

ITEMS

O F I N T E R E S T

Reaching goals

Women at DeNeuille Learning Center know what it means to reach for and attain their goals.

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Sisters at Immaculate Heart Convent use films to delve into the life lessons to be learned from them.

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Sr. Mary Carol McClenon tells her story of walking the pilgrim's route along Camino de Santiago.

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Sr. Agnes Park finds her vocation and call to serve South Korea's outcast unwed mothers.

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Sisters Rosalinda Sobremisana and Pauline Bilbrough play with a talking snowman.

AND SO IT WAS CHRISTMAS

Christmas parties, fundraisers, appreciation luncheons and teas. Province of Mid-North America celebrated them all with friendship and good cheer.

Continued on next page



Green Corner

Never are we more aware of lighting than during the Christmas season. Lights adorn Christmas trees, front lawns and porch railings. They glimmer from altars, windows and doorways. And so this is a good time of year to ponder just how energy wise we are when it comes to lighting. Electricity is at our fingertips whenever we need it. This makes it easy to forget where electricity comes from, or how much it costs. Every year in the United States we use more

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CHRISTMAS JOY



ZEAL

Food, hugs, laughter and the spirit of giving were in great supply throughout the Province of Mid-North America this past Christmas season. Blessings to each and every Good Shepherd Mission Partner in the New Year!



Adopt a refugee family in Atlanta

Sister Christine Truong and staff at Good Shepherd Services of Atlanta provided more than 80 new Asian refugee families with gifts for their first Christmas in the United States. The "Adopt-a-Family" program at St. Ann parish has been in operation since 1993 and continues to grow each year.



CHRISTMAS JOY

ZEAL

Good Shepherd brings Christmas joy to hundreds



Rose Haven played Santa at its annual holiday extravaganza to 99 families and 300 children. Rose Haven was founded by Sister Cathie Boerboom, RGS, and is a sanctuary from the streets of Portland, Oregon. It offers compassion, practical assistance and community to women and children facing loss of home, abuse and other disruptive life experiences. <http://rosehaven.org>



Christmas was a magical time at Vista Maria this year. More than 180 Vista Maria youth received gift items from their Wish Lists and more than 500 volunteers helped to create a Winter Wonderland across campus. According to staff, the sheer joy in the girls' eyes on Christmas morning showed the true meaning of the holiday. Vista Maria provides healing and hope to hundreds of women and children in the Detroit area who have suffered the effects of abuse, neglect and trauma. <https://www.vistamaria.org>

CHRISTMAS JOY



ZEAL

Goodness of God at Gracenter on Christmas and always



The Good Shepherd Gracenter Program in San Francisco had one of its finest Christmas parties ever. On the evening of December 18, 2017, we gathered the women at Gracenter, volunteers, alumni and Sisters into one large chatty group. We were able to celebrate one another with the usual scrumptious food and excited conversations. As we said, "Merry Christmas" to our

alumni, they each received their own gifts to take home. This is a signal for the women who live at Gracenter to take their seats and wait for Santa's elves to pass out a huge gaggle of Christmas gifts.

The excitement and wonder and tears of our women as they received their gifts were a heartwarming reward to the staff and Sisters. We all need to know that our hearts are filled with the goodness of God.

Be sure to notice in our photo the newest member of Gracenter. We welcomed our rescue dog Gracie to the program earlier this year and she is progressing in behavior and attitude along with the rest of us. Gracie was delighted with her gifts along with the other residents.

Submitted by Sr. Liz Schille, RGS



Maryhurst Mission Partners bring Christmas cheer to Cincinnati Sisters



Mission Partners from Maryhurst made a Christmas trek to Margaret Hall in Cincinnati during Advent to see the Sisters there. This marked Maryhurst Mission Partners' 14th visit to see Good Shepherd Sisters in Cincinnati.

CHRISTMAS JOY

ZEAL



Sisters in the Maria Droste Contemplative Community wish for peace and prayerfulness as the year 2017 draws to a close and the New Year begins.

Announcements and News Tidbits

Does anybody have information on Maryhaven, a ministry founded 65 years ago by the Sisters of the Good Shepherd in Columbus, Ohio? The agency now running Maryhaven is planning a celebration of the ministry in September and wants to get in touch with Sisters who served there or know its history. Please contact Jeanette at jmcdermott@gspmna.org if this resonates with you.

The year 2018 marks the 175th anniversary of Good Shepherd's presence in North America. Stay

tuned for information on how we will celebrate the milestone. If you have some ideas for ways to mark the anniversary, contact Monte at mabbott@gspmna.org.

