



School Sisters
of Notre Dame

Trust & Dare

2018



Yesterday, Today and Tomorrow

**SISTERS CONTINUE TO MEET URGENT NEEDS
AROUND THE WORLD WHILE PLANNING
FOR THE FUTURE**

**Congregation celebrates
185 years of mission**

**North American
Archives dedicated**

**New Directional
Statement**

Transforming the world through education

Trust & Dare

is a publication for family, friends and benefactors of the School Sisters of Notre Dame in Africa, Asia and North America and is coordinated by the SSND Collaborative Communications Committee.

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School Sisters
of Notre Dame

Dear Friends,

It has been almost a year since the 24th General Chapter presented the congregation with the gift of a new Directional Statement. Like a gift, the Directional Statement has brought us a great deal of joy, inspiring the deepening of our spirituality in ways both new and familiar. This growth does not come without its challenges. This new Directional Statement has language that calls us to action in more ways than ever. Gospel Poverty, the Triune God, authentic community life, innovative responses to education, dignity of life – these are all topics we have embraced in the past. The challenge is seeing them in new and deeper ways, finding dimensions of each we have not considered before.

Newer to us are things like understanding interculturality. From the very beginning of our history, SSNDs have never shied away from embracing other cultures and living among diverse people to do the work of God. We have always lived and worked around the globe. However, that intercultural living is more important than ever these days. Technology today enables us to be more connected with each other than has ever been possible. It is equally capable of making us more disconnected than we have ever been. Choosing to live interculturality enables us to connect in positive ways, ways that will have an impact on how those we educate see the world around them and embrace the global community.

Even as we envision the new history that will be created as we explore the depths of our Directional Statement, we have also taken some time to look back on our history as we celebrate the 185th anniversary of our congregation. We joyfully honor the women who came before us, the pioneers who inspired us to devote our lives to God and to the people God has called us to serve. As you will read in this issue, one of the ways we have done so is by telling the stories of 185 of these women in the 185 days leading up to Foundation Day on October 24.

I invite you to share your own stories for this project
<https://atlanticmidwest.org/post/share-your-story>.

Another way in which we are celebrating our history is through the new SSND North American Archives, which officially opened on June 2. Having a central repository for this history makes it easier for all to learn about our contributions to Catholic education in North America and around the world.

It is our hope that you enjoy this issue of *Trust and Dare*. Thank you for the support you have given us throughout our history. We would not be able to do all of the work we do without your generosity.

Charmaine Krohe, SSND

Charmaine Krohe, SSND
Provincial Leader, Atlantic Midwest Province

Our Mission

is to proclaim the good news as School Sisters of Notre Dame,
directing our entire lives toward that oneness for which
Jesus Christ was sent.

You Are Sent

Constitution of the School Sisters of Notre Dame

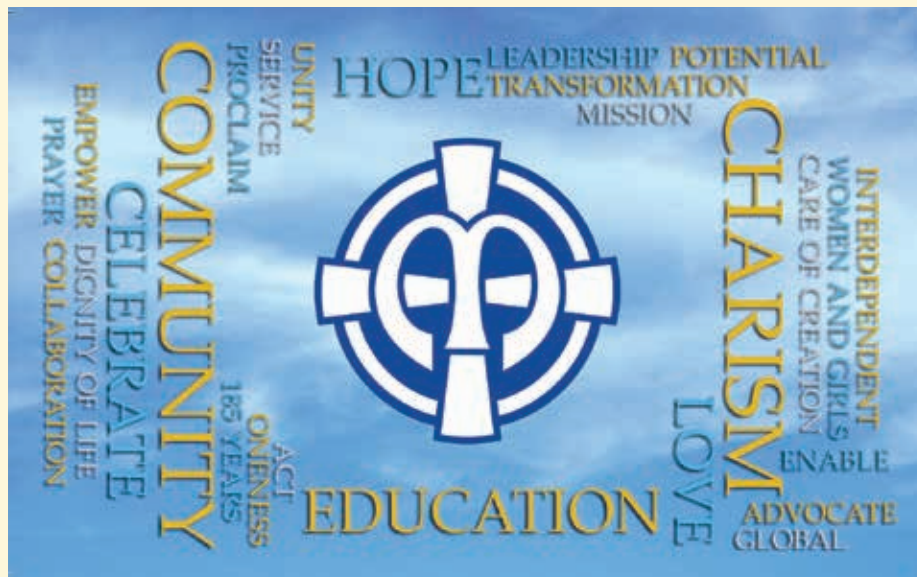
The Triune God impels us into the heart of the world to be women of peace, hope, and love.” ~ YAS

In the spirit of Blessed M. Theresa and Mother M. Caroline, we, the living community (SSNDs, colleagues and friends), continue to advance the SSND charism and ministries. Together with you our partners in mission, we are all carriers of Blessed Theresa's vision to educate, empower and transform persons to reach the fullness of their potential. **Together we have kept the dream alive for 185 years since the founding of the congregation!**

The documentation of those dreams has found a new home at the North American Archives recently established at Mount Mary University in Milwaukee. The stories of thousands of School Sisters of Notre Dame and their ministries over the years are now available for research. Historians can now study these documents and learn about contributions to Catholic education and the Catholic Church in America and around the world.

