

ITEMS

O F I N T E R E S T

Sisters assemble

Sisters gather at Assembly and focus on being the presence of love and the gift of compassion.

Page 4

Melinda retires

Melinda Stricklen has dedicated 42 years to Good Shepherd. We say goodbye as she retires.

Page 7

Gracenter wins grant

Gracenter Staff, Board and Guild give praise and gratitude to God for the gift of a capital grant.

Page 10

2018 in review

As 2018 comes to a close, we review some of the good works of Good Shepherd.

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SISTERS ON THE MOVE

Sisters will move from their long-time home at Immaculate Heart Convent in Normandy to a new permanent home 18 miles away at Mason Pointe Care Center in mid-December 2018. Lutheran Senior Services (LSS),

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Green Corner

Let's face it. A lot of waste goes along with the holiday spirit of giving and receiving gifts. The Environmental Protection Agency reports that in the four weeks leading up to Christmas, household waste increases by 25%. That amounts to an extra 100 million tons of trash making its way to landfills each week.

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PROVINCE NEWS



ZEAL

Move, *Cont'd from p. 1*

which operates Mason Pointe, are preparing a special area for all 24 Sisters to live together. Sisters will receive long term care, assisted living and independent living services, along with a newly-built chapel for daily prayer.



Medical technician Comfort Mosakano and Sr. Christopher Mullan study the laundry room in the Sisters' wing at Mason Pointe.

The chapel will include two large stained glass windows from Immaculate Heart Convent. One window features the Sacred Heart of Jesus. The other represents the Immaculate Heart of Mary. The windows were handcrafted in Germany and have been a part of Good Shepherd since 1924.

Like Divine Providence, the door opened

"Earlier this year, the Sisters of the Good Shepherd were searching for a new place to care for their aging Sisters, a single location where they could all live together," said Carla Baum, Lutheran Senior Services Network Director.

"They knocked on the door of Mason Pointe... and like Divine Providence it opened. The Sisters and Lutheran Senior Services are meeting at a place that will benefit one another now and in the future," she said.

Sister Madeleine Munday, Province Leader for Mid-North America, said, "This move is a beneficial arrangement for the future of senior care. The Sisters are eager to meet their new neighbors and share life with them. We feel confident that our Sisters are going to get great care at Mason Pointe."

Sister Pauline Billbrough, Local Leader for Immaculate Heart, said, "Scripture tells us that we have not here a lasting dwelling place. Our foundress Saint Mary Euphrasia tells us to go forward and be the presence of Good Shepherd wherever we are."

"The Sisters of the Good Shepherd will find everything at Mason Pointe they've had at their current North County location...and more," said Gary Anderson, Executive Vice President and Administrative Officer of Lutheran Senior Services.

"Space will be available for Sisters at multiple levels of care. A chapel,

currently under construction, will provide a centerpiece for daily worship. A Heritage Wall will tell a 'story in pictures' of the Jewish, Catholic, and Lutheran traditions that have occupied this West County space," Anderson said.

Immaculate Heart Convent was no longer suitable for the needs of Sisters. To ease the transition to Mason Pointe, Lutheran Senior Services provided job opportunities for the staff at Immaculate Heart. Mason Pointe also has room for more Sisters in the future.

Similar missions and histories

"This is an important chapter for Lutheran Senior Services, which has roots in the Lutheran faith and service to one another," said CEO John Kotovsky "We have always served people of all denominations, and, like the Sisters of the Good Shepherd, we are defined by our commitment to those we serve."

Continued on next page



Sisters prepare to board vans for the trip back to Immaculate Heart Convent after visiting Mason Pointe.

PROVINCE NEWS



ZEAL



Move, *Cont'd from p. 2*

Kotovskiy added that both organizations share similar histories and missions of serving others. Sisters of the Good Shepherd came to the United States in 1842, about the time that LSS was putting down its spiritual roots.

Both organizations were founded to answer specific needs in the greater community and to provide physical and spiritual care for the most vulnerable. And both organizations have always approached their work with a combination of mission-driven and contemplative action.

"From all perspectives, Mason Pointe seems like the perfect place to support continuation of this work, and we look forward to welcoming our newest residents," Kotovskiy added.

Mason Pointe has a Heritage Wall that shows its history through photographs. The Heritage Wall will soon include photographs of Good

***Saint Mary Euphrasia
tells us to go forward
and be the presence of
Good Shepherd
wherever we are.***

Pauline Bilbrough, RGS

Shepherd Sisters as a part of the unfolding story of Lutheran Senior Services.

Mission of LSS

Lutheran Senior Services specializes in housing, care, and supportive services for older adults aged 62 and over. With 21 locations in Missouri and Illinois, LSS serves more than 11,000 seniors a year and offers all levels of living. LSS builds upon 160 years of excellence in living out its Christian mission of helping older adults live life to the fullest.



Sisters tour Mason Pointe, meet some of the staff and get a glimpse of the new chapel that is under construction.



PROVINCE NEWS



ZEAL

Presence of love, gift of compassion

The 2018 Assembly began at King's House in Belleville, Illinois, on October 23, 2018. It started with Exposition of the Blessed Sacrament. The Eucharist began with a celebration of Good Shepherd's 175th anniversary of the Sisters' presence in the United States. It also included a celebration of Sisters in the Province who marked their Jubilees in 2018:

- 80 years: Anne Maria Solomon
- 70 years: Mary Christopher Mullan
- 60 years: Bernadette Faulhaber, Mary Laetitia Hughes, Barbara Smithhisler, Dorothy Vogel
- 50 years: Cathie Boerboom, Mary Charlotte Kirst, Anne Kelley, Carmen Flores, Stella Mangona
- 25 years: Mary Veronica Ferrao, Patricia Ann O'Sullivan

Sr. Jean Marie Fernandez led the entrance procession, followed by the Jubilarians who were present. The Assembly theme focused on being the presence of love and the gift of compassion.

