



June 2021

# Newsletter

CONGREGATION OF THE SISTERS, SERVANTS OF THE IMMACULATE HEART OF MARY

---

## IHM Assembly Planned for July 23-24

IHM Sisters and Associates are invited to participate in the IHM Assembly via Zoom on Friday and Saturday, July 23-24. Input and breakout sessions each day, facilitated by Sisters Anne Munley and Annmarie Sanders, will expand the assembly theme, “Our Emerging Future: Interculturality, Collaboration, and Legacy.” Reflecting on insights from LCWR’s Discerning Our Emerging Future Initiative, we will continue to listen to the Spirit’s movement through our own vision and energy for living the Gospel mission in mutually supportive and collaborative ways with others.



The virtual gathering on Friday begins with prayer at 9:30 am and will conclude at 4:00 pm. In addition to the emerging future session, the day will include Sister Ellen Maroney’s address, presentation by our Sisters of St. Casimir, conversation on our IHM sponsored ministries, and reports from Task Force 2 and 4 on the revisions to the IHM Constitutions and Supplement.

Saturday’s gathering will begin at 9:30 am. The morning will include conversation about our IHM congregation finances and discussion on the number of councilors needed for the IHM leadership team. The morning will close with prayer for our deceased IHM and Casimir Sisters. Sisters Anne and Annmarie will conduct the afternoon presentation and conversation on our emerging future and the day will conclude at 4:00 pm.

With attention to the multiple dimensions of wholeness and awareness of our interest to be together socially, additional optional activities have been planned.

These include:

- Thursday, July 22 from 3:00 pm to 4:00 pm (via Zoom) Mindful-based Stress Reduction presented by Lisa Rigau
- Thursday, July 22 from 4:00 pm to 6:00 pm (via Zoom) Cooking Session hosted by Vintage Kitchen (Menu: pasta primavera)
- Friday, July 23 from 8:00 am to 9:00 am: Yoga (via Zoom). Two options: beginners or experienced
- Friday, July 23 from 6:00-7:00 pm and 7:00-8:00 pm: Happy Hour Conversation Rooms via Zoom
- Saturday, July 24 from 8:00-9:00 am: Silver Sneakers Chair Exercises via Zoom

For sisters at the IHM Center and Our Lady of Peace Residence, all presentations except for the breakout small groups and additional activities can be viewed via Ustream and on channel 17.

Sisters and Associates should register by July 12 for Zoom participation in the assembly. Register at: [communications@sistersofihm.org](mailto:communications@sistersofihm.org)

## Advisory Board to Meet Saturday, June 5

---

The Advisory Board will meet on Saturday, June 5, 2021. During the morning session, the Advisory Board will continue its work on various topics and provide updates as needed. Sisters are welcome to participate in the afternoon session which will begin at 1:00 p.m. The agenda will include a summary from the morning session, an update on the Emotional Wellness Initiative, and an overview of the Assembly schedule. In addition, there will be an initial discussion on the number of Councilors. This is to fulfill the responsibility given to the Mission Board

*continued on page 2*

*Advisory Board continued from page 1*

in the Supplement to the Constitutions on page 25. Specifically, the board “examines the needed focus and balance of pastoral and administrative responsibilities within the council for the next term and prepares a recommendation for the General Chapter regarding the number of councilors for mission and community life to be elected. (This is done at least one year prior to the date set for Chapter.) In the Constitutions, in the section regarding the General Council, it states, “In her administration of the Congregation, the president works collaboratively with at least four councilors...” (page 31).

To fulfill this responsibility to determine the number of councilors to be elected during Chapter of Elections 2026, a process will be planned for Assembly 2021. It is understood that at least four councilors will be elected in 2022. In order to offer a well-informed and conclusive decision-making process in July, the Advisory Board will welcome input and requests for information during the June 5 Advisory Board open session. Relevant information and responses to requests will be provided prior to and during the Assembly, in order that an informed decision can be made.

An opportunity for open time will be included in the afternoon session. Those wishing to address the Advisory Board and all in attendance are asked to contact Maryalice Jacquinot ([mjacquinot@stjosephscenter.org](mailto:mjacquinot@stjosephscenter.org)) in advance, so that adequate time can be scheduled. The closing time for the afternoon session will be determined when the agenda is finalized. Those who plan to attend the Advisory Board on Saturday, June 5 at 1:00 p.m. are asked to register at [communications@sistersofihm.org](mailto:communications@sistersofihm.org)

N.B. Sisters, please be aware that the summer 2021 Assembly will remain fully remote (via Zoom) as originally planned. While Covid restrictions are starting to be rolled back, the Assembly Planning Committee believes that it is best to proceed as planned with a fully online gathering. We look forward to gathering in person in the future when the virus restrictions are lifted.



## Welcome to the 175<sup>th</sup> Anniversary of the OSP IHM Congregations!

We greatly look forward to your joining us through virtual format at our OSP IHM celebration of the 175th anniversary of our founding on July 9, 10, and 11, 2021. Some of the events of the weekend include an updated video of a conversation between Mother Mary Lange and Theresa Maxis, and input from our presenter, Dr. Jeannine Hill Fletcher, who teaches theology and issues of diversity at Fordham University in New York. She will lead us in consideration of our national, congregational, and Church roots of racial injustice. During the weekend there will be time for reflection and small group discussion as we look at our history and what we, the four congregations, can do together to promote racial justice. There will be the chance for "zoom socials" with friends, and the opportunity for a pilgrimage to prayer spaces of each of the congregations. On Sunday a celebratory liturgy will be livestreamed from Monroe, where Joseph Cardinal Tobin, CSsR, will celebrate the liturgy. Please join us for this special weekend of our founding celebration!

