

ITEMS

O F I N T E R E S T

Baltimore Legacy

Good Shepherd Services leaves a legacy with Catholic Charities in Baltimore, Maryland.

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Eight Sisters travel to the Holy Land and reflect on their experience as pilgrims.

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Lizzie Cody summarizes the 2019 North America Good Shepherd Gathering in Detroit.

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The serenity at the LA Shelter has helped women and their children heal from domestic abuse and violence for more than 100 years.

GOOD SHEPHERD SHELTER LA

The sale and transfer of the Good Shepherd Shelter to Catholic Charities of Los Angeles was completed in October. Msgr. Cox, Executive Director of Catholic Charities of Los Angeles has assured us of his “desire that Catholic Charities does justice to the Sisters’ love and dedication for the Good Shepherd Shelter” and “gratitude to the Sisters for handing over such a

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Green Corner

The Province Center is on a mission to eliminate plastic liners from the trash bins in offices. Sister Mercy deLeon initiated the program - or what she calls an “experiment” - to see how successful we can be at doing our part to keep plastics out of the landfill, landscape and water systems. Her experiment has generated buzz for finding solutions.

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PROVINCE NEWS



ZEAL

LA Shelter, *Cont'd from p. 1*



lr: Monsignor Cox, Executive Director of Catholic Charities of Los Angeles poses at the LA Shelter's annual gala with Sisters Mary Carolyn McQuaid, Madeleine Munday, Anne Kelley, Regino Do, Barbara Beasley, and Donna Miles.

wonderful program.”

In addition to the transfer of the LA Shelter to Catholic Charities, Sisters in Los Angeles celebrated other accomplishments in 2019. First, they established an endowment fund to ensure the shelter's long-term sustainability and growth. Secondly, the shelter reached a milestone and became the first domestic violence shelter in the United States licensed to provide credit building lending circles to survivors (see sidebar).

The LA Shelter closed out National Domestic Violence Awareness Month on October 26, 2019, with its annual gala, where Sisters of the Good Shepherd Province of Mid- North America received its GSS Legacy Award. The award pays homage to the history of service by the Sisters who have served in Los Angeles for more than 100 years.

The event also honored Cristina Franco's 25 years of work at the shelter and Nina MacLeay's 22 years of volunteer service in granting every shelter resident's holiday wishes.

Because of the generosity of its donors, The LA Shelter raised more than \$250,000, its most successful gala to date. Funds raised will help support the new Lending Circles initiative. View gala photos on Facebook at <https://bit.ly/2Slwbei> and watch the GSS Legacy Award tribute on Youtube at <https://bit.ly/2SmhBmU>

Lending Circles program

Mission Asset Fund (MAF) is a nationwide network of financial providers that helps people who live in the financial shadows become stable. In October MAF selected the LA Shelter as the first domestic violence shelter in the U.S. to participate in MAF's lending circles program.



The Lending Circles program is a fresh take on social lending. Women in the LA Shelter or after-care programs can contribute each month to a lending circle. They receive a rotating payout through the circles. Each contribution they make is reported to the three main credit bureaus as an interest free loan payment. In this way, the women are able to build their savings and increase their credit scores.

The program has profound implications on survivors, as financial insecurity is the number one reason abused women stay in or return to a violent relationship.



PROVINCE NEWS



ZEAL

LA records move to Province Center archives

Province Center archivist Monte Abbott and his small team of workers have finished the rough sorting of all of the records from Los Angeles. They have moved most of the records into folders and boxes that are stable for archival purposes and are now being stored in the Province Center's temperature controlled archival vault.

"I continue incorporating those materials into our existing collection by creating finding aids and expanding our filing system," Monte said.

These include school and administration records, as well as the LA Province's international/Pacific part of its collection and photos and records of the local community.

"Records from each of the LA ministries and houses are filling in important areas of Good Shepherd history," Monte said.



*Sisters and staff at the Good Shepherd Shelter in Los Angeles participated in the **#PurpleThursday** campaign in October to raise awareness about domestic violence.*



Journals and ledgers are an important part of the province's archives.



A highlight of the October conference for Communicators for Women Religious was hearing Sister Joan Chittister, OSB, present her keynote address on the importance of prophetic voices in today's challenging world, and meeting her personally during a book signing session. l-r: Lizzie Cody, Sr. Madeleine Munday, Sr. Monique Tarabeh, Monte Abbott, Jeanette McDermott and Joan Chittister.

PROVINCE NEWS



ZEAL



The Chapter Planning Committee gathered in January at the Province Center in St. Louis to work out details surrounding the Mid-North America Chapter in April. During breaks the team took time to enjoy personal conversations and chocolate bonbons. From left: Sisters Mary Carol McClenon, Barbara Beasley, Brigid Lawlor, Patricia Marie Barnette, Liz Schille, Mrs. Maureen Jenkins (facilitator), and Sister Gayle Lwanga Crumbley.

Leaving behind a legacy in Baltimore

By Mary Carol McClenon, RGS

"I entered the Catholic Charities building with some sense of sadness," Sr. Mary Frances Altavilla said. Thus begins the story of a memorable afternoon.

A reception to honor the Sisters of the Good Shepherd took place at Catholic Charities' Senior Community building in Lansdowne, Maryland on December 20, 2019. The building is very near the Catholic Charities Lansdowne After-School Program, which is being renamed the "Good Shepherd Therapeutic After-School Program" in honor of our legacy gift. The Province of Mid-North America gave Catholic Charities an endowment of approximately \$650,000 — a portion of the proceeds of the sale of our property in Halethorpe — to support the expansion of this Catholic Charities program. Lansdowne is a neighborhood which is contiguous with Halethorpe. Youth living in Halethorpe usually attended Lansdowne High School.

The reception was simple and straightforward. Catholic Charities welcomed us

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Editor's Note

So why has it taken so long to get a recent issue of *Items of Interest*?

Who knew when I was lifted onto the operating table for shoulder replacement surgery on October 16 that it would be three months before I returned to work to start up again with the province newsletter? I thought I would return to work in a snap. As it happened, my timeline and God's schedule for healing proved to be vastly different.

