Retreat April 3-5: An Irrepressible Urgency Toward Wholeness

In the mid-nineties as an IHM Congregation, we chose wholeness as one of our five core values. This retreat, April 3-5, with Sister Liz Sweeney, SSJ, will offer an opportunity to explore together what wholeness might mean for us personally and communally now, in 2020, when we have an awakened consciousness of ourselves living in an evolving universe at a critical moment both for religious life and for our planet.

Today thinkers from the fields of neuro-science, psychology, integral philosophy, science, and theology are in conversation to discover ways to embody a new kind of wisdom grounded

continued on page 4
For Membership/Mission Circles, Spring 2020

Assuming Responsibility for the Present and Future Life of the Congregation

_We commit to re-envisioning how we can best serve the world both now and in the future, in ways true to our charism, deep story, and diverse gifts. We encourage and challenge one another to be leaderful members for the life of the congregation. We ask those called forth to leadership and service to share this responsibility with the members. Informed by global needs and congregation realities, we will explore the future of our ministerial outreach and corporate structures and commitments, while re-imagining how we might live all aspects of religious life into the future. (From our Chapter Direction Statement)_

Wanting to generate more input from membership around congregation priorities and goals for our critical issues, we invite you to self-organize in mission circles, dialogue groups, etc., to envision and plan. In doing so, consider responding to one or more of the following questions:

**Personal Reflection:** What has touched me or informed me recently that influences my call to mission or to a way of addressing one of our critical issues?

**Group Reflection:**

- On what priorities do you want to focus, in light of our mission and direction statement?
- Is there a longer-term vision you have for addressing a critical issue? Describe.
- What are some S.M.A.R.T. goals for the critical issues? S.M.A.R.T. stands for:
  - Specific (simple, sensible, significant).
  - Measurable (meaningful, motivating).
  - Achievable (attainable).
  - Relevant (reasonable, realistic and resourced).
  - Time bound (time/cost limited, timely, time-sensitive).
- What ideas/initiatives could emerge from these priorities/goals?

Keep in mind, the four main critical issues are: **relationship, vital living, environment, and sponsorship.** Some means through which we address these are: Education, Technology, Stewardship, and Contemplation.

As you think about goals and initiatives, consider:

- What ideas do you have that you cannot do alone but call forth the collaboration of others (sisters/associates/other congregations/other people) to best serve the world?
- How do you/we want to be the light that shines through cracks in _________?
- What would it look like if we _________?
- What relationships need to be developed?
- What ideas also speak to our core values?
- Are we looking at a priority or initiative with "holy indifference"? “Are we willing to let something die to give God room for something new?”

Please complete a meeting notes form or initiative form with your group's ideas and email it to communications@sistersofihm.org or email any Advisory Board member if you have a personal response.

**Submit a New Initiative Form if you:**

1. Have articles/data ready for mission circles
2. Have a timeline for implementation
3. Have identified at least one critical issue your idea impacts

**Submit a Meeting Notes Form if you:**

1. Want Advisory Board members to dialogue with you about your idea
2. Want to see if others share your passion
3. Are not sure of an appropriate timeline
4. Don’t know how this supports a congregational critical issue
Sister Lisa Heads Service Program in Scranton

Dear Sisters,

I am looking forward to bringing 18 young women from the Academy of the Holy Names in Tampa, FL, to Scranton for our sixth annual mission trip, February 29 to March 6.

I want to share a couple of updates about the service program that resonate with our IHM charism. The first week of March commences The Rose Project, a week in which the entire high school, students and faculty, focus on mission and service to people who are poor and marginalized. Learning through their experiences of faith, service and work for justice, 193 students will serve communities in need at nine locations around the U.S., Dominican Republic, and Haiti while 264 students will serve in the local Tampa Bay/Ruskin area. Twenty students will work on their own justice projects integrated into their AP government class.

As part of mission integration, students will reflect on the spiritual gifts of the SNJM foundress, as well as on their own gifts and experiences in their missionary journals. I invite you to pray the daily reflections with us, found on our school website: https://www.holynamestpa.org/high-school/campus-ministry/rose-project

While in Scranton, we invite you to join us in the following activities:

- Saturday, February 29, 5:00 p.m. (OLPH): Meet ‘n’ Greet pizza social.
- Saturday at 6:00 p.m. (after the pizza social) we will have Trivia/Game Night in OLPH. Bring your favorite board game or deck of cards.
- Sunday, March 1, 2:00-3:00 p.m. (OLP Dining Room): We will make the centerpieces for the Friends of the Poor Dinner. These centerpieces will be jars we fill with snack mixes, with a St. Patty’s theme topper.
- Monday, March 2, 1:30-2:30 p.m. (OLPH): We invite sisters and associates to make ecofriendly food wraps. Bring old towels, an iron, and pinking shears if you have any of these items.

During the week, we will paint a mural at the new Trinity Child Care Center, as well as serve at St. Joseph’s Center Baby Pantry, St. Francis Soup Kitchen, Ruth’s Place, and Catherine McAuley Center. We, literally, will plant seeds with the NativityMiguel School students; it’s our hope that they will get to plant their seedlings in the IHM Center Friendship Garden later this spring. We will also help at St. John Neumann parish in Scranton and St. John the Evangelist parish in Pittston.

Thank you so much for your continued love, your gracious hospitality and your prayerful support.

In Mary’s Heart,

Sister Lisa Perkowski, IHM
Assembly 2020, Saturday, July 25

Dear Sisters,

As we take a second look at our need for Assembly 2020, there are some items we need to address in a timely manner. In preparing for Chapter 2022, we had originally scheduled the reports of Governance Task Forces 1 and 3 on updates to the Constitution and Supplement to be given at Assembly 2020. We would also normally expect to have some discussion around the Mid-Term Report presented by the leadership team at Assembly. Finally, we need to elect a “temporary” Chapter 2022 Planning Committee to begin planning for that event.

