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**NORMANDY PROPERTY FOR SALE**

Good Shepherd Sisters in the Province of Mid-North America have taken a big step that has already begun to shape their future. The Sisters are selling their property in Normandy, a suburb in Northwest St. Louis County, Missouri. The sale includes the buildings that house the Province Center, Maria Droste Contemplative Community and former Immaculate Heart Convent.

Continued on next page
Property, Cont’d from p. 1

Convent, where retired Sisters had lived before moving to Mason Pointe Care Center in December.

Sisters living in the Province Center convent and Maria Droste Contemplative Community are discerning appropriate options for their move. Staff working in the Province Center will relocate to business offices that are not yet determined. A team of Sisters and lay Mission Partners from the Province Center are investigating possible places to relocate staff.

The process
The moves for Sisters and Staff hinge upon sale of the property. More than 500 developers and real estate agents have received invitations to inquire about a Request for Proposal (RFP). Responses to the RFPs are due April 30. Developers will be interviewed in early June, following a period of reviewing the Requests for Proposal. The Sisters have hired a firm to help manage the RFPs in collaboration with a local commercial real estate brokerage firm. Province Treasurer Sister Mary Carolyn McQuaid is working with the companies to oversee the sale of Normandy’s 10.4 acre campus.

“It takes time to sell a property as significant as the Normandy campus,” said Sr. Mary Carolyn. Because of the process involved, Sr. Mary Carolyn doesn’t foresee Sisters and staff moving before the end of the year.

Property features
The Normandy property is in a highly desirable location and represents a great redevelopment opportunity. It is five miles from the St. Louis airport and half a mile from the 350-acre University of Missouri St. Louis campus. The property has immediate access to the region’s major transportation systems, including two highway interchanges, MetroLink train station and major bus route. The area also features restaurants, retail stores, banks, health care providers and housing subdivisions.

History
Sisters of the Good Shepherd have a long history with the Normandy property. Anna Lucas Hunt donated the land to the order in 1850. The Sisters had their first convent built on the property in 1883.

In the mid-19th century, according to St. Louis historic archives, “Nowhere in the Saint Louis area was there such a concentration of Catholic institutions as was found in and around Normandy, Missouri.”

Today only Sisters of the Good Shepherd and Incarnate Word remain in Normandy and the area surrounding it.

Readers of Items of Interest are encouraged to spread the word about the sale of the Normandy property. Anyone interested in receiving a Request for Proposal may contact Sr. Mary Carolyn at mmcquaid@gspmna.org.

Justice Peace Contact

Sister Claudia Palacio is the Justice Peace (JP) Contact for the Province of Mid-North America (PMNA). She supports the integration of justice, advocacy, and human rights in the life and mission of PMNA according to Congregational and Province Directions. Through communication and collaboration at all levels, she links with international and regional knowledge and trends. She communicates province developments and JP news to regional and international JP structures and other structures that are vital to the life of the Province. She amplifies the Good Shepherd voice through media and social justice networks.

Sr. Claudia is visiting Good Shepherd houses and ministries throughout 2019 to talk about her role and to discuss how Justice Peace fits within the issues of human trafficking, human rights and social and economic welfare of people in countries where Good Shepherd serves.
Closing a convent calls for courage, resilience, and creativity

By Jeanette McDermott, Province Communications Coordinator

In the past several issues of Items of Interest I have reported on the transition of the Immaculate Heart Community to Mason Pointe Care Center. This month I look at the convent itself and ask — what happened to everything in it after the Sisters moved?

To answer that question, I caught up with Sr. Mercy DeLeon, whose first order of business in closing Immaculate Heart Convent was to clear it of its contents: books, art, furniture, equipment, appliances, religious artifacts - everything.

Sister Mercy’s intent in emptying the convent was to ensure that the goods went to agencies who needed them. Among the recipients were Mother of Good Counsel Home; L’Arche St. Louis; International Institute; Our Lady’s Inn; Archdiocese of St. Louis, Office of Reclamation; Habitat for Humanity – ReStore; and Society of St. Vincent de Paul. Assumption Parish in New Haven, Missouri, is gathering people and equipment so they can transfer the convent’s outdoor statues to their church and cemetery.

In addition, Province staff were invited to take what they wanted in exchange for a nominal donation. As Sister Mercy went about emptying Immaculate Heart, she said a number of feelings swept over her.

“I was filled with nostalgia as I remembered the demolition of the old Immaculate Heart Convent and our excitement when our Sisters moved to their new home. I had mixed feelings of loss and disbelief the first few days of walking into the convent with no Sisters in it. It didn’t seem real,” Sr. Mercy said.

“And then feelings of wonder, awe, and gratitude swept over me as I reflected on how our Sisters lived out the “mystery of faith” day in and day out at Immaculate Heart. No doubt, their ministry of prayer continues. Although they will miss contact with the school children of St. Ann School, their presence and spirit of welcome will bless the Mason Pointe population in ways we will never know. They can’t help being Good Shepherd sisters wherever they happen to be!” said Sr. Mercy.

On another level, Sr. Mercy said dealing with the vast amount of storage space was astounding; however, as she found new homes for the contents, the feeling of joy overtook her.

Enlightening lives

“I’m grateful that the Community’s assets have been distributed in a way to benefit many. I’d like to think these resources will enhance someone’s life and spiritual

Continued on next page

Most of the contents from Immaculate Heart Convent went to charitable organizations in the St. Louis metropolitan area.

St. Vincent de Paul picks up items from Immaculate Heart Convent.
Closing, Cont’d from p. 3

practice, as well as the environment through reuse and repurpose.

“For example,” she said, “a couple of appliances from Immaculate Heart will be part of the new training kitchen for the clients of the International Institute. I believe we made a significant contribution to them,” Sr. Mercy said.

Sister Mercy has experienced these feelings before. She went through a similar process when the Baltimore convent and ministry closed two years ago. When I asked her how she deals with closing houses, Sr. Mercy said, “The closing of a house or ministry is life-changing for everyone involved. Decision making may take a long time or it may seem abrupt. It’s a complex process that calls for courage, resilience, and creativity.

