



Journey

Congregation of the Sisters, Servants of the Immaculate Heart of Mary, Scranton, PA Vol. 32, No. 1 Spring 2014



Balance

Finding and maintaining balance in one's life is an ongoing challenge. So many demands—work and ministry—community and family—can leave one feeling fragmented and exhausted.

Our writers in this issue of *Journey* share their practical experiences on the topic. May our readers be inspired with some new ideas for finding balance in life.

The Gospel: A Call to Justice and Balance

by Sister Therese O'Rourke, IHM

I recently received a gift from a family member. It is a bumper sticker that reads, "This Pope gives me hope". I think that the creator of the sticker speaks for millions of people. We are blessed with a leader of the Roman Catholic Church who is calling all of us to serve those in need. Pope Francis is asking that we stop judging others and rather, reach out to them as Jesus did. Jesus never left any doubt in the minds of his friends or his enemies. It was clear that in his heart people mattered: all people.

Furthermore, Pope Francis said recently that it is time for us to stand up in a powerful way for those who are less fortunate: "Today, we need to say, 'Thou shall not to an economy of exclusion and inequality.'" A culture and an economic structure that keep a few very wealthy at the expense of the many disenfranchised who remain poor, is a system that is out of balance. When the lack of balance is calculated, planned for and even enforced by laws, we who have a voice and vote are responsible to bring Gospel values to the fore and to lobby for reforms that restore a sense of hope to those most in need.

As women religious, the Congregation of the Sisters, Servants of the Immaculate Heart of Mary share a prophetic role with all who live the consecrated life. It was Pope John Paul II who clearly articulated

this vocation and proclaimed it in *Vita Consecrata* (84): "There is a prophetic dimension which belongs to the consecrated life, resulting from the radical nature of the following of Christ." We are called to stand at the margins of society and speak on behalf of those who suffer at the hands of the powerful. We must draw on the unique wisdom of those who are powerless. We can and must make our invisible sisters and brothers dramatically present. We spend our lives trying to bring a Gospel-based equilibrium back to a world that is misaligned. From a shared contemplative core we labor to further the reign of God. "Prophets are those who take life as it is and expand it. They refuse to shrink a vision of tomorrow to the boundaries of yesterday" (Joan Chittister, OSB). Such is our call and challenge.

At the conclusion of our IHM Chapter 2014 (governing body of the congregation), one hundred forty delegates clarified our intention to serve a world that is crying out for justice and hungering for meaning. We pledged ourselves to lives of service that will effectively bring about God's dream for this wounded world. We continue to search for new and deeper ways to live our vowed lives as we meet new needs in these rapidly changing times. (Chapter Direction 2014-2018)

This journey to the edge, step-

ping out of the mainstream to go to the place of unmet needs (Sister Nancy Schreck, OSF), is a responsibility we share with all who are baptized. None is exempt. Each is called to seize this moment to work together for systemic change. It is a moment we share on the deepest of levels and it is our time. It is the only time we will ever have. We are responsible for how we spend it.

The IHM Sisters invite all of our friends and companions to join us as we embrace the call and the challenge to bring about a new sense of harmony, wholeness, balance and justice wherever we work and live. Travel with us as we search for and try to meet the unmet needs of our brothers and sisters who count on our prayer and focused action. Stand with us privately and in public forums as we reflect and proclaim the core of Jesus' message: All people matter.

Sister Therese serves as president for the IHM Congregation.



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Our mission as Sisters, Servants of the Immaculate Heart of Mary of Scranton, Pennsylvania, is to follow Jesus as a community of disciples, aware that we are sent to be a clear and understandable prophetic witness to the presence of God in the world. - *from the IHM Mission Statement*

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Stepping into the Places of Lack

A Justice and Peace Perspective

by Sister Chris Koellhoffer, IHM

"I'm going out to connect the dots."

This was the announcement Sister Chris Mulready, CSJ would make every morning as she gathered her things for the day and stepped out the door on her way to two subway transfers that would take her from Brooklyn to Greenwich Village, New York. It was a journey of over an hour but in some ways, a journey of a lifetime. At the time, Chris worked as issues coordinator for the Intercommunity Center for Justice and Peace (ICJP), a coalition of over forty congregations of women and men religious who worked to integrate faith and justice.

Going out to connect the dots was an apt description for the work she did, focused on inviting diverse groups and coalitions into a new way of seeing the connectedness of every social justice issue. As a Sister of St. Joseph, she was steeped in the direct service of reaching out to the human needs of the dear neighbor. She was also highly skilled in the balancing act that is walking on the two feet of social justice: charity and advocacy. She formed deep personal relationships that invited people on different sides of an issue to trust her and the message she carried. This trust enabled her to navigate with grace the other side of direct service, that sometimes rocky terrain of the Big Why: Why are people going without food? Why are they reduced to making impossible choices—paying the rent or paying for medicine? Why can they not find affordable housing? A consequence of delving into the Big Why is that we're led to identify the systems and structures that oppress people, that marginalize them, that keep them outside the circles of power and decision-making.

Chris, who died after years of living with cancer, staked her life on Matthew 25:31-46, the Gospel passage where Jesus describes what balance is in the arena of social justice: recognizing the face of God in those who are hungry and thirsty, without shelter, suffering illness, or

behind bars; recognizing, yes, and then meeting their critical human need while also moving into action and advocacy around the root causes of a broken or exclusionary system.

My friend, Chris, and all the holy ones who have gone before, who walk among, and who live beyond us follow the witness of Jesus as described by Jan L. Richardson in *In the Sanctuary of Women*.¹ She writes of Jesus' time in the wilderness as a time of clarifying discernment. Out of that lengthy discernment came Jesus' persistent habit of going into what Richardson calls "the places of lack," those places where there is a dearth of physical, emotional, or psychological nurturing and sufficiency, a dearth of compassion and kinship and all that is essential for wholeness. She notes that, in Matthew 25, "Jesus gets awfully specific in telling us where we can find him. Each of the habitations he lists is marked by lack: lack of food, lack of water, lack of hospitality, lack of clothing, lack of health, lack of freedom. Christ chooses these places, inhabits these spaces, waits for us to show up."

To show up and make a difference. But going into the places of lack cannot be one-sided. We need to show up and walk on the two feet of charity and justice, sometimes called direct service and advocacy. If we insist that we'll focus solely on changing the systems and structure that oppress people, how will that make a critical difference right here and now for the ones in danger of dying unless they immediately get a morsel of bread or a cup of cold water? And if we work solely to stock the soup kitchen pantry but don't ever look beyond the shelves, how will that change any of the systems that keep people hungry and thirsty and homeless? We need to continually keep our balance and walk into the places of lack on two feet.

Dom Helder Camara,² Archbishop of Recife, Brazil, recounts an incident where a thief broke into a

church, rummaged through the tabernacle, stole the ciborium and then threw the consecrated hosts onto the muddy ground. A delegation, clearly appalled, came to him demanding a ceremony of atonement for such desecration. Dom Helder agreed and first prayed for forgiveness for the thief. Then he added, "But my friends, my brothers, how blind we all are! We are shocked because our brother, this poor thief, threw the Eucharistic Christ into the mud. But here in the North East, Christ lives in the mud all the time! We must open our eyes...to recognize the Eucharist of the poor, the oppressed, the suffering." In our time, he noted, charity is helping to make justice triumph. And doing it on two feet.

As we are being led into an evolving consciousness of our place in relationship to the universe, as we are moving forward into an uncertain and ever-changing future, let us walk together with both hope and tenderness. And let us move, not with a single step but, in partnership with the divine, keeping our world in balance by walking on two very steady, very faithful feet.

Sister Chris serves as the councilor for spiritual development for the IHM Congregation.

References

¹ Jan L. Richardson, *In the Sanctuary of Women, A Companion for Reflection & Prayer*. Nashville, Tennessee: Upper Room Books, pp. 142-143.

² Dom Helder Camara, *Essential Writings*, as quoted in *Give Us This Day*, March 2014, Vol. 4, Issue 3, pp. 116-117, edited by Mary Stommes.



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Standing before the Lord with Feet Firmly Planted on the Ground

by Sister Nancy Hawkins, IHM

I must admit that prior to being asked to write this article for Journey, I had not thought about “balance” in relationship to the world of theology. But once I began pondering the idea of theological balance I saw countless places in scripture, the life of Jesus, the Trinity, the sacramental world, and mystical theology that affirm the need for balance.

One of my favorite musicals is Fiddler on the Roof. In my Orientation to Theology class I show the scene where the lead character, Tevye, sings the well-known song “Tradition.” He points out all the facets of the Jewish tradition as he works his way through the village. Right before singing the song Tevye asks: “Why do we have these traditions? Because they help us keep our balance.” Tevye is so right! Our theological traditions keep us balanced and intact. One such place of balance is in the book of Deuteronomy where we find the Shema Israel. The Shema is the central prayer of the Jewish prayer book and is often the first section of scripture that a Jewish child learns. “Hear O Israel! The Lord is our God, the Lord alone!” (Deuteronomy 6:4). And the following sentence makes this declaration complete: “Therefore, you shall love the Lord, your God, with all your heart, with all your soul, and with all your strength.” These two lines which are written on a small scroll which is then rolled up and put inside a mezuzah and attached to the doorway of a Jewish home, set the worshipper in right relationship to God. It gives us the key to balance. God must hold the main place in our lives. Nothing else must take the place of the One God. And if we love our God with the totality of our being—our emotions, our soul, and our humanity—all will be intact in our lives. This prayer does not declare that life will not have its difficulties; it declares that the balanced life has God at its center.

As I read the New Testament I find many instances when Jesus tries to find balance in his own life. He frequently looks for quiet time far from the crowds. He visits

friends such as Martha, Mary, and Lazarus; he spends time in the Temple and also attends a wedding which was reflective of his appreciation for his culture. Our faith teaches us that Jesus was God, but it also affirms that he was fully human. Jesus had needs as we do and it seems to me that he was aware of such needs and tried to take care of them. I see his greatest need as being in relationship with his “Abba” God. This relationship kept Jesus focused and clear as he approached Jerusalem in his final days.

We who are Christians believe in a God who is Triune. While this can be a highly abstract theological principle, it is also very practical and understandable. The essence of Trinity is community in relationship. God is God as creator, is God as redeemer, and is God as one who inspires and gives gifts. There is never a moment when these three aspects/persons of God exist alone. And this perfectly balanced communion of divine love extends outward to the entire world. As the late Catherine Mowry LaCugna wrote, “God is always God for us.” And we are daily invited to partake of this integrated



Our world is truly imbalanced and filled with greed, selfishness, and violence. Such sin is social and it claims me because I am a social being. The sacrament of reconciliation offers me, and all of us, a place to name our unbalance, ask for healing, and invite the God of Love into our hearts, souls and minds. I have a wonderful person in my life that facilitates this sacrament and when he places his hands on my head to absolve me, I experience the hands of Jesus. As I head home after this sacrament I truly know I am once again in balance and whole.

life of God. This is certainly good news!

I am writing this during the season of Lent. I did not always appreciate Lent, but now I understand that it is a time of personal and theological realignment. We are encouraged to avail ourselves of the richness of the sacramental life of the Church during this time before Easter. One place where I continually find balance is in the sacrament of reconciliation. Our world is truly imbalanced and filled with greed, selfishness, and violence. Such sin is social and it claims me because I am a social being. The sacrament of reconciliation offers me, and all of us, a place to name our unbalance, ask for healing, and invite the God of Love into our hearts, souls and minds. I have a wonderful person in my life that facilitates this sacrament and when he places his hands on my head to absolve me, I experience the hands of Jesus. As I head home after this sacrament I truly know I am once again in balance and whole.