I lost use of my shoulder when congenital arthritis deteriorated to the point of rendering my dominant arm useless. I tried physical therapy and cortisone shots, but surgery ultimately became the only way to remedy the damaged arm. My insurance policy doesn't cover stem cell or other experimental treatments.

Suffice it to say, it's been a long road to recovery. But recovering I am! I have no more pain. My medical evaluation in January deemed that I am healing at an above average rate. The incision looks good. And the metal replacement parts are not wobbly, but firmly in place.

I cannot thank you enough for the many constant prayers you lifted up on my behalf during and after surgery and throughout my healing

process. I still have 8 months before I can Allemande Left and Do Si Do on the square dance floor. But I'm getting there, and for that great gift of healing, I am very grateful!

Jeanette



My new shoulder

PROVINCE NEWS



ZEAL

Baltimore, *Cont'd from p. 4*

with eagerness and enthusiasm. Sister Carmen Flores said she appreciated that quite a few of our former staff were able to witness this presentation and learn how much Catholic Charities relates to our values. And, of course, we had a joyful reunion with our dear and devoted Partners in Mission!

The afternoon event opened with a welcome by Executive Director of Catholic Charities of Baltimore William McCarthy, who introduced his staff. Will Buttarazzi, President of the Good Shepherd Services Board of Directors, presented a portrait of St. Mary Euphrasia and spoke about her vision and our core values.

Sister Mary Regina Long said, "Will's introduction of St. Mary Euphrasia to staff opened conversations expressing the desire of staff to learn more. To me the day symbolized ending an era and partnering in a developing service to young people in need in the Baltimore community. The charism is alive and well."

Bishop Denis Madden, Archdiocese of Baltimore, blessed a commemorative plaque. We had some photo ops and refreshments. The best part of the afternoon unfolded when we walked to the building where the children and families are being served. The program director and therapists reviewed the outline of a typical day. We could tell that the staff members were passionate about their work and about helping the kids grow and flourish.

Joy and gratitude

I was electrified by a descriptive anecdote which revealed just how closely this program aligns with our Good Shepherd experiences. The therapist explained that recently they have been working on a unit about Size of a Problem/Size of your Response. Is this issue or problem small, medium, or large? What skills do you have that could help solve the problem? Can you address it by yourself, or should you ask for help? She noted that recently one of the boys in group spilled apple juice all over his shirt at the beginning of group. He was heading into meltdown, until she got his attention: "Alan, Alan, Alan! What size is this problem? Is it small, medium, or large?" Alan stared at her for a moment and then said sheepishly, "Small." A moment later he added, "I can handle it myself." What a breakthrough! It was a grace for me to be affiliated, even indirectly, with this program. Sr. Carmen said, "There was a sense of pride and peace in recognizing that the mission of serving children and families will continue through Catholic Charities of Baltimore."



Participants at the legacy ceremony in Baltimore included 10 Good Shepherd Sisters from Province Mid-North America, Will Buttarazzi, President of the Good Shepherd Services Board of Directors, Bishop Denis Madden, Archdiocese of Baltimore, and William McCarthy, Executive Director of Catholic Charities of Baltimore.

We started this story with Sister Mary Frances' comment about entering the building with some sadness. She ends that sentence with the words, "but I left with a heart full of joy and gratitude!"

Afterward

On the following day, Sara Rothstein of Catholic Charities sent an email. In it she wrote, "Hello, all. I wanted to share a quick thought I had after leaving the event.

"There is a word in Hebrew, li'shma. The concept is that the action you are doing should solely be for the sake of the purpose itself and nothing else. Not for personal gain or ego.

"Helping the underserved is a mission we all carry out in our daily work and lives. Everything we do is li'shma. Everything is for the sake of the mission. Being able to take ourselves out of the picture is not always easy to do. The Sisters have given us the ability to take what they have done and ensure that the good continues to be brought into the world. We are all just vessels carrying forward the love that the world needs in order to run.

"I am honored that we will be able to carry on that mission li'shma until the time comes for us to pass the mission on to the next vessels that will take the torch and continue to light up the world."

PROVINCE NEWS



ZEAL



Sisters reflect on their pilgrimage to the Holy Land

"To journey without being changed is to be a nomad.

To change without journeying is to be a chameleon.

To journey and be transformed by the journey is to be a pilgrim."

~ Mark Nepo

Eight Good Shepherd Sisters from the Province of Mid-North America traveled to the Holy Land in December. Several of the Sisters reflected on their journey for *Items of Interest*.

Sister Jean Marie Fernandez

I was delighted to be with some 40 pilgrims from all walks of life. There were Sisters of St. Joseph from the United States and Puerto Rico, a married couple, a woman from New Mexico and her daughter, two priests, and of course our own Good Shepherd Sisters.

After visiting Jaffa in the southern and oldest part of Tel Aviv we took the bus ride to Jerusalem, the City of Peace. As we touched the hill, I saw for the first time in my life, the ancient city of Jerusalem and the Dome of the rock. It was an amazing experience. I felt an inward peace, and everything within me stopped for a moment. I couldn't believe I was on holy ground and that Heaven and Earth met.

Then I heard the pilgrims sing with full voice "Jerusalem, Jerusalem, lift up your voice and sing, Hosanna to our King." It was quite overwhelming for me. This memory will remain forever in my heart. Spirituality has come alive. I have arrived in this sacred city shared by three religions - Judaism, Islam and Christianity.

The rest of my pilgrimage is history, more was revealed in all the sacred



l-r: Sisters Anna Tram Nguyen, Jean Marie Fernandez, Donna Miles, Gayle Lwanga Crumbley, Anne Kelley, Carmen Flores, Monica Duong, and Regina Do with the Jordan River behind them.

sites with prayers, liturgies, conversations and meals celebrated and enjoyed by everyone.

What I appreciated most about this pilgrimage was the diversity of our group as well as those I met along the way. I saw people of various ethnicities with different values, politics, and religious commitments. Despite the differences, they were people just like me. They, too, were on an inward journey to seek and deepen their search for meaning.

I saw faces bowed in prayer, hands clasped together, some reading their own Bible, and others just gazing in awe. It was quite a sight! We were in this together, our hearts in the right place.

At the end of each day, in the stillness of the night, as the sun was setting, I would write in my journal that "Gratitude is the memory of the heart" (Saint Mary Euphrasia). Praying my experiences and processing all that happened during the day was a transformative experience.