Sister Mercy went on to say that closing the Immaculate Heart Convent, as well as the convent and ministry in Baltimore, helped her to be more attuned to the connection between the personal lifestyle choices she makes and the effects her choices have on the environment.

Reclamation Center
Sisters gave to the Archdiocese of St. Louis Reclamation Center all of the items that were part of their sacred story and rituals. Holy items that have been blessed by a priest cannot be donated or sold.

The religious items that once served Immaculate Heart will stay in the reclamation center until they find new homes in a mission church, prayer or reflection room or other Catholic place of worship or religious life in the U.S. or abroad.

“We repurpose for the faithful. I pass along pieces to bring God to the people and keep the Catholic faith alive. I do not give consecrated objects to places or people that are not in service to God,” said Deacon Joe Streckfuss, who oversee the reclaimed artifacts.

There’s a deep religious tie to this line of work, an awesomeness to it,” Deacon Joe said.
#StandWithSisters campaign

Four Good Shepherd Sisters are participating in a St. Louis Catholic Sisters campaign celebrating the ways women religious and their supporters stand up for social justice in their communities.

**Social media campaign**
The #StandWithSisters social media campaign provides an avenue for Sisters and laypeople who work with them to share their personal narratives of what it means to be compelled by the Holy Spirit and their Catholic faith to right social injustices. The social media campaign includes video, photographs, personal narrative, and billboards around the St. Louis metro area. The billboards will carry a variety of messages from St. Louis Catholic Sisters, including,

“We stand with IMMIGRANTS.”

“We stand for THE EARTH.”

“We stand against OPPRESSION.”

The social media and billboard campaigns run through the month of March in recognition of National Catholic Sisters Week and Women’s History Month.

**How you can get involved**
Everyone is invited to join the conversation through the website stlcatholicsisters.org and hashtag #StandwithSisters. The hashtag works on Twitter, Instagram, Facebook and other social media platforms.

Good Shepherd Sisters who are participating in the campaign are Glynis McManamon (diversity), Christine Truong (immigration), Claudia Palacio (human trafficking), and Winifred Doherty (gender equality).

Look for the video and narratives. stlcatholicsisters.org;
@GoodShepherdRGS (twitter);
facebook.com/
SistersoftheGoodShepherd

Clockwise from top: Sisters Glynis McManamon, Christine Truong, Claudia Palacio and Winifred Doherty.

We stand for **human dignity.**

#StandWithSisters

ST. LOUIS CATHOLIC SISTERS

One of the billboards in St. Louis
Reflection on “Nuns & Nones”

By Jean Marie Fernandez, RGS

I am a member of a wonderful cohort of women religious and Millennials. The movement, called Nuns & Nones, is spreading rapidly across the nation.

Having participated in three Nuns & Nones gatherings, I would say that I am amazed at the respect we have for each other. I am intrigued by our spirituality and sense of longing for meaning and purpose in life.

Commonalities unite us

It is this sense of wanting to have mutual conversations around deep values that have brought these two groups of women together. Since being with this group I have found that it is our commonalities, rather than our differences, that unite us. The nuns and the Nones are both seekers and soul mentors.

So, what do we do when we come together? We share and listen to one another’s stories as nourishment for the soul!

We listen to the call of the spirit. It’s an open-hearted presence of praying, listening and asking questions. It’s about being authentic, and it’s about being inspired in an intergenerational community.

We need each other. We are curious about the meaning of commitment, spirituality and contemplation. We seek understanding of the vows, the value of rituals, roots and tradition, and what it takes to create intentional communities.

We share values of engaging in service, social justice, outreach ministries and being the presence of love in our world. Through these encounters, laughter and tears, we have forged friendships and sparked hope. And our roots of courage are strengthened.

It is so powerful for us to be together, to learn from one another and to dream together. We are on the same journey, creating the “Now” of God. In the words of a young Millennial, “We are all just walking each other home.”

Participants of a recent Nuns & Nones gathering. “Nones” are young people who, when asked their religious affiliation on a form, will check the box NONE. Most were raised Christian. A few have no religious background.
History in Technicolor, student reflections on Black History Month

Carrie Pace, Art Teacher at STEAM Academy encouraged her students to participate in Good Shepherd Arts Center’s exhibit History in Technicolor as a reflection on Black History Month. Two of her students took off with it. “I’m like a proud mama seeing their artwork on display here at the gallery on opening night,” she said.

Margaret Nicholson, an art teacher at Hazelwood Middle School, said she used Black History Month to teach students how African masks are used in different cultures for ceremonies and religious purposes. Her students used mixed media to make masks for the exhibit.

First time exhibitor
One of the star exhibitors in the show was 11-year-old Andrew May from Jana Elementary School. He drew a silhouette portrait of Ruby Bridges, after being inspired by the movie The Color Purple.

“Ruby was a strong leader. She helped slaves get to freedom. Other people followed her and wanted to be like her. Her strength inspired me. I wanted my portrait of her to stand out strong,” Andrew said.

Andrew said he didn’t know his art was going to be in the exhibit. “This is my first time in an art gallery, and it feels great! I feel happy about it,” he said.

Andrew’s family came to the art opening on February 2. His church family came too. One of the co-pastors at Berean Word Ministries, Debra Cook, said, “We love Andrew and wanted to support him.”

Andrew’s grandmothers beamed with visible pride for their young...
grandson and his achievement.
Andrew’s grandmother Sheila Moore said, “My grandson is a bright child. He went from impersonating Michael Jackson to being on exhibit in an art gallery. He’s amazing.”

Andrew’s other grandma, Linda White said, “We didn’t even know he could do art. This is new to us.”

Sister Mary Catherine Massie is the business manager for Good Shepherd Arts Center. She also serves on the Youth Task Force Committee of the North County Churches Uniting for Racial Harmony and Justice (NCCU), which sponsored the exhibit.

She said, “This is a very exciting exhibit and shows what children are learning about Black history. Children have a gift for presenting the truth, as this exhibit demonstrates.”

NCCU Board member Raishelle Scott is a social worker in three elementary schools in the Hazelwood School District. She said she was especially taken by the story quilt that was inspired by the artwork of African-American artist Faith Ringgold.

Raishelle said it was impossible for her to choose a favorite piece of artwork in the show. “But the quilt is pretty wonderful,” she said.

