

Leadership Corner by Sr. Sandy

I was recently at breakfast with Lee Ann and Jeff from Rahab's Heart. Lee Ann, as only she can phrase it, said that when we fall in our efforts to help another, it is because we are depending on both of our "own" hands, forgetting to give one of our hands to the Lord. "We still have two hands," she said, "His and ours."

I think of the painting by Mary Southard, CSJ, which I always place on my desk this time of year. In it a "trinity" of three holds hands and dances joyously. In one of a series of five NCR articles on the Holy Spirit, Fr. Dan Horan, OFM, uses the adjectives *elusive* and *indwelling* to describe why it is difficult to grasp the concept of the Spirit. He suggests we must turn our listening inward, attuning ourselves to the Spirit's presence within us, much like Elijah for whom it took more than one try to find God in a whisper.

I have been reflecting upon Carmen Acevedo Butcher's 2022 translation of the writings of Brother Lawrence, a quiet, mostly hidden lay Carmelite Friar, which were first printed by a friar friend of his in 1692. In severe chronic pain as a result of his injuries in the Thirty Year War, Brother Lawrence quietly served his brothers, in the kitchen and other areas of the monastery, dealing with his pain by taking frequent, often brief "breaks" to be present through mini-conversations to the One who is Love within. In a letter to a nun, he wrote, "But those empowered by the breath of the Holy Spirit sail on even when asleep. If the little ship of our soul is still



rattled and tossed by the winds or by storm, let's wake up the God who's resting there. Love will soon calm the sea."

Introducing the book with self-disclosure, the translator reveals that when she was most lost, alone, and deeply depressed by years of trauma and wandering down a highway, she found a tire-tracked, but perfectly intact copy of the original translation

on the tarmac, abandoned like her. Opening it to a random page, she knew she had found a friend in Brother Lawrence and his *Practice of the Presence*.

Brother Lawrence, in a sense, held the hand of the Holy Spirit within and in so doing, could reach out to hold the hands of his brothers, that of the nun, and others to whom he wrote, and down the centuries to Carmen Acevedo Butcher and those of our own time. "Above all obey the counsels and inspirations which the Holy Spirit unceasingly sends into our hearts," advised Angela in her chapter on obedience. Jesus missioned the apostles on Easter Sunday Evening by breathing into them his Spirit. Missioned to the Ministry of Prayer and Presence, our Sisters and Associates hold the Risen Lord by one hand and those in whose path he places us by the other. Jesus in turn, holds their hand. "Join in the dance of the Earth's Jubilation, this is the feast of the Love of God," sings the first line of one of Dan Schutte's Easter hymns. May we join hands in the dance of inward and outward presence this Pentecost.



Rest In Peace

Diane Capoun Harding, former SUA student ~ January 16

Jeffrey Nowakowski, brother of Marilyn Nowakowski Fredrickson, SUA '67; Cathy Nowakowski Scannell, SUA '71 and Janet Nowakowski Bali, SUA '80 ~ March 25

Jerome Kreuz, father of Debbie Kreuz Schmidt, SUA '81; Joanne Kreuz Petersen-Bartlett, SUA '84 and Beth Kreuz Baumert, SUA '89 ~ March 29

John Kirk, father of Kristin Kirk, SUA '00 ~ April 3

Andrew Sares, father of Jan Watkins, former employee at St. Ursula Academy and Ursuline Convent ~ April 6

Joseph Ganzel, father of Maria Ganzel Bailey, SUA '84 ~ April 6

Sharlotte Sauer Turin, MMC '74 ~ April 7

Mary Ann Iannone Bell, SUA '75; sister of Antoinette Iannone Smith, SUA '74 and Susan Iannone Frakes, SUA '76 ~ April 12

Sr. Mary Jo Lyons, Ursuline Sister of the Eastern Province ~ April 17

Summer Luncheon FOR SISTERS AND ASSOCIATES

**Wednesday, June 14, 2023
beginning at Noon
at the Ursuline Center**

**Please RSVP to Val in the Convent Offices,
419-536-9587 or vmyers@ursulinecenter.org
by June 7.**



Thank You

Thank you for your many expressions of support over all the years that my sister, Theresa, could not be with us physically. Now she is able to join our family in a new life.

Gratefully,
Sister Regina



**Friends in
SOLIDARITY**

by Mūmbi Kīgūtha, CPPS
President
president@solidarityfriends.org

Conflict in Sudan

For the past few days, my newsfeed has been filled with the details of the new and ongoing conflict in Sudan. It's impossible to speak about South Sudan without thinking of Sudan because their stories are deeply intertwined. Many South Sudanese have family members living and working in Sudan. In past conflicts, many South Sudanese have sought refuge in Sudan, and many have family members living in both countries.

