



# ASSOCIATING *News*

PHJC ASSOCIATE COMMUNITY NEWSLETTER

Fall 2012

## The North American Conference of Associates and Religious 2012 International Convention

By Donna Sikorski, Director of the Associate Community



Some of our Associates attending the conference — Mary Kay Luchenbill, Pauline Pierson, Jeanne Boomershine, Donna Sikorski, Linda Greaf and Barb Lowry.

Nine Associates and one Poor Handmaid of Jesus Christ Sister were among the 257 who gathered for The North American Conference of Associates and Religious (NACAR) 2012 International Convention in Deerfield, Illinois in June. The conference was entitled "Journey of Blessings." NACAR's mission is to affirm and proclaim the Associate-religious relationship, educate Associates and religious about Associate communities and empower Associate leadership. Those in attendance certainly left the weekend feeling empowered and blessed.

The conference was filled with time to connect with Sisters and Associates from congregations throughout North America. There is such power in the coming together of so many like minded people. It all started with our emcee, Sister Judy Gomilla, MSC, who opened the conference by hiking across the stage with a hobo's sack on a stick perched on her shoulder, while singing the "Happy Wanderer" song from the '60s. She managed to keep us focused on our journey whether we were praying, laughing, singing, talking or listening. Her

humor and insight were the perfect bridge between sessions. One of her mantras was "We are the Church" and indeed we experienced "Church" in everyone we met. She set the tone from the very start of the conference and kept us energized throughout the weekend.

We went on to focus on the theme of the conference "A Journey of Blessings" as we were asked to ponder and share three questions — What are our blessings? How are we a blessing to others? and How this meeting is a blessing to us? Many of us found it easier to point out how others were a blessing to us rather than how we were a blessing to others. This helped us change our way of thinking at least for a while.



Keynote speaker,  
Sister Joyce Rupp, OSM

The highlight of the weekend was the main conference speaker, Sister Joyce Rupp, OSM. Sister Joyce is a member of the Servite Community and a well known writer, a spiritual "midwife" and retreat and conference speaker.

She has led retreats in faraway places such as Europe, Africa, Asia, Australia and New Zealand as well as throughout North America. She has authored numerous books which are looked to by many as a staple of their spiritual reading. It was indeed an honor to hear her speak.

*(The North American Conference of Associates and Religious 2012 International Convention, continued on page 7)*

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# Recommitment — Praying Associates and Associates in Spirit

*By Donna Sikorski, Director of the Associate Community*

Change is inevitable in our lives. Due to life circumstances changing, some Associates may no longer be able to be as involved as they once were. Being an Associate is about what you feel in your heart, at your core, rather than what you are able to physically do. It is about your being, not necessarily your doing.

I have had some people comment that they are not able to help out in various ministries as they were once able to do. Some no longer are physically able to attend meetings or gatherings. For some it may no longer be as easy or is actually impossible to leave their homes. If this is something you (or someone you know) are currently dealing with, please know that we continue to value you as an Associate and want you to continue your participation in the Associate Community. The way you participate may have to change, but please realize the importance of your participation will not; therefore, some Associates may wish to change their status to that of a "Praying Associate."

We currently have several Associates who are a vital, important part of the Spiritual Family of Catherine through this ministry. The way it works: if you do not already receive our prayer requests by email, we send them via the postal service to you at the end

of each month. You support our Spiritual Family through committing to pray for the special intentions of your fellow Associates, the Sisters and Fiat Spiritus Community members, as well as the overall good of our Spiritual Family. If the ministry of prayer is what works for you right now, please indicate this on your recommitment card and return it to our office.

For still others, they have moved into yet another stage of life. We have a few "Associates in Spirit" who although unable to communicate their desire to remain an Associate, are certainly Associates at heart. If at the current time you know of someone who is unable to communicate that they would like to recommit to the Associate Community and they have been an Associate for a period of time, leading us to firmly believe their spirit continues to be an Associate, please let us know. Being unable to communicate that desire is not in itself a reason to no longer be an Associate. Having a disability of any kind is not a reason to cease being an Associate — we are a community and one of our Core Values is Dignity and Respect for all. We need the support of our community, perhaps more than ever during such trying times. Please keep the Associate office apprised of any changes of this nature which you may be aware.

