

Good News

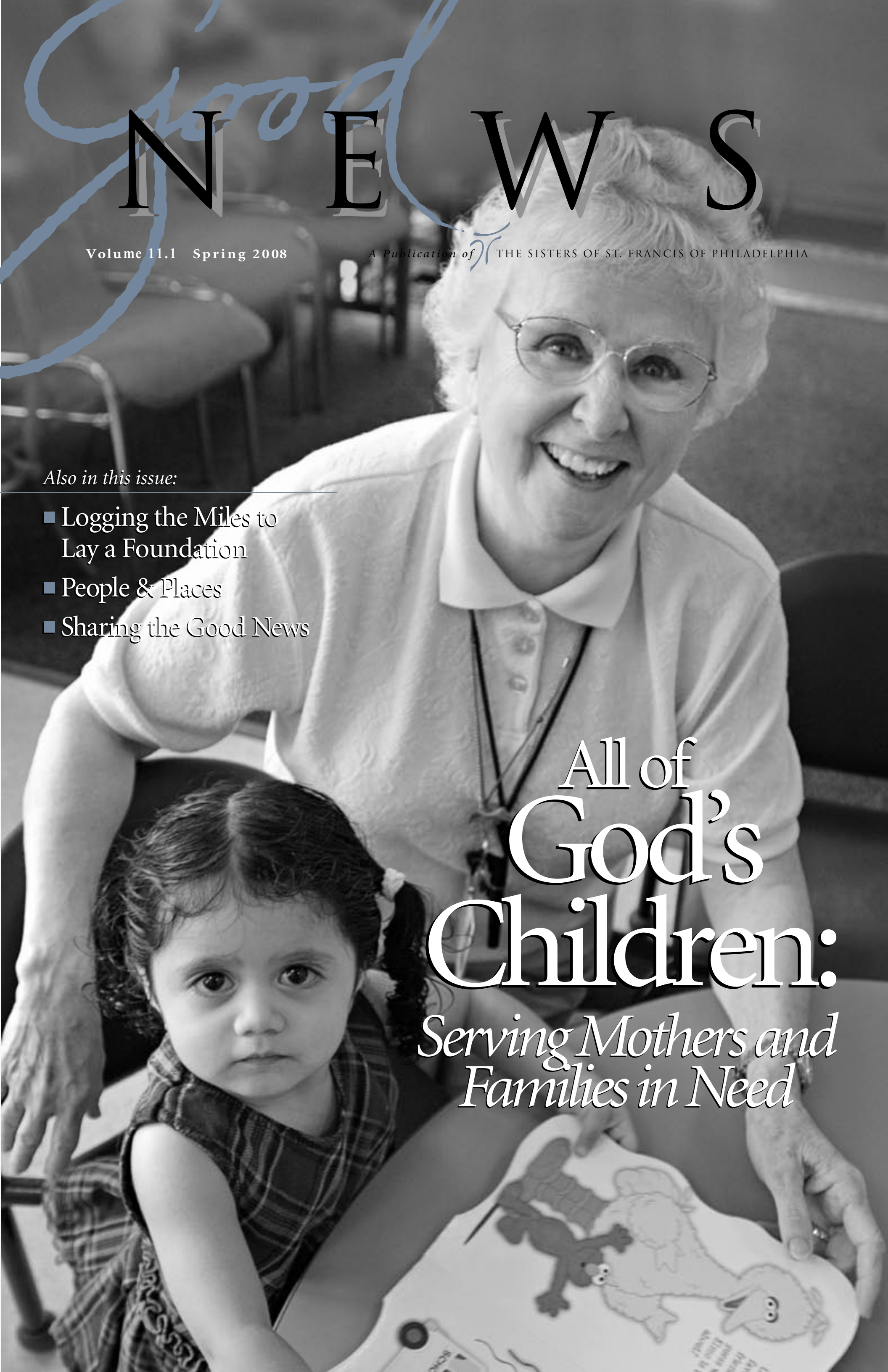
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Commitment Statement

We recommit ourselves to “rebuilding the Church” by living the passion of the Gospel in the discerning spirit of our Franciscan charism and tradition.

We are willing to take the necessary risks to be a healing, compassionate presence in our violent world especially with women, children, and those who have no voice.

We desire to reflect this commitment in our dialogue with the entire Church, in our own governing structures, and in our relationship with one another as sister.

Communications Office
609 South Convent Road, Aston, PA 19014
Tel (610) 558-7726 Fax (610) 558-6131
goodnews@osfphila.org

Managing Editor
Florence Smith

Editorial Board
Companion Valerie Cummings
Sister Donna Fread, OSF
Sister Pat Hutchison, OSF
Sister Helen Jacobson, OSF
Sister Pat Michalek, OSF
Sister Ann Marie Slavin, OSF

Graphic Design
Geneen Pintof

The purpose of *Good News* is to further the Gospel mission of the Sisters of St. Francis of Philadelphia by sharing the good news of the congregation with our friends, family, Companions, and sisters. Through this publication, we hope to share the charism of our congregation and invite others to become involved in our mission.

Good News is published three times a year (spring, summer, winter) by the Sisters of St. Francis of Philadelphia. We welcome your feedback and comments; correspondence should be addressed to *Good News* at address above.

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POINT OF VIEW

*Through the lens of **hospitality**...*

Since January 2007, we have been preparing for our June 2008 General Chapter, a gathering during which we reflect with one another to focus our priorities and direction as a congregation and to elect new leadership for the next six years. During this preparation time, we have been reflecting on how God invites each of us to serve one another and our world as **Franciscan women of hospitality**.

Through the lens of **hospitality**, we have prayed together with the Gospel story of the visitation of Mary to Elizabeth: “Mary stayed with Elizabeth about three months and then returned home” (Luke 1:56). The welcoming space that Mary and Elizabeth offered to one another was born from each woman’s willingness to stretch beyond her own needs and concerns to embrace the needs of the other. From that hospitable space where both young and old find their place of belonging, they were able together to hold their wounded world and to offer it the Word of life.

In this issue of *Good News*, we have the opportunity to encounter **hospitality** enfleshed in the ministry of the Mother Bachmann Maternity Center, sponsored by St. Mary Medical Center, Langhorne, Pennsylvania, and in the ministry of Sister Kathleen Winkelman in her work as Director of Religious Education for three parishes on the Eastern Shore of Maryland.

At Mother Bachmann Maternity Center, you will meet Sister Marie Cecilia Irwin and her colleagues who have welcomed immigrant women from forty different countries as well as families who struggle to access healthcare resources for the well-being of their children. Here these clients have found a safe haven where they are treated with dignity and where they receive the quality care, support, and referrals needed for healthy families. Read more about Sister Marie Cecilia, a seasoned healthcare provider, who follows in the tradition of our immigrant foundress, Anna Maria Bachmann, in her volunteer ministry of being a hospitable, calming presence for both staff and patients alike.