Speaking of history, the Province of Mid-North America houses historic bulletins, records, photographs and many other items related to the Province. There is a process for seeking information contained in the archives, which starts with filling out a form from our website at <http://bit.ly/2pI95DV>. Contact Province Archivist Monte Abbott

at 314-381-3400 or mabbott@gspmna.org if you have historic photos or records that you believe may belong in the province archives.

The United States Conference of Catholic Bishops has posted the liturgical calendar for 2018 at <http://www.usccb.org/about/divine-worship/liturgical-calendar/upload/2018cal.pdf>

Deadline for sending articles and photos for the February issue of *Items of Interest* is January 22. We want your stories!

PROVINCE NEWS



ZEAL

Expressions of gratitude

From Aurelio Lara Perez

I worked at Patterdell, the "Good Shepherd School" in Phoenix, Arizona, back in the early 1970's. I was a teacher. When I was there, the school principal was Sister Mary Augustine.

I am almost 80 years of age now. At this phase of my journey in life, it is a time of reflection - of all the steps I have taken between my youth and my life as it is now. In my years and travels, through the educational world, I have not yet met a situation that was as competent, successful, positive, and encompassing as the time and experience I had at Patterdell with the Sisters of the Good Shepherd. I want to thank the order of Sisters that helped make my life.

From Angela (Lewis) Villand

Hello there, my name is Angela and I am looking for a Sister Jude. She was the head of Saint Francis Cottage at DeNeuville Heights from 1987 through 1989. I was not able to stay in touch with her and I would love to do so. Sister Jude helped me in more ways than words can describe. I still feel the effects of it now at 46 years of age.

I know that a lot of my spirit and drive to do better and be better comes from talks with Sister Jude in her office and that sweet little school. My time at DeNeauville Heights pointed me in a better direction than I was heading by myself. Sister Jude is a big part of that and I would love the chance to tell her so. This means so much to me. Much love and blessings.



From Michael Shanahan, Executive Director Maria Droste Counseling Services

Dear Sr. Virginia, thank you for your article that Melinda Strickland sent out to us entitled, "Oh! Beautiful Tree of the Good Shepherd: Magnanimous Spirits; Grateful Hearts, December 2017 Good Shepherd Institute for Mission."

It brought back a nice memory from my trip to Angers, France, as the bus pulled up to the Motherhouse and I saw the words "Bon Pasteur" for the first time. A wave of awe and wonder hit me as I came in physical proximity to this sacred site.

If I heard the story before, I didn't realize it until reading your article that the Good Shepherd name came from a place already named the Good Shepherd and that Mary Euphrasia decided to use that name, and how that is connected to Count DeNeuville. Thank you for your well-written article!

Good Shepherd Circle of Provincials of North America



The Circle of Provincials of North America were in St. Louis from December 1-3, 2017, for a series of meetings at the Province Center. Sisters discussed plans for their provinces and strategies for working together, such as combining historic archives to better facilitate requests for information and manage the records of North America's Good Shepherd legacy. Standing from left: Sisters Francisca Aguillon, Central South Province, and Maureen McGowan, New York/Toronto Province. Seated from left: Sisters Madeleine Munday, Province of Mid-North America, and Aline Bertrand, Montreal Province.

MINISTRY NEWS



ZEAL

Champions for Children honored

CORA Services has been helping children and families in the Philadelphia region overcome adversities in their schools, homes and neighborhoods since 1971. CORA held its annual Champions for Children gala in November to honor the many supporters who make it possible for CORA to fulfill its mission.



Good Shepherd Mediation Program honors 2017 Shepherds of Peace



Good Shepherd Mediation Program is Philadelphia's only community mediation center. The agency names individuals each year who have been instrumental in encouraging peace and social justice in Philadelphia and honors them as "Shepherds of Peace."

The 2017 Shepherds of Peace were chosen for their dedicated and compassionate work to ensure the health and safety of Philadelphia's children, youth and families.

This year's honorees were, from left in the photo: **Movita Johnson-Harrell and Yancy Harrell**, grassroots organizers working to prevent gun violence and get guns off the streets. The Harrells founded the CHARLES Foundation in memory of their son who was killed in a case of

Good Shepherd Mediation Program's 2017 Shepherds of Peace

Continued on next page

MINISTRY NEWS



ZEAL



Graduates of DeNeuville Learning Center achieve their dreams

Six women earned their High School Equivalency when they graduated from DeNeuville Learning Center on December 14, 2017. The graduates were Piedad Castillo, Adriana Dominguez, Sandra Pita, Araceli Salgado, Ermelinda Ulloa and Maria Villazana.