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## Fall Retreat – *Living in the Now, Consciously*

*By Donna Sikorski, Director of the Associate Community*

This fall, along with our Associate Anniversary celebration, we will host a fall retreat. The retreat, open to all Sisters, Associates, Associate Candidates and Fiat Spiritus Community members, will be on October 12-13, 2012. Sister Nancy Raboin, PHJC, assisted by Associates Jeanne Boomershine and Donna Sikorski, will be the facilitator of the weekend retreat. The Core Team has chosen as the topic of our retreat "Living in the Now, Consciously." The focus of the weekend retreat will be contemplation and mindfulness and how this practice relates to the spirituality of Catherine Kasper. It will afford time

for quiet meditation and, if desired, time with a Spiritual Director.

The practice of mindfulness is a form of prayer that has also been said to reduce stress, control depression, enhance cognition, and improve interpersonal relationships as well as reducing the risk of heart disease and high blood pressure. Of course, the main purpose of our focus on this topic is to become more able to listen to the little voice within and enhance our own spirituality.

*(Fall Retreat – Living in the Now, Consciously,  
continued on page 3)*

*(Fall Retreat – Living in the Now, Consciously, continued from page 2)*

Blessed Catherine said “Remain completely still and calm, but ask God every day for a great spiritual gift.” Please consider attending this retreat and open yourself to receiving this spiritual gift. You may come away with a whole new way of listening to the Spirit’s direction in your life.

The fall retreat will conclude with a 4:30 p.m. liturgy celebrated by our new chaplain, Father John Zemelko. Following the celebration of Mass, we will gather in Cana Hall for our Associate Anniversary Celebration and a catered meal. Please join us in congratulating our Associates who are reaching the milestone of 5, 10, 15, 20 and 25 years as an Associate.

**5 Year Associate**

John Becker

**10 Year Associates**

Jeanne Boomershine  
Pauline Pierson  
Mary Smith  
Anna Worth

**15 Year Associates**

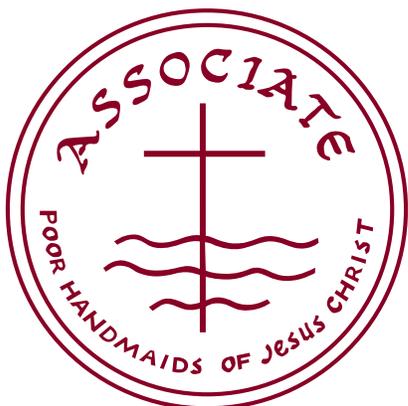
Esther Cyr  
Marla Keefer  
Evelyn Siegel  
Christina Converset

**20 Year Associates**

Mary Cuney  
Gayle Fiwek  
LaGarda Holtgrave  
Marion Lowry  
Mary Paquin  
Patti Paschke

**25 Year Associates**

Betty Chamberlin  
Joe Chamberlin  
Loretta Kania  
Dolores Karnia  
Clarence Simshauser





# ASSOCIATING

## News

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<b>ASSOCIATE COMMUNITY 2012-2013 UPCOMING EVENTS</b>	
October 12-13, 2012	<b>Fall Retreat</b>
November 5, 2012	<b>Deadline for articles/ information for Winter Associating News</b>
November 10, 2012	<b>Fall Core Team Meeting</b>
March 9, 2013	<b>Spring Core Team Meeting</b>
April 19-20, 2013	<b>Companions on the Journey Retreat</b>

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# What It Means to Be A Member of Our Core Team

We have a very dedicated group of individuals comprising our Core Team. Below you will find some reflections on what it means to them to be a member of our Core Team. Please consider serving your Associate Community in this role when your region is in need.



Your Core Team – Standing: Jim Bickett, Sally Kroner, Libby Riggs, Corinne Lennstrum, Shirley Jovas, Linda Greaf and Cindy Wiatrak. Seated: Marge Bickett, Barb Lowry, Donna Sikorski (Director) and Sister Virginia Kampwerth (Provincial Liaison). Not pictured: Jeanne Boomershine of East Three Region.

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When I was first asked to be on the Core Team, I was unsure of what it meant, what it included and what I would have to do. But being on the Core Team has been one of the greatest blessings in my life. It is so wonderful to be a part of something so big that has such a profound effect on so many people. We meet three times a year, and when we meet we learn so much from each other and about each other. It is like coming home every time I drive to Donaldson. There is such peace and love; you can feel the Holy Spirit and the Spirit of Catherine in the atmosphere, as if giving you a big hug. We all get to know each other. Every meeting is a great shot in the arm of spirituality that I so look forward to. I feel it is an honor to be a part of the Core Team.