For twenty years Sister Kathleen Winkelman’s ministry has stretched across rural parish lines on the Eastern Shore of Maryland to develop religious education programs for multiple parishes and to mentor lay leadership for the future. Her story reveals her love for the Eastern Shore and its distinct culture passed down from generation to generation. You’ll also meet catechists who have been trained by Sister Kathleen and who will carry on her ministry when she leaves her work there in summer 2008. Here Sister Kathleen, in a spirit of Franciscan **hospitality**, welcomed these men and women to develop their gifts for service within the Church. What a wonderful tribute that she leaves a strong foundation through which their gifts can continue to develop and grow!

As we continue to reflect on our call to be women of **hospitality** for our world, we invite you to do the same. If we are willing to make the same kind of welcoming space for others that Mary and Elizabeth made, we will be challenged to stretch beyond ourselves to embrace the needs of others and to become advocates for a better world. May we all continue to probe who **hospitality** invites us to become!

Blessings on you and your loved ones!

Lynn Patrice Lavin, OSF.

Sister Lynn Patrice Lavin, OSF
Congregational Minister

On the cover: Sr. Marie Cecilia Irwin is a volunteer at Mother Bachmann Maternity Center in Langhorne, Pennsylvania, which offers expectant mothers and their families quality healthcare. Sr. Marie enjoys seeing how the children have grown when they return, as the young girl pictured on the cover has, with their parents for follow-up appointments.



All of God's Children:

Serving Mothers and Families in Need



Sr. Marie Cecilia Irwin (far right) surveys a world map with patient care coordinator Lunda Miller and Libby Cohen, a nurse-midwife, in the hallway of the Mother Bachmann Maternity Center. Half of all the women served by the maternity center are recent immigrants to the U.S. Push pins mark their home countries.

✧ “AS LONG AS GOD DOES NOT STOP GIVING TO US, WE SHALL NOT STOP GIVING TO THE POOR.”



Nurse-midwife Mary Woltjen listens to the heartbeat of Patricia Ramirez's baby during a prenatal appointment. Patricia delivered a healthy 7 pound, 9 ounce baby girl a month later.

When Krista Barbetta discovered she was pregnant with her second child, she immediately thought of the Mother Bachmann Maternity Center. Sponsored by St. Mary Medical Center in Langhorne, Pennsylvania, the center is tucked into a strip mall in a low-income neighborhood about a half hour's drive from the hospital.

Krista's experience with the birth of her first child, Keizon, now three-years-old, convinced Krista that the Mother Bachmann Center was where she wanted to go for her prenatal care and where she wanted her baby to be born.

The center is named after Anna Maria Boll Bachmann, a German immigrant who founded the Sisters of St. Francis of Philadelphia in 1855. She was a widow with

four young children when she began her ministry. She knew firsthand the toll that poverty, illness, and prejudice took on the immigrants flooding into America from Europe and she felt called to serve them. Within a few years, Anna Bachmann had established the fledgling Franciscan order and taken the name Mother Mary Francis.

She devoted the rest of her life to serving families who were poor. “As long as God does not stop giving to us, we shall not stop giving to the poor,” she wrote. During a smallpox epidemic in 1858, she and several other sisters cared for the sick in their homes and in the convent. She established the congregation's first hospital, St. Mary's in Philadelphia, in 1860. Mother Francis died of tuberculosis in 1863 at the age of thirty-nine but her example of service to those who are poor remains central to the mission of the congregation she founded.

Carrying on the Mission

Nearly a century and a half later, the Sisters of St. Francis maintain a presence at St. Mary Medical Center, a healthcare facility which opened north of the city in Langhorne, Pennsylvania, in 1973. Sister Marie Cecilia Irwin lives in a small convent across the street from St. Mary's and volunteers at the Mother Bachmann Maternity Center. Although Sister Marie Cecilia Irwin doesn't work directly with expectant mothers, she is often on hand to gush over their new babies when they come back later for visits to the Mother Bachmann Center as Krista did recently, proud to show off her beautiful boys. Like Keizon, Krista's newborn son Ky'iere was delivered by a nurse-midwife from the center. “Working here enriches me personally,” Sister Marie said. “I'm happy to see them looking happy and doing well.”

continued on page 4

Krista Barbetta turned to the Mother Bachmann Maternity Center for prenatal and labor and delivery care for herself and her children. Proud dad Keon Rankins was present for the birth of both of his sons, Keizon, 2, and little brother Ky'iere.



Sister Catherine Alexis Murray looks through a collection of children's books with a mom and her daughter at the Children's Clinic, a health clinic next door to the maternity center. A Sister of St. Francis of Philadelphia, Sister Catherine has volunteered at the Children's Clinic for many years.



Nurse-midwife Libby Cohen (below, left) goes over medical records with expectant mom Gloria Zumba during a prenatal visit. Family member Carlos Loga acts as an interpreter for Gloria who delivered a healthy baby boy two weeks later.



continued from page 3

Quality Care for Moms and Children

Mother Bachmann Maternity Center provides a unique model of healthcare for pregnant women and their families. Nurse-midwives—not doctors—provide primary care at the clinic, attending mothers from their first office visit through labor and delivery at St. Mary Medical Center. Midwives deliver the babies although a physician is always on call.

“We spend time with our patients, informing them of their choices so they can figure out what’s best for them,” said Meg VanHorn, the certified nurse-midwife who delivered Krista’s son Ky’iere. “We’re with them from the moment they arrive in labor until the baby is born; doctors don’t usually do that.” Many women prefer the tradition of midwifery and the thoughtful attention they receive from their midwives. Nearly 375 healthy babies were born in 2007 to mothers served by Mother Bachmann Maternity Clinic.

That quality care and attention was what appealed to Krista. When she realized she was pregnant with her first child, she called the Mother Bachmann Center for an appointment. “They sounded polite on the phone,” she said. “I thought I’d be comfortable going there.” A friend had told her that midwives only delivered babies at home but on her first visit, Krista learned that she

could deliver her child at St. Mary Medical Center. “I was born at St. Mary’s,” she said. “That was familiar to me. I wanted my child born there.”

Throughout both pregnancies, Krista had regular office check-ups at the clinic. “The midwives and nurses really helped me. They took time to answer my questions,” she said. Her midwife gave her pamphlets about nutrition and suggested that she eat “twice as healthy, not twice as much.” The nutritional counseling paid-off. Krista quit smoking, stayed away from caffeine, and began eating more fruits and vegetables. “I love them now; I can’t get enough of them,” she said.

The Sisters of St. Francis of Philadelphia recently granted \$25,000 to the clinic to hire a part-time nutritionist to expand efforts to educate women about health and nutrition. “Our whole intention is to promote healthy families,” said clinic care coordinator Lunda Miller. “We ask our mothers what they need to help them meet that goal. Nutrition, eating well, and making sure families get enough to eat are all part of that.”