*Sister Ellen Maroney  
Scranton members of the Planning Committee,  
Sisters Kate Clancy and Beth Pearson*

## Saint Joseph's Center Auxiliary Announces Summer Fest Plans

Once again, Saint Joseph's Center Auxiliary's annual Summer Festival will be planned with a concern for the safety and well-being of all. Therefore, the schedule of events will be similar to that of last summer featuring a drive-through Chicken Dinner, online Tricky Trays, WNEP Telethon and Go Joe Bike Ride and Ride Along. In the next few weeks, \$1 Chances for monetary prizes will be mailed to benefactors including IHM sisters. Several volunteers will assist in selling chances at the IHM Center and OLP. WNEP-TV 16 will host the annual Telethon on Saturday, July 24 from 8:00 to 10:00 p.m. WNEP meteorologist, Joe Snedeker, will conduct the 24th Annual Go Joe Bike Ride. Cyclists of all skill levels can participate in the Go Joe Ride Along to show their support. By registering before July 24 for the Ride Along, supporters can plan to ride any distance, any location, indoors or outdoors, as individuals or as part of a team. Several bike riding events are planned in NEPA. IHM Sisters who wish to join an IHM Ride Along team are asked to notify Sister Liz McGill. Beginning on June 21, information about all Summer Festival events will be available online at [www.stjosephscenter.org](http://www.stjosephscenter.org). The drive-through Chicken Dinner will be held on Sunday, July 25 from 12:00 noon to 5:00 p.m. at Marywood University's Student Center Parking Lot. It is recommended that you use the website to purchase your tickets early since last year's Chicken Dinner was "sold out." As always Saint Joseph's Center is deeply grateful for the support of all IHM Sisters for these fundraisers which benefit the residents, clients and many vital needs.



*A second century of care, concern, compassion and commitment.*

Dear Sisters,

As COVID-19 restrictions ease, we announce that our donation locations have changed:



- Clothes, accessories, household goods and furniture can be sent to our warehouse at 240 East Elm Street on Tuesdays and Thursdays from 9:00 a.m. to 12:00 noon.
- Large furniture items must be coordinated through our staff at 570-348-4428.
- Men's clothing and accessories can be dropped on the porch of Clothes Line for Men, 1214 Linden Street, Monday through Friday, from 1:00 to 3:00 p.m. Volunteers will bring the clothing into the house.
- Tax receipts for these donations can be requested by calling 570-340-6086 or email at [development@fotp-ihm.org](mailto:development@fotp-ihm.org)
- Donations can no longer be accepted at our administrative office on Marywood University's campus.

Once again, Friends of the Poor, will participate in NEPA Gives. Donations to Friends of the Poor will be accepted for 24-hours, beginning at midnight on Friday, June 4 and continue through 11:59 p.m. Visit our page at [www.givegab.com/non-profits/friends-of-the-poor](http://www.givegab.com/non-profits/friends-of-the-poor) to donate.

Thank you, as always, for your continued prayers, guidance and support. I hope you have a blessed and safe summer.

*Meghan Loftus, CEO Friends of the Poor*



*IHM Sisters gather the morning of May 12 to bless, bid farewell and wish safe travel to Sister Lenore Thomas as she departed for Chicago where she will begin ministry with the Sisters of St. Casimir. At Franciscan Village in Lemont, Sister Lenore will serve as the SSC Community Life Coordinator.*

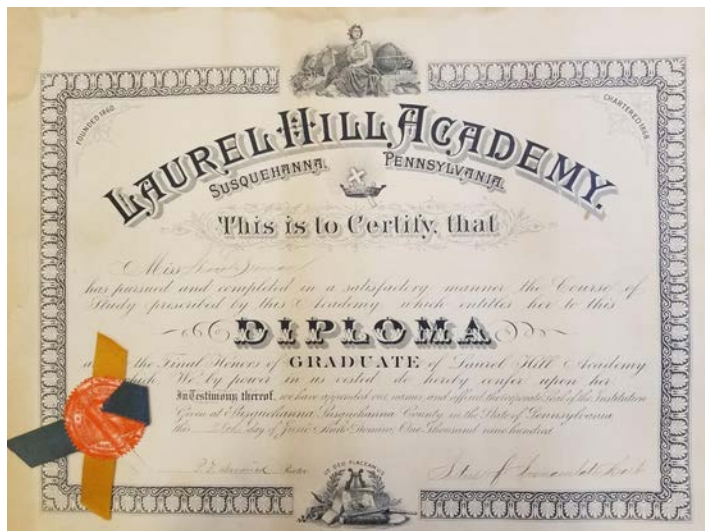


## Journey with us as we explore the sacred treasures of the IHM Archives

### Lost and Found

Recently, many of us in the Scranton area were captivated by a story on a local news program, which concerned a diploma dated June 28, 1900 from our own Laurel Hill Academy. It seems that Robin Truex of Brandt, PA (near Susquehanna) discovered the 120 year-old diploma hidden behind a picture owned by her grandmother. Robin wanted to fix the picture and thereupon found the diploma awarded to a woman named Grace Brennan. So Robin and her husband, Tim, decided to see if they could find any of Grace's descendants who might wish to have the diploma. Imagine our surprise when we learned that the diploma belonged to the great-aunt of IHM Sister Jean Leonard! Robin and Tim offered the extremely well-preserved diploma to Sister Jean, and she willingly accepted it. Even more surprising is the fact that Robin's great-grandmother, Ella Terrell, was the housekeeper for Jean's grandmother, Mae Brennan Condon!

Sister Jean offered the 'gem' to the IHM Archives for our collection. We now have a treasure from the first IHM school in Pennsylvania, opened in 1860, chartered in 1862 under the name of Laurel Hill Seminary because of religious bigotry. Again, we are reminded that our lives touch others even from one generation to another to another, telling our story of dedication to spreading God's word. We are grateful to the Robin and Tim Truex and to Sister Jean for sharing this amazing find.



*Graduating class of 1900; Grace Brennan,  
first on left in front row!*

### Annals Reminder

Our Archives are an investment in our future! Our story is part of salvation history—of IHM, of the church, of our country!

Please help us and write your part of this salvation history. Include in your annals how the pandemic has influenced your local community, how you have influenced others during the pandemic, how social and religious issues have informed your living this year. We want to see your faces also, so include photographs with identification of the people, place, event and date!

Annals are due at the end of August, but are accepted any time before that! Please send a digital copy of your annals to: [archives@sistersofihm.org](mailto:archives@sistersofihm.org) by August 25, 2021. (See IHM website for further guidelines: Sisters only/IHM Documents/Annals.) If you have questions, please call 570-330-0206.

## Ministry Highlight

This IHM Ministry Highlight features our Sister Dolores Dunn, Art Therapist.