*Sally Kroner – Quincy Region*

I am coming to the close of my first year as a Core Team member. When I was initially approached about the potential of being on the Core Team, I felt some obligation. Wow, have I been surprised! What I didn't know or realize was how much I would gain. Yes, there's a time commitment—I drive five hours one way to the meetings, but after working and meeting with the other Core Team members, I leave with my "spiritual tank" filled and overflowing. I don't like to be a "leader" — I like to be a part of the "pack"—but as always, just like Mother Mary—when you are humble and let the spirit lead, it works. When I fear the leadership role of addressing our region, I'm greeted with open hearts and minds. The ceremonies, like the recommitment, are well planned almost every detail is laid out and instructions are very easy to follow. I honestly couldn't feel more blest to represent our southern region as Core Team leader and feel the blessings far outweigh any commitments.

*Libby Riggs – South Region*

When I was asked to be a Core Team leader, I felt happy and proud. I wondered how I could impact the Associates in a positive way and carry on with the charism that just comes naturally to me. I often wonder what Catherine Kasper would say or do. I have felt very grateful and have used my time as a Core Team leader to grow, personally and spiritually. I found myself always trying to be a better person in all areas of my life. I have learned things about myself that I never knew and have taken steps to do things I normally wouldn't. My experiences have helped me grow in my career also and have given me other opportunities. I have made lifelong friends from my experience and would recommend to anyone to listen to the call to be a team leader. Your life will be forever changed for the good. I just took a big step of faith and jumped in and have been greatly rewarded.

*Cindy Wiatrak – North Region*

Being a member of the Core Team provides me with a renewed, fresh flow of the Holy Spirit. The charism of Mother Catherine Kasper is spiritually alive in our meetings. The exchange of beautiful thoughts in the service of others empowers me to act generously and with kindness. The presence of each Core Team member reinforces my love and faith in Jesus and the Holy Spirit. How could I possibly leave the group without thoroughly realizing the deepest love of God, thereby making me a better person in thought and action.

*Jim Bickett – East Two Region*

It is a great honor for me to be a member of the Core Team of the Associates of the Poor Handmaids of Jesus Christ. Initially, I felt that I was not worthy. Then I realized that it was a calling to be an instrument of the Holy Spirit. In my own life, I do my best to live the charism of Blessed Catherine. I find that, by sharing with the other members of the team and the Associates in our region, we are able to witness to the Gospel in our love and compassion for others.

*Marge Bickett – East Two Region*

Being on the Core Team has deepened my sense of community, not only with the PHJC Sisters and Fiat Spiritus communities, but especially with our own Associate Community. Through our meetings we learn about other regions and how they carry on Catherine's work right where they are. We are privileged to develop friendships with people of other regions and, through them, become aware of the joys and concerns of our members in other places. Our meeting days are wonderful gifts!

*Corinne Lennstrum – West Region*

*(What It Means to Be A Member of Our Core Team, continued on page 12)*

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# East One Hosts Guest Night

By Linda Greaf and Donna Sikorski



*Sister Germaine's passion for the people of Kenya is evident as she speaks to East One Associates.*

In the merry Mary month of May, the Fort Wayne Associates gathered for a very special meeting. It was a guest night! Sister Germaine Hustedde, PHJC was the guest speaker for the night. In addition to the East One Associates, several guests from the community were invited to see what the Associates are all about.



*Sister Germaine explains what life is like for young homeless boys in Kenya.*



*East One Associates and guests enjoyed further discussion of Sister Germaine's ministry over refreshments following the presentation.*

see a few friends who hadn't been with us for some time. The guests included daughters of Associates, sisters of Associates, and friends — ALL of whom

showed signs of Blessed Catherine's charism. They just might not realize it YET. Also, one of our Associates, Ann Marie Schall, who now resides in Florida, was in town and surprised us by attending — what a joy it was to have her with us once again!

The room was buzzing with introductions and catching up with one another. Soon Sister Germaine was introduced. Instantly, the room was transformed and you could hear a pin drop. Sister Germaine filled our ears, our eyes and especially our hearts with stories of her work in East Africa and in particular, the Caring Place. Caring Place is a home Sister Germaine founded in Kenya in 2007 to help the many children who had been living on the streets of Kenya. The children became homeless following the death of loved ones or as a result of extreme poverty. Without food, clothing or an education the boys had little hope for survival. Because of Caring Place they received not only the food, clothing and education every child needs, but also the love and hope for the future all children deserve. Sister Germaine's love and passion for the people, and in particular the children of Kenya, was inspiring. Sister Germaine shared with us the touching story of how she founded the home and some of the struggles surrounding those days. It felt very personal as we looked at the many photos and she told the stories of some of "her" boys, introducing them each to us by name. She shared those stories with such love, much like we might share stories about our own families. Those of us in attendance were spellbound. We could have listened to Sister Germaine talk all night; she had so many amazing stories about the nine years she spent among the people of Kenya.