Krista’s partner, Keon Rankins, came along for prenatal visits and was present at the births of his sons. “I held his hand. I was surprised I didn’t break it,” said Krista. Nurse-midwife Meg VanHorn provided support and delivered her baby. “She helped me stay calm—I was going crazy. She coached me, told me I was doing good.”

How did new dad Keon do? “When he saw his newborn sons, he cried both times,” Krista reported.

Carrying on a Tradition: Immigrants and the Poor

Like Mother Francis, Sister Marie and her colleagues at the Mother Bachmann Maternity Center are committed to providing compassionate, high-quality care to families who are new to America and to any family who is struggling to get by—families that are least able to afford good care. About half of all the women served by the Mother Bachmann Center are immigrants from Mexico and Turkey, Poland and India, and more than thirty-five other countries. A quarter of the young women are under twenty. A children’s clinic and a family resource center, also sponsored by St. Mary’s, are adjacent to the maternity clinic and offer the care, resources, support, and referrals that all families need to succeed.

A Background in Women’s Health

Sister Marie, who joined the Sisters of St. Francis in 1949, received her baccalaureate and masters degrees in nursing from Catholic University in Washington, DC, and worked in obstetrics and pediatrics for many years, eventually serving as a nurse practitioner in labor and delivery. “I got

Righting a Wrong

In 1945, Pensacola, Florida, was home to approximately 25,000 African Americans but there was not a single maternity bed in the city for black mothers. White-run hospitals refused to admit black women. The pastor of St. Joseph’s Church asked the Sisters of St. Francis of Philadelphia if they would consider staffing a small hospital for expectant black women and after a visit to Pensacola, Mother Veronica Steffans agreed to help. In 1946 Our Lady of Angels Maternity Hospital, a thirteen-bed facility, opened to serve women and families who had been denied medical care and respect because of their race. The hospital welcomed 11,016 new lives into the world before it closed in 1964 when African Americans gained greater access to quality medical care and other services and opportunities.



Madia Mapleh (above and right) arrives at the Mother Bachmann Maternity Center for a follow-up appointment with her 9-day-old son Emmanuel Prince Mapleh. As part of the van service provided by the center for families in need of transportation to and from appointments, driver Robert McLeod helps by carrying the newborn.



“OUR WHOLE INTENTION IS TO PROMOTE HEALTHY FAMILIES,” SAID CLINIC CARE COORDINATOR LUNDA MILLER. “WE ASK OUR MOTHERS WHAT THEY NEED TO HELP THEM MEET THAT GOAL.”

to work a lot in the labor room. I loved it there,” she said. The movement toward natural childbirth was still decades away. “The moms barely knew what was going on,” she explained. “We basically knocked them out. It seems ‘barbaric’ when I look back on it.”

After becoming CEO of St. Joseph Medical Center in Towson, Maryland, in 1975, she was part of a major change in obstetrics that would transform the experience of



Sister Catherine Alexis Murray holds two-month-old Elena Ruiz. Her mother Sharon Beffert received prenatal care at Mother Bachmann’s Maternity Center. Sister Catherine often welcomes newborns and their parents back when they come into the Children’s Clinic for follow-up appointments.



Keizon Rankins gives a kiss to his younger brother, Ky’iere. Children of Keon Rankins and Krista Barbetta, the boys were both born at St. Mary’s Medical Center with the help of nurse-midwives from the Mother Bachmann Maternity Center.

childbirth for millions of women around the country. St. Joseph’s built rooms in which mothers stayed during labor and delivery and fathers were invited to be present during childbirth for the first time. New drugs reduced pain but enabled women to stay awake for the birth of their children. Mothers were encouraged to breastfeed and to keep their babies with them after delivery. “It was an amazing transition to witness,” she said.

Sister Marie is now retired but she brings a wealth of nursing and administrative experience to her volunteer position at the Mother Bachmann Maternity Center. Lunda Miller, the clinic’s care coordinator, works closely with Sister Marie. “With her clinical background, she is able to flag charts when there’s a problem so we can address it right away,” Lunda said. Sister Marie reviews medical lab reports as test results come back. “She is indispensable from my point of view. She has a calming effect on all of us. She is a kind, kind person.”

Sister Marie also collects data on patient outcomes and organizes patient charts, paperwork, and the clinic’s educational literature. When data revealed that the birth weight of new babies was steadily rising, for instance, she brought it to the attention of her colleagues so they could assess the implications of the increase. Healthier babies? Or mothers at risk of obesity or gestational diabetes? “I can give oversight of our quality review,” said Sister Marie. “I can track the processes that assess how well we’re doing in helping our moms.”

Sister Marie has seen plenty of families like Keon Rankins and Krista Barbetta’s come and go over the years and shares in their happiness about their children. She says her volunteer job at the Mother Bachmann Maternity Center offers her “time to give back, to just be me and to be present for the people here.” Over the last thirty years, she has witnessed a profound change in the way obstetrics is practiced in the U.S. and she can see the results in the data she collects and on the faces of young parents like Keon and Krista who come back to the clinic with their children for checkups.

Along with others at the center, Sister Marie carries on a tradition begun by a young immigrant woman in Philadelphia a century and a half ago. Anna Bachmann knew what it meant to struggle to support her children on her own with few resources. The Mother Bachmann Maternity Center offers quality medical care and loving support to young families—many of them immigrants like Anna Bachmann—and helps them get their families off to a strong, healthy start. It’s exactly the kind of service Mother Francis hoped the women in her congregation might devote themselves to when she founded the Sisters of St. Francis more than one hundred and fifty years ago. ■

For more information or comments on this article, contact goodnews@osfphila.org.

Sister Marie Cecilia Irwin plays with Moises Molina, 3 (far right), and his sister Jennifer, 1, while their mother waits for her appointment at Mother Bachman Maternity Center.



HOW YOU CAN HELP...

- The Mother Bachmann Maternity Center and the Children’s Clinic provide low-cost medical care for families who might not otherwise be able to afford it. Make a cash donation to the Sisters of St. Francis of Philadelphia and we’ll forward your contribution to support the clinics’ nutritional program and other vital services.
- Is there a community health clinic near you that serves low-income families? Give them a call and see if they need volunteers. You may have just the skills they are looking for.
- Consider attending a Spanish language Mass at a parish in your community. Dust off your college Spanish and stay afterwards to talk with parishioners and the parish priest. Is there something you can do to address the needs of immigrant families? Tutor a child? Conduct a clothing drive? Assist with an ESL class for adults?

Share with us the good news of what you did! Call or email us with the action(s) you took: (610) 558-7726, goodnews@osfphila.org.



Sister Marie Cecilia Irwin (right) and patient care coordinator Lunda Miller review files at the Mother Bachman Maternity Center.

PEOPLE & PLACES

Who *are* the ‘Sisters of St. Francis of Philadelphia’?

Through this section we hope to share a glimpse of our congregation and the individuals who make real its mission.



