

# ITEMS

## O F I N T E R E S T

### Gracenter Goodness

Women at Gracenter celebrate, make face masks, and support each other on their paths.

**Page 8**

### No Stopping CORA

Even the Coronavirus can't dampen CORA's Can-Do spirit to fulfill its mission.

**Page 11**

### Collaged Art Journal

Shelter in place leads to time of reflection and meditation on the Gospel of John.

**Page 15**

### Marta's Vocation Story

Sister Marta Ceballos tells the story of her call to religious life and what it means to her.

**Page 23**



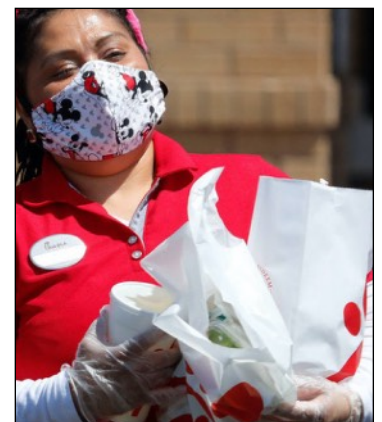
PMNA Communications Coordinator Jeanette McDermott picks up protective masks from the Buddhist Tzu Chi Foundation in St. Louis to distribute to Good Shepherd Sisters.

## LOVE FROM ONE SISTER TO ANOTHER

By Jeanette McDermott, PMNA Communications Coordinator

The Buddhist Tzu Chi Foundation in Taiwan made masks for Good Shepherd Sisters in April. Buddhist Sisters and volunteers from the Tzu Chi Foundation shared their love and compassionate care by distributing

*Continued on next page*



## Green Corner

How do we keep safe while going forward with COVID-19 without wrecking the environment? Stores no longer allow people to bring their own reusable tote bags. Restaurants have turned to curbside pickup with to-go containers. This has resulted in a massive rebirth of one-time use of plastics and disposable containers and plastic wear. "The disconnect is very disappointing," said Sister Madeleine Munday, PMNA Province Leader.

*Continued on p.18*

# PROVINCE NEWS



## ZEAL

### Masks, *Cont'd from p. 1*

masks to people around the world. Sisters were among the recipients of the Buddhist goodwill.

The Buddhist Tzu Chi Foundation, founded by Buddhist nun Dharma Master Cheng Yen in Taiwan, provided protective face masks to Good Shepherd Sisters in St. Louis and Cincinnati to protect them against the Coronavirus. Sisters in Danville had masks and didn't need any additional ones.

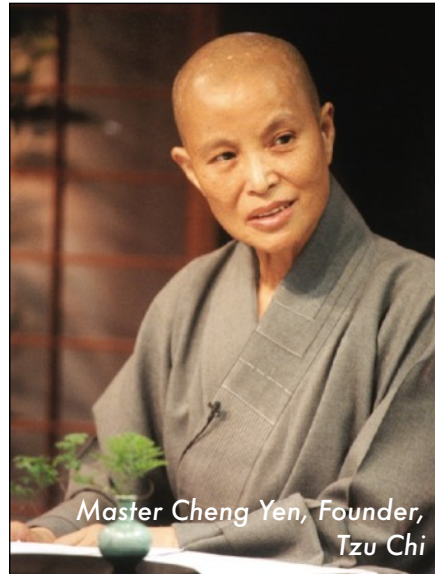
I know the Sisters at Tzu Chi in St. Louis from floral arranging classes I take at the Buddhist center. The classes are currently postponed because of COVID-19.

When Tzu Chi Foundation in Taiwan began making masks to protect people around the world, Buddhist Sisters at Tzu Chi St. Louis called me and asked if any Good Shepherd Sisters would benefit from having masks. "Yes!" I said.

Within two weeks volunteers at the Buddhist center had boxed dozens of packages of masks for the Good Shepherd Sisters. Each packet contained 20 masks.



**Volunteers at the Tzu Chi Foundation in St. Louis boxed and distributed masks to thousands of people and organizations throughout the metropolitan St. Louis region.**



*Master Cheng Yen, Founder,  
Tzu Chi*

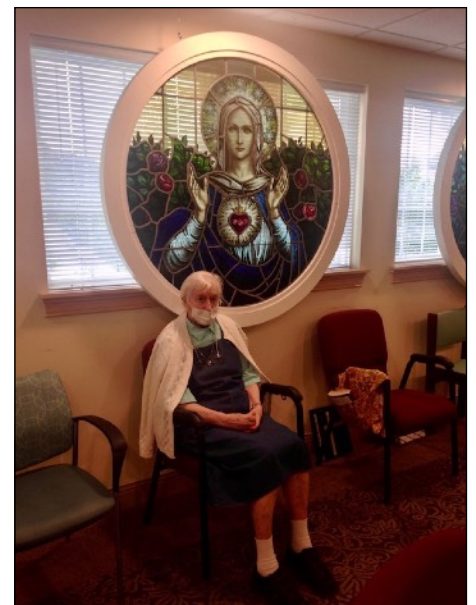
### Masks give Sisters freedom

Having the masks made it possible for Good Shepherd Sisters at Mason Pointe Care Center to leave the confines of their rooms after being quarantined alone in them for three weeks. Sr. Sharon Rose Authorson said she was beginning to feel like she was on permanent retreat.

With facial masks to protect them and other Sisters and staff at Mason Pointe from the virus, the Sisters were free to leave their rooms to pray in the Good Shepherd chapel, walk the halls for exercise, and visit one another while maintaining social distancing.

"The Sisters at Mason Pointe were so delighted to get the masks and regain freedom by having them to wear. They are happy to be back in the chapel praying and getting a change of scenery from their rooms," said Sr. Pauline Bilbrough.

The masks also gave Sisters in Cincinnati more peace of mind, knowing they were taking measures to protect themselves and others at



**Sisters Patricia O'Sullivan (top) and Anita Kristofco wear masks at Mason Pointe Care Center.**

Beechwood and the surrounding community, as they travel to the pharmacy, doctors' offices, and shop for food or other necessities.

*Continued on next page*



# PROVINCE NEWS



ZEAL

## Masks, *Cont'd from p. 2*

Sister Dolores Kalina said, "The Sisters in Cincinnati shared some of the packs with the three Carmelite Sisters who lovingly tend to the needs of our Sisters at St. Margaret Hall, for when they need to go out into the community."

The Sisters in Cincinnati are also saving some of the masks for Sisters in St. Margaret Hall for when they are once again able to mingle with each other and visit with the Sisters in Beechwood.

---

***We were so touched by,  
and grateful for, the  
generosity of our  
Buddhist Sisters at the  
Tzu Chi Foundation.***

---

At this time, the Sisters in St. Margaret Hall are strictly confined to their rooms, except for a given time when small groups may go into the garden area.

"We were so touched by, and grateful for, the generosity of our Buddhist Sisters at the Tzu Chi Foundation in St. Louis. Perhaps someday we will be able to meet and thank them in person," Sr. Dolores said.

The Sisters at the Province Center in Normandy have had more freedom. They authorized all Mission Partners to work from home at the earliest announcement of the Coronavirus so that the Sisters could self-quarantine in the convent without worry about outside influences. Sisters wear masks when they leave the safety of the convent, even to collect the mail.



Sister Dorothy Doyle, Beechwood Community in Cincinnati, and Sister Michael Maguire, Mason Ponte, feel a greater sense of peace of mind wearing masks after leaving their rooms.



### Concern led to action

The United States has the most confirmed cases of COVID-19 and the world's highest death toll from the virus. Taiwan, where Tzu Chi was founded, has been little affected by the virus. Sisters and volunteers in Taiwan felt concern for people in the United States and other parts of the world and wanted to help by providing masks.

They made more than 12,000 masks for U.S. citizens. Sr. Gayle Lwanga Crumbley said, "We are grateful to our Buddhist Sisters for the care they took in making these masks in order for us to protect our health."

The Tzu Chi Foundation in Taiwan also made thousands of protective masks for the Vatican in Rome.

In the Chinese language, "tzu" means compassion and "chi," relief. For the Sisters of the Good Shepherd the Tzu Chi Foundation

was an answered prayer. You can learn more about the Tzu Chi Foundation at [www.tzuchi.us](http://www.tzuchi.us).



Master Cheng Yen established Tzu Chi Foundation in 1966 on the poor east coast of Taiwan. From the first 30 members — housewives who saved two cents from their grocery money each day to help the poor — the foundation has grown to include volunteers in 50 countries, with 502 offices worldwide.

<http://tw.tzuchi.org/en/>



## PROVINCE NEWS



ZEAL

## The many masks of PMNA



Clockwise from bottom: Fran Eskin-Royer, her dog Crosby; Sisters Glynis McManamon and Sharon O'Grady; internet dog model; Sisters Virginia Gordon and Mary Catherine Massei. Masks made by Sr. Glynis McManamon and Anna Tram Nguyen. Fran's Eiffel Tower mask is its own fashion statement to behold. Designer unknown.

Everybody on this page is wearing the mask properly. Well, not Crosby. For instructions on how to wear a protective mask, see page 28.

# PROVINCE NEWS



ZEAL

## Days of celebration

Each year in the spring season Good Shepherd Sisters and Mission Partners celebrate some special days.

### Saint Mary Euphrasia Feast Day

The Good Shepherd family celebrates the feast day of Saint Mary Euphrasia on April 24. Since 1999 every parish in the Archdiocese of St. Paul and Minneapolis also celebrates the day as an obligatory memorial of Mary Euphrasia. In a You Tube video, Pastor Warren Sazama, SJ, explains the history of the memorial and then devotes his full homily and first four intercessions to Mary Euphrasia and the Good Shepherd Congregation. National Advocacy Center gets mentioned too. Here's the link of the live stream from the Jesuit parish of St. Thomas More. <https://bit.ly/2WCXqEK>



*Sisters Anna Tram Nguyen and Virginia Gordon decorated the chapel at the Province Center for Saint Mary Euphrasia's feast day.*

### Saint Mary Euphrasia's Canonization

This year marked the 80th anniversary of St. Mary Euphrasia's canonization. She was officially recognized as a saint on May 2, 1940. How does a person become a saint, and what does that mean for us? For insight into those questions, go to the Mission Effectiveness You Tube channel (see sidebar).