Pour out compassion and mercy

Sr. Maureen Kunz introduced the theme and asked, "What does this meeting and conversation have to do with the healing of the Church and the world? Assembly facilitator Sr. Madeleine Lane, SSND, spoke of compassion for self and of others.

Day two began with Sr. Donna Miles leading a prayer with a song titled "Pour out compassion and mercy." This set the wheels in motion for a full day of sessions and conversations that centered around the state of affairs of the Province, including community life, vocations, mission, and creation. An open mic



l-r: Sisters Rose Vu, Anna Tram Nguyen, Christine Truong, Stella Mangona, and Carmen Flores.

session allowed for questions and discussions.

Sisters then moved into a 24-hour retreat centering on boundless compassion. The retreat included prayer, silence, reflection and a video by Joyce Rupp on compassion as a way of life.

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Sisters participate in a Missioning Ceremony on the final day of Assembly at King's House in Belleville, Illinois.

PROVINCE NEWS



ZEAL

Assembly, Cont'd from p. 4

As part of the retreat, Sisters who have passed since the last Assembly were remembered and prayers offered for the repose of their souls.

The Eco Zeal for Mission team planned Thursday's theme. The theme — in prayer, song and liturgy — was care for all of God's creation. Retreat continued in the morning with a prayer on compassion for Earth. The day then unfolded with continued prayer and meditation, a video presentation and table discussions about matters related to the province.

Sister Claudia Palacio closed the day on Thursday with a beautiful prayer. Three Sisters shared briefly on an important aspect of their saying YES to a Good Shepherd vocation. The Eucharistic celebration continued the theme of care for all of God's creation, with hymns, offertory gifts representing creation, and a reflection on Pope Francis' encyclical *Laudato Si*. A special pre-Thanksgiving meal rounded out the day and allowed Sisters to give thanks to the kitchen staff at King's House and Fr. Mark Dean for presiding over Mass.

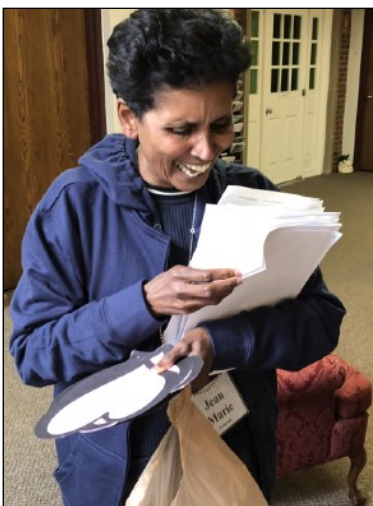
The last day of Assembly ended with a Missioning Liturgy, when Province Leader Sr. Madeleine Munday presented each Sister with a card, calling her to her mission and ministry in her specific location. Sr. Madeleine encouraged each Sister to "take the province with you," as she handed them each a copy of the newly revised province directory.

Sr. Virginia Gordon left everyone feeling inspired after reading words compiled from letters that St. Mary Euphrasia had written to the first missionaries to America.

Sisters enjoyed a final meal together before boarding cars and buses to head to the airport, Province Center and home.



The soothing breakout areas at King's House inspire conversation and contemplative discussion at Assembly. From left: Sisters Caridad Tamayo, Maureen Kunz, Ellen Doyle, and Virginia Gordon.



Sister Jean Marie Fernandez tackles paperwork with zeal.



Sister Glynis McManamon finds time for art breaks.



Sister Stella Mangona greets Sisters as they arrive to register for Assembly.

PROVINCE NEWS



ZEAL

Good Shepherd presence at NRVC Convocation

By Sr. Jean Marie Fernandez, RGS, Vocation Director

I attended the National Religious Vocation Conference held in Buffalo, New York, from November 1-5, 2018, and was delighted to be with Good Shepherd Sisters from the Provinces of New York-Toronto and Central South. This was the first time I had experienced the powerful presence and visibility of Good Shepherd at this 30th Year of Convocation.

Sr. Gayle Lwanga Crumbley represented the National Board and Staff. She was co-facilitator at the assembly and did a superb job!

Thanks to the Province of New York-Toronto for their generosity in sponsoring one of the keynote speakers – Fr. Kevin DePrinzio, OSA. Fr. Kevin gave a powerful presentation on “The Vocation Encounter: Ministry at the Beautiful Gate.”

Sister Fran Lomeo is from the Hudson Valley Region. She was actively involved in the planning of this event. I had the privilege of proclaiming the Word of God at the closing liturgy.

It gives me great hope to have experienced our togetherness at the Convocation. And more importantly still, how Good Shepherd charism and mission are so alive and attractive to our diverse young generation.

I was particularly struck by the voices of the young panelists from Canisius College. They spoke of God’s plan as a powerful witness of their faith. They shared their hopes and dreams for themselves and for our Church.

I heard the young panelists challenge religious women and men to be authentic and to be the very best of who we



L-R: Good Shepherd Sisters Cruz Celia Gomez, Jean Marie Fernandez, Gayle Lwanga Crumbley, Fran Lomeo and Felicita Thuraingham. The Sisters represent Province of Mid-North America, Central South Province and New York-Toronto Province.

are. They identified key issues for us Vocational Directors as we accompany and engage with one another as ONE Church.

For more information on the outstanding presenters and keynote speakers, including the youth panel, please visit <https://nrvc.net/>

Sr. Nora Pat reflects on her Call to religious life

Sr. Nora Pat O’Flannigan reflected on her Call to religious life during National Vocations Awareness Week, which ran from November 4-10, 2018. She writes:

In the Catholic Tradition, one week each year is dedicated to prayer for young adults who are discerning their vocation in life. We believe that God has a plan for each individual and that God blesses them with love and guidance.

