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March 2020

Dear Friends,

As I looked out my window, I saw the branches of the trees swaying in the March winds. They seem to be beckoning us to complete winter and begin to enjoy the beauty of spring. Spring! The time of renewal; the time of the discipline of Lent, and the time of the tremendous glory of Easter. How wonderful is our faith!

As I wrote last year, our spiritual journey has winters and springs. So often, you have written to us and asked us to pray for you when you are having winters of tragedy and sufferings. You, also, write to share your joys with us. We take this very seriously. Together, we are on the spiritual journey to become closer and closer to our God. We are not only together on a spiritual journey, but also you are our partners in ministry. Without you, we could not sustain our ministries and take care of our senior sisters. Yes, as our friends and benefactors, you are continuing the Sisters of Charity legacy as you embrace a partnership with us. Thank you.

I recently read an article asking for help to fill backpacks for 1,000 homeless children in Westmoreland County and across the Commonwealth. The plight of homeless children needs to be addressed. But homelessness at any level is tragic. In this issue of *Celebration*, we share the story of Sisters Jean Augustine and Annette Frey, as they work to overcome the terrible scourge of homeless women in our area. We are proud to spotlight Sister

Rosemary Donley, named a Distinguished Daughter of Pennsylvania. The story conveys her passion for helping others in her leadership roles. Another article speaks to our relationship with Seton Hill University and our legacy. The University recently honored the Sisters of Charity of Seton Hill. A residence hall was 1870-2020 and beyong dedicated in the name of all the Sisters of Charity of Seton Hill.

We know that you will enjoy reading all of the stories in this issue of Celebration. It is our hope that you see us responding to the needs of our times and realize how much you share in this response.

Charity of Christ wholes who On a final note, I would like to share that in August of this year we will celebrate our 150th anniversary as Sisters of Charity of Seton Hill. We are planning celebrations, and we hope that you will be able to attend one or all of them and rejoice with us in this important milestone of our congregation's history.

May our God bless each of you,

St. Cachino Meinert, d.C.

Sister Catherine Meinert, SC

Sister Rosemary Donley, PHD, APRN, FAAN

f Distinguished Daughters

-A CHAMPION FOR VULNERABLE PERSONS



"I am humbled and honored to be named a Distinguished Daughter of Pennsylvania," Sr. Rosemary Donley said. "I thank Governor and Mrs. Wolf, my sponsors Duquesne President Ken Gormley, Nursing Dean Mary Ellen Glasgow, and UPMC for You President John Lovelace, my family, and the Sisters of Charity of Seton Hill who support me in seeking justice for vulnerable people.'

t is as natural as breathing for her. She knows how to make things better. She will flash her wide smile and twinkling Irish eyes and ask you how you are. It is not just a polite formality; she truly wants to know. Her warmth and sincerity will put you at ease, and more often than not, you will find yourself sharing concerns and needs with her. Sister Rosemary knows what you should do and who can help. She will tap into her broad experience and expansive network of friends and colleagues to help you or a loved one find care for a health concern, pursue a

job or educational opportunity, or improve

by Jane Strittmatter, Director of Public Relations

for the Sister of Charity

a difficult life situation. Sister will send you off with her promise of prayers and bits of information and names of contacts or agencies scribbled on a post-it note, the corner of an envelope, or perhaps a napkin. In a few days, it is likely you will receive a follow-up phone call or an email from Sister Rosemary or a person she contacted to assist you. For Sister Rosemary, caring about others is a way of life, and a joyful one at that. Like Mother Seton, she is a compassionate leader who is committed to fitting others for the world in which they must live. Mother Seton certainly must be proud.

Daughters of Pennsylvania

It would seem that Mother Seton is not the only one who is proud. Last September, Sister Rosemary was one of eight women honored as the 2019 Distinguished Daughters of Pennsylvania at the Governor's Residence in Harrisburg. "These women are being recognized because of a unique and important contribution each has made to the commonwealth,' said Governor Tom Wolf. "They make

us PA-proud." First Lady Frances Wolf added, "Tom and I are proud to honor these incredible women. Our commonwealth is a better place because of their selfless dedication and hard work, and we cannot thank them enough."

Sister Rosemary was nominated for the honor by Duquesne University President Ken Gormley, Dr. Mary Ellen Glasgow, Dean of Duquesne University School of Nursing, and John Lovelace, President of UPMC for You, Inc. and President of Government Programs and Individual Advantage for the UPMC Insurance Division.

President Gormley has admired Sister's dedicated service for underserved persons and vulnerable populations as a health professional and an educator. "Sister Rosemary is a humble unassuming leader who tirelessly advocates for social justice on behalf of individuals in Pennsylvania and beyond. She is a role model for nurses and the entire health care profession in her mission to address the health and needs of vulnerable populations," explained President Gormley. "We are blessed to have her as a member of our Duquesne University family and faculty." Dr. Mary Ellen Glasgow joined in on the accolades saying, "I am so proud of our esteemed faculty member, Sister Rosemary Donley, who has contributed so much to the nursing profession, the community, and the commonwealth. She is a true living legend." John Lovelace, who has known Sister Rosemary for over 10 years, couldn't agree more. "She is truly one of the most mindful, observant and persistent



Last October, Duquesne University President Ken Gormley recognized Sister Rosemary for ten years of hard work and service in drawing attention to vulnerable populations and making the Mcginley-Rice Symposium a great success. Duquesne University photo



people I know. What a joy it is to work with Sister Rosemary and her team. She inspires us all with her insights, compassion, and energy," he commented. "She has a remarkable ability to set goals, and tactics to achieve them, and then to 'bring it all home,' ahead of time and below budget."

In submitting the Distinguished Daughter nomination for Sister Rosemary, her sponsors faced a daunting task. They were required to conform to non-negotiable word limit restrictions on the application form as they made selections from the numerous accomplishments, academic achievements, and awards listed in Sister Rosemary's curriculum vitae so many qualifying attributes and so little space!

A well-crafted press release posted on the Duquesne University website boasts of Sister Rosemary's impressive training, experience and service. This excerpt gives a glimpse into the remarkable person she is and why she was worthy of the award:

A Sister of Charity of Seton Hill, Sr. Rosemary Donley was selected early in her career as a prestigious Robert Wood Johnson Health Policy Fellow and honed her knowledge and skill in health policy on Capitol Hill. She served in various roles at the Catholic University of America, including executive vice president and chief operation officer, and professor and dean of nursing. A certified nurse practitioner, Donley led several federally funded grant projects to educate graduate nursing students—especially diverse and minority nurses—to work with vulnerable populations. She also has worked extensively with the U.S. Army and Navy medical commands, and was a member of the Department of Veterans Affairs' Special Medical Advisory Group.