Since the travel and celebration of our 175th anniversary in Monroe has now been limited to a small number from each congregation, we would like to schedule a one-day Assembly on Saturday, July 25 to address the above issues. The following day, Sunday, July 26 is our congregation jubilee celebration. Hopefully, many sisters are already planning to be in Scranton for the jubilee celebration. It is also the weekend of the St. Joseph’s Festival, as usual.

We ask that you reserve Saturday, July 25 for Assembly 2020.

More information will follow on the agenda and the process for registration.

Sincerely, Ellen, Mary Ellen, Mary, Terri, and Nancy

Featured in The Dialog

Sisters Sandy Greico and Redempta Sweeney were featured in the February 4 issue of The Dialog, Diocese of Wilmington news, for their participation in the celebration of the Day for Consecrated Life. Pictured are religious women and men of the Diocese of Wilmington holding candles and renewing their vows as Bishop Malooly celebrates Mass to observe the World Day of Prayer for Consecrated Life at Holy Family Parish in Newark on February 1. Read entire article at: https://tinyurl.com/tsu8fdj
Golden in Death by J.D. Robb
Reviewed by Sister Patt Walsh, IHM

Golden in Death is J.D. Robb’s (pen name of Nora Roberts) 50th book in her In Death Series. So, this is my 50th visit to the Future World (mid 21st century) of Lieutenant Eve Dallas, her husband, Roarke and her friends and colleagues in the NYPD (NY Police and Security Department). Beginning in 2058 (published in 1995) this book takes place in April 2061. Why does this matter? Well, it means I’ve been there for three Christmases and three springs, summers, falls and winters. Once I realized this, it seemed more appropriate to not only review this book, but also this series and its author. In fact, in honor of the series’ 50th Anniversary, this may be considered more of a tribute than a review.

First, the rationale for the series—Nora Roberts (according to her publisher) writes too much! She now publishes five books a year (many authors only produce one!) and looking at her bibliography, five books is really a minimum number for her. So, her publisher told her she was writing too many books to publicize them sufficiently to sell them. Thus, the solution was to write some of those books under a different name (in fact, the relationship of Robb and Roberts wasn’t even revealed until after her 20th book!) The In Death series is classified as either a “romantic suspense novel” or more appropriately, a “police procedural.” Each book always has two components—first, a crime to solve (in Golden… a Golden Egg is a gift filled with a deadly poison killing the spouses of the staff at a private high school) and second, a development of her personal relationship with her husband, Roarke (only given name).

Eve and Roarke (an immigrant from Ireland) both share a difficult childhood—Eve was an abused child and Roarke, a petty thief. Eve grows up to become one of the most successful NYPD officers and Roarke is one of the richest men in the world. Eve, however, is still socially awkward while Roarke is an accomplished businessman who often serves as a “civilian consultant” to the NYPD because of his extraordinary technology skills and assets. Eve and Roarke live in what can only be called a castle run by Somerset, Roarke’s childhood protector and the bane of Eve’s existence. More than anything, the In Death series allows the reader to watch Eve grow emotionally and socially and to be less serious and more humorous in her work. By this 50th book, she and Roarke even have “marriage rules.”

Eve’s world is populated by colleagues who have both a consistency in clothing (which Robb always describes) and a maturity that develops with each novel. Her partner, Peabody (a “new ager” aka, a “flower child”) recognized by her cowboy boots and pink coats has grown from a frightened patrolwoman paired with the department’s top cop to a co-equal, self confident partner.

In short, I’ve discovered that finding and sticking with a book series with consistent characters gives readers more than the enjoyment of just reading a book they know they’re going to like, but also an opportunity to see how an author maintains favorite parts about main characters while growing and maturing them. It’s a lot like watching family, friends or former students grow up. If not the In Death series, I strongly recommend finding an author who has created a cast of characters that continue to appear in multiple books and then, sitting back and enjoying not just this story but this new adventure to looking forward to visiting with favorite and familiar characters!

New on the IHM Web

Wakes and Funerals for Deceased IHM Sisters: https://video.ibm.com/channel/ihm-tv
List of all deceased sisters by month and day: http://www.sistersofihm.org/who-we-are/ihm-member-directories/
Advisory Board Documents: https://sw.sistersofihm.org/index.php/advisory-board/
Celebrating Our 175th Anniversary
Save These Dates!

As we begin this year of our IHM 175th anniversary, events are being planned throughout this year and into next year to celebrate 175 years of IHM joyful, loving, service to the people of God. Please mark your calendars with these two dates:

- On Saturday, September 12 at the Theresa Maxis Conference Center speaker and presenter Sharon Durham, will address the issue of white privilege.
- On Sunday, November 8 in the Performing Arts Center at Marywood University, sisters, associates, family, benefactors, neighbors and friends will gather for a celebratory Mass. Bishop Bambera will preside. A festive reception will follow Mass.

Other events are being planned including a day of service, open house at the IHM Center, tree planting, off broadway show, and family picnic. The dates and details of these will be forthcoming.

From the Office of the Archives by Jan Corbett

Journey with us as we explore the sacred treasures of the IHM Archives

Sister Oswalda—Wonder Woman

Sister Oswalda, named Anna Eleanor Flaherty, was a native of Larksville, PA, and a registered nurse before entering the Sisters, Servants of the Immaculate Heart of Mary. After her final vows she attended Columbia University in New York City. Upon completion of the pharmacy course, she was assigned to St. Joseph’s Children’s and Maternity Hospital, Scranton, PA, in 1934.

Sister was described as an outspoken, energetic woman who was an economist and a lover of humanity. Her only concern was to care for those in need and at the same time save money for St. Joseph’s. In her 39 years as the pharmacist, she transformed her pharmacy into, for that period in history, a pharmaceutical dream. Sister Oswalda was a wizard at making use of raw materials—she even made vanilla extract for the kitchen and could quote exactly how much money she saved. Her ministry to the young women at the hospital included manufacturing cosmetics in her lab.

