

Salt

BVM Legacy of
Justice



Mission Statement: The Sisters of Charity of the Blessed Virgin Mary is a community of Catholic women religious who, in response to a personal call from God, have chosen a vowed life of prayer, ministry, and community. BVMs express their mission of being freed and helping others enjoy freedom in service to God's people though their core values of freedom, education, charity, and justice.

Salt is published three times per year for friends and family of the Sisters of Charity of the Blessed Virgin Mary.

Editor: Angie Connolly
communications@bvmsisters.org

Managing Editor/Staff Writer:
Mary Glindinning

Layout and Design: Sandra Dieter

Communications Advisory Committee:
Lou Anglin, BVM; Carolyn (Lester) Farrell, BVM; Mary Fran (Virginia Mary) McLaughlin, BVM; Ann Sweeney, and Associates Lori Ritz and Andy Schroeder

If you would like to receive *Salt*, contact:
development@bvmsisters.org
1100 Carmel Drive, Dubuque, Iowa 52003
563-585-2854

2020–2021 Calendar of Events

December	1 Giving Tuesday
February	6 or 7 Mass for Benefactors Mount Carmel Bluffs, Dubuque, IA (tentative)
	15 Roberta Kuhn Center spring semester begins (tentative)
March	7–12 Loretto Community NGO Delegation to the Annual Commission on the Status of Women, New York
April	7–12 Conference of Associates & Religious of Midwest Area Best Western Hotel, Dubuque, IA
	25 The Immaculata High School Alumnae Luncheon, Niles, IL
June	6 Memorial Mass, Mount Carmel Bluffs
	22–28 Congregational Assembly Dubuque, IA

For more events and information, visit:
bvmsisters.org/events.



Check us out online:
facebook.com/bvmsisters
twitter.com/bvmsisters
youtube.com/bvmsisters
pinterest.com/bvmsisters
instagram.com/bvmsisters

[BVMSISTERS.ORG](https://bvmsisters.org)



SEASONing

A Message from BVM Leadership

“And so meaning is making me, is making us, as the words ‘now’ and ‘next’ are tethered together. No grand vision, no overarching plan—just two words summoning our faithfulness.”

—Margo Ritchie, CSJ, LCWR Assembly 2020

What are the signs of the times telling us? What meaning do they hold for us?

At this year's virtual Leadership Conference of Women Religious (LCWR) national meeting, we reflected together on a pandemic within a pandemic, COVID-19 and racism.

While it was unusual for the nearly 1,000 religious not to be in the same room together to meet, there was still rich and meaningful conversation via small group Zoom sessions.

The *now* and *next* of our times provide much to reflect on and discuss. Our goal was to try to find meaning, to attempt to understand, to summon our faith to both stay in the moment and figure out the next steps to move forward.

We know there are no easy answers to addressing white privilege or how to live life in the middle of a pandemic. Sometimes the best we can do to find meaning is to make room for questions, to acknowledge pain, and reverently share what is in our hearts.

When asked what they have come to discover these past months, sisters and staff responded:

- I will never again take for granted the opportunity to be with friends and family.
- I miss hugs.
- I really had no idea of the depth of systemic racism in our country.
- Being out in nature heals my soul.
- I thought I understood my white privilege.
- BVMs have their own history of racism to address.
- During a pandemic, there are no simple decisions.
- Prayer is essential.
- Having less to keep me busy is not a bad thing. I want to slow my life down even after things go back to “normal.”

The meaning we make from our times *does* make us. Will it make us more open to differences? More contemplative? Quicker to turn to God for healing? Will it make our country more compassionate? Quicker to consider the common good? More likely to build bridges than to create walls?

This *Salt* issue contains examples of people who have been open to finding meaning and to be transformed by what life offered. From the 17 jubilarians musing on their 70 years of BVM life, to reflections on the challenge and call to address our own racism, to a young girl being inspired by the witness of peaceful protest, meaning continues to make us.

May sitting with these pages bring opportunity to reflect on how your own life has unfolded and what faithfulness summons in you for now and for what comes next.

Changes in BVM Leadership

You will notice more names and photographs on this page. Terms of the BVM Council were extended by one year because elections could not be held due to COVID-19. As a result, the BVM congregational representatives joined the Council.



6 Young social justice seeker



8 Diamond Jubilarians



11 New ways to connect

BVM Legacy of Justice

- 4 **Seeking Justice for All**
by Mary Glindinning
- 6 **BVMs Inspire Young Social Justice Seeker**
by Mary Glindinning
- 7 **Choose Kindness, Even When It's Hard**
by Associate Katie Pfiffner
- 8 **BVM Sisters Celebrate Diamond Jubilees**
by Mary Glindinning
- 11 **Keeping Connected Despite Coronavirus**

A Legacy of Love

- 12 **BVM Grants and Scholarships Combine to Protect and Educate**
by Ann Sweeney
- 14 **Mary Frances Clarke Scholarship Recipient Wants to Mentor Others**
by Mary Fran McLaughlin, BVM
- 15 **A Tree Was Created to be a Tree**
by Eileen Fuchs, BVM
- 16 **Celestial Relationships Created With Divine Word**
by Associate Suzie Wright
- 18 **'BVM History is American History:' Kathryn Lawlor, BVM**
by Mary Glindinning
- 20 **From Teacher to Chancellor: Mary Beth Galt, BVM**
by Mary Glindinning
- 21 **Salt Briefs**
- 22 **In Memoriam**
- 24 **Mount Carmel Bluffs Rising**



On the cover: In this issue of *Salt*, we explore justice by educating ourselves about racism, continuing BVM missions through partnerships and scholarships, and being grateful for the commitment to social justice of a 9-year-old who sees BVMs as her “religious heroes.” Read more about Mira Gibbons on p. 6.

Jeri Hadro, BVM Lou Anglin, BVM LaDonna Manternach, BVM
M. Colleen McLintock, BVM Marguerite Murphy, BVM

Racism is an outer reflection of inner thoughts.

So the first step toward eradicating racism might be an individual examination of conscience.

It will be uncomfortable and it will not be a quick fix. While it begins singly, it will take all of us working together to eliminate systemic racism.

The pandemic, economic collapse, and George Floyd's murder brought injustices that had been in the shadows into bright light.

Sisters of Charity of the Blessed Virgin Mary, driven by their core value of justice, have been reading, listening, and praying about where to start healing. They are beginning with themselves.