“Quilting represents community and is a big part of African American culture. A whole community of first graders at Lawson Elementary School worked on it together, which makes it special,” Raishelle said.

For the director of the Good Shepherd Arts Center, Sister Glynis McManamon, the show was a unique educational process that allowed her to see young artists take inspiration from historic figures that they had learned about during Black History Month.

The exhibit ran from February 2 through 23. It was supported by a grant from the De La Salle Christian Brothers’ FSC Foundation.

The next exhibit at Good Shepherd Arts Center features diversity and will be on display from March 2-23. See sidebar for more information.

Art, Cont’d from p. 7

Kindergarteners at Our Lady of Guadalupe drew themselves on the front seat of a bus, in remembrance of Rosa Parks and her act of civil disobedience in Montgomery, Alabama.

Students at Hazelwood Middle School used mixed media to create African masks.

Beauty in diversity

The March exhibit at Good Shepherd Arts Center is titled Beauty in Diversity. The show runs from March 2-23 and challenges, informs and unites the community by showing through diverse lenses how people view themselves and each other.

“Experiencing another person’s truth can invite us to unlearn our own personal biases and relearn how to view all people as our sisters and brothers,” said Sr. Glynis McManamon, director of the Good Shepherd Arts Center.

“The world becomes less mysterious when you build empathy for another person’s unique perspective of the human experience,” she said.

Another exhibit runs from March 30-April 27 and features food. The show, titled Come to the Table: Serving Up Hope, will raise funds for United People Market. This is an outreach project of Greater St. Mark’s Family Church in Ferguson, Missouri. The mission of United People Market is to provide fresh, quality, affordable produce to promote healthy living and provide a space for neighbors to interact.

Learn more about Good Shepherd Arts Center at https://www.goodshepherdarts.org/
Calendar benefits girl survivors of human trafficking

Do you love scenic photos? Do you love giving to efforts that support saving lives? Do you like to have a calendar in your home or office? If you answered yes to one or more of these questions, we have an opportunity for you to honor and support Good Shepherd works.

Vista Maria’s Wings Treatment Program helps girls who have been victims of human trafficking to recover and thrive. Last year alone, the Wings Program served 60 girls. Although Vista Maria currently has 16 dedicated beds, the ministry averages about 20 girls in care every day. To meet the need and improve services, Vista Maria is raising $4.6 million to build a stabilization treatment center with an additional 16 treatment beds.

Calendar honors Melinda Stricklen

You can help support this effort while honoring a Good Shepherd partner, Melinda Stricklen. Melinda served as a Good Shepherd leader and trainer for more than 45 years. In honor of Melinda and to support an effort dear to her, we created the 2019 Good Shepherd Pilgrimage Calendar.

Anyone who purchases a calendar with a donation of $30 or more will also be giving to the Wings Program. All proceeds from the calendar will be used to support our Wings Program expansion.

Lizzie Cody of the Mission Effectiveness team said, “Anyone who has been a Pilgrim to Angers won’t want to miss the opportunity to buy this calendar. The calendar is sure to enliven the spirit of your pilgrimage.”

For those that haven’t been to Angers, France, you can enjoy the photos and the inspiring Good Shepherd quotes all year long while honoring a great person and contributing to a cause dedicated to serve those rescued from a life of trafficking.

You can order the 13-month Good Shepherd Pilgrimage Calendar using the following link: https://www.vistamaria.org/good-shepherd-2019-calendar/

Submitted by Angela Aufdemberge, CEO and President, Vista Maria

Announcements and News Tidbits

The editor of Items of Interest will be on a mission trip to Central America (see page 11) in March and unable to publish an April edition of the newsletter. The next issue of Items of Interest will be a combined April-May issue.

Deadline for photos and copy is April 22, 2019. We would love to report on your Earth Day celebrations in the Green Corner of the combined issue.

The lamp in the Oratory of Saint Mary Euphrasia at the Motherhouse burns in March for West Africa (Senegal, Burkina Faso) 04-10; Intentions of Pope Francis 11-17; New York-Toronto Province 18-24; and Europe-BFMN (Belgium, France, Hungary, Netherlands) 25-31.

Dates for the annual Gathering of Sisters and Mission Partners are October 15-18, 2019 at St. Paul of the Cross Retreat Center in Detroit. Mark your calendars.

Good Shepherd CEOs and the Mission and Values Team will meet for Retreat from March 24-27 at Pallottine Renewal Center in Florissant, Missouri.

Spring Area Meetings are underway in the Province and will run through May 2.
Good Shepherd Mediation Program selected to serve in special role

The National Association for Community Mediation (NAFCM) has selected Good Shepherd Mediation Program (GSMP) to host a Listening Session to collect data from constituents in Philadelphia for the 2019 "State of Community Mediation Report."

NAFCM produced the first national report in 2011. The report provided an overview of the practice areas, impact, challenges and funding mechanisms of community mediation centers. In 2013 a supplemental report provided stories from four successful community mediation centers that described their funding sources and resource development processes.

Now with the 25th Anniversary of NAFCM (2019), the organization has begun a second and expanded look at the emerging issues and skills of community mediation as a mechanism to address conflict.

Good Shepherd Mediation Program is one of 24 community mediation centers that will participate in the process by hosting a listening session. GSMP will participate in Zoom training to learn protocol for listening sessions so it can host a listening session for up to 15 people. GSMP will submit a report about the listening session, following established guidelines.

“The report will bring visibility to GSMP and community mediation. We are delighted to have been selected to participate in this process,” said Cheryl Cutrona, Director of Good Shepherd Mediation Program.

Follow this link to view NAFCM’s nine hallmarks of a Community Mediation Center: https://www.nafcm.org/page/9Hallmarks

CORA Services reaches into community

Eighth grade students at St. Lucy School for the Visually Impaired participated recently in Philadelphia’s Project Linus as part of Random Acts of Kindness Week. Under the guidance of Patty Dolan Faix, CORA’s Non-Public Schools Counseling Program Coordinator, the students made no-sew fleece blankets for children who are seriously ill, traumatized, or otherwise in need of a big hug.

The mission of Project Linus is to provide love and comfort to children through the gifts of new, handmade blankets.