In my work on the theology of Dorothee Soelle I was introduced to the mystic, Meister Eckhart. One of Eckhart’s key

ideas is called “sunder warumbe.” It means “living without a why.” When you live without a why you live in the present tense and do not look for the results of your work. You are content to live out of your own ground and are concerned with the purity of your acting. Soelle is convinced that living “without a why” is the basis for all mystical love of God. There was a very real reason that Dorothee Soelle gravitated to this principle of Meister Eckhart. Soelle was a radical Christian and a peace activist. She marched and experienced the water cannons on behalf of peace in light of possible nuclear war. At one point she became very discouraged because she was not seeing the fruits of her actions. She despaired and was depressed. She almost abandoned her efforts for peace entirely. Soelle had become unbalanced and forgot why she chose to follow Jesus and work for peace. Meister Eckhart’s mystical concept brought her out of the darkness and reinvigorated her ministry. I often ponder Soelle’s life and the lessons she learned. All of us who minister on behalf of the reign of God can lose our sense of balance if we only focus on the results of our work. The mystics are a rich place in our Christian heritage to find wisdom to keep us aright.

Last summer, after I had my knee replaced, I chose to go to a final outpatient therapy to regain my “balance.” I came to physically understand that if the body is unbalanced life is very difficult. I worked on walking with both feet planted firmly on the ground. This understanding applies to our theological/spiritual lives. When God calls our name and invites us into relationship, let us come to God like Moses at the Burning Bush: with both feet planted firmly on the ground. May we allow God to teach us how to be balanced individuals, and may we help others find the balance they need as well.

Sister Nancy serves on the faculty at St. Bernard's School of Theology and Ministry in Rochester, NY.

Working Toward a Common Vision, Attaining Uncommon Results

by Sister Annmarie Sanders, IHM



Picture two teams. Team A is comprised of six coworkers — all of whom have different sets of skills, perspectives, work styles, likes and dislikes — brought together through their work for a small nonprofit organization. Team A meets together every other week.

Team B is comprised of six members, equally diverse as Team A, who also work for a small nonprofit. Team B also meets every other week.

One day Team A sits down for its bi-weekly meeting and realizes that on its agenda is a complex, multi-layered problematic situation for which it must find a solution. Knowing it has only two hours to meet, Team A decides to tackle the problematic situation first, and spends the two hours arguing vehemently, raising ideas that are quickly dismissed, judging motives, and unable to reach a resolution. The team runs out of time for other agenda items. The members leave this meeting frustrated and with dread of the next one.

On the other side of town, Team B members sit down for their regular meeting and find an equally complex situation before them. Knowing they have two hours for this meeting, they spend the first twenty minutes listening to how each team member is that day. Then turning to the problematic situation, they spend the next hour raising multiple and varied ideas that other members carefully consider, offering probing questions, finding points of agreement, and gradually creating a way forward that all not only own, but actually like. Team B finishes its remaining business, and

ends the meeting eagerly anticipating gathering again.

How did Team B find a way to balance multiple perspectives, value the voice of all, work collaboratively and creatively, and even enjoy the experience? Most likely the Team B members recognized that in an increasingly complex world, no single individual has the skills and insights to address all the challenges and possibilities that come into our lives and work situations. They probably have seen that resolutions to difficult situations and plans for future directions are much richer and more effective when reached by a diverse team that values and utilizes each member's skills and abilities. They are likely to have acknowledged that working collaboratively has become an imperative for finding fresh answers and creating new possibilities.

At a recent meeting of IHM sisters, we participants were asked to look back on some of our collaborative work experiences and reflect on what we learned about team work from those experiences. The exercise led me to recall not only some of the amazing teams on which I have been privileged to serve, but all that I have learned from my teammates as well.

Clearly, the more seriously a group takes its commitment to create the conditions for collaborative team work, the more likely the experience will be fruitful and the richer the resulting work will be. Since that IHM gathering, I have tried to name how the teams of which I have been a part created favorable work and meeting conditions. The following are some of the practices that I have found most helpful for creating a team that not only works well together, but relishes the experience of being a team.

Practices for Creating a Team

► Begin team meetings with a “check-in.” Inviting each person to share something of how he/she

comes to the gathering is invaluable for creating an environment of understanding and compassion. Knowing if a teammate is feeling overjoyed by an achievement, distracted by a pressing deadline, or concerned for an ill family member not only builds bonds among the team, but can provide insights for the other team members as to that person's responses and reactions when discussing other matters.

► Learn about each person's work styles. Do some people prefer having time to think a matter through prior to a meeting, or do they do their best thinking together with others at the table? Do they prefer communicating information face-to-face, by phone, or by email? Who on the team gives good attention to detail? Who is a visual learner? Who is an auditory learner?

► Encourage everyone to speak. Even if team members feel they have no expertise or experience with a matter on the table, invite their thoughts and opinions. This practice of hearing from all helps to avoid a pattern where some people dominate all discussions.

► Be curious. When a team member offers an idea or expresses an opinion that seems quite different and perhaps even out of place, take the time to ask questions that lead to deeper exploration of that concept. Pose questions that suspend judgment and are meant only to probe for greater understanding.

► Develop an effective communications plan. When the team is not meeting, how do they communicate with one another? How do they assure that everyone is kept in the loop? Who communicates decisions made by the team to the organization, and how does that communication take place?

► Sleep on a decision. When the team cannot reach consensus with a decision, if possible, leave the matter unresolved and return to it

the next day. Amazing new insights often occur when a group has some distance from a matter and can return to it with freshness.

► Seek wise outside counsel. For matters that go beyond the competency of the team, invite a wisdom figure to part of a meeting to listen to the group and offer insight. Encourage each team member also to find a trusted confidante with whom he/she can share honestly, and who will challenge the team member to see with broad vision.

► Invite feedback. If a team member feels his/her ideas have been misunderstood, or feels some resistance from the group, encourage that person to invite feedback from the rest of the team. Ask: how do you hear me when I say ...? Is there a way that I can express this idea that would be more helpful for the group?

► Be compassionate with failure. When the team's or a team member's idea fails or a goal is not reached, suspend judgment and always ask: What can we learn from what happened?

There are, of course, many other ways to build and sustain a team and each team has to find what works best for its own situation. We may all, however, do well to reflect on these words of Andrew Carnegie: “Teamwork is the ability to work together toward a common vision, the ability to direct individual accomplishment toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”

Sister Annmarie serves as the director of communications for the Leadership Conference of Women Religious in Silver Spring, MD.



When Sister Fran Fasolka first floated the theme of “balance” for this issue, I applauded the idea, anticipating with pleasure reading the wisdom from my fellow contributors. Then the other shoe dropped; I would have to write about balance. I hesitated, feeling hypocritical: what words of advice could I offer, especially given how much I struggle with this very problem? But Sr. Fran pointed out that I was hardly alone in that area, and I know she is right. Indeed, just this week, a study done by the UCLA Higher Education Research Institute found that while seventy-four percent of faculty find that “work adds meaning to my life,” only thirty-nine percent felt that they had achieved “a healthy balance between my personal life and my professional life.” Clearly, my dilemma is common to many people, and yet there are no common solutions. But as an educator, I try to teach students to persist, even when they don’t see easy answers, and I realized that I would be equally hypocritical not to grapple with this theme, however problematic it was. I also realized that I teach my students to learn from the lessons of others, especially, in my field, those from the past, and I remembered the example of a medieval woman whose writing I admire deeply: Julian of Norwich.

For those who don’t know her, Julian was an anchoress who lived in the fourteenth century. An anchoress (or anchorite, since men could also follow this spiritual path), would renounce the world

to live in a small cell attached to the town’s church. A typical cell had three windows: one on the church through which the anchoress might hear mass and receive the Eucharist, one for a maid or other assistant to bring food and necessities, and one for the anchoress to use when offering spiritual counseling to members of the town or pilgrims traveling to the church. Taking up such a role was a weighty undertaking for both anchoress and town, and a bishop had to oversee the appointments to ascertain both the anchoress’s preparedness for such enclosure and the town and church’s ability to sustain her livelihood. Town members gladly paid for the privilege of maintaining an anchoress’s physical welfare because she in turn spent her days praying for their spiritual well being.

We know little of Julian’s life save what she tells us, not even her name, which comes from the church of St. Julian where she was enclosed as an anchoress in Norwich, England. Born circa 1343, Julian describes how at the age of thirty years, she fell deathly ill, whereupon she had a series of sixteen visions of God, and that she wrote them down upon her recovery, then spent the next twenty years studying and interpreting the meaning of these visions. We also know that she lived until at least 1416, since she was named in a bequest at that time. Given this time frame, Julian lived through the ravages of the bubonic plague, the political upheaval of the Peasants’ Rebellion and Henry IV’s deposition of his cousin, King Richard II, and the burnings of religious heretics called Lollards across the river opposite the church where she was enclosed.

Despite so much turmoil, Julian’s visions testify to a profound and loving God. Indeed she calls on God as both Father and Mother, the “mighty and goodness of the Fatherhood, the wisdom of the Mother-

hood. I it am, the light and the grace that is all blessed love.” She carries the idea further by exploring the idea of Jesus as a mother, who like a mother breastfeeding her child, gives us life through the sacrament. In describing what has become one of her most famous visions, Julian explains that God showed her “a little thing the size of a hazelnut in the palm of my hand, and it was round as a ball.” When she asked what it was, God replied “it is all that is made” and Julian was afraid, for it seemed too little to last. However, she notes warmly, God answered her that it would last forever, for God loved it. Julian then expounds on the lesson to note that God made, loves, and preserves the world for ever. Given such divine love, Julian urges her readers not to focus on sin and the evils of the day, but rather to focus on the joy of God’s care. It is especially remarkable given the world in which she lived, one in many ways still like the present: torn by war, disease, corruption, and poverty.

Initially it might seem a little odd to connect Julian’s life with a message of balance, given that she renounced the world completely. But the reason there was a third window in her cell was so that she could counsel those who needed her wisdom and prayers. We might live centuries later, but her firm conviction that “all shall be well and all shall be well, and all manner of thing shall be well” resonates with comfort today, especially when we are discouraged or weary or frustrated, and reminds us to trust Julian’s message of hope: that God our Father and Mother holds us all tenderly and securely, like the hazelnut. That might not get the laundry done or the papers graded, but if we take a little time to meditate on Julian’s message, we might gain the peace of mind and perspective we need to help achieve the balance we seek.

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“All shall be well”

Tidings from the Fourteenth Century

by Erin Sadlack



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Balance: An Art and a Discipline

by Sister Kathy Kurdziel, IHM

Ilove the Olympics! Every night I am glued to the TV in total awe of the young athletes competing for a medal or striving for a personal best or just enjoying being part of the exhilarating ambiance of the rink or the slope. It is such a magical mixture of fierce competition, team work, precision, balance, pure joy, bitter disappointment and outrageous fun. I sit mesmerized night after night.

What about this event, I ask myself, strikes such a chord of resonance deep in my being? I am not competitive by nature; I prefer the harmony of music and poetry and the serenity of red-orange sunsets, rising full moons, and dark nights filled with stars. I think what really thrills me the most is the perfect balance that characterizes a beautifully executed performance whether it is slalom, or half pipe or ice dancing or snow boarding, as the athletes twist and turn, leap and land, ski and slide down steep slopes maintaining disciplined balance and elegant, graceful form. Millions watch in breathless enchantment. The wonderful closing ceremonies pass on the dream and beat out the rhythm of the dance among the young people of our world who long for a day when our world will be at peace and all societies will thrive in justice, dignity and harmony.

I too recall the visions of my youth and now dream the dreams of an aging woman. I ask myself what I have learned over a lifetime that I might share with *Journey* readers. One thing stands out among the many. It is the art and the discipline of maintaining balance in the events, challenges, accomplishments, joys, hurts and sometimes deep disappointments and sorrows of life. For me it is the challenge and the lynchpin of a happy and meaningful life.