Sr. Rosemary Donley is a member of the Institute of Medicine and the American Academy of Nursing. She currently chairs CGFNS, the Commission on Graduates of Foreign Nurses Schools and is a member of the Catholic Youth Association Board of Directors. She was president of both the National League for Nursing and the Sigma Theta Tau International Honor Society of Nursing. Sr. Rosemary Donley has been presented seven honorary degrees; the Neil J. Watts Lifetime Achievement in Nursing Award; and was named a Living Legend by the Academy of Nursing.

It was Duquesne University's commitment to social justice that prompted Sister Rosemary to accept a position on the faculty of the School of Nursing and the appointment to the Jacques Laval Chair for Justice for Vulnerable Populations in 2009. At that time, Sister

Rosemary stated, "My philosophy has been shaped by the traditions of the Sisters of Charity, the French School of Spirituality, and the Catholic Church's teachings on social justice, which have given me a deep concern for the sick and a passion for improving their lives. I strive every day to integrate what I have learned into my research, nursing practice, and teaching."

As holder of the Laval Chair, Sister Rosemary spearheads the annual McGinley-Rice symposium. Over the past ten years, these national symposia have helped to raise awareness and promote justice for vulnerable populations that include elderly persons, immigrants, veterans, children, persons with mental illness, victims of violence, persons with disabilities, trafficking victims, and homeless persons. The success of her social justice work clearly demonstrates the intertwining of her nursing career, religious life and her passion for helping others.

Sister Rosemary describes her nursing career as a wonderful adventure. Her stories of her childhood and early religious life suggest that she has always been an independent thinker, open to new ideas. New experiences excited her.

Rosemary was the single child of older parents. The Irish family lived a content life in large apartment building in a Jewish neighborhood of Pittsburgh. Rosemary's maternal grandmother was part of the household. The majority of their neighbors were older adults, many of whom were supported by grown children who had been quite successful in life.

Rosemary thought everyone must have a similarly gentle lifestyle. Her only disappointment as a child was that she did not have a brother or sister, but her spirited curiosity kept Rosemary engaged in her mostly-adult environment. In addition to learning the Catholic values of her own family, she became familiar with the Jewish customs, values, foods, and holidays of her neighbors who kept kosher houses.

Rosemary's upbringing supported her growth in wisdom and kindness. She was a com-

> forting, and no doubt amusing, presence for her grandmother, who experienced her last illness during the Christmas season when Rosemary was five years old. Rosemary was aware that her grandmother had difficulty sleeping because she needed to sit up to breathe. The little girl reasoned that her grandmother had a good chance of seeing Santa that Christmas Eve. She assured her grandmother that Santa knew that she was sick and wouldn't be upset if she wasn't sleeping when he came. When her grandmother confessed that she missed Santa's arrival, Rosemary felt disappointed for both herself and her

grandmother.



In 2014, Sister Rosemary was honored by the Association for Community Affiliated Plans for leadership in advocacy for vulnerable persons. John Lovelace and Dr. Mary Ellen Glasgow were there to congratulate Sister Rosemary on the recognition. Duquesne University photo

A few days after that Christmas, Rosemary slipped into her grandmother's bedroom for a visit. As in most Catholic homes of that era, there were numerous statues in the room. Rosemary took down the statues, allowed her grandmother to kiss them, and put them back where they belonged. Immediately after Rosemary's gesture of comfort, her grandmother died. A cousin, who was a nurse, was very upset that the little girl was in the room at the time of the death. In all sincerity, Rosemary assured her cousin, "Had I not been in the room, my grandmother would have died alone." Rosemary was wise beyond her years.

Rosemary's mother was very sad after the death, and Rosemary did her best to comfort her. The next Fall, the parish priest thought that it would be good for Rosemary to start school, even though she was not yet six. When she became a student of the German sisters who taught at Saint Philomena School, Rosemary found herself in a very different cultural environment. Her teachers were very strict. Rosemary's mother taught her to always tell the truth, even if the sisters would punish her. Sister Rosemary recalls, "I was punished a lot.

After eight years, I was very glad to leave that grade school."

When it was time, Rosemary and her mother considered several options for her high school education. It would be a new adventure for Rosemary. Winchester Thurston had a good-looking uniform. Mount Mercy (Carlow) had a swimming pool. But Sacred Heart had the Sisters of Charity, and that was where Rosemary's mother wisely steered her.

When Rosemary was in seventh grade, Mrs. Donley learned of a retreat for seventh and eighth graders at Seton Hill with the Sisters of Charity. She told Rosemary that if she wanted to get to know the sisters who taught at Sacred Heart, the retreat would be helpful. Rosemary wasn't really interested in a retreat, but the thought of taking a train ride from Pittsburgh to Greensburg by herself thrilled her. To her surprise, the retreat experience was a happy one. "I loved it!" recalled Sister Rosemary. "I returned every year until I entered the congregation."

Her years at Sacred Heart were joyful ones. "I loved high school! At that time, Sacred Heart was preparing for Middle States

Accreditation and was stacked with the best teachers the Sisters of Charity

To Sister Rosemary Donley
But Wirhas S Prin Chinton

had to offer," recalled Sister Rosemary. "I was the editor of the school paper and the year-book. I was going to be an English teacher, I was going to teach Shakespeare." Sister Rosemary's mother would have loved that. But as she was guiding young Rosemary to Sacred Heart, Mrs. Donley didn't realize that the connection with the Sisters of Charity of Seton Hill would lead to something else.

It was after her second retreat, just before she entered high school that she considered the prospect of religious life. As she was standing in front of the Seton Hill campus waiting for the taxi to take her to her train, the bells were ringing. Rosemary got the feeling that she had to return to Seton Hill because that was where she belonged.

At age 17, Rosemary entered the Sisters of Charity of Seton Hill on September 8, 1956. Within two weeks, she was sent to teach a large class of second graders. She learned quickly that teaching young children was not for her. Keeping discipline with a large class was difficult. Sister Rosemary commented, "I decided I didn't know what I was doing, but I would be very nice to the students. It was probably the hardest year of my life but I didn't know it then."