Renewed in our commitment following the 24th General Chapter, we continue “directing our resources and ministries toward education that transforms and calls us to eliminate the root causes of poverty and injustice.” We try to model and support responsible and loving behavior as we share our talents and resources so that others are able to contribute positively to the common good.

During those early years Blessed Theresa turned to generous friends and family for financial support. Since that time faithful donors have continued to help carry forward that mission through ministries directed toward education.



Because you care, it is possible for our Sisters to direct their resources and ministries toward education that transforms. Indeed you have been great partners in the SSND mission and the calling to serve God and humanity. The legacy of Blessed Theresa – transforming the world through education – giving special emphasis to women, young people and those who are marginalized is our common cause where SSNDs serve in 30 countries worldwide.

We are most grateful for the support that the School Sisters of Notre Dame receive. Your prayers, interest, encouragement and financial contributions are a testament to your commitment and partnership

Some donors give monthly or annual cash gifts while others provide stock and appreciated assets. Still others provide for future gifts by making a legacy gift on behalf of their family and the Schools Sisters of Notre Dame. Like other gifts, a legacy gift can be used to support our sisters in retirement and in active ministry.

Legacy gifts include bequests, life insurance and retirement plan gifts and trusts of various kinds. If you have any questions about making a gift or would like additional information, please contact the Development office for your province listed below. **Together, we can make a difference.**

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Archivists from the Atlantic-Midwest and Central Pacific provinces stand in front of donor recognition stars carved from wood by Sister Mary Ann Osborne at the School Sisters of Notre Dame North American Archives dedication and blessing June 2, 2018. The Archives is located at Bergstrom Hall on the Mount Mary University campus, Milwaukee. From left to right: Sister Mary Kay Ash, Sister Vicki Chambers, Sister Joan Frey, Michele Levandoski, Sister Mary Ann Kuttner and Sister Charlaine Fill.

History and Mission Celebrated at North American Archives Dedication

Preserving history has always been important to the School Sisters of Notre Dame since its founding by Blessed Theresa of Jesus of Gerhardinger in 1833 Germany. Sisters' stories and experiences have been chronicled in many ways, and provide a testament to sisters' unwavering dedication toward their mission, to those they serve and to God. Documents from past and present North American provinces containing sisters' stories, accounts and reflections about their way of life and their ministries are now housed in one location: The School Sisters of Notre Dame North American Archives.

For many years, the SSND housed historical documents about SSNDs in North America in 11 archive locations. In 2013, provincial leaders approved consolidation of the SSND archives to assure preservation of historical documents, facilitate research and efficiently handle reference requests.

SSND Archivists, Sister Mary Ann Kuttner, Sister Mary Kay Ash, and Sister Charlaine Fill organized and coordinated the consolidated archives project. The sisters chose Bergstrom Hall at Mount Mary University in Milwaukee, Wisconsin, as the site for the North American Archives. Renovation of the space began in June 2017, and concluded in early October.

The first shipment of records arrived later in the month, and the transfer of all 11 collections was completed in December.

The archives holds 2,800 linear feet of records from the current Atlantic-Midwest and Central Pacific Provinces, as well as from 11 former provinces: Baltimore; Chicago; Dallas; Mankato, Minnesota; Milwaukee; St. Louis; Wilton, Connecticut; and Waterdown, Ontario, Canada. It also holds records from missions in Guam, Puerto Rico, Japan, England and various countries in Africa and Latin America. In addition to these mission records, the archives houses approximately 9,000 deceased sister files. All of these records are unique pieces and cannot be found anywhere else. Not only do they document SSND history, but also the history of Catholic education in North America.

A special feature of the North American Archives is the artwork, particularly the wood carvings created by Sister Mary Ann Osborne, Mankato, Minnesota. One of the wood carvings depicts Mother Caroline making her way across the Atlantic Ocean to North America. Part of this carving includes stars showing the locations of missions founded by SSNDs in North America and the world. A second carving also uses stars to honor donors who gave generously to the



Sisters Doris Jean LeBrun (left) and Marilee Ketterhagen (right) pour over a scrapbook before the SSND North American Archives dedication and blessing June 2, 2018. Photo by Sister Mary Kay Ash.

archives project. Many of these donors gave in honor or in memory of a sister; those sisters honored or memorialized by a donor also have their names engraved on the stars. Donor names are also listed in a commemorative leather-bound book housed in the archives.

The School Sisters of Notre Dame North American Archives was formally dedicated on Saturday, June 2, 2018, in the presence of sisters, donors and staff. Sister Charlaine Fill and Dr. Christine Pharr, President of Mount Mary University, welcomed guests. Sister Mary Ann Kuttner presented a historical perspective on the North American Archives. Michele Levandoski, SSND North American Archivist, provided a look into how the archives will continue to preserve SSND's history. The blessing of the archives was led by Sister Charmaine Krohe, Atlantic-Midwest Provincial Leader, and Sister Mary Anne Owens, Central Pacific Provincial Leader. A ribbon-cutting ceremony and a recognition of donors by Mary Kay Murray, Resource Development Director for the Central Pacific Province,

concluded the program. After the dedication, guests were invited to tour the archives, take a closer look at the artwork, speak with the archivists and attend a reception.

