

#### OF INTEREST

#### **Welcoming spring**

Houses across the Province welcomed spring when it arrived with the sun's warmth in March.

Page 3

#### On reconciliation

Sister Brigid Lawlor talks about reconciliation and what it means to be Good Shepherd.

Page 5

#### **Community life**

Community life has been abuzz with Easter, birthdays, jubilees and other celebrations.

Page 7

#### **Prayer for vocations**

The World Day of Prayer for Vocations is April 17 and falls on Good Shepherd Sunday

Page 9



#### LCWR REGION X SETS NEW PACE

The Leadership Conference for Women Religious (LCWR) broke new ground in March when Region X invited Communicators and Justice Promoters to attend its spring meeting. The purpose of the meeting was for Sisters, Communicators and Justice Promoters to find ways to collaborate in promoting and strengthening social, economic and environmental justice ministries in their provinces and congregations.

Continued on next page



#### Green Corner

The Director of Good Shepherd National Advocacy Center Larry Couch talks about the challenge of responding to and advocating for environmental issues as NAC's only full-time staff person and lobbyist.

Continued on p. 12



# ZEAL

## LCWR Region X Cont'd from p. 1

It was the first time all three groups had come together in a LCWR meeting. Participants spent time getting to know one another and discussing the wisdom of collaboration. Dialogue focused on how Sisters, communicators and justice promoters can collaborate to build a greater justice peace movement that is integral to women religious and all Christians.

"We have to share the wisdom of the collaboration and work as a team to tell the stories," Sr. Ann said.

"Our messages are refugees, contemplative lifestyle, human trafficking, domestic violence, addiction and more. Communicators say the words and tell the message through photos and video. They help leaders tell the stories," she said.

The gathering also centered on earth as our common home. Sr. Ann invited participants to consider what life looks like for those who live in this world. She



LCWR Associate Director of Social Mission Ann Scholz facilitated the two-day Region X gathering.



Larry Couch discussed ways that other congregations can help Good Shepherd National Advocacy Center promote justice at the national level.

cited such challenges as deep division by wealth, gender and education. She noted environmental degradation, income disparity and preventable death from treatable illnesses, access to water and toilets and equal opportunity for countries and their citizens. She spoke of violence and war.

"That said, we are not without hope. We are gathered here as witnesses to that hope. Breakdown doesn't have to be the end. It can be the beginning of something new," Sr. Ann said.

Table conversations revolved around a vision for the world: What is God's dream for our world? How do we find a new way of right relation with all of Creation? How do we create a world where wealth is measured not by what we have, but by what we give?

"At its core, Christianity is a religion of hope. Our life and ministries give expression to that hope. We are to be bold in our advocacy for justice and peace. Our light must shine. Those of us gifted with leadership are called to walk the edge — between what is and what is meant to be. We have to tell our stories," Sr. Ann said.



Sisters Madeleine Munday (top) and Marie Maurer (bottom) discuss in their table groups what it means as Sisters, communicators and justice promoters to make our way through the wilderness, so that we may bring light into a world that is filled with danger and chaos.



2





# 1

# Sisters and communities welcome spring

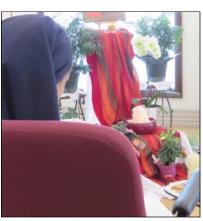




When St. Louis temperatures climbed into the low 70s after the first day of Spring, Province maintenance worker Frank Avery prepared the soil for vegetable seeds. Maria Droste Contemplative Sister Agnes Yamamoto ventured into the flower garden to commune with nature.







A Resurrection Garden greets Pilgrims who enter the doors of mercy at Maria Droste Contemplative Community. Local Leader of the community Sister Elizabeth Garciano created the garden on Holy Saturday to commemorate the day that Jesus Christ lay in the tomb after his death, and as a springtime symbol of care for our common home.

#### Earth Day Kaleidoscope

Shepherding Images & Good Shepherd Gallery will host an art exhibit titled An Earth Day Kaleidoscope: Art Show by Students of St. Rose Philippine Duchesne School. The show opens with an artist reception April 21 and runs through May 6. Get more information from the Shepherding Images



facebook page. Earth Day is on April 22. It was first organized in 1970 to promote ecology and respect for life on the planet.