After her year of teaching, Sister Rosemary was happy to return to Seton Hill to the novitiate. "I thought I was important as a novice," she laughed. "I took trays upstairs and served meals to sick sisters in their rooms."

One of the infirm sisters she served during her novitiate was Mother Rose Genevieve Rodgers. Sister Rosemary thought that it was her responsibility to be sure that the meal would be eaten and did what she could to make each sister comfortable

before she ate. She would help Mother Rose Genevieve by washing her face and getting her dentures. It was because of Sister Rosemary's kindness to her that Mother Rose Genevieve suggested to the novice mistress that Sister Rosemary should become a nurse. "She is tall, commands respect, and is kind. Chronically ill old people need nurses who are kind," Mother Rose Genevieve reasoned.

Sister Rosemary was sent to Pittsburgh Hospital to take the nursing test. Sister Rosemary had never thought about nursing, but she was excited about the prospect of receiving training to become a nurse. She studied the health sciences at Seton Hill and began clinical training at Pittsburgh Hospital. "After three nights, I knew I loved it" exclaimed Sister Rosemary. "And I still love it!"

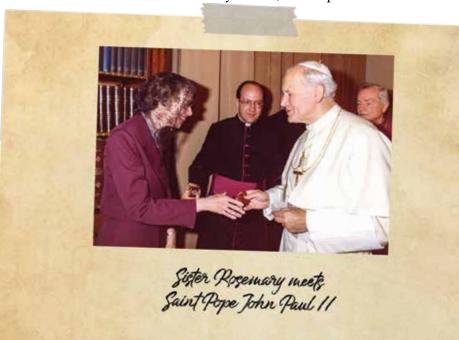
After getting her diploma at Pittsburgh Hospital School of Nursing, Sister Rosemary earned a Bachelor of Science in Nursing from St. Louis University as well as a master's degree in nursing education and a Ph.D. in higher education and public health, both from the University of Pittsburgh. Her adventure in nursing continued as an instructor. She taught at Pittsburgh Hospital School of Nursing and the University of Pittsburgh before taking on her roles at Catholic University. Sister Rosemary has loved sharing her nursing knowledge with students. "I am always nice to the students," she mused in reference to her second grade students of over sixty years ago.

In addition to her leadership roles in the public sector, Sister Rosemary has been an active leader for her religious community. She was elected to the General Council of the Sisters of Charity and served as Vice President for Institutional Advancement from 1997 to 2002. She was then elected to serve as a Councilor of the first international Council established to oversee the United States and Korean Provinces of the Sisters of Charity of Seton Hill, a position she









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I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Sister Rosemary
was awarded the
Elizabeth Ann Seton
Medal from Seton
Hill University in
2009. It was a joyous
occasion celebrated by
all of the sisters of the
congregation.

-Maya Angelou

held until 2008. She continued to teach at Catholic University during those leadership years with the Congregation.

In her spare time, Sister Rosemary was an in-demand international speaker and lecturer, received seven honorary degrees, published countless articles, won numerous awards, chaired many committees, and pursued many grants for the development of improved and advanced nursing education. The success of her ministry was invigorated by her superior intellect and was powered by her innate compassion for others.

A prolific storyteller, Sister Rosemary shares many relevant lessons on the power of compassion from her own life events. She tells of one incident that occurred during the mid-1960s when she was acquiring psychiatric experience at the University of Pittsburgh Western Psychiatric Hospital.

Sister made regular visits with a very sick patient named Jim. One day, a psychiatrist called Sister Rosemary. He explained that Jim was not responsive to his caregivers. The doctor was impressed, however, that Jim was communicative with Sister Rosemary. He asked Sister if she would treat Jim under his supervision because she was the "breakthrough" person for Jim. Sister Rosemary agreed. For over two years she continued her visits with Jim.



During that period of time, the Sisters of Charity were permitted to make the transition from the traditional long habit. The first time she wore a modified habit to her visit with Jim, Sister Rosemary was curious why Jim said nothing about her new attire and how she looked. She asked, "Jim, did you notice anything different?" He glanced at her briefly then turned away. He replied, "Yes. Usually, you are very effervescent. You are very bubbly. But today you are not." Sister Rosemary was stunned. He was focused on their communication verbal and emotional; he didn't notice the physical change because what mattered was how she made him feel when they met. Sister acknowledged Jim's honest observation with candor and respect, "Yes, Jim. It's true. This morning at home, I had an unpleasant discussion. I don't think I represented myself well. I feel very bad about it." Sister Rosemary was the break-through person because Jim responded to the way Sister Rosemary made him feel—respected, safe, and valued.

Caring deeply about how others feel has brought Sister Rosemary unspeakable joy and fulfillment in the career that was chosen for her. Years ago, she wrote, "I have loved nursing and found it to be a context where I can live out my vocation. I have found in practice (my work is with ill adults) and in my teaching, the face and compassion of Christ." Sister's joy is contagious to her colleagues, students, patients, family, and friends. They have found the face and compassion of Christ in Sister Rosemary. They will always remember how she made them feel.

For more information on Sister Rosemary's work at Duquesne University, please visit https://www.duq.edu/academics/faculty/sr-rosemary-donley.

An Antidote for Homelessness

by Sister Jean Augustine

mpressed by the Saint Vincent Depaul Society's commitment to systemic change, members Roy Sarver and Jim Schucolsky approached the Sisters of Charity United States Province with a concept: invite women living on the edge to gather with a few sisters and, together gain skills and set aside money to move on to another sustainable living situation. Eager to inaugurate a new ministry to benefit those living in poverty, the province responded. Through two and a half years of meetings, project design, legal and leasing work, insurance procurement and clarification of expectations and procedures, the collaboration became a reality in February

2016 with the opening of Mary House in Uniontown, Pennsylvania.

Sisters Jean Augustine and Annette Frey
were invited in October 2019 to speak
at Duquesne University's 10th annual
McGinley – Rice Symposium entitled
"The Face of the Person Who is Homeless."
Based on sisters' presentation, "An
Antidote for Homelessness," this article
describes Mary House, a work in progress.

he title chosen for our presentation, may lead some to think it presumptuous as a remedy for this social evil, but we think of Mary House as an antidote. Although limited in its reach and numbers served, we believe our Mary House program is a starting place







for women in need of support and direction to begin to pick themselves up. Maybe we've adopted a mind frame like that of the Christophers, whose motto is "It's better to light one candle than to curse the darkness." We're for lighting the candle!