Sister Oswalda may have been the first person who knew about universal medical precautions used in healthcare today such as protecting the medical professional and the patient from contaminants such as bodily fluids, the wearing of gloves, and the washing of hands. She had a respect for germs and bacteria. She wore white gloves, washed her own dishes, and set her own place at the table. The lab was off limits and one had to knock before entering. She was a “woman of science” before her time.

Sister received many accolades and honors including those she received three times from the American Pharmaceutical Association for her display presentations. Sister Oswalda wrote an excellent, highly intelligent review of the reference book, Pharmaceutical Botany, appearing in the professional Bulletin of the American Society of Hospital Pharmacists which concluded with a spiritual reflection: “God, the Divine Author of Nature, must surely bestow His invisible seal of approbation upon this magnificent work Pharmaceutical Botany which reflects so much honor and glory on His creative handiwork.”
IHM Center Retreat
June 7 to June 12

This year our IHM Center retreat will begin on Sunday, June 7, 2020. Retreat begins at 5:00 p.m. on Sunday and concludes following lunch on Friday, June 12. Jan Novotka will lead the retreat. She has prepared this retreat description as an invitation for our sisters and associates to consider taking some time apart:

Embracing the Mystery of God

Sinking into God’s Still Silent Presence opens us to know God, our True Self, and the whole of Reality in a new way. As we journey together into the Mystery of God, we will experience simple techniques to quiet the mind and open the heart. Each day we will be invited to become aware of subtle inner movements, engage with emerging questions and challenges, and give ourselves to seeing with “the Eyes of the Holy.”

How Can I Keep from Singing?

Guided Retreat, June 20 – June 26
Presenter: Sister Melannie Svoboda, SND
Saints Cyril and Methodius
Danville, PA

“How Can I Keep from Singing?”
If we are in touch with God’s great love for us, our hearts will be filled with song. This retreat will focus on ways we can nourish our song or our Christian discipleship: through the wonders of creation, prayer, compassion, service, playfulness, letting go, laughter, beauty, hope, and courage during times of pain and sorrow. Using scripture, music, stories, poetry, and short videos, we will be invited to deepen our relationship with a God who loves us more than we can imagine.

Special Price $375.00 per IHM Sister due by deadline of March 20, 2020.

Contact Sister Mary Ellen Higgins to register: higginsm@sistersofihm.org
570-346-5402

The IHM Foundation is hosting the 2020 IHM Sisters Celebration on August 1, 2020, to benefit the IHM Retirement Fund. The Sisters of IHM Spirit Award honorees are MaryCarol and Peter Kanton. The Kantons will be honored in recognition of their commitment to and embodiment of the IHM spirit. The couple shares a great love for the community and a desire to give back with a focus on Scranton area nonprofits and IHM-sponsored ministries.

Peter is the owner of Kanton Realty, a real estate brokerage and appraisal firm. MaryCarol received both bachelor and master’s degrees from Marywood University and before retirement served as an elementary school teacher for 39 years. Sister Maryalice Jacquinot, IHM, president and chief executive officer of St. Joseph’s Center and a former student of Mrs. Kanton’s, will serve as mistress of ceremonies.

Thank you to all of our Silver Circle sellers, members, and volunteers for your hard work and dedication to the membership program. Our next drawing is on Wednesday, March 18. As of February 25, 2019, total donations received were equivalent to 7,087 memberships. Our goal of increasing the number of sellers has not been reached yet. Please help us with this important element of the program. You may continue to submit additional Silver Circle memberships by the third Monday of each month; there are still plenty of chances to win. We have already begun preparation of sellers’ lists for the 2020-2021 membership year. We always strive for accuracy in preparing the lists and appreciate your feedback throughout the campaign. Please let us know if we have not entered a subscription correctly and we will gladly update our records.
Freezing Out Food Allergies

submitted by Sister Maureen Schrimpe, IHM

You see a serving spoon at a buffet. Isabela Rey sees a potential threat. If the UMD sophomore ingests even a trace of gluten on a spoon that’s been swapped, she’s immobilized with pain for three days.

Rey said Dining Services has been “fantastic” at accommodating her needs, and now she can eat in campus dining halls with an extra sprinkling of relief, with today’s rollout of new resources for students with food allergies.

Each of the three dining halls now has a station labeled “Purple Fridge,” a self-service freezer, microwave and toaster dedicated to storing and preparing meals suitable for students with specific food allergies. Purple is the color designated by the organization Food Allergy and Research Education for dining facilities to indicate efforts to prevent cross-contamination.

In addition, Dining Services has designated lead allergen cooks in each dining hall, who will wear purple chef coats to show that they work directly with these students. These cooks will build relationships with patrons and provide comfort and nutrition to them on a daily basis.

“This initiative has been a long time coming,” said Sister Maureen Schrimpe, Dining Services nutritionist. “It’s the next step in taking care of students on campus who have food allergies.”

Approximately 250 of the 9,000 students on dining plans have identified themselves as having a food allergy. Dining Services has developed a comprehensive, personalized framework to help students manage food sensitivities.

Every summer, Dining Services sends an introductory card to every new-to-housing student to encourage those with allergies to connect with Schrimpe. Students who respond are introduced to available resources and meet with the allergen cooks in each dining hall.

Once on campus, students can call or email requests for meals to be prepared and ready for pickup. Students can step into the kitchen and ask staff for a meal cooked to order. (The success of the in-kitchen program, and student requests for easier access to allergen-free foods, inspired the creation of the Purple Fridge.)

Symbols on overhead menu boards and on small counter cards throughout the serving areas indicate what allergens each dish contains. Symbols also identify foods that are vegan, vegetarian, hallal and contain local ingredients.

Students can also check UMD NutriSlice, a computer and smartphone application that shows students the allergens in each menu item served in the dining halls along with nutritional information and a full list of ingredients. NutriSlice is accessible through dining.umd.edu, at NutriSlice.com or as a phone app.