Gratitude expressed

Rose Haven models the Good Shepherd values which formed it. The agency is a day shelter and community center serving women, children and gender non-conforming individuals who are experiencing the trauma of abuse, loss of home and other disruptive life challenges. Rose Haven breaks the cycle of homelessness by providing meals, clothing, first aid, mailing addresses, hygiene, restrooms and showers, as well as educational programs and guidance through medical and social services.

Zupan’s Markets in Portland, Oregon, recently hired one of the women who had been a frequent guest of Rose Haven. One of the first things she did on her new job was to send flowers to Rose Haven’s staff with notes of gratitude for all they did to help and support her during her time of need. Learn more about Rose Haven and see how you can help at roshehaven.org
Updates from the National Advocacy Center of the Sisters of the Good Shepherd

Legislation
Most of government is settling back into work and getting things done. NAC is happy to report that Congress has passed and the President has signed all four bills of the Trafficking Victims Protection Reauthorization Act — so we again have laws on the books! Also signed into law was legislation we supported during the National Advocacy Center’s Human Trafficking Conference last year on Capital Hill in Washington, DC.

HOUSE
H.R. 2200 -- Frederick Douglass Trafficking Victims Prevention and Protection Reauthorization Act of 2018
Introduced by Rep. Christopher Smith (R-NJ-4) on 4/27/17; signed into law on 1/8/19.

SENATE
S. 1580--Protecting Girl's Access to Education in Vulnerable Settings Act Introduced by Sen. Marco Rubio (R-FL) on 7/19/17; signed into law on 1/14/19. We advocated for this bill at our first human trafficking conference last spring.
S. 1862--Trafficking Victims Protection Reauthorization Act of 2017
Introduced by Sen. Bob Corker (R-TN) on 9/26/17; signed into law on 1/9/19.

NOT PASSED YET
The second piece of legislation that our human trafficking conference pushed for, Savanna's Act, is getting close to the finish line.

Please help out and make your voice heard — it can and does make a difference! A pre-drafted letter to Congress, that you can leave as is or modify as you wish, is ready for you at: http://www.congressweb.com/GSNAC/252

Mission trip to Central America
NAC's Director Larry Couch and Province Communications Coordinator Jeanette McDermott will make a three-week mission trip in March to El Salvador and Honduras to visit Good Shepherd Sisters and learn about their work. The two Mission Partners will also look at the migration issue first hand and identify push factors that are contributing to the immigration crisis across borders in the western hemisphere. They will be in solidarity with the people to help keep their social movement alive.

While in Honduras, Larry and Jeanette will participate in a 75-person interfaith Root Causes Pilgrimage. This trip is a follow-up to last year’s witness trip to Honduras that Larry took with 40 faith leaders who stood in solidarity with the people and protested a fraudulent presidential election. The combined April/May issue of Items of Interest will run a full report on the trip. Larry and Jeanette will post about their experience on the PMNA and NAC Facebook and Twitter platforms as often as they are able.
Sisters Emilie and Louise move on to new missions

We say goodbye to Emilie Mane Ngom, an international Sister from Senegal who was in St. Louis to learn English and to have an international experience as a Temporary Vowed Sister. We have enjoyed many blissful moments with Sr. Emilie during her year with us at the Province Center. We will miss her bright and beautiful smile, infectious laughter, and playful way of looking at life. We will miss her deep and meaningful conversations and inquisitive curiosity. At the same time, we rejoice with her as she embarks upon the next phase of her growth as a Good Shepherd Sister. We will be with her always as a devout prayer partner and friend. Sr. Emilie returns to Senegal on March 12, 2019. Before leaving the U.S., Sr. Emilie has been spending time at Vista Maria to learn about its Wings Program for trafficked girls. She will also stay at Gracenter in San Francisco before leaving to learn about the Province’s ministry that helps women overcome addictions.

Sister Mary Louise Nazaryk left the St. Louis Community on February 26. She has joined Sisters in the Immaculate Heart Community at Mason Pointe Care Center in Northwest St. Louis County. “I missed my friends and am happy to be with them again,” Sr. Louise said. We sent her off with prayers for great happiness in this next phase of her ministry.

Mystery Photo

There’s not really a mystery to this month’s photograph, as the notation on the print pretty much gives us a clue. However, this picture was not a part of a larger collection that tells the back-story to this photograph. There is nothing in the archives about Batesburg, South Caroline, to answer questions about the history of African American and Caucasian girls being integrated in Good Shepherd programs.

Province Archivist Monte Abbott would like to know more of the story behind this photograph, as it marks a historic moment in the life of Good Shepherd Sisters in North America.

Who was missioned in Batesburg in the mid-1960s and can provide information to flesh out the archives?

Please contact Jeanette McDermott, Communications Coordinator, jmcdermott@gspmna.org or Monte Abbott, Archivist, mabbot@gspmna.org to help us fill in the blanks of this important story.
How I contribute to the miracle of birth

By Elizabeth Garciano, CGS

I am humbled to share with you how I became involved with the Pro-Life movement in my contemplative life of silence, solitude and prayer. It started a number of years ago with Sr. Josephine, a protest march, and my reflections on the word “baby” and how that word fits into valuing the person.

Sister Mary Josephine Fritz and I were living together in the Contemplative Community at Marygrove in Florissant. She spent a lot of time crocheting beautiful baby blankets for Birthright, an agency in St. Louis that helps pregnant women make the choice to have their baby. Sr. Josephine crocheted the blankets (and still does) for women at Birthright. She believes that a mother who is uncertain about keeping her baby might choose life if she knows someone cares enough about her baby to have crocheted a blanket for the unborn child.

I had been reflecting on the word baby and the sacredness ofvaluing the person. I decided that I wanted to join Sr. Josephine in her baby blanket ministry. Over the years, the ministry has taken on deep spiritual meaning for me. I have come to realize that through these blankets I am helping to protect and promote life. It is an awesome experience to be interrelated with these women and their babies and to feel connected with them through our handiwork and prayers. We are so grateful for the gifts of beautiful yarn that we receive. People who donate yarn to us feel the same connectedness to the women and their babies that we do. God’s grace fills this ministry.