Mary House was established as a model for community living that emphasizes love and sacrifice as a remedy for homelessness. It is not a shelter, but transitional housing where inhabitants share a common lifestyle and receive guidance in personal and



financial planning. When we envisioned Mary House, we didn't expect that women who were referred would be strapped with chronic mental illness and/or serious substance abuse issues. Those who first came were living in homeless shelters, on the street or in dilapidated buildings. Some had been evicted for non-payment of rent. Others were recently released from jail. But very soon, others applied from drug or alcohol treatment programs for their first or the fifth time. Some were alienated from family or without money or a job. They asked for help to get "back on their feet."

Eager to find a place, these residents said they were willing to share a common lifestyle, to participate in community with other women in similar circumstances, and live with two Sisters of Charity of Seton Hill who also are willing to live with them and demonstrate how life in community is an experience of charity. Having lived religious life for a number of years, we sisters brought a basic understanding of the challenges of community life with housemates having a different frame of reference or a dissimilar set of values.

I've thought about this concept and read from the late Jean Vanier who in 1964 created the Houses of L'Arche as an antidote to homelessness. Vanier saw L'Arche mainly as a way to live the Gospel and to follow Jesus Christ more closely. He wrote: "Many seem to believe that creating community means to gather people together under the same roof –people who get on reasonably well together or are committed to the same ideals. Rather it's . . . to begin with wounded people and live with them. The basis of community is mutual confidence, respect, deep love and acceptance."

Henri Nouwen summarized Vanier's book as a "recipe for successful living together—a series of starting points for reflection discovered, through mistakes and setbacks, the freedom to love and to be loved. Living in community will never be easy, but those who do not run away from the challenge will discover the Lord is with them on a holy path." The focal point of L'Arche is to welcome people with handicaps in the Spirit of the Gospel, to live with others whose handicap is apparent or not, and commit to grow in a communion of spirit. The focal point of Mary House is also to welcome women who are homeless to live a common lifestyle with other women in similar circumstances in a safe, secure environment. Sister Annette and I help each woman progress in achieving the goals she has selected for the two years she has with us "... in bearing each other's burdens." We Sisters of Charity pray daily, "Let us bear one another's burdens and thus fulfill the law of Christ."

To "live with" is different from to "do for." We work hard to develop a love and appreciation for each woman—who she now is and how she desires to grow. This realization often requires us to adapt our attitudes or prejudices to become more patient.



What does each woman need exteriorly? A job, or an opportunity to serve others through volunteer work? Does she need to pay off old and/or new debts, or, at least, make a dent in her indebtedness? Is it unpaid court fees or restitution that she owes? What about interior reconstruction like rebuilding her self-image or learning to love and forgive herself? And what about the matter of reconciliation with her family, her children, friends? These difficult tasks demand self-knowledge and courage.

Our support and encouragement may include advising or requiring therapeutic services from local mental health, medical, religious, drug and alcohol treatment agencies. One or usually more of the above services comprise the tools we rely on to address the situation of homelessness. The various agencies in the area complement our efforts with the residents.

We had hoped to build community with a common evening meal, but residents' basic responsibilities presented scheduling conflicts of job, AA/NA daily meetings, therapy appointments, with community expectations for sharing household duties. A revolving population also forced challenges. Creative planning, patience, and flexibility help us as co-directors to understand that

God has called us to our present circumstances and that we must learn to adapt.

Here are three thumbnail sketches of the women who opened Mary House in March 2016. Although unique individuals, they profile those who have come after.

During a visit to the Saint Vincent de Paul Store, a 52-year-old woman picked up an advertisement for Mary House and applied. She lived in a crumbling house in one of the mining patches of Fayette County. Her father had passed four years earlier, and she had no funds to make badly needed home repairs. After the Head Start program moved to a different site, Dora did not have transportation to continue her 16 years of service at the new location, and she was unable to find another job. Dora lived with us for the two-year program and improved her social skills, found a part-time job in housekeeping, and moved to her own apartment in a senior high rise. She had learned basic computer skills and how to sew. She opened a bank account and has maintained friendships—old and new. An introvert, Dora

came to live at Mary House with many needs and gifts, but left with fewer needs and additional gifts of improved self-confidence, love and fellowship.

A second woman, 41-year-old Angie, just released from prison on parole after drug charges, whose charm and abilities belied her troubled past, came to Mary House on the same day as Dora. Her two teenaged

children lived with their father and tried to help their mother's transition with their love and support. Time passed and Angie was hired at a local fast food restaurant and thrilled with her first paycheck. On that day Angie went to work and said she'd be home after the NA meeting. Angie did not return, and we desperately tried to locate her or discover who might know her whereabouts. After three months with us, she had





relapsed, violated parole, and managed to evade re-arrest. Eventually, she was apprehended and returned to prison. She never said good-bye. One day several months later, Angie's 17-year-old daughter stopped at Mary House to thank us for the help we gave her mother.

We accepted Christy, age 29, after her release from drug rehab, her fifth relapse; this time, she had nowhere to go. Christy stated her determination that this time she would stay clean. Although she blamed her mother and family for her past troubles, it was Christy's criminal background that limited her job opportunities. She was also inconsistent in her volunteer commitments, and irregular in attending AA/NA meetings, which caused difficulties as we tried to work with her.

After three months with us, Christy proudly celebrated one year of sobriety by attending a party at her NA group. Unfortunately, she added one more celebration from which she didn't come home. We searched all night, only to find her in Forbes Hospital on a respirator after an overdose. Her mother was with her. Both Christy and her mother decided she would not return to Mary House. As Christy recovered, Sister Annette asked if there was anything we could have done to help her avoid a relapse. Her answer was, "No." She had been relapsing before the celebration. However, in the

two years since this occurred, Christy returned to rehab, completed the program, is living on her own, and working in a pizza restaurant. When we meet her downtown, she appears settled. We continue to pray that this time her rehabilitation will hold.

Three years have passed in the history of Mary House. Have the residence and the program we have devised and implemented remedied homelessness? Has it been palliative or restorative? We have admitted 26 women. Six stayed until they found a residence and had achieved some of their goals. Thirteen left before the time allotted to reach the goals set, but their departures were caused by extenuating circumstances—the need to find a residence to reunite with a child, a change in marital status, or suspected drug usage and relapse. We had to evict three residents who refused to pay the low monthly rent even though they had some income from a job or government assistance. We have learned of the deaths (caused by existing serious medical conditions) of two women since they left Mary House. We pray in gratitude for their time with us and for their eternal rest.