Art Therapy is a non-verbal, non-threatening form of communication. Any spark of human spirit, no matter how small, has a right to be nurtured and developed. Each person investigates and explores this ability throughout life. The use of Art Therapy and the Creative Art Therapies assist a person's emotional release and personal adjustment. Creative Therapies help promote independence, flexibility of thinking, group dynamics and social interaction. Each person has a mental picture of himself which is different from the way others see him. This image depends upon one's occupation, sense of values and feelings of self-worth.

Expressing one's image is an important part of creativity and personal validation. It is only when the individual self is accepted that true self-expression can happen. The greater the individual's development, the greater the freedom of expression. When the creative process is cultivated, there will exist motivation and achievement.

Creative Art Therapy activities enable an individual to express his conscious and unconscious self spontaneously, to settle conflicts, to foster self-awareness and per-

sonal growth.

Sister Dolores believes that health professionals are called to be healers. "We are invited to live, share and be caring individuals. We can go forth with a message of unconditional love, forgiveness and individual validation."

She further notes, "As a response to a changing and materialistic culture of unrest and instant gratification, we can be strong anchors of faith that spread a healing peace. What more healing way than through the creative art therapies?"

At the Senior Medical Mental Health Unit at Moses Taylor Hospital, Sister Dolores and the health professionals who serve there engage each patient in the Creative Art Therapies on a daily basis. Art therapy, music therapy, exercise, cooking, spirituality groups, pet and child therapy, make up the unit milieu for the patients during their hospital stay.

It is said that persons in old age reflect on their life's journey and experience feelings of satisfaction and integrity or dissatisfaction and despair.

At the same time, symptoms of Alzheimer's/dementia, anxiety, mood and psychotic disorders



many times can begin to emerge causing much distress. These issues are a definite barrier to verbal communication of feelings and personal needs.

Art therapy and creative therapies provide meaningful therapeutic opportunities for our patients to foster health,

communication and self-expression, promote the integration of physical, emotional, cognitive and social functioning, enhance self-awareness and facilitate change.

When verbal barriers are present, we can communicate best through the creative art therapies!

The deep faith and courage of our patients are so very evident. As a registered Art Therapist and Certified Activity Therapist, Sister Dolores remarked that she feels privileged to "respectfully tread on the sacred space and to daily touch the hearts and souls of those she serves as they travel the final part of their life's journey."

*Sister Dolores has served as a certified art and activity therapist at Moses Taylor Hospital in Scranton, PA, since 1996.*

## Chapter Chat, Tuesday, June 22

Thank you to everyone who participated in the first Chapter Chat! We enjoyed listening to the graces that were shared. We invite you to bring the same enthusiasm to our next Chapter Chat which will take place on Tuesday, June 22 from 1:30 to 3:30 pm and again from 6:00 to 8:00 p.m. We will follow the same format as in the first chat. The theme of our second gathering is Relationships. Please register at [communications@sistersofihm.org](mailto:communications@sistersofihm.org). A Zoom link for the Chapter Chat will be sent to the IHMList the morning of Tuesday, June 22. See you there!



## Sister Anysia Donohue, IHM *submitted by Patt Walsh, IHM*

### Lucky?

When I interviewed Sister Anysia, she kept repeating (emphatically!) “I’ve been so lucky!” So, I’ve spent time thinking about the term “luck.”

Lillian Donohue and her four older siblings are first generation Americans. Her parents (Catherine and Timothy) were Irish immigrants. Her father came to America on the last voyage of the Lusitania. After her mother arrived in Pittsburgh, she went to work for a wealthy American family and sent much of her salary home to her family.

After completing eighth grade, Lillian had hoped to attend the Josephite Sisters’ Seminary, but, unfortunately, there wasn’t a space available. So, Lillian joined her sister at St. Mary of the Mount High School where she met the IHMs (perhaps the IHMs were lucky?). Lillian didn’t join some of her classmates on a trip to Scranton, so when Mother Marcella made a trip to Pittsburgh for a follow-up meeting, Lillian didn’t join them. However, she ran into Sister Elphege (lucky?) who insisted she join the group. At the end of the meeting, Mother Marcella approached Lillian and told her she was certain she would be seeing Lillian back in Scranton!

Lillian Donohue and friends from Pittsburgh entered the IHM Congregation in 1950. Having been given the name “Anysia,” Lillian completed her novitiate and went to live/teach at St. Paul’s as a primary teacher. It was here that Anysia believes she “lucked out.”

Not just one, but all of the sisters in the convent became her mentors – assuring that she would be a successful teacher as she also continued to complete her degree in Elementary Education at Marywood.

Anysia spent ten years as an elementary teacher in the U.S. Then, she accepted an assignment to be one of the four sisters to open the IHM mission in Peru (Joel Marie, Ramona and Michael Marie). Anysia didn’t know any Spanish so she depended on a student in her second grade to serve as her translator! Five years later, Anysia began what would end up being a 42 year ministry back in her home town of Pittsburgh. Though some of these years also included family ministry, it was apparent that Anysia stayed in Pittsburgh because she loved it there – “They’re good people!” Being there for so long she got to teach several generations of the same families. Anysia only returned to Scranton because the school closed.

Her time at the IHM Center included teaching at the EEI and working at St. Joseph’s Baby Pantry.



*continued on page 7*

*Anysia Donohue, continued from p. 7*

Health issues brought Anysia to OLP in 2019 (just in time for the pandemic's quarantine). Anysia's health needs required her to leave the building regularly for treatment. She successfully navigated those trips and escaped a Covid infection and has seen a great improvement in her condition.



Because of her health issues, Anysia has definitely needed staff assistance. I was truly impressed with how deep is her gratitude for the help they have given her. Anysia's nightly ritual is to review/count her blessings for the day and to pray for the needs of the nursing staff.

I've come to question Anysia's belief that she's led a "lucky" life. Luck just happens to you – but, given free will – you choose to cooperate with grace. Often, what happens to you is what you are open to and "blessings" continue because you articulate your deep gratitude for what you have already received. If there's one word that describes Anysia, it's "grateful" not "lucky." Before now, Anysia and I had never spoken. Now, her sense of gratitude has infected me – because that's how I feel about getting to spend time getting to know her.

## Initial Formation Update

*by Mary Elaine Anderson, IHM*

As a second-year novice, Sister Liz McGill has had time to engage in and explore a diversity of ministries with the purpose of deepening her understanding of IHM spirit and mission. Liz is now nearing the end of her volunteer service at Marywood University where, since March 1, she has been collaborating in the area of government advocacy and training in the area of compliance. Liz expresses her appreciation to Sister Mary Persico and the university community for giving her the opportunity to broaden her understanding of higher education and to be stretched professionally.