It was an evening that would be long remembered and one that touched our hearts. Sister Germaine is an amazing person and exemplifies what it means to be a Poor Handmaid. She continues to minister to the people of Kenya by sharing their stories and her love for them.

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**That evening a seed was also planted among our guests. The charism of Catherine, alive amid the Sisters and Associates, hopefully was also spread to our guests that night.**

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Sister Germaine's popularity is spreading! She recently gave her amazing presentation to the East Three Associates at their August meeting; again she was very well received. One of our East One Associates even came to hear her again bringing along with her, a daughter and grandson! Now we will see what the Spirit does with all those newly planted seeds!

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# South Region Celebrates Recommitment

By Donna Sikorski, Director of the Associate Community



Group photo of the South Region Associates present at their 2012 recommitment ceremony in Carlyle, Illinois.



South Region's recommitment ceremony at Carlyle Healthcare.

The South Region was the first region to meet for their 2012 recommitment ceremony. It felt like just another hot Sunday afternoon outdoors, but in the lovely chapel at Carlyle Healthcare, it was about to become a very special day.

The Healthcare Center was originally St. Julian's Hospital and

beginning in the 1900s it was owned and operated by the Poor Handmaids. Later it became St. Mary's Home for the Aged and in 1969 the Poor Handmaids sold the property. Until very recently, however, there was still a Poor Handmaid (Sister Georgine Schleper) working there. So, greeting us outside the facility was a statue of Blessed Catherine Kasper. Something told me this was the perfect place for our ceremony!

As we entered the center we were greeted by Jeanine Spirek who is the Spiritual Care Counselor there — she informed us she went to high school in Donaldson — again we felt we belonged there. The Holy Spirit was with us guiding us along the way to have our ceremony in this place.

As Associates gathered in the "Catherine Kasper Chapel," as it is named, one particularly happy Associate soon joined us. It was Frances Stokes. It had been some time since Frances was able to attend an Associate gathering since she had been residing at the Carlyle Healthcare Center. What a blessing to have her with us that afternoon! After greeting one another, we settled into the pews. Recommitment

forms were signed and placed at the altar, beautiful songs were sung and the brief, but meaningful, ceremony soon concluded.



South Region Associates enjoy each others company along with snacks following their recommitment.

We moved into the activity room where we celebrated together over a few snacks. Everyone was pleased to have two wonderful residents of the healthcare center also join us. They were Christine Hilmes and Mary Lou Ortegel. Both of these lovely ladies had a close connection to the Poor Handmaids so they were very happy to be a part of our celebration. Christine is Sister Georgine

Schleper's sister and Mary Lou informed us she had been a Poor Handmaid for 20 years. Frances Stokes was beaming as she chatted with so many of her old friends and was very pleased to meet new friends.

Time passed quickly. Amidst hugs and farewells we were soon going our separate ways. As I was leaving, I saw Frances Stokes stop near the elevator where she met a few family members who had just arrived to visit with her. She was talking to them about the wonderful day she was having. With one final hug from Frances, I entered the elevator to head home. Smiling, once again I walked past the statue of Blessed Catherine Kasper outside and to my car. I kept hearing the words of the songs from the ceremony going through my head "We are called to act with justice, we are called to live tenderly, we are called to serve one another; to walk humbly with God."

Ten days after the ceremony, I received word of Frances' death. I remember those words and know Frances indeed was called to her final humble walk with God.

What a blessing it had been for us to spend time as a community together with Frances on that hot Summer day. What a blessing she left this world having just voiced her recommitment to the Associate Community!

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**One thing is certain — the Holy Spirit sent us to the perfect place to have our recommitment ceremony!**

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*(The North American Conference of Associates and Religious 2012 International Convention, continued from page 1)*

Sister Joyce challenged us to reflect on our community and its journey. She began with a poem by Rainer Maria Rilke in which we are invited to “step out of the room where everything is known.” She explained the need to have the courage to ask the hard questions. Joyce suggested that both the Church and our communities are in the land of “Don’t Know.”



