

Along with her two brothers and two sisters, Sister Patricia Frost grew up in Iona, Mich., where she was taught by the IHM Sisters for 12 years. Each summer, her family went camping to see the beauty of the United States and to learn to respect and care for this country. Her parents also wanted her and her siblings to see how other people lived because diversity is part of the beauty of our country.



Sister Pat was all set to attend Western Michigan University before she went to an introductory weekend at the Motherhouse with a friend. After that weekend, she says, “There was something I experienced in the spirit among the sisters that kept calling me.” She knew that she needed to be a part of that spirit.

She completed her bachelor’s degree in speech pathology at Marygrove, and after student-teaching in a first grade classroom, she taught primary grades. “I love teaching third graders,” she says. “They’re just old enough to follow directions and have some interests about things that you can guide and yet they’re still young.” Sister Pat taught at St. John in Jackson, Mich., for five years. “It reminded me of a small town like where I grew up. The people were just so welcoming and homey.”

Along with learning about teaching, she learned about the history of the IHM community while living with older sisters; the information was new to her because she entered after Vatican II when rules were less strict. After Jackson, Sister Pat taught second grade at St. Hugo of the Hills in Bloomfield Hills, Mich., and enjoyed preparing her students for First Communion. From there, she ministered at Thomas Aquinas in Detroit to teach third grade and fourth grade science. “If I could make kids enjoy science and have fun in science, that would help them later on in pursuing science,” she says.

Six years later, she experienced some health issues, so she took a year to care for herself before ministering in Puerto Rico where she spent a year in Vieques and two years in Cieba working in parish ministries. She recalls it as, “A wonderful experience being with another culture, learning another culture.”

After three years, she returned to the United States and helped develop the medical clinic at the IHM Motherhouse. During her 20 years at the clinic, Sister Pat worked as a scheduling assistant, unit clerk, clinic secretary, program developer and computer data entry clerk.

She feels blessed to have had such a wonderful support system with the IHM Sisters.



Her greatest joy has been the people she's met. She is most grateful for the community sticking by her throughout her health challenges and continues to pray that God will use her health issues for good.

"Periodically, God graces me with a glimpse of the fact that God has used it to help others," she says. "And that is most humbling."