On June 1, Liz will be beginning a 30-day directed retreat to discern and prepare for her first profession. She asks for your prayerful support as she embarks on this new experience of her spiritual development. May God gift her at this time with a spirit of openness and inner freedom to respond generously to the vocation to which she has been called!

## From the IHM Business Office

### Stimulus Payments:

Recently the US Government issued a letter to all eligible individuals informing them that as part of the American Rescue Plan a \$1,400 payment has been issued by direct deposit.

These payments have been deposited directly into the congregation's account.

The Business Office is monitoring all payments received and will contact a Sister directly if payment was not received.

The Business Office does not require a copy of the letter.

Should you have any additional questions or concerns, please feel free to contact the Business Office at 570-346-5406.

### Ministry Agreements:

Ministry Services Agreements and Employment Information forms have been mailed. Sisters serving in ministries within a Diocesan or Parish setting should complete the Ministry Services Agreement. Sisters employed outside the Diocesan or Parish Settings are asked to complete the Employment Information form.

Forms should be returned to the Business Office by June 1, 2021. If you need assistance, please contact Laura Bondy at 570-963-2492 or [bondyl@sister-sofihm.org](mailto:bondyl@sister-sofihm.org).

### 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 congregation's 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 in their deposit advice upon receipt to the Business Office.



## Reimagining our Ministerial Outreach in the Future... IHM Collaboration at the Border

by Mary Elaine Anderson, IHM

“Informed by global needs and congregation realities, we will explore the future of our ministerial outreach... while reimagining how we might live all aspects of religious life into the future.” (Direction Statement 2018-2022)

At Chapter 2018, we, Sisters, Servants of the Immaculate Heart of Mary from Scranton, PA, expressed the desire to explore the future ministerial outreach of our congregation. Hidden within this desire was an acknowledgement of our diminishing and aging membership and a concern for the continuation of the mission and our role in bringing about God’s dream for our beautiful, yet wounded, world. As so often happens when we write a direction statement at chapter, we commit ourselves to something that we sense is an invitation from God and then have to listen attentively and respond to the reality before us to see how it might unfold in the future.

I believe that the plight of our brothers and sisters at the US-Mexico border is one of those invitations from God that IHMs would find difficult to ignore. Our charism and our Alphonsian spirituality impel us to respond passionately with unconditional love to the broken and vulnerable in our world. This legacy does not belong only to IHMs from Scranton but is a gift inherited and embodied by all IHMs—Monroe, Immaculata and Scranton.

Since April 24th, IHMs from the three congregations have been collaborating with Catholic Charities of the Diocese of San Diego and volunteering at their respite centers in El Centro and Holtville, CA. Over the course of the next few months, more than 30 IHMs will be a presence of love for our brothers and sisters seeking asylum at the southern border.

I am humbled to serve with these women religious from our three congregations. They are on fire with the passion to love unconditionally and they come to the border with a sense of urgency to be in the midst of the pain of our world. Each day brings new challenges and requires imagination, creativity, and fresh thinking to meet the needs of the people. Our desire is to respond with joyful, loving, self-emptying and hospitable service—the IHM spirit that we inherited from Mother Theresa Maxis and the sisters who have gone before us.

We have all made the journey to the border with the conviction that we have been called by God and that we have been SENT by our congregations. The support of our IHM sisters back home has been overwhelming! We join together with IHM sisters ministering all over the United States and beyond to bring the redeeming and healing love of God to our wounded world.

I cannot help but wonder how this current collaboration of the three IHM congregations might be related to the re-imagination of our Scranton IHM ministerial outreach in the future. Is this the first of many initiatives, ministerially or otherwise, that we will take with our IHM sisters in Monroe and Immaculata as well as with other women religious across the United States and perhaps internationally? God invites and places the opportunities before us. We only need to become more conscious of our interconnectedness and be willing to respond collectively to the needs of all of God’s creation.



*Sisters Constance Touey (I), Mary Elaine Anderson (S), Jeannette Lucey (I), Margaret Chapman (M) and Margaret Joseph Pavluchuk (I)*



*Sisters Kathy Benham (I), Margaret Chapman (M) and Mary Elaine Anderson (S)*



## Breathing to Relax *from the Emotional Wellness Committee*

During this past year, the pandemic, racial and immigration concerns, and political uncertainty have intensified experiences of anxiety, depression, and trauma in people around the world. We cannot imagine we are exempt.

The Emotional Wellness Ad Hoc Committee has received many suggestions of material that would be helpful in dealing with emotional well-being. As we are reviewing and discussing them, we will regularly provide samples and suggestions, here in the Newsletter, and on the IHM webpage.

LCWR published a document called *Psychological Care Guidelines during the Quarantine Period for the Religious and Priestly Life*. It provides a preamble with some basic points, and then makes suggestions for our life together, our personal life, the life of prayer and celebration, and our outward life. You can read the whole document in about 15 minutes.

There are two appendices. The first, called Psychological Cues for Self-Care is well worth reading. The second provides relaxing exercises; we are presenting two breathing exercises to relieve stress from that document.

### Breathing control

It is not difficult to imagine that throughout the quarantine you may experience some feelings of anxiety. One of its symptoms is shallow breathing. We offer you a simple technique that you can practice anywhere: breathing control.

1. Breathe in through your nose instead of your mouth.
2. Breathe softly and deeply several times.
3. Notice how the abdomen widens when you inhale and how it narrows when you exhale.
4. Take a couple of deep breaths in through your nose and exhale slowly and gently through your mouth.

### Diaphragmatic breathing

This technique needs a little more training and a quiet place to concentrate to do it well.

1. Get into a comfortable position and try to relax your muscles.
2. Place one hand on the chest and one on the abdomen.
3. Take a slow breath in through your nose, taking it to the hand on your abdomen. The chest hand should be immobile.
4. When you can get the air there, hold it for a couple of seconds.
5. Release the air little by little through the mouth, so that you feel the abdomen sinking while the hand of the chest remains immobile.
6. Repeat this exercise several times

The *Psychological Care Guidelines During the Quarantine Period for the Religious and Priestly Life* can be found on the Sisters Vital Living webpage at: <https://tinyurl.com/4f77556w>

## Attention all IHM Sisters and Associates:

Please pick up your pen,  
write a note, send a card,  
make a telephone call!