Last year, Dining Services added Epi-Pens to every dining hall (as a backup for the Epi-Pens that people at risk of anaphylactic reaction to food carry on them). Managers and supervisors in the dining halls have been trained in their use.

“We are constantly training our staff about how important this issue is,” Schrimpe said. “We work hard to make sure that the students who eat with us can do so safely and with confidence.”

Rey, a music education major, said her biggest worry used to be cross-contamination. But the Dining Hall chefs prepare her food separately and wrap it to ensure it’s safe for her. “The staff here has lifted a huge weight off my shoulders, allowing me to always have food I not only trust, but enjoy,” she said.

Prayer for the Beatification of Mother Mary Lange

Almighty and Eternal God,
You granted Mother Mary Lange extraordinary trust in Your providence. You endowed her with humility, courage, holiness and an extraordinary sense of service to the poor and sick.
You enabled her to found the Oblate Sisters of Providence and provide educational, social and spiritual ministry especially to the African American community. Mother Lange’s love for all enabled her to see Christ in each person, and the pain of prejudice and racial hatred never blurred her vision.

Deign to raise her the highest honors of the altar in order that, through her intercession, more souls may come to a deeper understanding and a more fervent love of You.

Heavenly Father, glorify Your heart by granting also this favor (here mention your request) which we ask through the intercession of Your faithful servant, Mother Mary Lange.”
Weaving Cultures—Entrelazando Culturas by Sister Mary Elaine Anderson, IHM

We live in an unfinished universe. Life is not behind us but ahead of us. God is not finished with us. God has all the time in the world to create and enjoys the process of creation itself. We are being created and religious life is being created. Emphasis therefore is not on what exists but on what is being created; that is, on the dynamics of relatedness. - Ilia Delio, OSF

Weaving Cultures—Entrelazando Culturas is a two-year program designed by the Mexican American Catholic College (MACC) to mentor seven international communities of women religious, who desire to be in relationship with all of God’s creation and who embrace the call to live interculturally in their congregations, in their places of ministry and in the world at large. The IHM Congregation has been a part of this program since February 2019. Recently, Sisters Mary Ellen Higgins, Giovana Fuentes Bendivez, Elvia Mata Ortega and Mary Elaine Anderson participated in the third residential session in San Antonio, Texas offered by MACC.

The keynote speaker for this session was Teresa Maya, CCVI, who is well-known for her passionate attention to intercultural living and her conviction for the future of religious life. Sister Tere adamantly spoke about the need for congregations to embrace diversity, not only because it is the way to live into their future but also a necessary element to heal their past. She encouraged the participants to reflect on and dialogue about how the vows of chastity, poverty and obedience are understood and lived out through the lens of different cultures. She asked those present to consider the realities of their congregations and their responses to questions such as:

- What is the dominant culture of your community?
- How does the socio-economic class of the majority impact what is considered “countercultural,” and in particular, how does it affect the way you live your vow of poverty?
- Do the elected leaders represent a particular socio-economic or ethnic group?
- At community meetings, who speaks at the microphone and what language is used?
- How do you use objects and space to create a welcoming environment for diverse cultures?

During her presentation, Sister Tere also reminded the sisters that many of their congregations were founded to serve the needs of an immigrant population. She described migration in the past as “waves” of immigrants entering the country, and she acknowledged that today migration is more like a “tsunami” with no ebb in sight. With that reality in mind, Sister Tere urged each congregation to adopt a spirituality for interculturality—a presence of welcome that creates space for difference.

On the last day of the program, Sisters Mary Ellen, Giovana, Elvia and Mary Elaine met to gather the graces of what they had heard and to brainstorm practical ways to promote intercultural awareness among IHM sisters. An essential component of raising intercultural awareness is cultivating curiosity. As daughters of Theresa Maxis (a woman of color whose mother was a Haitian refugee), are we curious about the intercultural challenges that she might have encountered as an Immaculate Heart of Mary Sister? Are we curious about the diversity that exists within the congregation today? And how are we welcoming that diversity?
Monthly Offerings

DeMello Spirituality Group
Pat Cuccia, IHM Associate
Mondays: March 30, April 27, June 22
1:00 - 3:00 pm
Donation - $10.00

Joan Chittister Study Group
Pat Cuccia, IHM Associate
Tuesdays: March 24, April 21, May 19, June 9 from 12:00 noon - 2:00 pm
Donation - $10.00

Divine Mercy Prayer and Healing Service
Br. Paul Miller, OFS
Wednesdays: March 11, April 15, May 13, June 10
7:00 - 9:00 pm
Free Will Donation

Spiritual Practices
Ann Barbara DeSiano, IHM
Thursdays: March 12, May 7, June 11 from 10:30 am - 12:00 noon
Free Will Donation

Come Study
A monthly spiritual practice based on the Beatitudes will lead to a vital and healthy spiritual life.

Spiritual Direction JoAnn Walsh, RSM. Please call the Center at 516-627-9255 for more information.

Sunday to Sunday:
A Lenten Reflection Program
Thursdays, February 27 - April 2
7:30 - 9:00 pm
Join us for an historical, literal, and spiritual exploration of the upcoming Sunday readings.
Tony Marinelli
Free Will Donation

Lenten Readings and Reflections
Mondays, Tuesdays, & Wednesdays
March 2 - April 8 at 12:00 noon
Triduum: Thursday to Saturday, April 9 - 11 at 9:30 am
Prayer, discussion, reflection around the readings of the day.
Free Will Donation

Tender Gaze of Jesus
Saturday, March 21, 9:30 am - 1:30 pm
Learn how to bring your brokenness to the tender gaze of Jesus.
Joan McGovern
Cost: $35 (includes lunch)

Self Esteem
Tuesday, March 24, 9:30 am - noon
Learn to love yourself as God loves you.
Diane Rizzo
Cost: $25