Donor Ann Kampeter developed a connection with the School Sisters of Notre Dame when she met Sister Willibald Verling at 10 years old. Ann attended the archives dedication and was touched by Sister Mary Ann Osborne's wood carving. Ann said, "It's important to know the history of the sisters. They have done a great deal."

Donors Jerry and Betty Mutza attended the dedication with Sister Benilda Dix and were surprised to learn of all the places SSNDs have served. When asked why preserving SSND history was important, Jerry stated, "The sisters have given so much, and I want to give back. We need to help them preserve their history. Who will otherwise?" The School Sisters of Notre Dame are grateful to the donors who made the archives project possible.

The archives is open through appointment only. There is no charge for on-site research; however, copy and reproduction fees may apply. For more information about the North American Archives, please visit www.ssnd.org/archives or contact archives@ssnd.org or call 414-930-2706.



Donor Betty Mutza (standing) and Sister Mary Benilda Dix cut the ribbon leading to a room Betty and her husband, Jerry, donated to the SSND North American Archives. The ribbon cutting ceremony was held during the archives dedication and blessing June 2, 2018. Photo by Kelly Grant Moore.

"It's important to know the history of the sisters. They have done a great deal."

~ Ann Kampeter, donor



The Living Legacy of “Aging with Grace”

Radically changed the way we view aging and living

In 2018, one in three seniors will die from Alzheimer’s or another form of dementia (Alzheimer’s Association). Roughly 5.7 million Americans are living with Alzheimer’s. This number is projected to rise to 14 million by 2050.



Dr. Kristen
Abbott-Anderson

Given the importance of Alzheimer’s within the health care field, Dr. Kristen Abbott-Anderson, Assistant Professor with the College of Allied Health & Nursing at Minnesota State University, Mankato, Minnesota, chose to utilize “Aging with Grace” by Dr. David Snowdon, in her Families in Transition 2 course work.

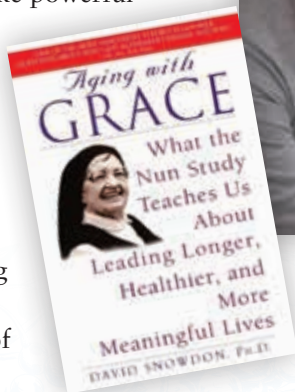
Why would this particular study and book still be relevant to college students 32 years after the study began? First, the study is ongoing. Second, the likelihood that these students will come in contact with a patient suffering from Alzheimer’s or dementia is inevitable. College students benefit from Dr. Snowdon’s findings, not only through a thorough examination of his research techniques, but also through awareness. The most significant outcome of the study was that the findings radically changed the way we view aging and living. These insights help students develop better end-of-life care possibilities for those with Alzheimer’s along with developing compassion and empathy.

Dr. Snowdon’s unique study of 678 Catholic sisters from the School Sisters of Notre Dame, looked specifically at the aging process and the effects of Alzheimer’s disease within a specific population. Dr. Snowdon chose the sisters to study Alzheimer’s because he believed that Catholic sisters offered a number of advantages when investigating patterns and causes of diseases: they keep extensive membership lists and historical records (Snowdon 13); and they live similar lifestyles, which enables researchers to make powerful comparisons between factors related to illness or health (Snowdon 14).

According to Dr. Snowdon, “Nuns [have] even more similar histories. They do not smoke. They are celibate. They have similar jobs and income, and they receive similar health care for most of their lives. All of these factors reduce the confounding variables – such as poverty and lack of health care – that can cloud the meaning of

data. Outside of a laboratory, it would be hard to find as pure an environment for research” (14).

When Dr. Snowdon embarked on his relationship with SSND, his initial aim was rather broad. He wanted to investigate aging, but he wasn’t entirely certain what he hoped to learn. While he tried to narrow down his research, he began making regular trips to Our Lady of Good Counsel in Mankato, Minnesota, hoping to find a focus. Initially, Dr. Snowdon simply took part in the lives of the sisters, spending time with the sisters living in the health care unit, eating meals with sisters in the cafeteria, playing a game of Scrabble or watching a Minnesota Twins game with them, as he worked out his ideas for a possible research project. Dr. Snowdon’s study took shape when he stumbled on the historical archives detailing not only the history of SSND, but also each individual sister’s life, which allowed him the unique ability to look backward and forward in time (24). Initially, Dr. Snowdon’s research looked for “links between a sister’s level of education and her mental and physical abilities late in life” (33). This initial study developed into the 1986 “Nun Study,” where the primary question he hoped to answer was, “how the pathology



Dr. Snowdon with Sister Nicolette Welter, a Nun Study participant, at her birthday party held at Our Lady of Good Counsel.