“The graduation event was incredibly uplifting and inspiring. It does something good to the heart to see dedicated, hard-working women achieve their dreams,” said Sr. Madeleine Munday, who gave special remarks at the graduation ceremony. Sr. Madeleine is Province Leader for Sisters of the Good Shepherd Province of Mid-North America (PMNA). Sisters Mary Catherine Massei and Nora Pat O’Flannigan also represented PMNA at the graduation event.

In addition to recognizing the six women who received their high school equivalency, DLC also recognized women for obtaining U.S. citizenship, completing levels in English as a Second Language, and finishing coursework in Sewing and Computer Studies.

Nahed Ghadri, Blanca Hendricks and Aicha Tchalim obtained U.S. Citizenship. Amanni Al Omari earned Level 1 Completion of



Kim Neal, Program Coordinator for DeNeuville Learning Center (left), and Lori Bramlett, Executive Director of DeNeuville Learning Center (right), bookend the lineup of six graduates of DeNeuville Learning Center in Memphis, Tennessee.

English as a Second Language (ESL). Olga Carvajal earned Level 2 Completion of ESL, and nine women completed Level 3 ESL. They were Maria Aguilar, Muneera Al Hajjaji, Sondos Aridhi, Erika Escobar, Linda Garcia, Gissys Gonzalez, Sarvia Morales, Coumba Niang and Araceli Salgado.

Five women received certificates in Computer Studies: Yasmin Cortes, Areli Rayo, Araceli Salgado, Geannie Valentine and Degane Wais. Four women received certificates in Sewing: Sharon McBride, Kadi Sillah, Omu Sillah and Geannie Valentine.

Natalia Garcia, an alumna of DeNeuville Learning Center who now serves as HiSET/GED Instructor at the center, inspired the graduates when she addressed them in a formal presentation and told her story of reaching for and achieving her dreams.

“We are so very, very proud of these women,” said Sr. Nora Pat.

The next classes at DeNeuville Learning Center start on January 16, 2018. Students will graduate in June. Learn more about the Good Shepherd ministry at <http://www.deneuvillecenter.org>.



Sr. Mary Catherine Massei (right) with DLC alumna Natalia Garcia.

Peace, *Cont'd from p. 9*

mistaken identity. **Susan L. Brooks**, Dean for Experiential Learning and Professor of Law at the Thomas R. Kline School of Law at Drexel University and pioneer in the field of therapeutic jurisprudence. **Sr. Kathleen Coll, SSJ**, Executive Director of Dawn's Place, a program that works to improve the lives of foreign-born and American women who have been victimized by commercial sexual exploitation. Learn more about the Good Shepherd Mediation Program at <http://www.phillymediators.org>

COMMUNITY LIFE



ZEAL

Life lessons learned in the movies

When Sisters at Immaculate Heart Convent sit down to watch movies it's not just for entertainment. They delve into the life lessons to be learned from them. The Sisters use film as a way to find meaning and to learn about virtues and character strengths. They watch movies to be inspired by courage, humility and other positive values.

Capturing the human spirit

The Sisters have been engaged for more than a year in a monthly program called "Positive Psychology at the Movies." The program is based on a book by the same title. The book's co-author Ryan Niemiec says that movies, more than any other art-form, capture the human spirit: what it means to live fully, to be resilient, to embrace what's best in us. He says, "In short, positive psychology movies reflect and help us unleash our common humanity."

Niemiec believes that by really paying attention to the characters in a film we can learn a lot about ourselves and others.



Sr. Dorothy Vogel watches a movie with a critical eye.

"Once we know how to look for it, we can discover our own lives playing out in film, frame by frame," he says.

As for the Sisters, they choose which emotions they want to explore and then watch a corresponding movie. After watching the film they discuss how the movie portrays the principles of positive psychology, especially character strengths.

Dr. Barbara Dripps, PhD and clinical psychologist with St. Louis Behavioral Medicine Institute, presides over the film discussions. She asks the Sisters to watch the films mindfully, with an eye on character strengths and well-being, rather than watching the movie passively for the sole purpose of entertainment. Her goal is for Sisters to take lessons from the movies and apply them to better understand their own lives and the lives of others.

She highlights the film's salience of wisdom and knowledge, courage, humanity, justice, forgiveness, temperance and transcendence to keep the Sisters invigorated in the stories and inspired by the characters.