God weaves life in the womb of a woman. In our own small and creative way, Sr. Josephine and I combine yarn colors and form patterns with different stitches. We both weave prayer and love into each blanket we crochet to help protect unborn babies.

The Beginning
My story has another chapter. In 1998, Planned Parenthood opened an abortion center in Bryan/College Station in Brazos Valley, Texas. People of faith rallied against it, but in time the office was built and Planned Parenthood opened. Each year, the goal of ending abortion in the Brazos Valley seemed to slip further away.

And then four members of the Brazos Valley Coalition for Life realized they needed to ask God how He would have them end abortion in their community.

Baby Onesies

Sister Josephine Fritz turned 100 years old on December 28, 2018. She received nearly $200 from friends and family for her birthday. When asked what she wanted to do with her birthday money, Sr. Josephine said she wanted to use it to buy baby Onesies for Birthright. On March 8 Sr. Josephine will deliver the Onesies to Birthright. Sisters Pauline Bilbrough and Emilie Mane Ngom will go with her.

Birthright has been caring for and counseling pregnant women in St. Louis for more than 45 years. Their services include pregnancy tests, professional counseling, community referrals, educational group counseling, pregnancy workshops, postpartum assistance, and distributing Good Shepherd baby blankets.

So in 2004, they gathered around an old wooden table for an hour of prayer. During that hour of prayer, they found themselves drawn to the timeframe of 40 days, a timeframe God consistently uses throughout salvation history to transform His people.

As that hour of prayer progressed, the four individuals felt themselves called to launch a 40 day campaign of prayer and fasting, community outreach, and a constant peaceful vigil to end abortion. They vowed that even if no one else would join them, together they would cover the entire 40 day, 960 hour, around-the-clock vigil. Finally, they gave their new project a name: 40 Days for Life. I

Continued on next page
was a prayer partner of 40 Days for Life. You can learn more about the project at https://40daysforlife.com/

**March for Life**
People have been protesting abortion for 46 years. The world’s largest pro-life event is held each year in Washington, DC, to protest the legality of abortion. The March for Life is a peaceful protest that is held on or around the anniversary of Roe v. Wade, a landmark decision issued in 1973 by the United States Supreme Court decriminalizing abortion.

The 2019 rally took place on January 18. The theme was *Unique from Day One: Pro-life is Pro-Science*. As science evolves, the reality of human development from conception becomes clearer.

Missouri has been a leader in the pro-life movement from its inception and sent a large delegation to the march. The Archdiocese of St. Louis, for example, was the first diocese in the United States to establish a pro-life apostolate. They sent about 50 buses full of young people to bear witness to the truth of human life in the womb.

According to the World Health Organization, every year an estimated 40-50 million pregnancies end in abortion. That is approximately 125,000 abortions per day. In the United States, 22 percent of all pregnancies, other than miscarriages, end in abortion.

**Connected to God’s creation**
The deeper I grow in my life of zeal, the more I feel connected to God’s creation and the more involved I become in the Eco Zeal for Mission core group. Eco Zeal for Mission is the Province’s response to Pope Francis’ call for us to care for our common home.

In his encyclical, *Laudato Si*, Pope Francis says, “our new consciousness is realizing that we are intricately part of God’s design – not separate from but interconnected – and on the way to deeper transformation.”

As people from across the United States gathered at our nation’s capital for the 2019 March for Life, I joined them with my prayerful voice that calls for every human life to be welcomed, “because all creatures are connected, each must be cherished with love and respect, for all of us as living creatures are dependent on one another.” *(LS 42)*

I believe my life of silence and prayer enhances and confirms the importance of our Contemplative essential elements in the Good Shepherd Congregation and in the Catholic Church. I want to be a container of the Divine and make a difference in this changing world.

I invite you, wherever you are, to join with Sr. Josephine and me in crocheting baby blankets to save tiny lives in your local community. Babies’ Lives Matter. God will bless your work.

**Gratitude**
Before I end my story I want to give special thanks to the many donors who give us yarn so we can crochet the baby blankets. And it is with the most heartfelt gratitude that I thank Rose Vierdag for supporting our baby blanket ministry. She comes to the convent of the Maria Droste Contemplative Community routinely to pick up the blankets and then deliver them to Birthright. She has known the Good Shepherd Contemplative Sisters since the 1960s, when she would come to Mass at our convent in Florissant. Rose is a gift to us and our very special friend. We are blessed to have her as a member of the Good Shepherd family.

Inset: Sr. Elizabeth Garciano with her latest creations for Birthright. Top: Sister Elizabeth completes a baby blanket before giving it to Rose Vierdag to deliver to Birthright.
Beef, Cont’d from p. 1

conservatively and wisely with a view to long-term priorities and consequences of the ways in which resources are used.

Simply put, sustainability is about our nieces, nephews, children and grandchildren, and the world we leave them. (www.sustain.UCLA).

Impact of beef on water
Since the Province of Mid-North America has chosen water as its care for creation focus, let’s look at the impact beef has on water.

• Cattle need to eat. They eat grains — mostly corn, soybeans and wheat. It takes a lot of water to grow the large amounts of grain that millions of cattle consume before they are slaughtered for their meat. In fact, the water used for beef production is nearly as much as all other uses of water in the United States combined.

• Phosphorous and nitrates used to fertilize the grain eventually seep into the groundwater and spill into the oceans. Industrial livestock operations are estimated to dump 1 billion tons of phosphorous and nitrogen waste annually into waterways.

• Runoff from agricultural chemicals also pollute the waterways.

• Cow manure washes into rivers and oceans and creates something called “dead zones” (areas so toxic that aquatic life — both plants and animals — cannot survive).

• Pollution through chemical spills and manure dumps are ongoing sources of water pollution from confined animal feed operations (factory farms).

• Poorly managed waste disposal of slaughtered animals in processing facilities further contribute to water pollution.

According to the report Flunking the Planet from MightyEarth.org, — a global campaign organization that works to protect the environment — “Manure and fertilizer that wash off of industrial farms that raise meat is the single largest cause of water pollution in the United States, threatening drinking water and native ecosystems, as well as the health and livelihoods of those downstream.”