# M

#### Sisters tour Shepherding Images Studio in Ferguson

Before the Transformative Visioning meeting in St. Louis began at the Province Center last month, three Sisters made a short trip to Ferguson to see Sr. Glynis McManamon at Shepherding Images Studio & Good Shepherd Gallery. After leaving the studio, Sisters LeeAnn Mackeprang, Janice Rushman and Maureen Johnson stopped to gather by one of the billboards that St. Louis Catholic Sisters launched as part of National Catholic Sisters Week. The billboards were aimed at instilling pride in St. Louis and sparking a desire for people to work for the community's betterment.



l-r: Sisters LeeAnn Mackeprang, Janice Rushman and Maureen Johnson visited Sr. Glynis McManamon in her studio and discovered a billboard along the way.





Sister Marie Jean Bea, Province Leader of Northeast Asia (left) visited the Province Center in March. She enjoyed spending time with Province Leader Madeleine Mundy (right) and Apostolic and Contemplative Sisters.

#### **Vocations directors gather in region 11**

Sr. Jean Marie Fernandez, PMNA Apostolic Vocations Director, attended the National Religious Vocation meeting for Region 11 on March 9 in Oakland, California. The meeting provided professional development opportunities to vocation directors from different congregations. Associate Director of the National Religious Vocation Conference Sister Deborah Borneman, Saint Cyril and Methodius, served as keynote speaker. Her presentation was titled Vocation Ministry - Tenacity and Resiliency. Attendees had lively group sharing and discussion on this topic. They also shared best practices in Vocation Ministry and discussed group business.





#### Province center welcomes Sr. Marta

Sister Marta Ceballos is the most recent Sister to be missioned to the Province Center. Prior to arriving in St. Louis on January 10, 2016, she had served as the community coordinator at the Generalate in Rome. She oversaw building and property maintenance and supervised staff. Sr. Marta also welcomed people who visited the Generalate. In addition, she served as liaison for Sisters of two other congregations who live in community with Good Shepherd Sisters. Sr. Marta now assists the business office at the Province Center. Most recently, she traveled to San Francisco to help supervise the kitchen renovation at Gracenter. She said it was great to be in San Francisco again after having left there more than 23 years ago. She is also happy to be in St. Louis.

"Throughout my 44 years as Good Shepherd, somehow I keep returning to St. Louis! It is always like coming back home. In fact, my first profession ceremony was celebrated in the chapel of Immaculate Heart Convent before any of the Sisters had moved in. That ceremony was the first Eucharist celebrated there," Sr. Marta said.



Sister Marta Ceballos was recently missioned to the Province Center in St. Louis.



# Sr. Brigid Lawlor talks about what it means to be Good Shepherd

Former Congregational Leader Sister Brigid Lawlor visited the Province Center during her sabbatical late last month. During her visit she spoke with *Items of Interest* Editor Jeanette McDermott about reconciliation and what it means for her to be a Good Shepherd Sister.

"For me, being a Sister of the Good Shepherd is to really live the mission," Sr. Brigid said.

"I'm in need of reconciliation. I had a life history that, like most of us, requires reconciliation. Forgiveness is an important part of our charism, so that piece of it — seeing it within myself and then being able to facilitate reconciliation among other people — is, for me, being a Good Shepherd.

"To be a peacemaker, to try to bring out the best in each one, and to know that I don't do this alone, that's all Good Shepherd. That's the neat thing about being part of a congregation and having Mission Partners. It's something bigger than all of us. I love being a part of all of that," Sr. Brigid said.

#### MINISTRY NEWS











#### Gracenter holds restorative justice training for Sisters and staff

Good Shepherd Gracenter held a Restorative Justice and Talking Circle Training recently. Cheryl Cutrona, Executive Director of Good Shepherd Mediation Program, conducted the training for staff. Traci Grellinger reflected on the experience:

Our opening ceremony for Restorative Justice and Talking Circle Training started in a circle. Cheryl introduced us to a heart shaped stone inscribed with the word peace. This stone became our "talking piece." As we passed it around the room we named, in one word, our intention for the day. We also explained our connection to Good Shepherd Gracenter.

We all brought objects to contribute to the centerpiece. This centerpiece

ITEMS OF INTEREST

was a collective altar at the center of our sacred circle. Cloth, in the colors of purple and blue, held our objects and were accompanied by the Good Shepherd core values: Mercy, Reconciliation, Zeal and Individual Worth.

We held hands, closed our eyes and listened to beautiful music that grounded and bonded us to ensure our united purpose.

