



ASSOCIATING *News*

PHJC ASSOCIATE COMMUNITY NEWSLETTER

Winter 2011

Companions on the Journey Retreat 2011

By Donna Sikorski, Director of the Associate Community



Each candidate was asked to choose a rock after which those in attendance prayed for that individual. The rocks along with a photo of Blessed Catherine Kasper were sent home with the candidates filled with prayers.

Thirty-two attended this year's Companions on the Journey retreat. This included eleven candidates, 18 Associates and three Sisters. The weekend began with a prayer followed by some introductions. During this time the candidates told us a bit about themselves and how they became interested in the Associate Community. It was very inspiring to hear the stories of the growing faith from every candidate. Each story was a little different, but they all had something in common – the Charism of Catherine was already clearly alive and developing within each one of them.

Following the inspiring introductions of not only the candidates, but all in attendance, Sister Virginia Kampwerth came forward to talk about Blessed Catherine Kasper and the history of the Poor Handmaids. We then reviewed the history of the Associate Community and shared a little about the Fiat Spiritus Community by reading their mission statement. We focused on how each of us is called to live out the charism of Catherine in our own unique way. The three expressions of Catherine, being complementary to one another, compose the Spiritual Family of Catherine.

Friday evening wrapped up with a fun story written by Sister Virginia which revolved around the arrival of the first eight Poor Handmaid Sisters at Hessen Cassel, Indiana in the United States. It ended the evening with a few laughs!

Saturday was a full day. The theme of the day was forms of the word "present"; being present to God, the gifts or presents God has given us and being present to others whose lives we touch. There were three sessions, small group discussions, a tour of the Ancilla Domini Chapel, some free time to ponder and the celebration of the Mass.

The initial session, "Silence and Being Present to God," was facilitated by Core Team members from the East Three Region, Jeanne Boomershine and Barb Lowry. The focus was on silencing oneself in order to be attentive to God working in you. Jeanne shared her personal experiences using silence to "be" with God and feeling his "presence." Barb read a wonderful prayer from Joan Chittister which explained how silence prepares us to hear God and regular periods of silence comfort, heal and restore us to ourselves. Silence can prepare us for prayer and give us new energy for life. It brings us to the calm center of the spiritual self. The session also included five minutes of silence to demonstrate the power of this practice and ended with a lovely song.

The following session was facilitated by Sister Kathleen Quinn and was entitled "God's Gifts to You/Your Challenges to Fulfill." Sister Kathleen was articulate as she wove gospel readings with maxims of Catherine Kasper into her talk about the gifts or "presents" we receive from God and our responsibility to use those gifts. She spoke

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Quincy area Associates and Sister Florence chat with their candidate.

in her lifetime. Sister Kathleen closed the session with a very moving song “How Can Anyone” which left us all speechless.



Sister Kathleen Quinn pictured during her presentation entitled “God’s Gifts to You/Your Challenges to Fulfill.”

61 bright and beautiful baroque-style stained glass windows to the shades of grey on the pillars and walls. The main altar with the depiction of the Blessed Virgin as the First Handmaid of the Lord was a focal point of the tour. Some participants of the retreat remained in the chapel for a time and others used the next hour or so to walk and pray outside and enjoy the beautiful fall afternoon in Donaldson.

We reconvened for a final session focusing on being “present” to one another, both physically and in spirit, as we listen to God gently nudge us to help our neighbors in need. We spoke of our community of Associates and how we are “present” to one another both from a distance and in person, encouraging,

of the Spirituality of Blessed Catherine using her as an example of one who used the gifts she was given to accomplish a great deal

Following our lunch, Sister Marguerite Niesen took us on a tour of the main chapel in the Motherhouse. Sister Marguerite is very experienced in talking about the chapel. She shared that it was dedicated in 1923 and much of the artwork in the chapel was done by the master artists of the DaPrato Studio in Chicago. She explained everything from the

supporting and standing by one another, particularly when in need. An article from the “National Catholic Reporter” was shared in which lay associates are described as becoming more and more active in keeping the charisms and spirituality of religious orders vibrant. It is now believed there are over 50,000 lay associates in North American countries affiliated with various religious orders. We are indeed part of something much bigger; bigger in the sense of the Family of Catherine and also bigger in the union of all lay associates.