It is the discipline of integrity and the profound asceticism of prayer that keeps life in balance. Humbly acknowledging the hard work of navigating relationships, coping with the complexities of family and community life and the constant challenges of the work-

place, it is important to courageously and sometimes doggedly pursue a life of integration and compassion. Fidelity to commitments strengthens the regimen of prayer, generosity, thoughtfulness, honesty, and inner scrutiny which gradually soften angers, envies, grudges, negative judgments, infidelities, callousness and indifference, and melts them into smiles, laughter, appreciation, understanding, empathy, mercy

prayer. Mindfulness of patterns of imbalance and mature self-awareness of the methods we use to sabotage our own happiness can prompt the exploration of new skills for a happier and more hospitable way of living. Practices like mindfulness and the Ignatian daily examen can be very helpful.

A few years ago on a service trip to Chicago, our volunteers had the privilege of spending a day learning



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and forgiveness. Restoring balance brings life back into harmony and joy back into life.

Using today's technology, athletes often scrutinize their own performances to identify problem areas and to correct postures and movements that mar the grace and beauty of their technique. We can do the same for ourselves. Paying attention to areas of awkwardness, examining what tips us over, observing what is out of kilter can lead to the detection of deep-seated fears, old and unhealed wounds, silent and unfulfilled longings, feelings of inadequacy and deep loss, and perhaps even frustration and anger with the God we vowed to love and serve. The good news is that attentiveness to inner balance can lead to surprising insights, new relationships, partnerships in healing, outreach to creative activities that renew energy and hone desired skills, and a desire for contemplation and deeper more challenging and fulfilling forms of

and helping at a shelter for addicted, homeless women with children. It was called Harmony, Hope and Healing. A former opera singer designed a program of healing and restoration through music. As each woman did her own painful inner work to restore the balance in her life, she simultaneously participated daily in a singing support group. Often initially quite resistant, the woman gradually discovered her own voice and her own song and began to sing it, hesitantly at first and then as she healed, with full and confident voice. Finally, those women sang the songs of grace and gratitude, passion and beauty, in nearly flawless performances of balance and harmony and hope. If the heart is ready and the soul is willing, there are many paths to a whole and balanced life.

Just as Olympians with the aid of technology observe, study, practice and drill the basics in order to maintain confidence, balance and

fluidity in their routines, we too can closely monitor ourselves for imbalances and eventually develop a personal presence of gracefulness, balance and hospitality, enabling us to live and work lovingly among all people. This means cultivating a keen awareness of our habits like overwork that causes weariness and resentment, pettiness that judges and disapproves, criticism that cuts and destroys, gossip that demeans and defames, envy that divides and deadens relationships, laxity that places burdens and discouragement on others and pride that dominates, discriminates and berates. Not one of us is immune to the destructive forces that tip us over.

Constant practice, awareness, and discipline are necessary to maintain balance. Asceticism is a habit of the heart which helps us maintain the balance we need to live our "one wild and precious life."¹ with holiness and joy. A well balanced, well executed Olympic performance appears perfectly natural and effortless to its audience. Balance is an art that is always open to corrective and enhancement and although it looks very easy it requires vigilance and dedicated practice. If we grasp that truth, then like Christ's life, our lives will flow gracefully and naturally in an apparent effortless loving outreach to others. We will heal and find our voices and sing our melodies of grace and gratitude. The art and discipline of good balance is worth every ounce of our effort and inner work.

Sister Kathy serves as the director of vocations and formation for the IHM Congregation.

Reference

¹ Oliver, Mary, "The Summer Day." The Truro Bear and Other Adventures: Poems and Essays. Beacon Press, 2008

Words of Wisdom on Finding Balance

by Sisters of IHM

Exercise when it's time to exercise, eat when it's time to eat, play when it's time to play, and pray when it's time to pray.

When things go wrong, remember it could have been a lot worse and thank God the "could have" didn't happen.

Miriam Joseph Reinhardt, IHM



When I feel harried, I stop, concentrate on my breathing, pray a mantra such as "Spirit of life, calm my heart." Once my breathing slows down, I can continue what I'm doing with more peace.

Jane Snyder, IHM

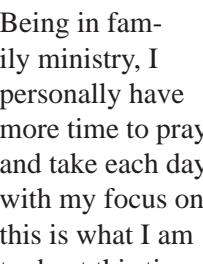
For me balance implies time for contemplation, a sense of humor and the ability to recognize the limits of age, time and energy.

Eileen Egan, IHM



Being in family ministry, I personally have more time to pray and take each day with my focus on this is what I am to do at this time in my life.

Grace Madeline Dusch, IHM



Balance: first, each morning I spend time with God who gives me the rest of the day to be social, physical, intellectual, emotional



with others or alone, as I apply what I know from life experiences and studies, and trying to be my true self.

Madeline Swaboski, IHM

Balance for me comes through phone calls, community Jeopardy and sports events, and reading.

Carol Lubas, IHM



I make sure that I do some spiritual reading every day for at least a half hour. It is a space of quiet reflection and peace. A time to be open to God's presence in the everydayness.

Ancilla Maloney, IHM

I go out into nature!

Nancy Hawkins, IHM



How do I find balance in my life? By surrounding myself with friends, partners in ministry, people I consider "wisdom figures" and those who have found the answer of how to live "balanced." These companions encourage and affirm me in how I seek to be creative in the many aspects of my life. But they are ever vigilant and not afraid to challenge me to go slow, to breathe, to be gentle with myself, and to make sure there is time built in to renew and just "be." At times when they think I am doing too much juggling and not enough balancing, they bring me coffee, laugh with me, and continue

to love me, remind me that there will be a tomorrow, and that today needs to end!

Susan Armbruster, IHM

Live in the present moment....the NOW is the only time we have... the past is gone ...the future not known...

Maureen Cryan, IHM



Balance for me must include prayer, ministry, and play. Prayer and ministry are easily achieved as they are constants. Play,

on the other hand, can slip away unnoticed. When I find myself feeling out of balance, self-examination most often reveals that I am not playing, not taking time to have fun... Play is not a luxury but a necessity and just as important as prayer and ministry for a happy, healthy, balanced life.

Sarah Landis, IHM

What leads to balance in my life is that each morning I begin with quiet prayer and again in the evening I have quiet prayer. I believe this permits me to face what happens in my days with an inner peace which guides me to balance in my life, not always but usually.

Delia McNeirney, IHM



My balance needs being grounded in God's love and meeting life with a sense of humor.

Robert Mary Murphy, IHM

Balance can be elusive especially when work is overwhelming but these help the most: prayer, family, good friends and lots and lots of laughter!

Sandra McMahon, IHM



To keep balance in my life, it is important for me to recognize my core principle of life. For example: To serve God and

become a better version of myself. All other things in life will fall into place guided by this. For me, I try to keep a schedule in which I will have prayer, work, fun.

Amanda Del Valle, IHM



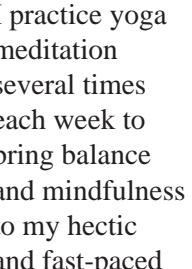
I love to crochet—I try to spend some time each day crocheting chemo caps for cancer patients or baby outfits for our school's Lancers for Life Club.

Bernadette Thomas, IHM



I practice yoga meditation several times each week to bring balance and mindfulness to my hectic and fast-paced life. Yoga helps me to maintain a healthy, happy and focused physical and spiritual life.

Kathleen Lunsmann, IHM



Words of Wisdom on Finding Balance

by Sisters of IHM

Regularly, I maintain balance in a hectic, demanding life by spending time each day in quiet, reflective prayer. Connecting with the God of all goodness allows me to see things in perspective and brings balance to life and ministry.

Ann Rosalia Devlin, IHM

I pray the Serenity Prayer each day as I walk from chapel to the Business Office.

Judith Ann Ziegler, IHM

Stop, take a deep breath, establish priorities, concentrate on the most important thing at this time and act!

Helene Hicks, IHM

To keep balance in my life I try to do a variety of daily physical activities that distract me from my work.

Eileen Clinton, IHM

Some of my favorite ways of having balance between ministry in a nursing home and outside is a walk in the park with my therapy dog, Curly, listening to music (spiritual and old time), dancing at every opportunity, playing Bingo and Pokeno with residents in our apartment, and last but not least spending quality time with family and friends.

Rita Ann Naughton, IHM



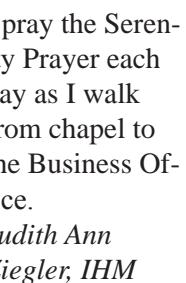
To maintain balance I guard my time away from work and ministry through prayer, work, reading, or just not doing anything!

Mare Carol Loughney, IHM



To maintain balance from the busyness of life, I like to pause with a good book that feeds my soul and create cards from recycled materials with quotes from my readings.

Suzanne Delaney, IHM



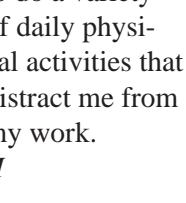
While reading Macrina Wiederkehr's "Seven Sacred Pauses" this year, I decided to use the hourly church chimes at work to remind me to take "the pause that refreshes."

Jane Ellis, IHM



I like the "3P" plan... prioritize, keep positive, and avoid procrastination.

Madonna Marie Lenikus, IHM



To help maintain balance throughout my life I have tried to stay in faithful contact with my close friends who are also my mentors and truth-tellers.

Kathryn Kurdziel, IHM



I try to maintain balance in my life by being open to "the disguised God" in my personal life, my ministerial life, and my life as a caregiver; I am so blessed by the love and support of many people.

Jane Mary Duke, IHM



Since I believe most IHM's are workaholics, I try to maintain balance in my life by doing something that I enjoy; right now it is participating in a yoga class.

Anne Mary Boslett, IHM



I consider life a trio of PWP—prayer, work and play.

Joan Paskert, IHM

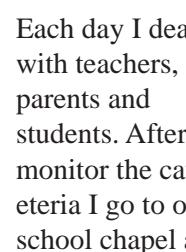


The only time I have is right now. When I become preoccupied with things that disturb my well-being, I try to focus on the present with a grateful heart and a peaceful spirit.

Eleanor Desaulniers, IHM

Each day I deal with teachers, parents and students. After I monitor the cafeteria I go to our school chapel and pray the rosary for all those who have asked me to pray for them. It gives me a great source of peace and calm for the afternoon.

Mary Alice Kane, IHM



I pray with poetry because it feeds my soul and inspires imagination and I walk through our School of Architecture because this creative space expands my thinking.

Anne Munley, IHM



I try to pay attention to the needs of my body by getting proper sleep, exercising and eating things that are healthy.

Nancy DeCesare, IHM

To maintain balance in my life, I take Tuesdays and Saturdays off. This pause refreshes my spirit and keeps me whole!

Jane Gaughan, IHM



With concerns that repeat throughout the week, I try to assign a day and time for them; when the unexpected arises, I give a priority to peoples' needs and deadlines.

Dorothy A. Haney, IHM

I try to minimize ministry related stress in my life by: Prioritizing tasks and completing the most immediate first. Not procrastinating so all tasks are completed in a timely manner. Daily personal prayer for God's help and peace in all that I am called to do that day.

Mary Ann Adams, IHM



Life Long Learning

We come into this world head first and go out feet first;
in between, it is all a matter of balance! -Paul Boese

by Sister Helene Hicks, IHM

One of my college professors used to say that when one discussed a topic it was always important to make sure that one define the topic being discussed. Webster has numerous definitions of the word balance. I prefer the simple one that states: a state of equilibrium; or to arrange, adjust or proportion the various parts.

