

ITEMS

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Fountain Festival

Province Center Sisters and Mission Partners bring activities and fun to a local street festival.

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The latest art exhibit at Good Shepherd Gallery offers new views of the Bible, church and God.

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Canonization up close

Sr. Olga Cristobal traveled to Rome to witness the canonization of Mother Teresa.

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THE GATHERING

Nearly 80 Mission Partners gathered in Detroit September 20-23 to reflect on and tell their stories about the Good Shepherd work that is taking place across North America.

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Green Corner



It all began by creating an Event on the Province facebook page and posting a request for people to help Sisters plant wildflowers on the convent grounds as part of a community festival on September 24. When the day arrived, nearly 50 children and adults in St. Louis had answered the call. Daisy and Junior Girl Scouts in

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PROVINCE NEWS



ZEAL



Gathering *Cont'd from p. 1*

The purpose of the Gathering is to bring together Mission Partners (Sisters and Lay) from the programs in North America for connection, inspiration and deeper conversation around the Good Shepherd Mission. The theme of the Gathering was "A Single Pebble: Our Ripple Effect, *Moving From Our Foundational Story to a Collective Narrative.*"

This year there were 78 participants from Province of Central South, Province of Mid North America, Province of New York/Toronto, and the Region of French Canada.

What people said

We were also fortunate to have Sr. Anne Josephine Carr from Great Britain as our speaker, as well as a special presentation from Sr. Anna Tram Nguyen from the Mission Development Office in Rome.

Alberto Gomez, who works at the Province Center for Central South said, "This whole time I thought I just worked for the Sisters. I didn't know there was a whole world out there I was connected to. My

passion makes ripples that move out and join with other people's ripples, all of us together!"

Rosalie Panza from Collier Youth Services in Wikatunk, New Jersey said, "My experience at the Gathering is a memory I will keep close to my heart. I will draw upon it during those difficult times when it appears that there is no hope for my fragile and needy students. I will draw upon the strength and unity I experienced in the conference room to continue to service my students and help perpetuate Mother Euphrasia's message."

Another participant, in speaking of the message she will take away, said, "I have renewed enthusiasm



Lizzie Tschida addresses Good Shepherd Mission Partners at The Gathering in Detroit.

and joy for the work we do. I want to continue to fill my cup with positivity and zeal and pass the message to my colleagues and participants."

Submitted by Lizzie Tschida, Office of Mission Effectiveness

NOTE: Look for Lizzie's in-depth article about the 2016 Gathering in the November issue of *Items of Interest*.

Province announcements and other tid bits

Betty Goldbeck will mail DVDs of the Lynn Jarrell workshop "Vows and the Common Life" in mid-October. Please notify Betty if you would like to receive the DVDs but have not already requested copies.

This year we celebrate 220 years since the birth of St. Mary Euphrasia on Noirmoutier Island, France. Mission Partners are

sharing their reflections about their Good Shepherd experiences as part of the three-year celebration. You can read the first reflection at <http://www.buonpastoreint.org/downloads/index/386>

Sr. Claudia Palacio celebrates her 25th anniversary as a Good Shepherd Sister on October 7. Congratulations!

DeNeuville Learning Center will hold its 14th Annual Charity Golf Classic on October 7.

Sr. Anne Kelley is being honored at the October 9 gala for Good Shepherd Shelter Los Angeles for her 21 years of service to the Shelter and commitment to the women and children who have regained their lives after experiencing domestic violence.

PROVINCE NEWS



ZEAL

Province Center plays a role in Normandy's Fountain Festival

The Natural Bridge Road corridor near the Province Center has become one of the Great Streets in St. Louis, after nearly 10 years of analysis, input, planning and construction. A festival on September 24 brought people together from across the city and county to celebrate the achievement. Sisters of the Good Shepherd played a vital role in the celebration.

Eco focus

The event launched with children and adults digging holes and planting native wildflowers on the convent grounds. Province Director of Operations Monte Abbott led an ecology tour along the Natural Bridge Road corridor following the plantings. Festival activities also included a Fun Run/Walk, vintage car show, live music, a fountain light show and more. Sister Glynis McManamon and local artist

Catharine Magel prepared a giant art canvas for festival goers to express themselves creatively throughout the day.

Great Streets Initiative

The St. Louis Great Streets Initiative expands the way communities think about their streets. The goal of the initiative is to center communities around interesting, lively and attractive streets that trigger economic and social benefits for all. The initiative began in 2006. In 2008 the City of Normandy collaborated with county resources to determine whether the corridor of Natural Bridge Road could be a viable Great Streets project.

Sisters as stakeholders

Sisters of the Good Shepherd were considered stakeholders from the onset of the project due to their status as an institutional neighbor and landholder on Natural Bridge



Road. Sisters were engaged in early and ongoing discussions about the Great Streets project and had a voice for planning the community festival.

See related story on page 1.



The University Square Fountain Festival that was held in Normandy on September 24 engaged the public in wildflower plantings, an eco tour, live music, an interactive art mural and more.