### Good Shepherd Sunday

May 3rd was Good Shepherd Sunday. It is always the fourth Sunday in the Easter Season. The name is derived from the tenth chapter of John's Gospel where Christ is described as the "Good Shepherd" who lays down his life for his sheep. This year Sisters were challenged to find new ways to celebrate the feast as a result of lockdowns from COVID-19.

Sisters Bernadette Faulhaber and Charlotte Kirst suggested a teleconference call on Zoom so Sisters could see one another and renew their vows together. So that's what they did. 40 Sisters were able to call in. Together they renewed vows, joined in a prayer reading, and sang a song based on the 23rd Psalm. "It was a very special day," said Province Leader Sr. Madeleine Munday.

## Online presence for Mission Effectiveness and PMNA

Keep these URLs handy for inspiration and information about Good Shepherd mission, history, charism, and news.

### Mission Effectiveness You Tube

Tune in to Lizzie Cody's video broadcasts on the Mission Effectiveness You Tube Channel. Be sure to subscribe, like and share the channel.

<https://bit.ly/2KlhiVX>

### SME Reading Club

Join the Saint Mary Euphrasia Letters Reading Club on Facebook and engage in exciting conversation. So far there are more than 700 members. Tell others!

<https://bit.ly/35Wr22Q>

### SME & SJE Quotes

Read inspiring quotes from Saint Mary Euphrasia and Saint John Eudes and keep up with Mission Effectiveness news on the Good Shepherd Mission Effectiveness Facebook page. Please like and share.

<https://bit.ly/2YW9l25>

### PMNA Facebook

If you're looking beyond Mission Effectiveness, the Facebook page for Province Mid-North America is

<https://www.facebook.com/Sistersofthegoodshepherd/>

### PMNA website

The website for PMNA is

<https://sistersofthegoodshepherd.com>

Visit often, and please don't forget to tell others about our online presence.



## SISTER NEWS



ZEAL

## Sister Mary Joy meets new Archbishop of Philadelphia

Sister Mary Joy Benson attended the installation Mass for Archbishop Nelson J. Perez as the 10th Archbishop of Philadelphia on February 18. She was among the overflow crowd of about 1,500 people who filled the cathedral church. Hundreds more watched the Mass on screens in the adjacent chapel.

Archbishop Perez greeted everyone in attendance at the cathedral's communion rail after the ceremonial Mass. Sister Mary Joy Benson was shaking his hand when photographer Sarah Webb, with Catholic News Service, snapped her photograph.

### Signature hat

"I was fourth in line to greet him," said Sr. Mary Joy. "I didn't even know about the photograph being taken until two people recognized me by my hat and told me that I was in the Archdiocese magazine!" she said.

Archbishop Perez was ordained a priest in 1989 in the Cathedral Basilica SS Peter and Paul — the same cathedral where he was installed as archbishop on February 18. The new archbishop is entering the Archdiocese of Philadelphia amid several trials and tribulations. He has spoken openly about the challenges and has pleaded with the region's 1.5 million Catholics to return to the church. "It's time to come back to the Church," he said.



Mary Joy Benson, RGS, was among the overflow crowd of people who attended the installation Mass for Archbishop of Philadelphia Nelson J. Perez.

You can find more photographs of the February 18 Mass online at <https://bit.ly/2LDpjWZ>

Story extracted from [CatholicPhilly.com](http://CatholicPhilly.com) and the Philadelphia Inquirer.

## Awakening at the Drop-In, St. Vincent de Paul

*In the in between time when it is too late to be night and too early to be day, when what came before has gone and the way forward is still withheld, an opening appears ... space for a new beginning, a new dawn, space for a new way of life to transfigure.*

This space is a place where people living on the streets of San Francisco are made to feel human. It is a place where people come to heal, a place where transformation begins.

### Beacon of hope

The place, St. Vincent de Paul's Drop-In Center, is where social worker and case manager Jean Marie Fernandez, RGS, serves as a beacon of hope and ray of light as she helps guests find the strength to end the cycle of homelessness. Through the love, caring and respect they receive from her, guests of the center are made to feel whole and begin to believe in themselves and their ability to change.

Watch the inspiring story of Good Shepherd Sister Jean Marie on YouTube. The film was produced in November, before the pandemic struck; however, the work in this God-space remains the same.

<https://youtu.be/cVy-ve9YqPo>



## MINISTRY NEWS



ZEAL



Vista Maria President and CEO Angela Aufdemberge

## Vista Maria completes new center for trafficked victims

Vista Maria's new, 14,000-square-foot center that opened in May represents a new treatment model for young victims of human trafficking. It combines emergency health and mental health at a trauma-focused center so victims don't have to jump between hospitals, police stations and residential treatment sites.

The single-story building includes an emergency wing with medical, forensic interviewing and waiting rooms, 16 bedrooms, living and

dining areas, staff offices, and courtyards.

Vista Maria President and CEO Angela Aufdemberge said, "This new building enables us to take young people right from a raid situation ... and stabilize them physically and mentally at the same location."

For a look at the new center and understanding of the program visit the Vista Maria website at <https://bit.ly/2BdgJME>



Teachers and staff at DeNeuville Learning Center (DLC) have created a way to help adult students continue learning until they can meet together in the classroom again. DLC is using its Facebook page "ESL with Ms. Michelle" to communicate with one another, post homework material, and practice English together. There is a YouTube channel with Ms. Natalia for GED students.



The Good Shepherd Volunteer (GSV) community looks different this year because of the pandemic. Some of the volunteers are no longer living and working in their service-year locations; however, they continue to serve their client communities remotely where possible. GSV is currently recruiting volunteers for the 2020-2021 program.

## Kids react to COVID



Children in the Maryhurst residential program created rainbow art pieces stating "We will get through this together" in response to COVID-19. The children hung their artwork on walls in their rooms.



# MINISTRY NEWS



## ZEAL

## Good Shepherd Gracenter is a lively and loving place to live

By Marguerite Bartling, RGS

### Celebrating Mary Euphrasia's feast day

As an ongoing practice and special way to celebrate St. Mary Euphrasia on her feast day, each Sister in the San Francisco community prays for one of the women who is a resident at Good Shepherd Gracenter. The Sisters also give each resident and Mission Partner a small bouquet of flowers. Attached to the bouquet is a quote from St. Mary Euphrasia.

The Sisters also set up a table in the dining room at Gracenter. It held an album of photographs that depicted St. Mary Euphrasia's life. A poster board display contained additional information, along with the booklet "Always Turn To The Sun."

The items allowed Mission Partners and residents an opportunity to learn more about St. Mary Euphrasia throughout the week's celebration while practicing social distancing due to COVID-19.

### Making COVID masks

When one of the staff at Good Shepherd Gracenter read how the Navajo Nation in Arizona was requesting masks to help ward off COVID-19, she thought that perhaps the residents at Gracenter might be interested in helping. They were!!!

The women were enthusiastic and pitched in to cut fabric, sew masks, and pack them for shipment. They made more than 55 face masks. Sister Anne Kelley donated some of the material and even Gracie, our agency dog, got into the act.

It is the least Gracenter can do to support others in the effort to remain healthy, in addition to offering our prayers and love!



*Rebecca, a Gracenter graduate and Mission Partner, enjoys learning about Saint Mary Euphrasia on her feast day.*



*Sister Anne Kelley and Gracie (front) join forces with women at Gracenter to make protective face masks for the Navajo Nation in Arizona.*



## MINISTRY NEWS



ZEAL

# Trading a life of violence and hatred for one filled with compassion, empathy and love

By Tasha, resident at Gracenter

My family was always there for each other physically, but not emotionally. There was a lot of drinking and anger. We didn't talk about feelings, ever.

I remember being four years old at Food Maxx. My mom wouldn't let me get the Rolo candies that I wanted, so I stole them. My mom said that my dad would deal with me about it. My dad let it go.

## Stealing, smoking and drinking

From then on, I knew I could do whatever I wanted. At 5 years old I was stealing cigarettes and smoking, then drinking a lot by 8 years old. At 16 I was snorting meth.

My mom left when I was 18. I went to the beach and came home and she had packed all her stuff and left. I had to make sure my brothers and sisters and dad were ok. I was able to graduate high school.

I ended up finding out I was pregnant. I didn't tell anyone. I didn't know what I was going to do. Nobody talked about it. I was obviously pregnant, but nobody asked me about it. I went into labor February 4, 2001.

I remember being so detached. I had a girl. I stayed the night with her, then I just walked out the next day without telling anyone. I shut down and ran from everything.

I reached out to my high school teacher who took me to an adoption agency. I met the family who adopted my daughter. They had their lives together and being able to have a child meant so much to them.

After high school, I was able to maintain a job, was married, helped support my sister through college, and I had a house. But I felt broken inside, and substance use was never far away.

## Working through the darkness

When I lost my job, I walked out of my house and went back to using drugs. I was eventually arrested for selling drugs. My dad couldn't bail me out. I was 33 years old and it was the first time I had real consequences.

---

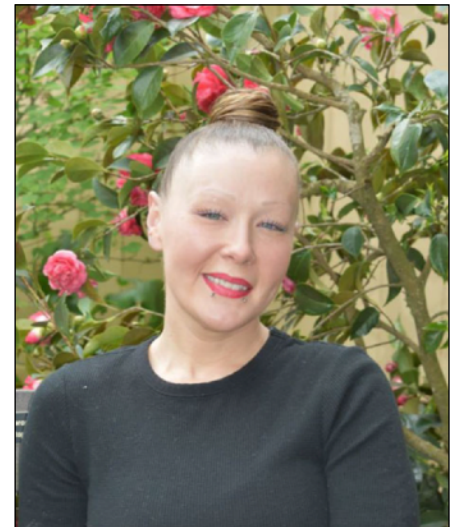
*Being at Gracenter, I have been able to get my life in order.*

---

I stayed clean for one year. I felt that drinking would be ok, but after I started drinking again, I was back on meth, and in 2017 I was incarcerated for selling drugs. The judge said I might be in prison for 13 years. This was when I began to try to turn my life around.