I could do this because I created a space in my heart for the "new" to emerge. Today, my reflective journal sits next to my bed. Every now and then I turn the pages and am inspired to re-live the experiences of a pilgrim.

Sister Anna Tram Nguyen

The best part of the pilgrimage for me was seeing Jesus' tomb. Seeing

Continued on next page

PROVINCE NEWS



ZEAL

Holy Land, *cont'd from p. 6*

it stirred something deep inside of me that I won't forget. It was a spiritual moment for me like no other experience I have had."

Sister Monica Duong

I rejoiced with those who said to me, "Let us go to the house of the Lord. Our feet are standing in your gates, O Jerusalem." Psalms 122

This is what my heart was saying on the first day arriving in Ben Gurion International Airport in Tel Aviv, Israel, and as we went to Jerusalem that evening.

It was a grace-filled time to visit the birthplace of Jesus during Christmas season. My heart filled with joy and gratitude to Jesus for coming down to earth to be among us. The experience of walking the paths that Jesus walked years ago from childhood to his death on the cross deepens my faith in Him.

No words can explain the experience I feel in my heart. But to continue to grow in his love, his compassion, and trust in his merciful love for me is the treasure of my heart. I am thankful to have had this special opportunity.

Sister Donna Miles

"The pilgrimage was a life-changing trip for me. I am grateful for the opportunity to have gone," said Sister Donna Miles.

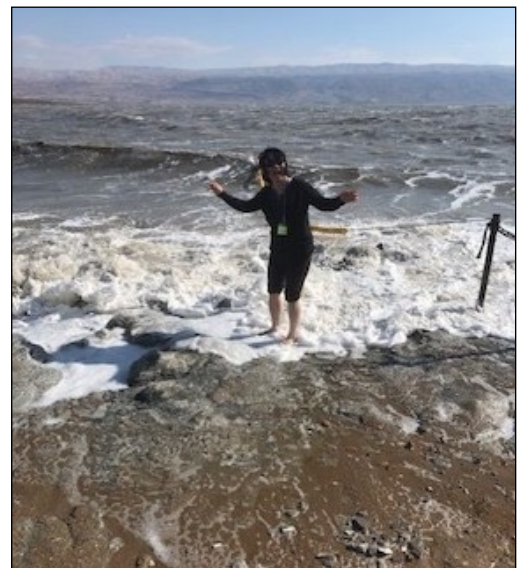
On New Year's Day 2019 another group of Sisters went on pilgrimage to the Holy Land. You can read about their experience in the March 2019 issue of *Items of Interest* found at <https://bit.ly/37VRvxX>



Top: Jesus' tomb. Bottom: Pilgrims on a march to the Jordan River.



Top: Sister Jean Marie Fernandez at the wailing wall. Bottom: Sister Anna Tram Nguyen frolicking in the Dead Sea, the famed salt lake between Israel and Jordan in southwestern Asia.



PROVINCE NEWS



ZEAL

Shared Roots: North America Good Shepherd Gathering 2019

By Lizzie Cody, Mission Effectiveness

"Oh! How consoling it is to find ourselves reunited today! How happy I am to have you, my dear daughters and sons, around me to witness the affectionate charity, the peace, the spirit of union reigning among you. None of you are strangers to each other – all have but one heart and one mind. You reanimate my courage."

With these words from St. Mary Euphrasia, the 2019 North America Good Shepherd Gathering opened. Sponsored by the province leaders of North America, the Gathering was held October 15-18 at St. Paul of the Cross Retreat Center in Detroit, Michigan.

The Gathering of 68 participants was a wonderful opportunity for Good Shepherd Mission Partners from the provinces of Central South, Mid-North America, and New York/Toronto to come together for a time of support and inspiration around our mission, spirituality, vision and values. The theme this year was "Shared Roots."

The sessions focused on connections — to our Good Shepherd history and founders, our personal connections to one another, the connections of the ministries/programs to one another, the connection to the international community of Good Shepherd, and the connections that need to be sustained in the future.

The Gathering was planned and hosted by the North America Mission and Values Team (NAMVT), which consists of representatives from Mid North America and New York/Toronto. The NAMVT is Lizzie Cody from Edwardsville, Illinois; Sr. Tram



Nguyen from St. Louis, Missouri; Nadia Dias from Winnipeg, Manitoba; Celia Ceballos from New York City; and Nancy Fritsche-Eagan from New York City.

Perhaps the most important aspect of an immersive event like the Gathering is the message that participants take home to their teams and their lives. Some of the messages that participants said they took home with them are:

- Everyone's role in our agency helps keep the Good Shepherd mission alive!
- I'd definitely like to bring in the sustainability goals focused on

by the Sisters to determine how we can run our practice in accordance with those goals.

- Our mission and core values are truly what drives us, and we have the power and duty to keep them going.
- I want to make sure that everyone in our agency knows they have a bond with other agencies. We are not alone.

For me personally, it is an honor to be a part of such an incredible group of Shepherds. I am astounded by the ability of participants to enter into meaningful conversations with one another for inspiration, education, problem solving, and connection.

The next Gathering will be May 18-21 at St. Paul of the Cross in Detroit. The theme "Shared Roots" was such a success that we have decided to reprise it this year.



Forging bonds is a key aspect of the Gathering.