As the retreat drew to a close, the candidates were each presented with a framed photo of Blessed Catherine Kasper, a certificate and a rock which had been chosen by them the previous day. The retreat participants had all spent time holding the rocks and pouring into them prayers specifically for each of the candidates. The eleven candidates were encouraged to spend two weeks of discernment feeling the power of those prayers. They are then asked to respond in writing regarding their decision to become an Associate. The retreat closed with a beautiful Mass. Many hugs were shared as we parted with friendships begun, renewed and intensified. Plans for First Commitments will begin shortly.

Do you know anyone who is longing to grow spiritually? Do you feel the Spirit of Catherine in others you meet? If there is someone who you feel would be a good candidate, contact them. Explain what being an Associate means to you and ask if they might be interested in more information. I would be happy to send them a packet. If you feel God nudging you to reach out to someone, do so, perhaps it is just what they need. It would be wonderful to have another large group of candidates next year!



Candidates accept their certificates at the close of the retreat weekend.

In Memory of Our Sister



Sister Carmeline Parisi, 99, passed away Monday, August 29, 2011 in the Catherine Kasper Home.

Sister Carmeline entered the Poor Handmaids of Jesus Christ on June 21, 1928. Her life ministries included child care at the Villa in Ft. Wayne, Indiana; Angel Guardian

Orphanage in Chicago, Illinois; St. John's Orphanage in Belleville, Illinois and abroad in Cambodia as well as in healthcare at Catherine Kasper Home, Loretto Hospital in New Ulm, Minnesota and St. Catherine Hospital in East Chicago, Indiana.

She was preceded in death by a sister, Madeline, and two brothers; Dominic and her twin Carmel. Many nieces and nephews survive.

Visitation was held at the Catherine Kasper Home Chapel where the Mass of Christian Burial was also held. She was buried at Mt. Carmel Cemetery in Donaldson.

May Sister Carmeline rest in peace.

Merry Christmas !

The Staff of the Associate Office extends to all members of the Spiritual Family of Catherine, their friends and family a special Merry Christmas. May the joy of the season surround you and your loved ones.

As you celebrate the birth of our Lord Jesus Christ, may you be grateful for all that God has bestowed upon you.

May peace reign in your hearts and overflow to all those you come in contact with in your daily lives.

May 2012 be filled with love, joy, peace, good health and good will to each of you and your loved ones.

Merry Christmas and Happy New Year!

Donna Sikorski and Jan Macey



ASSOCIATING News

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E-mail dsikorski@poorhandmaids.org
Phone 574-936-9936 Ext. 733
Website www.poorhandmaids.org/associates
Address Associate Community Office
P.O. Box 1
Donaldson, IN 46513

The 2012 Calendar and Directory is enclosed in the winter Associate Community mailing. Please check your listing (including birthday) and notify the Associate Office immediately if there is an error in your listing.

Gay Fiwek Inspires Associates During Gathering X

By Donna Sikorski, Director of the Associate Community



Gayle Fiwek, former Director of the Associate Community

Many may have wondered when they heard the title of this year's Gathering "4-C Our Future – Walking in Catherine's Shoes" just what it would be about. The 82 who attended Gathering X learned that the 4 – C's referred to our charism, core values, community and commitment.

Gayle Fiwek, former director of the Associate Community, was eloquent as she worked her way through talking about those 4 – C's. Many walked away having experienced an "aha moment" or two when she spoke of the way our community has developed into something much more than a partnership or program, into a community of faith-filled individuals brought together by a common bond – that bond being the charism of our foundress, Blessed Catherine Kasper.