I signed up for classes while I was incarcerated and started reading self-help books. They helped me change my thought patterns and taught me how to work through the dark places.

After being incarcerated, I entered a program called Epiphany, which gave me a great foundation for recovery. When I finished the program at Epiphany, my transition fell through and I went to a hotel.



Tasha currently resides at Good Shepherd Gracenter in San Francisco, California.

With nowhere to go, I reached out to a girl I had gotten to know through Epiphany, and she told me about Gracenter. I called, and Sandra at Gracenter interviewed me. They were somehow able to move me in the next day.

## My first day at Gracenter

That first day at Gracenter, it was my birthday. They had a cake for me. They made me feel so welcome. When I got to Gracenter, I had just started working at a deli. I didn't really know what I wanted to do.

Being at Gracenter, I have been able to get my life in order. I have been able to take care of my health, and have lost 38 pounds. I completed my 12 steps through AA with my sponsor. There were some things in

*Continued on next page*

# MINISTRY NEWS



## ZEAL

### Tasha, *Cont'd from p. 9*

my life that I thought were never going to get better. I was blacklisted from being able to open a bank account. I thought my credit was absolutely shot. At Gracenter they brought in a person from Bank of the West to teach about budgeting and saving. She gave me a chance to open a bank account. I was crying I was so happy.

#### Everything falling into place

We ran my credit report, and my credit score wasn't nearly as bad as I thought it would be. The woman from Bank of the West was also able to help me open a secured credit card to start rebuilding my credit.

I've now been able to pay off my probation costs. And my overall health is in such a better place too. Gracenter helped me get a primary doctor and a real plan for my health. Therapy has helped me no longer be ashamed of my depression, my anxiety.

I now work full-time at Trader Joe's in addition to my part-time job at the deli. I have been working on finding housing and recently applied for a spot in a high rise. They ask for a lot of paperwork, and it's been great to have access to the computers at Gracenter, and to print out my paystubs and my bank account information.

So many things I thought were a lost cause, but I've been able to work on myself at Gracenter. Everything is falling into place. There is no judgment, and everyone here is willing to listen. It is a safe place. I feel so loved, so blessed. It's so amazing to be here. Gracenter has helped me with every aspect of my life. When I grew up, we didn't talk about what was going on inside; we



*Tasha makes a healthy snack in Gracenter's kitchen.*

were emotionally disconnected. Being here and having a safe place to open up and be vulnerable for the first time in my life has allowed me to accept who I am on the inside.

#### Asking for help

Asking for help used to make me feel bad, like I wasn't able to take care of myself. But I've learned that it is ok to ask for help. I've been able to talk about things in my past that I've never been able to talk about before, like having my daughter. I have still never talked to my mom or my dad about it, but I have now talked to my siblings about it.

I am able to talk about it now because I've been through therapy, and am releasing the guilt and the shame that I've carried. Those things were holding me back and keeping me sick. Now there is peace in my chest, a calmness. Things that I've done in my past, I don't let them

---

*Gracenter has helped me with every aspect of my life.*

---

define who I am. This is the first time I've been able to heal and forgive myself.

On May 27th I was two years clean. I've always had a passion for exercise and eating healthy, and I'm thinking about going back to school to become a physical therapist.

When I do leave Gracenter, I'll also come back here and work and stay connected to the girls. It's such a special place. It's given me the confidence and love to continue my life outside of here. I want the other girls here to be able to get there too.

Now, instead of violence and hatred, I have compassion, empathy and love. If I can do it, anybody can do it. I feel amazing financially, mentally, spiritually and physically. This is the happiest I've ever been in my life.

### Items of Interest deadlines

- July 21 (July-August issue)
- September 21 (September-October issue)
- November 18 (November-December issue)

### Instructions

- Keep articles to 500 words or less
- supply captions for all photographs
- Send contributions by deadline to [jmcdermott@gspmna.org](mailto:jmcdermott@gspmna.org)



## MINISTRY NEWS



ZEAL

## Not even COVID can hold back CORA

The Coronavirus pandemic has not dampened the efforts of CORA Services. Ten weeks into sheltering in place and social distancing, CORA'S activities may look different, but the mission has remained the same — to help families navigate challenging times.

The CORA Can-Do spirit has made sure children and families experience care and compassion in more than 300 homes across the City of Philadelphia and its surrounding areas. Staff is staying connected to clients through digital technology and other meaningful ways.

### Ask Me Anything

For example, every Wednesday, CORA's Intensive Prevention Services Program (IPS) hosts a segment in a virtual group called "Ask Me Anything." Each week, an exciting new guest joins the group for one hour, and CORA kids get the opportunity to literally ask the guest anything. Major league baseball center-fielder Albert Almora of the Chicago Cubs made a recent guest appearance. Other guests have included a Grammy Award-winning trombone player and world traveler, an expert rock climber, television sports reporter, and self-made artist from Philadelphia.

IPS is an intervention program for youth ages 10 to 17 years old who exhibit at-risk behaviors. AnnMarie Schultz, President and CEO of CORA Services, said, "The kids really enjoy "Ask Me Anything" and the unique chance it gives them to meet inspiring and engaging virtual visitors from around the country."

### Unmet needs caused by COVID-19

To meet the needs that have arisen during COVID-19, CORA Services has created a new service to give parents and other caretakers direct access to CORA's counselors, educators, case managers and other professional staff.



The service is open to any members of the community in need of guidance. CORA Services also provides a host of online programs and classes during COVID-19, such as support to adolescents in recovery, drug and alcohol counseling to youth and families, and pregnant and parenting supports.

CORA is also conducting virtual after-school programs. The agency's Facebook page provides an additional way to connect to events and educational activities for people of all ages.

"From taking a Virtual Reality 360 swim with a sea turtle, to teaching children how to add and subtract, we've thought of it all for our community," said

AnnMarie.

Don't let it be said that CORA Services doesn't know how to have fun. CORA held a drive-by parade recently for Early Years Fox Chase families. All of the teachers lined up outside of the building to greet students as they rode by in cars. Teachers held handmade signs and banners that carried greetings and positive messages to their Early Years pupils. The teachers cheered, clapped and called out with gusto to their young students as the children slowly rode past them in honking cars.

In turn, children waved, laughed and hollered to their teachers while holding cheery messages up for the teachers to read. While the children and teachers at all of the CORA sites have explored new ways of learning together online, the teachers say nothing beats seeing the smiling faces of children in person.

*Story compiled by Editor from recent CORA newsletters*

**Have a story about your ministry you would like to tell? The next deadline for Items of Interest is July 21 (July-August issue).**

*"If you sincerely love and are faithful to the mission entrusted to you, then you can accomplish much good."*

- St. Mary Euphrasia

## MINISTRY NEWS

ZEAL

## House of Good Shepherd gets boost from Home Depot



Staff enjoy the renovated kitchen along with children in the Healthy Chefs cooking class, where they learn to navigate a kitchen and cook healthy meals.

Good things are happening here in Chicago at the Catholic Charities House of the Good Shepherd.

About this time last year I contacted the Home Depot in our area for some quotes about replacement windows in the convent. However, it became more and more complicated so I invited a group of Home Depot representatives to visit the campus for a tour.

We opened the conversation by telling personal stories about how Home Depot plays an important role in our personal lives. Then we took them on a tour of the campus.

It was cold and rainy and as we were standing in the parking lot, I asked them if there was anything they saw that they might like to help us with.

"We'd like to take another look at the kitchen, please."

As we stood together in the old kitchen, we ended up staring at a

sign on the dishwasher that read: "Your mother doesn't live here. Please wash, dry and put whatever dishes and glassware you use back to where you found it. Dishwasher is broken."

One Home Depot representative said, "We can have a new dishwasher here tomorrow, if you'd like."

### We hit the jackpot

We were thrilled. And then I told them about all of the activities that took place in the kitchen and dining area. Before we knew it, they had volunteered to replace the entire kitchen and dining area, including appliances. They arrived with volunteers, materials and expertise, week after week. We hit the jackpot!

Please know that we miss our dear Sisters of the Good Shepherd. We pray for all of you each and every day. We are doing our very best to continue your incredible legacy.



None of this would be here if it weren't for the lifetime commitment of the Good Shepherd Sisters.

*Written by Nancy Haws, Director of Development, House of the Good Shepherd Chicago. Photos were taken pre-COVID-19, before sheltering in place, social distancing and face masks.*



## COMMUNITY NEWS

ZEAL

## Zoom becomes status quo during pandemic

*"We're going to use Zoom a lot all through the summer," said Sister Madeleine Munday, Province Leader for the Province of Mid-North America.*

### Seasoned pros

Sister Madeleine and other Sisters in the Province of Mid-North America have become seasoned pros using Zoom. They have been using the online conference call platform to communicate since March, when sheltering in place became the norm with COVID-19. All Sister Zoom calls are by invitation and are optional. Sister Madeleine said, "We identify a topic before the call and sometimes have 25 or 30 Sisters on Zoom. I get a big kick out of them."

As an example, before Coronavirus brought us all to a halt, Sr. Madeleine said she would travel to personally visit Sisters in their houses as a way to stay connected and spend relaxed time together. Now she connects virtually with them through computers and large screen TVs. The Sisters can click on speaker view and see faces enlarged on their screens.

"Of course there's always a challenge with technology, but using Zoom has allowed us all to stay well connected

during the pandemic and this time of isolation," Sr. Madeleine said.

### Finding stillness

The Sisters also use Zoom to stay connected and meet with Mission Partners who serve with them on teams, groups and committees. Sr. Jean Marie Fernandez, PMNA Leadership Team councillor, said, "Even with the pandemic, life continues. It goes on and takes different shapes and forms.

"Finding stillness in the midst of frantic, anxious chaos is challenging. We are meeting the challenge and finding stillness by using Zoom. The Zoom calls allow us to feel and stay connected while also being relaxed together online."