At various times in life God speaks through events, other people, and our own personal preferences. We pray that young adults are open to listen — listen deeply in their hearts to God’s gracious plan for them: a single life developing their potential in employment, neighborhood and community; a married life of sharing love with one significant person; or a commitment to share God’s love in religious service.

Sixty-one years ago I felt God calling me to service in the Church ministry by shepherding the poor ones living on the margin of society. I left my home in Wyoming, where I loved basketball, baseball and horses. God’s love guided, protected and sustained me as I became a Sister and taught high school biology, cared for teenagers in an institutional setting and opened

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PROVINCE NEWS



ZEAL

Fond farewell to Melinda Stricklen

By Jeanette McDermott, Province Communications Coordinator

"I came to the wrong party. I didn't know this was going to be a love-fest for Melinda," said Melinda Stricklen's brother Martin when he got up to speak about his sister at her retirement party at Maryhurst last month.

It just goes to show how much little brothers know about their big sisters. To everyone else packed in the room at Maryhurst, it was no surprise that love and hugs were going to be the order of the day.

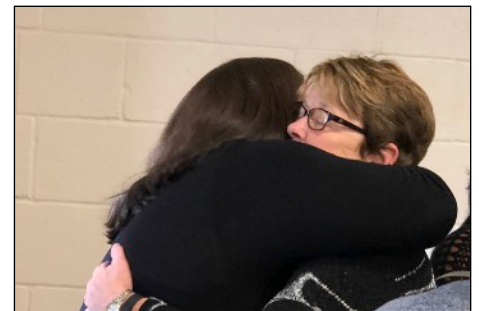
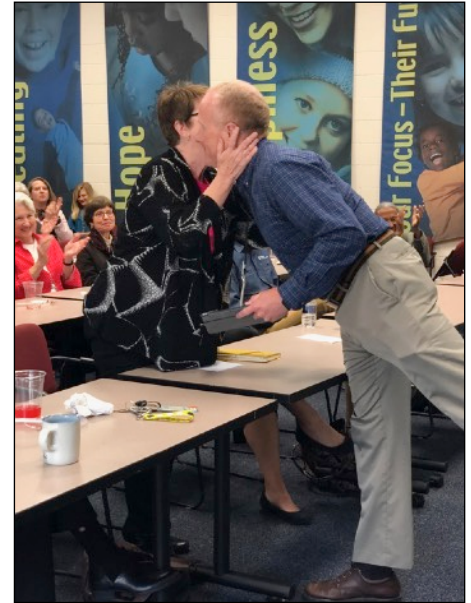
The afternoon of October 30, 2018, was filled with deep appreciation for Melinda and awe of her dedication to Good Shepherd. Melinda started with Good Shepherd as a youth counselor in the substance abuse dorm at Maryhurst in 1976. She was

the first lay staff hired to work as a youth counselor.

In June 1988 Melinda started the Mission Effectiveness training program. Sr. Barbara Beasley joined her in 2008, after her term as provincial. Lizzie Cody joined the Mission Effectiveness team in 2009.

Lizzie welcomed guests and kicked off Melinda's retirement celebration. She began by saying, "We are here to honor and celebrate Melinda for her 42 years of faithful and dedicated service to Maryhurst and Good Shepherd. She is a forerunner to why we are all here today. She has made friends and relationships across the globe and is known and loved on every continent."

Continued on next page



l-r: Sr. Barbara Beasley, Melinda Stricklen, Lizzie Cody and Judy Lambeth.

PROVINCE NEWS



ZEAL



Melinda, *Cont'd from p. 7*

Judy Lambeth, Executive Director of Maryhurst, followed Lizzie and said, "I met Melinda in 1975. There are no words to explain her humor and what she does for us. She is an encourager and a dear friend."

Sr. Barbara Beasley spoke next and said, "Melinda team builds intentionally all of the time. We know that all of her encouragement, humor, affirmations, giving people room to be all they can be is what she does and thinks. And she does it exquisitely."

Melinda's niece Jennifer said, "Melinda reminds people to see the sky, and not the clouds."

"We couldn't always understand your Alabama accent, but we could always understand your language of love."

"I see a lifelong learner in Melinda," said her nephew Chris. "She likes learning new thoughts and stretching to new heights. Resources pour into Melinda and flow out to others through her. She is a representation of Christ's love."

And so it went at Melinda's retirement party. Comments flowed.

- "We couldn't always understand your Alabama accent, but we could always understand your language of love."
- "You reach out to young people and staff and everyone you meet. You're significant here at Maryhurst."



Melinda's brother Martin and his wife Betty and their children Jennifer and Chris drove to Louisville from Atlanta to surprise Melinda at the retirement party. Melinda's Sunday School class also surprised her by attending the retirement party.

- "We know we have been loved by Melinda. She has been our anchor."
- "I want to thank you, Melinda, for being someone who inspires me to be the best version of myself that I can be."
- "Melinda, I love you and respect you and will never forget what you have done for me."
- "Our mission is safe because Melinda helped us grow in this holy mission. I will be careful and intentional to be ever so careful with the mission so that I can stay true to Melinda and her teachings about love."



A slideshow spotlights Melinda's love for mission.