NAC NEWS



ZEAL

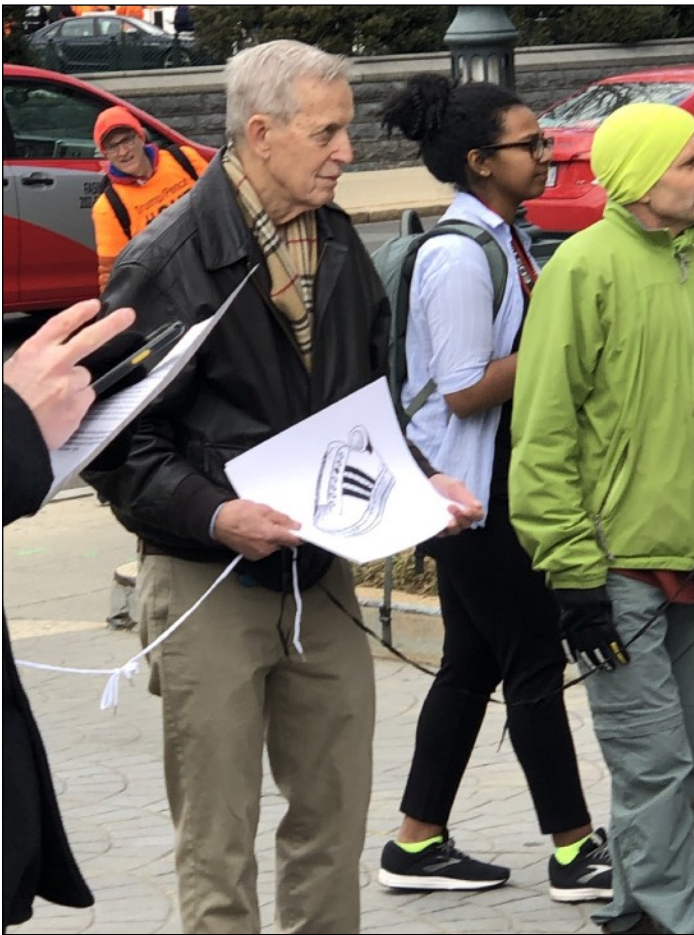
#Faith4Asylum

The Good Shepherd National Advocacy Center and the International Justice and Peace Office has joined the Interfaith Immigration Coalition's #Faith4Asylum

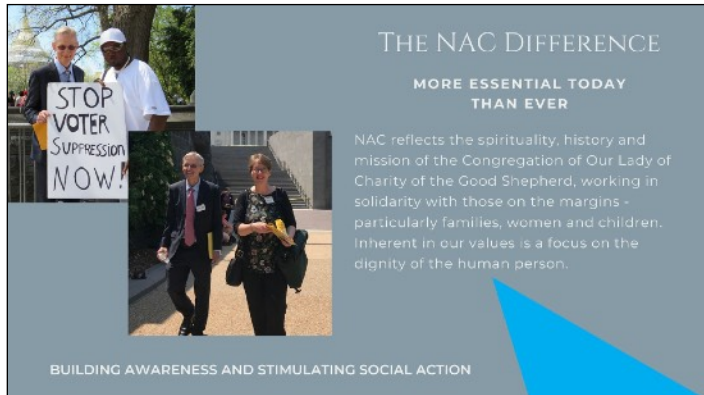
Nonviolence Campaign *Stop the Inhumanity* in support to those seeking safety in the U.S.

The Interfaith Immigration Coalition launched on January 29 a series of prayer vigils. The vigils seek to protect the safety and humanity of people fleeing danger and seeking asylum in the United States. Goals of the initiative are to dismantle anti-asylum policies, increase asylum grant rates, close tent courts, and end the "Remain in Mexico" policy.

Take the pledge to join the campaign and learn more at <https://faith4asylum.com>. The National Advocacy Center of the Sisters of the Good Shepherd is a member of the Interfaith Immigration Coalition. NAC asks us all to get involved. The campaign goal is to better ensure the safety, care and humanization of people fleeing danger and seeking asylum in the U.S. Learn more by visiting the campaign website. <https://faith4asylum.com/join-the-campaign-2/> You can learn more about the Good Shepherd National Advocacy Center at <https://www.gsadvocacy.org>



NAC NEWS



The NAC Difference for 2020

By Kathy Dempsey, National Advocacy Center

Your National Advocacy Center has a number of plans for 2020, one of which is to respond to the unexpected that happens every day in Washington, DC.

- We will continue to be vigilant in working to halt policies and legislation harmful to those living on the margins.
- This is an election year, so we will be sharing our perspective on the issues through the lens of our united mission.
- Already we have been advocating for the 56,000 refugees who are forced to wait in Mexico (in danger) for their rightful day in U.S. court as they seek a safe haven within our borders. We also remembered the three year anniversary of President Donald Trump's Muslim ban.
- This spring, NAC will organize a conference on the Root Causes of Immigration to follow up on our reporting and our visits to Central America. The conference will address how U.S. policy has contributed to the immigration crisis and what role the U.S. needs to play now in resolving the root causes of the crisis. So far, the U.S. Conference of Catholic Bishops, the Columbians and the Sisters of Mercy have agreed to co-sponsor the conference. The Leadership Council for Women Religious is very interested in collaborating closely with us.
- In addition to our spring conference (April or May), save the dates for Ecumenical Advocacy Days from April 24 – 27. The 2020 theme is *Imagine! God's Earth and People Restored*. It calls attention to the global crisis of environmental injustice, with special focus on the intersection of climate change and economic injustice.

National Advocacy Center to co-host Intercultural Mass

On February 8, NAC is co-hosting, with local members of the Coalition of Catholic Organizations against Human Trafficking, a special intercultural Mass to remember the survivors and victims of human trafficking in observance of the World Day of Prayer, Reflection & Action against Human Trafficking and the Feast Day of St. Josephine Bakhita.

O God,
 who led Saint Josephine Bakhita from abject slavery
 to the dignity of being your daughter
 and a bride of Christ,
 grant, we pray,
 that by her example
 we may show constant love
 for the Lord Jesus crucified,
 remaining steadfast in charity
 and prompt to show compassion.
 Through our Lord Jesus Christ,
 your Son,
 who lives and reigns with you
 in the unity of the Holy Spirit,
 one God,
 forever and ever.