*Sister Madeleine Munday engages with Mission Partners in the PMNA LifeSeekers group on a Monday morning online Zoom call.*



*Sister Madeleine Munday took this photograph of Saint Mary Euphrasia's clock at the Motherhouse in Angers, France, in 2012. The clock juxtaposed with the snail symbolized for her the need to slow down. She admits that it took a pandemic for her to fully grasp what the concept of slowing down really means.*

## Remembering the canonization of Saint John Eudes

John Eudes was canonized a Saint on May 31, 1925, in Saint Peter's Basilica by Pope Pius XI. He was born into a peasant family on a farm in Ri, France, on November 14, 1601. He died on August 19, 1680, in Caen, France, at age 78. Early in his life John Eudes became a missionary and preacher. He ministered to plague victims and preached more than 100 missions. He founded the Congregation of Jesus

and Mary Eudists to improve the clergy through seminaries and missions. He founded the Sisters of Our Lady of Charity to work for the welfare of women. He was devoted to the Sacred Heart of Jesus and the Immaculate Heart of Mary. John Eudes may best be known for the central theme of his writings: Jesus as the source of holiness; Mary as the model of the Christian life.

## COMMUNITY NEWS

ZEAL

## Companions connect and expand outreach online

Zoom is keeping Companions of Jesus the Good Shepherd connected during COVID-19 quarantine weeks. We have been checking on one another via phone and computer and sustaining mission in our usual "together alone" fashion.

There have been a plethora of online spiritual resources that various Companions have pursued. For others, the presentations by Brother Phillip Pinto have proved most wonderfully insightful. See story on page 24.

During lockdown, I've "Zoomed" seminars by Cynthia Bourgeault (Thomas Keating on *God's Secret Embrace*), Ilia Delio (*The Sacrament of Everyday Life*) and Prof. Michael Peppard of Fordham University (*Women Erased From the Lectionary*). Having stumbled upon Contemplative Outreach, I'm learning Centering Prayer with a meditation group in Ireland that I join daily.

Companions have been discussing Formation and envisioning our place going forward with Mission in mind. Leaders are in frequent contact with us. There is much for us to do individually to sustain the frightened, the elderly, the newly unemployed and all families. Some Companions have assisted at their local food banks. Another is active in an "online market" arranging weekly transport of fruits and vegetables from local farmers to buying families.



*Joan Clancy participates in a Zoom conference call in her living room with fellow Companions of Jesus the Good Shepherd who live across the United States and Philippine Islands.*

### Finding community dearer than ever

Our prayer and ministries continue although we sometimes feel ourselves working without a net in this new COVID-reality. Ironically, in this isolation, we are finding community dearer to our hearts than ever!

*Submitted by Joan Clancy, Companion of Jesus the Good Shepherd*



## COVID cuts

After saying for decades "what this outfit needs in a good hair dresser," who knew it would turn out to be Sister Dolores Kalina. After watching my hair getting longer and longer during our COVID-19 "stay at home" time, Sr. Dolores offered to take me into her laundry room salon. She has already cut Sr. Dorothy Doyle's hair, and hers looked good, so I decided to take a chance. After all, hair grows back. Well, she did an excellent job! I like my haircut and I highly recommend my stylist, Sr Dolores.

*Submitted by Gayle Lwanga Crumbley, RGS*

*Sr. Gayle Lwanga Crumbley (seated) visits the Laundry Room Salon at Beechwood, where Sr. Dolores Kalina cuts hair for Sisters in the Cincinnati community.*



## SISTER STORY



ZEAL

## Creative response to a new future

By Glynis McManamon, RGS

For the first 30 days of shelter in place, I found myself making a retreat. This time of reflection led to a meditation on the Gospel of John. Since I process in imagery, when a passage moved me I completed a page in my art journal.

As I reflected on the ministry of John the Baptist, I made a connection with my own ministry as an artist: how does one see what is, then show what is? Encountering a deeper truth, how can I make it real for others?

Those who know me know that I can be pretty irreverent. This is no lack of respect towards God: it is the ultimate respect to my Creator who made me and before a word is on my tongue knows the whole of it. So I speak plainly to my God.

As I read this Gospel I created little collages to express my reactions and my responses. This is not the Gospel of John: this little book is my sharing how that Gospel affected me during "Shelter in Place" when I could not go outward. So I went inward. I named the collage journal *Coming Back to Life*.

**In touch with a larger reality**

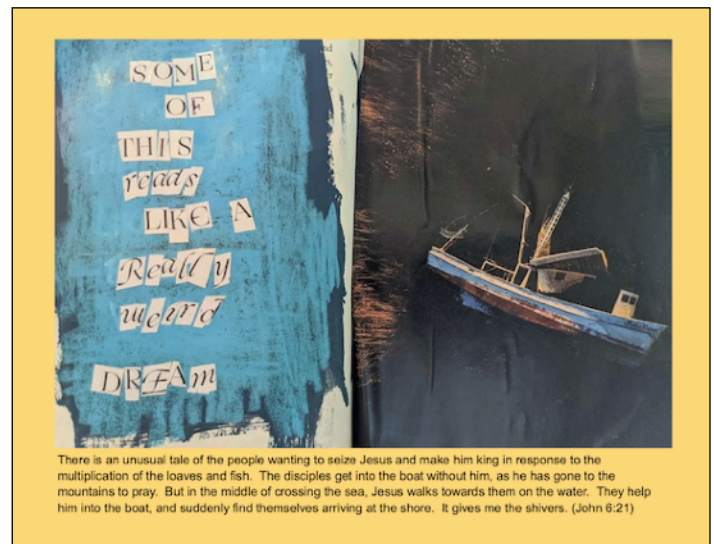
I didn't process my feelings about COVID-19. Praying through the Gospel of John put me in touch with a larger reality - and with us walking in such an unknown, I walked with the disciples as they struggled to understand what Jesus was telling them.

The collages were the ways I processed the biblical texts. I'm kinesthetic; I learn with my hands on things. Handling collage pieces planted the texts deeper in me. I did the psalms some years ago, and it was the same effect.

I would hope people would experience my collaged journal as an invitation to do the same, to find whatever is meaningful to them, whether to process a text or deal with feelings around the pandemic.

**Looking for a way to serve**

In part, creating the journal was me personally as an artist looking for a way to serve in this extremely limited situation, hence putting it in the Good Shepherd Arts Center newsletter. The center is closed and we don't know when we can open again. How can we reach out to people through the arts? That was part of the process I went through when creating the journal *Coming Back to Life*.



Sample pages from Sr. Glynis' collaged journal

The journal is a fairly large document and had to be divided into three parts.

**Part I** Jesus Begins Public Ministry  
<https://bit.ly/2TcVXmy>

**Part II** Miracles and Teachings, the Last Discourse  
<https://bit.ly/3cFNik8>

**Part III** Passion and Resurrection  
<https://bit.ly/2X4b1DW>

## NAC NEWS

ZEAL

## Road to Justice

## President Trump's anti-immigrant policies

By Larry Couch, Director of National Advocacy Center

*This is the first of an occasional series of articles focusing on social justice issues that the National Advocacy Center addresses as part of its ongoing mission.*

In announcing his candidacy in 2015, Donald Trump claimed that Mexico was sending “people that have lots of problems ...They’re bringing drugs. They’re bringing crime. They’re rapists.” He continued his anti-immigrant theme throughout his campaign, even suggesting that speaking Spanish was un-American. Further he stated, “If you can’t put a little effort and hard work to fit in, you should take your anchor babies and get out.”

Unfortunately, this xenophobic harangue found a willing audience. Although the United States has a history of welcoming immigrants, we also have a history of fearing the newcomer. Each new wave of immigrants has had to struggle against bigotry.

### Anti-immigrant policies

After his election, President Trump showed that his campaign rhetoric was not just words but promises he intended to fulfill. As each attack on immigrants tends to be seen separately, it is worth a quick review of his anti-immigrant policies.

Using COVID-19 as a pretext, the U.S. has halted the processing of undocumented migrants at the southern border rather than bringing them into detention centers to process their claims. This includes asylum-seekers fleeing dangers.



*Brigid Lawlor, RGS, (right) and fellow demonstrators protest ongoing ICE raids against undocumented immigrants in front of the ICE headquarters in Washington. DC.*

The Trump administration has repeatedly imposed new restrictions on asylum seekers, making it nearly impossible for many people to claim protection in the United States. In addition, the administration has exported its asylum provision obligation to impoverished countries such as Honduras and Guatemala.

In January 2019, the Trump administration began implementing its “Remain in Mexico” policy, which forces Central Americans seeking asylum to return to Mexico for an indefinite amount of time while their claims are processed.

The administration has banned people from majority Muslim countries, barring entry for almost

everybody from Yemen, Iran, Libya, Chad, Somalia, and Syria.

In January 2020, the administration expanded its Muslim ban to target even more immigrants of color. The expanded ban targets mostly African countries, including Sudan, Nigeria, Tanzania, and Eritrea, as well as Myanmar and Kyrgyzstan.

Soon after taking office, the Trump administration slashed the number of refugees that could be admitted into the U.S. from 110,000 to 50,000. In 2020, the administration intends to resettle only 18,000, thus undermining our vital humanitarian program.

*Continued on next page*



## NAC NEWS



ZEAL

## Justice, Cont'd from p. 16

President Trump has repeatedly targeted and called for the end of the Diversity Visa Program. This allows people from countries with low U.S. immigration rates to apply for a visa lottery, ultimately leading to lawful permanent residency.

The administration is imposing a "wealth test" for immigrants with legal status and their families. The policy essentially punishes immigrants and their families for using certain public benefits, like Medicaid or SNAP (food stamps), and forces them to prove they are wealthy enough to not rely on government assistance in the future.

President Trump has worked to strip legal status from more than one million people. Terminating Deferred Action for Childhood Arrivals (DACA) could leave nearly 700,000 young adults vulnerable to deportation. By ending Temporary Protected Status for most countries, Trump is ending legal status for hundreds of thousands of people and creating a new population of unauthorized immigrants subject to the threat of deportation.