AWARDS SPOTLIGHT

While we appreciate the many gifts of our sisters, we are especially pleased when those gifts are recognized by the broader community. The following sisters recently received special awards:

Sister Mary Coakley

Providence Mission Medal

Providence Medical Center (Oregon)

Sister Patricia Hutchison

President’s Distinguished Alumni Award

Neumann College (Pennsylvania)

Sister Mary Farrell

John Neumann Award

Neumann College Alumni
(Pennsylvania)

Sister Geraldine Meskill

Pro Ecclesia et Pontifice Cross

Pontifical Honor (Oregon)

Sister Jean Rupertus

Red Ribbon Impact Award

HIV Consortium (Delaware)

Sister Kathleen Winkelman

Medal of Merit

Diocese of Wilmington (Maryland)

ALASKA

Technology has become a vital part of ministry for the sisters working in the southwestern part of Alaska. Seven priests service the twenty-four parishes on a rotational basis, often visiting each parish only every five or six months. Parishioners assume administrative and ministerial responsibilities and the sisters assist with training and providing resources for these lay leaders. For Sister Rose Monica Katusz, access to a computer, video camera, and digital camera has proven a way to provide and update much needed resources and to offer training opportunities that travel difficulties often prohibit. She helped to produce several diocesan videos designed to involve people in the life of their local Church as well as videos used for adult catechesis. Sister Rose also worked on preparing, editing, and binding copies of the Sunday gospels translated into Yup’ik, the first language of many of the lay deacons and parish leaders. She oversaw the recording of seventy hymns in the Yup’ik language, formatting and converting the recordings to both CDs and audio tapes for distribution to parish members. Her weekly email newsletter keeps each parish informed about what is happening in other parishes and in the diocese.



Sister Marya Grathwohl, OSF; Val Cummings; Sister Helen Prejean, CSJ; and Kathy Boehm shared their hopes for the future of our planet when they gathered beneath Wyoming’s Big Horn Mountains.

WYOMING

Two members of the congregation’s Companions in Mission Program, Kathy Boehm and Val Cummings, spent Labor Day weekend in the shadow of the Big Horn Mountains as part of the fledgling “Earth Hope” endeavor. Both Val and Kathy had heard Sisters Marya Grathwohl, OSF, and Helen Prejean, CSJ, speak at the Franciscan Federation’s annual gathering and were touched by their presentations on our role in determining the future of Earth. Earth Hope was initiated by Sister Marya to “invite people to experience our inherent oneness with Earth and all life and to enter into new life-giving relationships with our living planet.” Earth Hope offers

a divine “Why” on which to anchor the “What” of modern, secular “green” movements. Invited to join Marya, Helen, and three other women from various parts of the country, Kathy and Val spent the weekend in prayer, discussion, and planning—seeking ways to stand in communion with Earth and all living things and to make Earth Hope a viable reality.



MARYLAND

A special Mass and reception were held at Our Lady of Mount Carmel Parish in Thurmont, Maryland, to honor Sisters Marietta Culhane and Eleanor Horneman. The celebration acknowledged their work both at Our Lady of Mount Carmel and at St. Anthony Shrine in Emmitsburg. In a letter to the two parishes, Bishop Francis Malolly lauded not only their work in the Thurmont/Emmitsburg area, but also their earlier work in western Maryland. “Sisters Marietta and Eleanor,” the bishop said, “have been faithful in both small and great matters, and the Church of Baltimore is all the better for it.” He described them as “pioneers in ministry” and acknowledged their contributions of “a collegial spirit, years of wisdom, and no small amount of patience.”



Planes, snow machines, and boats still travel the vast stretches of the Yukon region but the wonders of technology bring the far-flung reaches of the diocese a bit closer.



Sister Kate O'Donnell, OSF (center) holds the plaque dedicating the new wing and operating suite in Chulucanas. Also present for the dedication were (L-R) Bishop Daniel Turley of Chulucanas; Dr. Victor Raul Arambulo Timana, Chulucanas Hospital; Sister Kathleen Keenan, RSM, Mercy Health System; Sister Mary Jo McGinley, RSM; and Dr. Hector Tarraza.

WASHINGTON

Patty Duke came to lunch!—as the keynote speaker at the St. Joseph Family Center's Partners in Hope Luncheon. An outspoken advocate for mental health both locally and nationally, she devotes much of her time to telling her own story of living with bipolar disorder and teaching others how to get help. She is an avid supporter of organizations like St. Joseph Family Center that provide mental healthcare to all in need, regardless of ability to pay. This year's theme, "A Light in the Storm," is truly appropriate. For those residents with limited financial and insurance resources, SJFC is a beacon of help and healing in the storms of life. "For many of our clients, we are their last resort," said Sister Elaine Thaden, Executive Director of SJFC, "the last little glimmer of hope when they are feeling lost."



PENNSYLVANIA

In May the Pastoral Care and Counseling Program of Neumann College will present—for the first time—the Sister Madonna Marie Cunningham Award. The award will be presented each year to a deserving student in the Pastoral Counseling or Spiritual Direction Program for service "within and beyond the program of studies." The award aptly recognizes the contributions that Sister Madonna Marie, former president of Neumann, made to the college. As a clinical psychologist, she "recognized the needs of a hurting world for psychological care grounded on a spiritual foundation rich in Franciscan values." The award recognizes

that Sister Madonna "applied her gifts of leadership and creativity to form...a core of studies on the cutting edge of academics and service." Through her efforts the program "equips contemporary men and women to become professionally competent, compassionate helpers." Recipients will be chosen based on the degree to which they have demonstrated using their own individual gifts and talents in serving others, both on and off campus.



PERU

Although St. Agnes Hospital in Philadelphia is no longer one of the congregation's sponsored ministries, the original mission of serving those in need is still active. Now part of Mercy Health System, a regional health center of Catholic Health East, St. Agnes transitioned from a medical center to a continuing care center in 2004. The changeover resulted in a significant amount of unused equipment and supplies, including operating tables, beds, and anesthesia machines. Four large shipping barrels of equipment were sent to Manual Javier Hospital in Chulucanas, Peru. As a result the Peruvian hospital was able to obtain a government grant for the construction of a new wing. This October Sister Kate O'Donnell was one of the delegation from St. Agnes who traveled to Chulucanas for the dedication of the new wing which was dedicated to Santa Inez (St. Agnes).

PUERTO RICO

When St. Francis knelt in the chapel of San Damiano and heard the call, "Rebuild my Church," he had no idea that his efforts to maintain the little chapel would result in the "rebuilding" of the Church of his day as well as the "building" of a religious order that would circle the globe. Similarly, when the Franciscan sisters ministering in Puerto Rico felt called to help rebuild the Inglesia Immaculata Concepción in Las Villas, they had no idea that their efforts would result in "building" a renewed spirit of community among the people of the little town. Badly damaged by a hurricane in the late 1990s, the chapel could not be used for Mass; disuse resulted in even greater disrepair. Aware that the Sisters of St. Francis would be making donations in honor of their 150th Anniversary, the sisters in Puerto Rico requested a donation to help repair the chapel. The donation was received—\$10,000—and repairs began. The enthusiasm was contagious. Once the people of Las Villas saw the repairs in progress, they joined the efforts. What began as a call from four sisters became the project of an entire town. Today the chapel provides a place for catechetical instruction as well as a place for the people of Las Villas to celebrate liturgy.

