato.org](mailto:mjwelter@ssndmankato.org)

## OCTOBER 13 | 8:30 a.m. – 2 p.m.

### **CRAFT FAIR & GARAGE SALE**

Our Lady of Good Counsel, Mankato, MN

Contact Sister Monica Wagner at 507-389-4231 or [mwagner@ssndcp.org](mailto:mwagner@ssndcp.org)

## OCTOBER 20 | TBD

### **HELLO...GOODBYE...HELLO AGAIN:**

And All That's in Between

Notre Dame of Elm Grove, Elm Grove, WI

Contact Sister Rosemary Bonk at 262-787-1015 or [rbonk@ssnd-milw.org](mailto:rbonk@ssnd-milw.org)

## OCTOBER 26-28

### **ANNUAL WOMEN'S RETREAT**

St. Mary of the Pines Retreat Center, Chatawa, MS

Contact Sister Helen Roper at 601-783-0801 or [hroper@ssnddallas.org](mailto:hroper@ssnddallas.org)

## NOVEMBER 10 | 9:30 a.m. – 3:30 p.m.

### **FROM GRATITUDE TO GREATNESS:**

A Harvest of Plenty

Our Lady of Good Counsel, Mankato, MN

Contact Sister Mary Jo Welter at 507-389-4266 or [mjwelter@ssndmankato.org](mailto:mjwelter@ssndmankato.org)

## DECEMBER 1 | 9:30 a.m. – 3:30 p.m.

### **ADVENT DAY OF PRAYER**

Our Lady of Good Counsel, Mankato, MN

Contact Sister Mary Jo Welter at 507-389-4266 or [mjwelter@ssndmankato.org](mailto:mjwelter@ssndmankato.org)

## DECEMBER 8 & 12 | TBD

### **ADVENT PRESENTATION ON PRAYER AND ART**

Notre Dame of Elm Grove, Elm Grove, WI

Contact Sister Rosemary Bonk at 262-787-1015 or [rbonk@ssnd-milw.org](mailto:rbonk@ssnd-milw.org)

## DECEMBER 10 | Noon – 5 p.m.

### **HUMAN RIGHTS DAY WRITE-A-THON AND REFLECTION**

With prayer and reflection at 4 p.m.

Notre Dame of Elm Grove, Elm Grove, WI

Contact Tim Dewane at 262-787-1023 or [tdewane@ssndcp.org](mailto:tdewane@ssndcp.org)



Visit [www.ssndcentralpacific.org/Calendar-of-Events](http://www.ssndcentralpacific.org/Calendar-of-Events)

or [www.facebook.com/ssnd.centralpacific](https://www.facebook.com/ssnd.centralpacific) for additional information and event descriptions.

320 East Ripa Avenue  
St. Louis, MO 63125-2897

"Prayer is the most necessary element  
for our souls as water is for fish."

— Blessed Theresa Gerbarding

We invite you to read our Sunday reflections.  
Please visit the website weekly at  
[www.ssndcentralpacific.org](http://www.ssndcentralpacific.org) and click on "Pray."

 This newsletter is printed on  
recycled paper with soy ink.

## PRAYER OF THE

# Serving of Heart

Joyelle Proot, SSND

The blind now see; those who cannot walk leap for joy; those who are deaf now hear;  
the dead are raised to life; and the have-nots now rejoice in the Good News.

*Matthew 11:5*

Heart of seeing,  
Enfold the longing gaze  
Of the searcher  
With gentle warm light.

Heart of walking,  
Welcome the frail uncertain gait  
Of the frail, the beginner pilgrim  
With a steady support.

Heart of listening,  
Lean into the whisper  
Of the shy, the fearful,  
With steady attention.

Heart of living,  
Bring bread to the hungry  
With welcome to the table of  
thanksgiving.

Heart of announcing,  
Walk beside and with those  
who have not...  
With presence and hope.

Tender God, be my serving heart.

Art by Joyelle Proot, SSND