Lenten Day of Prayer:
Growing in Prayer, Wed., March 18
9:30 am - 3:00 pm
Join us for an exploration of new pathways for a deeper, richer prayer life.
JoAnn Walsh, RSM
Cost: $50 (includes lunch)

Resurrection Moment/Movement
Saturday, April 25
9:30 am - 1:30 pm
How do we put into action the great love of God revealed in the resurrection?
Joan McGovern
Cost: $35 (includes lunch)

Nurturing Wholeness
Thursday, April 30, 9:30 am - 3:00 pm
We will learn how to encourage growth in all of our important relationships.
JoAnn Walsh, RSM
Cost: $50 (includes lunch)

Practicing Presence
Saturday, May 2, 9:30 am - 3:00 pm
Let us learn together how to love the person right in front of us.
Chris Koellhoffer, IHM
Cost: $50 (includes lunch)

Women’s Recovery Retreat
Saturday, May 9, 8:30 am - 4:00 pm
This retreat is for women currently in Twelve-Step recovery only.
Sheree K.
Cost: $50 (includes lunch)

Divine Women Rising
Saturday, May 16, 9:30 am - 2:00 pm
Join women claiming their spiritual worth is “made in the image of God.”
Joan McGovern, Dawn Stevens
Cost: $40 (includes lunch)

Directed Retreat Week
Tuesday, June 30 at 4:00 pm through Tuesday, July 7 at 11:00 am
Join us for this week-long exploration into the flow of days graced with sacred silence, deeper prayer and grace companionship.
JoAnn Walsh, RSM
Cost: $450 (includes all meals and overnight accommodations)
$300 Commuter
Prayer for Haiti by Sister Susan Hadzima, IHM

Evening prayer for Haiti was held at the IHM Center chapel on February 12. Sister Susan Hadzima offered the following welcome and remarks: Good Evening and Welcome! We are grateful to be together tonight to pray. On January 12 we observed the 10th anniversary of the devastating earthquake in Haiti that continues to be visibly lived out every day in the destroyed buildings and forever changed lives of our Haitian brothers and sisters. For these last ten years we have gathered in February in solidarity with the people of Haiti, uniting our hearts and minds in their ongoing struggle to overcome the daily effects of oppression, environmental devastation, economic deprivation, and violence. What is it that draws us here each year? What have we learned as we listened to the ongoing realities, allowed our heads and our hearts to be changed by their suffering, prayed for needs beyond our comprehension, and yearned for a safer, more just life for the Haitian people? What difference has our prayer made?

We IHM Sisters and Associates know that our very DNA as a congregation has been influenced by the sufferings of Mother Theresa Maxis and the people of Haiti. It is part of the essence of who we are as IHMs. It is that influence that encouraged us more than 25 years ago to search out an indigenous Haitian religious congregation and begin a relationship of support, encouragement, and mutual sharing. The Little Sisters of St. Therese have etched a very special place in our hearts and their suffering assumes a face that we recognize and love. It has called us these last ten years to a deeper understanding of these sisters and brothers who are among the most abandoned and marginalized of our world. How has that changed us? What lessons have we learned?

As we gather this evening we look back over those ten years and the learnings that have emerged. We hear yet again of the present reality, harsh and oppressive, and of that hope that emerges in the indomitable spirit of the Haitian people. Some parts of our prayer have been used before because they speak to what we yearn for most—greater awareness of how little we truly know of their experience, the call to offer hope, a garland of peace to the most oppressed, and the desire to invite them to come live in the light. Perhaps the most valuable gift we have offered to our friends in Haiti over these years has been our fidelity to our contemplative prayer, our deep desire to be in uncomfortable solidarity with their suffering, and our trust in a faithful God who never abandons the most oppressed. So again tonight let us pray.

Sisters Prepare for the First IHM Winter Olympics

IHM members of the newly formed Olympic snow tubing team (not!) gathered on February 15 for their first practice run on the slopes of Montage Mountain. While temperatures plunged into the teens that day, the sun shown brightly making the team’s slide down the mountain a swift and smooth adventure. Pictured L-R Sisters Terri Jordan, team captain, Donna Korba, Kieran Williams, Kathleen Clancy, and Rachel Terry. Cheering the team on from the lodge were Sisters Susie Armbruster, Mary Ellen Coyne, Nancy DeCesare and Mindy Welding.
Initial Formation Update by Mary Elaine Anderson, IHM

From February 13 to 17, Sisters Giovana “Gio” Fuentes Bendívez, Elizabeth “Liz” McGill and Mary Elaine Anderson joined the women and men in the Hudson Valley Inter-Community Formation Program for a presentation on the Enneagram. The four-day workshop took place at Maryknoll in Ossining, New York.

The days included PowerPoint presentations, periods of reflection, small group dialogue and large group sharing. In the evenings, there was time to enjoy a movie, converse with friends or have a quiet moment for self. On one of the nights, Liz prepared a party which included plenty of physical activity, a game of Pictionary and prizes for everyone.

Spending time at Maryknoll was an intercultural experience! The diverse cultures from around the world were reflected in the sea of faces in the chapel and the dining room as well as in the artifacts found in hallways and common spaces. Sisters who had spent years ministering in Peru were happy to have the opportunity to meet Gio and speak with her about their common experiences.

The Maryknoll Sisters welcomed us into their home and invited us to join them for the 100th Anniversary Celebration of their foundation. Knowing that we were IHMs, Sister Claudette Verdiere, who is currently organizing the written legacy of the Maryknoll Sisters, approached me and reminded me that their original group, including their founder, had received their initial formation from the IHM Congregation from 1914 to 1916. The account can be found in The History of the IHM Sisters (pp. 390-398). During our time at Maryknoll, we also were invited to the Jubilee Mass and dinner of the sisters who were celebrating 60, 70 and 75 years in religious life. It was amazing to realize that many of those sisters had actually known their foundress, Mary Josephine Rogers!