Impact of beef on land and air
Beef production also causes serious land use problems. Livestock uses 30 percent of the earth’s entire land surface — mostly for permanent pasture, but also for producing feed for livestock.

Forests are cleared to create new pastures. Some 70 percent of former forests in the Amazon have been converted to pasture to graze cattle. No product contributes more to tropical deforestation than beef.

Greenhouse gas emissions are present throughout the growth and processing of beef. According to the Food and Agriculture Organization of the United Nations (FAO), agriculture is responsible for 18% of the total release of greenhouse gases worldwide.

The Union of Concerned Scientists released a scorecard in 2016 evaluating global beef buyers on their deforestation commitments and practices. Of the 23 companies they surveyed, not a single one had standards in place requiring environmental practices from their meat suppliers.

In this article I have barely scratched the surface on how beef production contributes to the environmental crisis. Scientists,

Continued on next page
advocates, investors, and others who care about our planet seek to lessen environmental destruction that is human caused.

When the Catholic Climate Change Movement asks us to eat more vegetarian meals during Lent, we are really being called to do our part to help solve a very serious problem. Those who seek to make a difference need our prayers and support.

In the words of Patriarch Bartholomew in Pope Francis’ encyclical *Laudato Si*, “It is a way of loving, of moving gradually away from what I want to what God’s world needs.” (LS 9).

Most of the information for this article came from the report called *Flunking the Planet, Scoring America’s Food Companies on Sustainable Meat*. The report represents the first comprehensive assessment of major U.S. food brands on their environmental standards and performance for sourced meat.

To learn more, download the PDF at [https://bit.ly/2q1xZM9](https://bit.ly/2q1xZM9)

Submitted by Sharon O’Grady, RGS

The Amazon: new paths for the Church

Last March Pope Francis chose the theme “The Amazon: New paths for the Church and for an integral ecology” for the Synod of Bishops that will take place in Rome in October 2019. The synod will seek to hear the voice of those living in the Amazon region and identify new paths of evangelization. Pope Francis believes that indigenous are often forgotten and left without the prospect of a peaceful future. The Amazon forest plays a vital role in the environmental health of the entire planet. The pope has said, “We have to break with the historical paradigm that views Amazonia as an inexhaustible source of supplies for other countries without concern for its inhabitants.”

Rich in biodiversity, natural resources and cultures, the Amazon rainforest is the largest in the world, covering more than 2.1 million square miles in territory belonging to nine countries in South America. The region has experienced significant deforestation, negatively impacting the indigenous populations in the area and leading to a loss of biodiversity.

The synod will involve prelates from Latin America’s Pan-Amazon region: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Perú, Venezuela and Surinam, all countries where most of the population is Catholic. The Amazon, according to one Vatican report, has a population of 2.8 million people who are organized into 400 tribes that speak some 240 languages belonging to 49 linguistic families. According to the Vatican, the vast geography and number of languages will challenge evangelization.
ACROSS BORDERS

Holy Land Pilgrimage

By Rosalyn Menard, RGS

A 10-day pilgrimage to the Holy Land in January left 24 Good Shepherd Sisters feeling spellbound and blessed. Sisters were from the Mid-North America, Central South and New York-Toronto provinces. Sister Rosalyn Menard recounts the experience.

We accompanied eight other people on the pilgrimage — six Sisters of St. Joseph (CSJ) in Brentwood, New York, and two of the CSJ’s family members. Three Israeli men supported us.

Erad served as professional guide. He often exclaimed, “It’s complicated” when referring to Israel’s turbulent history. Stan shepherded the group to make sure we always had an accurate head count on the bus so that none of us were ever left behind. Our skilled bus driver Gamel navigated us through curvy narrow roads as we ascended and descended mountainous and desert areas above and below sea-level. Sr. Maria Pascuzzi, CSJ, directed the pilgrimage. Her deep scriptural background and thorough understanding of Israel’s history enriched our experience.

Communal Prayer was a graced experience throughout the pilgrimage. Each morning, after boarding the bus, we recited a prayer with a reading that set the tone for the day. Sr. Maria shared a beautiful reflection on one of the Beatitudes at Evening Prayer, with Night Prayer following. This excerpt from a Morning Prayer captures the “heart” of our pilgrimage:

“These revelations and encounters that make a place holy are first of all encounters with God’s presence. The places where these encounters occur become holy places for us.”

Sea of Galilee

We had a full itinerary. From January 1st through January 3rd, we stayed at the Franciscan Sisters’ Guest House on the Mount of the Beatitudes overlooking the Sea of Galilee. This was a beautiful one-hour ride from the Tel Aviv airport. As we rode along the Mediterranean Sea, we stopped to view the ruins in Caesarea. We also visited a remarkable Roman aqueduct that has survived the test of time.

Since it was Israel’s rainy season, parts of the countryside were lush and green. But nothing prepared us for the incredible sight of the Mount of the Beatitudes stretching down to the Sea of Galilee!

We visited Nazareth while in the region of Galilee. The magnificent Basilica of the Annunciation has an outside courtyard that contains beautiful icons of Mary from many nations. We viewed the lower level of excavations, which is believed to be the place where the Holy Family lived during Jesus’ hidden life. Then we visited the simpler Church of St. Joseph, where we saw its three

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ACROSS BORDERS

Holy Land, Cont’d from p. 17

magnificent sanctuary paintings:
• The Angel awakening Joseph to tell him of Mary’s Annunciation;
• Mary and Joseph finding 12-year-old “lost Jesus” in the Temple;
• Mary and Jesus with dying Joseph.

Miracle of Loaves and Fishes
Our guides took us to Tabgha, the site commemorating the miracle of the Loaves and Fishes. From there we went to the Church of the Primacy of Peter right by the Sea of Galilee, where Jesus cooked breakfast for His apostles.

There was also a statue of St. Peter looking powerful yet tender. He holds the shepherd staff, with the Sea of Galilee in the background. And then an even more outstanding experience awaited us as we boarded a fishing boat and sailed on the Sea of Galilee for an hour!

Sr. Maria read the Scriptural passage telling of Jesus as he lay asleep in the boat during a terrifying storm. We silently reflected on this Gospel message, so aware were we to be in this holy place where Jesus once spent time in ministry. For all of us, this excursion was a special highlight.