Prompting critical thinking

Dr. Dripps facilitates a process that is outlined in the book *Positive Psychology at the Movies*, which allows the Sisters to explore emotions, actions, habits and attitudes of the film's characters. She prompts critical thinking to help Sisters spot the silver linings and dark clouds by asking questions such as:

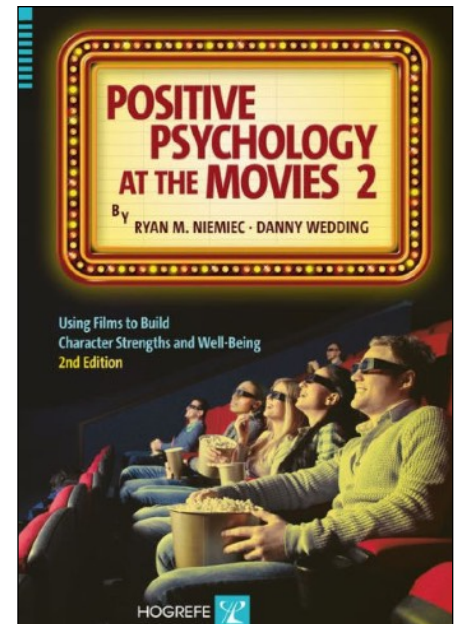
What positive psychology themes did you see in the film?

What does this movie teach you about the human condition?

What strengths did the characters exhibit? What combination of strengths stood out for you?

How do the characters in the film live a life of relationship and/or meaning?

Niemiec believes the greatest struggle of our times is our confrontation with



Sisters at Immaculate Heart Convent use the book "Positive Psychology at the Movies" as a guide for delving into the life's lessons to be learned from films.

horror. The horror of violence, terror, torture, slaughter of the innocent, poverty, hopelessness, despair and more. Niemiec says positive psychology offers hope in this confrontation.

"Positive psychology movies show what is best about people and can strengthen us in our attempts to make the world a better place and ourselves better people," Niemiec says.

Sr. Pauline Billbrough, Local Leader at Immaculate Heart, said she strives to provide Sisters with unique and positive experiences that stretch their imaginations and cause them to think critically.

Sr. Pauline also uses feature films, documentaries and other media art forms to help Sisters with ongoing formation. For example, the Sisters watch a science movie every Monday and a spiritual film each Tuesday. The Sisters engage in faith sharing on Thursday and watch a fun movie of choice each Sunday at 1 p.m., with no expectation of critique.

SPOTLIGHT



ZEAL

Q&A

Camino de Santiago is a network of routes that pilgrims take when they journey to the shrine of the Apostle Saint James the Great (one of the 12 apostles of Jesus) in the cathedral of Santiago de Compostela in Galicia, Spain. The remains of the saint are said to be buried in the cathedral. Many follow the routes as a form of spiritual path or retreat for their spiritual growth. The pilgrimage is also popular with hiking and bicycling enthusiasts and organized tour groups. Camino de Santiago is also called the "Pilgrimage of Compostela" or "The Way of Saint James." Sr. Mary Carol McClenon walked the camino on a pilgrimage last fall.

**Why did you take the Pilgrimage of Compostela?
What prompted you take it?**

Ever since I saw the movie *The Way* some years back, I have always daydreamed about walking the Camino in Spain. And I always knew it was just a daydream. Too long, too many logistics, etc. When I was re-appointed as Local Leader of the Good Shepherd Services community last January, Sr. Madeleine asked me to take a 6-week mini-sabbatical. So I planned one, running from the end of February to the middle of April, mostly road trips. Almost as soon as I finalized my plans, we made the decision to close the Baltimore program. It was a terrible time to take a long break, so I changed my plans, took two weeks, and jumped back into the closing process. As summer approached, I was reminded that I still was supposed to take the rest of the mini-sabbatical time. At that



Sr. Mary Carol McClenon, seated on right, rests with fellow pilgrims at a small inn along the Camino de Santiago.

point, I was feeling emotionally drained and had no interest in doing any of the things that I had previously planned. Nothing held any attraction for me. But I had to make a plan, so I surfed the internet. I googled "Catholic pilgrimages" and found that the company [206 Tours](http://www.206Tours.com) offers a safe and manageable way to get some of

the Camino pilgrimage experience. I was intrigued immediately. .

What did you hope to gain from the experience?

I don't know. The main thing was that I felt excitement and anticipation, at a time when those emotions were hard to come by.