**The primary question he hoped to answer was,
“how the pathology in the brain relates to the expression of
the symptoms of Alzheimer’s.”**

in the brain relates to the expression of the symptoms of Alzheimer’s” (93). His question developed into a two-part study. The first part of the study, involved the mental and physical evaluations of the sisters. The second, involved the donation of the sister’s brain upon death for a deeper look at pathology, including a laboratory examination of brain tissue samples for diagnostic or forensic purposes. Researchers wanted to look at the number and distribution of tangles within the brain itself, as these could be used to map the stages of disease (Snowdon 131). Those who were in control of each phase of the study did not discuss their findings until after the pathology report was completed. At that time, both groups came together to discuss their individual findings and what those findings meant for the study as a whole. In 2001, Dr. Snowdon published his findings in the book “Aging with Grace.”

When Dr. Abbott-Anderson read “Aging with Grace” she kept thinking that even though this study started more than 20 years ago, there were so many pieces within the book that fit with the course she would be teaching for the first time in the fall of 2017. The course, Families in Transition 2, looks at families living in the context of chronic illness and end-of-life situations. The discussion on Alzheimer’s is threaded throughout the course.

“Outside of a laboratory, it would be hard to find as pure an environment for research.”

Within the course, Dr. Abbott-Anderson asks her students to read “Aging with Grace” and to complete four reflection assignments. In the first reflection, the students look at the ethical underpinnings of the research. The second reflection looks at family, as they compare the lives of Sister Maria and Deloris, who both grew up in Germany and had similar beginnings, but their lives took different paths. Sister Maria passed away from Alzheimer’s in 1996. Sister Deloris did not develop Alzheimer’s. In 1996, S. Deloris finished mission work in Kenya at the age of 80. Part of this second reflection requires students to choose one of the two sisters to do a genogram - a pictorial display of a person’s family relationships and medical history - or an ecomap - a visual representation of an individual’s place in society. Students discuss what influences they see in the sister they selected. In the third reflection, the students look at the physiological issues discussed in the book.



Sister Gabriel Spaeth conducts a mental examination for the Nun Study in Elm Grove, Wisconsin.

The final reflection looks at the big picture. What does social engagement have to do with health and well-being? How does social support and spirituality play into the bigger picture? Students consider the idea of quality of life and its influence on the sister’s well-being and whether or not they exhibit the signs of Alzheimer’s within their lives.

When asked if Dr. Abbott-Anderson would continue to use “Aging with Grace” in her course, she said she would highly recommend this book to anyone who may be interested in Alzheimer’s because the study is as relevant today as it was 32 years ago. The study and the book have the potential to change lives for those who know someone suffering from Alzheimer’s, caregivers, and anyone else who is affected by the disease. “The sisters need to know that this book is a living legacy, and it is impacting future nurses’ lives through awareness and empathy,” said Dr. Abbott-Anderson. “I think they are helping to prepare nurses who will be more compassionate about aging, about wellness and all of the other important aspects brought to life that this book discusses so well.”

To learn more about MPR News’ “Documentaries: ‘Heart and Soul’ and ‘Aging Gracefully.’”
https://www.mprnews.org/story/2018/05/30/studies_of_aging

Faces

of School Sisters of Notre Dame in Prayer, Ministry and Community



Sister Lorenzo Schuster of Notre Dame of Elm Grove, Wisconsin, celebrated her 103rd birthday on May 21, 2018. She first professed vows in 1941 and celebrated her 75th Jubilee in 2016. Sister Lorenzo is currently the oldest sister in the Central Pacific Province.



Sister Betty Lackenbauer celebrates the 85th Jubilee of Sister Rita Kittel, her Grade One teacher, who inspired a love for Jesus that led Betty to answer God's call, too.



From left to right, General Superior Sister Roxanne Schares, Central Pacific Provincial Councilor Sister Kathleen Bauer and Sister Nancy Becker attend the Central Pacific Province's Assembly of the Whole held June 29-July 1, 2018, in St. Louis.



An international delegation from the School Sisters of Notre Dame, including students from SSND schools in Austria, Brazil, Japan and the United States attended the United Nations Commission on the Status of Women meeting March 12-23, 2018, in New York as they address the challenges and opportunities in achieving gender equality and the empowerment of rural women and girls.



Archbishop of Milwaukee Jerome Listecki presents Sister Jan Gregorich from Global Partners, Running Waters, Inc., with the 2018 Treasures of the Church: Religious Community Recipient award.



Provincial Leader Sister Joyce Nyakwama lays a foundation stone for the Provincial House which will be "Home" to the sisters in Africa.

At left, from left, Sisters Helen Jones, Lucy Nigh, Patricia Ferrick and Judy Bourg lead an immersion experience along the U.S.-Mexico border.



Sister Mary Ann Matachinskas, Headmistress of Mary, Queen of Peace School in Cape Coast, Ghana, meets with students.



On June 10, 2018, family, friends, sisters and associates gathered at Villa Assumpta in Baltimore to celebrate the first covenant of six new associates: Kathryn Doherty, Kathleen Sipes, Madelyn Ball, Amy Larocque-Rumano, Valerie Smitheman-Brown and Marylou Yam.