Source: <http://www.liturgies.net/saints/josephinebakhita/readings.htm>

World Day of Prayer, Reflection & Action Against Human Trafficking and the Feast Day of St. Josephine Bakhita	
Understand Human Trafficking <ul style="list-style-type: none"> - Exploiting a person through force, fraud or coercion - Sex trafficking, forced labor and domestic servitude - Trafficked people can be US citizens or of any nationality, age, socioeconomic status or gender - Any person under the age of 18 who is involved in a commercial sex act is a trafficking victim 	What YOU Can Do <ul style="list-style-type: none"> - Learn how to identify human trafficking and how to provide assistance. - Download the Sweat & Toil app from the U.S. Department of Labor. Use when shopping to know which products and countries contribute to child labor. https://www.dol.gov/general/appstol - Inquire if the hotel where you are staying has signed the Tourism Child-Protective Code of Conduct. This set of principles requires code members to train their employees on how to identify & report trafficking cases. - Hold a Fair Trade or tasting event to educate participants that ethical trade equals just working conditions and wages, an antidote to labor trafficking.
Resources to Educate Yourself <p>USCCB Justice for Immigrants Human Trafficking Page https://justiceforimmigrants.org/ USCCB Become a Shepherd Page https://byrcs.org/become-a-shepherd/ U.S. Catholic Sisters against Human Trafficking https://www.sistersagainstrafficking.org/ National Advocacy Center of the Sisters of the Good Shepherd Human Trafficking Section https://www.gsadvisory.org/trafficking.html</p>	
<p>Report your suspicions to law enforcement by calling 911 or the 24-hour National Human Trafficking Resource Center line at 1-888-373-7888.</p> <p>Give us the courage to stand up and work for the rights of our sisters and brothers who live in slavery and exploitation</p>	

COMMUNITY NEWS

ZEAL



Sister Patricia Maria Barnette authors book on healing from post-abortion trauma

Many women who experience post-abortion trauma feel doomed to suffer in silence. In her new book titled *God's Mercy Awaits You*, experienced pro-life counselor Sister Patricia Marie Barnette accompanies women on a journey out of the darkness of shame and regret and into the light of God's forgiveness and mercy. Sister Patricia Marie is as empathetic as she is knowledgeable. She approaches this difficult topic with compassion and sensitivity.

The book is also highly practical, filled with prayers, advice, and web and print resources that consider the issue from every perspective. If you or someone you know is living in pain caused by an abortion, *God's Mercy Awaits You* is an invaluable resource to begin the process of healing.

About the Author

Sister Patricia Marie Barnette, RGS, ministers as a licensed professional counselor. She has worked in the post-abortion healing ministry for more than 30 years, helping women and men find peace and healing through the love of Jesus Christ. Sister Patricia Marie has also ministered to teens in crisis pregnancies, women in domestic violence situations, and families and couples in crisis. She has worked in parish ministry and in vocation promotion for Good Shepherd.



Greetings from the Good Shepherd Sisters in the Danville, Pennsylvania, community. From left. Sisters Regina Long, Mary Carol McClenon, Frances Altavilla, Patricia Marie Barnette and Kathleen Moore.

Hope of Jesus, the Good Shepherd

Sister Patricia Marie provides counseling services at the Bethesda Healing Ministry in Bethesda, Ohio. The Catholic ministry offers a rich healing journey through fellowship, prayer, the Sacraments, a structured scriptural/experiential manual, retreats, and days of recollection. In unity with the Sisters of Life, New York, experienced leadership, trained companions, compassionate clergy, and all who come receive and celebrate the forgiveness, mercy, and hope of Jesus, the Good Shepherd who left the 99 to go after the one who was lost. Bethesda Healing Ministry has been ministering to women and men for 25 years.

Sister Patricia Marie's book is available from Pauline Books and Media, the publishing house of the Daughters of St. Paul. You can order the book online at <https://bit.ly/2Ulcypz> from Pauline Books and Media or from Amazon as a Kindle book.

COMMUNITY NEWS

ZEAL

Gracenter holds fourth annual 12-step women's retreat

By Liz Schille, RGS

For the fourth year in a row, the women currently living at Gracenter and alumna were invited to a Women's 12-Step Retreat Day at the Ignatian Spiritual Life Center in San Francisco on Saturday, January 25, 2020.

The facilitators follow a template of personal input, activities and materials that relate to the topic each year. The retreat includes a time of centering ourselves for the day. We then hold a seminar style of program with three presentations related to the 12-Step materials of Alcoholics Anonymous.

We generally focus on the topics of surrender, acceptance and women's ways of looking at the 12-Steps. There is time for lively discussions, journaling and an activity such as making cards with pertinent sayings in them to take home. The food is wonderful and provided by Gracenter and the three women conducting the retreat. Usually eight women participate in the day. The three of us who plan and present the day — Kim, Nancy and I — find it very rewarding and see it as a blessing for our own lives due to the honesty and openness of our participants.

News from Companions of Jesus the Good Shepherd

Having printed our revised and updated *Way of Life* booklet, the Companions have recently broadened the reach of the Good



Shepherd network by joining the North American Conference of Associates and Religious (NACAR). In doing so, we Good Shepherd Companions unite ourselves with many other groups of (mostly) women who are living the charisms of more than 140 different religious communities of Sisters in the United States and Canada. The purpose of NACAR is to focus on enhancing the Associate and Religious relationship.

We hope to share insight for mutual continuing formation, and to participate in educational conferences, skills training seminars, spiritual retreats, courses, and relevant online resources.

In addition, thanks to the unflagging efforts of Barbara Holscher, the symbol that we designed for the Companions, with wonderful assistance from Sister Monique Tarabeh, has been made into a lovely wooden pendant by Gary Coker and adopted by the group. We are planning a spring meeting and will report on it in an upcoming issue of *Items of Interest*. We are also working with Jeanette McDermott to develop a presence for Companions on the Mid-North America website.

Submitted by Joan Clancy



Sisters Liz Schille and Jean Marie Fernandez took part in the San Francisco Martin Luther King, Jr. march and music festival in January. This year's theme was "Time for Justice," a message understood by all in the crowd. The Sisters joined hundreds of people in San Francisco and around the United States to protest against racial inequality through nonviolent resistance.

MINISTRY NEWS

ZEAL



Left: Good Shepherd Arts Center turned four years old in November 2019.
Right: Good Shepherd Mission Partner Judy Lambeth, CEO of Maryhurst, was named among the Most Admired CEOs in Louisville in 2019. Congratulations, Judy and Sister Glynis!



Puppies were the big hit of the day at Maryhurst's recent staff appreciation event. MisPits and Friends Rescue in Louisville, Kentucky, brought the adoptable pups to Maryhurst for socialization and to feel some Good Shepherd love. <https://www.mispitsandfriends.org/>

A Woman's Recovery Begins with Grace

Break free from drug and alcohol addiction to create a hopeful future for herself and others.

