

**JOURNEYING
WITH CHRIST
IN HOPE AND TRUST**

Ursuline Newsletter

4045 Indian Road, Toledo, OH • Vol. 48 No. 3 • March 2024

LEADERSHIP CORNER BY SR. DONNA

The heart of Jesus is at the center of the season of Lent. Ironically, Lent began on St. Valentine's Day, the biggest "heart" day of the year. Ash Wednesday, the same day, immediately pulled us into the depth of what it means to truly love and give your life for another. Jesus is the "Valentine" heart.

We are being challenged and guided by the scripture readings to journey with Jesus as he walks the road that leads to the cross, his death and ultimately to the joy of the Resurrection. Jesus invites us to stay by his side as he reveals the depth of his LOVE for us as we walk closer to the SUFFERING of Good Friday and finally to the HOPE of Resurrection Sunday. Our focus must be on the Hope and LIGHT of Jesus' profound message of the great love he has for us and that we in turn, share this message with all we meet.

As Jesus surrendered his life to his Father, we learn how to let go of all that is unnecessary in our lives that takes us away from the Father.



Our fasting, almsgiving and prayer give us a foundation for journeying with Jesus on this painful and long-suffering road to Jerusalem. We look forward to eventually standing before the empty tomb and rejoicing with sheer delight in the gift Jesus gives us in our own salvation and eternal life.

**Rejoice, Alleluia!
Jesus rises with eternal LOVE!**

Afternoon Reflection for Sisters and Associates



***"Prayer of St. Angela with a Lenten Twist"**
presented by Sr. Donna Frey*

Sunday, March 10, 1 to 3 p.m.
Ursuline Convent Offices

Please RSVP to Val at 419-536-9587 or
vmyers@ursulinecenter.org by March 4, 2024.



Thank you, Sisters!

Catholic Sisters Week is March 8 – 14, 2024, a time intended to honor all Catholic Sisters who are called to a life of service and ministry.

The Ursuline Sisters were invited to share an uplifting, lighthearted or positive memory from their current or past ministries. While these are only snapshots in time, we thank the Ursuline Sisters for dedicating themselves to serving countless individuals over many years of ministry.



“On March 17, 1968, my Mom and Dad brought me a guitar when I was stationed at St. Teresa School. I named it “Paddy.” For 56 years, I have played in the different parishes and schools, working with kids from Grades 3 through 8, and at times with some high schoolers also. At Regina Coeli, I had for a while 12 students playing for Masses. This was

at times challenging and rewarding. I have also been involved with playing for Masses and prayer services at TOCI – Toledo Ohio Correctional Institute. Again, at times, it was challenging and rewarding. This activity has helped me bring Dad’s loving presence to a lot of His people.” - **Sister Janice Ann Brown**

“Like many of our Sisters, I taught in the grade schools for many years. I also was honored to teach Religion in the CCD program to the children with disabilities for 30 years. Along with this, my favorite ministry was giving ‘Sacred Dance’ programs with both children and adults in nursing homes, churches, and various other places.” - **Sister Margaret Anne Carstensen**

“A joyful memory is Sister Margaret Welter, then Sister Eileen Simon, and myself obtaining a Suburban Chevy Wagon donated by Stroh’s Brewery Company in Detroit, Michigan and driving it from Toledo, Ohio to Belize, Central America for the Sisters who led

Eucharistic services for their faith communities in the mountains of Belize, Central America,” said **Sister Nelda Chafitelli**.

“One of my favorite memories is creating with then Sister Eileen Simon, the Ursuline Counseling Services in Washington, D.C. and having the privilege to serve others through this ministry for 30 years.”



“At the beginning of the school year, I gave a short presentation on St. Angela Merici to the new Junior Academy students. Time passed and an 8th grader saw me in the hallway and said she had something to tell me. Whatever I shared about St. Angela made an impression on her and because of that experience she decided to take the name “Angela” for her Confirmation name. This tells me that even if you reach one student and made a difference in her life, it was well worth the time I spent that particular morning.” - **Sister Donna Frey**

“When I was teaching, the most important thing to me was how successful my students were in the subjects that I was teaching. But now I realize that might not have been the most important thing because, when I meet former students, they don’t mention the content of my lessons. They remember that I cared about them. And one person said that I always loved them even when they were bad.”