The day began with many greetings and hugs among Associates, Candidates, Sisters and Fiat Spiritus Community members. The mood was a positive one as we slowly quieted to begin with a beautiful meditation delivered by Sister Virginia Kampwerth. Once a

few pesky microphone issues were resolved, we were able to focus on Gay's initial session regarding charism and commitment. Gay defined charism using the dictionary of Catholic terms as "A specific gift or grace of the Holy Spirit which directly or indirectly benefits the Church, given in order to help a person live out the Christian life, or to serve the common good in building up the Church." She went on to explain NACAR refers to charism as "a gift of the Holy Spirit given for the sake of the Church and the world. Through charism the Associate and Religious communities claim a particular spirit that forms the heart, identity and mission of their relationship based on the spirit and vision of the founder/foundress." The charism of Catherine is alive within each one of us as we follow in her footsteps, living in our own lives as the Spirit leads us.

The following session was a high point for many. We invited a representative from each region present to come forward to discuss how our core values are lived out in various ways within their region. Examples of Associates being open to the Spirit and showing dignity and respect for all were shared. It was inspiring to hear of Associates who are willing to get out of their own comfort zone and reach out to those less fortunate and in need, they clearly have the charism of Catherine. It is also noteworthy that they do all this with quiet simplicity and without the expectation of anything in return. You could almost hear Catherine speaking through our panel as so many of the deeds of Associates mentioned were reminiscent of her own efforts. Those on the Core Team also spoke of how much that role has enhanced their life as an Associate and helped them grow spiritually. Those in attendance also shared a few comments about the leadership of those members of the Core Team who served on the panel; again it was clear that Catherine's charism was a part of them.

A wonderful catered lunch was inserted into our day along with the recognition of our Associate anniversaries. We applauded seven Associates celebrating 5 years, two celebrating 10 years, six celebrating 15 years, six celebrating 20 years and five



Alice Kerkemeyer (left) and Sister Virginia greet one another.



Interesting table discussions were a part of the day.

(Gayle Fiwek Inspires Associates During Gathering X, continued on page 5)

(Gayle Fiwek Inspires Associates During Gathering X, continued from page 4)

Associates celebrating 25 years in our community! We were pleased to have many of those celebrating these anniversaries present with us at the Gathering.

Following lunch, Gay again took to the podium and at this time spoke about Community. She shared some of the history of the Associate Community and expressed with much fervor our need to continue to grow and develop in the years to come. She explained that the charism needs to be a part of us and that in inviting others into the community we should look for that charism already in them waiting to be awakened. She quoted Joan Chittister in saying "The function of community is to sustain us in our weaknesses, model for us the ultimate of our ideals, carry us to the next level of spiritual growth even when we are unaware that we need it, and give us a strength beyond ourselves with which to attain it." Gay also stated that sometimes our community just is not a good fit for someone. One should not feel badly or disappointed if someone we mentor chooses not to become an Associate, it simply is not for everyone.

Some time was spent discussing questions within our tables and then thoughts were shared with the entire group. All seemed to agree that becoming an Associate is more like a calling and it is very different from joining another organization or group. Gay, in her presentation, also explained that you shouldn't become an Associate just because you are friends with someone who is also an Associate, but that it needs to be something that is deep within you. It is a call from God and by following that call, and in community, we will grow in faith. Gay quoted Living God's Justice

which states "When we form a Christian community, we come together not because of similar experiences, knowledge, problems, color, or sex, but because we have been called together by the same Lord."

Gay concluded the day with listing some opportunities for ongoing formation which include; the Gatherings, regional meetings, retreats, mentoring a candidate, attending Companions on the Journey Retreats and attending conferences and workshops. It is important that we do not become stagnant in our faith, but continually grow and evolve both personally and as a community. The Gathering concluded with Mass celebrated by Father Ed Konerman, SJ.

All seemed to agree it was a very meaningful day filled with faith and community. A special thanks to our wonderful speaker for the day, Gay Fiwek. It was apparent that she spent many hours preparing for the day. Her willingness to do so and dedication to the Associate Community is an example of her commitment to walk in Catherine's shoes.



Gay moderates the panel discussion.



Apple Dumplings Are Back

East Three Associates were back in the kitchen again this year preparing over 400 apple dumplings for sale. Several Associates, Sisters and even a few candidates assisted in making and selling the yummy dumplings this fall. Many wait in anxious anticipation of the yearly sale. The region uses the funds they raise to help support various local charities.