The Trump administration is closing all overseas field offices of the U.S. Citizenship and Immigration Services across 20 countries before the end of the year. This move greatly impacts refugee applications, asylum seekers, and other immigration-related matters, such as international adoptions and family reunifications.

I believe we have to look at these actions in the light of moral teachings. In both the Hebrew Bible and the New Testament, we are encouraged to welcome the stranger. In Matthew 25:35 we are reminded that what we do to other



*Larry Couch at a pro-immigrant rally in Washington, DC.*

people, especially people in need, we do to Jesus and will be held accountable.

Of all the people in our country, immigrants and refugees are among the most vulnerable. They also tend to be hard working, religious, family centered, and law abiding. More than 100,000 DACA recipients have served as essential workers during this COVID crisis. We have no right to demonize immigrants and refugees for political gain.

**NAC actions**

At the National Advocacy Center, we do all we can to fight against these abhorrent policies through action alerts, petitions, letters, and in person and virtual visits to meet with Congressional staff members.

Please add your voice by joining our action alert network and responding to our alerts. If you wish to join our network, please click [here](#), or let me know at [lclobbyist@gsadvocacy.org](mailto:lclobbyist@gsadvocacy.org)

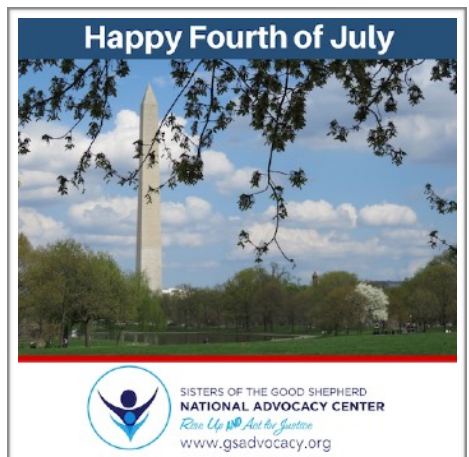
Announcements  
and News Tidbits

The property sale of the Normandy Province Center campus is on hold. The buyer has decided not to go forward. Everything with the sale of the property is on pause during the COVID-19 pandemic.

**Mark your calendars:**

October 18 - 23 — the PMNA Chapter at Pallottine Renewal Center in Florissant, Missouri, if gatherings and travel permit. The backup plan is to conduct the Chapter virtually during the same time period if we cannot come together physically.

September 21-25, 2020 — the virtual meeting of the Inter-Continental Assembly for the four Good Shepherd provinces in North America.



## GREEN CORNER



ZEAL

## Plastic is back, *Cont'd from p. 1*

Many of us have been striving for years to be less wasteful, especially when it comes to using single-use plastic. Our efforts have collided head-on with the coronavirus pandemic. The crisis has brought about a resurgence of single-use plastics, and people worried about catching a deadly disease don't care.

States like California, Hawaii and Massachusetts have enacted bans and taxes on single-use plastic bags over the past decade. But now they are suspending their plastic-reducing efforts due to growing health concerns.

Restaurants, hotels and other food businesses are only offering home delivery or takeaway options. Many won't allow customers to bring their own containers, defaulting to disposables. Add to this the fact that major grocery chains are not allowing shoppers to bring in reusable cloth bags. And coffee chains won't allow people to use reusable cups — only serving drinks in disposable single-use cups.

### The plastic industry

While the plastic industry touts the benefits of disposable plastics, the eco-friendly alternative of reusable totes, cups and containers is now seen as a disease threat.

A lot of that worry comes from a study by the U.S. National Institutes of Health, which found that the virus can survive up to three days on some surfaces. Some scientists say those fears are overblown. However, there is no clear proof that single-use bags are a safer option, and at least reusable cloth bags can be washed. In reality, very little is known about whether bags of any type transmit disease, says UC Davis microbiologist Jonathan Eisen.

### Medical waste

The imperative to prevent the spread of coronavirus means tons of medical waste is being generated. Demand for products such as

disposable wipes, cleaning agents, hand sanitizer, disposable gloves and masks is at a record high. They are also being discarded in unprecedented volumes.

Hospitals and aged care facilities are being advised to double-bag clinical waste from COVID-19 patients. While this may be a necessary measure, it adds to the plastic waste problem.

Plastics lobbying groups have long defended their products by noting that plastic has played a revolutionary role in medical care. Single-use surgical gloves, syringes, insulin pens, IV tubes, and catheters, for example, have both reduced the risk of patient infection and helped streamline operations by lifting the burden of sterilization.

While plastic medical equipment may be important, this pandemic is a reminder of how much waste we produce and how we manage or mismanage it.

### Where do we go from here?

Reframing plastic as a "protective" health material can divert attention from its dangers to the environment. Reusing goods and packaging as many times as possible, instead of disposing of them and then buying new ones, is one of the greenest practices there is. It prevents energy and resources from being spent on manufacturing and shipping new stuff. It diverts waste from landfills and oceans.

When it comes to reusable cups, mugs, and plates, plain old soap and water does the trick. As for secondhand or shared clothing or cloth napkins, people are unlikely to get Covid-19 from fabric because surfaces that absorb are harder to transmit the virus. As a safeguard, washing fabric with detergent and water will destroy the coronavirus.

We can expect the environmental cause will return to the foreground

when the COVID-19 crisis has passed. In the meantime,

- reuse what you have and store rather than toss items for donation or recycling;
- talk to takeaway food outlets about options for using your own containers, and refuse disposable cutlery or napkins with deliveries. Brew your own coffee at home rather than buying it in a takeaway cup. And look for grocery suppliers offering more sustainable delivery packaging, such as cardboard boxes or biodegradable bags;
- be vigilant about ways environmental protections such as plastic bag bans might be undermined during the pandemic, and voice your concerns to politicians.

*Article gleaned from Grist, Bloomberg Green, National Public Radio, Waste Dive, World Economic Forum, and Forbes. Edited by Jeanette McDermott.*



*Now that consumers have gone back to disposable single-use items, it will take time to break the habit again*



## GREEN CORNER



ZEAL



All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents.

POPE FRANCIS



## Laudato Si anniversary year launched May 24

While the world experiences a history-defining pandemic crisis, *Laudato Si Week* (May 17-24) gave us an opportunity to reflect and prepare to build a better world.

The Vatican Dicastery for Promoting Integral Human Development promoted the week and announced the celebration of a Special *Laudato Si Anniversary Year*, which runs from May 24, 2020 to May 24, 2021.

The kickoff for the anniversary year took place at noon across the globe (local time) on May 24 when Catholics brought solidarity to the world in a shared moment of prayer.

### Anniversary year initiatives

Some of the initiatives scheduled during the anniversary year include the Season of Creation (September 1-October 4), an international conference, musical, and conferring of *Laudato Si* awards. Other special

projects include a documentary film on *Laudato Si* and a *Laudato Si* tree planting initiative. There is also an initiative to fight plastic pollution.

The Vatican held the 3rd International Conference on *Laudato Si* May 23-24, 2020. The event included several interventions on [Faith for Earth](#), the [Interfaith Rainforest Initiative](#), an interfaith launch of the [Decade of Ecosystem Restoration](#) and the launch of the [Living Chapel Initiative](#).

### Seven areas of interest

The *Laudato Si* Anniversary Year will conclude by launching a *Laudato Si* Action Platform that will simultaneously address seven areas of interest for a period of seven years. These areas are families, dioceses, schools, universities, hospitals, businesses, and religious orders. They will be asked to make

the 7-year journey in the spirit of *Laudato Si* to ultimately become *Laudato Si* dioceses or schools.

From 2021 onwards, the Sector on Ecology and Creation of the Vatican Dicastery for Promoting Integral Human Development also plans to confer seven awards, such as Outstanding *Laudato Si* Leader, Outstanding *Laudato Si* Local Animator and Outstanding *Laudato Si* Family.

The anniversary year and decade to come call for us all to act together to save Our Common Home, to create a new birth, a new common home, to restore the ecosystems, to build up solidarity among ourselves.

Learn more about the Anniversary year at <https://bit.ly/3cMnKSD>

Read *Laudato Si* at <https://bit.ly/3bGenCw>

## GREEN CORNER

ZEAL

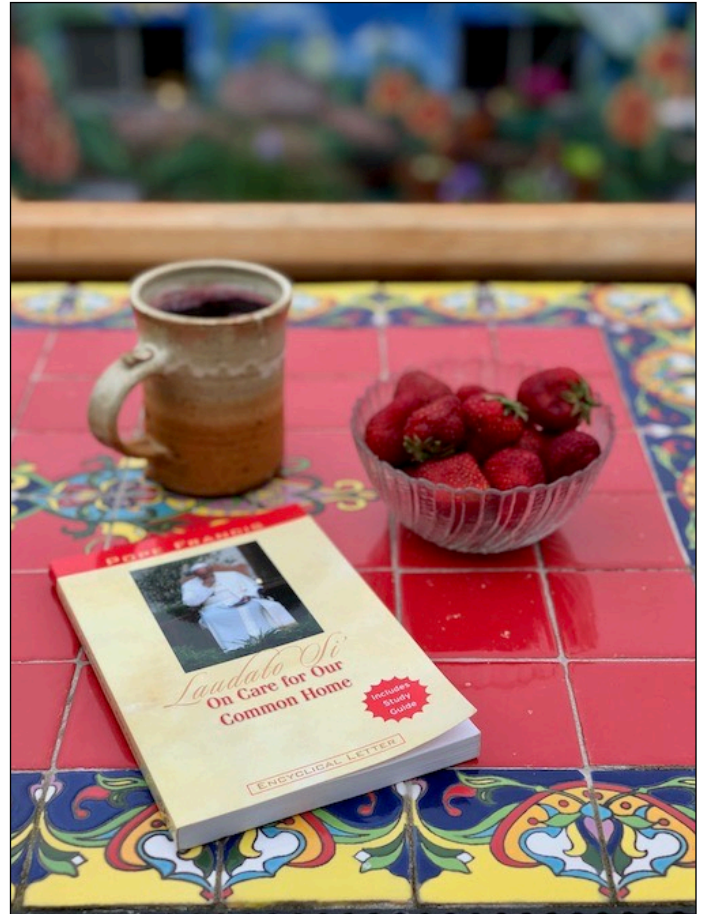
Faith for Earth initiative centers on *Laudato Si*

Three years ago the United Nations (UN) and faith groups around the world joined together to create something called the Faith for Earth Initiative. UN Environment founded the initiative with 20 faith organizations representing eight major religious bodies. Their aim was to promote environmental action and investing for environmental impact.