This demonstration occurred on the first day of sentencing of Jeremy Christian, and focused on white allies of Black Lives Matter. Photo by Pete Forsyth - own work, CC BY 3.0, commons.wikimedia.org/w/index.php?curid=91568765

SEEKING JUSTICE FOR ALL

by Mary Glindinning



Nancy Miller, OSF

“A first step to addressing our own racism and white privilege is to name it and own it. I am a white woman, educated, live a middle-class lifestyle and have access to many resources,” says Nancy Miller, OSF, social justice coordinator for the BVMs. “Although it is humbling and embarrassing to admit, I am a racist. The only way to wholeness and healing is to admit it. I do hope I am a recovering racist and am seeking to unlearn racist attitudes and behaviors.”

It takes intention to do that work, and can feel like too much unless you focus your passion on a particular injustice.

Otherwise, “the issues are complex and intersect so one can readily feel overwhelmed and paralyzed and choose to do nothing,” Nancy says.

Doing nothing only produces guilt,

she says. And while it starts with an individual, don't go it alone.

“Get connected with others—either an organization or a group that has similar interests or goals. It is one of the best ways to remain energized as well as a means to create change,” Nancy says. “Bonding with others makes us and our efforts stronger. Building relationships and a sense of community are principles of nonviolence and sustain and empower in the long run.”

Talk to people inside and outside your circle. Don't avoid conversations on race relations.

“I believe we must lament and seek forgiveness for perpetuating racist structures that our white privilege has benefited from and seek restorative measures to change systems. To really be changed, expect discomfort and the challenge to re-think attitudes and some previously learned biases,” Nancy says.



Bernadette McManigal, BVM

“I need to educate myself to the real situation that is right around me, first here in the city and state where I live and then in other parts of the country,” says Bernadette (Lucinus) McManigal, BVM. “When I cast a ballot, do I consider the impact of this issue on poor people and especially people of color? Do I vote for people who will tackle the problem of racial injustice? Do I write or call my representatives on those issues?”

White privilege is so ingrained we might not recognize it in ourselves or in the world.

“Racism for me is a large boulder in the path of our country,” says Bernadette. “Because of its size and its rootedness, it holds us back from fulfilling the goal of freedom. Because of its size and

embeddedness, it is not easy to overcome; it is not possible to eliminate with one piece of legislation, one action, one waving of a wand.

“Once I read the quote: ‘How do you move a mountain?’ The response was, ‘One stone at a time.’ I feel the task before us is to keep removing stones and not lose hope in the slow but deliberative process,”

Bernadette says.

“I see my prayer and simple actions as beginning to remove the stones from this boulder.”

She sees ‘legal yet immoral’ instances of racism.

Blacks are incarcerated more

often than whites and sentenced to longer prison terms for the same crimes.

“The area of education would be another prime example. Consider the state of schools in the Black areas of our cities. Consider the local law that forces children to attend the school in their area. This is legal and yet immoral,” Bernadette says.



Lois Dolphin, BVM

“My experience as a volunteer in two Southside Chicago public schools convinces me that inequality in education is criminal,” Lois Dolphin, BVM says. “Schools need social workers, nurses, librarians, smaller class sizes, aides in the classrooms. Many of these children have been traumatized by the violence in their neighborhoods and in their families.”

The hard work of recognizing our own racism includes reading, listening, discussing, praying, and repenting, she says.

“As a congregation, I hope we will name racial equality and justice in housing, education, employment, and voting as social justice priorities for us,” Lois says. “I want to acknowledge the good things we are already doing for many people with our grant programs and scholarship programs. We might consider searching out and prioritizing programs that are specifically targeting racism.

“I wish there was a way we could

educate the larger Catholic community since the bishops have not shown much leadership on the Black Lives Matter movement. During this time of COVID-19 restrictions, it's impossible to bring people together but when this is over, I hope we can find a way to partner with other women religious to provide leadership in this area,” she says.



Mary Ellen Meckley, BVM

Disparities begin before birth—Black women are three to four times more likely to die from pregnancy related causes than white women—and extend to death—life expectancy of Black, Brown and Native Americans is lower, says Mary Ellen (Davidette) Meckley, BVM.

“The disparities extend to the basics of life: food insecurity, educational attainment, healthcare, the justice systems, and housing,” she says. “It would take a page to describe all the housing disparities. For example, redlining and segregation are still very prevalent.”

Part of the housing disparity traces back to the end of World War II, when Black veterans did not benefit from the GI Bill when it came to housing. Only white veterans were awarded GI benefits for housing.

In Chicago, “I belong to the Community Renewal Society and Jane Addams Senior Caucus, two organizations that work for social justice. Our members are of varied creeds and colors. We are able to get ordinances passed regarding housing and other issues,” says Mary Ellen.



Elizabeth Avalos, BVM

BVMs and associates are reading and discussing *White Rage: The Unspoken Truth of Our Racial Divide* by Carol Anderson.

“*White Rage* has been a great means of opening my eyes to the planned injustices that developed,” says Elizabeth (Mary St. Augustine) Avalos, BVM. “But it is important to be aware that those injustices were not leveled only at Black Americans. The struggle of the suffrage movement and the cruelties inflicted on women were occurring at the same time as those inflicted on Black Americans. We

can then cite the Asians in the West and the discrimination and terror tactics that they had to confront.

“And the Native Americans whose land was stolen, besides the devastation of their way of life.

“For me the many injustices are born from a desire to have the best for oneself no matter what the cost,” Elizabeth says. “It is forgetting about community; it is not acknowledging that we all are connected to one another. We may not be of the same blood type or come from the same gene pool, but we are all one family. We are brothers and sisters to one another and until we accept that truth all injustices will continue.

“I believe that we have to begin with ourselves,” Elizabeth says. “We have to be honest and assess what we have as individuals, as a family, as a community, a city, and a country. How can we share our abundance with others? How can we be a family to one another? How do we organize to create just laws? How do we begin to say we are one and therefore let us treat one another as friend and brother or sister?”

“We can have great conversations, we can educate ourselves, but unless we act nothing will change,” Elizabeth says. “We need to look at ourselves in the mirror and say with great belief from deep in our hearts that the migrant crossing the border is me, the Black American being stopped by a police officer is me, the young Muslim girl being told not to wear a hijab is me.

“When we as individuals accept those statements as reality, we have taken a step forward in changing the world.”

About the author: Mary Glindinning is a communications specialist for the Sisters of Charity, BVM in Dubuque, Iowa.

Just a Pinch

We invite you to join BVMs and associates in reading *White Rage: The Unspoken Truth of Our Racial Divide*, by Carol Anderson to increase understanding of systemic racism in our culture and society. Learn more: professorcarolanderson.org/white-rage.