*Associates Sally Kroner, Libby Riggs and Mary Griffith at the NACAR conference.*

One powerful image Sister Joyce used was that of a caterpillar transforming into a butterfly. The butterfly would never be transformed if it didn’t leave its comfort zone. During its transition, there is a time when, if you cut the cocoon open, you would find nothing but a collection of mush. The cells inside are no longer a caterpillar, but they are not yet a butterfly. This mush exists in the land of “Don’t Know.” We too are in that state. We are not what we once were, but we are not yet what we will become. The mush is a tough place to be, but it is necessary for transition.

Sister Joyce reminded us that only those who were lost found the Promised Land. She went on to explain that spiritual journeys take time, sometimes, as in the bible; it is a 40 year journey. And so, we are on a threshold, on the brink of something big, but we don’t know quite what it is. We must put our trust in the Spirit and take that leap of faith.

It was an amazing presentation, many shared afterward that it seemed as if Sister Joyce knew them and was speaking just to them; saying just what they needed to hear. We were, as one Associate put it, “taken in by every word” that Joyce Rupp uttered. She spoke so naturally and was one of those people that you could have sat and listened to for hours! The many visuals throughout the day were powerful, but they all pointed to one thing — the seed never sees the flower.

At one point, we joined together in a beautiful song by Joyce Johnson Rouse which starts with “I am standing on the shoulders of the ones who came before me.” As we sang these words together, I could just visualize Blessed Catherine and the many Sisters and Associates who came before us. They continue to support us and encourage us. Blessed Catherine never did come to the United States to see what the Sisters here accomplished, and she never would have imagined what her Sisters throughout the world would build, but if she didn’t have the courage to start on that journey... We were encouraged to keep going back to the vision of our foundress and what led the early Sisters and Associates to achieve what they did. We too must have courage to go where the Spirit leads.

Hope does spring eternal and nothing said that better than the entertainment we enjoyed following our dinner that Saturday evening. The Heartbreakers,



*Associates Jeanne Boomershine and Linda Greaf along with Sister Cathy Schwemer, PHJC visit at the NACAR banquet.*

a dance troupe, and the Heartzingers, a singing and signing group are all residents at Misericordia Home, a community of care for more than 600 adults and children with mild to profound developmental disabilities, many of which are also physically challenged. It was especially meaningful for our community since the Misericordia Home is now in the space where for many years prior to 1974 the Poor Handmaids operated Angel Guardian Orphanage. The home is now managed by the Sisters of Mercy. The entertainers were amazing and showed such promise. A standing ovation brought smiles on their faces that communicated volumes to us — hope!

Finally, a beautiful liturgy for Trinity Sunday sent us off to be “Church” to one another and confidently step into the future.

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**The Associate office has a DVD of the keynote address by Sister Joyce Rupp, OSM. Feel free to contact us if you would like to borrow it.**

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# Please Remember in Prayer...

All Associates, PHJCs, Fiat Spiritus Community members, friends and families of the Spiritual Family of Catherine Kasper; all those spoken and unspoken prayer requests of friends, families and members of the Spiritual Family of Catherine.

## East One

Denise Smith ..... back surgery

## East Two

Joe and Betty Chamberlin ..... nephew Jeff's death;  
prayers for family; friend Jan's health  
Sister Rosemary Jung..... sister's recovery from injury and  
her family  
Dick and Barb Mitchell..... daughter's recovery from surgery  
Sister Connie Bach ..... prayers for Bach family  
during a difficult time

## East Three

Carol Buchanan ..... close family friend's health  
Janice Roebuck..... death of mother-in-law;  
for her and her family  
Mary Kay Luchenbill..... mother's declining health  
Sister Barbara Bruns..... death of sister  
Sister Agatha Niebrugge ..... thanksgiving for the  
prayers for her healing  
Sister Kathy Haas ..... death of uncle  
Margie Pixie ..... healing for her brother who  
was in a serious accident  
Sister Kathleen Kelley..... mother's death; brother-in-law's  
surgery; niece's surgery; difficult  
pregnancy of another niece  
Sister Richilde Dettmer.....death of brother  
Pauline Frasier .....brother's health  
Sister Jeanne Koehler ..... health concerns/surgery  
Marla Keefer ..... newborn twin grandchildren's health

