

## WE SERVE GOD BY SERVING OTHERS

The 2025 Ministry Appeal highlights the ministries of **Sisters Kathy Grosh**, serving as a psychotherapist; **Candyce “Candy” Rekart**, working as a family coach; and **Angela Therese Meram**, as a hospice home health care volunteer. You will learn about their dedication to supporting individuals at every stage of life, from childhood to adulthood and through life’s final journey. Their commitment to education, healing and compassionate care is reflected in their ministries—supporting individuals in recovery, promoting mental wellness and providing comfort to the terminally ill.

We extend our sincere gratitude for your support of our Ministry Appeal, which greatly impacts the work of the IHM Sisters as they minister to those most in need. Because of your generosity, our ministries continue to serve communities across 13 states, Puerto Rico and Mexico. Your support also allows us to work in partnership with various organizations and religious orders, expanding our influence and fostering positive change in our global community.

Together, we uphold the IHM mission:

**“URGED BY THE LOVE OF GOD, WE CHOOSE TO WORK WITH OTHERS TO BUILD A CULTURE OF PEACE AND RIGHT RELATIONSHIP AMONG OURSELVES, WITH THE CHURCH AND WITH THE WHOLE EARTH COMMUNITY.”**

Please consider a gift to the 2025 Ministry Appeal. Your generosity helps advance our mission and enrich the lives of those we serve.

Consistent with our mission, we offer yearly grant opportunities. These grants provide assistance to ministries with which individual sisters and associates are personally involved. Grant applications are accepted in the spring; then, applicants are interviewed by the Ministry Grant Board. Funding totaled \$50,000 and the following ministries were awarded grants in June 2024:

- Alliance to End Human Trafficking for *creating awareness in the fight to end human trafficking*  
Submitted by Sister Ann Oestreich
- All Saints Literacy Center for *digital upgrade project*  
Submitted by Sister Agnes Anderson
- Crossroads of Michigan for *Empower HER*  
Submitted by Sister Elizabeth Walters
- CWO Farms and Forever Green Inc. for *educational materials and student activities*  
Submitted by Sister Gloria Rivera
- Dimensions in Wellness Inc. for *Inspiring Change for a Better You*  
Submitted by Sister Judith Bonini
- Epiphany Education Center for *Literacy Intervention Project*  
Submitted by Sister Marie Cyril Delisi
- Mercy Education Project for *English as a second language tools for student success*  
Submitted by Sister Barbara Zimmer
- Monroe County Learning Bank for *Empowerment Series*  
Submitted by Sister Kate O’Brien
- River Raisin Institute for *environmental education*  
Submitted by Sister Audra Turnbull
- Spirit Mountain Retreat for *Return to Yourself: A Resiliency and Healing Retreat Series for Women Veterans with PTSD*  
Submitted by Margaret Mary Leusch, IHM Associate
- St. Joseph’s Catholic Parish, Howick, South Africa for *HIV/AIDS support program*  
Submitted by Sister Margaret (Peg) O’Shea
- Strangers No Longer for *Growing Community in Downriver Project*  
Submitted by Sister Rebecca Vonderhaar



2025 MINISTRY APPEAL

## SISTER KATHY GROSH

Before becoming an IHM Sister, **Sister Kathy Grosh** served as a volunteer with the AmeriCorps Volunteers in Service to America in a poor African American community in Little Rock, Arkansas. “This experience opened my heart to the issues of poverty and racism that continue to touch me deeply,” said Sister Kathy.



Sister Kathy’s first ministry as an IHM Sister was at St. Monica Parish in Detroit, followed by five years as a pastoral associate at Ascension Parish in Warren, Michigan. She then went on to study at Catholic Theological Union in Chicago, where she earned a master’s degree in theological studies.

Her next ministry brought her back to Michigan, where she spent 10 years at the Catholic Community Center in Benton Harbor, dedicated to providing emergency services and supportive counseling. This work not only strengthened her commitment to being present with the poor but also reinforced her value of deep, compassionate listening. She was deeply moved by the individuals she met, many of whom were facing poverty, racism, hunger and personal hardships. These experiences motivated her to further her studies at the Center for Humanistic Studies in Detroit, where she earned her

license as a psychologist. For the past 32 years, Sister Kathy has been a practicing psychotherapist, working in a Detroit clinic and at Family Counseling and Shelter Services in Monroe, Michigan. She now serves at the Humanistic Wellness Center, also in Monroe, where she provides therapy for children, adults and families.