BVMs Inspire Young Social Justice Seeker

by Mary Glindinning



You never know who is watching when you stand up, speak out, or march for what you believe in.

The Sisters of Charity of the Blessed Virgin Mary didn't know how their presence would impress a 9-year-old so much that she named them as her "religious heroes."

Mira Gibbons witnessed BVM stands on a shared, long-held value.

"Mira has been really interested in social justice issues since she was about 3," says her mother, Jennifer Gibbons.

They lived in Dubuque, Iowa, until two years ago and saw BVMs at marches about climate change, peace, and rights for women and Dreamers.

"She would often ask me why we didn't see her teachers or people from her school, and I would point out the BVM sisters who were always there, on the right side of justice and unafraid to stand up for it," Jennifer says. "That made her very happy."

"Perhaps the most profound event was the Pulse nightclub shooting vigil. We volunteered to hand out candles at an entrance and stationed near us were some anti-gay protestors who held a very large sign with a misinterpreted Bible verse on it. Mira was upset and asked me how anyone could do that," Jennifer says. "As we walked we again saw the BVM sisters at the vigil supporting the victims and I think that really meant a lot to her, especially juxtaposed against the hateful side of religion on the perimeter."

"They really are a truly inspiring group, always showing up on the right side of humanity, using religion not to divide, but to support," Jennifer says.

Initially, Mira decided not to dress up for her school's religious hero day.

"But the night before it she said, 'What about those sisters who were always at the protests and have the immigrant billboards?' And we looked up the quote, made a button, and it was settled," Jennifer says. The billboard says, "I was a stranger (crossed out and replaced by immigrant) and you welcomed me," signed by Jesus (Matthew 25:35).

Empathy Beyond Her Years

"I have always made an effort to speak honestly to Mira about the issues that impact our lives and the lives of those around us, but she has taken it to a higher level than I ever had before she was born. I am very proud of her empathy, which at age 9 exceeds most adults I know."

Recent events only increased her desire for justice.

"After the George Floyd murder, I was uneasy protesting because of COVID-19 and possible violence, but Mira insisted," Jennifer says.

Just as she was inspired by the BVMs, maybe others will be inspired by Mira.

"I'm feeling worried and concerned because of the state of our country and our president. I will continue to protest and volunteer, but really the adults need to do more . . . I'm a child," Mira says.

Following Jennifer's Facebook post about Mira honoring the BVMs, Congregation Secretary Kate Hendel, BVM sent her a note of thanks and BVM immigration T-shirts.

Kate says BVMs are honored by Mira naming them as her religious heroes. "As a young woman, you join with us in reminding others that people from other lands and other faiths are truly our brothers and sisters."

About the author: Mary Glindinning is a communications specialist for the Sisters of Charity, BVM in Dubuque, Iowa.

“I will continue to protest and volunteer, but really the adults need to do more . . . I'm a child.”

—Mira Gibbons



In the midst of a whirlwind of change, it's necessary to stop and take care of yourself.

Continuing columns by Associate Katie Pfiffner explore how to practice and strengthen spiritual skills, especially during the pandemic.

Katie Pfiffner is a pastoral services minister for the Sisters of Charity of the Blessed Virgin Mary in Dubuque, Iowa. She meets with the sisters for mindfulness meditation, Omega discussion groups (based on the work of Sister Ilia Delio, OSF), Praying into the Moment with chair yoga and breath practices, and other activities.

Choose Kindness, Even When It's Hard

by Associate Katie Pfiffner



What we practice grows stronger. This statement seems so obvious that it's easy to forget just how true it is.

When we are learning new skills, we know if we want to improve, we have to practice, whether it is music, athletics, art, a new language, or Zoom. We know that the repetition, the practice, deepens the neuronal pathways in our brains, creating muscle memory and strengthening our ability to perform the skill.

It's easily apparent that external skills like learning to play the piano improve with practice. But what about our internal patterns and habits, like our thoughts or emotional reactions?

I have a sign on my office door of one of my favorite quotes from His Holiness the Dalai Lama. It says, "Be kind whenever possible. It is always possible."

It serves as a daily reminder for me that I always have a choice about what I practice. For example, am I practicing compassion or judgment in my reactions and responses? Do I practice and therefore strengthen the neuronal pathway for kindness or criticism in my interactions with others?

What are the things I practice internally, in my mind and heart? Do I *consciously practice* kindness, compassion, and forgiveness? Or do I practice blame, judgment of self and others, criticism, self-doubt? Perhaps the bigger wondering is whether or not I am *aware* I have a choice about what I practice.

The practice of mindfulness—choosing to pay attention to the present moment, as it is—helps us become aware of what we are strengthening. In every waking moment our thoughts influence our actions. Awareness of the internal dialogue happening in the mind (all of the time) helps to bring intentionality to what we are practicing internally.

How do we become attentive to our continual internal dialogue? We pause, for one deep breath or for 20 minutes, and tune into the present moment as it is. We notice our thoughts, feelings, and physical sensations. We consider how they influence our perceptions of our experience and therefore how we respond or react to that experience.

With even the slightest pause, we can become aware that we have a choice—to strengthen a sense of separateness through judgment or criticism, or to reinforce our oneness through kindness.

The Dalai Lama's quote encompasses all of our relationships—with self, others, and all of creation. Choosing kindness, however, is not always easy. It can require boldness and humility, strength and tenderness.

Every act of kindness deepens our interconnectedness. In her song, "Lean in Toward the Light,"* singer/songwriter Carrie Newcomer says, "Every kindness, large or slight, shifts the balance toward the Light."

May we always choose to practice kindness, strengthening and reflecting the Light that surrounds and abides within us.

*Carrie Newcomer, *The Beautiful Not Yet*, 2016



BVM Sisters Celebrate Diamond Jubilees

by Mary Glindinning

Jubilarians gathered to celebrate 70 years of religious life in the Marian Hall Chapel on Sept. 13, 2020, for a Liturgy of Thanksgiving. Due to COVID-19, family and friends were invited to celebrate virtually.

The 17 women who are celebrating their diamond jubilee are very distinct individuals.

And in their 70 years as BVMs, their ministry paths took them to diverse places, both geographically and professionally.

But they have this in common: Each one, in separate interviews, says they are grateful for all the opportunities and blessings that being a BVM has brought them.

They bonded as a set early on, when 70 young women arrived on the steps of Mount Carmel in 1950.

“I can still see us sitting around” on the Mount Carmel Motherhouse grounds after they arrived, says Suzanne (Frances Carol) Effinger, BVM. “We spent a lot of time outside just getting acquainted. We were close from the start and we kept that up through the years.”