## North

Gwen Walters..... death of sister Penny; comfort to the family  
Dolores Karnia.....health concerns  
Florence Rafac..... grandson and wife, Matt and Elvia;  
Elvia's return to the US  
Anna Worth.....recovery from pneumonia  
Loretta Kania ..... brother's newborn great grandson  
(fluid in lungs)

## Quincy

Sister Florence Kuhn..... niece's heart surgery

## South

Esther Gherna .....heath concerns  
Evelyn Pakosta .....sister's health;  
thanksgiving for nephew's face surgery  
Mary Haas .....death of brother-in-law  
Libby Riggs ..son of a friend going through cancer treatment;  
thanksgiving for friend's son's successful surgery  
Carol Reigel..... son Todd diagnosed with stage IV cancer;  
pray for a miracle

## West

Mary Paquin ..... death of mother-in-law;  
prayers for her and her family  
Sister Barbara Kuper..... nephew's death  
Marilyn Kessler ..... friend's hip surgery

## Mexico

Sister Edith Schneider..... death of sister  
Sister Gabriela Martínez Ramón..... prayers as she takes  
her first vows  
Sister Silveria Rodríguez Félix .....prayers for the renewal  
of her vows  
Sister Amalia Conde Domínguez ....prayers for the renewal  
of her vows  
Sister Frances Jean Gallinatti.....a tragic death in the  
family of a friend  
Sister Jean Christianson.... death of Novice Sister Anonieta's  
grandfather

## Other

Sister Florence Ettackakunnel (India) ..... illness  
LCWR..... guidance  
Diana Caldwell (Ancilla College co-worker).....daughter's  
pregnancy-related heart attack;  
continued improvement for the baby

## Associate Candidates

Clara Marie Coppinger  
Rita Heimann  
Margie Pixie  
Janice Roebuck  
Alice Ruiz



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The Poor Handmaids of Jesus Christ  
are on Facebook!

<http://facebook.poorhandmaids.org>

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# In Memory of Our Sister and Associates



## **Sister Bertram Boeving, PHJC**

Sister Bertram Boeving, PHJC was 83 when she passed away on July 2, 2012 at the Catherine Kasper Home in Donaldson.

Sister Bertram was born on October 14, 1928 in St. Louis, Missouri. She was the daughter

of William and Bertha Tonnies Boeving.

She entered the convent on September 2, 1946. Sister Bertram professed her vows on June 25, 1949 and celebrated her 60th jubilee in 2009. During her career she ministered as a nurse, hospital administrator, hospital chaplain and pastoral care director. She always ministered to others with her smile and kind words.

She is survived by her sister, Sister Wilma Boeving, PHJC and many nieces and nephews. Sister Bertram was preceded in death by her parents, two brothers, Cornelius and Wilber and a sister, Bernadine.

Sister Bertram was buried at Mount Carmel Cemetery in Donaldson.

*May Sister Bertram rest in peace.*



## **Associate Mary E. Seymour**

Mary Seymour was 93 when she died on May 25, 2012. She had been an Associate in the North Region for 21 years. The Poor Handmaids of Jesus Christ had been an influence all her life. She had even been born at St. Elizabeth's Hospital, which

at that time was a Poor Handmaid hospital.

She assisted in the blanket making project with the Associates in her region and belonged to "Needlers for the Needy." Within that group she knitted and crocheted hats, scarves, gloves and afghans which were all donated to Casa de Esperanza. Mary also was active in the Secular Franciscans. She was a past officer of the Archdiocesan Council of Catholic Women (ACCW) and was the ACCW Woman of the Year for St. Mary Star of the Sea Parish in 1997. Mary had been a resident at Mayslake in Oak Brook for about seven years.

Mary and her late husband, Edward, had one daughter, Lillian. Mary was a proud grandmother of five grandchildren and one great grandson. When the anniversary celebrations were held last year at Gathering X, Mary was here to be recognized for her 20th year as an Associate. She will be missed by all who knew and loved her.

*May Mary rest in peace.*



## **Associate Frances Stokes**

Frances Stokes was an Associate in the South Region for ten years. She died at age 91 on July 4, 2012 at the Carlyle Healthcare Center.

Frances worked at Moran Shoe Company in Carlyle, taught at St. Augustine School in Breese, worked at the Kaskaskia Workshop and the Clinton County Rehabilitation Center. She was a member of St. Mary's Church in Carlyle and St. Ann Altar Sodality. Frances loved to quilt. Her life centered around her family and her strong faith.

She is survived by two sisters, Mary Alice Etter and husband Jack, and Marge Christ, all of Carlyle, and many nieces and nephews. She was preceded in death by her parents, a brother, Joseph Stokes, and a brother-in-law, Bob Christ.