Melinda epitomizes Saint Mary Euphrasia's quotes about love. While she may be retiring, it is

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PROVINCE NEWS



ZEAL

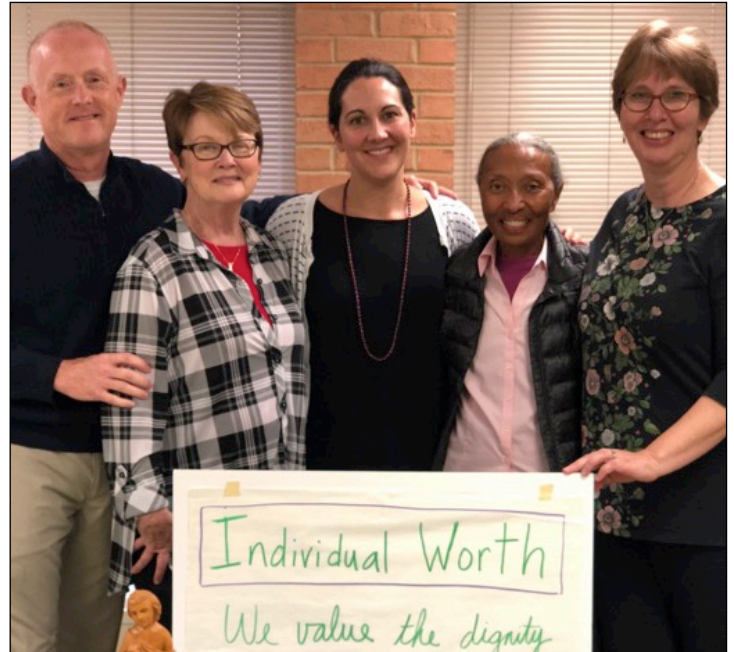


Melinda *Cont'd from p. 8*

evident that nobody is letting her out of their hearts, memories and lives anytime soon.

Melinda wrapped up her retirement party by telling her guests, "I am a daughter of Saint Mary Euphrasia and so grateful to be one. Mary Euphrasia wants us all to be encouraging and inspiring. Hearing your memories and these words humbles me and reminds me that we have to work wholeheartedly to help each other. It's up to all of us to continue to bring our young people along as we bring ourselves along."

December 30, 2018, is Melinda's actual retirement date. Sr. Barbara will continue in her role with the Office of Mission Effectiveness. The team is expanding in 2019 to include two Good Shepherd Mission Partners: Fran Eskin-Royer, with National Advocacy Center for Sisters of the Good Shepherd, and David Short, with Maryhurst. Lizzie will become the new Director of the Office of Mission Effectiveness on January 1, 2019. *See related story in sidebar below.*



L-r: David Short, Melinda Stricklen, Lizzie Cody, Sr. Barbara Beasley, Fran Eskin-Royer.

Lizzie Cody, new Director of the Office of Mission Effectiveness



Congratulations to Lizzie Cody, the new Director of the Office of Mission Effectiveness. On January 1, 2019, she will succeed Melinda Stricklen, who will retire December 30, 2018, after 42 years of service with Good Shepherd. Lizzie has been working with Melinda and Sr. Barbara Beasley on the Mission Effectiveness team since 2009.

Lizzie met Melinda at Maryhurst when she went to Melinda's core values class in 2008. At the time Lizzie was working with lower functioning girls at one of the residential dorms at Maryhurst.

"I fell in love with Melinda and her training that day. I began following her around like a puppy dog until she offered me a job. At the end of 2009 she hired me as her part-time assistant. The first thing I did for Melinda was decorate her door for her 60th birthday. And one of the last things I did for her was decorate a room for her retirement party.

"Having this new opportunity feels really good. Melinda has been training me for this for years. But it feels a little strange that we won't have Melinda with us on the team. There is no filling her shoes. I'm super honored to be the second director of the Office of Mission Effectiveness, but nobody can ever fill Melinda's shoes. She will always be in my life forever and ever," Lizzie said.

MINISTRY NEWS



ZEAL

Gracenter receives half-million dollar grant

By Sr. Marguerite Bartling, RGS



Sisters Anne Kelley (2nd from left) and Marguerite Bartling (center in suit) stand with members of Gracenter Staff, Board and Good Shepherd Guild, along with Stepping Stone, who gave Gracenter a grant for capital improvements.

There is good news for Good Shepherd Gracenter. The San Francisco Women's Rehabilitation Foundation, Inc. also known as Stepping Stone, has awarded us with a half-million dollar capital campaign grant. We will use the money to build an additional four bedrooms, add another bathroom and widen our narrow driveway.

Terry Hennessy, the Board President of Stepping Stone, urged Gracenter to apply for a grant that would carry on Stepping Stone's legacy of providing a home for women to further their recovery. The grant was earmarked for capital expenses and did not support

"We give praise and gratitude to God for this tremendous gift."

operations such as food, staff salaries, or program costs.

It has been a long-time dream of Gracenter to increase the number of women we could serve, so we jumped at the chance to apply for the capital grant. In June Gracenter submitted a proposal, along with other women's programs. We were awarded the grant last month.

We have received small grants in the past for new windows and doors and to upgrade the bathrooms and laundry room. In 2016 we received a grant to remodel the kitchen. But the grant from Stepping Stone is our largest grant received to date.

Stepping Stone

Stepping Stone was founded in 1962 and was the oldest alcohol and drug recovery program for women in Northern California. During the past 55 years, more than 1,000 women resided at Stepping Stone. Due to unforeseen difficulties, the Board of Directors of the San Francisco Women's Rehabilitation

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MINISTRY NEWS



ZEAL

Gracenter, *Cont'd from p. 10*

Foundation, Inc. (Stepping Stone) decided to dissolve its operations and distribute their assets to several qualified nonprofits.

The Board of Stepping Stone approved the grant and visited Gracenter on Nov. 19, 2018, to bring the check. We invited any of the Good Shepherd Board and Guild members to also come and be part of this happy occasion.

Love for all

With these four additional bedrooms, we will be able to serve 17 women at a time, while presently we have space for only 13. When we remodeled the kitchen and the dining room, we had no idea that we would be blessed with having the opportunity to serve four more women. There are 18 chairs in the dining room, so there is plenty of room – and love for all!