Contact a sister at OLP!

Do not wait.

The sisters would love  
to hear from you.

*From Emotional Wellness  
Committee*



*On any given spring day Sister Leonnette Bower can be found planting and tending the flowers that beautify the IHM Center grounds. She says, "I grew up on a farm. This is what we do."*

## Deepening Our Understanding of Culture

The Interculturality Pilot Committee would like to thank all those who watched and reflected on the video “Culture ... Cultura.” We received several oral and written responses of support that have energized and impelled us to create a second video that will be released in August.

For those of you who have not yet seen the first video or who would like to see it a second time to explore more deeply the meaning of culture, you can find the video, the image of the iceberg and the reflection questions on our web site under What We Do / Interculturality. We invite you to ponder personally and communally these questions:

1. Which of your cultural experiences opened and energized you?  
¿Cuál de tus experiencias culturales te dio energía o te abrió un poco más?
2. What were some of the cultural experiences that caused you to withdraw or pull back a little?  
¿Cuáles son algunas de las experiencias culturales que te hizo retroceder o retirarte?
3. Name one or two examples of your own cultural heritage.  
Menciona uno o dos ejemplos de tu propia cultura.
4. Reflect upon a time when you felt different because of your race or culture. What did you learn about yourself and the “other”?  
Piensa en una ocasión en tu vida cuando te sentiste diferente por motivos de tu raza o cultura. ¿Qué aprendiste de ti misma y del otro?
5. What struck you about what you heard in the video?  
¿Qué te impactó de lo que has escuchado en el video?
6. How do you express and live your culture in the way you pray, celebrate, and relate to others?  
¿Cómo expresas o vives tu cultura de la manera que oras, celebras o te relacionas con los demás?

If you would like to send us your reflections, comments or questions, please email us at [interculcom@sistersofihm.org](mailto:interculcom@sistersofihm.org)

Thank you for joining us on this journey toward discovering how we can live in a broader and more inclusive relational field with each other and in this beautiful yet wounded world!

*Elvia, Giovana, Mary Ellen and Mary Elaine*

## Spinach and Cheese Pies

*submitted by Maureen Schrimpe, IHM*

6 servings  
400 degrees  
15 – 20 minutes

1 cup of shredded sharp cheese  
10 ounces of frozen spinach  
8 ounces of reduced fat cream cheese  
1 box frozen puff pastry - thawed  
1 egg

Line baking sheet with parchment paper. In medium bowl add 1 cup of shredded sharp cheese. Use paper towels to squeeze excess liquid from defrosted spinach. Make sure it is well drained. To bowl add spinach and ½ (4 ounces) of reduced fat cream cheese. Frozen puff pastry sheets, thawed, roll both sheets into 10 x 10 squares. Cut each sheet into 6 rectangles. Divide cheese mixture among 6 rectangles leaving ½ inch around edges. Place remaining 6 rectangles on top. With fork, seal edges. In small bowl, beat 1 large egg and brush on hand pie tops. Poke holes in tops. Bake until bottoms are golden.



## NEW ON THE IHM WEB ● ● ● ● ● ● ● ●

Deceased IHM Sisters Prayer: <https://video.ibm.com/channel/ihm-tv>

Discerning Our Emerging Future: <https://video.ibm.com/channel/sisters-of-ihm-scranton-pa>

Interculturality: <http://www.sistersofihm.org/what-we-do/interculturality/>

Sexual Orientation and Gender Identities: <https://video.ibm.com/recorded/129628146>

Evening Prayer: <https://video.ibm.com/recorded/129543664>



## Enrichment by Dialogue *by Sister Loretta Mulry, IHM*

Once upon a time there was a dialogue group that spanned miles and miles and miles, from Scranton to Peru and places in between. They struggled sometimes with a technology service called Zoom, but they worked out the kinks time and time again and so they survived. In the brief words of one current member, "It is so enriching to dialog with our sisters in Peru."

Periodically, this group had to rotate in and out to other groups, but some of the members kept returning to their original home. There was something about this dialog group that was very satisfying! What follows is a summary of all the things they dialogued about over the years, especially most recently, and some other activities that flowed forth from their genuine efforts to employ contemplative dialog however best they could.

The materials provided for the retreats by Liz Sweeney gave the dialog group much food for thought and sharing. As another current member said, "A phrase that stood out for me was, we need to let God love us in the deep, subtle ways that God does. There are so many ways that surround me every day that it makes me glad." Another member characterized the effect of Liz Sweeney's material as leading the group to a discussion of how each one prayed. Included in that dialog was music, poetry, nature, using the arms of a recliner to represent the arms of Jesus encircling one in prayer, centering prayer, and praying the scriptures. This was perhaps, the moment in all the years of dialoguing, that touched another member the most because it was group-sharing at its deepest level.

The depth and breadth of topics addressed by this dialog group are remarkable. Jesuit Father Gerald O'Collins set out a number of dreams for the Church's future in his article in the Tablet entitled "I Have Seven Dreams...." This was coupled with a position paper presented by the Catholic Church in the European Union entitled "Let Europe Recover through Justice," which called for swift agreement among member states and the European Parliament on a recovery plan and the next multinational financial framework. While this discussion should be directed to the common good and guided by a spirit of solidarity, the Social Affairs Committee urged that the EU should aim for an agreement that Europe should recover through ecological, social and contributive justice.

In a report about new ideas or questions that surfaced during a dialog group meeting a year ago, it was related that after dialoguing about an article published in the Tablet in England by Chris Lamb entitled "Post COVID Catholicism" (5/28/20), and another article from Commonweal, "Necessary Bluntness: Archbishop Gregory's Stand for Integrity" (6/9/20), discussion turned to the reality of voice in the Church. Whose voices will be heard in this climate of division in the Church and in the country? Who are the bishops to whom we could present our ideas about the Catholic Church post-pandemic? What ideas do we have, where "we" means individuals, groups, or the IHM Congregation? This led to action!