- **Sister Rita Mae Johns**

“Volunteering at the Hospitality Kitchen at Our Lady of Lourdes and at the Information Desk at St. Anne’s Mercy Hospital enables me to help those in need, and to realize how much it means to them.”

- **Sister Carol Kronfield**





“During adventures of moving our Sisters to their appointments, we never know what will happen. It all just depends on the weather, the appointment itself, or how one is feeling.

Some Sisters are happy to be in a different place, some get promised an ice cream cone, or others simply enjoy seeing the spring beauty or winter snow. One time I took a Sister to an appointment and on the way back I asked if she would like an ice cream cone – so off we went! While at Handel’s my phone rang. The office was calling to say it was a hot day and they were leaving for Handel’s to get some cool treats. So I had to confess we were already there!” – **Sister Margaret Manion**

“During my past ministry I had mostly young children 6 years old to seniors in high school. I retired from Maria Child Care, working with babies 6 weeks old. Then, I continued to work with children until they were six years old. Their eyes and smiles made it a joy to come to work to teach. Remember Jesus told us to be as simple as a little child. Now I have changed my ministry to older people – Sisters, Priests – their years are in my collection of my ministry.”



- **Sister Ann Marie McManus**

“I was teaching primary learning disabled students at Rosary Cathedral when the principal implemented Silent Sustained Reading for 15 minutes after lunch. I decided to read Mary Poppins to my class. A day or so after we finished the excerpt in which laughing gas caused everyone to float in the air like Mary, I was in the coatroom getting some needed supplies. There was no sound coming from the students. But what I found when I emerged was every one of them seated in their chairs atop of their desks, pretending to be partying and laughing (silently) in the air. I learned that one of my clever second graders had engineered the entire thing, obviously very successfully.”

- **Sister Sandy Sherman**



A year-long initiative from LCWR entitled, “Transforming Grace: The Work of Transformative Justice” will be held between November 29, 2023 and November, 2024. Part I was on “Transforming Consciousness.” Part II, “Transforming Presence,” began in January.

Reflection for the week of February 11, 2024

~ *Opening Prayer* ~

Howard Thurman, from “Meditations of the Heart”

Lord, Lord, open unto me
 Open unto me, light for my darkness
 Open unto me, courage for my fear
 Open unto me, hope for my despair
 Open unto me, peace for my turmoil
 Open unto me, joy for my sorrow
 Open unto me, strength for my weakness
 Open unto me, wisdom for my confusion
 Open unto me, forgiveness for my sins
 Open unto me, tenderness for my toughness
 Open unto me, love for my hates
 Open unto me, Thy Self for myself
 Lord, Lord, open unto me!

~ *Scripture* ~

“A leper came to Jesus and kneeling down begged him and said, ‘If you wish, you can make me clean.’ Moved with pity, he stretched out his hand, touched him, and said to him, ‘I will do it. Be made clean.’ The leprosy left him immediately, and he was made clean.”

Mark 1:40

~ *Reflection* ~

Describe what is stirring within you.

Associate Updates

Afternoon Reflection – Our Lenten afternoon reflection entitled “Prayer of St. Angela with a Lenten Twist” will be presented by Sr. Donna Frey on Sunday, March 10, from 1 - 3 p.m. at the Convent Offices. This presentation is open to all Sisters and Associates. Please RSVP to Val (419-536-9587 or vmyers@ursulinecenter.org) by March 4. We hope to see you there

Dinner Get Together - We plan to gather for another dinner at Jing Chuan - date yet to be determined but most likely in April. Please watch the newsletter and Communication Tape for details.

Valentine's Day Gift Bags – The bags were prepared and distributed to the Sisters by our Associate Volunteers. Thank you to all who donated items, assembled the bags and delivered them to facilities. Without you this endeavor would not be possible. It is very much appreciated by all who received them.