PROVINCE NEWS



ZEAL



Embracing the Mystery - Living Transformation

The 2016 Leadership Conference of Women Religious (LCWR) assembly in August used the theme *Embracing the Mystery - Living Transformation* to open contemplative dialogue and look beyond the horizon of a post-contemporary religious life.

"The horizon is a symbol of a different framework – a different question than we have heretofore been imagining. How can we frame a question that will reinvent us as our new and future reality actually requires? Transformation is required," said LCWR President Marcia Allen.

In her address to the nearly 800 attendees in Atlanta, Allen described the reality facing women religious in the U.S. She said, "We are keeping a brave face on it, but the truth is that the very thing that makes the conference possible and necessary is disappearing."

Allen challenged participants to reinvent the annual gathering in the face of rapidly declining membership.

Transformative process

According to Province Councillor Sr. Marie Maurer, Sisters are in a transformative process — open to the challenges of the times.

She said, "I quote from LCWR President Marcia Allen, '...we have now been thrust onto a different plane, a place where no rational thought, no logic, no well-thought out and time tested strategies, plans, and goals serve.'

"Now is the time to walk in the Faith we talk so much about with trust and courage as women religious ... we are becoming truly poor with the poor," said Sr. Marie.



LCWR President Marcia Allen described the reality facing women religious in the United States.

Sr. Liz Sweeney, the assembly's contemplative dialogue facilitator, presented on the evolution of human consciousness and what that means for women religious.

Evolution of love

Sweeney said, "The highest level of human evolution is the level at which one lives to give away love. I think this is the new frontier for women religious. The mission for women religious today is to foster the evolution of love."

Sisters met in "deepening groups" of six to process what they had heard from speakers and each other.

In reflecting upon messages and conversations she had heard, Sr. Marie Maurer said, "God still calls dedicated women, and we are called to be open to receive them in a new way, with a deeper faith and trust as did our founders. The Holy Spirit will guide. We need now to enter into a more contemplative stance ... listening deeply to hear what we can

no longer see clearly. We must gather the inner strength to live with the unknown."

Province Leader Sr. Madeleine Munday said, "Keynote Speaker Margaret Wheatley illustrated the turbulence of our times with the photo of a wildly stormy ocean. She reminded us that ocean turbulence is only at the surface level and the deep peace below it is what we seek in contemplative prayer. She pointed out that the degree of turbulence is an indicator of the new and significant that is trying to be born."

Sr. Marie said, "We are dedicated and fully active women who shared our stories, needs, hopes and desires for the future. We are strong women who will stay focused to the very end of this era. We gather strength through the promises of Jesus that he will be faithful to those who trust in God."

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PROVINCE NEWS



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LCWR *Cont'd from p. 4*

Eleven Good Shepherd Sisters attended the assembly. Sr. Madeleine said that she was glad to share the experience with the leadership teams of Central South, New York/Toronto and Mid-North America.

Congruence with Province

"We created space to meet and share four different times during the week. We continued following up the conversations about formation that we began in Carrollton last April, and we also learned more from Sr. Maureen McGowan about the congregation's international committees (Community, Formation, Partnership).

"I am excited to see the congruence with our Province

Core Groups for Mission (Community, Administration, Eco-Zeal)," Sr. Madeleine said.

Sr. Marie Maurer summarized what many felt when leaving the assembly.

She said, "Women religious in leadership are in uncharted territory. With so many Congregations closing their Motherhouses, properties and ministries we need the support and insights of those who are successfully adjusting to these challenges.

"The resources of LCWR and those they are in contact with are invaluable at this time," Sr. Marie said.

See sidebar for related story.



Seated l-r: Srs. Rosalyn Menard (NY/Toronto), Marie Maurer, Maureen Kunz, Carol Pregno (Central South), Madeleine Munday. Standing l-r: (first four from NY/Toronto) Maureen McGowan, Edith Olaguer, Carol Seigel and Gilda Fernando, Francisca Aguillón (Central South), Mary Carolyn McQuaid.

LCWR Keynote Address

Province Leader Sr. Madeleine Munday was one of 11 Good Shepherd Sisters who attended the 2016 LCWR assembly in August. She said what she wanted to share most with others about the assembly is what she learned when listening to Dr. Shannen Dee Williams as she addressed the assembly about racism in U.S. Catholic religious life.

"It was painful and enlightening to hear the history," Sr. Madeleine said.



Dr. Shannen Dee Williams

Williams is a historian of the United States and the black Catholic diaspora. She is working on a book titled *Subversive Habits: Black Nuns and the Long Struggle to Desegregate Catholic America*. Her groundbreaking study chronicles the epic journey of black Catholic Sisters in the United States from their fiercely contested beginnings in the 19th century to the present day. It also unearths the largely hidden history of black Sisters in the fight to dismantle racial and gender barriers in the U.S. Church and wider American society.

Srs. Madeleine and Maureen McGowan (Province Leader of New York/Toronto) introduced themselves to Ms. Williams and offered her access to Province Archives as she continues her research. Sr. Madeleine said she recommends that others read the article on Ms. Williams' talk at <http://globalsistersreport.org/news/lcwr-2016-facing-internalized-racism-us-women-religious-culture-41676>

Sr. Madeleine also recommends the LCWR assembly talks of Margaret Wheatley, Pat Farrell and Marcia Allen. You can find them at <https://lcwr.org/calendar/lcwr-assembly-2016>.

