

## Helen (Mary La Salatte) Ingles, IHM



Helen grew up on Detroit's east side, near the Detroit River, the youngest child of Edward and Enid Ingles. Both of her parents were from small towns on the Canadian side of the St. Clair River and had come to Detroit for employment. Family, school and parish filled most of her days, with frequent visits to relatives "up home".

She followed Ted, Ann, Joan and Jim in attending St. Martin Grade and High Schools. It was there that she met the IHM Sisters. Her parents had several relatives in religious life, including Aunt Gertie (Sister Mary Virginia, RSM in Buffalo, New York), so her decision to join the IHMs was supported, although with no pressure either way.

One memory that sticks out from formation days came on her 18<sup>th</sup> birthday, one week after her entrance into the Postulate. After their first day of silence, they were invited out to the Knoll for a picnic, highlighted with a birthday cake provided by the Ingles family.

After student teaching at St. Joseph, Monroe, she taught middle grades at Gesu Elementary and St. Columban for three years, followed by teaching math for nine years at Marian and four years at Luke M. Powers in Flint. She reluctantly left teaching to serve as Treasurer of the Northwest Province for six years, followed by nine years in the Congregational Business Office as General Treasurer and Director of Financial Services. She found this a challenging and fulfilling ministry, learning from master teachers and discovering new skills in the process.

After some time off to finish the MBA she had been pursuing at The University of Toledo, she found a new ministry in the finance office at Holy Sepulchre Cemetery in Southfield. This position combined her financial skills with service to the families at a somber time in their lives.



After seven years in the cemetery, she was elected to serve on the IHM Leadership Team, serving twelve years as



CFO/Treasurer. This, along with her previous work in the province and the CBO, allowed her to get to know the IHM Sisters in special ways as well as sisters from other congregations.

Being a part of the IHM congregation has challenged her with experiences she would have never imagined or thought possible. The many friendships have been a blessing and have enriched her life.