As soon as Emelyn Malecki, BVM arrived at the convent, she felt comfortable. “Coming from a large family, I just kind of think I fell into the structure. Our set bonded together right away.”

After the novitiate, Emelyn coordinated reunions for the sisters she entered with and “no matter what we had, everybody was invited and everybody came.”

The bond held. Even if socially or geographically distant now, those who started their BVM journey together still walk together in spirit through phone calls and emails.

Throughout their ministries, they often surprised themselves by what they could do. Sometimes they arrived at a new assignment feeling out of their element. But with the support of superiors and other sisters, they gained experience, skills, and confidence.

They inspired, supported, and encouraged each other.

Carol (Conrad Ann) Cook, BVM has never felt alone in working for justice. Within the BVMs, there was always someone to collaborate with, even if sisters had different styles.

“I’ve had so many opportunities within the community,” Carol says. “Everyone is working together to try to accomplish something.”

They can’t believe 70 years have passed. And they are grateful for all the people and places that enriched their lives.

Congratulations to the 2020 Diamond Jubilarians!

To read individual stories about the jubilarians, visit: bvmsisters.org/2020-jubilarians.

Here is a preview:

Patricia Ann (Marjorie) Donahoe, BVM has learned that even in a tough spot when you wonder how things can work out, “God is with you all the way.”

“What surprises me my whole life is that I was taking a stand on things that were wrong, and I said so, even though my stomach was churning,” she says.

Theresa (Grace Michele) McNerney, BVM says, “I spent my whole life working for justice. I will continue to do it as long as there are injustices going on and people can’t talk for themselves.”

“I love being a BVM,” she says animatedly. “I love it because we love each other, even though we might disagree with each other. I love our spirit. I love my community. I love everything about it. I feel so grateful.”

Mary Janine Wolff, BVM says, “I have learned that I am in God’s hands and my Creator isn’t finished with me yet.”

Rosemunda Besch, BVM says, “It’s been wonderful. I keep thanking God I belong to the BVM congregation. There are so many wonderful sisters, and all the good we do as a community” is a blessing.

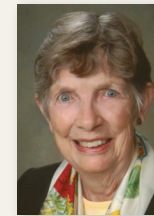
Jean Beste, BVM says, “I am so happy I had the opportunity to do all these things, which I never would have had I not become a BVM. I am so grateful to have chosen the BVMs.”

Carol (Conrad Ann) Cook, BVM says, “I love that value of freedom. I love how we (BVMs) make decisions collectively. I like the idea of support for individual decisions, which I think is unique to our community. Through the congregation, I found the opportunity to see how wonderful people are.”

Suzanne (Frances Carol) Effinger, BVM says that when she met BVMs as a first grader, “I realized what a great group the BVMs were. I could tell they were happy and they were fun. That just appealed to me. I didn’t even consider any other congregation.”

Jubilarians continued on p. 10.

Set of February 2, 1950



Patricia Ann Donahoe, BVM



Theresa McNerney, BVM



Mary Janine Wolff, BVM

Set of September 8, 1950



Rosemunda Besch, BVM



Jean Beste, BVM



Carol Cook, BVM



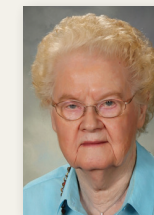
Suzanne Effinger, BVM



Rosalie Glanz, BVM



Audrey Juergens, BVM



Therese Mackin, BVM



Emelyn Malecki, BVM



Mary M. O'Connor, BVM



Julie O'Neill, BVM



Mary Frances Reis, BVM



Joanne M. Schneider, BVM



Terese Shinnors, BVM



Catherina Walsh, BVM



During the processional out of Mass, jubilarians greet their guests who joined the celebration virtually.

Audrey Juergens, BVM



Joanne Schneider, BVM



Suzanne Effinger, BVM



Rosalie Glanz, BVM



Catherina Walsh, BVM

Jubilarians continued from p. 9.

Rosalie (Victor Ann) Glanz, BVM says, "I taught in three BVM high schools and two diocesan high schools. The most surprising and interesting was helping to open Archbishop O'Hara High School in Kansas City, Mo., along with four more BVMs and three De La Salle Christian brothers."

Audrey (Raymond Ann) Juergens, BVM says, "I have two great loves in my life: my family and my community. I do love them dearly and I can't imagine life without them."

Therese (Jeremy) Mackin, BVM says being a BVM has been "my whole life."

Emelyn Malecki, BVM says, "Being a BVM has given me a great second family that cares for each other with much love. The bond is there. To me it has brought me closer to spiritual life and to God."

Mary M. (Bertille) O'Connor, BVM says, "As I look back, all of these experiences helped me to grow up and appreciate the small things in life. There was something favorite about each mission."

Julie O'Neill, BVM keeps an empty white vessel, which is very symbolic and meaningful to her, in her room. "For a long time, I thought my job was to work hard and do things to keep filling it up, rather than letting it be empty. Unless it's empty, God can't fill it," Julie says.

Mary Frances (Paul Adele) Reis, BVM says, "I like to think of religious life as an adventure—a great, unfathomable adventure with God that continues even as I age."

Joanne M. (Joeline) Schneider, BVM says, "I surprised myself by finding out that I could do things I never dreamed I could do. I found out I had other talents I didn't know anything about."

Terese (Ellena) Shinnors, BVM says, "The prayer, friendship and example of my BVM sisters has been an inspiration. The breadth of involvements and commitments of our sisters enriches and challenges us all. This continued to educate us and connect us to wider communities than our own."

Catherina Walsh, BVM says, "I've been very fortunate and I've been very happy. It's been wonderful, the whole spirit that we have. You are made to feel like you are sisters."

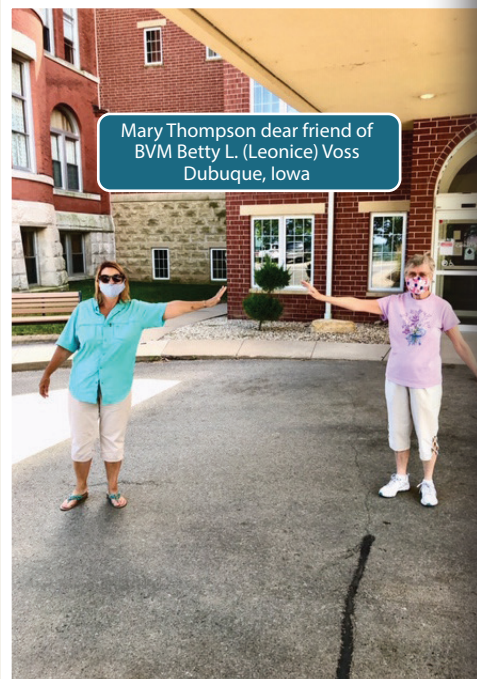
About the author: Mary Glindinning is a communications specialist for the Sisters of Charity, BVM in Dubuque, Iowa.