MINISTRY NEWS



ZEAL

Government text books come to life

By Larry Couch, Director, Good Shepherd National Advocacy Center

What would our future be if no one cares and no one knows how to engender change? Well, I for one, certainly don't want to find out.

That's why it is so important for the Good Shepherd National Advocacy Center (NAC) to reach out to young adults and to high school students – not just to advocate for particular issues of today, but to prepare these students to advocate and care for tomorrow.

NAC led a group of high school girls on visits to Capitol Hill this past summer to call for an end to human trafficking and forced labor. They came from different Sacred Heart high schools around the country to learn about policies and advocacy in our nation's capital.

These teenagers first were educated on the issues of trafficking and forced labor. They prepared their remarks and questions and then we were off visiting the offices of

Congressman Chris Van Hollen (D-MD), Senator Barbara Mikulski (D-MD) and Congressman Tim Walberg (R-MI).

The girls were so poised and well prepared – they could have been hired on the spot! They asked informed questions on what the legislators were doing to end trafficking, forced labor and domestic violence. They also asked how they could continue their advocacy once they returned to their hometowns.

After the meetings, we met on the Capitol grounds to further discuss their advocacy and the mission of NAC. The Sacred Heart girls were passionate, eager and concerned. They were amazed at how easy it was to engage the legislators' staff and how responsive the staff was. They also were a little surprised to discover that they had just "lobbied," and to realize that

lobbying is not necessarily a bad thing.

Their government textbooks had come to life. I believe if they had not taken this trip, many might have never thought they could lobby their legislators and advocate for change. I hope NAC can do more of these visits. Please encourage your ministries and partners to make a visit and to contact us for help. Call Fran or me at 301-622-6838 or email eskin-royer@gsadvocacy.org.

NAC heads to Mexico for protest

By Larry Couch

As Director of the Good Shepherd National Advocacy Center, I will participate in the School of the Americas Watch October 7-10 in Nogales, Arizona, which borders the city of Nogales, Mexico. Those of us attending the gathering will hold demonstrations in both cities. We will demand an end to family detention and the enactment of comprehensive immigration reform. In addition, we will highlight how U. S. foreign policies have contributed to the crises in Central America and forced people to flee their native countries.

Let me tell you why I am participating in the School of the Americas Watch gathering. Last month I attended the Good Shepherd North American Gathering in Detroit. The theme of the gathering was *A Single Pebble: Our Ripple Effect / Moving From our Foundational Story to a Collective Narrative*.

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Girls from Sacred Heart high schools across the U.S. joined NAC in lobbying efforts on Capitol Hill this summer.

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NAC *Cont'd from p. 6*

The “pebble” is our mission that St. Mary Euphrasia began. We are still motivated and inspired by the ripples from that pebble cast long ago. Now it is our turn to create some ripples!

At the School of the Americas Watch gathering we will condemn President Obama's detention of women and children fleeing for their lives from Honduras, Guatemala and Nicaragua. These countries have some of the highest rates of

gang violence and murder in the world.

Several years ago I spent three weeks in Honduras. During my visit I stayed with the Montoya family. The mother, father and 20-year old son were all deeply religious. Sadly, an older son named Daniel had been killed a few years previously as a result of gang violence. Knowing the Montoya family has made real for me the tragedy of gang violence.

Pope Francis sees our ultimate salvation as dependent on how we treat immigrants and refugees. He states, “The Lord will be able to say to us: ‘Do you remember? That migrant, who so many wanted to kick out, was me.’”

Please pray for all immigrants and refugees. Also, please pray for the success of my journey. Today, I would like to ask you to take action to end family detention. Detained children risk lifelong physical and mental harm.

Go to GSAdvocacy.org and click the red Take Action button at the top of the screen. Then click End Family Detention. Thank you!



Larry Couch is ready for his School of Americas Watch trip to Nogales, Arizona and Mexico. He will oppose the militarization of the border and support our migrant brethren. Larry looks forward to reflecting from the front lines for the next issue of Items of Interest.



Best of Silver Spring Award



The Silver Spring Award Program has chosen Sisters of the Good Shepherd for the 2016 Best of Silver Spring Award in the category of Religious Organizations.

Each year, the Silver Spring Award Program identifies companies in various categories that enhance the positive image of small business through service and long-term value to the community. One winner is chosen in each category. The Silver Spring Award Program selects winners based on information it gathers internally and from data provided by third parties.

Sisters of the Good Shepherd have a strong and stable presence in Silver Spring, Maryland. The Good Shepherd National Advocacy Center is located there, along with Sisters Caridad Tomayo and Sylvia Romera who each provide countless volunteer service hours to community schools, agencies and hospitals.

MINISTRY NEWS

ZEAL

Art exhibit offers views of the Bible and God



By Jeanette McDermott

An art exhibit that opened on September 23 at Good Shepherd Gallery features the photography of Henry Chaney. The works offer a unique perspective of the Bible, church, spirituality and God.