We are so grateful to Terry Hennessy for seeking out Good Shepherd Gracenter through the internet, inviting us to submit a proposal and advocating for us to receive the grant.

Sadly, she developed lung complications after her hip surgery and died on October 26, 2018. We were able to attend her funeral at St. Hilary's in Tiburon.

During the funeral we met Terry's family and one of the Stepping Stone board members and thanked them both for Terry. This tremendous woman was so instrumental in helping Gracenter grow in its mission of helping women break free from addiction to create a hopeful future for themselves and others. We give thanks to Terry and praise and gratitude to God for this tremendous gift!

Nora Pat, *Cont'd from p. 7*

the door to homeless women and women released from the criminal justice system, abused women and children, and women suffering addictions. All of these people were in need of healing and being given the chance to experience how much God loved and cared for them.

I have received so much more from those with whom I had the opportunity to be of service in my ministry as a Sister. The greatest service is, I believe, to have lived a consecrated life of love for God and all people. A life of prayer and worship to our Creator.

I am still a Warriors basketball fan, an Astros baseball fan, and I still love horse racing, though my favorite horse didn't make the Triple Crown win!

Young people, please know: We are praying for you to experience the joy and goodness of a life well lived. God loves you!

Gratitude expressed

I knew Sr. Agnes as Mother Agnes. She was my house mother. She was very strict but that was the stability I needed in my life at the time. I was at the school because my home life was awful.

My mother moved out of state to get me away from Mother Agnes because she was afraid I would become Catholic. It was too late. In my heart I was already Catholic. I married a Catholic man and became Catholic, and I love it.

I have been married 42, almost 43, years now. I have one child and three grandchildren. I was Eula Anglin when I was at Our Lady of the Highlands. Thank you, Sisters, for everything you did for me when I was young.

Mystery Photo

This object was found recently under the altar bread room at the Contemplative Community's home in Spokane, Washington. Eric, the maintenance man who works for Excelsior Youth Center to whom we transferred the program and grounds in the 1980s, found this object in November and asked Sr. Liz Schille and me to identify it. We were clueless. Sr. Ann Joseph Dye thinks it might be some sort of cider press. Really? So now I'm curious to know what this might be.

Does anybody have an idea? I've emailed the company in Boston named on the gizmo. Maybe they don't exist anymore, but it was worth a try. What you? Do any of you know what this machine is?

Submitted by Joan Spiering, RGS



YEAR IN REVIEW



ZEAL



The 2018 Winter Olympics in Pyeongchang, South Korea, arrived in February amid the thundering #MeToo Movement. For the first time in Olympic history, there was an organized and advertised contingent of offices and clinics that were in place to help sexual assault victims. Good Shepherd Sisters were there, responding to the call. [April 2018 issue](#)



Sr. Madeleine Munday visited Korea in 2018 and connected with at least 14 Korean Sisters who had spent time in the Province of Mid-North America. Sisters have been coming from South Korea to PMNA to study English since 2009, when Sr. Martha Park first arrived for English language study. Other Sisters have followed through the years. [August issue](#)



Throughout 2018 Sisters celebrated 175 years of Good Shepherd in North America. Former Good Shepherd Sister Barbara Banovich-Mroz developed a historic timeline of Sisters of the Good Shepherd in North America and displayed the timeline at the 175th anniversary celebration in New York City. [June 2018 issue](#)



CBS This Morning ran an investigative news report about the child miners in the Democratic Republic of Congo. They featured the Good Shepherd Sisters who have become a lifeline for the kids growing up in the mines. You can watch the CBS news report at <https://cbsn.ws/2oMOUve>. Learn more about the Good Shepherd Project and the documentary film "Maisha: A New Life Outside the Mines" at <http://www.fondazionebuonpastore.org/congo/>. The award-winning film documents the living conditions of the artisanal mining community in Kolwezi and the impact that Good Shepherd's project in the mines is having on children, families and the entire community. [April 2018 issue](#)



The National Advocacy Center of the Sisters of the Good Shepherd held its first conference on human trafficking on May 15, 2018, in Washington, DC. Vista Maria President and CEO Angela Aufdemberge led a panel with Ann Marie Jones and Tammy McDonnell, survivors of sex trafficking. [June 2018 issue](#)



Marginalized women in India are rising up from oppression and discrimination. At the forefront of the movement are Good Shepherd Sisters and their Economic Justice Project. A 2018 film, Mahila, tells the story. Cristina Duranti (Good Shepherd International Foundation ONLUS) is the Executive Producer of Mahila. You can watch the film and learn more about the Economic Justice Project at www.mahilafilm.com.

YEAR IN REVIEW



ZEAL



Sister Stella Mangona, RGS, left the Good Shepherd spirit on the island of Saipan in 2018. Sisters of the Good Shepherd had a presence on Saipan for 18 years. Throughout those years Sr. Stella had ministered to victims of domestic violence and human trafficking, couples, youth, and families. She had prepared the faithful for liturgy and sacraments. She was a well-known presence in each parish on the island and will be remembered for a long time to come. Sr. Stella returned to the U.S. mainland on August 3, 2018, for a sabbatical. She is in St. Louis discerning a new mission. [August 2018 issue](#)



One of the most respected Jesuit educational institutions in the world, Saint Louis University, hosted the Saint Louis Climate Summit from April 22-24, 2018. Good Shepherd was there to hear leading experts from around the world discuss the ecological challenges facing our planet today. Sister Sharon O'Grady, RGS, (in brown) met with speaker Dr. Mary Evelyn Tucker (right) at an event prior to the Saint Louis Climate Summit at the Shrine of Our Lady of the Snows in Belleville, Illinois. Mary Evelyn Tucker is the co-founder and co-director of the Forum on Religion and Ecology at Yale University with her husband John Grimm. [June 2018 issue](#)