**“I AM BLESSED THAT MY MINISTRY HAS ALLOWED ME TO SHARE IN THE LIVES OF MANY PEOPLE. I FIND MY OWN LIFE ENRICHED WHILE ASSISTING INDIVIDUALS NAVIGATING CHALLENGES SUCH AS DEPRESSION, ANXIETY, GRIEF, RELATIONSHIPS AND OTHER LIFE STRUGGLES,”** said Sister Kathy. Her experience in social services and therapy has deepened her appreciation for diverse cultures, sexual orientations, religious beliefs and the uniqueness of each person she encounters.

## SISTER CANDYCE “CANDY” REKART

**Sister Candyce “Candy” Rekart** is involved in *women empowering women* at Paula’s House, a recovery residence in Monroe, Michigan, for women overcoming drug and alcohol addiction. Here, women can live with their children while focusing on sobriety, personal growth and wellness. For 10 years, she has been a family coach, teaching parenting classes with a focus on adult coping skills and fostering creativity in adults and children. Other responsibilities include “whatever is needed,” said Sister Candy. She finds great joy in playing with the children and supporting women through their daily challenges and achievements.



Where might you find Sister Candy at Paula’s House? She could be in the kitchen, dining room or playroom, offering support in a home-like atmosphere. You might find her at the large table surrounded by paints and markers, listening to life stories as creativity unfolds through active hands. She may be in her office, where children play on the floor with dollhouses, arranging people and furniture, reconstructing their own life stories.

The “whatever is needed” aspect of this ministry is what keeps Sister Candy grounded—it’s real life. She believes her background in special needs education, clinical psychology, 42 years of ministry in Puerto Rico and her current work with women overcoming addiction, all guided by deep spirituality, equip her for the “whatever” each day brings.

**“MY TEACHERS ARE THE PEOPLE THEMSELVES—GOOD, OFTEN AMAZING PEOPLE, CAUGHT UP IN LIFE’S REALITIES. THEY ARE FAMILY MEMBERS, PARTNERS, NEIGHBORS, FRIENDS AND STRANGERS. THEY ARE PART OF LIFE, AND FOR THEM, I AM GRATEFUL,”** said Sister Candy.

## SISTER ANGELA THERESE MERAM

For six decades, **Sister Angela Therese Meram** worked in the classroom, focusing on preparing young students for their future. Now, as a hospice home health volunteer, she assists terminally ill individuals of all ages in preparing for their final journey. By visiting patients in their homes, she offers companionship, comfort and emotional support while also providing respite for caregivers. Sister Angela Therese explained, “Hospice affirms life by helping patients maintain dignity and peace while compassionately guiding families through this transition.”

As a volunteer, Sister Angela Therese engages with patients through conversation, reading and music, tailoring her approach to their individual needs. In some cases, she may be one of the few visitors they receive. Many patients are comforted by her presence. They share stories of their past and express their fears. Sister Angela Therese finds that music helps create a sense of comfort and connection, evoking memories and emotions. As a talented musician, she often brings her guitar, encouraging patients to request their favorite



songs. Some of the most requested songs are *My Way*, *(Simply) The Best*, *Over the Rainbow* and *Beautiful*. On occasion, especially during holidays, she dresses in costume to bring joy and laughter. “One is never too old for wholesome fun and a hearty laugh, which we all need from time to time,” said Sister Angela Therese.

She added **“SAYING GOODBYE IS NEVER EASY. HOWEVER, IT CAN BE A TIME FOR REFLECTION, LAUGHING, SHARING MEMORIES AND SHOWING PATIENTS HOW MUCH THEY ARE LOVED. I ENJOY HELPING PATIENTS AND THEIR FAMILIES NAVIGATE THIS JOURNEY WITH GRACE AND HOPE.”**