New Associate Leadership – We haven't heard from any of you as of yet, but as described in the January newsletter we are seeking individual(s) who would be interested in taking over the leadership role for the Ursuline Associates in June after our term expires. Please pray on this and if you feel called to become a leader please contact Sr. Sandy or one of us. You would not be alone in your efforts as there are many people willing to help. The Associates cannot stay active without leadership. Please reflect on this and let us know as soon as possible.

New Associates – We currently have one new Associate candidate who has begun her mentoring. We would like to welcome more candidates and grow this ministry. Do you know someone who has expressed an interest in the ministries of the

Ursuline Sisters? Our new flyers are printed and ready to be distributed to someone you think may be interested in the Associate ministry. Please see Michelle for copies and feel free to share one. Also, please encourage them to check out our website (a copy of the new flyer can be found there also), stay in touch with them and encourage them to join us. As our numbers grow so can our ministry as Associates.

“Your Thoughts” – Newsletter Article – As mentioned last month we are asking Associates to share thoughts about being an Ursuline Associate. It can be as short as one or two sentences. (You probably read Val's thoughts last month!) Some ideas may be: What does being an Associate mean to you? Why did you become an Associate? What influence has St. Angela's story and your Associate ministry had on your spiritual life? What does it mean to you to work with the Sisters and other Associates on various events or projects? Please consider sharing your thoughts with us. We will compile your responses into the Associate Article for future newsletters. As always WE STILL NEED YOU!! Please consider helping us out with this. Also, if you feel so inclined we welcome longer articles that reflect on your experiences and the influence of St. Angela on your life. You can email your “thoughts” to the email listed below. THANK YOU!

Debbie and Jess

ursulineassociates@ursulinecenter.org

*“Having God we have everything.
Without God we have nothing.”
(from St. Angela Merici, 1535)*

On the Mission of St. Angela

“St. Angela's values are focused on empowering women and showing them the endless possibilities by enriching their faith through leadership.” - Addison, SUA Class of 2024



Associate News by Debbie Bercher

The Desert

I listened to a homily recently and it really put some things in perspective for me (Thank you, Fr. Weber!). Lent was its theme, being the first Sunday of Lent, but the message made the purpose of Lent more clear for me.

In the past I would get to confession, and maybe give up something as a reminder that it was Lent. But this was different for me. It was suggested that we take ourselves to the desert. The physical desert, if you've ever traveled to one, can be an isolated, unique place. I have visited a real desert and could appreciate this isolation – no roads, traffic, houses, or stores. There is just the sound of the wind blowing through the sand and yet, a place for a variety of beautiful unique wildlife and plants.

Taking ourselves to the desert during Lent suggests we take time - Father suggested it could be as little as a few minutes a day - to get away from all the busyness and commitments we encounter in our day-to-day lives. For me it is a time to settle, close my eyes, and think about what I am thankful for or who is in need of my prayers at that moment – to go to the “desert” and focus. I'm really thankful for Father's message and hope I can continue even after Lent to remember to intentionally take time to spend time in the “desert.”

Debbie Bercher



Check out the
Ursuline Sisters of
Toledo Facebook page
and website!



CATHOLIC
SISTERS WEEK

FOOD DRIVE

The Catholic Sisters in the Toledo Diocese are once again collaborating with area women religious to sponsor the 4th annual **Catholic Sisters Week Food Drive** on Friday, March 8, 2024, from 6 a.m. to 6 p.m. at Walt Churchill's Market in Maumee. Urgent food items include canned fruits and vegetables, canned tuna, canned meats, peanut butter and jelly, rice, beans, seasonings, and monetary donations. Thank you for supporting our community with the Catholic Sisters Week Food Drive!