The hot topic on the minds of the Good Shepherd family in 2018 was the separation of immigrant children from their parents at the U.S. border. On June 20, 2018, the Good Shepherd Sisters in the U.S. issued a statement to the President of the United States. The Circle of Provincials of North America signed the statement, along with National Advocacy Center of the Sisters of the Good Shepherd and the Good Shepherd NGO Special Consultative Status with ESOC, United Nations. [June 2018 issue](#)



Readers of Items of Interest took a three-part journey to the Motherhouse in Angers, France, as Sr. Brigid Lawlor reported on the 65 Sisters who had gone to the Motherhouse for nine weeks to ponder what was in their hearts and to experience God with their "great hearts" as they prepared for perpetual vows. The Sisters were in Angers from July 9 through September 7, 2018. [August](#), [September](#) and [Oct-Nov 2018 issues](#)



Good Shepherd joined the "Families Belong Together" movement and rallied at the U.S./Mexico border near the detention camps in Tornillo, Texas, on July 7, 2018. A documentary film crew from New York City recorded Larry Couch and Sr. Martha Hernandez as they read Pope Francis' bilingual Prayer for Migrants to kickoff the rally. [August 2018 issue](#)

YEAR IN REVIEW



ZEAL



The Commonwealth of Kentucky approved an official historical marker that commemorates Good Shepherd's humble yet courageous beginnings in the New World. Long-time Maryhurst benefactor, board member and financial consultant Steve Sedita and his family sponsored the historic marker. [Oct-Nov 2018 issue](#)



Larry Couch (foreground), Director of the National Advocacy Center for Sisters of the Good Shepherd, took to the streets of Honduras during protests in February 2018. Larry joined a 50-member International Emergency Faith Delegation to Honduras to act in solidarity with protesters against a fraudulent election. [March 2018 issue](#)



Leadership team members from the Provinces of Mid-North America, Central South, Montreal and New York/Toronto took a few moments to gather for a group photograph at their meeting which followed the Leadership Conference for Women Religious assembly in St. Louis in August. [September 2018 issue](#)



We said goodbye to 18 Sisters as they passed into the arms of Jesus in 2018. l-r: Patricia Toussaint, Marguerite Phillips, Mary Teresa Floyd, Angela Newman, Mary Holy Family Karl, Mary Ellen McGrath, Nancy Bolton, Stanislaus DePolonia, Clare Marie Doyle, Roberta Kienstra, Barbara Smithhisler, Joan Newman, Clare Bingham, Jude Uy, Margeurite Senesac, Jane Elligan, and, our most recently deceased Sister, Lioba Eriko Abe, in front.



Sisters from the Baltimore Community started moving to Danville, Pennsylvania, in 2017. Sisters Regina Long and Mary Carol McClenon moved to Danville that year on October 2nd. Several more Sisters moved to Maria Hall and two moved to Emmanuel on October 12, 2017. Then the Sisters continued moving, bit by bit. They finished moving to Danville on May 22, 2018, finally assembling as a community. A party for Maria Hall on July 31 celebrated the Sisters' final arrival. And the Sisters have been partying ever since, including on Halloween (above).

NAC NEWS



ZEAL

Urgent! Take action

Oppose the proposed immigration rule

*They departed in tears but I will
console them and guide them;
I will lead them to brooks of water,
on a level road, so that none shall
stumble.*

~ Jeremiah

Good Shepherd Sisters, its National Advocacy Center (NAC), and Mission Partners have seen firsthand how immigrants who have arrived in the U.S. lawfully struggle to create new lives and permanent residency and citizenship.



The Department of Homeland Security has proposed a rule ("Inadmissibility on Public Charge Grounds") that would make it much more difficult for legal immigrants to get vital healthcare, nutrition assistance, and housing help.

The proposed rule change is drastic in its scope. Traditionally, there has been a standard of self-sufficiency to arrive on our shores, but one that welcomes those who may need some support or acknowledges that at some points in our lives, we may need some assistance temporarily.

The proposed rule would make it harder to enter the United States or to stay. It would deny lawful permanent residents (green card holders) the chance to apply to become U.S. citizens.

National Advocacy Center and dozens of advocacy and religious organizations are urging their members to register opposition to this proposed rule. **Deadline for public comment is December 10.** Submit your comments at www.protectingourfamilies.org

Stand in solidarity with asylum seekers

Join thousands of others in pledging support for asylum seekers at our border. The recent event at the U.S./Mexico border using tear gas against women and children seeking help is a sharp escalation of the immigration crisis. People fleeing hunger and violence should not be met with additional violence.

As a nation we must live with a moral code worthy of our heritage. We must honor an orderly, humane process for welcoming people who desperately need our help. Please stand in solidarity with people seeking refuge. **Sign the Pledge before December 10** at <http://fpl.actionkit.com/sign/pledge-solidarity-asylees?source=NAC>

Submitted by Larry Couch, NAC Director

NATIONAL ADVOCACY CENTER'S FIRST FUNDRAISER - LUCKY 7S

Celebrate NAC's 17th anniversary and Sr. Brigid's 70th birthday

Share your support and birthday wishes through your donation:

Donate through PayPal or credit card by visiting our website:
<http://bit.ly/nacoutreach>

Mail a check made out to:
The National Advocacy Center of the Sisters of the Good Shepherd
504 Hexton Hill Road Silver Spring, MD 20904



*Sr. Brigid in front of the White House
celebrating the founding of NAC in 2001*

COMMUNITY LIFE

ZEAL



Saints come marching in to Immaculate Heart

Third grade pupils from St. Ann Catholic School visit the Sisters next door at Immaculate Heart Convent every year on All Saints Day. They are no strangers to the Sisters. First graders from St. Ann visit the Sisters each month throughout the school year. The children return as third graders dressed up for All Saints Day in November.