#### Meeting as equals

For a full day, 13 staff members learned about the history and utilization of Talking Circles and their effectiveness in Restorative Justice. In the circle no one is higher, and no one is lower than anyone else. In the circle we all meet as equals. We learned about the responsibilities of the circle

keeper to facilitate a safe space to process very difficult and painful issues.

#### Working to heal

We came up with hypothetical issues to address and developed centerpieces, talking pieces and rituals to set the stage for this healing work. We reconvened with a smudging ceremony, where each participant was smudged with a very special sage.

We completed our training with a final Circle where we again chose one word to reflect our experiences. We held hands, had a moment of silence and recited together the prayer of St. Francis of Assisi. This closed and sealed the Talking Circle in our minds, hearts and spirits.

#### Combined May/June issue of Items of Interest

We will not publish *Items of Interest* in May. Editor Jeanette McDermott is traveling to the Balkans in April and will not be available to produce an issue of the newsletter next month. Therefore, we will combine the May and June issues. The combined newsletter will be distributed on June 1. Deadline for all content is Friday, May 20. Please submit your copy and photos to Jeanette in the usual manner. Send your items to <a href="mailto:jmcdermott@gspmna.org">jmcdermott@gspmna.org</a> and mark the subject line "*Items of Interest*."

#### COMMUNITY LIFE





# Fr. Chochol discusses refugee crisis with Sisters

Father Ron Chochol returned recently from a trip to Greece and Serbia as part of a 10-member delegation with Catholic Relief Services (CRS). The delegation went to observe and report on the refugee crisis that has been unfolding in the Balkans over the past few years. Fr. Chochol, who often celebrates Mass at Immaculate Heart Convent, spoke with Sisters there in March about his experience. He addressed how CRS is working with churches and other local partners to aid people across the refugee routes, including Greece, Macedonia, Croatia and Serbia. Fr. Chochol said that what stood out most for him is how young the refugees are.

"Young men and young families are the ones leaving their countries to begin new lives elsewhere. We saw no elderly in the migration," he said.



A photo from Fr. Ron Chochol's slide presentation showed the youthfulness of refugees streaming out of Syria.

#### Top of the morning

St. Philomena Home School group celebrated St. Patrick's Day with Sisters at St. Joseph Residence in Baltimore (right). Sisters at Immaculate Heart Convent got into the spirit of St. Patrick's Day (far right) with hats, horns and a hallway parade.



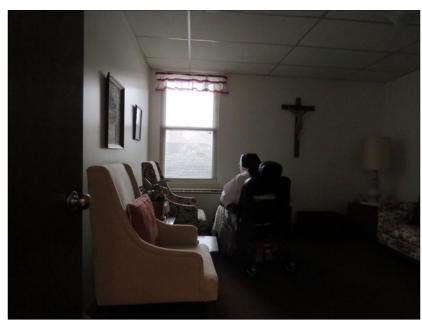


### COMMUNITY LIFE









Sister Marie Elizabeth Epp took a moment to enjoy and contemplate the view while waiting for a friend to come for a visit on her birthday at Immaculate Heart Convent. The friend's visit and an unexpected delivery of a bouquet of flowers made Sr. Marie Elizabeth's day extra special. She said, "I didn't expect these things for my birthday and I am so grateful. The flowers are very beautiful, and I just love it when people come to visit me."



The Easter Bunny (aka receptionist Shirley Norful) delivered smiles and hugs to Sisters at Immaculate Heart Convent during Holy Week.

## Dogs rule on visiting day at St. Joseph Residence





Vega is a very smart blue whippet who entertains Sisters at St. Joseph Residence with her ability to solve puzzles (left). Vega is one of the therapy dogs from National Capital Therapy Dogs that visits the Sisters each week. Vega loves to be groomed, and the Sisters gladly indulge her during her visits.

### VOCATIONS

# ZEAL

# World day of prayer for vocations



In his message on the occasion of the 53rd World Day of Prayer for Vocations, his Holiness Pope Francis says, "It is my great hope that, during the course of this Extraordinary Jubilee of Mercy, all the baptized may experience the joy of belonging to the Church and rediscover that the Christian vocation, just like every particular vocation, is born from within the People of God, and is a gift of divine mercy. The Church is the house of mercy, and it is the "soil" where vocations take root, mature and bear fruit."