Chaney was heavily involved in the church while growing up. His grandfather was a minister. Today Chaney himself is a youth minister. One of his goals in exhibiting his works is to show youth that there are alternatives ways to express praise for Jesus Christ and to demonstrate Christianity.

Chaney said the concept of using Creation as an artistic expression just “popped into my head.”

“I had done Adam and Eve a while back and thought it could be interesting to finish the six days of Creation,” he said.

Weaving Bible verses with images of Halloween scarecrows, vampires and zombies into an exhibit about Creation made sense to Henry.

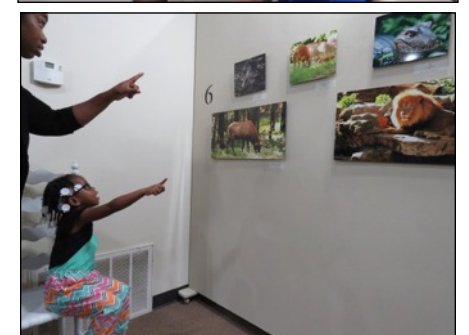
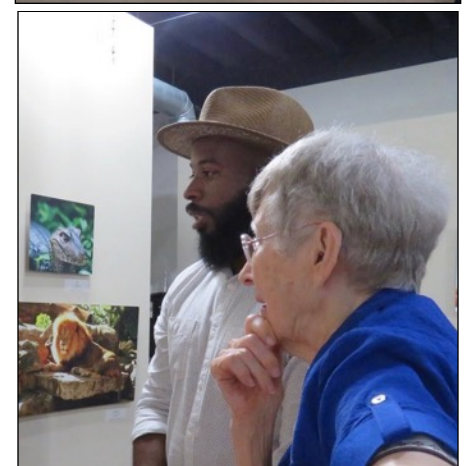
For him, images of scarecrows evoke a vision of Christ hanging on the cross. Zombies are the walking dead, and vampires drink blood to stay alive. These pagan symbols all have Christian meaning for Chaney.

“We are the living dead, no different than zombies, until we become alive with Jesus. We need to be vampires for Christ, thirsty for His blood that has eternal life,” Chaney said.

Chaney’s grandmother Iris said, “You can see Henry’s spirit in this exhibit. He was raised in a church school, so the inspiration behind Henry’s art is very good.

“You can see the important points brought out by what Heaven is

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A large crowd gathered for the art opening of Henry Chaney’s photographic works.

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Art opening *Cont'd from p. 8*

supposed to look like and see it in the world when you have raised a child knowing God," Iris said.

Chaney's mother Karla said, "When Henry started in photography he wanted to depict people watching the world and then show what they saw in a different way. He has succeeded beyond my dreams. It's overwhelming," she said.

Six days of Creation

Chaney is a manager at Fineline Studios, a nonprofit agency that brings music and art therapy to people with disabilities.

"He is a great dude. He is super solid. We're all super proud of Henry. He is a Holy man," said audio engineer and musician Evan Fortune, who is also Henry's friend and coworker at Fineline Studios.



Henry Chaney weaves images of Halloween into his exhibit on the six days of Creation.

Henry's business manager Whitney Jones said that Henry knew he wanted to recreate the six days that God took to create the Earth, and that he wanted to include imagery from Halloween to help people understand the need to stay focused on Jesus and not get consumed by ways of the world.

"Henry has a story to tell," Whitney said. "Even the photos he took at Lone Elk Nature Preserve make us feel like we are entering Paradise. This show is pretty awesome!"

The exhibit is 29-year-old Chaney's first solo show. Sr. Glynis McManamon, who runs Good Shepherd Gallery, met Chaney when he came into the gallery asking if he could rent the venue for his exhibit.

Beyond the ordinary

"We curate shows that align with Good Shepherd Mission. We don't rent the space. When I saw Henry's work I knew immediately that I wanted to exhibit his photographs. His works have a special emotional quality," Sr. Glynis said.

When Sr. Glynis first saw Chaney's Halloween photographs, she said she didn't know what to make of them, but she knew she liked them.

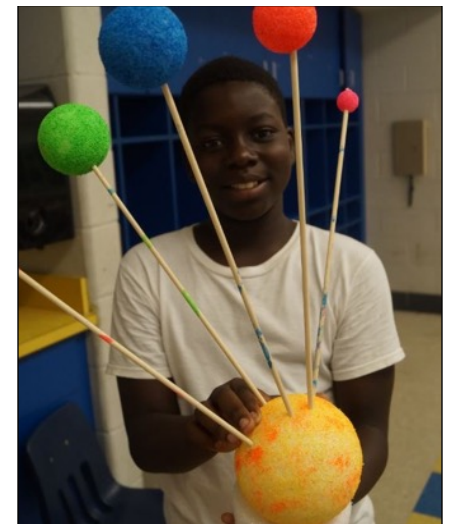
"I felt definite energy from his photographs the moment I saw his portfolio. Henry has put God in places you don't expect, like Halloween. He challenges us to extend our views of spiritual life beyond ordinary experience," Sr. Glynis said.

According to Sr. Glynis, this has been a banner year for Good Shepherd Gallery. She said, "We have had three extraordinary shows with artists who have exhibited joy

and enthusiasm. It's like family here," she said.