When asked if there was anything this dialog group wanted to bring to the attention of the Advisory Board, the answer was YES! The issue of VOICE in the Church is important to us. It ties in with RELATIONSHIPS. Is LCWR on a parallel course with the voices on the NCCB? Should we identify bishops with Pope Francis' vision? Should we write to them relative to our ideas and concerns and positions on issues, not as a Congregation, but as individual voices? Should we be using more strongly the public platform all bishops have to make our voices stronger? Can we find out if there is Congregation support for this by discussing it at Assembly? So the dialog group sent a request to the Advisory Board to place this issue on the Assembly agenda. Since it was too late to be placed on the Assembly agenda, the advisors suggested that e-mail be sent to the ihm-list inviting sisters to a

*continued on page 12*



*Compiled by current members: Eileen Egan, Ancilla Maloney, Loretta Mulry (scribe), Karen Marie O'Neill, Joan Quinn, and former member Betty Bullen*

## Enthronement Guild Marks 75 Year Anniversary

The year 2020 marked the 75th Anniversary of the Enthronement Guild of the Sacred Heart in the Diocese of Scranton. The Guild was established by Bishop Hafey at Marywood College in 1945, with Sister Ethelbert Gilroy as the first Moderator. On June 22, 2017, Bishop Joseph Bambera renewed the Enthronement of the Diocese to the Sacred Hearts of Jesus and Mary. Msgr. John Esseff served as Spiritual Moderator, followed by Father Daniel Toomey who continues to serve the Guild as Spiritual Moderator. Sister Moderators over the years include Sister Romaine Krug, Sister Eamon O'Neill and Sister Celesta Sinisi.

It was a South American priest, Father Mateo, who received a healing at Paray Le Monial, France where St. Margaret Mary received a revelation of Jesus. Father Mateo was inspired to preach everywhere the Enthronement of the Sacred Heart in connection with the promise of our Lord, "I will bless every place where the image of my Heart shall be exposed and honored." Pope Pius X not only approved but commanded Father Mateo (Edward Crawley-Boevey) to spread the Apostolate by bringing families together in His honor. This is yet another powerful example of faith that spread the Enthronement of the Sacred Heart all over the world.

For seventy-five years we have witnessed so many examples of holiness and faith, providing the foundation that drives us forward in our mission of bringing the Sacred Hearts of Jesus and Mary into homes in our diocese, one parish at a time, one household at a time.

Currently, Maria Pappa serves as Coordinator of the Enthronement Guild, with a dedicated Board of Directors which includes Father Daniel Toomey, Spiritual Moderator, Patrick Williams as President and Ernie Pappa as Director of Communications.

A new location for the office of the Enthronement Guild was generously provided at the Oblates of St. Joseph Seminary by Father Joseph Sibilano, a strong supporter of the Guild, in December 2017.

"We have been on quite a journey as an Apostolate and we look forward to serving the two Hearts into the future. Our membership has been and continues to be very generous in offering prayer and financial support for our work and we are most grateful. We are a spiritual family under the care of the Sacred Heart of Jesus and the Immaculate Heart of Mary." (Ernie Pappa, Director of Communications)

### *Dialogue Group, continued from page 11*

discussion on the topic of VOICE. Two discussions were held with 20 participants at the first one and 10 at the second one. The outcome of these discussions was to continue on with the idea but to contact bishops individually. One of the members from Peru intends to bring letters with her when she returns to the States in the summer, to be mailed here to individual bishops.

In many ways this dialog group functions very well using contemplative dialogue to deepen individual and group spirituality around current spiritual topics. In other ways, it provided one among many offerings for social contact during the pandemic quarantine. The issue of VOICE was reminiscent of how mission groups formerly looked for a path to action by seeking assistance from the Mission Board. This dialog group sought assistance from the Advisory Board, but ultimately reached out itself to the entire Congregation for action.



*L-R Sisters Celesta Sinisi, Romaine Krug, and Patricia Hauser*



*L-R Sister Celesta Sinisi and Maria Pappa*



## IHM Certified as Master Allergen Trainer

Sister Maureen Schrimpe recently completed four classes before being certified as a Master Allergen Trainer. This qualifies her to teach individuals how to safely serve allergen and gluten individuals in any setting such as K-12. Sister Maureen is qualified to train food servers both at universities and restaurants as well as upper management in all the areas listed above. There are 102 Certified Master Allergen trainers throughout the United States.



### IHM Congregation Vitae

as of June 1, 2021

Final Profession - 276  
Temp. Professed - 1  
Novices - 2  
Candidates - 0  
Associates - 164

Sisters of St. Casimir  
Final Profession - 36

## News from the UN

June 5 - World Environment Day 2021 calls for urgent action to revive damaged ecosystems. From forests to peatlands to coasts, all life depends on healthy ecosystems for survival. This includes nature, but also human made systems such as cities or farms. World Environment Day 2021 will see the launch of the UN Decade on Ecosystem Restoration: a global rallying cry for everyone—from governments to corporations and citizens—to do their part in healing our ailing planet.



June 12 - World Day Against Child Labor 2021 will focus on actions taken for the 2021 International Year for the Elimination of Child Labor. It is the first World Day since the universal ratification of the International Labor Organization's (ILO) Convention No. 182 on the Worst Forms of Child Labor, and takes place at a time when the COVID-19 crisis threatens to reverse years of progress in tackling the problem. The ILO is promoting a week of action starting with the launch of the new global estimates on child labor. Events will highlight progress and point to the work that remains.

June 20 - World Refugee Day was inaugurated by the United Nations General Assembly in 2001 in recognition of the tremendous work of the UN High Commissioner for Refugees. This World Refugee Day will be marked during dramatic social change. A pandemic has tested the world's strength and highlighted systematic inequalities. It has also connected people in new ways and renewed the global community's motivation to act for equality. This year celebrates refugees who are on the frontlines fighting this pandemic, their hosts, and the aid workers supporting them.

## Prayer for the Intercession of Mother Maria Kaupas



Gracious God, we praise and thank You for Your faithfulness and love. You have blessed us with the example of Your servant, Maria Kaupas, whose deep faith in Your presence, love for the Eucharist, and zeal in fostering the faith life of others continue to inspire us. Through her intercession, we pray that \_\_\_\_\_ Help us to continue life's journey with a heart filled with a profound faith in You and that trust which is born of love. We ask this through Jesus our Lord and the power of the Spirit. Amen.