Set of 1960, 60th celebration

Ann Credidio, BVM with a Damien House resident Guayquil, Ecuador

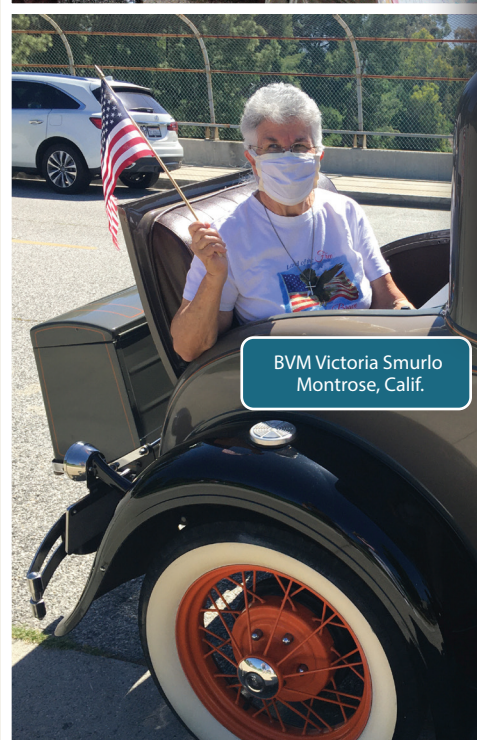
BVMs Bette (Esther Mary) Gambonini, Elizabeth C. Avalos, and Marilyn K. (Claudia Mary) Wilson, Sunnyvale, Calif.



Mary Thompson dear friend of BVM Betty L. (Leonice) Voss Dubuque, Iowa



BVM Mary Anne Hoop with Patrick Asante, Kumasi, Ghana



BVM Victoria Smurlo Montrose, Calif.

Keeping Connected Despite Coronavirus

BVMs are determined to stay connected with each other even if they can't visit in person.

One way to do that is by sharing photos. Scenes from California to Ecuador bring sisters and associates around the country and around the world closer together.

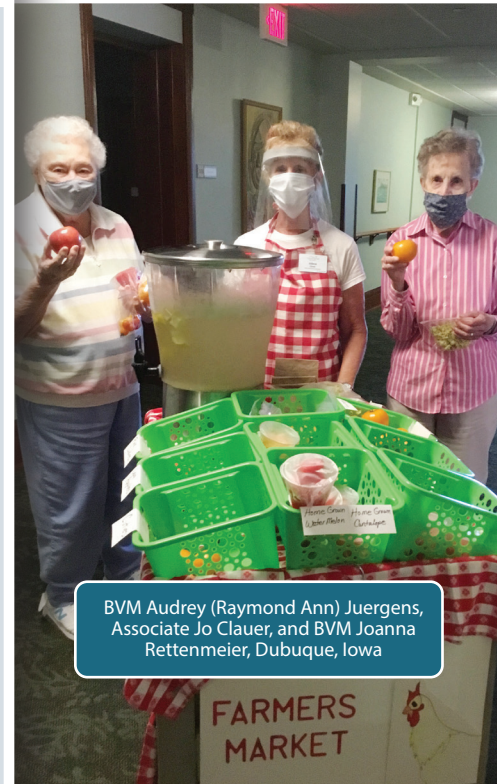
Others share reflections through writing. This poem is by BVM Mary Frances (Paul Adele) Reis.

I Stand On My Porch

I stand on my porch.
The sun touches me with warm waves.
The giant evergreens still tower,
and the hillside is breaking out in green,
but it is not the same spring.
A silence reigns yet speaks in foreboding pain.

So, I open my eyes
And breathe in God.
Yes, I breathe in God
along with all humankind
spread across the planet
no distinctions made as
we share being vulnerable
a deeper sharing than ever before.

We breathe in God.
Together we simply inhale love
and exhale across our planet
waves of compassion and healing.
For we are made one as never before,
and hold a power that can never cease
if we as one human family on this earth
breathe a hopeful prayer for healing peace.



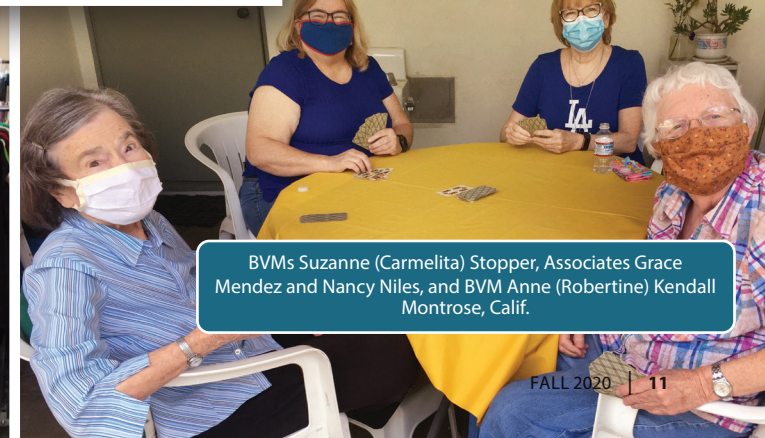
BVM Audrey (Raymond Ann) Juergens, Associate Jo Clauer, and BVM Joanna Rettenmeier, Dubuque, Iowa



BVMs Patricia Bombard and Kathleen (Richard Marie) Conway, Brookfield, Ill.



BVM Mary Elaine (Valerie) Waddell Lancaster, Calif.



BVMs Suzanne (Carmelita) Stopper, Associates Grace Mendez and Nancy Niles, and BVM Anne (Robertine) Kendall Montrose, Calif.

BVM Legacy of Love

Welcome to a new *Salt* feature called “BVM Legacy of Love.” Throughout our congregation’s history, the BVM Legacy of Love has remained constant. How we engage in that mission has changed. As BVMs have retired from active ministry, we have established BVM Ministry Partnership Grants and Mary Frances Clarke Scholarships for Women to ensure our mission will continue through individuals and organizations who hold similar values.

In each issue of *Salt* we will tell their stories. This first story is of an orphan in Ghana who was protected by the Sisters of the Society of the Holy Child Jesus, recipients of ministry grants, and who is now in college through a scholarship.

A second story shows how another student who received the same scholarship for four years is now a college graduate just starting her career. She looks forward with excitement to all that lies ahead.