Reflecting on all of these and wondering what impact the conflict will have in the region, I have been reminded of Pope Francis' words when he met with government officials and members of the civil society and diplomatic corps during his ecumenical pilgrimage to South Sudan in February 2023. He said, "I have come as a pilgrim of reconciliation, in the hope of accompanying you on your journey of peace."

Spring is a time of renewal, of rebirth and transformation. As much of our world continues to pray and work for peace, may we also seek out and accompany those in need of it as pilgrims of reconciliation.

Books Available for the Taking

The Convent will be emptying the library shelves at the Ursuline Center during the month of May. The library is filled with many books, mostly spiritual reading, some novels, theology-based books, Lives of the Saints, books by well-known spiritual writers (such as Ronald Rolheiser, Joyce Rupp, Elizabeth Johnson, Joan Chittister), biblical and historical reference books, light reading, meditation and devotionals, prayer books, and so much more.



The following times have been set aside for you to peruse and take whatever books you'd like. Please bring a bag or box and enter the building through the Convent Offices.

Monday, May 8	1 – 3 p.m.
Thursday, May 11	1 – 3 p.m.
Tuesday, May 16	3 – 5 p.m.
Friday, May 19	1 – 3 p.m.
Thursday, May 25	10 a.m. – noon
Friday, May 26	10 a.m. – noon

Should you have questions, please contact Sr. Donna Frey or Michelle Scazzero at the Convent Offices, 419-536-9587.

Newsletter Deadline



The deadline for the June 2023 newsletter is Wednesday, May 24, 2023.

Please send your stories to Michelle at [mscazzero@ursulinecenter.org](mailto:m scazzero@ursulinecenter.org).

"Have faith and keep up your courage."
St. Angela Merici



Associate News by Eric Baho

St. Angela had a great devotion to our Blessed Mary and all the saints and refers to them in her writings. In the 7th Counsel, she advises “keep to the ancient way and custom of the church established and confirmed by so many saints under the inspiration of the Holy Spirit.” In the article that follows, Associate Eric Baho shares the ancient way and custom of the Eastern church, which is his heritage.

A Family Treasure – The Icon of the Virgin Mary

My family had a unique tie to their old life before Damascus. My grandmother carried a special icon on the forced march from Mardin to Syria in the late 19th century during Ottoman rule. The icon is a painting of the Virgin Mary in the Byzantine style. The image was small enough to carry, 7 x 9 inches. I believe it was several hundred years old. The icon did not have vivid colors seen in churches or sold as prints in specialty religious stores. I thought my family's icon's colors had faded, perhaps. So I investigated the icon's colors with my brothers and sister across countries and continents. I discovered that the icon's unusual darkness is due to being painted on an animal skin. This icon was precious for my family because of its sacredness and its memory of our family heritage in the ancient Christian city of Mardin.

This icon was in the family for several generations. As our Eastern and Semitic cultural tradition goes, my father, Abraham, inherited this precious icon. My father built a wooden frame of 12 x 14 inches and 4 inches deep and securely placed the icon in the lightly stained wood enclosure with a glass door for protection. My father sat the framed icon on an embroidered cloth my mother made. He sat it on top of a credenza in our dining room.

My father's daily ritual was to walk to the icon in the dining room early in the morning when he woke up to pray. He burned incense and said his daily prayers quietly, alone. He would burn incense in a beautifully engraved brass incense holder on special occasions. The scent of pine and cedar would fill the whole house.

My father would tend to the oil lamp in front of the icon, which was always lit. First, he replenished the olive oil and replaced the cotton wick as needed. The glass lamp was 4 inches tall and 2 inches in diameter. My father filled it with a cup of three-quarters water

and one-quarter oil. Then he placed the wick with its small metal holder to float on top of the oil. We would watch him as he maintained this family ritual and honored this family tradition. The tradition and rituals were essential to my father.

My father was a devout Christian, attending mass every Sunday, performing our Eastern Christian rituals, praying, burning candles and incense in church and home.

Our family icon became something known in our neighborhood community and was viewed as a sacred object. The icon was attributed with miraculous powers. People would borrow it in times of crisis, having faith in the possibility of healing or a needed blessing. Often the borrowers left an offering in the icon's enclosure as a sign of gratitude. The miracles that were performed were not spoken about, but it was revered as a holy object.