Continued on next page

SPOTLIGHT



ZEAL



Sr. Mary Carol McClenon relies on her walking sticks while trekking along the Pilgrimage of Compostela.

Q&A *Cont'd from p. 10*

That's how I knew it was a good idea – that, plus immediate and strong encouragement from several Sisters and Sr. Madeleine's support and interest.

Who did you go with on the pilgrimage?

Rather than doing the whole 500-mile pilgrimage route, 206 Tours allowed me to take a 12-day trip which included walking the last 115 kilometers of the ancient pilgrimage route to Santiago, the Cathedral-shrine dedicated to St. James the Apostle. The company arranged for hotel accommodations and meals, with a bus transferring our luggage and providing checkpoints along the way several times each day. Every pilgrimage has a priest-pilgrim in the group, so daily Mass was part of the itinerary. I didn't know anybody until I got there. That didn't concern me because I felt I would be safe in a group. As it happened, we were 13 pilgrims, plus our tour guide and bus driver. The whole group gelled very well and we developed a strong family spirit.

When did you walk the Camino de Santiago?

I left Baltimore on September 2, 2017, and flew into Madrid, where our group assembled. The next morning, we got on the bus and spent most of that day driving west. We stopped briefly for a short hike up to the Iron Cross, the highest elevation on the Camino. It felt like it was straight up! I was the slowest in the group, although I almost caught up to the 86-year-old man at the summit. We then continued for some more hours on the bus until we reached Sarria. There we received our Pilgrim Passports and began the real work of the pilgrimage on September 4. We averaged about 15 miles of walking per day. We had one day of rest in the middle. We arrived in Santiago de Compostela in Galicia, northwest Spain, on September 10. We attended the Pilgrims' Mass the following day and I flew home on September 12.



Pilgrims enjoy the scenery while walking Camino de Santiago.

Continued on next page

SPOTLIGHT

Q&A *Cont'd from p. 11****How did you prepare for the walk?***

I read all their tips carefully and bought good hiking shoes, wool socks and nylon sock liners. I broke them in for about a month before the trip. I built up my hiking distance to 10 and 11 miles. I also got a few blisters which healed into nice calluses before the trip. This all helped me. Everybody gets blisters on the Camino, but I didn't get many and they weren't very bad.

How did the experience impact you?

The only word I can use to describe my Camino experience is "Amazing." I had several important take-aways. One was the realization of how competitive I am, and the need to lay that aside because I could not walk any faster than I did, and I was often the last in our group. We were constantly reminded, "Walk at your own pace." Slow and steady had to be good enough for me! My most lasting lesson from the pilgrimage is the reverberation of the motto to "live in the present moment." If I thought about how far I still had to walk and how many more hours it was going to take me, I got discouraged and overwhelmed. But if I remembered to take one step at a time and to notice, at each moment, that the scenery was beautiful and that I was enjoying the solitude of walking without a companion and that the weather was provided by God and that I was fulfilling a dream of being on the Camino, and that most of the time my feet weren't very sore, then I was content in spite of my struggles with the steep climbs and descents.

How did walking the Camino prepare you for the work you have been facing with the move to Pennsylvania?

The "one moment at a time" has been a very helpful and grounding attitude during our community's transition from Baltimore to Danville. Breaking everything up into small goals and reminding myself to think that it's "complicated" rather than "chaotic" has been a huge gift.

**Theological reflection after Pilgrim's Mass**

By Mary Carol McClenon, RGS

We were fortunate to be at Mass in the Cathedral of Santiago de Compostela following the pilgrimage. Mass ended with the swinging of the enormous incense thurible called the Botafumeiro. The thurible is managed by eight specially trained men who, using a system of ropes and pulleys, lower it so the incense can be placed and lighted in it. The men give it a starting push and raise it and lower it in such a way that its momentum increases. The censer swung so majestically in such an impossibly high arc and then higher yet, exhilaratingly close to the ceiling of the cathedral. Scary and wonderful at the same time. I had an image of soaring sanctity, of souls rising to the heights. And then as the men stopped pulling on its ropes, it gradually slowed. Still definitely swinging, but very gently. I thought of my Elder Sisters, how they are still quietly, gently "at work," not soaring as in their days of old, but still sending up the incense of prayer.