After they come marching in as saints, the children step forward one-by-one to recite a few sentences about their saint, and then let the Sisters guess who they represent based on costume and commentary. Sisters and children

alike get a kick out of the guessing game. The children then sit with the Sisters to read their researched biographies.

The final visit

St. Anne's tradition of visiting the Sisters is ending. The children made their final visit to Immaculate Heart on All Saints Day November 1, 2018. The Sisters in the Immaculate Heart Community will move to a new permanent facility 18 miles away on December 15, and the children will no longer be able to visit them.

See related story about Immaculate Heart Convent on page 1.



Announcements and News Tidbits

National Advocacy Center is holding a fundraiser to celebrate its 17th anniversary and the 70th birthday of its founder Sr. Brigid Lawlor. [Donate in December](#) and help support NAC's 2019 conference on human trafficking.

CORA Services has begun its annual holiday drive to help more kids. See how [you can help](#).

The following are corrections to the telephone directory for Province Mid-North America:

- Sr. Olga Cristobal
415-928-9408
- Sr. Alena Bernert
614-309-5423
- Sr. Carol McClenon
410-963-7146

COMMUNITY LIFE

ZEAL



Back l-r: Contemplative Sisters Agnes Yamamoto and Local Leader Elizabeth Garciano from Maria Droste Community in St. Louis paid a relaxed visit in November to Contemplative Sisters Ann Joseph Dye (front left) and Beverly Hedgecoth at Maria Hall in Danville, Pennsylvania.



Sister Patricia Connelly enjoys a giant ice cream sundae on the way home from diocesan training in Danville, Pennsylvania. Sister Caroline DeAngelus and Local Leader Sr. Mary Carol McClenon got in on the training and treat too.



Sr. Marita Aumiller celebrated her 96th birthday in Danville, Pennsylvania, on November 17. She received a visit from Sisters Regina Long (right) and Local Leader Mary Carol McClenon, her favorite treat from Wendy's – a chocolate milkshake, and a Missioning card from Province Leader Sr. Madeleine Munday – all good gifts. Sr. Marita made her first commitment of vows on October 20, 1944.



Sister Josephine turns 100 this month

Sister Josephine Fritz celebrates her 100th birthday on December 27, 2018. Sr. Josephine began religious life in 1942 as an Apostolic Sister in the Cincinnati Province. She is from Detroit, Michigan. After 45 years of apostolic ministry, Sr. Josephine felt a calling to the contemplative life and became a Contemplative Sister of the Good Shepherd on November 21, 1987. She celebrated her 75th Jubilee last year. Here she is expressing delight with Elizabeth Cook while playing a ring toss game at a summer picnic last year at Immaculate Heart Convent in St. Louis.

COMMUNITY LIFE



ZEAL



Sisters' Haven honors religious communities of women

Seventy five new units of housing were dedicated for homeless families in Spokane, Washington, on November 1, 2018. Sister Liz Schille and I attended the dedication.

The project, named Sisters' Haven, honors the religious communities of women who have served or are serving in the Spokane diocese.

Good Shepherd Sisters operated Home of the Good Shepherd in Spokane from 1905-1982, when the program was transitioned to Excelsior Youth Center.

Liz and I had both ministered there and travelled to Spokane for the dedication of Sisters' Haven. The Province leadership invited us to attend the event and represent Good Shepherd.

This is one of Catholic Charities latest housing projects as they work to end homelessness in Spokane.

Catholic Charities of Eastern Washington purchased the land from the Sisters of the Holy Names at the site of their former province center and college. Networking with agencies and churches in the area, Catholic Charities created a national model of providing housing for homeless families.

Sr. Donna Markham, president of Catholic Charities USA, spoke to this inspiring model in her remarks at the dedication. Together, she and Bishop Emeritus William Skylstad blessed the buildings.

It was inspiring to be present, and well worth the nine hour trip from Rockaway Beach, Oregon, to Spokane.

Submitted by Joan Spiering, RGS

Sisters Joan Spiering (l) and Liz Schille attend the dedication of Sisters' Haven.



Sisters enjoy celebrations, awards and parties



Left: Sr. Patricia Ann O'Sullivan enjoys Thanksgiving celebration at Immaculate Heart; Above: Sr. Emilie Gnom displays her ESL achievement award and medal. Right: Sr. Beverly Hedgecoth dresses as Sock Woman on Halloween.



GREEN CORNER



ZEAL



Christmas *Cont'd from p. 1*

So, what can we do to have a more sustainable Christmas? How can we make the holiday full of meaningful traditions and joyful experiences without harming creation?

Become aware

First, we can start by becoming a little more aware, and then modifying our behaviors once we gain that new awareness. For example, a whole lot of waste comes from wrapping paper. We use enough wrapping paper during the holidays to wrap around the equator nine times. And that's in the United States alone.



Find an alternative to wrapping paper, cardboard boxes and other materials that come with gift-giving. Think about wrapping your gifts with these options instead:

- recycled fabric
- something knitted
- reused brown paper sacks
- colorful pages torn from magazines
- old maps
- newspapers and comics

About that Christmas tree you toss into the dumpster or onto the curb when Christmas is over. Don't. Compost it instead, and use the chips to enrich your soil.

If you buy a fake tree, keep it for as many years as possible. Artificial trees cannot be recycled and end up in landfills. Best option? Decorate a potted tree; it lives on and on.

As for your holiday meals, it's important to know that millions of turkeys, pigs, cows and other animals are killed each year to satisfy the human palate. Consider compassionate meals (vegetarian or vegan) as alternatives to meals that include meat.