Members of the associates leadership team visited the "Catholic Sisters: Spirit of St. Louis" exhibit at the St. Louis Public Library. From left to right: Sister Rosie Bonk, Anne Cramer, Anne Carey, Janice England, Sister Lupe Valdez, Judy Gregor and Sister Gilda Bruce.



Members of Shalom Africa attend an international meeting. Shalom addresses issues brought on by globalization affecting areas of Africa.



Sisters and associates at the Atlantic-Midwest Province's 2018 Associate Area Coordinator Meeting, held in Wilton, Connecticut, June 2018.



Sister Sandra Helton (left) and Sister Gen Cassani (right) discuss recommendations during the Central Pacific Province's Assembly of the Whole, held June 29-July 1, 2018, in St. Louis.



Sisters and volunteers participate in a unique version of the Kentucky Derby on May 8, 2018, at Notre Dame of Elm Grove, Wisconsin. From left to right: Sister Niva Langreck, volunteer Laura Harvancik, volunteer Char Kalusok, Sister Marcia Zofkie, Sister Henrita Gonja and Sister Margaret Mary Dohms.



Sisters who attended the Central Pacific Province's Assembly of the Whole in St. Louis stand in solidarity with those who participated in the nationwide Families Belong Together marches on June 30, 2018.



Basketball: The girls of Notre Dame Academy in Waterdown, Ontario, Canada in the early 1950s. Flying SSNDs: Sisters from St. Louis prepare to leave for their mission in Japan. Sisters Gabriel Roeder and Virginia Brien, who were both missioned in Africa, welcomed a visit from Sister Victoria Swanzy-Essen of the Province of Africa.

A Unique Project to Celebrate 185 Years of the SSND Congregation

In 1833, Blessed Mother Theresa Gerhardinger established a community of women religious in Bavaria dedicated to education. In her vision, the renewal of society depended on the Christian family in which the mother, the first educator, had a key role. Thus, she chose the Christian education of girls – particularly those from the poorest towns and villages – as the vital service her community would offer.

“All the works of God proceed slowly and in pain; but then, their roots are the sturdier and their flowering the lovelier,” Blessed Theresa once said. Indeed, the establishment of the congregation of the School Sisters of Notre Dame came slowly and sometimes painfully, but the women who forged those roots created the unwavering foundation on which today’s SSNDs still stand.

In celebration of these amazing women and the work they have done and are still doing, the Atlantic-Midwest Province has embarked on an ambitious project to tell 185 different stories about SSNDs throughout history in the days leading up to the 185th anniversary of the congregation October 24. These stories are being told in a special section

We hope that by shining a spotlight on our vibrant past, we can inspire a new generation to carry on our work well into the future.”

~ Charmaine Krohe, Provincial Leader

on the Atlantic-Midwest website, and in the province’s social media.

Stories have been coming in from sisters in the province, the Central Pacific Province and Province of Latin America and the Caribbean. Alumni who have been taught by SSNDs have also been sharing how their lives have been influenced by sisters.

Stories could be something as simple as a photo with a caption. Historical pieces on the work of SSNDs around the world are included; many of these were from books on SSND history, although some come from the personal recollections of sisters themselves. Some sisters also kindly submitted their personal reflections on their work as teachers, missionaries and care providers. Video interviews with sisters about their work and their calling have also been a part of the project.

“The purpose of highlighting these stories is to make the community at large more aware of what it means to be a School Sister of Notre Dame,” said Provincial Leader Charmaine Krohe, in an announcement about the project sent to the province earlier this year. “There are many young people today who are still interested in living a life close to God and who are dedicated to serving others. However, they might not be aware of what our community can do to support their calling or how we can work together as partners in mission. We hope that by shining a spotlight on our vibrant past, we can inspire a new generation to carry on our work well into the future.”

Do you feel called to share your story? The AM Province is still accepting submissions. Please email your story (with photos, if you have them) to communications@amssnd.org. If you would prefer to mail your submission, you may send it to the attention of Caelie Haines, Communications Director, School Sisters of Notre Dame Atlantic-Midwest Province, 6401 N. Charles Street, Baltimore, MD 21212.

24th General Chapter of the School Sisters of Notre Dame: Love Gives Everything

General Council Elected, New Directional Statement Developed

Statement of Commitment

During the installation of the SSND General Council, sisters recited the Statement of Commitment: The Triune God impels us into the heart of the world to be women of peace, hope, and love. In fidelity to our charism, we, your sisters: Roxanne, Inês, Julianne, Carolyn, Martina and Kathleen, commit to lead the congregation into the future and further the unifying mission of Christ across nations and cultures. In the spirit of Blessed Theresa, we trust and dare to respond boldly, for *Love Gives Everything*

Forty-five School Sisters of Notre Dame representing sisters from 30 countries came together September 26 – October 24, 2017 in Marriottsville, Maryland, for the 24th General Chapter, to elect a General Council and set the future direction for the congregation for the next six years. SSNDs hold a General Chapter with elected and ex-officio representatives from each administrative province every six years. The theme of the Chapter was “Trust and Dare. Content with little, we joyfully direct our entire lives toward that oneness for which Jesus Christ was sent.”