And then – I didn't think of this at the time, but as I reflect on it, it would have probably taken the Botafumeiro more than 15 minutes to stop swinging on its own. So it is the job of one of the robed attendants to go up and stop it. There is a specific technique. I guess you can't just bump a flaming censer without getting burned. And I guess you can't just grab the chain because that will make it swing right at you. So one of the men grabs the chain fairly high up with an expert, forceful twist, like a wrestling move. The Botafumeiro rotates swiftly and the man grabs it on the twist. He captures it. Like God does at our moment of death? Not by chance, but with a definite personal intervention.

VOCATION STORY



ZEAL

Called to serve unwed mothers

By Jeanette McDermott

Sr. Agnes Park is a member of the Province of Northeast Asia. She came to St. Louis on September 8, 2017, to begin a year-long program to study English. She has become a welcome and valued member of the St. Louis Community. This is her vocation story.

Sr. Agnes had been a kindergarten teacher in Daegu, South Korea, for three years when she began to feel increasingly dissatisfied with teaching. She had a strong sense that teaching wasn't her calling.

"My emotions about teaching changed over time. I tried to understand what was moving through me. Then I watched a documentary about a man whose life was changed through religious calling. That point impressed me. I wondered if maybe that was what was going on with me.

"I had been feeling a deep longing to help unwed pregnant women and single mothers find dignity and self-worth in our society. I wanted to find a place where I could do this," said Sr. Agnes.

Stigmatized and cast out

The decision to have a child out of wedlock and raise the child alone in South Korea can cost women everything. Single moms are forced into the shadows of society — ostracized by family members, discriminated against at work and all the while, trying to raise children without a network of support.

Korean men don't want to marry a woman who has had a baby, and with laws put into place ten years ago, adoption in South Korea is now taboo. The taboo arises because the importance of blood-lines in Korea is ancient and deep-rooted. Korean Confucianism places great emphasis on ancestors. People who don't have information about their family face

barriers in life, including blocks on employment and social acceptance.

Sr. Agnes was drawn to these issues. She shared her feelings about them with a friend one day while visiting her at work in the parish church. A woman in the church office overheard their conversation and interrupted them to tell Agnes that she knew Good Shepherd Sisters in Chuychun who ran Mary's Home, a shelter for unwed mothers.

God had a plan for me

"Everything began to fall into place at that point. I knew God had a plan for me. I was going to join the Order of Good Shepherd to work with unwed pregnant women. But first I wanted to get my social work degree," Sr. Agnes said.

Sr. Agnes returned home to Daegu for a year to get her degree. While in Daegu she spoke with a priest and told him that she felt like God was calling her to religious life to work with unwed mothers. The priest guided her to the Good Shepherd Sisters in Chuychun.

"My mother was concerned about my decision to enter the convent. She thought nuns had a very difficult life because their vocation

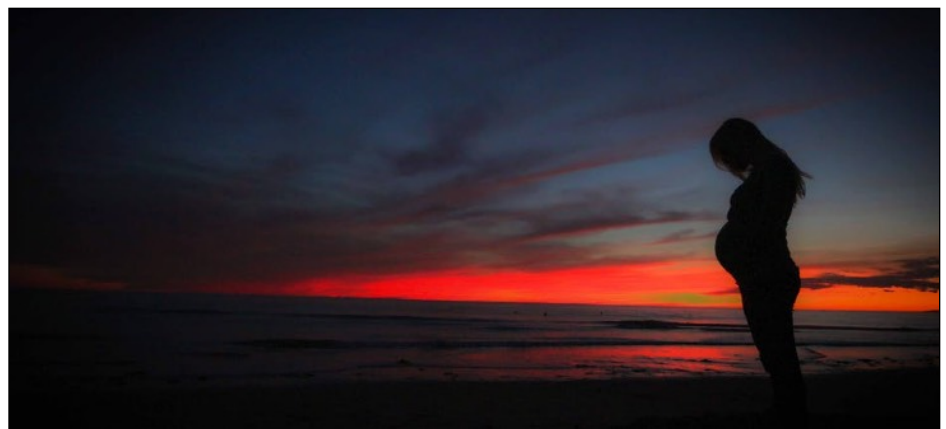


Sr. Agnes Park, RGS

was out of the ordinary. My two younger sisters and younger brother couldn't understand my decision either. It is unusual for a young woman in Chuychun to join a convent. But I felt that God had a special plan for me. At age 26 I joined the Good Shepherd Sisters," said Sr. Agnes.

Sr. Agnes took perpetual vows in 2010. She said her whole family is now very proud of her.

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Unwed mothers in South Korea are stigmatized and adoption is taboo.