In my life time I have had various experiences of balance starting at a very early age. As an infant, trying to hold my head up was my first balancing experience. My body and neck were not yet ready to hold up my head and hence my mother always needed to make sure that it was being held and balanced for me. Thus began the first of many balancing acts in my life. I am sure that most people can think of the numerous balancing acts that are part of the life of a young child holding that bottle of milk for the first time, walking, bike riding, and skating. These are examples of physical balance that have to do with the body. Then there are examples of balance within relationships, relationships with relatives, doctors, neighbors, playmates. These were all introduced to me at an early age and helped me to establish socialization as well as help build healthy relationships.

My parents were hard working people. Mom was a stay-at-home mother and Dad walked back and forth to work every day. We didn't have a car. The whole family walked—to church, visit relatives, and go to school—so these activities were good for health and socialization. My parents' priorities were family, church, community, hard work, responsibility, respect, and self-discipline, which they imparted to their children mostly through example. Although neither of my parents finished high school, I learned that they possessed a wisdom and knowledge obtained from their life experiences and God-given intelligence. They used what they had and what was available to reach

their goals of raising a good family, providing for a good education, teaching responsibility and respect and being examples and models of good Christian parents.

It was from my family that I learned about priorities, values, attitudes, organization, and ability to adjust when the unexpected happened. Life wasn't always perfect, clear cut, and easy, yet many times it was in the difficulties and hardships that the greatest lessons were learned and strength was obtained.

I had the good fortune of being able to go to the Catholic school in the parish and when I graduated from high school I entered the convent.

Many of the values and priorities learned at home became refined and sharpened as I went through the postulancy and novitiate and prepared to become a teacher. Goals, order, balance, and planning ahead were priorities. And one needed to be ready to adapt to anything that may change the well-planned lessons of the day. As a young sister with energy and inquisitiveness I was excited to get involved in many different adventures and often life became very hectic and fast paced. School, college classes in the summers, convent life as well as summer experiences became an integral part of life.

After more than 20 years of teaching junior high school, I realized that I needed to consider a change. Nursing and the health profession had always attracted me and so I began study to become a registered nurse. The schedules and routines required me to cope with a wide variety of situations and factors. It was frequently during these times that my knowledge and training would come to the fore and provide needed wisdom and grace.

Now that I have reached that period in life that is referred to as the new "middle age," I find myself asking if my life is balanced. Are the components of a holistic life—the physical, emotional, and

spiritual—functioning well? Are they holistically interrelated? Have I balanced each of these facets of life so that I am healthy and growing in relationship with my Creator as well as with others? And how do I learn to stay in balance?

As I look back over the years, I find that I have been blessed with a variety of gifts and have been given numerous opportunities. I have tried to take advantage of many, but not all. There were also times when I think, "I should have," but didn't. Yet God continues to bless and protect me and work with my choices. When the unexpected, unplanned happened, God was there working through family, friends, or strangers to accompany me or just be present for me.

So balance is made up of failure and success, good and bad, health and illness, confusion and order, flexibility and routine. Balance is a mixture of opposites. Balance for me has been influenced and shaped by people, events, and happenings depending on my susceptibility to what surrounds me and how I discern and choose what is important and necessary for a balanced life for me. To strive for a balanced life, I need to recognize when it is unbalanced. This realization awakens my need for others and God. Together we can foster growth, wholeness, peace and a world of possibilities.

Sister Helene serves as a case manager for the Office of Health and Lifestyle Transition Services for the Sisters of Charity of Convent Station in Convent Station, NJ.



As I look back over the years, I find that I have been blessed with a variety of gifts and have been given numerous opportunities. I have tried to take advantage of many, but not all. There were also times when I think, "I should have," but didn't. Yet God continues to bless and protect me and work with my choices. When the unexpected, unplanned happened, God was there working through family, friends, or strangers to accompany me or just be present for me.

On Balance and Artistry

by Megan Cooley

Balance. Balance and freedom. Equilibrium. Can more elusive realities be found? These words describe an ideal, one that is both necessary and, in its purest form, almost inconceivable. Rarely do we experience such verticality for more than an instant, yet journeying toward that state is an inherent part of what it means to be human. We are wired for it...built to seek centricity.

In music, that path is especially salient. The entire realm of technique is founded upon balance. This is no simplification. It is the very reason for the difficulty of attaining virtuosity at the piano. It is the crux of the singer's challenge to achieve the best possible resonance. Technique from instrument to instrument is not so dissimilar. It is the human body, after all, which moves to play them, and the human body operates best within certain parameters. Balanced parameters. How do I make sound? It cannot be by forcing, but it also cannot be by letting every muscle go limp. We are engaged bodies—alive, active, and dynamic. It isn't a coincidence that we apply the same word that defines the craft of tightrope walkers. The physical nature of what a musician does requires that each part of the body function in a very specific and coordinated way. Balance is not a luxury; it is a lifestyle. Without it, we are unable to make art.

Even the creation or the sharing of art must live in a constant state of equilibrium. Our world is home to many excellent singers and players, but it could use more who are truly artists. An artist is one who can take the craft, allow it to explore sense, heart, and imagination, and share the process and result of that fusion in a way that honors the self, the listener, the music, and the unknown. An artist is humble, not by choice, but by definition. His/her journey is one of shedding layers of ego into vulnerability, a path humbling by its very nature. The craft is difficult, the music is difficult, the business is difficult, and all serve to file away

the hard edges we tend to build on our humanity. We are not invincible, nor are we always our best and most prepared musical selves, but we are us. We are the only ones who are us. The more often we risk honestly being us, the closer we come to artistry.

Balance, then, is an experiment. It is comprised of many smaller experiments – daily practices of technical/musical challenges, awareness of self and others, listening, observing, and following one's own reactions – in short, living. If we choose to learn from those experiences, we can build thicker wires to walk. To choose balance is to trust in the embodied understanding that our many trials have given us. To walk a wire is to allow ourselves to be suspended in the ultimate experiment. We as artists are charged with making that choice in every moment.

When we do not choose to step out of comfort into less familiar arenas, we encounter obstacles that cause us to behave like pendulums. In technique, that most frequently presents as tightness and collapse. The resulting break in coordination, if not corrected, compounds to cause fatigue, injury, and a reduced palette of sound-colors. The psyche, in a pendular condition, oscillates to produce anxiety and mood swings. We fall prey to rollercoaster diets

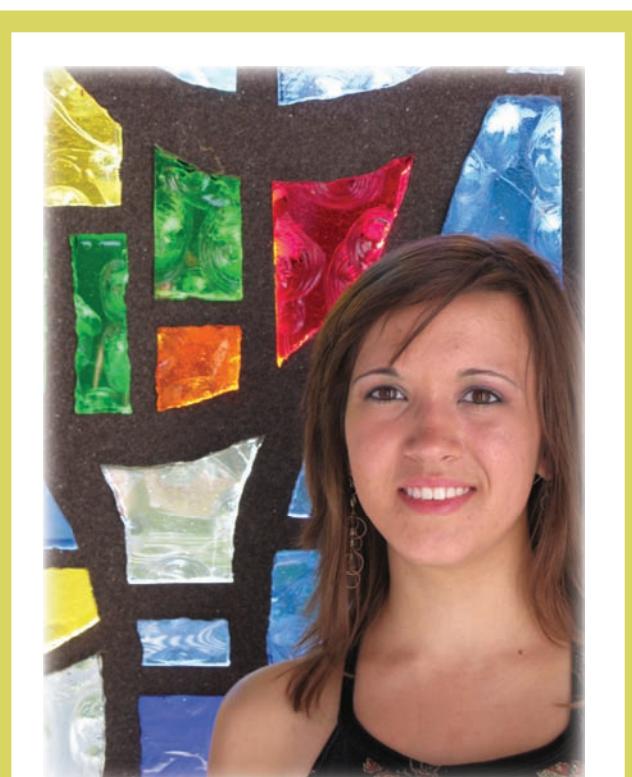
and work-out fads. We bounce from hard labor to couch potato mode. We humans move from temporary state to temporary state feeling like the universe's ping pong balls, and there are very few resources to help extricate us from the cycle.

It is well understood now that we function most optimally when centered, present, and focused. Yoga studios are brimming with people hoping for some sense of peace. Meditation is becoming more mainstream, and it is not uncommon to encounter health-conscious,

organic spinach-buying vegans at the supermarket. However, there is a tendency and temptation to believe that engaging in ostensibly holistic activities—drinking green smoothies and twisting ourselves into pretzels—will be our way out of the tension-relaxation circuit. There is a missing link in that mentality. It is not those momentary experiences that keep us healthy and grounded; rather, it is a moment by moment practice of awareness and choice that can lead us to the still center at the top of the pendulum. Yoga, martial arts, and any other artistic field can foster such a discipline, but only if they are passed on by people who lead by example in addition to teaching directly. It is not enough to merely enact the outward projections of these bodies of knowledge; the fields must be lived fully.

And so it is with music. Music is not a career that can be pursued half-heartedly, for there are few jobs, little money to be made, and much work to do. We struggle with insurance, hodge-podge careers, and finding enough time to practice. We arrive at performances and bare our very souls for people we do not know. In this profession, musicians are pushed onto their own high wires—it is the unstated part of our jobs. Our lives are lived up here, somewhere along the spectrum of dancing and clinging to the rope. It is an oft-traveled spectrum. However, we do have a choice in how we navigate it. We can let ourselves be swayed by the capricious winds of a busy world, or we can discreetly take up our balance poles and walk, trusting that our feet will find their stride.

Megan is a graduate student of the College of Creative and Performing Arts at Marywood University in Scranton, PA.



To choose balance is to trust in the embodied understanding that our many trials have given us. To walk a wire is to allow ourselves to be suspended in the ultimate experiment. We as artists are charged with making that choice in every moment.

A Space Apart, N.Y.

Our Lady of Grace Montessori School

Turning off busy Shelter Rock Road in Manhasset, NY on to the driveway marked Our Lady of Grace is a cue to many who come here that their life is about to transition to a different pace and a different reality. Hidden from eyes driving to the local mall is this holy space we name Our Lady of Grace Center, just uphill from our Montessori School. Since our IHM community received this property as a gift in 1959 we have strived to make it a center of peace and learning, both for our retreat seekers and for the children who attend our school.

Pat Cuccia, a longtime friend of OLG, summed this up, saying, "For many of us who have been attending functions for twenty years or so, balance is what we seek at OLG. The welcoming 'serenity' sign posted on the tree in the driveway signals a change of pace for us who are so busy with the things of this world. For many years when I was working in such a stressful job, OLG brought me back to the center and served as my fulcrum when things tipped too much one way or the other. It is an important place for many looking for respite on Long Island."

Whether people come for a day of prayer, a private hermitage experience, a weekend retreat or a week long experience of God's presence, most are coming to experience a "shift" in their living. Some experience their lives as exhausting, out of control, frenzied or all-consuming due to work and family responsibilities. Others are dealing with significant life issues—recovery and addiction, health problems, relationship issues or unfinished business from past events. Many are the walking wounded, and many come who have been apart from the Church for a period of time and are searching to fill a spiritual void that lingers. They come in search of a renewed hope and spiritual healing, and to reconnect with God.

We invite others to come in and unplug from the frantic technological demands of their work and home lives and enter into the silence. Putting aside cell phones, texts, emails, Facebook and other social media, even for a short period of time, can help soothe the inner spirit that craves space to "just be." Such interior quiet gives visitors a chance to feel joyful, peaceful and grateful

and opens them to an awareness of God's presence and love.

Our mission is to create that sacred, peaceful space where reconnection can happen. We desire to allow each person who comes to experience God's unconditional love in his or her life. There is a beautiful symmetry to each room in our Center which projects both calm and relaxation. Large windows show the beauty of the natural landscape, preserved over many years. Rooms are spacious and inviting. Food is nourishing and delicious, and an environment of quiet prayerfulness radiates from this space. Our chapel is large, simple and flooded with natural light. Our small staff is dedicated and mighty when it comes to meeting the needs of our visitors!