Ministry Partnership Grants and Scholarships

Sisters of Charity of the Blessed Virgin Mary financially support ministries that further the BVM mission of “helping others enjoy freedom in God’s steadfast love.”

Projects that empower marginalized people, promote nonviolence, and protect the Earth are among those sponsored around the world. They must embody the BVM core values of freedom, education, charity, and justice.

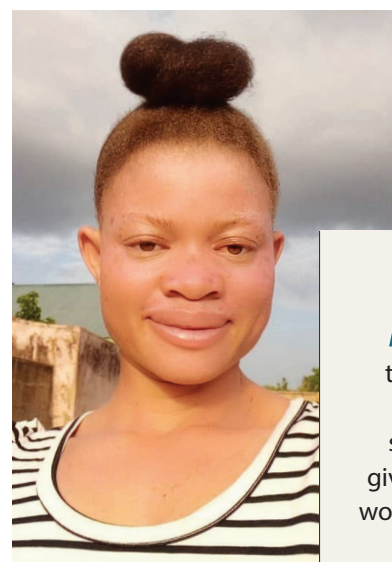
“As Sisters of Charity, BVM we desire to respond to the pressing needs of our time according to our gifts,” says a vision and values statement. “We trust that God who has begun this work will bring it to completion.”

We are grateful for the gifts from donors, family, and friends. By joining us in supporting the BVM Mission and Ministry Endowment, you are ensuring that the BVM Legacy of Love will continue far into the future.

BVM Grants and Scholarships Combine to Protect and Educate

by Ann Sweeney

Audrey Awambire was 5 when she lost her parents in 2002. She and her four siblings were cared for in part by the Sisters of the Society of the Holy Child Jesus in Bolgatanga, in the upper east region of Ghana.



“All these things that I have through the scholarship have given me courage to work harder to build a better future.”

—Audrey Awambire

It was difficult at times, Audrey says, and paying for her education was becoming burdensome. But she finished high school and is now in college.

“With the scholarship grant I was able to pay my school fees with ease as compared to the past when it was usually paid bit by bit till it was fully paid, which was becoming a great hindrance to my education.

“I have bought a laptop and accessories for my studies which ordinarily I could never have had, and it is indeed helping me a lot,” she says.

And because of the laptop, she could continue classes when they went online due to COVID-19. She could afford new glasses, and she shared books and other materials with colleagues who don’t have them.

“All these things that I have through the scholarship have given me courage to work harder to build a better future and also to put a smile on others’ faces, especially the less privileged in

the society who I hope to reach out to,” Audrey says.

Mary Anne (Bernarde Marie) Hoopé, BVM, who ministers in Ghana, is the connection for both the ministry grant and the scholarship. She was spiritual director for Holy Child Sister Lena Nwaenyi, who has been part of Audrey’s upbringing and nurtured her over the years.

Mary Anne mentioned the ministry grants, and applications led to two annual awards for Holy Child Integrated Services. Holy Child Integrated Services strives to meet the “Wants of the Age” by providing programs to empower poor rural teenagers and youth from the upper East Region in Ghana. It offers vocational training, business skills, and confidence needed to create a pathway out of poverty and build a better future for themselves, their families, and the local communities.

Learning a Way to Make a Living

The grant money paid for equipment for a skill acquisition program for young women to learn basket making, bead making, cooking, hairdressing, soap making, sewing, and/or textile weaving.

In her application, Sister Lena described “a sustainable project that is set



Participants in a skill acquisition program for young women in Bolgatanga, Ghana, learn to make snacks through Holy Child Integrated Services, recipient of a BVM Ministry Partnership Grant.

to empower teenagers and youth through skill acquisition training in various areas, impacting the economy, and reducing migration from the Northern Upper East Region to the southern regions of Ghana, promoting income-generating activities and supporting poverty reduction.”

In her letter of referral, Mary Anne says, “Keeping young people in the north, rather than migration to the south, especially to cities like Kumasi and Accra where the option is prostitution or living on the streets, is a gift beyond measure.”

Last year, Sister Lena connected Audrey and Mary Anne, who agreed to serve as a

sponsor for Audrey’s application for a Mary Frances Clarke Scholarship.

After an initial scholarship and academic success, Audrey will seek a renewal of the scholarship to continue her studies at a college of education in Ghana to become a teacher.

“It will give me the knowledge I need to have a better future and be the kind of woman that will help to build our society,” Audrey says. “Good education is key to getting to the level where I can make a difference in lives of the less privileged youth in my area.”

In her letter as part of the first

scholarship application, Audrey says, “I am an Albino and there is a belief that people with Albinism are not able to attain a good standard in society, but for me, I am determined to work hard and be successful.”

In her letter of reference, Mary Anne says, “Throughout her life she has had to be supported by others. She dreams of a better future not just for herself but for others.”

Please contact either Sister Lena Nwaenyi, SHCJ at anwaenyi@yahoo.com or Sister Letitia Awuni, SHCJ at letadongma@gmail.com for more information about Holy Child Integrated Services coordinated by the Sisters of the Society of the Holy Child Jesus.

About the author: Ann Sweeney is development director and grant administrator for the Sisters of Charity, BVM in Dubuque, Iowa.

Mary Frances Clarke Scholarship Recipient Wants to Mentor Others

by Mary Fran McLaughlin, BVM

Meet Elizabeth E. Barrera, a first-generation, 2020 graduate of the University of Illinois, Champaign-Urbana (U of I).

Earning a bachelor's degree from the prestigious Gies College of Business, with double majors in marketing and information systems and information technology, she looks forward to a career in marketing and sales in a fast-paced growing sector like technology, ecommerce, or health and pharmaceuticals.

She is one of the first women to receive the Mary Frances Clarke Scholarship for four years. (In 2017 the BVM sisters extended the possibility of renewals from one to three if the recipient was pursuing a bachelor's degree.) The scholarship helps cover the cost of books, fees, utilities, and other expenses, though these items vary from year to year.

Born in Chicago, Elizabeth graduated cum laude from Carmel Catholic High School in Mundelein, Ill., in 2016, and followed in the footsteps of her older brother Hector to U of I.

"I am very proud of my Mexican heritage, and am fortunate to have caring parents who came to the United States to give my brother and me a better education," Elizabeth says. "Being a first-generation child can have its hardships; however, I have learned to enjoy the process and see myself living the American dream."

Academic Honors and Awards

This hard-working student was successful in a challenging academic program at U of I. Her name appeared



“I am very proud of my Mexican heritage, and am fortunate to have caring parents who came to the United States to give my brother and me a better education.”