EWTN's They Might Be Saints  
The Mother Maria Kaupas Story

<https://tinyurl.com/10r1577i>



Sometimes it may appear that creation spirituality is an entirely new understanding of our relationship to all beings. Yet we have evidence from our IHM Archives that care for the earth and its creatures was embodied in our IHM ancestors many years ago.

Sister Beth Pearson, our IHM Archivist and a member of our EarthCARE committee, recently unearthed a recollection published in Sister Immaculata Gillespie's history of the IHMs. The memory is of Sister M. Stephanie Bedlow, included as part of comments following her death on March 12, 1905. An anonymous Sister who knew her well wrote: "Sister Stephanie was no ordinary woman. She ever saw blue skies and pleasant sunshine, she never missed the song of birds or the fragrance of the flowers. She was a naturalist and she lived with nature."

Sister Stephanie, who spent twenty-three years caring for orphans at Saint Patrick's and the foundlings at Saint Joseph's, carried her love of nature into her nurturing relationship with children. "To her, childhood was a garden of roses and the little men and women who filled it were to her precious plants which she carefully nurtured. Their bloom gave her inspiration."

She seemed to have a mystic's understanding of the life force in all creation, as evidenced in this observation from one of her sisters: "I cannot think of a pretty bed of roses or scent a beautiful rose without a thought of Sister Stephanie. I had seen her so often among the flowers that I felt she was related to them. It was she who laid out and transformed into a beautiful garden the lawn in front of Saint Joseph's Home. In the garden, hard at work in the dawn of a summer's morning, you would find Sister Stephanie. She trained the flowers as she did the children. She inspired character in her rose beds. With a motherless babe by the hand, Sister Stephanie could be seen in the flower garden early and late."



*Photo by Micah Tindell from  
<https://unsplash.com/>*

What an affirmation to discover that the work of our EarthCARE committee and all who support this work is grounded in the vision of our IHM ancestors! May we continue to mine the wisdom of those who have gone before us and be lifelong learners in the school of our beautiful, yet wounded, world.



*The sisters of Shalom Community, Margaret Gannon, John Michele Southwick, Carrie Flood and Fran Fasolka arranged for the purchase and planting of a dogwood tree on the Marywood University campus in memory of Sister Dorothy Haney who served on the faculty there for forty years.*



*Sister Mary Ann Cody honors her sister and friend, Sister Claire Kulp, with flowers at St. Catherine's Cemetery in Moscow, PA.*



## IHM Development Office

### 2021 IHM Sisters Celebration

Building upon the success of last year's virtual IHM Sisters Celebration, all are invited to join us for our 2021 virtual event on Saturday, August 7 at 6:00 p.m.

Tune into Electric City Television's Channel 19 where you will be awed and entertained as we share stories of remarkable sisters and extraordinary individuals whose lives embody the IHM spirit. The entire program will be available for viewing on Electric City Television's YouTube Channel at [www.youtube.com/user/ElectricCityTV570](http://www.youtube.com/user/ElectricCityTV570) the entire week following the broadcast.

Event updates will be posted on the Sisters of IHM Facebook page and at <http://www.sistersofihm.org/sisterscelebration>.

Honorary co-chairpersons are William R. (Bill) and Mary Jean (Bean) Foley Lynett of Clarks Summit, PA. Bill is publisher emeritus of The Times-Tribune (The Scranton Times) and was publisher from 1966-2012.

The following individuals are being featured for their benevolent work in the community and to highlight the impact the IHM sisters have had in their lives: Ann Montoro Williams, Stewardship Manager, Friends of the Poor, Scranton, PA; Maria Montoro Edwards, PhD, President and CEO, Maternal and Family Health Services, Wilkes-Barre, PA; Dan Santaniello, President and CEO, Fidelity Bank, Dunmore, PA; Carl Witkowski, Chief Operating Officer, Berkshire Hathaway Guard Insurance Companies, Wilkes-Barre, PA. These outstanding individuals were selected by the committee in recognition of their commitment to and embodiment of the IHM spirit and mission.

### IHM's Awarded SOAR! Grant

We recently received a generous grant award from SOAR! to help offset the cost of replacing food service equipment at OLP. This includes a convection oven, an ice machine, a standup cooler, and two salad/dessert bars. Thank you SOAR!

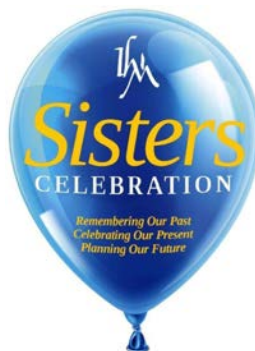
### Final 2020-2021 Silver Circle Drawing

Thank you to all of the 2020-2021 Silver Circle sellers for their hard work and dedication and to all of our members who together have helped us reach our goal! The final Silver Circle drawing will be on Wednesday, June 16.

We are always in need of new sellers! Call 570 346-5431 for more information or visit <https://tinyurl.com/7wssf6uu>

### Remain in Our Love

The development office continues to offer special liturgies and prayers at the IHM Chapel for communities where we have ministered but are no longer present. Our next mass, at 8 a.m. on June 23, 2021, will be for parishes, schools, and organizations from the Dioceses of Wilmington DE; Wheeling-Charlestown, WV; Arlington VA; and Lexington KY. We invite you to share any special intentions for these masses with Sister Ann Monica Bubser, IHM, at 570 346-5431 or [bubsera@sistersofihm.org](mailto:bubsera@sistersofihm.org)



### Our Lady of Grace Spiritual Center

Manhasset, NY  
516-627-9255  
[www.olgretreat.com](http://www.olgretreat.com)

A Space for Grace - Tuesdays,  
via Zoom 10:00 a.m. to 11:00  
a.m. with Sister Ann Barbara  
DeSiano.

Days of Sabbath: for those  
seeking personal prayer and  
silence.

June 4 and July 2  
9:30 a.m. – 3:00 p.m.