We hope we have helped Mary House residents to recognize their value and grow in love of God, themselves, and their neighbor. Our antidote, we pray, enables the women to recognize reality and become responsible. We help all residents plan their spending, make certain debts are satisfied, and save for their future needs.

There have been obstacles at Mary House. Serious plumbing problems and need for a new roof put us in a holding pattern of not accepting any new residents and bearing with major inconveniences for months at a time. Frequently we are asked, "How are you paying for this project?" Sister Annette and I receive our social security benefit plus community support. We have received donations from family, friends, and organizations. We received a grant to help a resident pay expenses when she was

unable to work due to orthopedic surgery and physical rehabilitation. Another grant was designated for our personal development program. The remainder of funds for operating expenses comes from whatever is worked out with individual residents and lots of trust in God's Providence—which hasn't failed us yet.

Vanier reminds us "that community is a place to make and build relationships but also a place of forgiveness. . . . Living together implies a certain cross, a constant effort, and an acceptance which is daily and mutual forgiveness."



Forgiveness is the heart of Christian community as the sign and model of love. To forgive is to be just as open and relaxed, understanding, and patient with aggressive persons as we are with those who are slow and mediocre. We must be free, have confidence in the group, and not become overwhelmed by our feelings and concerns. As co-directors, we must call members to assume responsibilities; we support them, confirm, direct, praise, and correct when necessary. We try to start each day with a gathering to set a positive tone for the achievement of each one's personal goals, objectives, and strategies.

Mary House must be a place of love, a place of service, kindness, thoughtfulness for each other and all with whom we come in contact. Dorothy Day, in the final chapter of her *Notes on Following Jesus* refers to Matthew 25: 40, which reads "Truly I tell you, whatever you did for one of the least of

these brothers and sisters of mine, you did for me." She continues, "It's the living from day to day, taking no thought for the morrow, seeing Christ in all who come to us, trying literally to follow the Gospel that resulted in this work [House of Hospitality]." ... This we have found includes many simple but concrete gestures—to ask one really to clean out the tub . . . to complete her budget, and save her receipts . . . and to thank the cook for her efforts even though the hot dogs are burnt.

So ... what is the antidote we are offering to homelessness? Borrowing from both Vanier and Dorothy Day, we try to stick together and be loyal to each other, seeing in each the good points, and patiently bearing with the weaknesses. We have no illusions that it will be an easy task. We can never have enough mutual love. Our mission statement is clear that the transitional program is marked by simplicity and charity. We cannot love God unless we love each other, and to love we must know each other. The activities we share at Mary House—goal setting, individual evaluations, finding and keeping a job, volunteering, being present, and simply being part of the house comprise our way to live the Gospel. We offer this antidote to homelessness and marginalization as a place of celebration, a place of reconciliation, of forgiveness and hope. Only God knows and blesses the results.





A retreant prays at Saint Elizabeth Ann Seton's altar in the Basilica during a Seeds of Hope retreat.

"Let us take shelter under His blessed wing and while we are sowing in tears, bless and adore Him for the hope of reaping in joy."

-Mother Seton

"I was raised Catholic but faded away over time, but [because of Seeds of Hope], I have so much more faith and hope in God," shared James, a participant in one of the Seton Shrine's Seeds of Hope retreats.

The Seton Shrine created the Seeds of Hope program in response to a direct exhortation from Pope Francis.

In 2017, Pope Francis recognized a need for the Church—particularly shrines—to actively engage with those on the margins of society: "In the shrine, the doors are wide open to the sick, the disabled, and above all, the marginalized, refugees, and migrants."

Pope Francis acknowledged the physical and spiritual needs of many, whether in Crotona or the country borough of Emmitsburg, and challenged the Church to alleviate what it could. Seeds of Hope enables the Seton Shrine to offer free special day retreats and communal events to those who would otherwise not be able to attend.

Sister of Charity of Seton Hill Vivien Linkhauer said, "[Seeds of Hope] provides an experience of the peace and prayerfulness of the Seton Shrine to those who could not afford it, and goes to the essence of who we are as Sisters of Charity! The poor are always with us and we're with them."

A Catholic shrine is meant to be more than a memorial to a particular saint. It's meant to be a place of encounter—a place where we can retreat from the demands of a busy world and more readily receive God's grace. Surrounded by beauty, in the presence of the Blessed Sacrament, and in a place where thousands before us have prayed, it becomes easier to feel God and hear Him. It also becomes easier to respond to Him.

For over 40 years, the Seton Shrine has been that place for hundreds of thousands of men and women. With the stunning Basilica, spacious meeting rooms, onsite theater, beautiful gardens, and quiet prayer rooms, the Seton Shrine regularly welcomes both small and large groups to the peaceful, historic grounds. Here, nestled in the foothills of the Appalachian



Sr. Anne Marie Lamoureaux, Mountains, the Shrine opens its doors to DC, jokes with another sister those whom the Church beckons. during a Seeds of Hope

National Shrine of Saint Elizabeth Ann Seton

Executive Director Rob Judge added, "St. Elizabeth Ann Seton founded the Sisters of Charity of St. Joseph based on the rule of St. Vincent DePaul and St. Louise de Marillac—seeing and serving Christ in the poor. The board and staff at the Shrine feel that among all shrines, the Seton Shrine should work the hardest to be a refuge for the poor, the forgotten, those most hurting – because serving the poor was of course Mother Seton's charism and mission with her Sisters. It is only fitting that a shrine to her who gave her life to love of Christ in the poor is a refuge for the poor."

tour of the Shrine, home-cooked meals, and time for reflection. Special attention is given toward making participants feel seen

The retreats often include a personalized



Retreants pray in the basilica during a Seeds of Hope retreat.

and loved: those who struggle with mobility are accompanied by volunteers, the visually impaired are ushered to the front, and the hard of hearing are given listening devices.

The vision for *Seeds of Hope* was cast by Sr. Anne Marie Lamoureaux, DC. who felt a yearning to more deeply fulfill her vow of service to the poor after leaving Brooklyn for Emmitsburg in 2011.

"One of the greatest blessings for me is getting to know the people," Sr. Anne Marie said. "It just touches my heart in many ways because I used to be in Brooklyn and was exposed to more people on the margins than [I am] here, and that's where my heart goes. I took a vow of service to the poor... and to be in the presence of Christ in those people ...," she sighed "... it makes me realize what's really important in life because they don't have the 'extra."