Rest In Peace

Barbara Koepfer Kennedy, sister of Beverly Koepfer Hickman, SUA '66 ~ December 14

Theodora Leonard Wilson, SUA '55; MMC '59 ~ January 24

Carolyn Huss Momenee, SUA '61, sister of Eileen Huss Wasielewski, SUA '64 and Patricia Huss Bockert, SUA '69 ~ January 27

Sr. Marie Goretti Browning, OSU, Ursuline Sister of Mount Saint Joseph ~ January 29

Dolores DeAngelo Schultz, SUA '47; MMC Associate ~ February 2

George Zilba, brother of Lisa Zilba, SUA '89 ~ February 12

Donald Price, father of Cheryl Price Carson, SUA '85 ~ February 12

Associate Phyllis Bishop Swalgin, former Ursuline; SUA '58; MMC '67 ~ February 22

Lenten Moment

By Sr. Ann Marie McManus

This is a season of Lent which we have patience and joy. We stop our daily work to recognize our sinfulness and our need to repeat 'Yes.' We are proud to get our heads blessed with ashes in the form of a cross. The cross is to tell we belong to God and he belongs and is true to us. Jesus Christ be with us every step of the way as we take up the cross and as we go on the Lenten Journey.

As I was thinking of St. Patrick's Day I could not let Lent or St. Patrick's Day go by without taking a start looking at the life of layman Matt Talbot (1856-1925). He was a worker and above all he was recovering from a drinking problem. His struggle goes along with the Lenten season. His drinking got him in loads of trouble with his money. He was a convert from drinking to being sober. He went to church and communion daily. We can compare his life as the Trinity. He was God's soul. The second person created him as he created us. The third, the Holy Spirit, was knocking at his door. Finally, he went to answer the door and was open for conversion.

Journey Blessings

May God make safe to you each step
May God make open to you each pass
May God make clear to you each road
And may He take you in the clasp of His own
two hands

The above was taken from
"The Celtic Vision" by Esther de Waal



Sister Update

Sister Beth Hemminger

new email:

bhemminger@
ursulinecenter.org



Sister Ellen Doyle

new address:

203 Mound Avenue, #134
Milford, OH 45150

Prayer For Human Trafficking

God, help us see that human trafficking affects all of us. Show us what is ours to do to increase awareness of human trafficking so that people do not become victims. Help us become more aware of how social media, poverty, homelessness, immigration status may make children and others vulnerable to exploitation. Enlighten us on how our obsession with consumerism serves to feed the demand for cheap labor. Help us to commit to incorporate one action in our lives that will serve to stop the demand and help people not become victims of human trafficking. Amen.

From the Alliance to End
Human Trafficking February
Newsletter



Old Irish Blessing

May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be
yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!



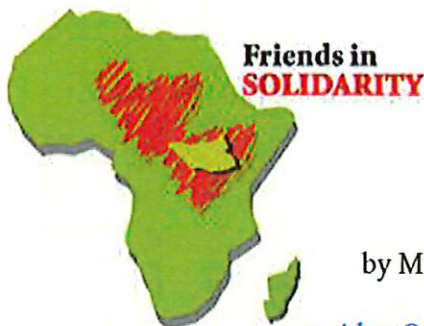
Archive Snapshots

Sister M. Martina Berres

Sister M. Martina Berres followed her Aunt (Sister M. Petronilla), sister (Sister Helen Marie Berres) and her cousin (Sister Mary Florence Berres) into the Ursuline Convent on February 11, 1937. She attended DeSales College and received her AB degree from Mary Manse College and a Master's degree in Home Economics from St. Louis University. She did further study at Bowling Green State University, Case Western Reserve, Fontbonne, and Cornell. Sister Martina started teaching in the elementary grades at Rosary Cathedral and Our Lady of Perpetual Help. She then taught at Calvert High School and St. Gerard High School in Lima and at Lima Central Catholic High School. She spent over 30 years teaching Home Economics at Toledo Central Catholic and introduced a popular course, Bachelor Living, which appealed to the young men at Central. They learned to bake, cook, sew, and budget for themselves and for a household. Many of

them were amazed at themselves, finding they were quite the bakers or cooks. Sister M. Martina was both an excellent seamstress and could make a peanut butter and jelly sandwich taste like a gourmet food item. After retiring, Sister Martina helped in the Business Office and at St. Angela

Hall. She retired to the Ursuline Convent and died there on March 4, 2007 at the age of 90.