A variety of retreat leaders helps minister to the needs that varied groups present. Both sisters and priests from different religious backgrounds offer days of prayer, weekend experiences for learning and sharing faith and weeklong retreats offering individual spiritual direction. Some retreats are primarily contemplative, and some focus on some specific aspect of our faith such as discipleship. Many times an

established group will bring their own leader for a day of learning and prayer.

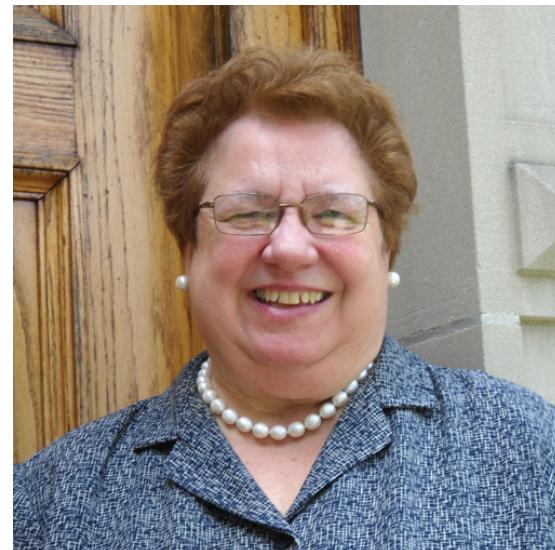
Parishes often use OLG for Pre-Cana instruction, staff-building, parish planning for particu-



Etching of Our Lady of Grace



Our Lady of Grace Center



Administrator of Our Lady of Grace
Montessori School and Center,
Sister Ann Barbara DeSiano, IHM



Our Lady of Grace Montessori School



Swimming pool at

Meant to be Shared

Montessori School and Center

lar needs such as social ministry or Bible study, staff in-service education or for a time for quiet, prayerful relaxation. Parish groups such as Rosary Societies or Parish Councils also bring

their membership for Advent or Lenten prayer. In all of these activities, our desire is to foster a listening, receptive heart.

While we are a small retreat center, we can accommodate up to sixty persons for a single day event and twenty persons for an overnight event. We also have a small building which serves as a hermitage for those who wish to be alone for a space of time for an individual retreat and provide for their own meals. Retreats which are open to the public can be found on our web site at OLGmanhasset.com by clicking on the heading RETREATS. It is also possible to call our Center (516-627-9255) and speak with someone about planning an event for a particular group.

It is not just the Center that engages in ministry, but Our Lady of Grace Montessori School also seeks to meet the spiritual, emotional, physical and educational needs of the young children in our care. At present 180 students from Nursery to Grade Three attend our school. Teachers and parents find that the Montessori pedagogy is the perfect antidote to the frenetic lifestyle of many young children

by Sister Ann Barbara DeSiano, IHM

today.

Mary Stark, teacher, explains, "Within a Montessori classroom, children are taught all subjects as a 'hands on' experience. Concrete materials are used from the earliest ages. Children also work within three year age groups which gives them a more realistic social experience, almost mirroring their future in the work place. Older children mentor their younger classmates and the younger children value the opinions and advice of the older children." In this way they learn to cultivate the skills of grace, courtesy and empathy... In short, it builds well balanced, happy children.

Children, who call the Center their "castle," use this space for fun events such as Christmas plays, dinner with Santa, or St. Patrick's Day party and the Easter Egg hunt, for spiritual events such as special Masses and celebration of Sacraments and for educational experiences like the annual Book Fair, art classes on our side porch or nature walks on our grounds. Through these experiences the Center and School really become "one" blessed space.

Through both the Center and

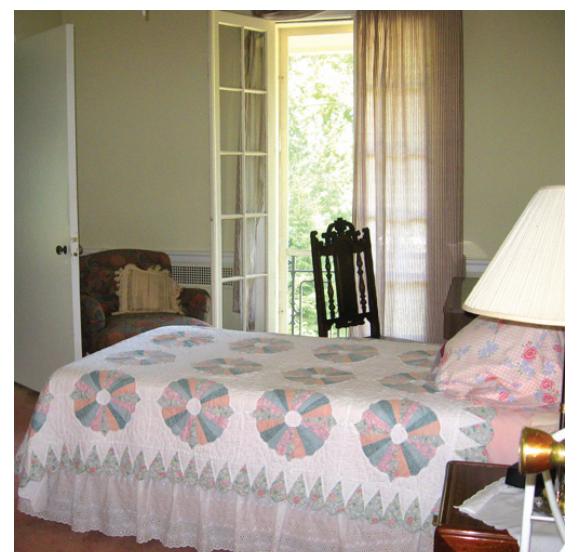
the school, helping others live balanced lives is an essential element. That looks different for each person and different at every stage of life. People seek work, but do not desire to work themselves to death; they wish to live happily in the present and not be swamped by indecision or regret; they want to reach out, but do not want to take on so much that their own balance is lost in the process; they are often good to others but not too generous with their own needs; they want to pare down those elements in their life that are needlessly sapping time and energy; and they want to find ways to make room for more joy. Our Lady of Grace is a place where all those needs are being addressed.

To experience the fullness that is Our Lady of Grace, you must come and see!

*Sister Ann Barbara serves as the Administrator of Our Lady of Grace Montessori School and Center in Manhasset, NY.
www.olgmanhasset.com*



by Sister Fran Fasolka, IHM



Our Lady of Grace

Principal of Our Lady of Grace Montessori School, Sister Kelly Quinn, IHM

Chapel at Our Lady of Grace

One of many bedrooms at Our Lady of Grace

by Colleen Therese Grogan

Innovation in architecture is forever changing. Respecting the traditions of old architecture and embracing a building's past is the first step in adaptive reuse. The term "adaptive reuse" is the process of adapting old structures for new purposes. Adaptive reuse has become one of the new advancements in interior architectural design. It is the ability to create a balance between preserving the old and developing the new. This balance between old and new designs has been such a strong focus for me not only during this past year, but during my undergraduate studies as well. In our furniture design class as an undergraduate student, I took existing objects and repurposed them into new furniture. When an individual designs with the past, one must have a passion for its future purpose.

After obtaining my undergraduate degree in Interior Architecture and Design in 2013, I decided to continue my education and strive towards obtaining my Master's degree in the same field. I have such a deep passion for adaptive reuse and I was given the freedom during this thesis year to choose an existing structure of my choice. The city of Scranton is known for such beauti-

ful architecture since its founding in the 1840s. From the Iron Furnaces to the Scranton Culture Center, this city is rich with historical architecture. The selection for my thesis is a structure that I feel is one of Scranton's unknown architectural gems, the Dickson Works Building. My thesis is an investigation of preserving this significant historical industrial structure, while at the same time enhancing the illumination of daylight within the interior space through creative design using the adaptive reuse theory. The program is to design a marketplace in this building, whose vast openness provides for a variety of spaces of different scales, creating a unique opportunity for multiple uses. This new marketplace then becomes a destination for potential customers from outside the area. Larger cities such as New York, Philadelphia and Washington, DC, are within two to four hours driving distance from Scranton, thereby creating the potential for this site to become a tourist destination. The concept of a marketplace is nothing new,

but to the city of Scranton it would be a significant and exciting change! This concept would fit nicely into this historical building due to the layout of the building itself and the site location with respect to the downtown.

It was easy for me to fall in love with the Dickson Works Building (which some of you may recognize as the Dunder Mifflin building from the television show, *The Office*). It is located just on the fringe of what is considered downtown Scranton. The building was constructed in 1856 for the manufacturing and repair of machinery and boilers during the explosion of the coal mining industry area in this region. The company manufactured locomotives, stationary engines, blast furnaces, and boilers. The building which was named after the Dickson family who started the Dickson Manufacturing Co., was divided into different departments which included: engineers, draftsmen, designers, artists, tool and pattern makers, as well as shops for construction, machines, foundries, and

woodworking. To give you a sense or an idea of the size of this massive three storey building, there is an open working floor space of approximately 37,500 square feet, which is almost equal to the size of a football field. The immense amount of raw materials of steel, pig iron, plate iron and brass that were brought into the Dickson Works Building during the mid-to-late 1800s to the early 1900s was used to produce approximately 1,700 locomotives for railroad companies throughout the United States and abroad. As an interior architecture and design student, I was excited to see the interior exposed roof trusses made of wood that are complimented by elegantly designed wrought-iron tie members. Another unique architectural design was the use of clerestory windows that run the entire length of the building. The extensive use of windows throughout this structure is evident when one is standing both inside and outside of this building. One must remember the electric light bulb as we know it, was not invented until 1879, and not readily available for commercial or industrial use until the early 1900s. Therefore, natural lighting was the only means for a building this size

continued on page 13



Watercolor painting by Colleen of the interior of the building



Colleen in front of the Dickson Works Building in downtown Scranton

Daring to Dream

IN INTERIOR ARCHITECTURE

A Case of Vertigo

by Sister Joan Bastress, IHM

On several occasions, I have suffered from vertigo. My doctor says that a fluid imbalance in the inner ear causes this ailment. This imbalance is a nasty experience which is accompanied by dizziness and nausea. If you attempt to walk about the room, you stagger and worsen the condition. Everything seems to move around you. During these episodes, the doctor advises you to lie very still until your body and/or medication corrects the imbalance. Vertigo is also described as a disorder of the inner ear.

Imbalance and disorder occur in our lives whether we want it or not. We are thrown off balance by so many things in our lives whether they are physical, psychological, spiritual, internal or external. We experience the death of a loved one, an unexpected physical illness, a devastating testing of our faith, an unexplained abandonment by a friend, a sudden release from a ministry we love, the maddening pace of today's world and a host of other circumstances. We need desperately to find a way to restore that wonderful well-being within ourselves

called balance. God seems to echo the doctor's order: "Be still and know that I am God." (Psalm 46:10) This is the posture of prayer. It is a call to rest in God's presence creating a time-out period. Resting in God has all the curative powers of restoring our well-being and balance. It makes our world stop spinning around us, centers us, and, slowly but surely, brings us back to health. We come to a comfort level where we are reassured that Someone truly loves us, is taking care of us, is leveling off the imbalance we feel, and understands the cause of our "vertigo."

We have learned by experience, that we cannot solve external problems solely by ourselves. We work at resolving our nation's challenges of immigration, prejudice, and unjust wages realizing all the while that we must partner with God to accomplish our goals. Of the battles and challenges within ourselves - our temptations to sin, our sharp tongues, our selfishness, our put-downs of self and others, our angers, our overeating or drinking, our failed Be-attitudes—we absolutely know that we cannot bring about

our own inner well-being alone. Why? Each of us has personally experienced failure to do so even with our best human efforts. "I try but my anger gets the best of me." "I just cannot seem to overcome my dislike for him/her." "Oops! I said it again!" "Gosh, that extra doughnut just seemed to gravitate itself into my mouth!" "Did you say New Year's resolutions? I seem to make them for the sole purpose of breaking them!" "Help, I can't cope with this fast-paced, exhausting lifestyle. My head is swirling with things to do and places to go!"

It is at these times that the doctor's voice echoes in our ears: "You need to rest, to be still in God's presence until the vertigo subsides and your balance is restored." St. Teresa of Avila describes prayer as the gift of "being alone with Him alone," in other words, of resting in God. If we follow the doctor's advice, prayer with its silence and solitude has the ability to restore that wonderful well-being within ourselves called balance.

"Be still and know that I am God."



...prayer with its silence and solitude has the ability to restore that wonderful well-being within ourselves called balance.

Sister Joan serves as a pastoral minister at Good Samaritan Nursing Center in Baltimore, MD.