General Council

Sister Roxanne Schares was elected General Superior at the Chapter. She will work with a team of five elected General Councilors: Sister Inês Camiran, General Councilor/Vicar; Sister Carolyn Anyega; Sister Julianne Lattner; Sister M. Martina Radež; and, Sister Kathleen Storms. The General Council members began their six-year term when they were installed January 20, 2018, at the Generalate in Rome, Italy.

Future Direction of the Congregation

The Directional Statement was the result of a congregation-wide consultation before the Chapter and intense dialogue and prayerful reflection during the Chapter. The General Council is leading the congregation in implementing the Spirit-inspired direction set by the Chapter members.

“This Chapter and our Directional Statement for the future have been an act of love, a love that gives everything, gladly and gratefully,” Sister Roxanne said. “In that spirit, in the spirit of our Foundress Blessed Theresa Gerhardinger, and through the power of the Holy Spirit, we are committed with the entire congregation to follow the direction that God has given us and live into the future what this Directional Statement and these Acts of the Chapter call us to be and to do – out of a love that gives everything.”

**“Love gives everything gladly,
everything again and again, daily.”**

~ Blessed Theresa, Letter #1

Directional Statement

The new Directional Statement is titled, *Love Gives Everything*. It contains seven commitments of the SSND. Over the next six years, sisters will pray, reflect and implement these seven commitments:

- We embrace Gospel Poverty, probe its deeper meaning, and risk opening ourselves to be transformed.
- We deepen our consciousness of who we are in relationship with the Triune God, one another, and God’s amazing universe, particularly through theological reflection on the Trinity.
- We claim our authentic community life as a prophetic witness of unity in diversity and a service to God’s people.
- We expand our understanding of interculturality and commit to develop skills for intercultural living in community and society.
- We risk innovative responses as educators in a rapidly changing world impacted by globalization and technology.
- We educate, advocate, and act in collaboration with others for the dignity of life and care of all creation.
- We discern as a congregation which urgent and critical global concerns we are called to address and we dare to respond boldly in unsuspected ways.

The sisters invite each of you to join with them by praying with the Directional Statement and by finding ways to implement it in your personal life. *To download the Directional Statement see the back cover of this issue.*



Top left, The Wellston Center's thrift store sells many items, such as shoes, in order to raise funds.

Top right, The Wellston Center distributes food to qualifying clients.

Lower left, Sisters Kathy Stark, Elaine AuBuchon and Mary Beckman at the Wellston Center.

Lower right, The Wellston Center has many volunteers. This volunteer is helping by organizing the clothes donated for the thrift store.

Lending a Helping Hand: St. Augustine Wellston Center

Residents in North St. Louis County, Missouri face a variety of issues; lack of jobs, socioeconomic instability, gangs, drugs and the cycle of poverty create hard times for many living in this area. They have few options to leave or improve their situation. That's where the St. Augustine Wellston Center helps. This thrift store operates to generate money for a food pantry, health and social services to support individuals in the community. Volunteers from St. Joseph parish in Manchester, Missouri, started the Center and School Sisters of Notre Dame, Sisters Mary Beckman and Kathy Stark began directing and growing it in 1992. Today, Sister Carol Callahan, directs pantry and social services, while Sister Elaine AuBuchon, SSND, and other volunteers assist in a variety of ways.

“We try to help them reach the fullness of their potential. That’s what the Wellston Center is about.”

~ Sister Kathy Stark

The Wellston Center started under the former St. Barbara Parish over 25 years ago and is now located in another former parish facility. St. Augustine Church and many other St. Louis Archdiocesan parishes continue to support the Center. Thrift store donations come from parishes, individuals and New Balance shoes. Since 2009, New Balance has donated online returns to the Center, which is a significant source of income for the thrift shop.

Nearly 40 percent of those served by the Center are senior citizens. The food pantry clients number 300 to 400 monthly. The Wellston Center is unique in that it purchases 75 percent of the food, totaling almost \$3,000 per week; donations account for the remainder. Fresh produce, meat, eggs, milk, bread and canned foods ensure residents have access to healthy meals. “We ask our clients what they want,” said Sister Mary. “We want to make sure they get food they will eat, and we want to give them access to fresh food not normally available.” Additionally, the Center offers services such as rent assistance, utility assistance and employment help.

Volunteers are the lifeblood of the Wellston Center. Coming from several parishes throughout St. Louis, the volunteers keep the pantry and thrift store operational and welcoming to clients. Volunteer nurses also visit weekly for various health services and referrals.

The Wellston Friends Group, directed by Sister Carol, addresses issues affecting everyday life for families in the community. The group initially was a means for women to mourn the loss of their children and grandchildren due to drugs and violence, but has evolved into an opportunity for these women to better their communities. Civic leaders, police, doctors and former neighborhood youth are among those invited to speak and listen as everyone strives to improve quality of life for their loved ones.