When it comes to putting on the *Seeds of Hope* retreats, it takes many hands.

"We could never do this without our volunteers," Sr. Anne Marie was quick to add. At the last communal event, they had a near one-to-one ratio of volunteers to participants. On ways to help, Sr. Anne Marie added, "The retreats are almost entirely subsidized, with transportation, meals, and fees largely covered by the Seton Shrine. Sometimes we bring people from the city so we have to pay for transportation and that's a biggie. Transportation is expensive and costs upwards of two thousand dollars for one bus. Financially we could certainly use help."

"Our Seeds of Hope program started as a retreat experience for the poor and we are continuing this work whereby we partner with groups who serve the poor directly and prepare with them a full, customized retreat experience for the people they serve," Rob Judge added. "As we conducted these retreats and went into the community to meet those on the margins and invite them, we began getting to know the people attending. Many of them wanted to come back for a second or third time. As we got to know them, we then began inviting them to our regular programs—concerts, living history, pilgrimage days. What has begun to happen is they now feel welcome and the program is a source of support to them as they get to know each other and the Shrine more and more. One of the most beautiful things is that as they get to know Mother Seton and her story—both with joys and struggles—they in many and different ways identify with her and draw encouragement from her life and example."

Elizabeth Ann Seton also had to rely heavily on the financial gifts of her friends, and this service to the poor has its roots in the work she carried out during her life.

Sr. Regina Bechtle, SC, Chair of the Shrine's Mission & Heritage Committee, shared, "As a young matron in New York, Elizabeth Seton visited immigrant women and children living in poverty. Today, Sisters and Daughters of Charity and their colleagues continue to be impelled by that same passion: to meet and to serve Jesus Christ in every person, especially those living in poverty."

James echoed this, adding, "What Mother Seton did to turn around so many lives and to find that people are still carrying on her mission here is quite a blessing."

"I have been on three or four retreats and love the peace and calm at the Shrine," Margie, another participant shared. "You can be at ease here and not worry about the struggles of the day or what's happening in the world."

A common theme in participants' feedback is their love for meeting new people.

"We want to pull down any barriers between those who are marginalized and those who are not.... It's very important that we form community and see how we can help and learn from one another, be enriched by each other, and know that we are not alone," Sr. Anne Marie explained. She added with a smile, "Oh, and I love the hugs. I give a lot of hugs."

To date, *Seeds of Hope* has held eight retreats and multiple "follow up" communal events that continue building the relationships that were formed on the retreats. Approximately 214 people have participated, all of whom receive free admission to the Shrine's programs.

Through the *Seeds of Hope* program at the Seton Shrine, participants [and volunteers] share stories, food, laughter, tears, and prayer. At day's end, young and old alike find that they have made new soul-friends, that

The National Shrine of Saint Elizabeth Ann
Seton is governed by a Board of Directors
appointed by the Sisters of Charity Federation
of North America. The Federation is a voluntary
membership association of 14 congregations
of women religious that number over 3,000
Sisters whose mission in the Church continues
the original values and work of Saint Vincent
de Paul, Saint Louise de Marillac, and Saint
Elizabeth Ann Seton. The Seton Shrine's
museum has an exhibit showcasing their good
works throughout the world.

they belong to one another in a new way. All, regardless of income, education or neighborhood meet one another as God's beloved children. Can't you just imagine the joy of Elizabeth, Vincent and Louise as God's dream comes true for a moment, here in this sacred place?

To learn more about the *Seeds of Hope* initiative or to become a partner, please call 301-447-7083 or email at seedsofhope@setonshrine.org.



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What's in a Name?

by Sister Barbara Einloth











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he newest residence hall on the Seton Hill University campus (one mile south of our motherhouse) bears the name "The Sisters of Charity Residence Hall." Dubbed both Charity Hall or Sisters Hall by the students, the hall stands as a testament to the legacy of our sisters who founded it as a four-year institution of higher

learning in 1918 and who committed themselves (then and now)

to Seton Hill's growth. Its name signals to current and future

Setonians that the mission and charism of our congregation are integral to the university's life and purpose.

When the hall was blessed and dedicated on September 11, sisters and students, SHU personnel and alumni/alumnae gathered in the first-floor lobby. Each of the presentations and the blessing by Bishop Edward Malesic highlighted some aspect of the name's significance. President Doctor Mary Finger began by noting "... the extraordinary dedication of our founders to the mission of Seton Hill University throughout its history. The Sisters are women of tremendous courage and faith who committed themselves to begin, grow and sustain Seton Hill over the past century." The decision to name the hall in our honor reflects that awareness.

Ruth O'Block Grant, both alumna and former Chair of the Board of Trustees, spoke of the influence our sisters have exerted. "During my time as a student at Seton Hill, the Sisters of Charity were a commanding presence on campus. The Sisters directed all aspects of education and student life on campus. They taught us, planned activities, prepared meals and lived with us in the residence halls. The Sisters of Charity have had a profound and lasting influence on my life."

Resident of Charity Hall and representative of the Student Government Association, Sarah Hester connected the four pillars of SHU with the legacy of the Sisters of Charity. She noted Welcoming, Learning, Celebrating, and Serving as set in the foundation laid by the congregation more than 100 years ago and permeating the student experience today. Of Learning she noted: Learning is a key pillar of this university as the Sisters of Charity founded Seton Hill as an institution dedicated to educating students for the world in which they are destined to live. They worked to ensure their charter allowed them to educate women in the sciences—something I certainly appreciate as I study forensic science. The standards of the Sister of Charity set certainly impact our classrooms and laboratories more than 100 years later.

Sister Catherine Meinert, United States Provincial Superior, recalled "... Mother Seton, Mother Aloysia Lowe and all the sisters who sacrificed and continue to sacrifice to build this university in the Catholic tradition." These women (on whose shoulders we stand) embodied the values that continue to be evident in members of the student body. "As I meet so many of the students, I am filled with pride at their respectfulness, kindness and generosity." She addressed them: "Students, during your tenure here at Seton Hill, you will learn the Setonian values and hopefully make decisions that will always reflect these values in your lives."