Where Catherine Once Walked — A Pilgrimage Remembered

By Donna Sikorski, Director of the Associate Community



Our first glimpse of the Heilborn was a very moving experience.

Walking in Catherine's homeland was a very moving experience for the 23 people from the United States who traveled to Germany in October. The trip was exhilarating and taught us much about Blessed Catherine and about the German people. For many of us it was very emotional. Libby Riggs stated "going to the Heilborn was the most moving" part of the trip. Nancy stated how "nice it was to stay in one hotel" and not have to pack up and keep moving around. Fred, a World War II veteran who had been stationed in Germany stated "you don't realize what these places were like, just rubble. These people have made one amazing return after WWII – this country has done so much to rebuild." This was Fred's first trip back since the war. Sister Christiane Humpert stated that the United States was a big part of that rebuilding. Barb shared "I was here nine years ago and always wanted to come back. This trip was so wonderful! I loved the Netherlands." Gloria stated "I hesitated at first (to come) but it was wonderful...so many interesting places." Charles stated Sisters Mary Jo Shingler and Christiane "did a super job" organizing and being our tour guides. The accolades went on and on as we all were amazed at the other side of two PHJC Sisters, one German and one American, who had accomplished much in their ministries, turn into tour guides. Both Sisters admitted they had given thought at one time to being a tour guide and it was apparent they would have been very successful.

The sights were so numerous and varied it is hard to know where to begin. Perhaps the most important part of the trip would be the best place to start.

Dernbach, the hometown of Blessed Catherine Kasper, the Heilborn and the PHJC Motherhouse.



We spent our first day in Germany in Dernbach. This was the main focus of the Pilgrimage – to visit the homeland of Blessed Catherine and walk where she walked. It was overwhelming to think we were actually walking down the same streets Catherine once walked. We experienced a warm welcome at the Motherhouse. Our "tour guides" took us through the chapel where we looked at the artwork and the shrine of Blessed Catherine. Her remains are kept at the altar in the Motherhouse which was in itself awesome. Following lunch at the Motherhouse, we took a short walk to the cemetery. Sister Christiane shared some interesting information about burial traditions in Germany and many of the Sister's graves were pointed out. We then walked as Catherine often did down the road to the Heilborn Chapel, chatting as we walked. From a distance we saw the large Linden tree that was now a part of the 300 year old chapel and the water pump off to its side. Once near the Heilborn voices quieted, we all felt we were suddenly in a holy place. Only the buzz of the autobahn could be heard in the distance – here there was a sacred silence. As we walked into the chapel we were in awe. This was the place where Catherine herself often prayed. Many plaques of thanksgiving to the Blessed Virgin and to Blessed Catherine Kasper were attached to the walls. This chapel, although it would be the smallest we would visit, was the most inspiring. Even though we were physically freezing (the weather had turned colder and rainy by now), our spirits were warmed with the spirit of Catherine and we felt like remaining there in silence. Many of us stopped at the water pump outside to touch the sacred water. We felt blessed to be in this hallowed place. Following the walk back, waiting for us at the Motherhouse, were hot teas and coffee along with some tasty treats. The hospitality known so well as a hallmark of the Poor Handmaids was clearly also here at the root of the congregation. One would think this was a full day, but our tour guides also took us on to the Parish Church in Wirges. Here we met the parish priest who took us through his beautiful church which included a shrine to Blessed Catherine. We then moved on to the first of many wonderful meals before retiring to our hotel. It had been an exhausting, yet amazing, day.

Most of us had slept very little on the plane and had been up nearly 30 hours; we were ready to retire.

Day two also proved to be an interesting one. This day we began with a trip to Limburg where we celebrated Mass followed by a tour of the cathedral. The cathedral was beautiful with its high columns and stained glass windows. Our tour guide was a Sister who was very knowledgeable of the impressive cathedral. Construction of the cathedral began in about 1200. Sister pointed out the seven spires, which are representative of the seven sacraments. A highlight of this tour was going to the second level of the Cathedral which is generally closed to the public. While up on this level we were able to see paintings from long ago and Sister instructed us to sing a song we all knew. From our towering vantage point the 25 voices sang out “Glory and Praise to Our God” and we marveled at the sound throughout the otherwise mostly vacant church. The echo of our voices lasted a full seven seconds after we stopped singing. It was beautiful. Following the tour we walked the streets of Limburg and were able to go into a few little shops along the way. In the afternoon we visited a pottery shop which is typical for the Westerwald area. We had a tour of the shop and were amazed at the craftsmanship.