Many years later, while visiting my parents in the 1980s, I sat in the living room with my mother in their new flat in new Damascus. We talked about my children and my brothers and sisters. As we were talking, a waft of pine and cedar filled the room. I interrupted my mother to tell her that I smelled burning incense. “Was she burning any incense?” She replied with a “no.” I asked, “Would anyone else in the building be burning incense?” My mother replied that the scent was coming from the icon. My mother went on to tell me that occasionally the icon surface would gleam with oil as well. The object was well-loved, and the devotion made itself evident with the oil and the scent's appearance. My sister Antoinette confirmed the appearance of incense and oil as a blessing of the icon.

A miracle was a way to see the manifestation of God and the power of faith be that sudden smell of incense, the appearance of oil on a sacred object, or the return to health of someone who has been ill after a prayer was made in the presence of an icon.

The everyday blessings of family, health and food often feel like a miracle, but faith rituals and symbols also played an essential role in the eastern church.

My parents moved in the late 1960s to a new home in new Damascus, about 200 meters from Our Lady of Fatima Church. The month of May is devoted to the Virgin Mary's adoration in the Catholic Church's liturgical year. Parishioners pray the rosary for Mary after the daily mass. “Hail Mary full of grace the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb.”

I will never forget Damascus. This “Pearl of the Orient” is still the city I love more than any other.

Associate Updates

1. Summer Luncheon – Our summer luncheon will be held on Wednesday, June 14, at noon at the Ursuline Center. If you would like to help set-up, clean up or help during the event please let us know. Please RSVP to Val at vmyers@ursulinecenter.org or call 419-536-9587 by June 7. We hope to see you there!
2. Afternoon Reflection: - We are in the early stages of planning this event which would include a brief presentation by Sr. Donna, an opportunity for prayer, and light refreshments. Please watch e-mails for future dates.
3. Easter flowers – All the Sisters living in facilities received Easter flowerpots purchased at a discount from Hafner Florists. The beautiful daffodils brightened the rooms of all and were very much appreciated. Thank you to those who delivered them and helped write out cards.
4. We met with Sisters Sandy, Joy and Donna to explore other community events the Ursuline Associates might become involved in. We had a tremendous response from Associates for the TAANG Sock Project and hope to be a part of another event soon. We will let you know as soon as something comes up.
5. New Associates - If you know someone who has expressed an interest in exploring the prayer experience of becoming an Ursuline Associate be sure to stay in touch with the individual and invite him/her to join us. As our numbers grow so can our ministry as Associates.
6. Newsletter Writers – If you have some thoughts you would like to share we always welcome new, or previous authors. Your story can be as simple as a one or two line reflection on your personal experience with the Ursuline Sisters, your spiritual experience as an Ursuline Associate, or your personal reflection on St. Angela. We ask that articles are no longer than one page.

Debbie and Jess

ursulineassociates@ursulinecenter.org

Angela's Writings:

And always let your principal recourse be to gather at the feet of Jesus Christ, and there, all of you...to offer most fervent prayer. For in this way without doubt Jesus Christ will be in your midst, and as a true and good master, He will enlighten and teach you what you have to do.

(Last Legacy)

Sophomores - On the Mission of St. Angela

Reflecting on St. Angela's mission, Sarah of the SUA Class of 2024 writes: "To give women more opportunity and freedom than society could offer, and strive for the renewal of spiritual and social life."



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A Family Treasure – The Icon of the Virgin Mary - continued

The Icon is still in Damascus and my brother Gabriel will be bringing it to be with his family in Texas. He inherited it with consent from my parents and the family.

~ Sisters in Ministry ~



Sr. Claudia Holtz uses her art skills at Oakleaf Village to design and create attractive centerpieces for the dining room tables.



Sr. Margaret Anne Carstensen offers half-hour spiritual gestures to music classes at Rosary Care. Sr. Angela and a fellow resident enjoy the movement and fellowship the class provides.



Sr. Carol Reamer steps in to lend a helping hand at Oakleaf Village whenever she sees a need arise. Sr. Carol shares her joyful spirit by welcoming new residents, chatting and laughing at the dinner table, listening to one's stories, carrying items for others who can't carry things themselves, and helping residents get settled at the dinner table. Her kindness is often spontaneous and always appreciated.



Sr. Nancy Mathias and Harry Cummins, founder of "Kick Out Parkinson's Disease," chat during the International Boxing Club's fundraiser event. The aim of Kick Out Parkinson's Disease is to improve one's balance, movement and strength.



Kirk Toth, first-chair violinist for the Toledo Symphony Orchestra and husband of Ursuline Health Care Coordinator Laurie Toth, plays 'Happy Birthday' to Sr. Mary Ellen Nagle for her 95th birthday.

From the LCWR Executive Director

The Answer to WHY and HOW is YES

by Carol Zinn, SSJ — LCWR Executive Director

Easter 2023 ended 40 days of Lenten preparation while simultaneously launching 40 days of preparation for the Ascension which readies us for the feast of Pentecost. Whew! Lots of preparation and readiness.