NOTE: *Good Shepherd Gallery has an opening for any Sister who may be feeling a call to use the gallery as a forum for ministry. Sr. Glynis encourages any Good Shepherd Sister to strike up a conversation with her if she feels an attraction to or has an inkling of an idea for using Good Shepherd Gallery for outreach services or programs. Call Sr. Glynis at 314-522-1155 or send an email to rgsicons@yahoo.com.*

Camp CORA a big hit with families



The CAMP CORA summer program has evolved over the past 20 years to better serve the community of Philadelphia. Instead of one summer camp located at the agency's main site, CORA focuses on the needs of families they serve throughout the year. CORA now manages three camps for children in kindergarten through sixth grade.

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MINISTRY NEWS



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Camp CORA *Cont'd from p. 9*

Youth at Thurgood Marshall recently engaged in summer science activities. Science instructor Zana Johnson facilitated experiments daily, which included solar system models, volcano explosions and electricity explorations with cell phones and lemons.

The Northwood Charter camp is one of CORA's largest out-of-school time programs, with more than 100 students enrolled. Focused on the arts, students experience the spirit of collaborative activities such as singing, dancing, costumes and scenery. This summer the campers produced CORA's version of the Little Mermaid.

The newest addition to the CORA family of partners is at Loeshe Elementary. This year's summer camp theme included the "Philly Fever" and "Read by Four" campaigns. Families appreciated the budget-friendly cost of the six-week camp while enjoying a curriculum that engaged children in reading, project-based learning and field trips around Philadelphia.

With the arrival of fall, summer camp programs have morphed into CORA's after school program (Out-of-



School Time). The OST program supports children and families throughout the year with homework assistance and school motivation to promote youth development.

Miscellaneous odds and ends

A September 2016 report details research findings from a comprehensive study of perceptions towards Catholic Sisters in the United States. Despite the increasing movement away from organized religion, American adults say they respect and recognize women religious as a group who offers hope and creates opportunity for those in need. American adults say they want to learn more about Catholic Sisters. <https://www.hiltonfoundation.org/learning/perceptions-of-catholic-sisters-in-the-u-s>

Pope Francis says that our human poverty invites us to stay humble and intricately connects us to our brothers and sisters. The new book *Poor for the Poor: The Mission of the Church* reflects on how poverty invites us into the blessedness of the Gospel. Learn more at USCCB.org.

The mission of the U.S. Conference of Catholic Bishops' Anti-Trafficking Program has released a study on child victims of human trafficking. Here's the link to the study <http://www.usccb.org/about/anti-trafficking-program/index.cfm>

Save the dates if you plan to attend the Ecumenical Advocacy Days 2017 Gathering in Washington, D.C. Dates are April 21-24, 2017. The goal of EAD is to strengthen the Christian voice and mobilize for advocacy on specific U.S. domestic and international policy issues. All are welcome and invited to attend. Details will follow as they become available. <http://advocacydays.org/about-ead/future-planned-national-gatherings/2017-national-gathering/>

MINISTRY NEWS



ZEAL

New wall mural to grace halls of GSS Baltimore

Good Shepherd Services (GSS) Baltimore and HobbleJog Foundation will announce the launch of a yearlong partnership at the November 3rd GSS gala in Baltimore. HobbleJog Foundation's mission is to help adolescents who are facing challenges cross their personal finish line. A new wall mural will grace the halls of GSS as a result of the partnership.

"Larger programs like the mural help our residents build new skills. It also offers them a positive, creative outlet for self-expression," said GSS Manager of Expressive Therapies Amanda McEntegart.

Like pieces of a puzzle

Expressive Therapist Nina Davey, who is working with the students on the mural, said, "Seeing the kids' faces light up when they come to paint the wall is one of the most rewarding experiences imaginable. This project allows each child an opportunity to participate, no matter their skill level. The students experience a sense of accomplishment and the rewards of seeing the mural come together, step-by-step, like pieces of a puzzle... kind of like their own personal journey."



From left: Expressive Therapist Nina Davey, students Alora and Sarah, and GSS Manager of Expressive Therapies Amanda McEntegart.

Expressive Therapists are part of the treatment team at Good Shepherd Services Baltimore. One of the primary tasks of the therapists are to provide motivational ways to encourage youth to become more self-aware and to enhance their sensory and motor development.

HobbleJog Foundation founder Susan M. Hahn had her life transformed when she survived a serious car accident. The near-death experience led to the creation of the foundation and partnership with Good Shepherd Services. Her story is published online at <http://www.smartceo.com/susan-hahns-near-death-experience-launched-a-game-changing-partnership/>

Finding strength

Hahn's plan for HobbleJog Foundation is to support a deserving nonprofit annually with fundraising initiatives and special projects.



Hahn chose GSS as HobbleJog's first nonprofit partner because of the Good Shepherd mission. The foundation has already raised \$7,700 for Good Shepherd Services and has committed to raising at least \$12,000 altogether.