Good Shepherd Gracenter is a recovery residence that offers a supportive and gently challenging program for women who wish to strengthen their early sobriety. Typically, participants have completed a primary recovery program and are seeking to re-establish employment, healthy relationships, and deepen their spirituality through participation in 12 Step fellowships.

By strengthening women in recovery, they in turn strengthen their families and strong families create safe and peaceful communities.

[Learn More](#)

The website for Good Shepherd Gracenter has a new and improved look. Check it out. <https://gsgracenter.org>

Consecrated Life
Archdiocese of St. Louis
@consecratedlifestl

Home Like Follow Share ... Send Message

The Consecrated Life Archdiocese of St. Louis Facebook page will feature Good Shepherd in mid-February at <https://www.facebook.com/consecratedlifestl/>



The silent auction is always a popular hit at the fun and festive annual Gracenter gala fundraiser in San Francisco.

GREEN CORNER



ZEAL

Q&A

Cont'd from p. 1

Communications Coordinator Jeanette McDermott said she will take her vegan food scraps home with her in a reusable lunch tote rather than toss them into a lined trash bin. She will empty the food waste onto the compost heap in her backyard when she gets home.

Province archivist Monte Abbott said he will meet Sister Mercy's challenge by swapping plastic trash bin liners for compostable bags that are made from potato starch and are biodegradable.

So what's the fuss about plastic trash bin liners anyway? Maybe after reading this you will decide to extend Sister Mercy's experiment into your own ministry or house:

Why are plastic trash liners and other plastics bad for the environment?

Plastic is unsightly and harmful, and it doesn't decompose. Plastic chokes our ponds, rivers and oceans and harms sea life. Animals mistake plastic for food when it has broken down into smaller pieces. They can't digest plastic, so their stomachs become full, leaving no room for food. They starve to death.

How much plastic ends up in landfills and in water systems each year in the U.S. alone?

When you look at what's collecting in landfills and the ocean, it's mostly plastic shopping bags and trash bin liners, water bottles, and other single-use items that are easily blown around. A lot of the micro-plastics that end up in our water also come from clothing made with plastic materials like nylon, spandex, and polyester. Every year, more than eight million tons of



Store food waste from your lunch in a reusable tote. Empty the scraps onto your backyard compost heap at the end of the day. This prevents the need for bin liners.

plastics enter oceans, on top of the estimated 150 million tons that currently circulate in our marine environments. In 2017 landfills received 26.8 million tons of plastics.

How can each of us help reduce the use of plastic?

The only surefire way to be truly eco-friendly about plastic is to stop using it. Here are some helpful tips:

1. Compost vegan kitchen scraps (no meat or dairy) to eliminate the need for bin liners.
2. Never use plastic bags. Use reusable cloth bags and containers instead. This includes using small mesh or cotton bags

for produce instead of using the plastic produce bags the grocery stores provide. Take along your own containers from home for fresh fish or meat that you buy.

3. Shop at stores that have a bulk section for dry and liquid goods like beans, flour, shampoo, and detergents. Bring bags, glass jars, and other containers from home to haul the items. Bonus: buying in bulk is usually cheaper!
4. Farmer's markets are great places to buy produce. They are usually plastic-free, and it's local, so it's fresher and fewer greenhouse gas emissions were created to get it to you.
5. When you do buy packaged items, get them in glass, metal, or paper, as they are easy to recycle. If paper gets food on it, compost the paper.
6. When plastic household items wear out, replace them with products made from natural, recyclable, and/or renewable resources such as compostable bamboo toothbrushes, wooden dish scrubbers, organic cotton clothing, and refillable all-natural floss. The internet is full of clever zero-waste life hacks!
7. A whopping 91% of plastic isn't recycled. Contact your local solid waste department and ask what can and cannot be recycled. And then only buy products that are packaged in those containers and bags that can be recycled. Plastic is never the answer.

Got a Green Corner story? Send your idea to the Editor of Items.

GREEN CORNER



ZEAL



Sister Cathie Boerboom (front left) carries a banner with fellow protesters from her parish *Laudato Si* group in the Portland climate strike last fall.



Adults, children and youth from across Portland marched in the Climate Strike to show their commitment to creation.

Commitment for care of the earth

By Cathie Boerboom, RGS

I participated in a massive intergenerational climate strike with my parish *Laudato Si* group this fall. It was powerful. I was especially touched by the presenters who were all high school students from the native nations in the U.S. and Pacific Islands.

The youth greeted us in their native languages and spoke powerfully for the love of creation. They made pleas for us to make choices to care for all the Earth, and to especially help preserve their islands so they are not covered by rising seas.

It was a wet cool day, yet thousands of us were wrapped in energy, prayers, hopes and commitment to care for the earth. People had set up booths with ideas for how we can all work together to protect and care for the environment.

Many of the parishioners linked up with us for the speeches and some even walked the six or more miles to the event. Together we praised God for our common home and expressed support for taking better care of it. We joined thousands in the march, including several groups from other faith traditions.

To see photos from the day visit <https://bit.ly/2GWhyZI>

M2020

M2020 is on a mission to drive urgent action to limit the effects of climate change, particularly for the most vulnerable people and countries. With radical collaboration and stubborn optimism, M2020 claims it will bend the curve of global greenhouse gas emissions by 2020, enabling humanity to flourish. With breakthrough actions in a few key areas, including energy, transportation, land-use, infrastructure, industry and finance, M2020 believes it can build on the strong momentum towards a fossil-free economy and reach its 2020 milestones. Learn more. Be a part of it. <https://bit.ly/3b4lBRA>



CELEBRATION OF LIFE **ZEAL**

Mary Louise McCoy, RGS

August 3, 1923 – January 15, 2020

We have just heard Jesus say to the Eleven, (and to all who would follow Him) *“Go into the whole world and proclaim the Gospel to every creature.”*

Sister Louise McCoy took Jesus’ invitation seriously with joy. She took the Good News of God’s love to Ft. Thomas Kentucky, Cincinnati and Cleveland Ohio, as well as to Detroit Michigan, Chicago, Illinois, San Francisco, California, and Guam, serving through Catholic Charities and the ministries of the Sisters of the Good Shepherd. And she further spread the Good News to all who came in contact with her.