You can read the Pope's entire message for World Day of Prayer for Vocations at <a href="http://bit.ly/1WY2dIg">http://bit.ly/1WY2dIg</a>.

The World Day of Prayer for Vocations is April 17 and falls on Good Shepherd Sunday, the Sunday three weeks after Easter Sunday. The name derives from the gospel readings on this day, which are taken from the 10th chapter of John. In this reading Christ is described as the Good Shepherd who, by dying on the Cross, lays down his life for his sheep. In

recent times the feast day has also become known as Vocations Sunday, a day on which prayers are said for vocations to consecrated life. All Sisters in the Province of Mid-North America will renew their vows on April 17.

#### Come and see

Two young women will join the San Francisco Community April 16-22 for a "Come and See" Vocation Discernment. The women will spend most of their time with Sr. Jean Marie Fernandez, Apostolic Vocations Director for the Province.

"I invited the women to discern during Good Shepherd Sunday so they can witness Sisters renewing their vows, see our Gracenter ministry and get to know Sisters in the Church and Bay Area," said Sr. Jean Marie.

Items of Interest will report on the women's vocation discernment in the next issue of the newsletter, which will be distributed June 1.

#### Fiat Days

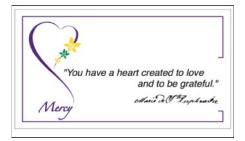
Fiat Days is a unique discernment retreat for young Catholic women ages 15-25 who want to learn more about consecrated life, deepen their faith and better discern God's call in their lives.

Activities will include prayer (Holy Sacrifice of the Mass, Adoration of the Blessed Sacrament, Liturgy of the Hours, Rosary, etc.), talks from religious Sisters about vocation discernment and their communities, recreation and sports, great food and discussions.

"Fiat" means "Let it be done," and is the response that the Blessed Mother gave when the archangel Gabriel told her of God's plan for her to be the mother of Jesus Christ. The Diocese of Harrisburg's Office of Vocations began offering Fiat Days in 2008. It will host a retreat this year from July 5th-8th. The Archdiocese of Baltimore, the first diocese in the United States, will host Fiat Days from July 17-20. Both retreats will be held at Mount St. Mary's Seminary in Emmitsburg, Maryland.

"We would like for Sisters who are interested in vocations to take an active role at Fiat Days. We invite Sisters to tell their vocation story and to share with young women the Good Shepherd mission and charism," said Sr. Jean Marie, Apostolic Vocations Director for the Province of Mid-North America.

Sisters who are interested in participating in one or both of the Fiat Days in July may contact Sr. Jean Marie at <a href="mailto:jmfrgs@gmail.com">jmfrgs@gmail.com</a> for more information.





PMNA vocations materials include business sized cards which carry quotes from St. Mary Euphrasia that reflect each of the Good Shepherd core values: Mercy, Individual Worth, Reconciliation and Zeal.

### COMMUNITY LIFE



## Province Sisters celebrate 50-year Jubilees





Blessings to our two Sisters who celebrated their 50-year Jubilees in March. Contemplative Good Shepherd Sr. Joan Newman (left) celebrated her Jubilee on March 25 at St. Joseph Residence in Baltimore. Sr. Renee Scheich (top) celebrated her Jubilee on March 9 at Pelletier Hall in Ft. Thomas, Kentucky. Sr. Renee joined the Order from the former Louisville Province.

#### Happy 100th, Sr. Anne Marie

Watching Sr. Anne Marie Solomon having so much fun at her 100th birthday party brought joy to everyone at St. Joseph Residence. Dining Room Coordinator Marlene Milnor decorated the walls with the number 100 and images of cupcakes -Sr. Anne Marie's nickname. Catherine Robinson and her son David came from New Jersey for the party. Catherine is the sister of the late Sr. Mary Our Lady O'Brien. Catherine was close to Sr. Anne Marie from way back and particularly when Srs. Mary Our Lady, Anne Marie and Teresa Lenhoff all lived together at one time. Catherine brought an "Edible Arrangement" of fruit to enhance the party. St. Joseph Residence volunteer Jeanette Opatovsky and former Good Shepherd Sister Rosanne Toth were other guests from outside. Both Baltimore communities shared a special birthday meal with Sr. Anne Marie, which was prepared by Mary Hoban, Director of Nursing.

Submitted by Sr. Mary Carol McClenon



Sister Anne Marie Solomon was ecstatic over her 100th birthday party that staff and Sisters held for her at St. Joseph Residence.