CELEBRATING JUBILEE

AS SISTERS OF ST. FRANCIS
OF PHILADELPHIA

Congratulations to Sisters of St. Francis of Philadelphia celebrating milestones in religious life! This year, these sisters will celebrate Ruby, Golden, and Diamond Jubilees. Join with us in congratulating them on many years of service to the people of God as Sisters of St. Francis.

80 years

Professed 1928

RUBY JUBILARIANS

Sr. ANNA McLAUGHLIN (*Josefa*)
Sr. ETHELWINA MOLLOY

75 years

Professed 1933

DIAMOND JUBILARIANS

Sr. CATHERINE HUNT (*Martha*)
Sr. AGATHA PAZOUREK
Sr. MARIE OLIVETTE WEISS

70 years

Professed 1938

DIAMOND JUBILARIANS

Sr. MARIE ANTONIA BONGIORNO
(*Matilda of the Blessed Sacrament*)
Sr. MARY GERTRUDE DeLEONARDIS
(*Gertrude of the Blessed Sacrament*)
Sr. MARGARITA GUGGY (*Robert Leo*)
Sr. COLUMBKILL O'CONNER
Sr. ANGELA PATRICE POWER
Sr. JEAN CLARE ROHE
Sr. JOHN CATHERINE ROHE
Sr. HELEN REGINA VANICK

50 years

Professed 1958

GOLDEN JUBILARIANS

Sr. AVE REGINA BOOS
Sr. JACINTA MARIE BRAZIL
Sr. MARIE THERESE CARR
Sr. PATRICIA ANN DOYLE (*Bernadette Mary*)
Sr. CATHERINE ANN FEUERSTEIN
(*Marie Albert*)
Sr. MARY KIELY (*Brendan Mary*)
Sr. JACQUELINE MARIE KOTZ
Sr. CHARLOTTE LAGNESE (*Marguerite Mary*)
Sr. NANCY LAMEY (*Marie St. William*)
Sr. MARIE LUCEY (*Marie Christopher*)
Sr. ANN MARGARET McCLOSKEY
(*Marie Annette*)
Sr. MARIE MARGARET McFADDEN
Sr. ANNA MAY McFEELEY
(*Marie St. Anthony*)
Sr. MARY ANN MULGREW (*John Miriam*)
Sr. CHRISTINE MARIE NICOLETTO
(*Christine Marie-Cruci*)
Sr. ELIZABETH MARY NOVAK
Sr. MARIE ASSUNTA OMAN
Sr. ITA O'NEILL (*Bona Consilia*)
Sr. MARTHA MARIE POOLER (*Florence Mary*)
Sr. HELEN MARY REYNOLDS
Sr. EILEEN WALSH (*Patrick Mary*)
Sr. THERESA MARTHA YANDA (*Charles Mary*)

Recognize a name? Would you like to reconnect or send a congratulatory note? Send communications to Florence Smith, 609 S. Convent Road, Aston, PA 19014, communications@osfphila.org

During Mass at St. Mary's Refuge of Sinners Parish, Sister Kathleen Winkelman introduces all of the religion teachers and welcomes them to the altar where parish priest Father Bill Lawler will pray and bless them.



Sister Kathleen Winkelman welcomes families to an orientation session at St. Mary's Refuge of Sinners. Sister Kathleen has devoted the last twenty years to promoting religious education and lay leadership in her parish.

Logging the Miles to Lay a Foundation

“WE ALL HAVE GIFTS AND A BAPTISMAL CALL,” SHE SAID. “WE ALL HAVE A CALL TO SERVICE AS JESUS DID. TO LIVE THAT OUT IS TO MINISTER TO OTHERS.”

When Sister Kathleen Winkelman arrived on the Eastern Shore of Maryland two decades ago, she came to offer religious education and to promote lay leadership within the church. “We all have gifts and a baptismal call,” she said. “We all have a call to serve as Jesus did. To live that out is to minister to others.”

Sister Kathleen has carried out her own ministry to others well. She has carried it out so well, in fact, that she has worked herself out of a job as Director of Religious Education (DRE). Three churches on the Eastern Shore—St. Mary's Refuge of Sinners in Cambridge; its historic mission church, St. Mary's by the Sea on Hooper's Island; and St. Dennis in Galena—will all have to get by without her services and her thoughtful, steady presence. She'll be leaving her job of twenty years in June. Her work will be assumed by lay people whom she has mentored and nurtured over the years.

Coming from a long line of sisters working as DREs along the Eastern Shore, Sr. Kathleen said, “We've trained ourselves out of work here but that's what we came for.”

A Cooperative Approach

The parishes on the Eastern Shore are small with great distance between them, but that has always suited Sister Kathleen just fine. “I felt it was a blessing to be on the road, watching the way nature changes from season to season,” she said. “It's a great time for reflection, thinking, and praying.”

But twenty years ago, the long miles and modest church coffers posed challenges for the rural parishes. No single congregation on the Eastern Shore could afford a full-time DRE; that meant that parishioners either had to drive many miles at night or on the weekends to receive religious education and formation or do without. Instead, the remote parishes decided to pool their resources and form a cooperative or “co-op” to meet their needs; they decided to share a DRE who would travel from parish to parish.

Sister Kathleen, who has bachelor's degree in education from Mount St. Mary's University



Sister Kathleen Winkelman knows the roads of the Eastern Shore of Maryland well. The long drives between parish churches give her time for quiet reflection.

in Emmitsburg, Maryland, and a master's in religious education from Saint Michael's College in Colchester, Vermont, accepted the job on the Eastern Shore in part because she was intrigued with the idea of working in a cooperative. At one point she served six far-flung congregations in the co-op. She worked—and continues to work—with women religious in other parishes to make the most of what each is able to offer. “Because there are such distances between the parishes, there's a lot of working together. We train our lay teachers together and do our planning together,” she said.

Sister Kathleen Winkelman talks with students who have created family placemats to take home.



Timeline

1984 The co-op opened with two members of the Sisters of St. Francis, Sister Mary Grace MacDonnell and Sister Ann Dougherty

1985 Sister Julie McCole replaced Sister Ann Dougherty in Galena and Chestertown. Sister Grace Andrew became a DRE in Easton.