What's in a name? This one is laden with significance whether one looks back, ahead, or to the present. And the hall bears a number of features to help residents to connect to that significance. Just inside the main door, a brushed silver plaque announces the name and includes the three virtues central to Sisters of Charity life: humility, simplicity and charity. Students can certainly benefit by the reminder to live their truth, to stay focused on the essentials, and to act out of love and in a loving way. A common space at the south end of the building bespeaks Mother Seton and her welcoming spirit. The main wall bears the inscription:

"The front door, the back door,
the side door that leads to
the Chapel . . . all the windows,
upstairs and downstairs,
open at your coming."
—Saint Elizabeth Ann Seton

Two leaded stained-glass windows, from St. Joseph Hall and newly framed with wood salvaged from Lowe Dining Hall grace the wall across from the window. It is a bright spot for study or sharing.

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Elsewhere, a wall in another lounge bears the university mission statement—a reminder of purpose.

Seton Hill is a Catholic University rooted in Judeo-Christian values. In the tradition of Elizabeth Ann Seton we educate students to think and act critically, creatively and ethically as proactive members of society committed to transforming the world.

As Sisters of Charity, we are honored by the university's acknowledgement of our sisters' contributions to the school's existence, legacy and efforts then as now. In the words of Ruth Grant, "They were strong, independent educated women who modeled for me and other alumnae how to find our passion, seek opportunities, take informed risks and, ultimately, become leaders willing to work hard to bring about positive change in the world."

Individual sisters, no less than scores of alumni/alumnae, likely name specific Sisters of Charity identified in their minds with the university through the years. It may be Sister Francesca Brownlee whose tenacity secured the charter and who served as first Dean of the College, or presidents like Sisters Mary Schmidt or Victoria

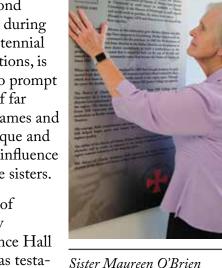
Sister sing the alma mater at the dedication.
Seton Hill University photo

Brown, or professors like
Sisters Maurice McManama
or Mildred (Alice Louise)
Corvi, or registrars like Sister
Rose Irene Boggs or Deborah
Kelly. Perhaps it is Sister Rose
Agnes McGowan or "Sister
Mary Post Office" aka Sister
Marie Evangelist Vaughan
and/or Rose Catherine Ward.
Current or more recent "longtimers" include Sisters Jean
Boggs, Lois Sculco, Victoria
Marie Gribschaw, Ann

Infanger, Vivien Linkhauer, Mary Kay Neff, Susan Yochum, and Maureen O'Brien, to name a few. Seton Hill and the Sisters or

Charity have lives entwined. A walk along the Centennial Wall, installed on Second Admin during the centennial celebrations, is likely to prompt recall of far more names and the unique and lasting influence of those sisters.

Sisters of Charity Residence Hall stands as testament to sisters whose presence,



s as testato sisters
admires the dedication plaque.

work, prayer, intellect and compassion infused the halls. It stands as inspiration to current and future students to make their own the sort of focus, commitment to excellence, and attention to relationships that the sisters modeled. Well into the future Sisters Hall/Charity Hall will recall the inextricable connections between their university and its founders and collaborators for more than a century, the Sisters of Charity of Seton Hill.



TAI CHI FOR ARTHRITIS AND FALL PREVENTION CLASSES AT CARITAS CHRISTI

Last Fall the Sisters of Charity of Seton Hill were pleased to offer Tai Chi for Arthritis and Fall Prevention Classes at Caritas Christi. The **12-week course** was led by certified instructor Sharif Zyhier.

Tai Chi is an ancient Chinese exercise system that uses slow, smooth, body movements to achieve a state of relaxation of both body and mind. Commonly referred to as "meditation in motion" Tai Chi is characterized by methodically slow, continuous and circular movements designed to stretch the body, promote balance and reduce stress. Participants were encouraged to move only within their level of comfort to ensure their safety while practicing Tai Chi.

Other benefits of Tai Chi included improved posture and coordination. The movements are coordinated with deep breathing. This promotes concentration and focus which helps people be "in the moment" while practicing Tai Chi. Many have reported feelings of relaxation, focus, and calm.

Participants were grateful for the opportunity to learn the fundamentals of Tai Chi. They enjoyed spending time with the sisters while reaping the benefits of the exercise program, both mental and physical.









1.20.2020

INTERVIEW WITH Joanna Papada, Vice President of Government and External Relations Manchester Bidwell Corporation, Pittsburgh, Pennsylvania

by Julia Trimarchi Cuccaro, Esq., Director of Development for the Sisters of Charity of Seton Hill

Our Q&A interview for this issue of Celebration is with Joanna Papada, artist, and Vice President of External and Government Relations for the Manchester Bidwell Corporation in Pittsburgh. Early in her career at Manchester Bidwell, Joanna became associated with the Sisters of Charity when she helped develop the Seton Arts Service Corps. Recently she visited us at Caritas Christi to discuss her work and career. Joanne hails from eastern Pennsylvania, where she attended Nativity BVM High School, Pottsville. She earned a Bachelor of Arts degree from Marywood University and a Master of Fine Arts from Penn State University. In addition to her work at Manchester Bidwell, she has been a producing artistic director for South Jersey Regional Theatre. She also worked as a director and a production stage manager for venues in New York, Atlantic City, and Portland, Maine. She is a co-founder of "Change the Game", a youth development program that supports a teens' transition from high school to post-secondary life that engages students in the rigors of the outdoor environment while uncovering the natural abilities of resiliency, discipline and perseverance. Like many dedicated educators, such as the Sisters of Charity of Seton Hill, Joanna has given deeply of her talents to students all over the Pittsburgh region and made many lives better for it.

- **Q:** At lunch earlier today at Caritas Christi you and Sister Patricia Mary Wilson shared your early involvement with the Seton Arts Service Corps back in the mid-2000s. How did you become involved?
- **A:** I was at the Manchester Bidwell Corporation offices in Pittsburgh, where I was working (and still do). Bill Strickland, the founder, called me into his office and said that a Sister of Charity, Patrice Hughes, had called and invited him to a meeting. The sisters hoped to develop an art education program with a focus on children from underserved communities. Could he help? Bill asked me to go. They were meeting at Elizabeth Seton in Brookline, so I went, not having any idea what to expect!
- **Q:** Something must have clicked because the program is still going strong.
- **A:** Yes it is! At that meeting, I met various people including Sister Pat Wilson, and I believe Sister Mary Denise Dietrich. A few other sisters were there too. It was a lot of talk at first but then after a while, we started pulling it together.

Q: What was your main contribution?

- A: I felt strongly that the program had to be a Sister of Charity program, based on the values of the Sisters of Charity. But, I also felt why not partner on some things with others, such as Seton Hill University? Students at the university could get a good teaching experience working as "scholars," and receive a stipend for their work.