Notes of Gratitude

Dear Sisters,

We are so grateful for the love you extended to our Sister Dorothy Haney, especially in the last weeks of her life.

Thank you, too, for all the support you gave us during these difficult days: the rides to Wilkes-Barre, the flowers and the meals, and the many acts of encouragement and compassion.

We have all been blessed by the presence and love of “One of God’s Masterpieces.”

Sincerely,

IHMSisters of Shalom Community

Sister Lois Buckley and the members of her family wish to thank all those who remembered them at the time of death of John Buckley. They are grateful for the expressions of sympathy and Mass offerings.

Sister Elsa Eckenrode and her family wish to express their gratitude to all who sent cards and Masses upon the death of Anna Mae Myers.

Dear Sisters,

I have been very empty since the passing of my dear Aunt – Sister Theresa Bonanza – formally known as Sister Vincent de Paul. It’s been a difficult time for everyone but God has been with us and healing is in the process.

On behalf of our family, I want to thank the entire IHM community for their overwhelming support and love for my Aunt from all over the country – it was absolutely amazing to me the amount of notes, Mass cards, prayer donations and personal letters providing

continued on page 13
As we enter into the season of Lent, we’re invited to mine its root meaning: the Old English “lencten,” for springtime, and the German “langitinaz,” for long days. Here in the Northern hemisphere, we begin to sense the lengthening of days that awakens bulbs breaking through the soil under our feet, the awakening of new life above and around us in robin song and budding trees. This transformation of the natural world is our visible reminder of the Lenten journey, the deep, inner soul work of the Paschal Mystery, into which we’re once again invited.

Our EarthCARE committee links this holy season and this season of spring in particular with the Vital Living Dimension of Wellness that is the Environmental: being respectful of all surroundings, understanding the dynamic relationship between the environment and all people, being aware of our personal environment, and bringing harmony and wholeness wherever we are.

As a simple practice for living the Environmental dimension more deeply, Sisters at the IHM Center have been faithfully saving yogurt containers for a Lenten Seed Project. These containers, at the bottom of which holes have been poked open, stand ready to nurture new life. In late March, Sisters will be invited to the OLPH Conference Room, where we will have a simple prayer and fill the containers with soil, plant native seeds, and then care for the growing seeds during the Lenten season and beyond. Hopefully in late May, these seeds will have risen to become seedlings sturdy enough to be planted in our Friendship Garden during a ritual to take place in the IHM Land Plan.

Sister Lisa Perkowski and her team will offer this same sacred activity to the students of Nativity-Miguel School during their week of service in Scranton. Lisa’s team will educate and animate the students of Nativity-Miguel to plant and care for their seeds until they join with the IHM Sisters in late May to plant their seedlings in the Friendship Garden. Sisters and students will celebrate the Easter season and the planting season in the context of a ritual on that day.

Notes of Gratitude continued from page 12

well wishes and blessings from everyone – they each hold a personal tribute to Aunt Theresa along with the love and respect from so many.

I would be remiss if I did not personally thank the sisters and staff of Our Lady of Peace Residence and the AseraCare Hospice for being so kind and comforting in the care of Aunt Theresa - in not only her time at the Residence, but also in her final days with Hospice.

The wake and funeral were so well attended and the blessings from Father Cummings and many sisters were greatly appreciated. Also, having these tributes recorded on the IHM TV channel of Ustream is a wonderful way for all of us to remember.

Thank you again for your continued love, support and prayers, and providing this opportunity to thank everyone through this IHM monthly newsletter – otherwise, it would have taken a longer time to thank everyone who knew and loved her. May our Immaculate Mother bless you and peace be with you.

I love every one of you very much – please keep in touch: nkridclapp@aol.com

Nancy Bonanza Clapp
Sister Kathleen McNulty, IHM by Sister Patt Walsh, IHM

Kathleen McNulty was born in West Side (“West Side the Best Side”) Scranton in 1929 on October 30th (“The first witch to come early!” – the day before Halloween) and the day after the stock market crash! Kathleen was the baby of her family (“I may be spoiled, but I will be burying you all!”) and had an older sister, Mary and a brother, Joseph.

She attended St. Patrick’s grade and high school. Though she realized she had a call to religious life in her freshman year, she kept it a secret until the last possible date in her Senior Year (when she had to explain why she didn’t want a scholarship to Marywood!). Kathleen had hopes of a fun and active social life and didn’t want it limited by the stereotype of a “future religious.”

Kathleen (Sister Spiritus) chose IHM because they laughed and seemed to have fun together! She was strongly influenced by both Sister Cormac and Sister Davida. From Sister Cormac she developed a desire to be a math teacher (and her organizational skills) but, as many have already guessed, it was Sister Davida who taught her how to love poetry and literature and whose influence guided many of her ministry choices.

Kathleen entered in 1948 and, shortly thereafter, three sisters died and she discovered the practice of saying nine rosaries for each sister! (29 in all!). She confessed that she didn’t quite complete that task!

Her first assignment was in “the White (elementary) School” in Washington, NC. She didn’t understand racism until the consolidation of the “White and the Black” churches and the need to cross picket lines!

From the mid-1950s through the mid-1980s, Kathleen taught secondary English and moderated the school newspaper. These assignments finely tuned Kathleen’s proofreading and editorial skills. She says her happiest day was when the Immaculata High School (33rd St., NYC) newspaper was submitted to a competition and won First Place Overall! Later, Kathleen and her students paraded their trophy down 5th Ave.! (She doesn’t claim full responsibility for that award – she did follow Sister Marionette Coll!). In fact, in 1977, she accepted Sister Marionette’s invitation to be Marywood’s Director of Public Relations and Editor!

Later, she worked in the Scranton Diocesan Office as the Director of Strategic Planning. There she also first worked with Sister Terry O’Rourke, who came to appreciate her editing skills.

In 1994 she came to live at the IHM Center (in the local community that included the Novices – which is where she met her dearest friend, Sister Joan McCusker). She was the co-chair of the sesquicentennial celebrations—there were six!