**Friends in
SOLIDARITY**

by Mūmbi Kīgūtha, CPPS
President
president@solidarityfriends.org

On Ash Wednesday last year, I arrived in Malakal to visit Solidarity missionary Mike Bassano, MM. That evening we went for a liturgical celebration at the Protection of Civilians camp, the largest camp parish of persons who have been displaced due to violence. I met beautiful people of deep faith, but what was so poignant to me was thinking of the Catholic Lenten practices in that context -- fasting when they had no food, almsgiving when they had so little to give, and penance when they experienced daily life in a camp as a penance.

Fr. Mike, however, beautifully contextualized these practices, assuring the faithful that partaking food to ensure one's survival and health is in fact good and godly. Since my visit last year, the situation in Malakal hasn't improved much, nor has the rest of South Sudan for that matter. The value of their money decreases weekly and unreliable climate changes mean that agricultural efforts turn to naught or yield far less than is needed.

Your continued prayerful and financial support is appreciated and needed for our women and men religious who have given of themselves to minister in South Sudan. Further information may be found at Friends in Solidarity [website](#).

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CALENDAR

(ALL DATES SUBJECT TO CHANGE)

March 2024

- 5 Convent Offices closed due to water maintenance
- 8 Catholic Sisters Week Food Drive, 6 a.m. - 6 p.m.,
Walt Churchill's Market in Maumee
- 8-14 Catholic Sisters Week
- 10 "Prayer of St. Angela with a Lenten Twist," an
Afternoon Reflection for Sisters and Associates,
presented by Sr. Donna Frey, 1 - 3 p.m. Please RSVP to
Val by March 4
- 20 Council Meeting
- 28 - April 1 Easter Break - Convent Offices closed
- 31 Easter

April 2024

- 8 Day of Eclipse - Convent Offices closed
- 22 Council Meeting
- 23 Community Input/Update, 12:30 - 2:30 p.m., Sisters Only.
At Convent Offices
- 24-25 LCWR Region 6 - Cincinnati
- 26 Cherry Blossom Festa drawing, 2:30
- 29 - May 1 NAULC - St. Louis
- 30 Feast of Marie of the Incarnation

May 2024

- 22 Maumee Bay Picnic for Sisters and Associates, 4:30 p.m.
- 27 Memorial Day - Convent Offices closed
- 29 Council Meeting

June 2024

- 6 Assembly, 1 - 3 p.m., Sisters Only

HAPPY BIRTHDAY

March

- 7 Therese Thourot
- 9 Elyce Ervin
Patricia Torda
- 10 Sr. Mary Jo Szpila, SND
- 13 Rosemary Anspach
- 14 Rose Watt
- 15 Charlotte Mariasy
- 26 Mary Ellen Say

April

- 4 Mary Camp
Karole Sigg
- 7 Sr. Mary Angela Gaietto
Joanne Schwind
John Myers
- 8 Jan Michalak
- 16 Walter Palicki
Nanci Riddle
- 17 Diane Koebnick
Janet Helfrich
Larry Meyers
- 18 Mary VanderLinde
Marcie McCabe
- 21 Lois Manion
- 25 Sr. Mary Ellen Nagle
Jane Hagelin
Anna Lara
- 27 Carol Ann O'Reilly
Rose Alvarez

Newsletter Deadline

The deadline for the April 2024 newsletter is Thursday, March 21. Please send your stories to Michelle at mscazzero@ursulinecenter.org.



FEAST DAY



April

- 26 Sister Donna Frey
- 26 Sister Mary Kay Garvin

Pray with the Ursulines: Communication Tape

It is recorded Mondays, Wednesdays
and Fridays.

Call 419-536-9375.

Ursuline Convent Offices
4045 Indian Road, Toledo, OH 43606

(419) 536-9587

email: ursulines@ursulinecenter.org

From the LCWR Presidency

Pilgrims on a Lenten Journey of Trial and Grace

Rebecca Ann Gemma, OP — LCWR Past President

Having just put away my boxes of Christmas decorations a few days ago, I find it hard to believe the Lenten season is upon us. Excuses for such procrastination are numerous, but such resistance to moving past celebratory engagements toward more somber and penitential days rises to the top of the list. Ashes that trickled down my nose on Ash Wednesday, an unambiguous insignia of the ebb and flow in our liturgical seasons, reminds us of who we are: pilgrims on a journey of trial and grace.



yet it feels trivial as we look at the varying poverties that are global. Food deserts in major cities, tainted water sources, lack of access to basic nutrition, and politically motivated withholding of humanitarian aid must lead us to question how we live in solidarity with those most affected. Gratitude for what we have, attentiveness to our use of resources, and self-sacrifice for the common good are some of the ways we fast from preoccupation of self to humbly reach outward. How might this Lenten journey give us opportunities to refocus our awareness and commitments?