Louise was well prepared for her vocation. Formation began from her birth on August 3, 1923, on a farm west of Rushville, Indiana, to her very loving parents William and Mary McCoy. Although she was an only child the extended families of the McCoy and Mullins were very close knit and many of her cousins were like sisters and brothers. The cousins and their children maintained close contact throughout her life.

Saint Mary’s Grade School in Rushville provided the beginnings of her formal education. She graduated from Rushville High School and continued her education, graduating from Marian College in Indianapolis, Indiana, in 1945. After her graduation she worked for Rush County Welfare Department as a social worker.

On August 28, 1946 Louise entered the convent of the Sisters of the Good Shepherd in Girls Town, Cincinnati, Ohio. She received the habit on March 19, 1947. She made her first vows on August 22, 1949, and her final vows on August 22, 1952. During these years she integrated her education with gospel living and the charism of the Good Shepherd Congregation. Sister Louise later received her Master of Social Work Degree, graduating from Catholic University in 1956.

Saint Mary Euphrasia, Foundress of the Sisters of the Good Shepherd, espoused the belief that a “person is of more value than the world.” Sister Louise lived out this value in the way that she related to the girls, women and families she served. Her preaching of the Gospel, however, extended to all and was her very ‘presence’ to everyone — family, co-workers, friends, benefactors, the Companions of Jesus the Good Shepherd, Associates, the staff of Bethesda House of Mercy, her own Good Shepherd Sisters, and later in life the Staff of the Elder Care facilities where she lived as well as the residents



Mary Louise McCoy, RGS

living in these facilities. Sister Louise lived her favorite Bible saying from Micah, “Act Justly, Love Tenderly and Walk Humbly with your God.” She affirmed the goodness of those to whom she came in contact by being truly present, engaged and interested in them. Sister had many friends, because she knew how to be a friend.

Although Louise was serious about her ministries and always a learner, she also loved life and enjoyed her leisure time with Sisters and friends and family. She loved a good laugh and a good Manhattan cocktail. We rejoice with Sr. Louise as her Shepherd God has taken her to the place prepared for her on January 15, 2020; however, her presence is truly missed.

Submitted by Dolores Kalina, RGS

CELEBRATION OF LIFE **ZEAL**

Christopher Mullan, RGS

August 11, 1921 – October 27, 2019

Sister Christopher was named Rose Pauline Mullan when she was born in San Diego, California, to William and Pauline Mullan. She was one of three children. Her brother pre-deceased her and her sister Joanne Tansey lives in Maryland. Her father was a naval officer. The family's frequent moves prepared Sister for the many and varied assignments she was to receive throughout her religious life.

Sister Christopher was a teacher and held certification in Maryland, Indiana and California. Before entering Sisters of the Good Shepherd, she taught in a public high school, a parish elementary school, and a Good Shepherd school.

Over the years Sister Christopher was a teacher, child care worker and group mother in Good Shepherd programs. Her assignments took her to San Francisco, Las Vegas, Chicago, Arizona, Louisiana and Tennessee. She also went to Korea for three years to teach Good Shepherd Sisters English as a second language. Sister Christopher held leadership positions in Chicago, San Francisco and St. Louis at the Immaculate Heart Convent for senior care. She also served as Provincial of the St. Louis Province.

Sister Christopher was an avid reader. She also played the organ and greatly appreciated music. She enjoyed working on needlepoint projects and sold some of her finer works. She was very supportive of the Red Cross blood drives and was personally awarded many achievement pins as a donor. She also donated her remains for scientific research.

Sister Christopher had the joy of a close-knit and very large and involved family. Her family, Sisters and staff miss her very much. We join with her family in celebrating many happy memories of a life well-lived in the love of the Lord.

Submitted by Pauline Bilbrough, RGS



Christopher Mullan, RGS

Announcements and News Tidbits

Sister Agnes Yamamoto was missioned from the Maria Droste Contemplative Community in St. Louis to Danville, Pennsylvania, in October.

Sister Marie Dolores Beck was missioned in November from the Danville Community in Pennsylvania to the Immaculate Heart Community at Mason Pointe Care Center in St. Louis.

Sister Joanna Le returned to the Vietnam sector of the East Asia Province in December to begin a three-year missionary term.

Sister Elizabeth Garciano is on a one-year sabbatical, after having just completed her term as Local Leader of the Maria Droste Contemplative Community in St. Louis.

Sister Sharon Rose Authorson has been packing her things at Maria Droste and is looking forward to attending the CACS planning committee meeting at the Province Center in March.

CELEBRATION OF LIFE **ZEAL**

Marie Elizabeth Epp, RGS

February 25, 1928 – December 19, 2019

Elizabeth Epp was born in Arlington Heights, Illinois, to Dorothy and Frederick Epp, natives of Chicago. She was one of five children, all but one now deceased.

Her family was Lutheran. Elizabeth, however, was drawn to Catholicism through Polish Catholic friends who attended church services across the street from her family home. Here she saw a beautiful statue of the Blessed Mother and was in awe of the reverence shown to her. "I considered her my lady," Elizabeth said.

With her mother's permission, Elizabeth was baptized a Catholic and entered the Contemplative Sisters of the Good Shepherd in Chicago. She was professed in 1951.

Sister Marie Elizabeth made her final vows on July 22, 1958. She remained in Chicago for 25 years before being missioned to Milwaukee for eight years when the community moved to Slinger, Wisconsin. Sister was an excellent seamstress and made beautiful baby layettes, smocked dresses, and many fine vestments. She served the community as sacristan, portress, laundress and sometimes cook.

Move to Marygrove

After 10 years in Slinger, attrition within the contemplative community began taking its toll, and the number of Sisters dwindled to 13. Leadership decided to combine the Slinger community in 1985 with the newly formed contemplative community at Marygrove in Florissant, Missouri.

Marygrove was a lovely new house with spacious grounds located on the banks of the Missouri River. Sister Elizabeth spent the next 25 years at Marygrove, working in the laundry and serving as sacristan during her last 10 years there.

An automobile accident caused serious damage to Sister Elizabeth's legs and required her to spend nine months in rehabilitation outside of her community. She came to Immaculate Heart Convent in Normandy following rehabilitation and reunited with her Good Shepherd family.