Speaking of food - don't waste it. Up to 40 percent of all food in the United States is never eaten. At the same time, one in eight Americans struggles to put enough food on the table to feed themselves or their family.

Pay attention to how things are packaged. Avoid plastic.

What about the gift?

Wondering about the gift itself? Get real green and give the gift of an experience like a movie, theater or concert ticket. Consider memberships, subscriptions and certificates. Other nice alternatives are handcrafted items and home-baked goodies.



If you feel that it just won't be Christmas without consuming on a larger scale, then try to at least shop local and look for gifts with an environmental ethic, such as

- a nature book
- refillable thermos bottle
- canvas tote bag
- recycled items

- products that require no power. If that doesn't seem possible, then choose solar powered instead of battery powered products. If that still isn't possible, then at least buy recycled batteries and a battery recharger.

Ask these questions

While you're mentally shifting your attitude about all of this, ask yourself these questions:

- How can I live with less?
- How can I bag stuff so that I can refuse single-use plastic and live plastic free?
- What can I buy in bulk to eliminate or reduce packaging?
- Do I really need that new gadget?
- How can I achieve zero waste?

Waste issues matter, and they go beyond you and me as consumers. They start at the raw materials stage and continue after disposal stage. That's why it's important to stay informed and do the right thing. We can resist the status quo. How? It's actually pretty easy.

- Pay attention
- Become aware
- Get informed; Google low-waste Christmas, zero waste and plastic-free living
- Make good choices
- Gain control of your actions
- Fight inertia and don't get lazy



Use cloth bags, not plastic.

CELEBRATION OF LIFE **ZEAL**

Lioba Eriko Abe, RGS

December 13, 1955 – November 6, 2018

Sr. Lioba Eriko Abe was the eldest child of Hiroshi and Nori Abe. She had a younger brother three years her junior. Lioba was born in Niigata City, Japan, on December 13, 1955. Sister was a bright and gifted child, especially when it came to art and making things with her hands. She liked sports and enjoyed skiing. She recalled a time when, as a child, she stood on the front of her fathers' skis speeding down the hill. She once shared that when she began to discern the possibility of a religious vocation, she was attracted to the Good Shepherd Sisters because they cared for the poor.

Sister Lioba entered the Good Shepherd Community in Osaka, Japan, in 1987. She made her final vows on June 8, 1996 in the Provincialate Chapel in Osaka after completing her preparation both spiritually and professionally. She attained a bachelor's degree in sociology and social welfare and a teaching diploma for high school and special education.

Sister Lioba's ministry experiences included teaching kindergarten children, teenagers and senior citizens, supervising residential teenagers, and parish work. These ministries were in Osaka, Tokyo, and Sendai, Japan, as well as Saipan and the United States. She arrived in St. Louis from Japan on September 2, 2012. She attended ESL English classes for a year. Sometime after that Sister applied for and was granted a religious visa to the U.S. She began to work for her green card and was transferred to the Province of Mid-North



Sr. Lioba Eriko Abe, RGS

America. Her most recent mission was to Los Angeles, where she ministered to the children in the domestic violence shelter. She also ministered at the Japanese Center in Los Angeles and attended a church whose parishioners were predominantly Japanese.

Sister Lioba was very artistic and an expert in making paper origami, an ancient Japanese art form spanning more than 1,000 years. She had great dexterity and easily transformed sheets of paper into finished sculptures. This ancient skill was also ministry.

She shared origami with others and taught it to children, Sisters in community, and our elderly Sisters. She became a regular with our senior Sisters, teaching them the joy of making beautiful and whimsical handcrafted items several days a

week. It was a means of giving herself to others. She also decorated tables for liturgical and holiday celebrations as well as feast days and anniversaries. Her simple, elegant style was esteemed and appreciated by all.

Early in 2018 Sister Lioba was diagnosed with terminal liver cancer and came to the Immaculate Heart Community in May. The Sisters and staff were happy to welcome her back.

Sister Lioba worked very hard to keep her strength up by using the stationary bike every day and taking frequent walks. She also enjoyed Japanese films, chatting online with friends and fully living her religious life. She was an inspiration to us all. May she rest in peace.

Submitted by Pauline Bilbrough, RGS

LEADERSHIP TRAVEL

ZEAL

NAME	DATES	LOCATION
Sr. Sharon Rose Authorson	No travel	No travel
Sr. Jean Marie Fernandez	Dec 2-9 Dec 14-22	Province Leadership Team, St. Louis Retreat, San Francisco
Sr. Beverly Hedgecoth	No travel	No travel
Sr. Maureen Johnson	No travel	No travel
Sr. Dolores Kalina	Dec 1-13 Dec 14-30 Dec 31 - Jan 9	St. Louis Cincinnati Holy Land Pilgrimage
Sr. Maureen Kunz	Dec 2-9	Apostolic Council Meeting, St. Louis
Sr. Mary Carolyn McQuaid	Dec 10-13	LA Shelter Board Meeting, Los Angeles
Sr. Madeleine Munday	Dec 1 Dec 2-8 Dec 3 Dec 6 Dec 11 Dec 21-23 Dec 31 - Jan 9	Lutheran Senior Services 160th anniversary dinner Apostolic Council Meeting, St. Louis Integration Team Meeting, St. Louis Archbishop's Annual Dialogue w/Major Superiors, Detroit DeNeuille Learning Center Board Meeting, Memphis Sr. Lakshmi, Maryville, TN Holy Land Pilgrimage



Blessings to our
Good Shepherd family
throughout this Season
of Advent and the light
of God coming into the
world through the birth
of Jesus Christ.

PROVINCE CONTACT

ZEAL



"In the stable of Bethlehem, we see our God teaching us all the virtues."

Saint Mary Euphrasia

Contact us

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ITEMS OF INTEREST

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