Prayer, fasting, and almsgiving are three essential practices we carry in our knapsack on this Lenten journey. How will they be made evident this year? For me, prayer has become more deliberate and filled with lament due to global violence, immigration catastrophes, destructive climate change, political unrest, and weariness with the status quo. At times I am tempted to sit within this cacophony of grief, fear, and anger without seeing beyond to the reality of Christ's presence. I must remind myself that prayer, whether contemplative, liturgical, or intercessory, is not uttered in a vacuum, but united by the Spirit to our God with whom we each share an intimate relationship. The trials of life throughout the world are held in the heart of our Creator and embraced by the prayer expressed within our faith-filled voices. Grace keeps us from despair and widens our hearts for communion. Might we remind one another of this more often?



Often I hear myself and others say, "We are so blessed!" How true, how true. But what does that mean in light of our vow of poverty, living a life of simplicity so that others may simply live? Almsgiving may too often be associated with filling the parish collection basket as it comes by or giving a few dollars from our wallets to the homeless person on the street. We know that what people and Earth need more than anything from us is our

presence, our availability, our time. Carving out time for spontaneity to be attentive to another almost seems like an oxymoron when calendars are filled to the brim. Yet, might we take these Lenten days to allow this to unfold?

I hear the voice of a sister, now living in the fullness of God, encouraging me to pray, "Loving God, give me the grace to accept the grace you give." May that be our collective prayer as we journey as pilgrims on this Lenten journey of trial and grace.

Over the years, fasting has taken on new meaning in my life. Giving up chocolate and potato chips has its place,

Religious Conferences Meet with Newly Appointed Secretary of the Dicastery for Institutes of Consecrated Life and Societies of Apostolic Life

by Carol Zinn, SSJ

What a joy it was to meet with Sr. Simona Brambilla, MC, the newly appointed secretary at Dicastery for Institutes of Consecrated Life and Societies of Apostolic Life (DICALS). Sr. Simona welcomed the executive directors of the Australian Conference of Religious (Anne Walker); the Canadian Religious Conference (Alain Ambeault, CSV); and me while we were in Rome for the Jubilee Year meeting from February 1-4, 2024.

The conversation provided a time to welcome Sr. Simona to her new ministry, affirm the work of the dicastery in inviting conferences to work more collaboratively with one another and with the dicastery. We shared updates on how the three conferences have been working together since our meeting in Rome in March 2023 and maintain mutual dialogue about the realities facing historical institutes belonging to each of the conferences as well as the similarities across the conferences.

The conferences were encouraged to continue to work with their members in addressing their realities, to initiate ways to work more collaboratively in responding to those needs, to share the fruits of discernment about ways canonical governance might be imagined for these times, and to remember to frame this moment of historical reality in the context of the Paschal Mystery.

Other members of the dicastery joined the conversation: Sr. Carmen Rose Nortes, NSC (under-secretary); Daniela Leggio (conferences of religious) and Sr. Rosemary Rese, LSP (English-speaking administrative support). The spirit of synodality and solidarity was palpable in the room and the shared commitment to working together was deepened in ways that will continue to unfold.

The LCWR presidency and executive director will meet with prefect Cardinal Braz de Aviz, Sr. Simona, and other members of the dicastery during their annual visit to Rome in March and continue this dialogue as it relates to the particular realities of LCWR institutes regarding shared leadership and collaborative governance.



Meeting participants: Daniele Leggio, Sr. Carmen Rose Nortes, NSC; Anne Walker; Sr. Simona Brambilla, MC; Carol Zinn, SSJ; Alain Ambeault, CSV; Sr. Rosemary Rese, LSP