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to be able to operate in the capacity as described above.

After an exhaustive search of local, state and national archives, the original structural and architectural plans from the 1860s could not be located. Therefore, a field survey was performed in order to document the existing conditions by measuring the structure, along with producing an extensive photo documentation of the building. The architectural design of the building with its rhythmic elements of texture and textile patterns that vary along its length will create different effects of daylight in the various bays of the marketplace. These lighting effects will compliment vendors chosen specifically for certain areas within the building. In this way, the human senses will play a significant role in this program development and it is how these senses will contribute to the overall

use of the interior space and its circulation. For instance local farmers, who will now have a year round venue, will occupy the north side of the building which is in shade for most of the day, thereby allowing their fruits and vegetables to remain cool and dry. Daylight shall be the order and disorder of the warehouse. Other possible vendors selected might be a coffee house, which would use natural light for patrons to sit and read while enjoying a cup; various small eateries strategically positioned throughout the building capitalizing on various lighting opportunities to enhance their operations; local artisans would be able to display their wares in unique lighting settings. The ability to incorporate seating areas in the clock tower and other locations within the structure will provide unique panoramic views overlooking various parts of the city.

Another opportunity for adaptive reuse is to restore an abandoned railroad bridge leading to the building that now exists but that has been out of service for many years, into a combined pedestrian walkway bridge and railway service. A newly created entrance would allow access to the marketplace from an area that is home to a medical college, a hospital, and various apartments and high rise complexes. Connection to the nearby Lackawanna River Heritage Trail would open the market to users of this newly created running/walking trail.

Although my thesis is theoretical in nature and the Dickson Works Building is currently occupied, the possibilities are endless when one considers adaptive reuse as a viable architectural approach to preserving our past and our future.

I end with this quote that I had found during my research this year

on the balance between old and new design that has really touched and inspired me as a designer. Enric Miralles and Benedetta Tagliabue (EMBT), an architectural firm that rehabilitated the Santa Caterina Market in Barcelona, Spain said, "The first mistake is to talk about old and new. Whatever has managed to survive into the present is current, useful, and contemporary. And it permits us to move back in time in order to continue forward."

Colleen Therese is a graduate student in the School of Architecture at Marywood University in Scranton, PA. She may be contacted at crogan@m.marywood.edu

Words of Wisdom on Finding Balance

by Sisters of IHM

I take a deep breath, close my eyes and imagine I'm watching the waves at the ocean.
Grace Campbell, IHM



Painting, Reading, taking in nature and watching the Red Sox help me keep a balance in my life.
Jacqueline Donohue, IHM



woods with one of our dogs, sawing and splitting wood for the winter, watching the beauty of sunrises, and thanking God for the wild animals that we see in our yard.

Jane Hardison, IHM

One of the ways I create balance in my life is to enjoy a good pizza with friends.

Rosemary Goulet, IHM



Mindfulness helps me maintain balance in my life. Inviting myself to live completely and fully in the present moment.

Mary Ellen Higgins, IHM



My relationship with God keeps me balanced: centering prayer in the morning opens me to listening; priorities for the day that

must be accomplished are set; interruptions give pause to my agenda and force me to rethink God's will causing me to exclaim, "I guess You didn't want it that way." And prayer brings me peace.

Mary Schoberg, IHM

My abiding and ever deeper faith, trust in and surrender to the God who loves me passionately, companions me always, and asks of me only what we together can be and do helps me maintain balance in my daily living.

Margaret Mary Causlon, IHM



Darme tiempo para reflexionar y tomar decisiones para que las cosas vayan mejor.

Norma Poma Arpi, IHM

To maintain balance in my life, I pray, read, do crossword puzzles, walk, cook, bake, clean, visit family.

Joan Quinn, IHM



To maintain balance, I try to just stop for a moment of silence and stillness, not working on anything or even thinking about

anything.

Christine Mihelich, IHM

I try to remain focused on the demands of the present moment and do the best I can.

Mary Martha Gardiner, IHM



When the world is spinning too quickly: I stop, step back, breathe, and close my eyes... and say "don't sweat the small stuff." Or, "God, you got me into this; help me get through it!" Or, "Give me the grace to accept others as they are."

Elizabeth Pearson, IHM



To maintain balance in my life I walk, exercise, enjoy the outdoors in good weather, visit with family and friends, read, eat regularly, and sleep.

Ellen Carney, IHM

I currently reside at Our Lady of Peace Residence and I find that combining my personal prayer life with daily reception of the

Eucharist, taking part in the various activities offered here and enjoying doing "fun" craft projects, helps me live a well-rounded balanced life each day.

Rosarii Hemmer, IHM

Remembering that God loves me unconditionally points to including others who walk the journey of a day with me.

Catherine Gilvary, IHM



I start my day with prayer and I end my day with prayer.

Dorothy Kibler, IHM



Dream, dance, walk, wonder, pray, play, together and alone.

Chris Koellhofer, IHM

My reply to "Balance in my life"— participating instrumentally during Saturday afternoon Mass, walking in the



With a brief "Jesus, be with me", my first choice at maintaining balance is to rest and/or sleep. With mental and physical equilibrium restored, I delete an unnecessary activity from my schedule and spend the saved time in quiet prayer.

Joan Bastress, IHM



Working at a large state university campus, I have the opportunity to witness to God's presence within and among faculty, staff and students on a daily basis—to see His peace shared by all.

Maureen Schrimpe, IHM



Since I am with children all day five days a week, I balance by once a month driving folks, on the parish bus to the 4:30 p.m. Mass; they are so grateful that they can participate with the parish community.

Florence Marino, IHM

Words of Wisdom on Finding Balance

by Sisters of IHM

To keep meeting students, faculty, the Sisters I live with in a balanced fashion, first off, I need Jesus as a constant companion. He keeps me calm and cheerful. Then, since days are packed, I count myself lucky to have a few relaxing moments to read or play a computer game.

Claudette Naylor, IHM

I pray quietly, work diligently, laugh heartily, and love faithfully to balance my relationship with God, community, family

and friends, and employer.
Marie Lourdes Vanston, IHM

To keep my balance, I try to recall often the presence of God in my life and the life of all persons.
Joel Marie Sheehe, IHM

An early morning riser with ample time for contemplation, I prioritize daily tasks with resolve to live fully in the present moment.

Anita Maleski, IHM

The 8 hour rule: 8 for working- 8 for resting- 8 for pure being (pure enjoyment of life).
Donna Korba, IHM

Music...fresh air...wisdom of Thomas Merton
Jean Leonard, IHM



It is too easy to let ourselves become torn, frazzled and over committed with all we have "to do." Keeping a clear focus on each values-based commitment, one can put forth best effort and be enriched by the gift of self.

Ann Monica Bubser, IHM



One way I keep balanced is by stopping in the gallery of the Chapel for a peaceful minute or two whenever I can during hectic days.

Dolores Filicko, IHM



Quiet, especially prayerful quiet, is a major means of establishing balance in my life. I simply must step back from the noise and busyness that I often experience in my life in order to be centered/balanced.

Linda Anne Greenberg, IHM



Right now I am a little off balance but I do know what is needed to gain the balance. That in itself is a gift, a grace. As they say in golf - it's the follow through that counts.

Lenore Thomas, IHM



Music...fresh air...wisdom of Thomas Merton
Jean Leonard, IHM



My prayer time is my best help in keeping balance in my life. This morning for example I read this scripture quote in *Living Faith*: "Look to the Lord in his strength; seek to serve him constantly." I said, "Okay, Lord, this is my mantra for today."

M. Alphonsa Concilio, IHM



I listen to my body, pay attention to what's happening in my prayer, exercise, eating habits, rest, ministry, and relationships; then I try to make good decisions.

Regina Burns, IHM



I think my answer is quite simple: work, pray, and play! We are indeed busy folks who have lots to do, but we have to rely on the Lord for our strength and to free ourselves simply to be (that which I call play in whatever form that may take - a sport, a card game, some TV watching, or simply taking a walk).

Ruthanne Gypalo, IHM



Balance in my life results when I can focus totally on what it is I am doing at the moment.

Mary Jo Gallagher, IHM



I maintain balance in my daily life and ministry as a Telespond Volunteer Companion. I mostly visit the sisters at OLP or take them to appointments, shopping, or even an outing for enjoyment. This not only brings the sisters enjoyment but I too benefit from the praise, compliments and joy they give to me for my kindness.

Annellen Kelly, IHM



There's nothing like a dose of perspective to put everything in balance; when the scales are tipping a bit to the stressful side, it's gratitude for the wonderful people and many blessings that fill my life that brings everything back to an even keel.

Mary Persico, IHM



A Burke is incapable of saying anything with just one sentence. There is too much of the Blarney Stone running through the bloodstream!

Margaret Burke, IHM



... I take grateful advantage of one of the blessings of old age: part-time status, which gives me time for prayer, thought, reflection, -- while allowing time for teaching and parish activities; what a wonderful gift!

Beverly Hmehl, IHM

*Friends of God**In Memoriam* and lovers of the dream

Sister M. Jacinta Guinther, IHM
 September 11, 1926
 September 19, 2013
 by the Sisters from St. Joseph
 Convent, Carbondale, PA

Those who lead many to justice
 will shine like stars for all eternity.
 -Daniel 12:3b

Sister Jacinta was preeminently a teacher. School was her joy and her lifeline – particularly teaching religion. Each day her focus was leading morning prayer at Sacred Heart Elementary School and later LaSalle Academy. The children from Pre-k to eighth grade gathered and prayed together every morning. They learned their prayers, the rosary, the Stations, prayed for family members who were sick and for world concerns that Sister Jacinta brought to their attention. It started their day—and hers. She gave this prayer time her life and her best energy. Sister Jacinta wanted to die “with her boots on” and her prayer was answered. LaSalle Academy faculty and students turned out mightily for Jacinta’s send-off at St. Rose Church.

Jacinta was also most generous with her time for her brothers and sisters who lived in the area, caring for several of them to their death.

Among her many fine skills around the convent, Jacinta was known for her delicious apple pies, fidelity to prayer time, delight in picking berries and seeing to it that the daily convent meal was nourishing and hearty. She loved the occasional trip to the casino and sports – a strong Notre Dame fan to the end.

Shine on, Jacinta!



Sister Margaret Clarke, IHM
 April 29, 1921
 October 31, 2013
 by Sister Ruthanne Gypalo, IHM

When asked to share some memories of Sister Margaret, I thought back to the very first time that I met her. Of course, at that point, she was Sister Emelia and I was a sixth grader at St. Mary of the Mount School in Pittsburgh. Through my eyes she was just one of several happy young sisters living together. Little did I think then that years later we would spend some 22 years as sisters together!

Sister Margaret and I moved to East Rockaway in 1986 and worked together until her retirement from school in 2008. During her time at St. Raymond’s, Margaret taught third grade before serving as the librarian and working with all of our children whom she affectionately referred to as “tiddlywinks” (usually meaning that she couldn’t quickly remember their names!). I learned much about and from Margaret during those years. Being from the “old school”, she was quite a disciplinarian both with the children and herself! However, even then she would display great compassion. Often, crying children would be found enveloped in her embrace. I often wondered how many of them saw the tears in her eyes too.

Sister Margaret was a very private person keeping many things quietly in her heart. She loved the Congregation, her family, and sports! Oh my, the things that she taught me about being prayerful, faithful, a loyal friend, a dedicated professional, and a hard worker! How flexible she was in warmly welcoming my mother to stay with us – and to accept not one but two

dogs! There was quite a change in the quiet convent life we were used to, but Margaret met it all with an open heart and big smile.

Now, I’m sure, that smile is everlasting as she shares in the joys of eternal life. Rest peacefully, my friend, and present before our God all the tiddlywinks you left on earth.