Frances recently attended our South Region's recommitment ceremony. She was a joy to be around and will be missed by many.

*May Frances rest in peace.*



# Lindenwood Retreat Offerings

Sister Cathy Schwemer, PHJC, Marketing and Program Coordinator



## Quiet Day of Reflection

Saturday, September 22,  
9:00 a.m. to 3:00 p.m.

### Guided Imagery

Sensory images are the true language of

the body. On this day we will discuss and experience the five types of guided imagery. Participants will have the opportunity to personalize their guided imagery experience. There will also be time to reflect on these personalized images.

**Facilitator:** Vera Tiani has a M.A. in School Guidance Personnel and received her mental health counselor's license. She has conducted guided imagery workshops and training for Hospice and other Lindenwood programs.

**Fee:** \$40 (includes noon main meal)



## Breath-n-Motion Retreat (One)

Saturday, September 29,  
10:00 a.m. to Sunday,  
September 30, 11:00 a.m.

We will explore and experience several breathing exercises and

meditations combined with gentle yoga movements designed to relieve stress, increase flexibility and promote overall well-being in mind, body and spirit. Movements are "user friendly" for all ages and abilities. Bring comfortable, loose-fitting clothing and a yoga mat (if you have one). Come, experience the relaxation of breath and movement.

**Facilitator:** Rev. Dr. Sam Boys is Associate Professor of Philosophy and Religion at Ancilla College. He is a certified yoga instructor, published author and musician. Sam recently released an audio CD entitled "Breathing Meditations and Healing Sounds" (available in the Lindenwood Bookstore).

**Fee:** \$100 (includes overnight accommodations and meals)

September 22	Quiet Day of Reflection
September 29-30	Breath-n-Motion Retreat (One)
October 5-7	Women's Retreat – "I'm No Saint"
October 13-14	Breath-n-Motion Retreat (Two)
October 27	Quiet Day of Reflection
November 10	Quiet Day of Reflection
November 16-18	Serenity Retreat: 12-Step Men and Women Pre-Holiday Retreat
December 10	Quiet Day of Reflection



## Women's Retreat – "I'm No Saint"

Friday, October 5, 4:45 p.m. to  
Sunday, October 7, 11:30 a.m.

Are you one of those who strive for perfection? Everything has a place and there is a place for everything? "I'm No Saint" is based on the book, "Flunking Sainthood" by Jana Riess. We will be looking

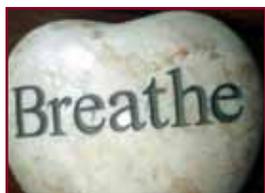
at why, as Christians, we "flunk sainthood." We will look deeper into spiritual practices; prayer, fasting, generosity, hospitality and others. Come prepared to go deeper into God's word, to laugh at ourselves, to grow spiritually and not worry about obtaining perfection. (Books available in the Lindenwood Bookstore.)

**Facilitator:** Dorothy Stewart is the Business Manager of John XXIII Retreat Center and has been a speaker and retreat leader for many years. Dorothy is the Women's Ministries Director for her church, a position she has held for over 30 years.

**Fee:** \$150 Double Occ. (per person) \$180 Single Occ.

*(Lindenwood Retreat Offerings, continued on page 11)*

*Lindenwood... Come away to a quiet place.*



**Breath-n-Motion  
Retreat (Two)**

Saturday, October 13,  
10:00 a.m. to Sunday,  
October 14, 11:00 a.m.

This will be an “advanced”  
retreat for those who attended

Breath-n-Motion (One) in March 2012 and September 2012. Movements are “user friendly” for all ages and abilities. Bring comfortable, loose-fitting clothing and a yoga mat (if you have one.) Come, experience the relaxation of breath and movement.

**Facilitator:** Rev. Dr. Sam Boys is Associate Professor of Philosophy and Religion at Ancilla College. He is a certified yoga instructor, published author and musician. Sam recently released an audio CD entitled “Breathing Meditations and Healing Sounds” (available in the Lindenwood Bookstore).

**Fee:** \$100 (includes overnight accommodations and meals)



**Quiet Day of Reflection**

Saturday, October 27, 9:00 a.m.  
to 3:00 p.m.