The following day was a treat as well. We left for Cologne via the autobahn. Cologne was a favorite of our tour guide, Sister Christiane because it is where she had grown up. The Cologne Cathedral was massive! It was built beginning in the 13th century. During World War II, 93% of Cologne was destroyed, but yet the Cathedral was left standing. It is one of the largest cathedrals in the world with a height of 515 feet, length of 474 feet and width of 284 feet. The Cologne Cathedral is also where the relics of the Three Kings are said to be kept. They are in a solid gold shrine surrounded by bullet proof glass. The Three Kings are the patron saints of Cologne. The Cathedral is Germany’s most visited site attracting an average of 20,000 people a day. We walked around Cologne a bit following our tour of the Cathedral and were able to see ruins of ancient times. This area is so rich in antiquity that often as a new foundation is dug, the excavators come up with archaeological finds. We witnessed them working on the ruins as we walked through the areas adjacent to the Cathedral. After lunch in Cologne we went to Dusseldorf to view a monument depicting Blessed Catherine Kasper helping a worker. It was yet another impressive sight as Sister Christiane pointed out the meaning of each

section of the monument. This depiction made clear the core value of dignity and respect for all. The German people also certainly recognized the gift Catherine shared with all in need.

Day four began with breakfast at our hotel, which by now became quite comfortable and routine. We boarded the bus for our tour of the city of Aachen and visit to the famous Carolingian Basilica and Cathedral Treasury. The Cathedral’s construction was begun in the year 792. It is often referred to as the “Imperial Cathedral” and is the



Marksburg Castle

oldest cathedral in northern Europe. This amazing church houses four very significant relics. The veil of the Blessed Virgin Mary, the swaddling clothes of the baby Jesus, the loincloth of Christ and the cloth of John the Baptist. They are kept inside of the Shrine of the Virgin Mary and only taken out once every seven years. Also in the huge cathedral is throne of Charlemagne as well as a shrine containing his human remains. Following our time in Aachen we traveled to the Netherlands. Our first stop was the Netherlands American Cemetery and Memorial. Here 8,301 headstones and perfectly aligned crosses stand as a chilling reminder of the many Americans who died fighting for freedom during World War II. It was indeed a sobering experience. We then moved on to the Regional House of the Sisters in Geleen, where we were warmly welcomed. We chatted with the Sisters and even learned a little about the Associate Community there in the Netherlands from Sister Benedicta who is their Associate Director. Sister Ignatia and Sister Hermana spoke about the Catholic Church in the Netherlands and the ministry of some of the Sisters there. Time flew by and, although it was important for us to move on to our next stop, it was hard to leave the warmth of the Dutch Sisters. Our final stop in the Netherlands was just a short distance from the Sisters home where we viewed the monument to Sister Aloysia Lowenfels PHJC. Sister Aloysia was just 27 years old when she was taken by

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the Nazi soldiers in September of 1942 from the very spot we stood. She died along with others of Jewish decent at Auschwitz just a week later. This day included many important reminders of the ravages of war.

The next day we spent in Frankfort. Here we were able to see the Frankfurt Cathedral in the morning and the Saalburg in the afternoon. The cathedral was quite different than others we had visited and we were happy to have a priest as our guide. He explained that Saint Bartholomew was the patron of Frankfurt and this cathedral. We walked around the city of Frankfurt and Sister Christine pointed out some interesting landmarks. Following lunch it was time to move on to the next part of our day, a trip to the Saalburg fort. This fort was reconstructed on the site where from the end of the 1st century AD, and for about 160 years, was the frontier between Rome's Empire and the Germanic tribal territories. It painted a picture of what life was like in Roman times and included many displays and models from that era.