VOCATION STORY



ZEAL

Sr. Agnes, *Cont'd from p. 13*

"Serving women and children strengthens me and feeds my soul. I connect with them on a very deep level. Their salvation is from God, and I receive salvation by working with them," Sr. Agnes said.

Living in St. Louis Community

"Community life in St. Louis is quiet and very nice. It makes me think about our journey as Sisters," Sr. Agnes said.

"At Assembly last fall I heard stories about and met Sisters who had begun ministries in other countries and throughout the United States. I also heard stories about Sisters who started ministries in South Korea. I became aware for the first time that some of the ministries in South Korea are actually Good Shepherd ministries, and not organizations of the Korean government.

"If it hadn't been for the Good Shepherd Sisters who founded ministries in South Korea 52 years

If it hadn't been for the Good Shepherd Sisters who founded ministries in South Korea 52 years ago, things in my country would be very different from what they are today.

ago, things in my country would be very different from what they are today. Good Shepherd Sisters built up my country during hard times. I am very appreciative of these Sisters and thank them for bringing Good Shepherd to Korea," Sr. Agnes said.

Since coming to St. Louis to study English, Sr. Agnes has been getting around the city on public transportation and by walking to and from school. She says it's been challenging, but that it is helping

her to grow stronger and more independent, which are important traits to have in a society where attitudes are starting to change.

Rooting out old prejudices

According to a report that Reuters published on December 15, 2015, the South Korean government wants to root out age-old prejudices against single parents and unmarried couples who live together. The report mentions a government committee that plans to raise acceptance of "various forms of family," including teenage parents.

Change takes time and pushback can be hard. In the meantime, Sr. Agnes and other Sisters of the Good Shepherd will go on supporting unwed pregnant women and single mothers in South Korea. They will help outcast women claim their dignity and embrace their self-worth in a culture that is not always kind to them.



Mystery photo ... guess who?

Last month's mystery photo showed Rose Kennedy with a group of Good Shepherd Sisters. One person was able to identify most of the Sisters in the photograph. But alas! The editor of *Items of Interest*

accidentally deleted the email that contained all of the Sisters' names, rendering it impossible to solve the mystery this month. Whoever sent those names to Jeanette McDermott, please re-send them!

In the meantime, we will move along and seek information about the mystery photo to the right. Does anybody know who this Sister is, or where she was when the photo was taken? Does anybody know who the man is that is standing next to her? We think he might be a psychologist or psychiatrist working with Sisters in a home for girls. But that's just a guess. Does anybody have the scoop? If so, contact jmcdermott@gspmna.org.



GREEN CORNER



ZEAL

Energy *Cont'd from p. 1*

electricity than we did the year before. The amount of energy Americans use doubles about every 20 years, and much of our energy use is wasted.

Wasting energy is the same as wasting money, and it's bad for the environment. Sr. Monica Duong, Kitchen Manager at the Province Center, has made it her personal responsibility to reduce energy consumption at the convent whenever possible.

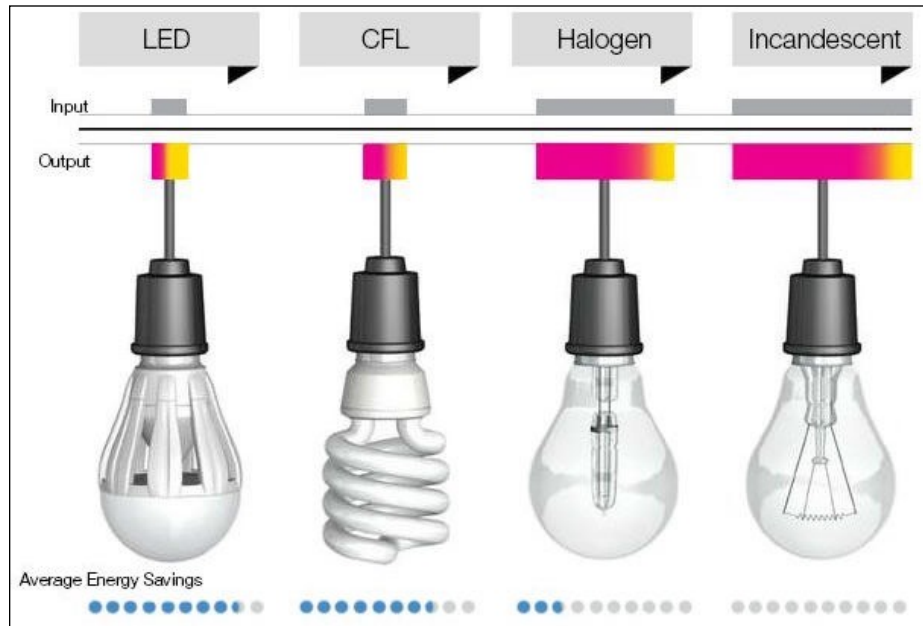
"When I see lights on in rooms that nobody is occupying, I go in and shut the lights off," Sr. Monica said.