—Elizabeth E. Barrera

on the Gies College of Business Dean's List more than once! Two of her favorite awards are the Office of Minority

Student Affairs Award and an Emerging Leaders Award for commitment to a year-long leadership development program sponsored by the Office of the Provost.

During the summer of 2019, Elizabeth interned at Jewel-Osco, a multi-million dollar supermarket, and joined a project with other interns and employees to develop an action plan to increase awareness for local vendors. As a result, she discovered new sales skills to drive revenue through numerous advertising techniques.

Every year in college was a different experience. Classes changed, professors changed, even friendships! Moving out of her comfort zone was helpful in making new friends and establishing a

strong support system.

The diversity of students from across the United States and around the world broadened Elizabeth's understanding of their perspective and awakened new views through a different lens. Friends made a big campus feel smaller and more like home.

"I hope to serve as a mentor to Latina women who want to pursue a degree in business," Elizabeth says. "If I were able to do it, so can they! Right now during this pandemic, I'm looking at various opportunities and keeping all my options open. I can't wait to see what the future holds for me."

About the author: Mary Fran (Virginia Mary) McLaughlin, BVM is enjoying retirement in Chicago and volunteers at Christ the King Jesuit Prep College, a Cristo Rey School in the Austin neighborhood. Elizabeth is one of five scholarship recipients she recommended.

Throughout the year, we celebrate the 50th anniversary of Earth Day and the fifth anniversary of Pope Francis' *Laudato Si'*



This is the second in a series of three articles exploring our connection to creation. In the first article Eileen Fuchs, BVM talked about being part of Nature, not its ruler.

Eileen Fuchs, BVM, who died in August, was a congregational representative for the Sisters of Charity of the Blessed Virgin Mary and a former high school science teacher. She shared her love of Nature and all Creation with not only her students but everyone she met. According to her eulogy, "Her emails as 'the Moon lady' inspired many of us to turn our gaze upward and marvel at the beauty of the night sky and profoundly feel the presence of God."

A Tree Was Created to be a Tree

by Eileen Fuchs, BVM

I recall as a child going on trips with my family. During the journey my mother would comment on all the uncultivated land that could be used to house the homeless, which is a quite common sentiment.

Think about all the trees growing along the average highway or interstate. When you see those trees, what do you see? Lumber for building? Land that could be used for development? Potential danger in a huge storm or tornado?

Or do you see an amazing specimen of Nature that has the ability to turn the Sun's energy into food for itself and others? Do you see a protector that absorbs carbon dioxide and breathes out oxygen? Do you just see the simple beauty in every season as a tree?

A Rose is a Rose

A tree was created to be a tree, not a house. Yes, we have used trees for houses, but it is a tree first. Flowers, as beautiful as they are, are flowers first. They were not created for our personal enjoyment.

Yes, we can enjoy, and I believe that pleases God. The flower, however, shows colors and emits scents to attract the insect that will fertilize it. We are a bystander.

Then we get to insects, or bugs if you prefer. Yes, they are part of the story. No, we do not like ants or spiders in our houses. Does that mean they do not have a right to exist? Have you ever caught an insect inside to release it outside? It just feels good. Some don't cooperate, and

unfortunately we must do something to keep them outside. Still, they do not need a purpose for human endeavors in order to exist.

Some of Nature is dangerous to us. Wouldn't it be nice if bats stayed outside and didn't bite? Snakes? Don't get me started.

We certainly know the effect of viruses on all animals and plant life. So why do they exist? Is a bat's sole purpose of existence to eat mosquitos or a snake's to eat rats? Or does diversity in Nature supersede human needs and desires?

There are several books on the market right now that, in a way, are advocating for the rights of nature: *What a Plant Knows* by Daniel Chamovitz; *The Hidden Life of Trees* by Peter Wohlleben and Tim Flannery; and countless books and documentaries on what an elephant knows.

We are learning to appreciate that we do not know everything about other parts of Nature.

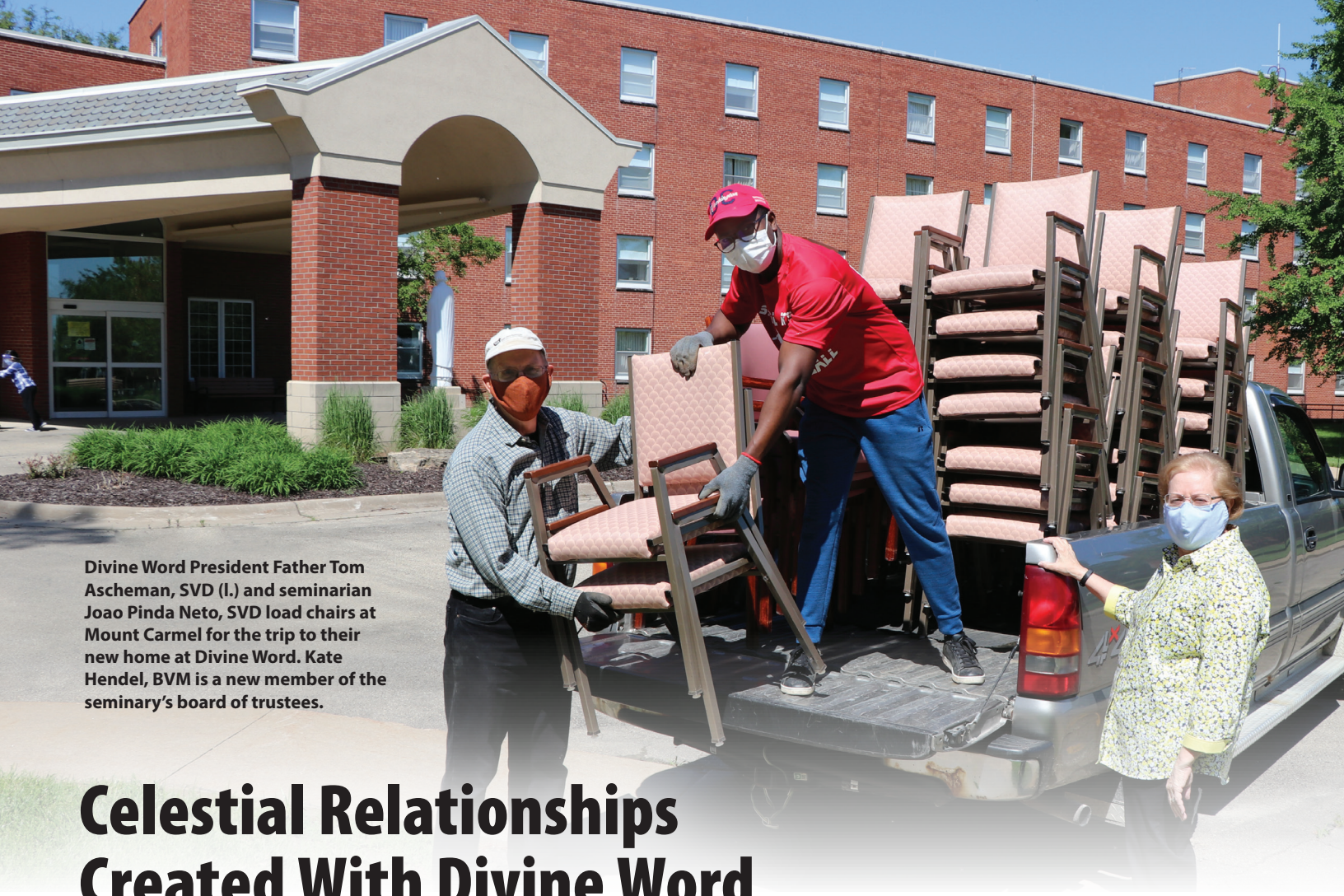
In this fifth anniversary year of *Laudato Si'*, let's make an effort to read more about Nature, not how we can use it but how it is unique and beautiful on its own.