“Sometimes someone just needs to hear that they can do something,” said Sister Kathy. “We try to help them reach the fullness of their potential. That’s what the Wellston Center is about.”

Called and Sent to Make Christ Visible

Final vows celebrations are moments of joy, celebration and sharing of this joy with the larger community of sisters, parishioners, friends and family. On May 19, in Kiptere Parish at St. Francis Girls Secondary School in Kenya, the SSNDs celebrated the joyful occasion of the profession of Sisters Judy Sambu and Merceline Anyega.

In line with the theme of the day, “Called and sent to make Christ visible by our being” (YAS), there was much collaborative effort put into the preparation for the day by the sisters in the Kenya area and parishioners. For the parishioners of Kiptere parish, it was their very first big SSND celebration to host, and they were grateful that we had chosen their parish for the venue of the profession. For us SSNDs, it was an opportunity to witness to the gift of “making one” and sharing our love, joy and hope with the people of the Kiptere and Nyabururu Parishes.

It was a beautiful day. Families, friends, well-wishers from far and near, priests and religious from different religious congregations and the School Sisters of Notre Dame all converged at St. Francis Girls Secondary School, Kiptere, to witness the solemn profession of perpetual vows of our sisters. The choirs from Nyabururu parish and Kiptere parish filled the air with their sweet melodious voices, while the liturgy dancers from St. Francis and from the Pontifical Missionary Childhood Movement helped in animating the beautiful liturgy. The Eucharistic celebration was officiated by the Bishop Emmanuel Okombo of Kericho diocese and concelebrated by Bishop Joseph Obanyi, the Bishop of Kakamega diocese.

Sister Joyce Nyakwama, the Provincial Leader of the SSNDs, Province of Africa, set the tone for the day in her welcoming remarks. She invited the congregation present to share in the joy of the day by

enlightening us on the commitment the sisters were going to make. It was an invitation to witness the self-giving of two young women. She recognized the fact that the sisters chose to live-out their baptismal call more profoundly by daring to follow Christ more closely in this act of self-giving.

As customary during the rite of profession, the candidates for profession were called out from amongst the people of God. Sisters Judith and Merceline were accompanied to the altar by their parents, who presented them to the Provincial Leader and the main celebrant. Sister Joyce Nyakwama and Bishop Okombo received the two sisters. As each sister made her profession of vows, it was received with applause from the crowd. During the sign of peace and congratulations the entire congregation rejoiced with the new sisters through song and dance to express their joy.

In his homily, Bishop Okombo spoke extensively on the celebration as a time of commissioning, and that the sisters were being commissioned to be bearers and heralds of the good news. The sisters have the same role as the apostles to participate in the evangelization of the nations, and for the SSND this is done through education. He quoted the famous words of Christ from scripture that “the harvest is plenty but the laborers are few.” The sisters, he added, are sent to the farm to harvest. Bishop enjoined the congregation to join in the call to evangelize, as many people in the world are still in need of the good news.

The second part of the celebration was marked with dance, cutting of the profession cake and speeches from guests at the occasion. Bishop Joseph Obanyi, expressed his gratitude to the sisters for their work in his diocese. The missionary children entertained guests with a poem that called on the newly professed sisters to bloom and grow where they are planted. It was indeed a joyful celebration.



Top: Sisters Merceline Anyega (left) and Judith Sambu (right) prepare to make their final profession.

Middle: Sister Mara Frundt (left) and Sister Judith Sambu (far right) dressed in traditional attire with her grandma (center) during a thanksgiving Mass for Sister Judith's perpetual profession.

Bottom: Sister Joyce Nyakwama, Provincial Leader, and Sisters Judith Sambu and Merceline Anyega are joined by the Bishops Emmanuel Okombo (left) and Joseph Obanyi (right) cutting the cake to celebrate Sisters Judith and Merceline's perpetual profession.

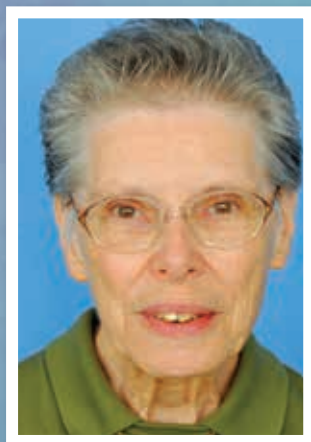
Inspired by SSND



*Sister Marie
Catherine Mack*



*Sister Josephann
Wagoner*



Sister Leonissa Clements

Grateful for the Guidance of Inspirational Women

By Licinda Mytych Peters

I am an alumni of St. Augustine's Catholic School in Elkridge, Maryland. I attended first grade through seventh grade there and was taught by a bevy of wonderful teachers and nuns who inspired and mentored me into becoming the strong woman I am today. Sister Josephann Wagoner was kind enough to write a recommendation for me when I applied to the College of Notre Dame of Maryland, and I was very happy to receive my four-year continuing education at such a prestigious school, where the School Sisters again were very much a part of forming the professional woman I am today.

