

Summer camp fun swimming, service, prayer

Swimming, canoeing, gardening, art projects and helping others - School Sisters of Notre Dame were having fun right alongside the kids at summer camps this year!

Sister Mary Kay Brooks joined 300 students in grades 2-12 at the Pines Summer Camp in Big Sandy, Texas. Sister Mary Kay also was the assistant spiritual director for 28 high school students who attended the CHRISTpower program in Jefferson City, Missouri.

"At the Pines Summer Camp, I sat under the tree in the center of the camp and waited for the girls to come during some of their free time to ask questions about religious life," Sister Mary Kay said.

In both programs, faith was first and foremost. Each day began and ended with prayer.

Give & Grin at Corpus Christi Parish in Roseville, Minnesota, was another program where sisters spent time with students. The participants, who were in grades 5 through college, packaged rice to be distributed to food shelves, played bingo and presented a talent show at a local nursing home and worked in the parish's organic giving garden. They



Above: Sister Stephanie Spandl (center) helps Give & Grin participants in the garden in Minnesota.



Middle: Sister Mary Kay Brooks helps with an art project at one of the service sites in Missouri.



Bottom: Activities in Texas included service and kayaking.

also went to a local swimming pool and an amusement park.

Sister Stephanie Spandl, worked and played alongside the Give & Grin participants. She led one of their weekly sessions on Catholic Social Teaching.

The campers enthusiastically described the most meaningful part of the experience for them. They talked about volunteering, helping the elderly, learning Catholic history, caring for creation, learning about immigration, making a difference in other people's lives and especially "being able to see grateful looks on the faces of whoever we were helping."



United Nations

Students can make a big difference

So many girls in countries around the world face challenges and hardships. Six high school students learned more about these problems when they spent a week with School Sisters of Notre Dame at the United Nations.

The students attended the U.N. Commission on the Status of Women in March. They had the opportunity to meet speakers from other countries who told them about the problems that girls face, such as war, violence, poverty, hunger and limited access to education.



Sister Eileen Reilly (center) with students from Notre Dame High School in St. Louis, Missouri; Academy of the Holy Angels in Demarest, New Jersey; and Notre Dame Preparatory School in Towson, Maryland.



Arianne Rowe and Jaya Sharma from the Academy of the Holy Angels.

Jaya Sharma, a student from the Academy of the Holy Angels in Demarest, New Jersey, said that she feels like she has a moral obligation to contribute something to this cause.

“As a young woman, I feel like I have a responsibility to help other women and to encourage women my own age to dedicate some time to the goal of women’s empowerment,” Jaya said.

Maddie Tewey, a student at Notre Dame Preparatory School in Towson, Maryland, said she was inspired by listening to the speakers share how they worked to improve conditions for women and girls.

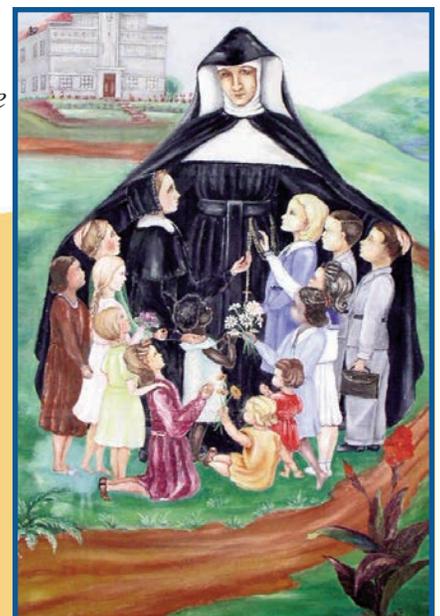
“It’s really incredible to see that even the small people can make a difference,” Maddie said.

Learn more about the SSNDs at the United Nations and watch the students’ videos about their experience here: ssnd.org/un-csw-2017

Blessed Theresa of Jesus Gerhardinger founded the School Sisters of Notre Dame in 1833 in Bavaria, which is now part of Germany. In 1847, she set out for America to help children of German immigrants.

Today, about 2,500 SSNDs minister in 30 countries. They are teachers, social justice advocates, lawyers, pastoral ministers, counselors, nurses and much more.

Learn more about Blessed Theresa: ssnd.org/about-us/our-history



Lessons learned from a 4-year-old

“I love kids,” Mary Tadeo says. “So, whenever I hear of a service opportunity involving kids, I do my best to sign up right away.”

Mary is a student at Notre Dame Preparatory School in Towson, Maryland. One of her favorite activities is the annual Christmas party when children from Baltimore Head Start come to Notre Dame Prep for a morning of games, crafts and a visit from Santa.

Mary recalls a visit with the children while they played in the gym during the Christmas party. One little girl did not say very much, only simple words like “up” or “ball.” She would just point at what she wanted, but she always managed to get her point across.



Mary Tadeo, a 12th grader at Notre Dame Preparatory School in Towson, Maryland, with four-year-old, Tajayah.

“At the time, I thought that maybe she wasn’t talking to me because she was bored or simply didn’t like me,” Mary says. “I soon learned that I had made a snap judgment.”

Mary had assumed that the little girl had not had fun because she was not very talkative. But as they prepared to say goodbye, the child turned to Mary, gave her a tight hug and whispered, “thank you.”

“To this day, I think about how I should have been the one to say ‘thank you’ to her, for she showed me that you do not need to physically give something to someone for it to be a gift,” Mary said. “In her own, uncomplicated way, she showed me that I should slow down, not rush to judgement and reminded me that two words can change someone’s entire view on life.”