Migdal
We ended the day at Migdal, a newly excavated site associated with Mary Magdalene. One of the Pilgrims, Fr. David Gentry, celebrated the liturgy in the beautiful new Boat House Chapel. The altar is incredible. It is shaped like a long boat. Through a large window behind the altar we could view the Sea of Galilee as we celebrated Mass. And then we journeyed on to Jerusalem and visited the magnificent Mount Tabor.

The Church of the Transfiguration was so simple, yet beautiful in its own right. We spent quiet time contemplating the beautiful aspects of the church, chief among them the mosaic of Jesus, Elijah and Moses.

Jordan River
Later, traveling along the Jordan Valley, we stopped at the Jordan River to renew our Baptismal Vows in a simple ritual. We spent time by the Jordan River in quiet prayer, noticing how 15 years of drought has reduced its size dramatically. Jesus was in this very place as He anticipated the beginning of His ministry.

We proceeded to the Mount of Olives, where we got our first glimpse of Jerusalem from the top of a mountain. Then, onward to the Church of Dominus Flevit to

Continued on next page
Holy Land, Cont’d from p. 18

celebrate Mass. This is the site where Jesus wept over Jerusalem. There was a noteworthy mosaic etched on the front of the altar depicting a mother hen gathering her young chicks under her wings. We finally arrived in Jerusalem and checked into our hotel.

On Saturday, we visited Bethlehem and toured Manger Square. We were unable to celebrate Mass in the Church of the Nativity because of a scheduling problem. We went to St. Helena’s Chapel instead. What a beautiful surprise! We were in a cave-like structure reminiscent of the place where the Infant Jesus lay. Needing to sit close together on stone benches around the wall, this liturgical experience turned out to be a profound sense of community – inclusive of the world.

Bethlehem University

After Mass we drove to Bethlehem University, which the LaSalle Christian Brothers sponsor. One of the Brothers met us and showed us the chapel. The walls are covered with stone mosaics of boys and girls from many countries who had been martyred over the centuries. Their names are inscribed on their head wreaths. This deeply moving sight brought tears to our eyes.

 Brotherhood then invited us to a conference room where we viewed a film on the Brothers’ ministry with Palestinian students over the past 50 years. Two young men and one young woman (current students), along with a female faculty member, spoke of their present experience and the challenges they face living on the West Bank.

We were touched deeply by their inner peace and inspired by their hope for the future as they spoke of the difficult circumstances they experience in their daily lives.

Via Dolorosa

We returned to Jerusalem in the afternoon. Many of the pilgrims walked along the Via Dolorosa, which covers the first nine Stations of the Cross outside the Church of the Holy Sepulchre. Other pilgrims prayed the stations in solidarity with the group.

As it turned out, the road was too crowded for our group to complete the last five stations in the Church. This was a very profound experience of what it was really like for Jesus, struggling to walk this way to

Continued on next page
Holy Land, Cont’d from p. 19

(...continued)

(actually a chapel for Roman Catholic Pilgrims. There were two others for the Greek Orthodox and Byzantine Christian Rites as well. Once again, our fellow pilgrim Fr. David led us in a simple yet beautifully profound liturgy.

Garden of Gethsemane
On Sunday morning we visited the Garden of Gethsemane and Church of the Holy Sepulchre. The trees in the garden date back hundreds of years. This site is believed to be where Jesus spent His hours in agony. One could not help but notice the high mountain that Jesus would have climbed after his arrest.

In the afternoon, we traveled to the Israel Museum where we first viewed a scale model of Jerusalem dating back to how it was during Jesus’ time. Then, we viewed copies of the Dead Sea Scrolls and learned how they were initially discovered. Twenty two of the 24 scrolls have been unearthed since 1947; only

Continued on next page

Seeing, hearing, touching the complexities of the Holy Land

By Madeleine Munday, RGS

I first went to the Holy Land in 1995 as companion to my frail yet determined Mother traveling with her parish Bible Study group. My initial ho-hum response shifted to gratitude and awe as I saw, heard and touched the layers and complexities of history, religion, geography, and politics of this land, which one author names “the Fifth Gospel.”

No wonder God chose this crossroads of civilization for the Incarnation! I was thrilled when the opportunity came for a return visit with the pilgrimage organized by the New York/Toronto Province.

I have often heard that those who visit the Holy Land remark how Scripture comes alive. Yes! Vivid pictures remain in my heart and mind of the Sea of Galilee, “going out into the desert,” looking from the Mount of Olives across the Kidron Valley to the walled city of Jerusalem, and driving through Jericho past the (so-called “actual”) tree that Zacceus climbed.

Seeing the poverty of Bethlehem and other fenced or walled-in areas with armed guards at checkpoints helped me understand and spark my prayer for the persons of the West Bank, Palestinian territories, Gaza Strip we so often hear about in the news.

A highlight of this pilgrimage was meeting Palestinian students at Bethlehem University run by the Christian Brothers. Crossing the border into the occupied territory gave new meaning to the tragic folly of walls being built by nations to control the lives of others.

The students gave us a window on growing up and living in the divided land. We asked them what message they have for us coming from the U.S. They responded, “Know where your tax dollars are going.” (According to Homeland Security, Israel is the largest cumulative recipient of U.S. foreign assistance since World War II.)

An overall highlight of my days in Israel and Palestine was the experience of “pilgrimage” — the bonding that happens through several days of sharing travel together. Prayer. Meals. Sights. The rigors of long days on and off the bus. Taking in and sharing so much together.

I remain blessed and grateful for the gift of sharing this pilgrimage with Good Shepherd and Sisters of St. Joseph. The pilgrims to the Holy Land look forward to our first reunion by Zoom conference call on March 9th.
Holy Land, Cont’d from p. 20

the Book of the Prophet Isaiah remains in its entirety.

On Monday we first traveled to Ein Karem the scene of the Visitation. An exquisitely beautiful statue of Elizabeth greeting Mary stands on this site. We had liturgy in the simple beauty of the Church of the Visitation.

Sr. Maria’s reflection on the Gospel was touching. She referenced Mary’s anxious anticipation, given her own pregnancy and how Elizabeth and Zechariah (High Priest) might respond. Being in the actual physical locale that Mary had to travel, one could imagine her added challenge, given this long trip by foot and/or donkey!