To say that I have a treasure trove of stories, memories and life experiences from the contributions of these sisters would be an understatement. I credit their influence and example in leading me toward being a stronger Catholic as well as a confident woman and wife. When we are children we look up to the women around us to lead and guide us toward becoming an adult. Often we allow ourselves as little girls to fall into the world of make-believe and dreams. Being a child is a magical time, and I was both sheltered and loved during my time at St. Augustine.

Sister (Marie) Catherine Mack was a guiding force in my early years whom I both feared, respected and adored. Her stern façade hid a kind and loving soul who wanted only the very best for all of the students. Even when I misbehaved, which I admit to doing very often, she had a twinkle in her eye when she reprimanded me. I shall never forget the sound of her footsteps or her voice, and I wish that I would have had the chance to have known her as an adult. I can only imagine the advice she would have given me about being more patient with my husband!

My heart will always have a place for my teachers. The sisters have been so many that I'm ashamed that the names escape me. To Sister Catherine, Sister Leonissa Clements (who taught me third grade) and Sister Josephann, I send my love. I will carry you with me throughout my life and through my eyes you will live, you will experience my life as a contracting manager for the federal government, my life as a devoted wife to a disabled husband, and through my eyes you will see how I joyously embrace my life with love each day.

It is through you and your time and love that I have grown to be who I am today and I will never be able to repay this debt. So, therefore, you are carried with me and mine, and my life experiences shall in truth be yours.

**"To Sister Catherine,
Sister Leonissa Clements
(who taught me third grade) and
Sister Josephann, I send my love."**

~ Licinda Mytych Peters

"I have a great love for the sisters' compassion, ministry and for the wonderful people they are. It's the little things and the kindness and compassion that stay with you throughout your lifetime." ~ Biagio Arpino

A Musical Friendship

By Mary Jane (Buckek) Boyle



Sister Mary Alvin

I was given organ lessons in seventh grade by Sister Mary Alvin, now Arline Jaeger, at Saints Peter and Paul School in Gary, Indiana in 1950.

I have a degree in Chemistry from Marquette. After raising five children, I went to study music in Chicago.

I received a bachelor of music education when I was in my forties. I am still active as an organist at age 80.

I'm returning to the workforce, after taking time off for a year. I'll be going to Purdue University as a sorority property manager - a.k.a. Housemother. This will be my ninth year in this field.

I hope to find a community choral group. I've been a singer since my grade school days at Saints Peter & Paul.

Sister Arline and I are still in touch. She was a great, inspirational teacher.

Sister Arline Jaeger was born in Milwaukee, Wisconsin on April 21, 1928 and baptized at St. Augustine Church. She professed her first vows on August 11, 1949 in Milwaukee. Sister Arline began her ministry as a musician at Holy Trinity Church in 1947. She then went to Saints Peter and Paul in Gary, Indiana, where she taught elementary classes and music for three years.

In 1951 Sister Arline returned to Wisconsin, where for nearly 30 years, she taught music, elementary and middle school, and ministered as a principal. She ministered at the staff retreat house in Pewaukee for a dozen years and served as a volunteer at the Milwaukee Achiever Literacy and Havenwood Nursing and Rehabilitation Centers. She has been a professed member of the School Sisters of Notre Dame for 69 years.

Lead. Learn. Proclaim.

In April 2018, Mr. Biagio Arpino was presented with the 2018 Lead. Learn. Proclaim Award from the National Catholic Education Association for his dedication and commitment to excellence. This annual award honors those whose ministry is Catholic school education and who have demonstrated a strong Catholic educational philosophy, as well as exceptional ability, dedication and results. Mr. Arpino was chosen from more than 150,000 candidates.

Biagio Arpino speaks of being deeply influenced throughout his lifetime by the School Sisters of Notre Dame and their vision of education. He received his grade school education at St. Anthony of Padua in South Ozone Park, N.Y., an SSND school that strengthened and built on the deep-rooted faith of his parents, Mildred and Alphonse.

Embarking on his teaching profession in 1973, Biagio was hired to teach sixth grade by Sister Julia Mary VanRossem, SSND, principal at St. Mary School. He is very respectful and appreciative of the School Sisters of Notre Dame's role in developing him as a student and later in life as an educational colleague.

He said, "I have been privileged to be called to minister in Catholic education. I have been blessed by so many others who have been God's face and gift to me," said Mr. Arpino. "I have a great love for the sisters' compassion, ministry and for the wonderful people they are. It's the little things and the kindness and compassion that stay with you throughout your lifetime."



Biagio Arpino with his students

We, School Sisters of Notre Dame, direct our entire lives toward that oneness for which Jesus Christ was sent. At this critical turning point in the sacred history of creation and humanity, we have heard our deep desire to trust and dare.

~ (YAS, C4)

Love Gives Everything

The School Sisters of Notre Dame invite you to join with them by praying with the Directional Statement and by finding ways to implement it in your personal life. Please go to here <http://ssnd.org/directional-statement/> for a downloadable and printable version of the SSND Directional Statement in English, Spanish or Japanese.



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