Perhaps the wisdom of the liturgical cycle speaks to our current realities as we look at the “change of era” that Pope Francis uses to name our contemporary times. Everywhere we look, we see and feel the sands shifting under our feet. We see telescope images remind us that we thought we knew pales in the light of the new revelation; accelerated fragility of our common Earth; cascading individual and collective sin in the oppression of indigenous/first people; people of color; abuse of children and vulnerable populations; economic exploitation for greed; mass shootings in schools, malls, banks; violence bred by hate; and polarization as the mode of relationship between/among humans made in God’s image and kin to one another.



What to do? How to be? Who to be? These are the Easter questions the early disciples spoke. In the post-Resurrection stories, we see them struggle to seek a way to live in their own “change of era” and we see Jesus’ repeated response.

Jesus interrupts the pattern of questions with a transformed and incisive inquiry: Why are you afraid? What are you talking about as you walk to Emmaus? Who do you say that I am? Do you have anything to eat? Woman, why are you weeping? Whom are you looking for? Have you come to believe because you have seen Me? And each time, Jesus’ question brings the disciples freedom, peace, clarity, hope and newness of mind, heart, and will.

In 2003 Peter Block’s book entitled, *The Answer to How is Yes: Actions that Matter*, he takes six typical questions



for “change of era” times and transforms them into incisive inquiries:

1. “How do we do this?” **becomes** “What refusal have I been postponing?” When we are seeking deep change, knowing what NOT to recreate helps us determine what truly creative innovation we should pursue because it captures what really matters.
2. “How long will this take?” **becomes** “What commitment am I willing to make?” Block notes that we will always make time for what we are truly committed to. We need to shift the question of time to the question of importance.
3. “How much will this cost?” **becomes** “What is the price I am willing to pay?” We have to determine what this creative, disruptive change is really worth. Why? Because the true value of something that really matters is “emotional, not economic.” The heart precedes the wallet.
4. “How do I get others to change?” **becomes** “What is my contribution to the problem I am concerned with?” This transfer of accountability ensures that the decisions we make begin with ourselves before they are initiated with the people who will be affected by the change.
5. “How do we measure this?” **becomes** “What is the crossroad at which I find myself at this point in my life and work?” Here we are making the shift from tracking progress in terms of activities that produce outputs to sounding the depths of outcomes that produce value and give meaning. It’s at the crossroads that we are called to determine what has ultimate significance for us both personally and professionally.
6. “How are other people doing this successfully?” **becomes** “What do we want to create together?” Yes, what has already been mapped out is important; benchmarks and best practices matter. But this Yes question redirects our energy toward

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CALENDAR (ALL DATES SUBJECT TO CHANGE)

May 2023

- 1-2 LCWR Region 6, Cincinnati
- 4, 11, 18, 25 "The Chosen," 3:30 p.m., Convent Offices
- 5 Cherry Blossom Festa drawing, 2:30 p.m., Convent Office
- 10 LCWR Sub-region 6, Tiffin
- 24 Maumee Bay Picnic, 4 p.m., Sisters and Associates are invited to attend. Please RSVP by May 17.
- 31 Council meeting

June 2023

- 1 Thanksgiving and Prayer, 1 - 2:30 p.m. followed by ice cream. Sisters only. Details to follow.
- 14 Summer Luncheon for Sisters and Associates, noon at Ursuline Center. Please RSVP by June 7.

The Answer to WHY and HOW is YES

(continued from page 6)

what is still to be discovered. Exploration drives us to "best next practices" that may not even be on anyone's radar yet.

As we prepare for Ascension and Pentecost, let's pray that our questions will be transformed by the power of the Spirit in ways that free us to see that the "Answer to WHY and HOW is YES."

Supper at Maumee Bay

**Wednesday, May 24, 2023
beginning at 4:00 p.m.**

Sisters and Associates are invited!

Please RSVP to Val at vmyers@ursulinecenter.org or 419-536-9587 by Wednesday, May 17.



HAPPY BIRTHDAY

May

- 4 Rose Hubay
- 23 Roseann Jackson
- 25 Judy Polcyn
- 27 Jane Charette
- 28 Robin Bonfiglio

June

- 9 Sarah Abts
- 16 Doug Adams-Arman
- 17 Sr. Margaret Anne Carstensen
- 22 Theresa Smith
- 23 Sr. Ann Marie McManus
- 24 Robert Mace, Jr.
- 27 Sr. Pat Grosse
- Debra Kreft
- Stan Turski



FEAST DAY



May

- 22 Sr. Rita Mae Johns

June

- 24 Sr. Mary Jo Szpila, SND

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