Sister M. Gertrude Hopkins, IHM
 February 28, 1918
 November 3, 2013
 by Sister Mary William Philbin, IHM

Who was Sister Gertrude Hopkins? She was a devoted and loving daughter, sister, and aunt. She was a dedicated and energetic principal, teacher, and librarian. It did not matter what the title or the responsibility of her position, she met her ministry needs with love and great care.

She was born in Pittston and educated in St. John the Evangelist School. She was a student who enjoyed all educational endeavors. She was very adept at academics, and could also turn her hand to sewing and crocheting. She designed many beautiful scarves, afghans, and many other items for her beautiful family. Sister Gertrude also shared her talents with the Heartworks Shop at Our Lady of Peace Residence.

Sister Gertrude was a faithful prayer and constantly talked of the need to trust God in all circumstances. She had a deep and profound devotion and trust in the power of Saint Joseph. “Saint Joseph helps me to stay calm and trust in Divine Providence,” she would often say. Gertrude cared deeply for her family. She was a trusted confidante, an attentive listener, and a wonder-

ful advocate for her many family members. She persistently prayed for their needs and well-being. She was always there to rejoice with them in joys and accomplishments and to encourage them in their challenging moments. Her family always counted on her prayers and she never let them down.

Sister Gertrude had an interest in her students and encouraged them to work to their ability. She worked very hard preparing her academic materials. She was a master teacher and administrator. As a principal, Sister worked at keeping all aspects of school life in order. The staff, teachers, students, and parents appreciated her devotion and dedication to the school community.

After more than sixty years of ministry, Sister Gertrude accepted her illness with graciousness and faith. She was a good patient and kind to all who served her needs. Even in her illness, she showed concern for family and community members. She never ceased to pray for all in need. After many years of life God called Sister Gertrude home. She is deeply missed by all who knew her, especially her dear brother, Robert, and her many devoted nieces and nephews.

We all thank you, Sister Gertrude, for your example of selfless love and fruitful ministry. May you rest in the loving embrace of God.



Obituaries for
 IHM Sisters
 may be found on the
 Sisters of IHM webpage

www.sistersofihm.org

*Inspire us**In Memoriam**with lives of meaning*

Sister M. St. Monica Costello, IHM
 February 11, 1938
 November 5, 2013
 by Sister Ellen Maroney, IHM

We give Monica back to You, O Lord, who first gave her to us, and as You did not lose her in the giving, so we do not lose her in the return.

When I think about Sister St. Monica Costello, the first thing that pops into my head is the song, "Maria" from The Sound of Music, and in particular the phrase, "... how do you catch a moonbeam in your hand?" Monica, or Peggy as her family lovingly called her, was a person who always seemed to have twenty or more "projects" (her favorite word) going at the same time, and all of them focused on doing something for others. She was a person who lived and breathed "loving service" her entire life. She never tired of reaching out to others – except at night, when she would settle in her big easy chair, ready to watch the evening news, and immediately fall fast asleep (though she claimed it was only a little "snoozette")!

Monica was born in Brooklyn, NY, and remained proud of that fact her entire life. Her parents, Michael and Mary, taught Monica, her sister, Mary, and her two brothers, Andy and Billy, the values of a strong faith grounded in prayer, family, and service to others. These principles were life-long hallmarks of Monica's life. She deeply loved her family and reveled in telling about the latest adventures of her nieces, nephews, grandnieces and grand-nephews. She looked forward to the special holiday and summer vacation times when she would share

her wit and wisdom with family and close friends. There was no chance of being bored when in the company of Monica and her family!

Monica loved life to its fullest, always ready for a party (especially one she planned!), a Thanksgiving dinner celebration, a card game, or her famous St. Patrick's Day Irish soda bread-making marathon! She enjoyed a good laugh, even on herself, and valued greatly her many friends. Above all, Monica's priorities always were her prayer relationship with her God and her IHM vocation. It was her unflinching faith in God's great love for her, I know, that gave her strength even as her illness relentlessly progressed. She never complained, not once, though the rest of us surely did.

Of all the words I might use to describe Monica, the one I think that she would be most proud of is "teacher." From her early years in the classroom to the twenty plus years as a principal to her last thirteen years as director of the IHM Educational Enrichment Institute (EEI) at the IHM Center, Monica was the consummate teacher—she taught by example, not just words. She genuinely loved, respected, and enjoyed each student, child or adult, for the person he or she was. There were no limits on her time or efforts to provide each one with the individual educational help needed. Monica always saw the potential in her students, and focused on helping them to recognize and develop it in themselves. She relished taking on the most difficult cases, and was happier than any Olympic gold medal winner when one of these students showed improvement. I think Monica was such a wonderful teacher and mentor because she cared and showed it. I think all of us are better persons because of the countless lessons Monica taught us every day.

So now we truly do call her "St." Monica, as she enjoys God's eternal loving embrace and we rejoice in thanksgiving for the many ways she shared her great zest for life with us.



Sister M. Jeanne Gallagher, IHM
 September 9, 1926
 November 16, 2013
 by Sister Kathleen K. Kelly, IHM

Sister Jeanne Gallagher as teacher and administrator touched the lives of thousands of young men and women. This was evident when former students kept in touch with Jeanne over the years. They would express their gratitude for her many kindnesses and encouragement to use their many talents to the best of their abilities. They would frequently invite her to come for a visit or take her out to dinner to thank her.

Jeanne served as principal of St. Bernadine Special Education School in Baltimore, MD. Tears would come to her eyes when she would talk about the students. She had such a love for them and their special needs.

Jeanne was one of the kindest Sisters that I ever lived with. When it was someone's Jubilee, Feast Day or special celebration, Jeanne would always make sure that it was a true IHM celebration. She always gave a warm welcome to our many visitors at St. Clare's. She truly had IHM hospitality.

Above all, Jeanne loved life. She always looked forward to visiting her brother, Johnny, and her sister-in-law, Mary in New Jersey. Her trips to Texas were always high on her list when she would travel to see her nephew, niece and grandniece, Katie.

When she moved to Our Lady of Peace Residence she brought her joyful, loving spirit with her. May she enjoy God's light, love and presence.



Sister Moira Murray, IHM
 August 14, 1929
 November 24, 2013
 by Sister Michel Keenan, IHM

On November 24, 2013, Sister Moira Murray ended the long journey from Belfast, Ireland to Scranton, Pennsylvania in June 1948 to become an IHM Sister. Sister Moira was one of sixty-four native-born Irish Sisters who left Ireland to enter the Scranton IHM Congregation, dating from 1872 to Sister Moira's entrance in 1948.

Born on August 14, 1928, Sister Moira was one of five children, all of whom were educated in Catholic schools. It was in these schools that Moira became acquainted first with the Sisters of Charity, and later, in high school, with the Dominican Sisters. Asked whether she ever considered entering these congregations, she promptly replied, "Never." It was undoubtedly the influence of her mother's sister, Sister Ann Patricia Elmore, who had entered the IHM Congregation in 1927 with four other Irish young ladies, that Moira had come to know the IHM Congregation. The periodic visits of these Sisters to Ireland kept that connection alive.

Professed as an IHM Sister on May 8, 1951, she was known as Sister Mary Owen. She loved teaching, and it was well-known that the children were fascinated with her Irish brogue and often imitated it. She served as elementary teacher at St. Agnes Elementary School, Lock Haven, Pennsylvania, Brooklyn, New York, Mount Holly, New Jersey, and St. Paul's, Scranton, Pennsylvania. Her favorite mission was Dundalk, Maryland, reminis-

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*Walk closely by our side****In Memoriam****until that day when we shall meet again**continued from page 19*

cent of a town near Belfast, Ireland, called Dundock.

May Sister Moira rest in peace, and may the pioneer spirit of our native Irish Sisters be alive in new IHM vocations.



Sister M. Salvator Cramer, IHM
September 15, 1932
December 11, 2013
by Sister Louise Connolly, IHM

In my sitting room hangs a poem framed in rich dark wood and printed on exquisitely handmade paper with pressed flowers and ferns. A glance at that poem reminds me instantly of my dear friend, Sal. The framed piece was purchased by Sal at the Vallis Clausa Paper Mill on the Sorgue in Provence, France, during a trip we made together. Translated from French, it reads:

Prenez le Temps (Take Time)
Take the time to play;
it is a secret of eternal youth.
Take the time to read;
it is the source of wisdom.
Take the time to love and to be
loved;
it is a grace from God.
Take the time to make friends;
it is the voice of happiness.
Take the time to laugh;
it is the music of the soul.
Take the time to think;
it is the source of action.
Take the time to give;
life is too short to be selfish.
Take the time to work;
it is the price of success.

Although Sal didn't write this poem, it expresses her lifelong desire to live life to its fullest. And

that she did. Sal had a fine mind and with that came suffering. She was very sentimental. She was moved by beauty in all its forms and she shed tears easily. She knew the power of words and she expressed her feelings often in writing. One of Sal's favorite quotes: "I should keep my words soft and sweet in case I have to eat them." She hand-scripted this quote on a card she gave to me when I moved to Our Lady of Peace Residence.

My friendship with Sal goes back to 1951 at the Motherhouse. I was teaching music in the Marywood Seminary High School and was asked to create a choral group. The postulants and novices "tried out." Sal was a natural alto who had a love for music. I could sing two lines and Sal could sing them back. The name of that first group was "The Queen's Daughters." This experience drew us all together and we all got to know each other better through our rehearsals. This was our bond.

Sal rests now in the loving arms of God. I am ever grateful for her presence in my life. Each time I glance at that poem, I remember Sal and I am reminded to take time to love and be loved, for it is, indeed, a grace from God. Rest in peace, my friend.



Sister Patricia Woll, IHM
November 26, 1931
December 28, 2013
by Sister Jean Conaty, IHM

Anyone who knew Sister Patricia Woll knew one thing about her; she was creative. From her days in the Marian Convent Art Studio to her coming to Our lady of Peace as a resident, she turned out many beautiful works of art for IHM publica-

tions as well as crafts to be sold at our gift shop, Heartworks. Outside of religious-themed pictures, Pat loved to draw dogs. I think she drew every dog in existence. This love, especially of kittens and puppies, spilled over to the TV channel "Animal Planet," Pat's favorite channel, and to her favorite programs, "Cats 101" and 'Dogs 101". One of the crafts that she derived pleasure from fashioning was the wreaths, especially Christmas wreaths, and they were truly beautiful. Pat also dabbled in jewelry-making during these years.

Patricia was the youngest of ten children, 7 boys and 3 girls. In her drawings of Saint Joseph, she often used as her model a picture of her brother William, who was killed during WWII. Jim, another brother, was also artistic, but Pat always said that Jim drew better than she did. Maybe, yes; maybe, no.

My friendship with Pat goes back to the 1960s when we were both stationed at Saint Leo's in Ashley. All through the years since, she has remained a faithful friend to me. We both weathered many ups and downs of life but managed to help each other through them. As Pat was becoming more ill and just one month before she died, I found on the cushion of my chair a half-sheet of paper upon which was printed an Arabian proverb:

A friend is one to whom One may pour out All the contents of one's heart,
Chaff and grain together,
Knowing that the gentlest of hands
Will take and sift it,
Keep what is worth keeping and
With the breath of kindness,
Blow the rest away.

At the bottom in scratchy writing were the words, "Love, Pat."



Sister M. Francella Shaughnessy, IHM
February 26, 1920
January 14, 2014
by Sister Jane Snyder, IHM

"Life's surprises are seedlings emerging through the concrete of our expectations and plans." I read this line in a meditation I was reading the day after Sister Francella died. I could not get over how relevant that thought was to the final chapter of Francella's rich life. She would be the first one to tell you that six and a half years ago, as she busied herself preparing for another day, one of "life's surprises" – a stroke - turned her life on a dime from being self-sufficient to being almost totally dependent on the care of others.