In its three short years, Faith for Earth has already established a dialogue with 400 religious organizations around the globe. Looking to the future, it plans to continue to seek feedback from religious leaders on their environmental concerns and ideas for local action.

By collaborating with representatives of faiths, the Faith for Earth Initiative is uniting people and achieving more than any individual organization could accomplish working alone. For example, there is a brand new initiative in Italy called The Living Chapel. It is a part of the Faith for Earth initiative, which is centered on *Laudato Si*, the ecological encyclical Pope Francis wrote five years ago about Care of our Common Home (planet Earth). The Living Chapel is a project to green the planet while promoting the principles of the United Nation's 2030 Agenda and the *Laudato Si* encyclical.

Other projects in the initiative are the Interfaith Rainforest Initiative and interfaith Decade on Ecosystem Restoration. People are creating *Laudato Si* Gardens and planting a trillion trees as part of the initiative. Other projects within the Faith for Earth Initiative include restoring wildlife habitats, creating musical harmony with water and plants, planting orchards with rare and forgotten fruit tree species, conserving ancient plant species and so much more. The *Laudato Si* Faith for Earth Initiative unites concepts of nature, art, music and architecture to inspire people to join together in caring for our world. What a time to be alive to witness all that is being birthed to heal the earth!



Learn more at

<https://bit.ly/2Zi5jkK> (Faith for Earth Initiative)

<https://bit.ly/2zjDsG2> (The Living Chapel Facebook)

<https://bit.ly/3g9huGw> (The Living Chapel website)

<https://bit.ly/3bPM1WD> (Interfaith Rainforest)

<https://bit.ly/36jcniE> (UN Decade on ecosystem restoration)



## Endangered Species Day

May 15 was the annual day we reflect on the world's endangered species and take action to help them. In the United States 719 animal species are listed as federally endangered or threatened. Every state is home to endangered species — some well-known, some obscure. All are vital to ensure healthy ecosystems. An interactive map at National Geographic highlights lesser-known endangered species across America. <https://on.natgeo.com/2TpzDpG>

Learn how you can help protect them.

<https://bit.ly/3bILFRu>



CELEBRATION OF LIFE **ZEAL**

# Gertrude Sen, RGS

December 6, 1926 – April 6, 2020

Gertrude Sen was the fifth child of her parents' seven children. She was born in Chekiang, China. Her father was a medical doctor who went to Germany to study. He contracted tuberculosis while there and died.

In 1936 Japan invaded China. As a young girl Gertrude had studied art in Japan and could speak and write Japanese fluently. She spoke Japanese with the soldiers and they thought she was Japanese. As a result, the family was not harmed.

The Sen family settled down in Shanghai on the English Concession (a territory belonging to England which the Japanese could not enter). Sister Gertrude finished her education in Chinese Literature at Vo Shi College.

## Attraction to Catholic religion

While she was in school a devout Catholic schoolmate often brought her to the Madames of the Sacred Heart Chapel for Benediction. Gertrude was attracted to the Catholic religion and asked for instructions. A year later she was baptized under the spiritual direction of a Chinese Jesuit priest.

Gradually Sister Gertrude felt the call from God; she wanted to serve the poor. Her spiritual director introduced her to the Good Shepherd Sisters in Shanghai. She served as a volunteer at that convent for some time.

Meanwhile, the political situation became very tense. The Communist Army was pushing down from the north to the south very quickly. The Superior of the convent told Gertrude that if she wanted to enter

the convent she would need to leave Shanghai immediately for Los Angeles, to the Good Shepherd novitiate; otherwise she would not be able to go, as it was apparent the Communists would reach Shanghai soon.

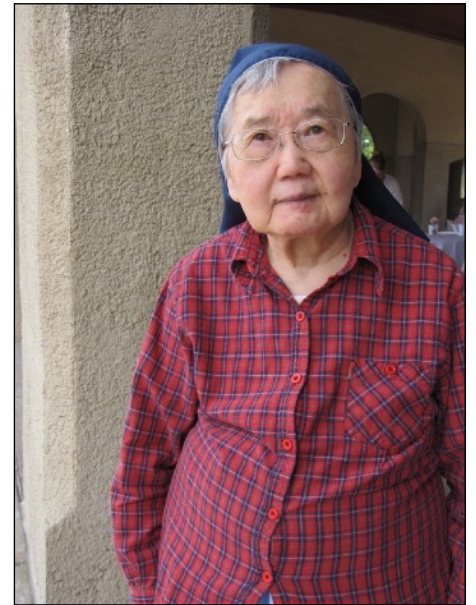
## Without her mother's permission

Sister replied that she could not acquire permission from her mother because the family had moved back to the Chekiang Province. She wrote to her mother advising her of her decision to go to the U.S. to enter the novitiate. Miraculously, she was able to get on the last flight leaving Shanghai for the United States on May 31, 1949.

Her mother was very angry that Gertrude entered the convent without her permission. Later, the situation in China became very chaotic. The Communist ideology of revolution, class struggle against intellectuals and capitalism and religious persecution ravaged the whole country. Her mother was then reconciled and grateful that Sister had left the country.

After her novitiate, Sister Gertrude stayed in Los Angeles and worked in the infirmary, refectory, and as a youth ministry worker with troubled teenage girls. In the early 1950s, the Communist government expelled the Sisters from Shanghai. They fled to the Philippines, passing through Hong Kong.

The Hong Kong government invited the Sisters to stay there to minister to the disturbed teenage girls. In 1958 Sister Gertrude was missioned



Gertrude Sen, RGS

to Hong Kong to join the Good Shepherd Sisters there. She served as a Group Mother to the girls until 1971. She then became the Administrator of Marycove Girls Center in Hong Kong from 1975-1979.

From there she went to Macau, where she became the organizer and administrator of the Family Life Promotion Center in the Diocese. In 1984 it was announced that China would take over the works in Hong Kong in 1997 and in Macau in 1998.

## A return to the U.S.

The Good Shepherd Congregational Leader Sister Mary Bernadette Fox asked the Chinese Sisters if they wanted to stay in Hong Kong or Macau, or go to another country. Sister Gertrude chose to return to the United States.

Her first assignment was to become a case worker at Marian Manor, a

*Continued on next page*

# CELEBRATION OF LIFE **ZEAL**

## Gertrude, *Cont'd from p. 21*

half-way house for women in New Orleans, Louisiana. In 1989 she was missioned to Los Angeles and became a parish counselor at St. Thomas Parish.

In 1991 and 1992 she served in pastoral ministry at St. Theresa and St. Thomas' parishes in Chicago. Later in 1992 she was missioned to San Francisco where she ministered for about 10 years as a parish counselor and also served in the religious education program. She also served in the Chinese Ministry Program, as there was a large Chinese population in San Francisco.

### Leaving active ministry

In 2003 Sister Gertrude left active ministry and came to the Immaculate Heart Community in St. Louis. She served the Immaculate Heart Community as an excellent Sacristan, coordinating liturgical matters with the priests

who took care of our weekly and Sunday masses and seasonal sacred services.

She had begun to experience serious back issues which required several surgeries. She also suffered from other medical problems and required care and rest.

Sister Gertrude gave beautiful witness to us all as her physical disabilities took their toll. She maintained contact with family and friends on her computer and appreciated the prayerful quiet of community as she prepared to meet our loving Shepherd.

*Submitted by Sr. Pauline Bilbrough*

---

Sister Gertrude died peacefully at 6:45 pm on April 6. Sisters Pauline Bilbrough and Nora Pat O'Flannigan offered prayers for the deceased. The necessary isolation

imposed by COVID-19 prevented bereaved Sisters from ritualizing Sister Gertrude's life and saying proper goodbyes. It was a hole in their lives, according to Province Leader Sister Madeleine Munday.

Sisters Madeleine and Mary Carolyn McQuaid went to the funeral home, wearing masks. They spoke traditional prayers, sang songs, and read scripture and a memory written by Gertrude's sister, her sole surviving relative who lives in China.

Sisters Madeleine and Mary Carolyn then blessed the body and waited for the man at the funeral home to close the casket.

"Then we put the cross on Gertrude's casket. We couldn't go to the mortuary or cemetery, so we trusted the process. I hope it's the only one of its kind," Sr. Madeleine said.

## Beloved friends pass from COVID-19



It is with deep sadness that we say goodbye to two very special priests who were friends of the Sisters in St. Louis. The priests died of the Coronavirus.

**Monsignor Nicholas Schneider**, long time Chaplain for our Immaculate Heart Community, died on May 5. We were blessed for the past 10 years by Monsignor's love and knowledge of the Liturgy, the homilies he preached and his love for liturgical music.



**Father Jim Edwards**, our former pastor at St. Ann, died on May 13. Many Sisters will remember Father Edwards as the priest who came to the convent to swim and joined us for the evening meal on Thursdays.

### **Sister Pat Brennan, RGS**

Sister Pat was from the New York Province. Some of you may remember her as Sister Rose

Brennan. Pat was Sr. Brigid Lawlor's formator when she entered Good Shepherd. The newly formed Washington Province (merger of Philadelphia and Baltimore Provinces) didn't have the novitiate set up as they were waiting for Rosaria Baxter to make Perpetual vows.

So Sr. Brigid went to the inter-province novitiate as a postulant (now called candidate or pre-novice). There were 20 Sisters in the inter-province novitiate. Kathy Duggan from New York and Sr. Brigid are the two remaining members.

"Kathy and I had the joy of traveling to Massachusetts to visit with Pat last September. It was a great reunion," Sr. Brigid said.

Sr. Pat had been suffering from cancer and then contracted the Coronavirus. She entered into eternal life on May 25.