1987 Sister Connie Davis replaced Sister Julie in Galena and Chestertown.

1989 Sister Grace Andrew trained a parishioner to replace Sister Mary Grace. Sisters Connie Davis, Regina Carmel McMonagle, and Kathleen Winkelman moved into a private house, “Franciscan House,” purchased by the Diocese of Wilmington. Sister Regina Carmel took Sister Mary Grace's parishes and missions in Centreville and Ridgely; Sister Kathleen began ministering in St. Mary Refuge of Sinners/Star of the Sea, Cambridge, and Our Lady of Lourdes Parish in Seaford, Delaware.

1990 Sister Julianna Dischler, OP, replaced Sister Regina Carmel in Centreville. The Ridgely parish left the co-op; the Secretary parish joined.

1997 A parishioner became DRE in Seaford; Sister Kathleen took the Galena parish.

2000 Sister Elaine McCarron, SCN, replaced Sister Julianna.

2004 Sister Dianne Livingston, MHS, worked with Sister Kathleen until July 2007, when Centreville and Chestertown left the co-op, leaving only Sister Kathleen in Galena and Cambridge until July 2008. Sister Kathleen will have completed nineteen years ministering in the co-op.

► Sister Kathleen Winkelman visits Tom and Rosemary Robbins on their farm on the banks of the Choptank River. Rosemary serves as a catechist at St. Mary's and has known Sister Kathleen for 14 years. She says Sister Kathleen "is part of our family."



▲ Laura and Richard Era take their boat out on Chesapeake Bay to check their crab pots and enjoy the sun. "It used to be all watermen and farmers in this area," says Richard. Laura and Richard help decorate St. Mary's for the holidays and organize "a really awesome" Easter celebration with the 7th grade students.



Tradition and Change on the Eastern Shore

Sister Kathleen ministers to parishioners whose roots on the Eastern Shore go back generations. Watermen harvest crabs, oysters, and rock fish from the waters of Chesapeake Bay as their fathers and grandfathers did. Men and women farm the rich alluvial soil and draw a decent living from land settled by great-grandparents.

But rural life is changing. Young people are leaving for the city; few are able or want to make a living from the sea or the land; good jobs are scarce. Portions of the Chesapeake are choked by pollutants; fish runs aren't what they used to be. Retirees are moving in and farmland is being sold off to make way for new houses and shopping centers.

Richard Era was born and raised in Dorchester County on the shore and still lives there. He is a waterman and harvests summer crabs and winter oysters in his thirty-two-foot skiff. He and his wife Laura "raised our three kids pretty much on that oyster boat," he said. But he has also held a job as lead operator for the local power plant for thirty-seven years to help pay the bills.

Richard and Laura have attended St. Mary's together for more than thirty years. They are both catechists and with Sister

Kathleen's guidance, teach 7th and 8th grade religion classes together. The Eras decorate the church for the holidays and organize an Easter pageant for middle and high school students. They've known Sister Kathleen since she arrived at St. Mary's.

"She is a very calming, gentle spirit, very soft-spoken, with a voice almost like a chant," said Laura. "I think of her as being mild but not weak. She's the way Christ wants us to be, meek like a lamb but strong when we need to be. She builds you up. She'll stand up for us and what she thinks is right."

Encouraging Lay Leadership

Rosemary Robbins lives not far from the Eras on the banks of the Choptank River, flanked by 120 acres that has been in her husband's family for more than a hundred years. "I can go out my door to go fishing," she said. "And the farmland where we grow soybeans, hay, and alfalfa is behind us."

Rosemary is also a catechist and has been a Eucharistic lay minister for thirteen years. "I think Sister Kathleen knew that I loved Jesus and that I could express that with my heart," she said. "I took on this work because of her stepping forward and asking me."

When Sister Kathleen is working at the church in Galena, Rosemary often fills in at

St. Mary's. "I love volunteering and helping the church community in this way," Rosemary said. She has recently completed a ministerial and religious education program at Loyola University, which offers degree and certificate programs in pastoral studies and religious education through its Institute for Ministry, and is working with Sister Kathleen to learn as much as she can about her role. "She brings all of us together as a family, all of the catechists," Rosemary explained. "She brings us together as a community and gives us the spiritual resources to help us grow. It will not be the same without her."

continued on page 10

▼ The Eastern Shore is home to a growing number of Spanish-speaking immigrant families. Sister Kathleen Winkelman reviews paperwork with some parishioners of St. Dennis while their children are in religious education classes.



HOW YOU CAN HELP...

- Have you been thinking about getting more involved at your church? Consider talking with the director of religious education to see how you can help.
- Many rural communities are struggling with the same issues that farmers and fishers on Maryland's Eastern Shore are facing. Support local growers and fishers by buying locally at farmers' markets and road stands. Pick up fresh fish and shellfish from the fishers themselves or at local co-ops that certify "wild" (not farmed) products. Help secure a future for rural families and support sustainable agriculture while you're at it.
- Like Sister Kathleen Winkelman, many women religious are nearing retirement and its attendant life changes. They've devoted their lives to their parishes and communities, and will no doubt find new ways to serve others. Is there a sister nearing retirement who has a special place in your heart? Make sure to let her know what her presence has meant to you.



Sister Kathleen Winkelman visits St. Mary's Star of the Sea on Hooper's Island, one of the parish churches she has visited often over the years. Founded in 1873, the restored church is one of the oldest on the Eastern Shore.

Share with us the good news of what you did! Call or email us with the action(s) you took: (610) 558-7726, goodnews@osfphila.org.





Sister Kathleen Winkelman listens to Matt Roe, 15, read to his confirmation class at St. Dennis in Galena.

Logging the Miles to Lay a Foundation

continued from page 9

Listening for Where to Go Next

Father Bill Lawler is the pastor at St. Mary’s and has known and worked with Sister Kathleen for eleven years. “She knows her stuff,” he said. “She’s done an excellent job of encouraging people to step forward and claim their baptismal commitment. Congregants are accepting responsibility for their own continuing education and the formation of their children. She’s been persistent and gentle about helping them move forward.”

Father Lawler said that Sister Kathleen reminded him that “nuns don’t retire” when they discussed her plans to leave her job in June 2008. “She’s left us in good shape to make this transition and we are happy for her contributions. But we’re going to miss her.”

In the meantime she’s still on the road, driving an hour or two to visit her parish churches, teaching and guiding congregants, trying to finish the job of preparing lay people to do what she has done so well for two decades.

She admits she has no good answer for the inevitable question: what next? “It’s a process, not just a matter of jumping from one thing to another. You wish sometimes that you could just put a period to it, to have some insight,” she said. “But I want to approach this time with discernment, to pray, to understand, and finally to come to it.”

Although it will not be easy to go on without her, Sister Kathleen has laid a strong foundation and prepared a generation of catechists to take over her work. “I look at her life, her all-encompassing dedication,” said parishioner Laura Era. “She is always quick to compliment and encourage everyone. She’ll be very hard to replace.” Sister Kathleen has made a lasting contribution and the lay parishioners she has mentored will take up where she leaves off. That’s exactly what she had hoped would happen when she began her ministry as Director of Religious Education twenty years ago. ■

For more information or comments on this article, contact goodnews@osfpila.org.