From her life as a child in a family with two brothers and four sisters who lived in her mother's family home with their parents and three maiden aunts, I suspect she learned the give-and-take of life along with the strong faith that hallmarked her entire life. She was never much for drama which was probably why so many whose lives interfaced with hers found her to be even-tempered, open, and, generally, easy to deal with. (Some of us who experienced Francella as director of junior professed sisters may have a slightly different take on this.)

Through all that confronted her, Francella never lost the twinkle in her eye and quick wit that brought laughter and joy until the very end. Her most frequently asked question: "What's up in the Congregation?" What a love affair she had with all things IHM – second only to the love affair she had with the God

In Memoriam

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who soothed her concerns and gave her great peace of mind.

I am writing this on February 26, her 94th birthday. The concrete of her expectations and plans has gone to dust. Oh, but the fidelity of the life of Sister Francella that sustained that seedling – that will bless all of us long into eternity.



Sister Teresa M. O'Malley, IHM

May 8, 1928

January 30, 2014

by Sister Annellen Kelly, IHM
and Sister Pauline Kelly, IHM

We first met Teresa on September 8, 1951. She was truly an Irish beauty with her white Irish skin and wavy red hair. Most of us had just graduated from high school and were seventeen or eighteen years old. Teresa, on the other hand, had completed Business College and had been employed for five years as a secretary to a bank executive.

Teresa was a very private person, but seemed to fit right in with the other postulants. It was obvious to all of us she was a very prayerful person and spent much time before the Blessed Sacrament. Later on, she told us that each day when she returned home from work she always stopped at the Polish Church next to her home in Avoca. She really felt that she received her vocation while visiting Our Lord in the Blessed Sacrament at that Church. Once she decided to become an IHM sister she never looked back.

Teresa dearly loved her parents and two sisters. When they needed her help she was right there to care for them. After her parents' deaths she was free to travel. She really

enjoyed visiting the shrines of Our Blessed Lady at Lourdes, Fatima, Knock, and Medjugorje. She also traveled to a number of the European countries. Through the kindness of her niece, Dr. Pat in New York, she enjoyed a number of Broadway shows and operas. She also had many vacations in California with her sister Mary and her family.

During her years of teaching she taught elementary, high school and college. At Marywood University she spent 22 years both teaching and serving in various office positions. Then she was called to home ministry when her sister Margaret needed her. After Margaret's death she was assigned to the IHM Center. Because of her devotion to the Blessed Sacrament she volunteered to be sacristan for the third floor Chapel. When assigned to OLP she again volunteered her service for the Chapel on the fourth floor. Both Chapels were beautifully kept and decorated with the same perfection with which she did all things.

When you entered her room you would have no doubt about her devotion to the angels because of the many statues decorating her room. As she was waiting to meet our dear Lord, she gave her caregivers the angels they admired. We have no doubt that now she is with our Lord and the Angels. We quote from the plaque hanging above her seat in the chapel at Our Lady of Peace Residence: Forever with the angels—always in our hearts!

John Michele Southwick, IHM

The fulcrum, the anchor, of my day is the time I spend each morning in prayer during which the essence

Words of Wisdom

To keep balance... every once in awhile I go to a certain spot, buy a Cappuccino and just sit and enjoy the ocean breeze.
Jeanne Marie Kearney, IHM



of my being is in union with the Divine within.
Janet Yurkanin, IHM



Trying to be in "right relationship" with God, myself and others helps to keep me balanced even when the world around me is out of balance!
Maria Regina Loures, IHM



"When my father died my Mother went from detective stories to Harlequin romances; now that I'm retired, I've switched back to mysteries to balance the excitement/lack of excitement in my own life."
Patricia Walsh, IHM

Prayer, work & play.
Theresa Bonanza, IHM



I have maintained balance in my busy life by recognizing my daily high and low energy peaks, working at more difficult tasks at peak energy times and resting from work in the late afternoon when my energy wanes. I pray periodically throughout the day, am not averse to drinking a high-energy B-12 Zip-fizz when I need it, and I get a regular 7-hours sleep a night.
Loretta Mulry, IHM



For me the key is to spend time daily in contemplative prayer with morning being the best period of the day.
Mary Ann Lang, IHM



Prayer is the only thing that keeps me balanced; my connection to God, my source of life, gives purpose to everything I do.
John Michele Southwick, IHM

I try to maintain balance by making sure I have quiet time alone each day. My alone time includes prayer, walking Moss (our Shalom Community dog), and also creating art—often in the printmaking studio at Marywood.
Fran Fasolka, IHM



As a hospice social worker, keeping balanced is a survival skill. I pray with those of like mind; I eat meals with sisters I live with or the hospice team; and I try to walk every evening and breathe deeply of nature.
Jo Ann Trama, IHM



Words of Wisdom on Finding Balance

by Sisters of IHM



"A positive outlook, finding joy in what I do, viewing tasks as part of something greater, being firm in the value of Rootedness in

God, rolling up my sleeves to get a job done, preparing a meal- better yet a party, knowing how to relax, not taking myself too seriously, crossing off the to-do list, enjoying time with family and friends and loving life."

Maryalice Jacquinot, IHM

Having prayer and quiet time and planning fun events.

Francis Rose Lapitino, IHM



As a really strong introvert, who spends lots of energy in ministry each day, I find quiet time to be important for balance.

Jane Connolly, IHM

times for us were sacred, since we all lived alone, yet loved community. Although we traveled I would return home refreshed and filled with more enthusiasm and new ideas for the days or weeks ahead. After big church liturgies and busy seasons I connect with another sister or two and take extended time off to recharge. We go to the ocean or the mountains and to experience the beauty of nature and have plain fun. In recent years our gatherings have been less frequent but still, I take that time once a week and rest with a nap, a good book, an old movie or a meal with a friend. I feel that I should be as dedicated to "wholeness" as I am to being "rooted in God." After all, even God took a day off after a busy week of work. God deserved it and so do I.

Mare Carol Loughney, IHM

and leg exercises. Going "birding" is a hobby. My tastes in music range from Charlie Pride's western variety, to serious classical music which I grew up with, as my sister was a musician. Good conversations with others also brings balance to my 90-years of life!

Michel Keenan, IHM



Making sure I get together with friends for a nice time together, sharing food and good conversation.

Catherine Sitja y Balbastro, IHM

I try to maintain balance by remembering that I do not have to be responsible for everything that comes my way. So I pause, call upon the Holy Spirit to show me what to do, breathe and try to be faithful.

Beatrice Caulson, IHM

I breathe in God's unconditional love, peace and presence that God wants to give me right now in the present moment. "All will be well." A deep breath and receive the love. The present moment is committed to the "Presence."

Marie Estelle Gavel, IHM

Interspersed with prayer and work in my day, there is always music, reading, crossword puzzles,

During the day I look out the nearest window, take a few deep breaths, and enjoy the calming view; in the evening I watch a few clips from wimp.com :)

Frances E. Russell, IHM



To maintain balance I need quiet time alone and I enjoy walking.

Elizabeth McEneaney, IHM



Starting each day with Liturgy and prayer, and not taking myself too seriously: these help me to maintain balance in my life.

Elizabeth Mary Wallace, IHM

I fill each day with prayer, creativity, some activity that makes me happy/healthy, some way that I can BE for someone else. Many times,



Hartman, IHM

I usually go deep "within". I try to see the "situation" from God's point of view and make effort to adjust my pace.

Michael Marie



Prayer and/or a call to a friend.

Dora Vizcarra, IHM

I breathe in God's unconditional love, peace and presence that God wants to give me right now in the present moment.

"All will be well." A deep breath and receive the love. The present moment is committed to the "Presence."

Marie Estelle Gavel, IHM



When I need balance in my life, I go to God in His Creation: plant flowers, listen to bird songs, watch squirrels play, sit in silent contemplation.

Joan Ottman, IHM



To maintain balance I guard my time away from work and ministry through prayer, work, reading or just not doing anything. For



years Sisters Margaret Gallagher, Betty Bullen, Kieran Williams and I have claimed Friday as our day off. Many times we would travel as much as one and one half hours to meet for lunch and sometimes shopping or the movies. These



Spend an established set of time on the computer, even if it is a game or some research project, and stop when my time is up.

Patricia Fedele, IHM

Words of Wisdom on Finding Balance

by Sisters of IHM

the list that I prioritize is done in reverse order or maybe not at all. I know that the following might seem haphazard but... When I wake in the morning, I ask God what I am to do that day: Prayer: When do You want me to meet with You for our daily hour together? (Our "date" is different every day and I love the spontaneity!) Ministry: Who do You want me to be, what do You want me to do today for others? (prepare a conference, give spiritual direction, visit, send an email/card/call, surprise them)? Health: What do you want me to do that will make me/You happy? (make time to read something that "feeds my mind and soul, listen to music, take a walk, exercise, be still and listen, create something beautiful)? Community: How can I be Jesus today for the sisters with whom I live? (be understanding, grateful, thoughtful, serving, patient, non-judgmental, loving) ? This is what I do each morning and I believe that my joy comes from listening to God and being ready to be and do what God wants.

Cor Immaculatum Heffernan, IHM



To maintain balance I often turn the source of stress over to the Lord, keep in touch with friends and family who love me for who I am, and am learning to say no once a day.

Roberta Mary Harding, IHM

I maintain balance in my life by exercising daily—biking or walking are my favorites.

Kelly Ann Quinn, IHM



Sweeney, IHM

When in a frenzy of activity I focus on a paraphrase from a T.S. Eliot poem: "Teach me to care and not to care. Teach me to sit still." Calm and balance return.

Ann Barbara DeSiano, IHM



If it hasn't helped me maintain balance it has at least helped me maintain sanity... I have a few people in my life who can really make me laugh and I try to connect with them...frequently!

Rachel Terry, IHM



I am just where I am supposed to be in the journey of life. Ad multos annos.

Anitra Nemotko, IHM



Balance for me is when I have to call a halt to the merry-go-round I am on, get off, take a breath, have some fun and share some time with a good friend.

Sandra Grieco, IHM

To maintain balance in my life-- As often as I can a walk in a nearby park helps me relax and appreciate the amazing goodness and generosity of God.

Marianne Knight, IHM



I remain faithful to quiet, contemplative time daily which helps focus and balance my day as well as taking time to laugh,

breathe and take walk breaks. I try to attend talks or retreat day/eve events that I know will feed my soul and I play with zentangle, Mandalas and collage art.

Minnette Welding, IHM

I pray early; I work midday; I play late.

Margaret Gannon, IHM



I find balance by spending time walking outdoors or doing yard work.

Grace Surdovel, IHM



Kelly, IHM

My quiet prayer time early in the morning helps me maintain the balance I need to keep focused on the spiritual dimension of my life and ministry.

Ann Parker, IHM



I am having multiple back and rib pain so I get my balance from my walker.

Barbara DuMont, IHM



I have learned to turn off my computer and pick up my crochet hook.

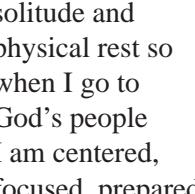
Kathleen Burns, IHM



Plenty of prayer, solitude and physical rest so when I go to God's people I am centered, focused, prepared to be the best I

can be with and for them.

Paula Gallagher, IHM



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Balance

IHM Leadership Team Elected



The Sisters of IHM conducted their Chapter of Elections, April 5 and 6. The membership called to leadership (L-R) Sisters Jean Louise Bachetti, councilor for spiritual development; Sister Rosemary Goulet, councilor for missioning and community life; Sister Kathryn Clauss, vice-president and councilor for missioning and community life; Sister Ellen Maroney, president; and Sister Ellen Carney, councilor for temporal resources.