*Msgr. Schneider (top); Fr. Edwards*



## VOCATIONS



ZEAL

## Heeding a call that felt right

By Jeanette McDermott, PMNA Communications Coordinator

*"The Lord's call is not an intrusion of God in our freedom; it is not a "cage" or a burden to be borne. On the contrary, it is the loving initiative whereby God encounters us and invites us to be part of a great undertaking. He opens before our eyes the horizon of a greater sea and an abundant catch." ~ Pope Francis for the World Day of Vocations*

May 3rd marked the 57th annual World Day of Prayer for Vocations. It was also Good Shepherd Sunday, when Good Shepherd Sisters in the Province of Mid-North America renew vows. To recognize the significance of both days, *Items of Interest* tells the vocation story of a PMNA Sister: Marta Ceballos, RGS.

### Call to religious life

An awareness of a call to religious life began for Marta Elena Ceballos at age 10 in Chicago where she was raised. Her calling was so strong that as a child at play she would drape a towel over her head to serve as a veil and pretend to be a school teacher. Her siblings and the neighborhood kids were her students.

---

*That gesture of generosity and welcome sold me on Good Shepherd.*

---

Nearly ten years later, at just under age 20, Marta made her play life real. In 1972 she entered the Good Shepherd convent in Los Angeles, California. She was not surprised by her calling. She said, "It just felt right."

Before entering, Marta had looked at different congregations and realized that she didn't want to teach after all. She also didn't want to be a nurse or a missionary or a contemplative nun. A priest helped her to discern which congregation to

inquire about. By chance she had seen an advertisement for Sisters of the Good Shepherd in a Catholic magazine and was attracted by the picture in the ad of a Sister consoling a young girl.

### Easy discernment process

Marta's discernment process was easy. She said she was attracted to the ministry of Good Shepherd. As a sophomore she contacted Sisters of the Good Shepherd by mail. She and the Vocations Director corresponded for over a year before Sr. Marta finally went to the convent in Chicago and met the Sisters personally to get a close up view of the Good Shepherd ministry.

A priest helped her with the discernment, but, basically, Sr. Marta said she moved ahead on her own. She said she kept thinking that she would try it and if it didn't work out she would move on to other choices for her life.

Her dad gave his blessing for her to enter right away, but her mom was not so happy. "She did not think I would survive without her, and she relied on me for help in many ways," Sr. Marta said.

Her parents, grandmother and a few of her siblings went to visit the convent in Chicago. Sister Lourdes Langenfeld was the community leader and gave them a tour.

"The community of Sisters was very welcoming. My grandmother pointed at a statue of the Child Jesus and Sr. Lourdes immediately gave the statue to my grandmother.



Marta Ceballos, RGS

Talk about a welcoming spirit! That gesture of generosity and welcome sold me completely on Good Shepherd," Sr. Marta said.

Sister Marta was the oldest child and had close relationships with her siblings. Her two youngest brothers were still in grammar school and did not really understand what was happening.

"All they knew was that I would go away. My two sisters were unsure about my leaving," she said.

After entering Good Shepherd in Los Angeles in January 1972, the novitiate was moved to St. Louis five months later, in June 1972. Her profession of vows was in September 1974. She made her commitment of final vows on

*Continued on next page*

# VOCATIONS



## ZEAL



### Sister Marta, *Cont'd from p. 23*

September 14, 1980. Sister Marta's first mission was to Marygrove, St. Louis, Missouri. She subsequently served in Phoenix, Las Vegas, Los Angeles, San Francisco, and in Rome twice for a total of nearly 14 years. She said her vowed life is a specific way of being faithful to God in her commitment to follow Jesus and to live His life in the here and now.

"Today we are challenged to be attentive to what God is calling us to reveal," said Sr. Marta.

"It is important that we grow in our relationship with our Mission Partners in order to understand what God is saying to us. It is something new. It is something challenging. It is

something that we need to bring to birth – with everyone participating and doing their part!" Sr. Marta said.

The vow of zeal, unique to Good Shepherd Sisters, is special to Sr. Marta. She said, "In the beginning the vow did not mean much to me. Now it means commitment to serving the rejected and outcast.

"It means seeing the other as my equal and worth my effort to serve them to be the best that they can be."

Sister Marta said she aspires to live the way Saint Mary Euphrasia lived.

"Mary Euphrasia said she didn't have many talents or gifts, but she did love those she was called to serve."



Sister Marta Ceballos (center) is flanked by Sisters Louise Udovick (left) and Carmen Flores in her early years as a Sister.

### Conversations with Brother Phillip Pinto

Throughout May, Sisters, Mission Partners and friends participated in online formation conversations/webinars with Brother Phillip Pinto, CFC. The final of four conversations takes place on June 2 from 2 pm-3:30 pm (Rome time). The conversations are in English with simultaneous translation in French and Spanish.

Brother Pinto's sessions are helping to prepare Sisters and Mission Partners for the Inter-Continental Assembly (ICA), Province Chapter, CACS, and Congregational Chapter.

#### Values underpin vision

The invitation to participate in the conversations with Brother Pinto was based on the 2019 Supplement to the 2014 Formation Guidelines. The introduction to the Supplement states that four values underpin the vision for Good Shepherd's formation process: Experiential,



Participatory, Contemplative and Connectedness.

#### Another way of living life

In light of COVID-19 — in which our way of being, living, working and relating has been totally and radically transformed — Brother Pinto states that the question becomes, "How do we deepen our awareness of the 'new normal' to which we are being invited?" He says there is no going back to our old ways; there is no return to business as usual.

Brother Pinto says, "The forces of love are calling us forward to unimaginable visions of global and planetary solidarity and Unity. This virus is not our enemy, but this 'stranger' trying to teach us another way of living life."

#### Brother Pinto online

You can find Brother Pinto's webinars on YouTube at <https://bit.ly/3erTOM1> and on the Congregational website at <https://bit.ly/2LYNfEa>



## ACROSS BORDERS



ZEAL



## Sister Mary Attallah is enlivened and empowered by her international experience with PMNA

Sister Mary Attallah from the Province of Egypt-Sudan had a recent six-month international experience in the Province of Mid-North America (PMNA) as part of her ongoing formation before making final vows.

She was missioned to the Maria Hall community in Danville, Pennsylvania, during her experience and was able to visit several communities in the province. Currently, during the global pandemic, she is staying in the St. Euphrasia community in Chubra, Cairo.

Sister Mary said living with the Danville Community was the first time she had lived with Sisters from other congregations. It was also the first time she had lived with elderly Sisters.

---

*"I never once felt like an outsider."*

*Mary Attallah, RGS*

---

The Community at Maria Hall is an inter-congregational assisted living community. Sisters from both lifestyles of the Good Shepherd Congregation (Apostolic and Contemplative) live together with Sisters from the congregations of Saints Cyril and Methodius, the Discalced Carmelites, and the Sisters of Notre Dame de Namur. Sister Mary said, "I think I was the youngest Sister in the community. I felt that my presence brought them joy and energy."

### Lessons learned

"I shared stories with them about our lives in Egypt and the life of my province. The most important thing that I learned from the Sisters at Maria Hall is how age doesn't restrict anything. It was wonderful to see all of the Sisters so full of life, doing so many things," she said.

"What surprised me most was that I couldn't tell which Sister belonged to which congregation! I felt that I belonged among them and that we all belonged together as one, all part of the same family," she said.

Sister Mary said she had many unique and wonderful experiences with the Sisters in the Province of Mid-North America. Among them were trips to visit Good Shepherd



*Sisters Patricia Marie Barnette (left) of the Danville Community and Mary Attallah, Egypt-Sudan Province, stand in front of the White House while on a trip to Washington, DC, this past winter.*

Communities in St. Louis, Silver Spring, Maryland, Minnesota, San Francisco, New Jersey, and New York.

"I never once felt like an outsider. I learned to deeply appreciate how they welcome people and make them feel at home. This is something I will carry with me into the future," Sr. Mary said.

The Apostolic Sister said she was also previously unaware of how active the Sisters are in their ministries and the extent to which the laity share in their work.

"It was so valuable to see how these Mission Partners share Good Shepherd spirituality. Seeing this offered me a real sign of hope for the future. In Egypt, the laity isn't involved as much in our ministries; however, I now see just how important it is to develop and nurture Mission Partners the way PMNA does," she said.

While living with the Danville Community, Sr. Mary had

*Continued on next page*

## ACROSS BORDERS



ZEAL

Sister Mary, *Cont'd from p. 25*

the opportunity to attend a one-week residential course based on Pope Saint John Paul II's Theology of the Body. She said the course gave her a new perspective on how God looks at our bodies and how we look at our own bodies.

"The week was also a great opportunity to live and study together with an international group of religious and lay people," she said. The group shared their daily lives in community and exchanged stories about their backgrounds and cultures.

"I met many people from around the world and made many friends who I'm still in contact with today," she said.

Before her experiences in PMNA, Sr. Mary attended two other international events at the Good Shepherd Motherhouse in Angers, France. She said all of these opportunities have allowed her to learn about the richness of the Good Shepherd Congregation.

**Global perspective**

"I have met Sisters and learned about their work and the work carried out by our Mission Partners. I have become more open-minded and see things from a global perspective. Before these experiences, I saw things from within the confines of my province.

"Now I see that our circumstances aren't that different and that we all face the same problems and concerns for our Congregation all over the world," she said.

Sister Mary reported that the experiences she has had have filled her with more hope for the future of the Good Shepherd Congregation. Her advice for other Sisters who are about to embark on an international experience is this:

**Be open to everything**

"I would suggest to any Sister that she be open to everything and everyone. I would advise her not to be afraid to take part in things, and to do so with enthusiasm so she can



Mary Attallah, RGS

reap the rewards and strengthen her sense of belonging to the Congregation.

"I really believe these international experiences are valuable and a true blessing!" concluded Sr. Mary.