# CELEBRATION OF LIFE ZEAL

# Joyce Olsen, RGS

October 6, 1929 - January 9, 2016

Joyce was born in Milwaukee, Wisconsin, on October 6, 1929 to Stanley and Hannah Olsen. She was the oldest of four children. Her sister Barbara died when she was nine months old. Joyce's two brothers, James and Charles, both died when they were older. Her parents did not practice any religion until her sister Barbara died, and then they became attached to the Lutheran Church. Joyce was raised Lutheran.

Sister Joyce received her degree from LaCross University in physical education and recreation. She taught physical education in Green Bay, Wisconsin, for three years. She then went to the Mayo Clinic School of Physical Therapy in Rochester, Minnesota. While at the Mayo Clinic she had a profound conversion experience that led her into the Catholic Church and the Congregation of the Sisters of the Good Shepherd.

She entered the Sisters of the Good Shepherd in September 1959 and made her first vows on June 14, 1962. She made her final vows on June 14, 1967.

Sr. Joyce often remarked that she had developed a great love for Saint Mary Euphrasia and admiration for her approach to working with people. Some of her areas of ministry included being a group mother, a community coordinator, the administrator of a treatment program and our province vocation director.

Before her death, Sr. Joyce said, "I thank God each day for my life, my faith and my vocation. I feel deeply



blessed to have been called to follow in the footsteps of our Foundress."

Sr. Joyce's convert experience — to quote her, "left me with a deep understanding of the gift that my life and faith and vocation are to me. I hope that I will be able to grow in an ever deepening awareness of and gratitude for God's gifts to me. In return I wish to be able to give myself completely to him."

Sr. Joyce died at Boutwell's Landing on January 9, 2016. Sr. Connie Thompson was with Sr. Joyce when she passed into the loving arms of God.

Submitted by Bernadette Faulhaber, RGS

During Wish Week at Maryhurst last month Mission Partner Alexis said, "My wish is that our kiddos learn that life is not about waiting for the storm to pass; it is about learning to dance in the rain!"



# GREEN CORNER







### Responding to the cries of the poor and cries of the earth

By Larry Couch, Director of Good Shepherd National Advocacy Center

Sister Joan Spiering addressed the National Advocacy Center's Advisory Board at its February meeting. She spoke about NAC's Mission in light of Laudato Si, the Pope's encyclical on the environment. Sr. Joan quoted Pope Francis when she said, "Our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us....This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her."

At the close of her presentation, Sr. Joan challenged the Advisory Board, saying "Whatever you choose to do, I know that you will give higher priority now to issues that join the cries of the poor and the cries of the earth together."



As a follow up to her challenge, I recently attended my first meeting of the Washington Inter-religious Staff Community's Energy and Ecology Working Group (WISCEEWG). One of the issues discussed was food waste.

We produce more than 590 billion pounds of food each year in the United States. Sadly, we squander



I was struck by the thousands of plastic bottles I saw washed up on a beach in Haiti during my visit there several years ago.

between a quarter and a half of all the food produced. Even using a conservative figure, we waste 160 billion pounds of food annually. That is enough to fill the Rose Bowl to its brim. In fact, with high-end estimates, the Rose Bowl — one of the world's largest outdoor stadiums — would almost be filled with food waste twice over.

#### **Greenhouse** gases

A common misconception is that food automatically returns to the soil. Although it does not seem as harmful as inorganic trash, food waste, in truth, is more damaging than most other litter. Organic materials (such as foods) are the ones that release greenhouse gases

into the environment as they decompose.

Over the last several years, our focus at the National Advocacy Center has been poverty, immigration, domestic abuse, human trafficking, gender equality, and other related issues as they arise. The challenge for me is to balance the urgency of the pope's appeal for immediate action with the reality of being the only full-time staff person at the National Advocacy Center.

During the coming months I plan to become more involved with environmental issues that impact people living in poverty.

Continued on next page

### GREEN CORNER





#### Cries Cont'd from p. 12

However, I am mindful of Thomas Merton's reflection: "To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to the violence of our times."

#### The elusive element of time

"Because there are so many overwhelming issues facing us today, it is a challenge to prioritize and deal with them. Especially when I weigh the issues against very real time constraints.