In 1998, she returned to the IHM Center until her final move to OLP in 2018. Along with Sister Eleanor Desaluniers, she started and computerized the IHM Archives. In 2007, she officially became the “Congregation’s Editor.”

We also know that Kathleen spent most chapter and assembly meetings as “the Official Meeting Secretary.” You will find Kathleen’s signature on many documents in the Archives - that means Kathleen has not only “edited” but has also recorded much of the Scranton IHM Story.

Joan McCusker was present for Kathleen’s interview. "How lucky, having survived a stroke, to have a friend who’s also your ‘memory.'" So, I asked Joan if she’d like to say something to Kathleen now that one ordinarily saved until a vesper service. Joan’s response was that her dear friend is “sharp-witted, tremendously kind, fair and genuine. (She tells it like it is!) She’s honest, has integrity and is “funny as a crutch!” Ask Joan! What more can I add?
Medicare Warns of Scams

The Department of Health and Human Services reminds everyone to be aware of scams. Medicare will never call you uninvited and ask you to give them personal or private information to get your Medicare Number and card.

Scam artists may try to get personal information (like your Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call Medicare at 1-800-MEDICARE (1-800-633-4227).

ACA-Form 1095

As part of the Affordable Care Act and new health care laws, you may receive tax form (1095-A, 1095-B or 1095-C) providing you with information about the health coverage you had or were offered in 2019. These forms are needed, especially if you file an individual tax return.

If you receive any of these tax forms please send to the IHM Center Business Office, 2300 Adams Ave, Scranton, PA 18509.

If you have any questions, please contact Debbie Worlinsky at worlinskyd@sistersofihm.org or 570-346-5435.

Social Security Notices

The Business Office reminds all sisters receiving social security benefits to send “Form SSA-1099” and “Your New Benefit Amount” to the Business Office no later than March 13, 2020.

If you have not received your SSA-1099 and you need a replacement form, a copy can be obtained in the following ways:

- Using your online my Social Security account. If you don't already have an account, you can create one online. Go to Sign In or Create an Account. Once you are logged in to your account, select the "Replacement Documents" tab;
- Calling 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m.; or
- Contacting your local Social Security office

Sisters who receive social security benefits and also have their tax return prepared by the Business Office are required to have the SSA1099 document on file in the Business Office. Your tax return may be delayed if the form is not on file.

Income Tax Preparation

If the Business Office currently prepares your tax returns or you would like us to prepare them, please send all tax forms and documentation in one envelope to:

IHM Center Business Office
2300 Adams Ave
Scranton, PA 18509
Attn: Laura Bondy

Please send all tax forms even if a tax return is not required to be filed for you, as the IRS/Social Security requires such documentation to be retained in our files.

The tax deadline to file with the IRS is Wednesday, April 15, 2020.

Business Office Contact

In addition to calling the Business Office during normal business hours, Monday-Friday 8am-5pm, you can contact the office at ihmfinance@sistersofihm.org. This is a general mailbox so feel free to ask a question, send direct deposit advices, etc.

Direct Deposit

Direct Deposit is a safe and timely method for your stipend/wages to be sent to the Congregation. The funds are electronically transmitted into the Congregations account on your regular pay date. A pay advice is then given to the sister advising her of the payment into the account. Please inquire at your place of ministry/employment for the availability of this feature.

Sisters who are currently enrolled in direct deposit are reminded to send their deposit advices upon receipt to the Business Office via mail or electronically to ihmfinance@sistersofihm.org.
It’s time to begin to think about summer plans. Important changes to the summer vacation opportunities are:

- The congregation will not be leasing the house at Fenwick Island, DE.
- The schedules for Newton Lake and Lake Ariel have been changed to one whole week instead of partial weeks. There is a limit of one week. This will be an experimental summer with the one week block of time.
- Check in times are any time on Sunday with check out being anytime on Saturday.
- Have only one person in your party make the reservation request.
- Reservations will open on April 1, 2020 and may be made by contacting Sister Mary Denise Thomas at thomasm@sistersofihm.org or 570-330-8638. Please give your top three selections.

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College Retreats
The past two months have been filled with delightful conversations and sharing spiritually with students on four different University campuses: Chestnut Hill College, Marywood University, Georgian Court University and Bucknell University. Campus Ministers work alongside vocation directors to provide what has long been called the Retreat for Busy Students. I changed the name to *Finding God in All Things* – it’s a wonderful way to teach students to find God in their daily lives through awareness, noticing, mindfulness and prayer that helps them to begin a daily practice of relationship with God. I have been offering this retreat since I worked in the Diocese of Scranton as assistant vocation director when Father Don Williams and I traveled to the eight colleges in the Diocese. Now we collaborate with vocation directors as times have changed with needs, campus ministries and programming. I love being with college students. Helping them to grow in their prayer life and in their relationship with God is so rewarding. Students truly desire this by way of silence, prayer practices such as the Examen and Lectio Divina. Some campuses invite the faculty and staff to participate in the retreat and this is a wonderful way to spread the charism of the religious communities on campus as well as enrich the members of the institution. What a privilege it is to walk with them on their journey!

Delight–full Evenings
Annunciation Community at McCarty Hall on the campus of Marywood University hosted Pizza and Prayer with the women from Marywood who are a part of the “Delight” group. Twelve young women joined us as Sister Betty Bullen led us in a Mardi Gras prayer helping us to remember what we love and enjoy will lead us into the Lenten journey of remembering Jesus’ love. The food and company were ‘delight–full!

January Service Trip
A group of six women from Marywood accompanied Sister Giovana Fuentes Bendivez and me to Frenchville, PA. Service to the poor in the area was coordinated by the Young People Who Care Mission under the direction of Sister Suzanne Thibault, Sisters of the Anawim. During the week we visited a nursing home, helped sort clothing for those in need at a warehouse, helped a woman to move into an apartment and helped sort and unpack her belongings. On a snow day we cleaned the upper room space of a building called “The Barn” which houses extra rooms for retreats. The new CEO of the campus of Bethany Retreat House and YPWC and his wife have moved into the space so a huge clean up was needed! Everyone enjoyed the time together to share, pray, reflect, cook and work!