 Joanne Boyle, the University President, loved the idea and helped us. Sister Mary Kay Neff, who taught (and still teaches) in the art department at the University, has really worked hard to recruit the scholars. Our first program was at St. James School in Wilkinsburg.
- **Q:** I didn't know that. Currently, in addition to Sr. Mary Kay, Sisters Barbara Einloth, Kathleen McGrady, and Geri Marr are very active. Throughout the school year, the Corps alternates sites among Thea Bowman Catholic Academy in Wilkinsburg, Mary Queen of Apostles in New Kensington, and Scottdale Public Library, Scottdale PA. The summer camp happens at Caritas Christi. What in your career led you to do projects like this?
- A: Art has always been a primary driver for me, theater mainly. I enjoy youth development and future focused skills. I was a baby photographer at Walmart at one point. Eventually I transferred some of my photography skills to the theater and became an assistant stage manager in South Jersey for a play with just four actors. I had absolutely no idea what I was doing! I found it far more complex than I ever anticipated. Nell Robinson, the Director, is the one who taught me how to do it. Eventually I decided I wanted to direct, so I went and got an MFA at Penn State and started directing. My assistantship at Penn State was through Joe Paterno and the football program!

Q: That's unexpected! What was your favorite play to direct?

A: Smoke on the Mountain. It was a musical about an old fashioned gospel family who sings very spiritual music. And then I loved doing Children of a Lessor God.

Q: In your experience, what makes a good director?

A: I'd say the main characteristic of a good director is persistence. Belief in the work. Patience. You have to be a very good listener. Theater is collaborative.

Q: How did you end up at Manchester Bidwell?

A: (Laughter) One day I passed the building in Pittsburgh and said to myself, "I'm going to work there!" I eventually got an interview and was hired. I did photography, and the job developed from there. My skills transferred well in terms of my background in the arts and the discipline of art. One of my first assignments was to drive 21 kids on a bus to a Native American pow-wow in Montana!

Q: My, you're one brave woman! Our last question is one we ask everyone: Is there a person in your life who has influenced you spiritually?

- A: I'd have to say my aunt, my mother's sister, Angela Stella. She lived to be 107 years old. She moved in with me when she was 97 when she needed a hip replacement. She and I had parallel lives in many ways. My husband died very young and so did hers, and she knew she had to make her own way. So in 1945, she went to the Kree School in New York City and became an electrologist. She started her own business and did very well. She had this slogan, "Your hair is your crown and glory but not on your face." She worked on everybody even nuns! She and her husband had promised each other that they would see the world, and she did. She joined the Blue Army of Our Lady of Fatima. It took her across the globe. At one point, in Uganda, the plane landed and they were not allowed to bring out the statue of Our Lady, so they took coat hangers and did an outline of the statue and took it out. Later we met an artist at a local art show who had been a child watching in the crowd. My Aunt Angela gave me her love of travel and the idea that you can be on your own.
- **Q:** Thank you Joanna. It's been a pleasure. You have the energy of five people, and your creative contributions to our communities in Western Pennsylvania have undoubtedly made a difference in many lives.



Joanna (center) enjoyed a visit at Caritas Christi with Sister Patricia Mary Wilson (left) and Sister Alice Ruane (right).

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Everyday Hero

—Sister He Chun Park

Caring, prayerful, attentive, fun-loving, hard-working, and dearly loved ...

hat a blessing it is to have Sister He Chun with us here at Caritas Christi! She is a true Everyday Hero! Her loving presence is very evident throughout the motherhouse. As you pass through the second floor hallway, you will find Sister He Chun speaking with or helping elder sisters in their bedrooms or in the balcony of the chapel. When she passes sisters and staff members involved with a task, she always asks if she can help, and always with a smile. She is very generous with her time and talent. She teaches the sisters "Gentle Movements" exercises and performs "Healing Touch"

therapy for any sister who wants it. At the change of each liturgical season when Sister Kwang Shim decorates the atrium, Sister He Chun is right there helping, again with a smile on her face! You may find her anywhere doing most anything—working in the garden, visiting residents at the Elizabeth Seton Memory Care Center, cooking Korean meals, teaching the Korean language, ringing bells, or worshiping through liturgical movement. Sister He Chun is a very prayerful, God-centered Sister of Charity—a great gift from God and the Korean Province!











Sisters of Charity of Seton Hill

DePaul Center 144 DePaul Center Road Greensburg, PA 15601-1253 724-836-0406 412-243-4651 (Pgh.) 724-836-8280 (FAX) Address Service Requested



Sunday, March 8, 2020

LENTEN VISIT AND VESPERS

Caritas Christi, Greensburg 2:00 p.m. — Visit and Refreshments 3:30 p.m. — Solemn Vespers 724-836-0406, x6615



Saturday, March 21, 2020

12th ANNUAL SOUNDS OF CHARITY

Benefits the Ministries of the Sisters of Charity 6:30 p.m. — 9:30 p.m. Ramada Inn, Greensburg, PA 724-836-0406, x6615

Thursday, April 2, 2020

SISTER MARY SCHMIDT LECTURE

Catherine O'Donnell, author

Elizabeth Seton: American Saint

7:00 p.m.

Seton Hill University, Greensburg, PA 724-836-0406, x6613

April 1, 2020 - May 31, 2020

SUMMER FUN CASH TICKET - JUNE

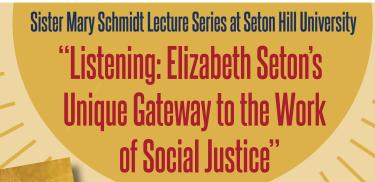
Available for purchase DePaul Center, Greensburg 724-836-0406, x6646 Saturday, July 11, 2020

JUBILEE CELEBRATION

Caritas Christi, Greensburg

July 11, 2020

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Guest Lecturer:

Catherine O'Donnell, author of Elizabeth Seton: American Saint

Cecilian Hall, Seton Hill University, Greensburg, PA 15601

Catherine O'Donnell will present "Listening: Elizabeth Seton's Unique Gateway to the Work of Social Justice." O'Donnell will guide the audience in exploring Saint Elizabeth Ann Seton's legacy of listening in order to cultivate the kind of detailed understanding and compassion that are necessary to underlie and empower social justice activity.

Presented by the Sisters of Charity of Seton Hill

For information please call 724–836–0406, ext. 6613





This event is free and open to the public.