The next day was Sunday and we were able to attend Mass at Kiedrich. Both the music and language added to the solemnity of this Mass. The Mass itself was, interestingly, in Latin and the church had an outstanding choral group. Following Mass, we were taken to the Eberbach Abbey which is a former Cistercian monastery. It is a significant architectural heritage site and the only fully preserved, medieval Abbey building complex in Germany. Our wonderful guide for the tour of the Abbey spoke perfect English since she was from Wisconsin! As we walked through the many buildings and heard the story of how the monks once lived there, we were amazed at their dedication and faith. Total self denial ruled their lives which consisted almost solely of work and prayer. Their work initially revolved around copying books and working in the gardens. Once the printing press was invented the need to copy books became unnecessary, so in order to continue to support themselves, making wine became their business. There were at one time 200 monks and 500 lay brothers living there but in 1803 the last of the monks left. Today it is owned by the city and again is known for their wine making. In addition to seeing where the monks slept, worked and prayed, our tour included viewing the ancient wine presses and concluded with a wine tasting. Following a wonderful lunch in

the Abbey's restaurant, we traveled to the shrine of Saint Hildegard of Bingen, yet another awesome and inspiring place. Saint Hildegard is one of the most prominent and fascinating figures in German history. She taught the importance of God's creation and our need to have a personal relationship with Jesus.

The end of our time in Germany was approaching. But Sisters Christiane and Mary Jo had two more amazing days planned for us. First, we visited Marksburg Castle on the Rhine. It is the only medieval castle in the Rhine Valley which has never been destroyed. The view from atop the hill where the castle stands was breathtaking. When we began our tour we were still more amazed. It was indeed a challenge to walk through the steep stairways and tiny passages. The castle itself had its beginnings in the 12th century and each room we toured had a specific purpose and was decorated with furnishings from the era. The castle also housed a collection of cannons and had a display of replicated armor from as early as 600 BC. Following our enlightening tour we embarked on the journey down to the town that sat at the bottom of the hill. It was a challenging walk but we were rewarded with a wonderful lunch at yet another unique restaurant that Sister Christiane had arranged for us. This may sound like a full day, and generally would have been, but our day continued as we were treated to a boat ride on the Rhine River to the city of Koblenz. There we spent the remainder of the afternoon walking and shopping and getting a feel for the German city.

Our final day in Germany began in a typical Westerwald town where we enjoyed a chilly tour of the city and a little more time to shop. Finally, we left for our last stop and fittingly, it was to Dernbach for another visit to the Motherhouse, a return trip to the wonderful Heilborn, tour of the Mother Mary museum and the celebration of the Mass with the German Sisters. The first and last days acted as matching bookends on our pilgrimage with many interesting stories held between them. The bookends themselves, however, were actually the focal point of the entire trip.

The one place we all wanted to return to was the Heilborn. Here again we were in awe as we approached the chapel. Several of us filled containers from the well with sacred water to tuck into our suitcases and

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(Where Catherine Once Walked – A Pilgrimage Remembered, continued from page 8)

bring back home. The ripples of these sacred waters had been felt in our country for a long time and would now be with us in yet another form. We then returned to the Motherhouse to spend time in the museum. Again it was an emotional moment when we walked over to gaze upon the shoes, rosary, bed and other belongings of Blessed Catherine. We also spent time wandering through displays about the history of the Poor Handmaids as well as the multitude of ministries with which they are now involved in many distant places. Our amazing experience concluded with dinner at the Motherhouse where we all were able to process some of what we had seen and done. Many thanks were pronounced to our excellent tour guides Sisters Christiane and Mary Jo. We couldn't have hoped for a better organized trip. Soon we were returning to the hotel for our final night before returning home. We all felt very blessed to have had one another to share this awesome experience. It was an amazing trip filled with unique and interesting sights and sounds. We learned much about Germany from the Roman times to the present. We became more in tune with the roots of our foundress, Blessed Catherine Kasper, and being where she actually lived and worked helped us to feel even more connected to her.