GSS Chief Executive Officer Michele Wyman said, "Susan is encouraging our youth and giving them hope. She talks to them about discovering their inner strength and, in finding their strength, giving hope to others. Our youth's contribution will be in leaving these steppingstones and this mural behind for other young people. Hopefully, the kids who come behind will look to these things for inspiration and hope."



Susan Hahn (left), founder of HobbleJog Foundation, presents a T-shirt to Michele Wyman, CEO of Good Shepherd Services Baltimore. The two organizations have entered into a year-long partnership. Their first joint project is a mural involving youth at GSS.

MINISTRY NEWS



ZEAL

GSS youth learn to grow food

By Robert R. Gable

Robert R. Gable is CEO and Co-Founder of myMAR, a program designed to feed the poor. He is helping to restore Good Shepherd Services' greenhouse and garden, while encouraging students to help others by planting, growing and donating food.

The Victory Garden 3.0 program is a work in progress. Past generations of my family built the program and exemplified acts of care and kindness. Giving and sharing food with others goes back many generations in my family. The baton being passed to me created a desire within me to do even more.

I believe that we meet no one by accident. While attending a business meeting I was seated next to Pat Isaac, who is a member of the Board of Directors for Good Shepherd Services. Pat and I discussed many things that we are passionate about. There was an instant match between a desire for GSS to get their greenhouse operating again and my desire to grow the Victory Garden 3.0 program.

Food across the nation

By the grace of God and the hard work of the staff and students everything has gone exceptionally well. Hopefully, we will be able to expand the program in the future.

The myMAR vision is to grow food across the nation, as there are too many people who do not have enough food to eat. To date we have churches/congregations, Boy Scout and Girl Scout troops, schools, businesses, community groups and individuals growing vegetables to help feed those in need.

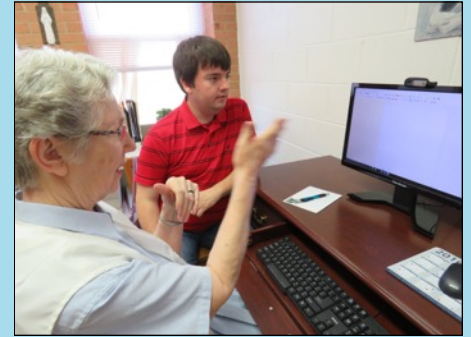


Matthew and fellow horticulture students at GSS Baltimore place little "treats" outside the fence each evening so they can enjoy watching the deer graze.

Our ultimate goal is to buy farms across the country and grow vegetables to feed the poor and hungry. We are already looking at a farm in Maryland. We have a business model in place to make the farm self-sustaining. It is our hope that someday we will be able to employ youth who have graduated from Good Shepherd Services.

During World War I and World War II, Victory Gardens were used to prevent food shortages. There were 20 million Victory Gardens in the United States at their peak. Food shortages have not gone away, affecting the very young to the elderly. To learn more about the Victory Garden 3.0 program and to get involved, visit www.mymarbiz/victory-garden-3

Keeping up with technology



Province Information Technology (IT) Assistant Ian Kidwell taught Sr. Virginia Gordon how to use the Windows 10 operating system last month and helped her log into software applications with the new system. Sr. Virginia's thumbs up salute seems to indicate that the training was successful.



Please submit your photos and stories for the November issue of *Items of Interest* by October 21. In the subject line please state "Items of Interest." Send your news items to jmcdermott@gspmna.org.

COMMUNITY LIFE



ZEAL

Apple Days at St. Joseph Residence

By Andrea Roper, Activities Director, St. Joseph Residence

The St. Joseph Residence Community celebrated "Apple Days" in September. It began on a crisp Tuesday morning, with Sisters learning about growing and harvesting apples. They learned that there are 10,000 apple varieties. They participated in apple trivia and listened to the legend of Johnny Appleseed. Sisters and Staff compiled a list of all the apple food items we could think of while being presented with nine types of apples. While doing this, we discussed the shape, color and flavor of apples and the best way to enjoy them.

In the afternoon we sampled the varieties of apples that we had discussed in the morning. After tasting all nine types of apples, each Sister talked about the apple flavor that she liked best.

Sr. Jane said, "I like any apple as a snack." Sr. Joan said she liked the "honey crisp" best. Sr. Laetitia liked "the tart granny smith," and Sr. Mary Nora said that she "liked them all."

On Wednesday morning, after our vigorous exercise routine, we played "Wheel of Fortune – Apple Edition." Each puzzle was based on the topic

of apples. In the afternoon we treated Sisters to apple snacks. They enjoyed apples and cheese, apples and peanut butter, apple caramel Greek yogurt, apple scones, apple cider donuts, and apple fritters. To wash it all down we drank apple cider.

Thursday morning we ventured into the kitchen to prepare Waldorf salad. Sr. Jane peeled and chopped apples. Srs. Nora and Laetitia chopped celery and Sr. Laetitia vigorously chopped pecans and measured raisins. We mixed all the ingredients together to make a delicious and nutritious salad to be served at the noon meal.

Apples are high in fiber and a good source of Vitamin C. Local grocery stores usually offer customers nine varieties of apple that are all grown in Washington state, the leading apple producer in the U.S. Apples are shipped all around the world from the state of Washington.