Thursday, June 3  
9:30 a.m. - 12:00 noon  
In person at Our Lady of  
Grace

Thursday, June 10  
9:30 a.m. - 12:00 noon  
In person at Our Lady of  
Grace  
The Gifts of Summer  
with Sister Ann Barbara, IHM

Wednesday, June 2, 9, 16  
10:00 - 11:15 a.m. via Zoom  
Bereavement Prayer Group  
with Carol Mackey

Thursday, June 17  
10:30 a.m. - noon via Zoom  
New Beginnings  
with Joan McGovern

Thursday, June 24  
10:30 a.m. - noon via Zoom  
Summer's Grace  
with Joan McGovern

Silent Directed Retreat 2021  
June 25–June 30  
Director: Sister Joann Walsh,  
RSM  
\$450, includes all meals &  
overnight accommodations



## Gratitude

Our sincere gratitude goes out to the IHM sisters, relatives and friends for the many Masses, prayers and support, which we received at the recent death of our sister, Mary Frances (aka Mern) Heisey. God bless you!  
- Sister Daniel Mary and the Heisey Family

Thank you for our Evenings of Prayer 2020 - 2021

A huge thank you is in order to all those sisters and associates, who over the course of this past year, helped to prepare our creative and prayerful evenings of prayer each month. Each one of them were open to leaning into the adventure of doing these evenings virtually and they each did a wonderful job creating a very prayerful, virtual space, keeping us advised as to when the prayer would occur, sending the links and facilitating the Zoom recordings.

Our gratitude goes to the following Sisters and Associates for their time and efforts preparing the evenings of prayer: Mary Elaine Anderson, Elizabeth DeMerchant, Jacquelyn Donohue, Fran Fasolka, Giovana Fuentes Bendivez, Susan Hadzima, Mary Ellen Higgins, Jan Kalyan, Maria Rose Kelly, Donna Korba, Kathy Kurdziel, Liz McGill, Jan Novotka, Patricia Sheehan, Rachel Terry, Grace Surdovel, and all those other associates and sisters who assisted in preparing our IHM virtual evenings of prayer over this past year.

The family of Jinny Marino thanks you for your prayers, cards and letters of condolences as well as Mass remembrances. Please continue to keep the family in your prayers.  
- Sister Flo Marino, IHM

## God's covenant has been fulfilled



*Sister M. Sabine Higgins, IHM  
May 9, 2021  
in the 76th year  
of her religious profession*



*Sister Ave Maria Foley, IHM  
May 11, 2021  
in the 78th year  
of her religious profession*



*Sister M. St. Mel Wright, IHM  
May 20, 2021  
in the 69th year  
of her religious profession*



*Sister M. Cecilian White, IHM  
May 20, 2021  
in the 75th year  
of her religious profession*

## IHM Calendar

Advisory Board  
Saturday, June 5

Chapter Chat  
Tuesday, June 22  
1:30-3:30 and 6:00-8:00 pm

IHM 175th Celebration  
July 9-11

IHM Assembly  
July 23-24

IHM Jubilee  
August 15

Visioning the Future  
October 23-24  
Linda Buck, CSJ

IHM Forward  
October 30

IHM Chapter  
March 22-27, 2022  
April 21-24, 2022



## IHM Directory Update

The online directory at  
[www.sistersofihm.org](http://www.sistersofihm.org)

Vincentia Dorsey  
cell 570-575-9794

Frances Mary Rundell  
Our Lady of Peace Residence  
570-330-8536

Lenore Thomas  
Franciscan Village  
1274 St. Bonaventure Court  
Lemont, IL 60439-3783  
cell phone: 440-715-5220





*Eternal* by Lisa Scottoline  
Reviewed by Sister Patt Walsh, IHM

“Hate was eternal, but above all, so was love.”

Starting last November, each Tuesday night I had a Facebook Live session with one of my favorite authors, Lisa Scottoline. Each session on her new book, *Eternal*, was preceded by brief “Behind the Book” video clips of key Italian locations in the novel. (These sessions can all be seen now on her website: <https://www.scottoline.com/eternal-behind-the-book/>.) *Eternal* takes place mostly in WWII Italy (though it is bookended by a brief but important prologue and a conclusion 13 years later.) Scottoline says this is the book she was meant to write because so many people don’t seem to know about the story of the WWII Holocaust that took place in Italy. Before reading *Eternal*, I found I knew so much about the Holocaust (I’ve even visited Auschwitz!), that I was reading with a feeling of tension – what will happen? Will this story end in triumph? Will I come to care for characters that suffer and/or die?

*Eternal* has three main plotlines. Like all of her books, Scottoline creates a fictional story of family, love and justice. *Eternal* has three best, lifelong friends: Elizabetta D’Orfea from Trastevere whose mother leaves her to cope with her alcoholic father who eventually dies; Marco Terrizzi, a competitive cyclist and member of Mussolini’s youth group—his father runs a sports bar on Tiber Island (in the middle of the Tiber River); and Sandro Simone, a mathematical prodigy who lives with his family in the Jewish ghetto. The Tiber Island’s bridges really and symbolically connect Sandro’s home and Elizabetta’s. Both Marco and Sandro fall in love with Elizabetta and want her to choose one of them.

The second plotline involves these families trying to navigate WWII Italy—is Mussolini a leader to follow or fear?

Most importantly, it’s the true story of the Jews living in the Jewish ghetto. They were once supporters of Mussolini but their lives are slowly being destroyed by his “race laws” which are released regularly; each one continues to impose greater restrictions that reduce the Jews to beggars who look to sell their remaining valuables to earn money for food.

If nothing else, Scottoline wants her readers to understand what happened in the Jewish ghetto on October 16, 1943. Mussolini surrenders to the Nazis. Feeling safe because they were able to gather the demanded 50 kilograms of gold, the Jews are shocked to find the Nazis destroying their temple and confiscating the registration list of the Jews who live in the ghetto. Early on the morning of October 16, the Nazis start calling out the names of the Jewish residents in a “roundup” (including Sandro) and two days later put them on trains to send them to Auschwitz. Of over 1,100 Jews who left the ghetto that day, only 11 returned. I’ve told you this much about the October 16 event in case you choose not to read this book. It’s my effort to help Scottoline reach her goal of getting the word out about what happened on October 16, 1943.

There are many points in this book I have not included here: Elizabetta works in and runs an Italian restaurant and Scottoline spends time giving you the Italian name of and the ingredients for the dishes. Who did Elizabetta choose – Marco or Sandro? What’s Marco’s secret? Does Sandro escape? What happens to our three main characters – triumph or tragedy? How does the prologue prepare you for the story’s end? And what role did the Pope/Church play in the creation of the ghetto or in saving the Jews from both Mussolini and the Nazis during WWII?

For these answers, you need to read the book!