I have written above about many wonderful sights from our pilgrimage, but our trip was more than these ramblings can explain. It was so much more than the sights and sounds of the places we visited. It was a spiritual journey, an experience that won't be forgotten and can never really be replicated. When you embark on a spiritual journey, you return forever changed. This was certainly the case for those of us who had the opportunity to journey together where Catherine once walked.



Pilgrims in Germany – look for many more photos in the next Associating News!



Mark your calendar!

ASSOCIATE COMMUNITY 2012 UPCOMING EVENTS

- | | |
|---------------|--|
| March 10 | Spring Core Team Meeting |
| June 1-3 | NACAR Conference
in Chicago, Illinois |
| July 14 | Summer Core Team Meeting |
| October 12-13 | Companions on the Journey
Retreat |
| November 10 | Fall Core Team Meeting |

Please note: Joyce Rupp will be the Keynote Speaker for the 2012 NACAR International Conference in Chicago. Sister Joyce, a member of the Servite (Servants of Mary) Community, is a well-known writer, retreat director and conference speaker. Among the twenty plus books she has authored are the best-sellers *The Cup of Our Life*, *May I Have This Dance?* and *Inviting God In*. This is a wonderful opportunity and, for many of us, not too far from home. If you would like more information on the conference, go to the NACAR website www.NACAR.org or contact the Associate office. With our membership in NACAR we are able to purchase a limited number of tickets at a discounted rate. This will be a popular event and tickets will probably go quickly. Contact Donna if you are interested.



Rose Gibson – Excellence Personified!



Rose Gibson

Rose Gibson, Associate from the East One Region, was recently awarded the Quest for Excellence Award from her employer, American Senior Communities. Rose was recognized for her positive attitude, pride in her work and excellent performance record. Most of all she is recognized for her compassionate care of the residents of Summit City Nursing and Rehabilitation.

Rose has worked for Summit City since 1986. She began her employment in the nursing department and then transferred to housekeeping and laundry in 1998. Personal laundry is her specialty and she will attempt to remove any stain in any item presented to her. Many residents ask specifically for Rose when in need. She is known for her delivery of laundry while merrily singing and always takes time to talk to the residents, particularly those in the Alzheimer's unit.

Over the years Rose has assisted in many activities at the nursing home including the Mothers' Day Tea. She often helps the residents with arts and crafts

activities and knows how to cheer up staff, as well as residents. She loves her job and takes pride in her work. She has even initiated a Bible study which she facilitates for some of the residents in the facility where she works. The residents all love her.

In a letter from her employer, Ronald Reagan was quoted as saying "You learn to live when you learn to serve" and Rose was congratulated at having accomplished both great service and great success.

Rose has been an Associate since 2003. She truly lives her faith. In addition to her ministry at the nursing facility, she is very involved with her family and is a member of St. Therese Church in Fort Wayne. Every other month, when her region collects food for St. Therese's food bank, she delivers it to the church for them. She is an example to all of us as we try to walk in the footsteps of Blessed Mary Catherine Kasper. The core values of Openness to the Spirit, Community, Simplicity and Dignity and Respect for all are personified in Rose.

Congratulations Rose on being the awarded the American Senior Communities Quest for Excellence award for 2011.

Someone You Should Know – Mary Seymour, North Region Associate



Mary Seymour

Mary Seymour recently celebrated her 20th anniversary as an Associate. Mary has lived at Mayslake in Oak Brook, Illinois for six years and is a very active member of our North Region. She states her connection with the Poor Handmaids goes back quite a bit farther than 20 years. She was born in St. Elizabeth Hospital 93 years ago! She

states she likes to tell the Sisters they brought her into this world and they will take her out. As an only child, Mary says she always heard her mother speak highly of the Poor Handmaids of Jesus Christ. She would tell her "they were so great with your father

when he was ill." Mary enjoys coming to Donaldson and finds contentment and happiness when she does.

Mary has one daughter, four grandchildren and one great granddaughter. In addition to being an Associate, she is involved with the secular Franciscans as a secretary. She also keeps very busy with another group which call themselves "Needlers for the Needy." Mary works with the group regularly and also knits and crochets while at home. They make scarves, gloves, hats and even afghans which they donate to Sister Joellen Tumas, PHJC at Casa de Esperanza. Mary also loves to play pinochle and plays regularly with friends. Mary has been through a lot in her life but keeps a very positive attitude. She says she believes when you get lemons, you've just got to make lemonade. Mary is one little lady with a big heart.