"Each time I shut off a light I pray that God will take the energy that is saved and send it to people in countries who have no electricity," she said.

Easy Rules for Saving Energy

So, just how do we go from squandering energy to using it efficiently? It's actually pretty easy once we get into the habit of following a few easy rules:

1. Sr. Monica has the right idea; turn off lights in unoccupied rooms. Also turn off televisions, computers, video games, radios and other electronics when you are not using them. And don't use lights at all if there is enough natural light streaming through a window to illuminate the room you're in.
2. Aim for setting your thermostat to 68 degrees in winter. Lower it to between 62-66 degrees when you are away from home or sleeping. Setting your thermostat to 78 degrees in summer is the most efficient setting for your air conditioner.
3. Replace less energy efficient light bulbs with more energy efficient



From left: Lighting choices from most to least energy efficient. CFL (Compact Fluorescent Lightbulbs) contain a small amount of mercury and should be recycled at the end of their lifespan. For information on CFLs visit <https://www.epa.gov/cfl>. To learn more about energy efficient bulbs visit <https://energy.gov/energysaver/lighting-choices-save-you-money>.

bulbs. LEDs are the most energy efficient. Nothing, however, saves energy like turning off a bulb altogether.

4. Don't leave the refrigerator door open. Every time you open the door, up to one-third of the cold air can escape into a room.
5. Use cold water in the washing machine. Hot water won't get the clothes any cleaner, and heating the water wastes a lot of energy.
6. Weatherize your home and office. Block cold air leaks or drafts with curtains. If you don't have air leaks, then keep the curtains open to let the sun help warm the house. Closing curtains in summer, or in hot climates, can block the sun to keep your interior space cooler.
7. Plant trees to help shade buildings to keep them cooler on

hot summer days. Planting trees also provides shelter for birds and adds beauty to life.

Care for Creation

By being mindful of our energy usage, we acknowledge the urgency of today's environmental challenges. We take a stand and make a difference.

The [Alliance to Save Energy](#) has a pretty cool slogan that gets my attention and causes me to think: "We like energy, but we like to save it even more."

As we have learned from *Laudato Si*, Pope Francis' encyclical on the environment, our actions and attitudes are shaping the future of our planet. What will you do to lighten your footprint and reduce your impact on Earth?

Written by Jeanette McDermott

LEADERSHIP TRAVEL

ZEAL

NAME	DATES	LOCATION
Sr. Sharon Rose Authorson	No travel	No travel
Sr. Jean Marie Fernandez	Jan 1-17 Jan 5-9 Jan 17-30 Jan 31	Visit with family and Sisters, Singapore/Malaysia Cambodia and Thailand San Francisco Travel to St. Louis for meetings
Sr. Beverly Hedgecoth	No travel	No travel
Sr. Maureen Johnson	No travel	No travel
Sr. Dolores Kalina	Jan 1-12 Jan 12-29 Jan 30	Family visit Baltimore Travel to St. Louis for meetings
Sr. Maureen Kunz	Jan 19-22	Gracenter Board Training, San Francisco
Sr. Mary Carolyn McQuaid	Jan 2-4 Jan 11-18	Retreat GS Shelter Board and family visit, Los Angeles
Sr. Madeleine Munday	Jan 4-8 Jan 11-18	Visitation with Cheltenham Contemplative Community Visitation with community/GS Shelter Board, Los Angeles



World Day of Peace is January 1. In his [2018 Message for the World Day of Peace](#), Pope Francis poses the question, “Why so many migrants and refugees?” The Pope points out what is needed in order for migrants and refugees to find the peace they seek is a strategy combining four actions: welcoming, protecting, promoting and integrating. He says, “Let us draw inspiration from the words of Saint John Paul II: ‘If the dream of a peaceful world is shared by all, if the refugees’ and migrants’ contribution is properly evaluated, then humanity can become more and more a universal family and our earth a true ‘common home.’”

PROVINCE CONTACT

ZEAL



"If my Ode to Gratitude is always on my lips, I will enjoy new graces, for God loves and blesses grateful hearts."

Saint Mary Euphrasia

Contact us

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ITEMS OF INTEREST

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