At Immaculate Heart, Sister took her turn as receptionist. In this capacity she wrote many Thank You letters in her beautiful script while using her good clear voice to praise God at Mass and at Office.



Marie Elizabeth Epp, RGS

Sister Elizabeth truly has been Our Lady's child. As a reward, her mother received the gift of faith before her death.

Sister Elizabeth suffered from pain very much as her health declined. She bore her suffering in union with Jesus and died very peacefully after a brief time in the Hospice program.

Sister is greatly missed by the Good Shepherd Sisters and staff, her sister-in-law and much-loved niece Sherry.

One of Sr. Elizabeth's favorite quotes was "I'm everything I am because You, my God, loved me."

Submitted by Pauline Bilbrough, RGS

ACROSS BORDERS

ZEAL

Good Shepherd Sisters in the Congo receive \$1 Million Opus Prize



Sister Catherine Mutindi, RGS, makes an acceptance speech after being named the 2019 Opus Prize Laureate for the program she began in the cobalt mines in Kolwezi, Democratic Republic of Congo.

Sisters of the Good Shepherd around the world celebrated as Sr. Catherine Mutindi, RGS, received the \$1 million Opus Prize last November to benefit the Bon Pasteur program she began in the Kolwezi cobalt mines in the Democratic Republic of Congo (DRC) in 2012.

The DRC government and numerous leading Non-Government Organizations (NGO), including Amnesty International, have recognized the work of the Sisters as the only NGO working effectively to address the widespread human rights abuses against children, adolescent girls and women in the Kolwezi communities.

Congolese national and local government offices, as well as the UN, UNICEF, the World Bank, World Vision, and representatives of numerous international mining companies, have lauded the Good Shepherd approach to mitigating child labor as a best practice initiative.

Sister Catherine started the Bon Pasteur program in the Democratic Republic of Congo after the local bishop had invited her to work with widows and orphans in the city of Kolwezi. She first listened to the community and within 10 months developed a five-year plan which focused on



Children and adults mine cobalt all day in Kolwezi without water, food, shade from the sun or shelter from the monsoons. Sometimes they don't even make enough money for a meal.

addressing alternative livelihoods to mining, including farming and skills training programs.

Today the Sisters in Kolwezi envision the location as an inclusive and democratic Congolese society where the rights of girls, women and children are protected and promoted. To realize this vision, the Sisters have developed an extensive child protection program in Kolwezi, which includes remedial holistic education, psychosocial support, a referral system for abused persons and human rights education.

The Opus Prize

Each year the Opus Prize is awarded to a leader in faith-based humanitarian work. The prize is one of the world's most prestigious recognitions for faith-based, nonprofit innovation and work.

Continued on next page

ACROSS BORDERS



ZEAL

Opus Prize, *Cont'd from p. 19*

Sister Catherine received the award on November 21, 2019, at Saint Louis University's Center for Global Citizenship. Thirteen Good Shepherd Sisters from the provinces of Mid-North America and Central South attended the event, along with staff from the Good Shepherd International Foundation in Rome.

Learn more about the ceremony and Opus Prize at <https://bit.ly/37PAP4s>

Watch the inspiring video that shows how Good Shepherd Sisters are transforming lives and communities in Kolwezi at <https://bit.ly/2ubisyG>



Good Shepherd Sisters affected by volcano eruption in Philippines



Taal Volcano in the Philippines began erupting on January 12, 2020, and didn't decrease in activity until January 26. Good Shepherd Contemplative Sisters were temporarily evacuated from their convent, but the government is now allowing displaced people who are not in the danger zone to return home. Good Shepherd Sisters and Mission Partners in the Philippines have been praying every day at 1 p.m. for the safety of the people affected by the eruption. They also have been collecting and distributing food and personal items to evacuees since the natural disaster began. The Sisters have set up accounts for those who would like to donate to help families recover. You can obtain this information on the Good Shepherd Congregation's website at <http://rgs.gssweb.org/en/news/taal-volcano-eruption>



It is estimated that 60% of all cobalt comes from the Kolwezi mines in the Democratic Republic of Congo. Cobalt is used worldwide for batteries and the whole electronic industry. The Good Shepherd Sisters in Kolwezi offer communities alternatives to working in the mines through education, farming, and training programs. The Sisters also offer financial training and provide safe environments for sexually exploited children and women.

LEADERSHIP TRAVEL

ZEAL

NAME	DATES	LOCATION
Sr. Sharon Rose Authorson	No travel	No travel
Sr. Jean Marie Fernandez	Feb 1 Feb 11 Feb 19-25	Lunar NY Celebrations/Eucharistic Liturgy - Archdiocese SF Women Religious Council Meeting - Archdiocese SF Apost. Coun./Financial Advisory Board meetings St. Louis
Sr. Beverly Hedgecoth	No travel	No travel
Sr. Maureen Johnson	Feb 1-24	Maria Droste Contemplative Community, St. Louis
Sr. Dolores Kalina	Feb 15-29	Apost. Coun./Financial Advisory Board meetings St. Louis
Sr. Maureen Kunz	Feb 18-25	Apostolic Council meeting, St. Louis
Sr. Mary Carolyn McQuaid	Feb 19-24	Apost. Coun./Financial Advisory Board meetings St. Louis
Sr. Madeleine Munday	Feb 11 Feb 19-24	DeNeuille Board of Directors meeting, Memphis Apost. Coun./Financial Advisory Board meetings St. Louis

Pray for survivors of human trafficking in remembrance of Saint Josephine Bakhita on her Feast Day, February 8. St. Bakhita, born in the Darfur region of Sudan in 1869, was enslaved as a child and trafficked to Italy. She won her freedom with the help of the Canossian Sisters, became a Canossian Sister, and went on to share her story of freedom and dignity. In October 2000, Pope John Paul II canonized Josephine Bakhita, noting, "in this saint, we find a shining advocate of genuine emancipation."



<https://www.franciscanmedia.org/saint-josephine-bakhita/>

PROVINCE CONTACT

ZEAL



"If you always love each other, if you uphold each other, you will be able to work wonders!"

Saint Mary Euphrasia
Conferences, p.497

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ITEMS OF INTEREST

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