Can you recall any apple sayings?
"An apple a day keeps the doctor away."

"The apple of my eye."

"As American as apple pie."

"Don't sit under the apple tree with anyone else but me."

"An apple for the teacher."

"One bad apple spoils the whole bunch."

"Don't upset the apple cart."

Apples Days was a wonderful way to usher in the fall season and (we hope!) cooler temperatures. From the Sisters in St. Joseph Residence, we wish you all a very happy fall!



Johnny Appleseed

During Apple Days at St. Joseph Residence, Sisters listened to a folk tale about the legendary hero Johnny Appleseed, who really did exist. His real name was John Chapman, and he was born in Massachusetts in 1774. Chapman's dream was to produce so many apples that no one would ever go hungry. He always carried a leather bag filled with apple seeds, which earned him the name "Johnny Appleseed." Among Chapman's eccentricities were wearing threadbare clothes, going barefoot and setting a tin utensil on his head that served as both a hat and mush pot. He was a staunch believer in animal rights and denounced cruelty towards all living things, including insects. Johnny led a simple life filled with purpose. He was also very religious. His favorite book was his Bible.



St. Joseph Residence Community learned a lot about apples in September.

GREEN CORNER



ZEAL



Wildflowers *Cont'd from p. 1*



Ferguson and Hazelwood, and the Stream Team from St. Ann School in Normandy came to help. Adults from the local community joined children in the effort to plant 180 native wildflowers. The plantings were a Good Shepherd response to Pope Francis' call to environmental stewardship.

"It was great to be able to create a project where the Sisters and public could put creation care into practice on the convent campus," said Monte Abbott, Province Director of Operations. Monte organized the wildflower project and coordinated volunteers the day of the plantings.

Sr. Sharon O'Grady said she was especially grateful to see children so in love with nature and to meet the adults in their lives who are



instilling in them a passion for the care of creation.

"The children were so respectful of nature. They took such care not to hurt any of the worms and grubs they found while digging holes for their plants," Sr. Sharon said.

Nine-year-old Kendall, a Junior Girl Scout, said, "I came to plant flowers to give all of the animals something to eat. Plants give us life. If we didn't have plants we wouldn't be able to breathe and animals wouldn't have anything to eat."

Kendall's friend Raven said, "I like getting my hands dirty for nature because I love nature. Nature is beautiful and makes me feel happy."

Province Leader Sr. Madeleine Munday said, "The kids who live in the neighborhood will drive by and see what they created by planting with Good Shepherd. They will see and enjoy the butterflies for the rest of their lives."

After planting the wildflowers, children and adults went on a tour of local garden sites. Monte led the Eco Tour. The tour and convent plantings launched a full day of festival activities on Natural Bridge Road in Normandy. *See related story about the festival on page 3.*



Season of Creation inspires culinary delights

The Season of Creation inspired kitchen creations at the Province Center in September. Motivated by the mantra to Care for Creation, Sr. Monica Duong made eclairs that were shaped like swans for Sisters who gathered in St. Louis for Integration Team meetings. She made Moon Cakes to celebrate the full moon. The Season of Creation began on September 1 (World Day of Prayer for Creation) and ends on October 4 (Feast of St. Francis and Blessing of the Animals).

ACROSS BORDERS



ZEAL



Let us meet each other with a smile

By Olga Cristobal, RGS

Five Good Shepherd Sisters attended the canonization of Mother Teresa at the Vatican on September 4, 2016. I took a flight from Tirana, Albania, to attend.

Mother Teresa was born into an ethnic Albanian family in Skopje, Ottoman Empire (now the capital of the Republic of Macedonia). Various celebrations for her sainthood took place in parishes throughout Albania, Kosovo and Macedonia.

I wanted to be in Rome for the celebration so that I could represent our Good Shepherd Sisters from Albania and show solidarity to the Missionaries of Charity Sisters in Albania. I usually attend Mass in their convent when there are no morning Masses in the Parish. I also wanted to be in Rome for the historic event so that I could reconnect with Sisters I know at the Generalate - Gemma and Yolly. The three of us had a joyful and enriching reunion.

The poor were present

I had admired Mother Teresa's simplicity of life and her daringness and courage to recognize God in the presence of the poorest of the poor. I was touched to see many poor people present at the Vatican. Like St. Mary Euphrasia, Mother Teresa respected every person she met and upheld the dignity of even the poorest and most marginalized.

I resonated with what Pope Francis said about her at the canonization. He said, "Mother Teresa loved to say: 'Perhaps, I don't speak their language, but I can smile.'"

This is what I do with the people in my mission in Albania. Some call me "the smiling face sister." The



From left: Sisters Olga Cristobal, Yolanda Borbon and Gemma Dinglasan at the Vatican for the canonization of Mother Teresa.

Holy Father went on to say in his homily: "Let us carry her smile in our hearts and give it to those whom we meet along our journey, especially those who suffer."

Perhaps you watched in the news the many people who attended. We arrived at 7 a.m. for Mass, which began at 10:15 am. Some people from bus tours were there as early as 4 a.m. The liturgy lasted two hours.