## United in global solidarity during COVID-19

Good Shepherd programs are rooted in the world's most fragile communities. From the onset of COVID-19, a strong commitment to the congregation's mission has stimulated innovative ideas to reduce the pandemic's negative social and economic impact. The congregation's emergency responses include providing:

- psychological counseling for migrant women in Colombia
- hygiene kits and food packages to Venezuelan migrants
- education to children in the poorest barrios in Ecuador through WhatsApp
- online advocacy for migrants' rights in Chile
- protective equipment to people living in the slums of the Philippines
- food to refugees in Malaysia
- face masks and care packages to families living on isolated tea plantations in Sri Lanka
- skills development for women in Kenya
- initiatives to safeguard people in the mining communities in Kolwezi
- Coronavirus protection training with women in India

Learn more about the Good Shepherd COVID-19 Emergency Response Project and the funding needs to support it at <https://www.gsif.it/covid-19/>





## ACROSS BORDERS



ZEAL

## Good Shepherd center a model for South Africa

Good Shepherd Sisters in South Africa have made headline news for the third time in three years.

### Charitable works during the pandemic

[zenit.org](https://www.zenit.org) and other online news sources carried a story on May 27, 2020, lauding the charitable works of the Good Shepherd Community Learning Centre in Madidi, South Africa, during the pandemic. Director Sister Colleen Simpson said, "Despite the number of people who received food parcels from us, more people from the community kept coming to join the queue. In the end many people returned back home empty-handed."

More than 75% of Madidi's population of 7,500 people rely on social programs for survival. Sister Colleen promised that she will organize more food parcels for people who were turned away.

### Best-practice model for the nation

Last year the provincial department of social development's HIV/Aids directorate marked the Good Shepherd Community Learning Centre as a best-practice model for the nation for psycho-social support and behavior modification.

Gerzia Ratshefola, a government senior social worker, said she was amazed that throughout the centre one feels the presence of God and peace. She said, "My experience is that Sr Colleen puts God first in everything she does at the centre. Everywhere in the building there are different signs expressing the power of God, and every item around the building expresses the importance of God at the centre."

Vivian Maletlhogonolo Nickson, a social work policy developer, said, "As I entered the centre I experienced harmony, love, and peace. I wish all the municipalities of



*The Good Shepherd Community Learning Centre in South Africa's North West Province was declared a Best Practice model last year by the provincial government.*

the province could practise the same model and have centres like this."

### Praise from higher education minister

In 2018 higher education minister Naledi Pandor visited the Good Shepherd Community Learning Centre and hailed it as one of the best of its kind, with excellent programs. For more than 20 years, the Good Shepherd Community Learning Centre has been running programs for people aged 16 to 85.

Read about the Sisters on the following sites:

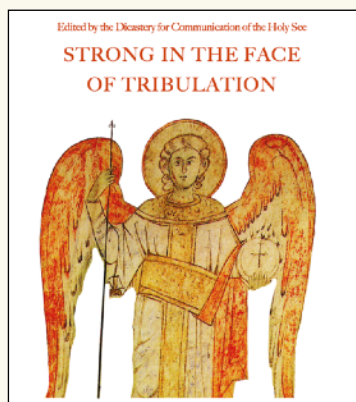
<https://bit.ly/2ZNEQeY>

<https://bit.ly/2ZLJhXK>

<https://bit.ly/3gxrWYq>

<https://bit.ly/3gzHoDq>

*Compiled from online news reports*



Pope Francis' new book *Strong in the Face of Tribulation* (copyright 2020), contains prayers, supplications and the Pope's homilies as "a sure support in time of trial." The Introduction begins: "The grave situation in which many countries throughout the world have plunged, due to the very rapid spread of Covid-19, puts us all to the test. We are facing a state of affairs that until just a few weeks ago would have seemed unimaginable, like the premise of a science fiction film."

You can download the book for free as a PDF at <https://bit.ly/2A6Vagi>

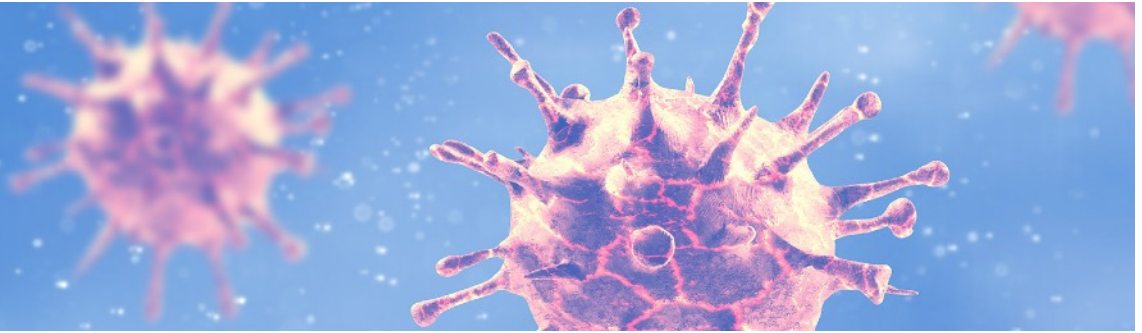
# COVID-19



ZEAL



## Resources & Stories

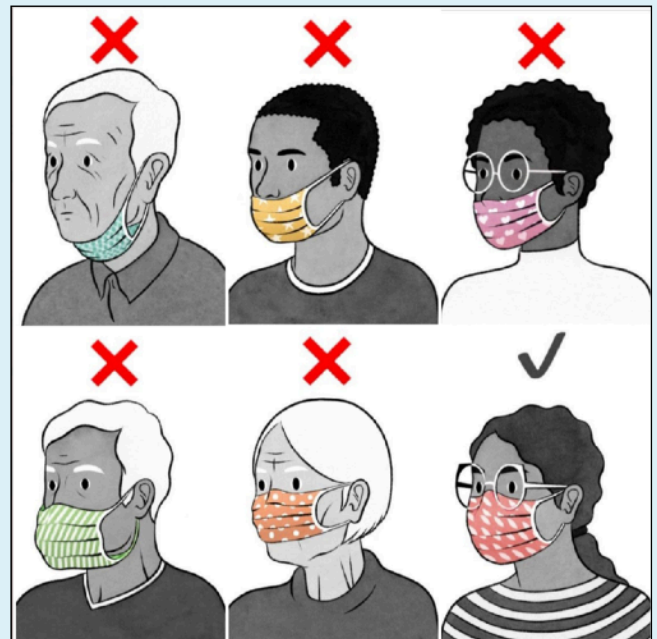


The COVID-19 pandemic continues to capture the world's attention, and people across the globe are responding to it and being affected by it in various ways. The resources and stories below offer a sampling of how Catholics are approaching the crisis and what they are doing to help others make it through the pandemic.

- Global Sisters Report:  
What Sisters are doing during lockdown  
<https://bit.ly/3e3Ty5t>  
GSR readers share how Coronavirus has changed their communities, a two-part series  
Part I: <https://bit.ly/2Znbfc1>  
Part II: <https://bit.ly/3e9mOrp>
- Resources for Catholics during COVID-19  
<https://bit.ly/3bTtZCG>  
<https://bit.ly/3g81vbz>
- Crux: Men and women religious caring for COVID-19 patients  
<https://bit.ly/3gayyMo>
- Good Shepherd International Foundation: united in solidarity to support the most vulnerable  
<https://bit.ly/36iobSo>
- Child Safeguarding Policy: PDF download  
<https://bit.ly/2ypGjwY>
- What would Teilhard say? By Ilia Delio, OSF  
<https://bit.ly/36fUpGg>
- The Center of a Pandemic by Clare Nolan, RGS  
<https://bit.ly/3cSBknl>
- United States Conference of Catholic Bishops  
<https://bit.ly/3bTtZCG>
- Emergency fund established by Pope Francis  
<https://bit.ly/3d6AcNo>
- How Pope Francis is living through the Pandemic  
<https://bit.ly/2TNIq55>

## Are you wearing your mask the right way?

There is a right way and there are wrong ways to wear a protective mask. Make sure you wear your mask properly so it protects you and others against the Coronavirus.



**Earth Institute converses with leading sustainability analysts from two generations rethinking how human progress should be pursued and measured for the well being of humanity and the planet. <https://bit.ly/3bKmUUY>**



## LEADERSHIP TRAVEL

ZEAL

Name	Dates	Location
Leadership Team	No travel	COVID-19 sheltering in place



## Prayers to pray during the pandemic

As COVID-19 has sent the globe into crisis, it also has sent us to our knees. This season of exile has helped us discover three facets of prayer we often neglect in times of abundance.

- Prayers of lament
- Prayers of intercession
- Prayers of silence

The following online sites may be of some help for those wanting to find prayers to pray during the Coronavirus pandemic:

United States Conference of Catholic Bishops

<https://bit.ly/3bwENq6>

Christianity Today

<https://bit.ly/2zzKSVH>

Catholic Health Association of the United States

<https://bit.ly/2xXEnLJ>

America the Jesuit Review

<https://bit.ly/35V1AuJ>

Pope Francis Daily

<https://bit.ly/3cuL8DN>



*Prayer belongs to everyone: to men and women of every religion, and probably even to those who profess no religion. Prayer is born within the secrecy of our being, in that interior place that spiritual writers often call the "heart." ~ Pope Francis*

## PROVINCE CONTACT

ZEAL

If you want  
**PEACE**  
work for  
**JUSTICE.**

Pope Paul VI

*"Work to become worthy of your wonderful vocation, by a burning, active and alert zeal and a charity without limits, always keeping the Good Shepherd before you as your model."*

Saint Mary Euphrasia

**Contact us**

Sisters of the Good Shepherd  
Province of Mid-North America  
7654 Natural Bridge Road  
St. Louis, MO 63121  
314-381-3400; 314-381-7102 fax  
[www.sistersofthegoodshepherd.com](http://www.sistersofthegoodshepherd.com)

Jeanette McDermott, communications coordinator  
314-620-9158  
[jmcdermott@gspmna.org](mailto:jmcdermott@gspmna.org)

**Follow us on facebook & Twitter**

[www.facebook.com/Sistersofthegoodshepherd](https://www.facebook.com/Sistersofthegoodshepherd)  
@GoodShepherdRGS (twitter)

**ITEMS OF INTEREST**

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