Sister Kathleen Winkelman (far right) and Karen McGowan, a catechist with St. Mary’s Refuge of Sinners in Cambridge, Maryland, look over an outline for an upcoming orientation session for families interested in religious education. Karen’s daughter Megan, 13, joins them.



Focus

AL MCCARTHY
VALLEY PRESS

“AT VALLEY PRESS THEY TAKE PRIDE IN THEIR WORK AND THEIR PROOFREADING SKILLS ARE SECOND TO NONE.”

Al (center) plans to have his sons Aloysius III and Thomas, take over the business after he retires.



The Valley Press staff share their diverse talents, providing quality products to their clients.

Helen Keller once said “*When we do the best that we can, we never know what miracle is wrought in our life or in the life of another.*” No quote could better describe Al McCarthy of Valley Press and his long-term relationship with the Sisters of St. Francis of Philadelphia. Al has been working with the sisters since the early 1970s. It was 1975 when Sister Kathleen Moffatt recalls meeting Al. She was the vocations director and was asked to make a brochure that adequately conveyed the meaning of becoming a sister. Never having done this type of project, she was baffled and didn’t know where to turn. That was when a colleague at Neumann College directed her to Valley Press, a small printing company. “Al came out to the motherhouse and walked me through the project step-by-step,” remembers Sister Kathleen. “He worked really hard and seemed truly honored to be part of our mission. He just caught on to our spirit and ran with it.” Al also recalls that day. “For me it has not just been about getting a job done,” he said. “The sisters showed a sincere interest in me as a person and I responded by taking a personal interest in the material we were printing.”

Al is the proud owner of Valley Press, a quality printing company that has been at the same location in Bala Cynwyd, Pennsylvania, for more than fifty years. At the tender age of sixteen, Al was working as a “soda jerk” at a drug store across the street from Valley Press. One day the print shop owner Bob Stevenson came to the store and told Al that he needed a driver to make deliveries. Al jumped at the opportunity. Fast forward to today and that same small print shop is a family-run business owned by Al with a loyal staff and a long list of clients. Sister Kathleen described the staff at Valley Press as “so versatile—everybody knows how to do almost everything. It is amazing how Al enables his entire staff to be confident and to blossom with their own individual talents.” She also said that, “At Valley Press they take pride in their work and their

proofreading skills are second to none.” That is the one thing that Al swears by—quality. All of his business cards, annual reports, newsletters, invitations, and postcards are checked and double checked before printing. Valley Press won’t send anything to a customer that they can’t stand behind.

Al has been married to his wife Ann for forty-six years and has four children: Aloysius III, Annmarie, Patricia, and Thomas. All of the children are married and among them have given Al and his wife nine grandchildren. The entire family lives in the Pennsylvania area. When not in the office, Al likes to spend time with his family. He also enjoys nature, especially hiking or watching and feeding the birds. At other times, reading or simply being still provides enjoyment. When asked about the future, Al states that he plans to help his sons continue the business but he is open to whatever lies ahead.

Having a strong Catholic faith and being inspired by the Bible, Al finds it a great gift to be able to work with the sisters. “Faith is everything to him and it spills over into his work,” Sister Kathleen stated. “We are the ones who have been blessed to work with him. He makes everything look so beautiful but also keeps it so affordable. He contributes to our mission more than he knows.”

The Sisters of St. Francis believe everyone and everything is in relationship. We make conscious choices to engage in work that serves. The way we work, our habits and commitment to work or ministry, the relationships we form—all give witness to our belief in the dignity of each person and in all created reality. Our relationship with Al McCarthy and Valley Press is a conscious choice—an obviously easy one—that makes these ideals a reality.

SHARING THE GOOD NEWS

Everyone has within a piece of good news.

— Anne Frank (adapted)

See more good news at www.osfphila.org

Africa: The Journey Continues

Schools days are busy ones at St. Lucy School in Raruowa, Nairobi. Like all principals and teachers, Sister Frances Cassidy has to deal with the day-to-day problems. A recent water shortage drained the school tanks and left students without drinking water. What water was available was dirty and could be used only for bathing and laundry. Money ran out about the same time as the water, raising questions as to how to find funds for salaries, food, and other needs for the next two months. Then there are the unexpected events—finding rats in student lockers or snakes under the beds, being awakened during the night by the moaning of a cow giving birth or by students screaming because someone is trying to break into the dorms. The end of the term also brought chores—getting the dorms cleaned, clearing the field for planting, and gathering stones to fill in the gutted road.

Exams are everywhere and Nairobi is no exception. The young women at St. Lucy's celebrated the end of exams with music and dancing. And each day both students and staff celebrate the fact that they are working together to continue the school's mission into the future.



▲ *Water is a scarce commodity and laundry time is much different for Sister Frances Cassidy and the students at St. Lucy's.*

◀ *One of Sister Frances Cassidy's aims is to raise the school's current achievement level in the national exams.*

Lobbying: Seeking Justice in Healthcare

During Sister Clare Christi Schiefer's years in ministry, she has been involved in varied aspects of healthcare: clinical, administrative, and educational. For the past twenty-five years, however, that scope has broadened even further. As president of the Pennsylvania Catholic Health Association, Sister Clare has assumed the role, not only of administrator, but also of lobbyist. "We provide Gospel witness in advocacy, communication, education, and united action," she explained. "We advocate for and speak out in defense of the sanctity of life and justice in healthcare, in particular recognizing the needs of children, the elderly, the poor, and the underserved." To lobby effectively means to be prepared—to be cognizant of current healthcare issues, knowledgeable about Church positions and teachings, and articulate in presenting both. "You have to have a credible rationale when you go to a legislator or an official of the administration to carry your position," she explained. "When I go out to do the work that I do, especially in the area of lobbying, I try to bring spiritual values to the state's public affairs and, in that way, to support and strengthen Catholic healthcare in communion with the Church."

Franciscan Volunteers for Mission

When Sarah Tomlinson, a senior at Neumann College, was approaching graduation, she felt called to donate a year of service with the Sisters of St. Francis. Following graduation and a period of discernment, Sarah began her year as a Franciscan Volunteer for Mission at Transitions, one of the congregation's cosponsored ministries in Spokane, Washington. She lives with the sisters and is working with Sister Maureen Cosgrove at Miryam's House.

25 Years and Counting

As the East Bay Sanctuary (EBSC) celebrates its 25th Anniversary, Executive Director Sister Maureen Duignan recalled some of the many successes of those twenty-five years. She rejoiced in the news that the 812th applicant had received a grant of political asylum, a process that over the years has benefited 4,000 dependents as well as the actual applicant. The Community Development and Education Program has had a first graduation and can boast of the fact that its director was himself a former recipient of EBSC's services. Indigenous Guatemalans receive assistance in the form of both asylum and education. The Haiti Sanctuary Support Committee is especially active because of the tragic coup in Haiti two years ago. Assistance from EBSC assisted refugees until they were able to return to Haiti to rejoin their families. Presently, the committee is launching an educational program to address literacy in Haiti from kindergarten to adult.