Upcoming events:
- March 1 – 7 Holy Names Academy students and Sister Lisa Perkowski service week in Scranton
- March 5 – Gift of Mission for high school girls at Merion, PA
- March 7 – Service with the Sisters, The Joy of Sox warehouse
- March 8-10 – Baltimore vocation directors gathering
- March 15 – “Fan the Fire” Diocese of Wilmington Youth Rally at St. Mark’s High School
- March 16-20 – NRVC Board meeting in Chicago
- March 20-22 – Life Awareness Retreat for women in New Jersey
- March 26 – Holy Redeemer High School Junior Retreat
- March 27 – Lenten evening of reflection for ‘Delight’ women of Marywood
IHM Calendar

April 3-5
Retreat Days
Liz Sweeney, SSJ

Saturday, June 20
Advisory Board Meeting

Friday, July 17 to Monday, July 20
175th Anniversary of the Sisters of IHM
Monroe, MI

Saturday, July 25
Assembly

Sunday, July 26
IHM Jubilee

September 12
White Privilege
TMCC
Sharon Durham

October 3-4
A conversation between Sisters and Seekers: The Hunger for Spiritual Grounding

November 6
Nunsense
PAC Marywood

175th Mass
November 8
PAC Marywood University

IHM Congregation Vitae

as of March 1, 2020

Final Profession - 302
Temp. Professed - 1
Novices - 2
Candidates - 0
Associates - 172

Sisters of St. Casimir
Congregation Vitae

Final Profession - 43

Evening of Prayer
March 11
April 15

The dates for the Evening of Prayer are Wednesday, March 11 & April 15, at 6:30 p.m. at the IHM Center. All are welcome!

Contemplative Prayer, March 21

A communal experience of contemplative prayer will be held at 10:00 a.m. in the IHM Center chapel on Saturday, March 21.

All are invited to attend this time of centering prayer on Saturday, March 21.

God’s covenant has been fulfilled

Sister Dorothy Ann Haney, IHM
February 14, 2020
in the 66th year
of her religious profession

A Tribute to Sister Dorothy Haney

Due to a concentration on my nursing career, I received two degrees at Marywood later on in life. In those days the curriculum was nine credits in religion, nine in philosophy and classics. I must say my Liberal Arts has served me well.

My professor for Philosophy 101 was Sister Dorothy Haney. At the end of every class she would say “What are you going to do with your life to effectively make a better world?” Being older I was profoundly affected by that statement. This became my mantra. Nieces, nephews, and nurses under my supervision would hear that quote often. Thousands of students would hear that statement and hopefully would change their lives.

Plato’s Allegory of the Cave became a friendly play on words between us. I would say, “I’m

continued on page 19
Reflections on the IHM Direction Statement

We commit to re-envisioning how we can best serve the world both now and in the future, in ways true to our charism, deep story, and diverse gifts. We encourage and challenge one another to be leaderful members for the life of the congregation. We ask those called to leadership and service to share this responsibility with the members. Informed by global needs and congregation realities, we will explore the future of our ministerial outreach and corporate structures and commitments, while re-imagining how we might live all aspects of religious life into the future.

IHM Direction Statement

In recent months Sisters Ann Parker, Nancy Elder, and Florence Ann Marino have collaborated in creating an excellent set of materials for our commissioned associates and sisters. These materials provide rich content - they include a series of 12 reflections with discussion questions on our 2018 – 2022 Direction Statement. The inspiration for these reflections comes from Nancy’s weekly blog for our associates, Heart of Spirit. Each reflection focuses on a particular phrase in the direction statement and includes music, Scripture passages, and discussion questions that bring us to new and deeper insights into ways we might live this direction. Ann, Nancy, and Flo have exemplified a generous shared leadership in offering us these reflections. In essence, by this particular contribution, they have once again assumed responsibility for the future life of the congregation. Their work with our associates in their Circles of Grace in North Beach, LaPlata, Gainesville, and St. Petersburg is a long-standing commitment of these women to our associates and the future of IHM presence among us.

These reflections and discussion questions can be found on the IHM Associates webpage at: http://www.sistersofihm.org/what-you-can-do/resources-for-circles-of-grace.html

Tribute continued from page 18

still in the cave.” Sister Dorothy would laugh, and so it went every time we met. As I became older, I emerged out of the cave and into the light.

My list of sisters to visit at OLP is long but Sister Dorothy was a high priority. There was a sense of peace when I entered her room. We would chat about what was going on in our lives and of course there was always a conversation about Maple. Sister Dorothy was a kind, gentle and holy woman. She deeply touched my heart and so many others during her lifetime. It was my privilege to share my time with her.

“What are you going to do with your live to effectively make a better world?”
- Janet Corbett

IHM Directory Update

The online directory at www.sistersofihm.org

DeMontfort Babb
Our Lady of Peace Residence
570-330-8514

Marilyn Muro
cell 570-290-3154

Newton Lake House
Our Newton Lake House is scheduled for renovations during the month of April. No reservations will be accepted for Newton Lake during the month of April 2020.

Cry of the Poor

The lord hears the cry of the poor, cries from many—always for more.
Many requests come from those whom we know.
So many in need, it’s a continuous flow.
We’ve given $12,105 as of this date.
If you’ve yet to join us, it’s not too late.
Each donation no matter how small helps Good Shepherd Sisters as they reach out to all.
Many Syrian children have never known peace.
Even one dollar can aid in their release.
In Lebanon and Syria the sisters serve on the ground.
Our prayers and dollars help them be safe and sound.
Send to Sister Vincentia cash or check made out to the IHM Sisters with Sisters-to-Sisters as the stated notation.