I was happy to be present at the ceremony and to be among the thousands of attendees from all over the world. It was a chance for me to see the Holy Father again. I would like to summarize with a quote from Saint Mother Teresa:

"Let us always meet each other with a smile, for the smile is the beginning of love."

Mother Teresa was born in 1910. She went to India in 1929 as a Sister of Loreto and became an Indian citizen in 1947. She founded the Missionaries of Charity in 1950. Shortly after she died in 1997, St. John Paul II waived the usual five-year waiting period and allowed the opening of the process to declare her sainthood. She was beatified in 2003. Pope Francis declared Blessed Teresa of Calcutta a saint on September 4, 2016, before a throng of thousands. The date chosen for her canonization was the eve of the 19th anniversary of her death and the date the Vatican had previously set to conclude the Year of Mercy. Saint Teresa of Calcutta is considered to be one of the greatest humanitarians of the 20th century.

MISSION ISSUES

2016 International Day of the Girl Child

October 11 marks the International Day of the Girl Child, an international observance day declared by the United Nations. Day of the Girl recognizes the empowerment of and investment in girls as being critical for economic growth. This year's theme focuses on adolescent girls and the Sustainable Development Goals, which set a range of international targets to be achieved by 2030, including gender equality and the eradication of poverty.

UN Secretary-General Ban Ki-Moon said, "The newly adopted Sustainable Development goals offer an opportunity for a global commitment to breaking intergenerational transmission of poverty, violence, exclusion and discrimination — and realizing our vision of a life of dignity for all."

Empowerment hindered

The world's 1.1 billion girls are part of a large and vibrant global generation poised to take on the future. While girls hold the potential to become leaders and affect change, their empowerment is often hindered by unwanted pregnancy and forced early marriage. Worldwide, more than 700 million girls are forced into marriage. More than one in three (some 250 million) are married before age 15.



Child brides are often unable to effectively negotiate safe sex, leaving them vulnerable to sexually transmitted infections and unwanted pregnancy.

Across the globe girls are also denied or given limited access to higher education and reproductive health services. Gender-based violence plagues them. An adolescent girl dies somewhere in the world every 10 minutes from gender-based violence.

The International Day of the Girl Child has an explicit focus on collecting and analyzing girl-focused, girl-relevant data. The intent is to measure and understand the opportunities and challenges that girls face, and to identify and track progress towards solutions to their most pressing problems. Learn more at <http://www.un.org/en/events/girlchild/>



October is Domestic Violence Awareness Month

Domestic violence thrives when we are silent. Taking a stand and working together can end it. Throughout the month of October, people around the world will raise awareness about domestic violence and join efforts to end it. Visit <http://nnedv.org/getinvolved/dvam.html> and learn what you can do to get involved.

LEADERSHIP TRAVEL

ZEAL

NAME	DATES	LOCATION
Sr. Sharon Rose Authorson	No travel	No travel
Sr. Jean Marie Fernandez	Oct 1-3 Oct 4-7 Oct 19-21 Oct 21-23 Oct 24 Oct 25-31	PLT meeting, St. Louis Communicators for Women Religious, Indianapolis Retreat with CGS, Connecticut Assembly Province of NY/Toronto, New York Apostolic Council & PLT meeting, St. Louis Convocation NRVC, Kansas City
Sr. Beverly Hedgecoth	Oct 9-15	Retreat
Sr. Maureen Johnson	No travel	No travel
Sr. Dolores Kalina	Oct 1-3 Oct 11-20 Oct 24	Secretary work, St. Louis NAC Board meeting & visit with Sisters, Silver Spring and Baltimore Apostolic Council & PLT meeting, St. Louis
Sr. Maureen Kunz	Oct 2-10 Oct 17-21 Oct 22-25	Vacation LCWR, Yakima, Washington Apostolic Council & PLT meeting, St. Louis
Sr. Marie Maurer	No travel	No travel
Sr. Mary Carolyn McQuaid	Oct 1 Oct 8-10 Oct 17-19 Oct 25-27 Oct 28-30	PLT meeting, St. Louis Good Shepherd Shelter Gala, Los Angeles Generalate Investment Commission, Boutwells Landing LCWR Region X Meeting, St. Louis Catholic Leadership Symposium, Indianapolis
Sr. Madeleine Munday	Oct 1 Oct 9-11 Oct 12-13 Oct 13-15 Oct 19 Oct 20 Oct 24 Oct 25-26 Oct 27 Oct 31	PLT meeting, St. Louis Good Shepherd Shelter Gala, Los Angeles DeNeuville Learning Center Board Meeting, Memphis NAC Board meeting & visit with Sisters, Silver Spring and Baltimore GSMP Shepherds of Peace fundraiser, Philadelphia Good Shepherd Shelter Board meeting, Los Angeles Apostolic Council & PLT meeting, St. Louis LCWR Region X Fall Meeting, St Louis Catholic Charities annual board meeting, Chicago Annual meeting of Missouri Bishops & major superiors, St. Louis

PROVINCE CONTACT

ZEAL



"Sentiments of gratitude give birth to great and noble thoughts."

Saint Mary Euphrasia

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ITEMS OF INTEREST

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