Lindenwood Retreat Offerings

Ruth Van Vactor, Marketing and Program Coordinator

Quiet Day of Reflection

Monday, December 12, 9:00 a.m. to 3:00 p.m.

Grieving and Finding Peace during the Holidays

To many who have recently lost a loved one, the holidays are hardly the most wonderful time of the year. We will discuss how to keep a loved one a part of our lives even though they are no longer present with us. As we grieve, we often feel out of control. On this day, we will present ways to help regain some control. Grievers will be assisted as they attempt to make sense of their loss and what the future may bring. This day will give participants tools to help navigate through the holidays and the rest of their life.

Facilitator: Donna Sikorski holds a Bachelor of Arts degree and is certified in Thanatology, the study of death, dying and bereavement. Donna is the Director of the Associate Community of the Poor Handmaids of Jesus Christ.

FEE: \$35 (includes noon main meal)

12-Step Retreat: Men

Friday, January 13, 7:00 p.m. – Sunday, January 15, 1:00 p.m.

Ready to start the new year off with a positive attitude? Join us on this weekend Serenity Retreat. The retreat will provide a fellowship experience for men in 12-step recovery groups. The weekend away from work and home will focus on 12-step living and spirituality for men. Through conferences, small group discussions, prayer and meditation we will explore where we are in life and recovery. There will be a meeting Saturday evening – weather permitting, it will be held “round the campfire.” Take the opportunity to meet other recovering people and revitalize your recovery!

Facilitator: Gene K. from Aurora, Illinois

FEE: \$180 Single Occupancy, \$150 Double Occupancy (per person); \$50 non-refundable deposit. \$100 Commuter; \$25 non-refundable deposit.

Couples’ Valentine Retreat

Saturday, February 18, 10:00 a.m. – Sunday, February 19, 10:00 a.m.

What’s Next?

“What’s Next” is twenty-four hours for a couple to consider together the next ten years of their lives. It is for **any** couple and will be especially helpful for those just starting out in marriage, who are starting

December 12	Quiet Day of Reflection
January 13-15	12-Step Retreat: Men
February 18-19	Couples’ Valentine Retreat
March 9-11	Women’s Lenten Retreat

a family, those experiencing the empty nest, or those looking forward to retirement. The time will be a chance to examine resources, look at priorities and explore possibilities. Couples attending will receive a copy of the book *Who Am I?: Or How I learned to Fly With Angels* by Silouan Green.

Facilitators: The leaders for the retreat are David and Diane Hogsett. David is a retired United Methodist minister who has a Master of Sacred Theology degree in counseling from Southern Methodist University and a Doctor of Ministry degree from McCormick Theology seminary. Diane is a mental health therapist who has a Master of Social Work degree from Indiana University, Indianapolis. David and Diane will be using the story of Abraham and Sarah in the Book of Genesis.

FEE: \$200 per couple (includes a candlelit evening meal)

Women’s Lenten Retreat

Friday, March 9, 5:00 p.m. – Sunday, March 11, 1:00 p.m.

Encountering Jesus – Healing our Heart
In the Gospels, Jesus heals those who are sick, cannot walk, hear, see or talk. He also heals the human heart of what ails it, including death. This retreat will explore healing as integral to Jesus’ mission of salvation and the abundant life now. We will read and pray with stories of Jesus healing.

Facilitator: Jay Landry is Pastoral Associate at Little Flower Catholic Church in South Bend, Indiana. He has been in parish and retreat ministry for over 12 years. Jay has a Master of Divinity from the University of Notre Dame.

FEE: \$180 Single Occupancy, \$150 Double Occupancy (per person); \$50 non-refundable deposit. \$100 Commuter; \$25 non-refundable deposit.

To register for any of the Lindenwood programs, please visit their website at www.lindenwood.org or call (574) 935-1763.