This struggle seems to affect us all. Our hearts burn with zeal for issues that need our focus and attention, and yet we're faced with limitations of time. For me, the burning issue that never fades is poverty. In light of the Pope's encyclical on the environment I feel drawn to now find time to advocate for environmental issues as they impact the poor. But where will I find the time, I ask myself.

I attended a recent meeting with Sr. Simone Campbell, Executive Director of NETWORK, a social justice lobbying organization. In speaking of the coming year, she detailed seven areas of interest for NETWORK, including tax justice, living wages, healthcare, and housing. I asked her if NETWORK planned to do anything regarding the environment. She answered that they do not address either the environment or education simply because of limited staff time.

NETWORK has approximately 20 full-time staff persons plus student interns. While staying mindful of





environmental issues, I need to stay focused as the only full time staff person at NAC and not try to respond to every issue. Striking balance is key for me.

I live and work in an urban community and often feel disconnected from nature. Fortunately, I am able to take frequent walks along our many nature trails. I have also learned one area where I can connect with nature at any time and at a very deep level. I can become aware of my own body. During the day I may get so caught up in my thoughts, plans, hopes and anxieties that I can forget my physical existence. A moment of mindfulness can connect me to my body, my immediate environment and to the universe.

#### **Connecting with God**

When I connect to my body, I also connect with God. As St. Paul said, "Do you not know that your body is the temple of the Holy Spirit?"

Again quoting Thomas Merton,"My God, I pray better to You by breathing. I pray better to You by walking than by talking."

And, as Pope Francis has made us aware in *Laudato Si* through his 61 references to the poor, we all have a growing responsibility to tackle the grave issues associated with environmental degradation and destruction.

With these inspired authors providing a basis for my continued reflection, I pray that I may find a balanced way to fulfill NAC's mission in light of *Laudato Si*.



# LEADERSHIP TRAVEL

			_
	7	10	
Altered	MAIN		

NAME	DATES	LOCATION
Sr. Sharon Rose Authorson	Apr 8	Returns from sabbatical
Sr. Jean Marie Fernandez	Apr 2-8 Apr 8-11 Apr 21 Apr 23-30	CPNA & Inter-province formation meeting, Carrollton Visit to Regina Residence, Orange, CA Rose Court Board Meeting, San Francisco Leadership Team Meetings, St. Louis
Sr. Beverly Hedgecoth	Apr 23-28	Leadership Team Meetings, St. Louis
Sr. Maureen Johnson	Apr 23-29	Leadership Team Meetings, St. Louis
Sr. Dolores Kalina	No travel	No travel
Sr. Maureen Kunz	Apr 4-8 Apr 19-23 Apr 24-30	CPNA & Inter-province formation meeting, Carrollton Cincinnati and area Leadership Team Meetings, St. Louis
Sr. Marie Maurer	Apr 4-8 Apr 19-22 Apr 24-29	CPNA & Inter-province formation meeting, Carrollton Visit and Board Meeting, Baltimore Leadership Team Meetings, St. Louis
Sr. Mary Carolyn McQuaid	Apr 3-8 Apr 18-21 Apr 24-29	CPNA & Inter-province formation meeting, Carrollton Board Meeting, Los Angeles Leadership Team Meetings, St. Louis
Sr. Madeleine Munday	Apr 3-8 Apr 8-11 Apr 14-15 Apr 19-20 Apr 21 Apr 24-29	CPNA & Inter-province formation meeting, Carrollton Pelletier community, Fort Thomas and Cincinnati DLC Board Meeting & 18th anniversary, Memphis Good Shepherd Shelter Board Meeting, Los Angeles Spring gala, Maria Droste Counseling Center, Denver Leadership Team Meetings, St. Louis



14

### PROVINCE CONTACT





"You will find enough of everything if you have faith."

Saint Mary Euphrasia

April 24 is St. Mary Euphrasia's Feast. Because it falls on a Sunday this year it can be celebrated on April 25. Sr. Lioba Abe has decorated a room at the Province Center (left) in anticipation of the celebratory day.

#### Contact us

Sisters of the Good Shepherd Province of Mid-North America 7654 Natural Bridge Road St. Louis, MO 63121

314-381-3400; 314-381-7102 fax www.sistersofthegoodshepherd.com Jeanette McDermott, communications coordinator 314-381-3400, ext. 28 jmcdermott@gspmna.org

Follow us on facebook & Twitter www.facebook.com/Sistersofthegoodshepherd @GoodShepherdRGS (twitter)