Judean Desert
We drove south of Jerusalem on Tuesday through the Judean Desert. Here we saw the caves in Qumran and experienced the ancient fortress of Masada, where the Roman Army trapped hundreds of Israelites on the top of the mountain and eventually killed them.

Driving further along the Dead Sea (a surprisingly beautiful color of blue), we eventually arrived in a commercialized and popular vacation spot. After lunch, a number of Sisters went into the water. The sea is so filled with salt that the Sisters literally were kept afloat on their backs.

Although known for intense heat at different times of the year, we experienced very comfortable temperatures that hovered around 70 degrees. As a point of interest, Sr. Maria noted that there is no evidence that Jesus ever traveled to this area, although it is possible that John the Baptist might have.

Our return trip to Jerusalem was about 90 minutes long. This allowed some time for packing as we were scheduled to leave early the next morning for our return flights to the United States. That evening, we had a final supper together on the roof-top of a restaurant at Notre Dame of Jerusalem.

A graced experience
The spirit of Mary Euphrasia’s favorite saying “Gratitude is the memory of the heart” prevailed throughout, as we thanked everyone who made this pilgrimage the graced experience it was in so many ways! For all of us, the sacred memories of this journey will unfold for years to come and the Scriptures will have a whole new meaning from this time forward.

“You servants of God, praise, praise the name of God! 
Blessed be the name of God henceforth and forever! 
From east to west, praised be the name of God!” (Ps. 113)

“I loved the sea of Galilee, and the many cities that are around the land of Judea: Nazareth, Kana, Capharnaum. The Jordan River is the place where I was most moved and where I most strongly felt the presence of The Lord as being there with His people.”

Christine Troung, RGS

Good Shepherd Sisters on the pilgrimage:
Mid-North America
Dolores Kalina; Stella Mangona; 
Lakshmie Napagoda; Madeleine Munday; Christine Troung

Central South U.S.
Yolanda Martinez; Severiana Torres; Zita Toto; Veronica Villarrea

New York/Toronto
Jane Amirault; Yvette Arnold; Elaine Basinger; Virginia Daniels; Winifred Doherty; Thomas More Fahey; Gilda Fernando; Mary Farrer; Ellen Kelly; 
Maureen McGowan; Elish McPartland; Rosalyn Menard; Mary Edith Olaguer; Carol Seigel; Barbara Wells
Sisters in South Korea deepen understanding of Position Papers

Good Shepherd Sisters and lay Mission Partners in South Korea gathered in February in two separate locations to deepen their understanding of the Congregation’s Position Papers — the documents that establish priorities for all of the Congregation’s units and provinces.

Fifty five participants attended the first workshop, which was held in Chuncheon on February 13 and 14, 2019. The second workshop, held in Seoul on February 16 and 17 attracted 32 participants. Theresa Symons, the Regional Manager of the Asia Pacific Mission Development Office, facilitated the workshops in English. Sr. Philia Kwon translated the sessions from English to Korean.

The workshops broadened understanding of key United Nations documents such as the Universal Declaration on Human Rights, Convention on the Elimination of Discrimination Against Women, Convention on the Rights of the Child and the Sustainable Development Goals.

The workshops also focused on the Congregational Chapter themes and logos of 2015 and 2021.

Of critical importance to the participants was their reading of the Position Papers through the particular lens of the Good Shepherd mission in South Korea, and understanding how to apply the guiding principles to the ministries in that country.

The workshops ended with participants drawing up action plans for their respective ministries and making a commitment to follow through with their plans.

Submitted by Sr. Marie Jean Bae, Unit Leader for Northeast Asia

Asian Sisters plan for the future

The Good Shepherd Communities of Hong Kong, Macau and Taiwan participated in strategic planning exercises recently in their respective locations. The purpose of the planning sessions was to acknowledge the growth and development of the Good Shepherd mission in these countries and express joyfulness for it. The intent was also to look at the current realities facing each community and to envision their future.

Submitted by Sr. Marie Jean Bae, Unit Leader for Northeast Asia

Workshop participants gather for a group photograph in Seoul, South Korea.
## LEADERSHIP TRAVEL

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<thead>
<tr>
<th>NAME</th>
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<th>LOCATION</th>
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<tr>
<td>Sr. Sharon Rose Authorson</td>
<td>No travel</td>
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<tr>
<td>Sr. Jean Marie Fernandez</td>
<td>March 8-14</td>
<td>National Catholic Sisters Week activities, San Francisco</td>
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<td>March 18-23</td>
<td>PLT meetings, St. Louis</td>
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<td>Sr. Beverly Hedgecoth</td>
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<td>Sr. Maureen Johnson</td>
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<tr>
<td>Sr. Dolores Kalina</td>
<td>March 17-31</td>
<td>Apostolic Council meeting; N. America Mission &amp; Values Team/CEO Retreat, St. Louis</td>
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<td>Sr. Maureen Kunz</td>
<td>March 18-24</td>
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<td>Sr. Mary Carolyn McQuaid</td>
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<td>March 19-23</td>
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<td>March 25-27</td>
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<td>March 27-28</td>
<td>Christian Brothers Religious Medical Trust meeting, Romeoville, IL</td>
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<td>Sr. Madeleine Munday</td>
<td>March 12-14</td>
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<td>March 28-31</td>
<td>Spring Area Meeting, Danville, PA</td>
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## Women’s History Month

March is the month designated in the U.S. to celebrate women’s contributions in American history. It began with women in Santa Rosa, California. They held a local “Women’s History Week” celebration in 1978. The notion took hold and communities across the U.S. initiated their own celebrations the following year. In 1980, a consortium of women’s groups and historians lobbied successfully for national recognition. Over the next five years, Congress passed joint resolutions designating one week in March as “Women’s History Week.” Congress eventually passed resolutions to proclaim the full month of March as “Women’s History Month,” and since 1995 each president has declared it as such. The 2019 theme is “Visionary Women: Champions of Peace & Nonviolence. The theme honors women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society.
"You must live by love. Fear is not made for you."

St. Mary Euphrasia

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