*Stories from the Upper Room –  
A Biblical Perspective*

Each Sabbath Day we gather  
as a Faith Community to share

in the Word and Eucharist of God. The foundation of who and what we are is found in the stories that have come to us from the Passover Meal of the Lord in that Upper Room. On this quiet day, we shall ponder these stories and how we relate to them in our own Upper Room.

**Facilitator:** Fr. Jerry Schweitzer is Pastor of Sacred Heart Catholic Church in Wanatah; St. Mary’s in Ottis, and St. Martin in LaCrosse, Indiana. He is a teacher and lecturer of sacred scripture.

**Fee:** \$40 (includes noon main meal)



**Quiet Day of Reflection**

Saturday, November 10,  
9:00 a.m. to 3:00 p.m.

*The Hero’s Journey*

On this day we will learn  
about Joseph Campbell’s  
“Myth of the Hero Journey”

as a reflection of our own spiritual path. The “Hero’s Journey” is a metaphor for the process that underlies

all growth, learning and self-discovery. Campbell has noticed how the same universal themes keep appearing in literature, movies, poetry and in our daily lives. Come experience and discover your own place in this great journey.

**Facilitator:** Rev. Dr. Sam Boys, is Associate Professor of Philosophy and Religion at Ancilla College. He holds a Doctor of Ministry in Spiritual Direction and is a graduate of EarthSong Sound Mystery School  
**Fee:** \$40 (includes noon main meal)



**Serenity Retreat –  
12-Step Men and Women  
Pre-Holiday Retreat**

Friday, November 16, 5:00 p.m. to  
Sunday, November 18, 1:00 p.m.

The 12 steps are recognized  
as the foundation of most

successful recovery programs. Stay strong in your recovery during the holidays with family, friends and co-workers.

**Retreat Leaders:** Gary and Julie B. from Indianapolis, Indiana

**Fee:** \$150 Single Occ. \$180 Share Double Occ.

*(Optional November 17-18 stay or November 17 only – please call for details.)*



**Quiet Day of Reflection**

Monday, December 10,  
9:00 a.m. to 3:00 p.m.

*Christmas and the Incarnation*

The incarnation of God in the  
person of Christ is one of the  
cornerstones of the Christian

faith. The incarnation was God’s first thought for creation, not an afterthought, an event only to make up for original sin. Jesus’ life was the fulfillment of God’s longing to be one with us. During our day together, using teaching from sources such of the Gospel of John and 20th century theologian Karl Rahner, we shall reflex on this mystery of faith.

**Facilitator:** Sister Cathy Schwemer, PHJC, holds a Masters of Pastoral Theology degree from WTU in Washington DC and is a nationally known speaker.

**Fee:** \$40 (includes noon main meal)

**To register for any of the Lindenwood programs, please call (574) 935-1763 or visit our website at [www.lindenwood.org](http://www.lindenwood.org).**

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*(What It Means to Be A Member of Our Core Team,  
continued from page 4)*

Of all the many gifts God has given me, the call to be an Associate has truly been one of the greatest gifts. And — if I could give one gift to another Associate, it would be to offer that person an opportunity to serve as a Core Team leader. It is both a gift and an opportunity. As a Core Team member I have gotten to know and appreciate my fellow Associates at a much deeper level. And then, when I bring that all back to the Core Team, my appreciation and understanding of the whole Community grows. I see Mother Mary's charism growing in a much broader spectrum. As a Core Team leader, I feel deeply nourished in my spiritual life by other Associates and Core Team members. What does God call us to do? In what deeper way could Mother Mary want us to serve? How can we possibly grow in the charism if we close ourselves off and don't strive to grow and serve? Core Team leadership is not a burden, it is pure gift and I have received a pearl beyond price!

*Linda Greaf — East One Region*

To be a member of the Core Team is truly an extension of being an Associate, your faith journey of living Catherine's charism, and of course with any faith journey, you get to know yourself better, both your strengths and weaknesses. Learning that, and being open to that, seems to open more doors in life and in your relationship with our most precious creator and God! It has been a Blessing to me!

*Jeanne Boomershine — East Three Region*

Being part of the Core Team has enriched my life. I have bonded with Associates from other regions and have made lasting friendships that I never would have otherwise had the opportunity to do. It is like a retreat day every time we meet. Besides planning for upcoming events for the Associate Community, we all share what we are doing in our individual regions and learn from each other. There are quotes shared by Core Team members that benefit each of us. I have grown spiritually from this experience, have enjoyed representing the East Three Region and am proud to be an Associate in the Spiritual Family of Catherine.

*Barb Lowry — East Three Region*