Quiet Prayer

Silence! It’s not something easily found in today’s busy world. But that is not the case at Notre Dame Jogakuin High School in Kyoto, Japan.

There, students begin their school year with two days of “Mokusou-kai,” which means meditation session in Japanese. These special days of quiet have been a tradition for 65 years, allowing the students time for silent reflection.

“Our culture appreciates silence,” said Ms. Hiromi Arai, an English teacher at the school, “It’s a very special occasion.”



Students in Japan have a special time of silent meditation.

When we take the time to quiet our hearts and minds, we find a space to ask God, “What do you want me to do?”

The peace we find in this time with God can then be shared with others.



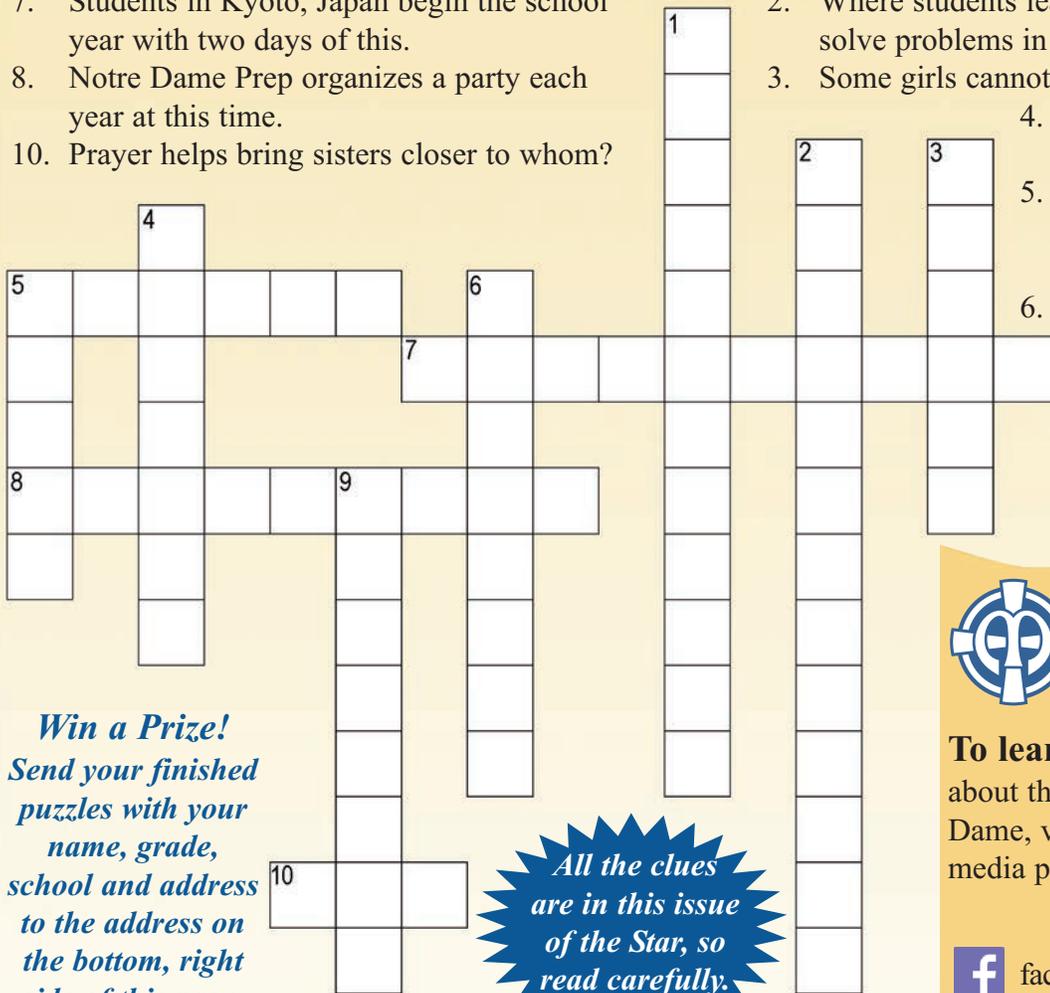
Star Criss Cross

Across

- What did each day begin and end with at summer camp?
- Students in Kyoto, Japan begin the school year with two days of this.
- Notre Dame Prep organizes a party each year at this time.
- Prayer helps bring sisters closer to whom?

Down

- One of the most meaningful things about summer camp.
- Where students learn how they can help solve problems in the world.
- Some girls cannot go to ___ for an education.
- SSND was founded in this country.
- Students in Japan find this in their quiet time with God.
- In addition to prayer, sisters spend time doing things that are ____ .
- Two words that “can change someone’s entire view on life.”



Win a Prize!
Send your finished puzzles with your name, grade, school and address to the address on the bottom, right side of this page.

All the clues are in this issue of the Star, so read carefully.

Ask a Sister ...

Do sisters pray all the time?

We value an hour or more of personal prayer time each day, which is important for us as we continue to deepen our relationship with God. Additionally, we share morning prayer and evening prayer times with the sisters we live with in community. We also value the opportunity to join with others in the celebration of the Eucharist on a daily basis, if possible. During the rest of our day, we may be busy with our ministry – the work we do which serves the needs of others – or spending our free time doing things which are renewing and relaxing for us.



School Sisters of Notre Dame

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