East Bay Sanctuary is an interfaith coalition of congregations whose mission is to "protect, advocate for, and support" immigrants and refugees on a world-wide scale, to work for human rights, and to create a more just and welcoming society.

SENIOR SPOTLIGHT



Our senior sisters gift us with their wisdom, joy, and generosity.

Our centenarians continue to delight both the staff who care for them and the sisters and friends who stop by to visit. **Sister Anna McLaughlin**, who turned 103 in December, lives at St. Ann Convent in Tacoma. A former nurse, Sister Anna is very proud of the service she has rendered in healthcare. She enjoys visiting the nurses' room each afternoon where she chats with visitors and displays her skill at jigsaw puzzles. **Sisters Crispin Hanselmann** and **Honorata Alcarese**, both 101, live at Assisi House in Aston. Sister Crispin entertains visitors by pointing out the antics of the feathered friends that frequent the bird houses outside her window and explaining the growing patterns of her favorite plants. Sister Honorata's skill with a

crochet needle is well known and the baby sets she crochets are a favorite item in the Assisi House gift shop.

Take a walk through the second floor corridor at the motherhouse in Aston and you'll enjoy **Sister Rose Immaculate Waller's** framed photographs—several of them sporting blue ribbons. Visit Riddle Memorial Hospital in Media, Pennsylvania, and you'll also see her photos gracing the hallways. Sister Rose, 86, has won numerous awards at various art shows for her work. Recently she displayed both photographs and the note cards she designed with her photos at the William Rush Woodcarvers Show, a venue she has used numerous times. This year, she received first prize—not for an individual photo but for the "Best Artist Display."

Sister Rita Joseph Knapp, 94, is a familiar figure at Neumann College in Aston. Each morning she volunteers in the college mail room distributing mail. Shortly before noon she heads to the college chapel to set up for the daily liturgy. After Mass, Sister Rita heads home, taking with her the chapel linens to be laundered and returned the next day.



In Memoriam

Sister Mary Magdalen Friedel
8/29/07

Sister Helen Subach
9/20/07

Sister Milburga Geiger
9/25/07

Sister Ann Bernadette Cafferty
9/27/07

Sister Laureen Francis Sugrue
10/6/07

Sister Rosemary Moreland
10/20/07

Sister Catherine Stephen Moyer
10/26/07

Sister Pacifica Warga
10/27/07

Sister Ethelinda Tobin
11/1/07

Sister Concepta D'Amato
11/9/07

Sister Madeleine Francis Skrovanek
11/18/07

Sister Marie Joyce O'Keeffe
11/23/07

Sister Cecilia Agnes Schanta
12/7/07

Good NEWS

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Mission Statement

We, the Sisters of St. Francis of Philadelphia, choose to live the Gospel in the prophetic spirit of Francis of Assisi and our Foundress Mother Francis Bachmann. With Jesus Christ as Brother, we live as sister with one another, with the entire human family and with all creation. Calling ourselves and one another to continuous conversion of heart, we commit ourselves to a life of contemplation, poverty and humility.

As vowed women of the Church, we respond with diverse gifts in a spirit of collaboration and of mutual service to the needs of others, especially the economically poor, the marginal and the oppressed. Seeking to participate in the Spirit's action in the world, we direct our personal and corporate resources to the promotion of justice, peace, and reconciliation.

Filled with trust in the goodness of God, we move forward.



Switching to Clean Energy

Beginning October 1, 2007, all of the energy for electric use in both the congregation's motherhouse, Our Lady of Angels Convent, and Assisi House, one of the congregation's retirement residences, became "wind generated." Wind energy is a clean, renewable, and endless source of electricity. Consistent with Franciscan values, the switch to wind power is part of the congregation's commitment to reduce our "environmental footprint." Because Red Hill Farm, the congregation's Community Supported Agriculture farm, is already running on solar power, the entire Aston complex is now running on clean energy.

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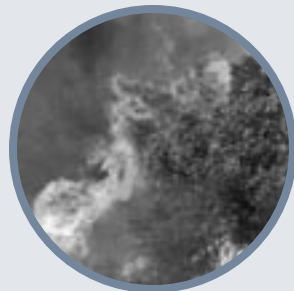


Cooperative Effort

In 1986, Franciscan Sisters Mary Grace MacDonnell, (left), and Julie McCole serviced religious education needs of Eastern Shore parishes that were without DREs. The map shows some areas of the Eastern Shore cooperative. Read more about the Eastern Shore Co-op and the sisters who served this ministry on page 8.

Wildfires Damage Pala Community

For Sisters Barbara Jackson and Marie Adele Crettol, the recent California wildfires were "upfront and personal." Both sisters work in Pala at Mission San Antonio. Sister Barbara described the fire, fueled by winds of more than ninety miles per hour, as embers "flying like rockets through the air, landing here and there, destroying everything they landed on—homes, churches, buildings, hundreds of acres. When mandatory evacuation was declared, the sisters remained behind with Father Luke, his sister, and her family to keep night watch for five days. Within the mission boundaries, 124 homes were destroyed. The families live and work in the citrus and avocado groves in and between the reservation. Many were housed for six days by the Pechanga and Harrahs casinos but are now struggling to find temporary shelter. If you would like to assist the families at Mission San Antonio, please use the attached envelope. Check the appropriate box to direct your donation to the Pala community.



Ministry of Caring Celebrates 30 Years

When Brother Ronald Giannone, OFM Cap., began the Ministry of Caring in 1977, the Sisters of St. Francis were on hand to staff Mary Mother of Hope House, an emergency shelter for women. From that first endeavor came other residences, providing not only emergency shelter, but also transitional housing for both women and men, as well as a housing facility for low-income senior citizens. The original Emmanuel Dining Room grew to include dining facilities in various parts of Delaware. The St. Clare Van, operated in partnership with St. Francis Hospital, took healthcare to the streets. Other medical facilities include the Pierre Toussaint Dental Office which opened in 1995 and the House of Joseph II, the first residence for people with AIDS in Delaware. A childcare center, a job placement office, an immigration law office, a housing supply distribution center—all provide services for people in need. Celebrating its 30th Anniversary, the Ministry of Caring has grown well beyond its original plan but two things remain constant. Brother Ronald's underlying belief—"The poor should never be treated poorly but with dignity and respect"—still guides every endeavor and the Franciscan sisters still play a vital role in the ministry's work.

Ministry of Caring staff members have received many awards and accolades over the years. All recognize, as Sister Jean Rupertus acknowledged recently, that "The awards are for all of us. We don't accomplish much in this life without the support of others." (L-R) Mary Anne Matarese, Leonard Desmond, Brother Robert Perez, Pam Wise, Sister Jean, Liz Ransoram, and Ada Conway-Barber.