We could also look at a tree as a tree, and all other parts of Nature as they are within themselves.

Hug a tree. Why is that such a bad thing? Thank it for oxygen and food. Tell it how beautiful it is. Honor and respect it for what it is: a tree.



Be a tree hugger: BVMs Mira Mosle and Mary Ann (Clement Mary) Zollmann embrace a tree as a part of a ritual to say farewell to trees lost to construction at Mount Carmel Bluffs.



Divine Word President Father Tom Ascheman, SVD (l.) and seminarian Joao Pinda Neto, SVD load chairs at Mount Carmel for the trip to their new home at Divine Word. Kate Hendel, BVM is a new member of the seminary's board of trustees.

Celestial Relationships Created With Divine Word

by Associate Suzie Wright

The Sisters of Charity of the Blessed Virgin Mary have a celebrated, long-term relationship with Divine Word College (DWC) that has a global transformational impact.

Located just a dozen miles west of Dubuque, Iowa, Divine Word is the only Roman Catholic undergraduate seminary in the United States dedicated to educating men and women for missionary service.

BVM Bertha Fox's role as an instructor on Muslim and World Cultures at the DWC Epworth, Iowa, campus led her to bring Clarke University students such as LaDonna Manternach, BVM to Divine Word to introduce them to the campus.

LaDonna, BVM vice president, later served on the seminary's board of trustees

from 2005–2012. More recently she has helped organize an area-wide Immigration Forum that includes representatives from DWC. The forum examines the treatment of immigrants, refugees, and migrants in the greater Dubuque area and abroad.

Congregation Secretary Kate Hendel, BVM will serve on the seminary's board of trustees starting this year. Many BVMs have served or volunteered at the college, which in turn has enriched the BVMs with diversity and practical help.

Mutually Beneficial

Divine Word Seminary President Father Thomas Ascheman, Societas Verbi Divini (SVD), values the "countless efforts" provided by the BVMs in helping the seminary's mission. He looks forward to Kate's upcoming role as a trustee, especially for her wisdom and knowledge from the work she has done with the

Higher Learning Commission as well as her ties to students from the Sisters of the Immaculate Heart of Mary (IHM).

For roughly eight years, BVMs have developed a close and reciprocally beneficial relationship with the IHMs from Vietnam and the SVD congregation and others working at Divine Word.

Recently, sisters and staff at Mount Carmel received hundreds of masks made by Divine Word faculty, staff, and students. Fathers, brothers, and sisters from multiple religious orders from four continents have spent the spring and summer making thousands of masks for those in need.

The IHM sisters have brought a wealth of enrichment to the lives of those living at Mount Carmel such as sharing their culture, gardening, participating in services, ceremonies, and direct engagement in the lives of BVMs.

In 2012, one IHM sister stayed as a summertime guest at Mount Carmel while studying at Divine Word. Soon discussion began about the BVM congregation possibly hosting IHM sisters year-round so that more of their congregation could become DWC students.

During September 2016, two temporarily professed IHM sisters came to live at Mount Carmel, and were joined by two more 18 months later. Kate has served as the primary contact between the congregations, while several other BVMs have taken active roles to help the IHM sisters with American culture and BVM customs.

"The collaboration among our three religious communities—the BVM, the IHM, and the SVD—is a great example of how much good can come from mutual sharing," says DWC Vice President of Academic Affairs Father John Szukalski, SVD. "The BVMs have shown warm hospitality in welcoming four IHM sisters into their community. The IHM sisters are blessed by the BVM witness of religious life lived with joy and integrity.

"I believe that this collaboration will continue to grow and bear much fruit now and into the future, even in ways we cannot imagine, touching many hearts and lives. It's the seed that grows quietly, and will bear fruit—thirty, and sixty, and one hundredfold. It's a way of collaborating in God's mission . . . one heart and one life at a time."

A New Home for Chapel Furnishings

As BVMs prepare for the move into the new senior living community Mount Carmel Bluffs, DWC is happy to provide a new home for some treasured chapel furnishings.

Father Tom is very appreciative of the many gifts of furniture, furnishings, and art recently donated to the seminary's chapel renovations. He states that it was only through the BVMs' "lavish generosity" that Divine Word could implement such extensive transformations to renovate their old Our Lady of Guadalupe Chapel and create two new spaces.

More than 100 chairs from Wright Hall (a now-closed BVM residence in Chicago) as well as furniture from Mount Carmel are among the items donated. The Mount Carmel Sacristy Team offered more gifts, including vestments, tabernacles, chalices, and statues, after determining what to keep after the Motherhouse Chapel renovations are completed.

While touring the Mount Carmel chapels, Father Tom was awestruck by the beauty of the Our Lady of Guadalupe tapestry. He asked if the art piece might also need a new home. Kate spoke with the artist, Ruth (Lyle) Evermann, BVM, who agreed to allow the donation of the tapestry for the Reina de Las Americas Chapel.

Currently, plans for opening the DWC chapels are pending due to renovations



IHM Sisters Diem Ngo (l.) and Liem Nguyen (r.) garden with BVM Ann Marie (St. Bridget) Mullen.

and pandemic health concerns.

The few tangible ways to document the relationships among the BVMs, IHM, and SVD have created—board meeting minutes, inventory sheets, and other records—cannot explain the profound scope of these relationships.

The intangible spiritual and intellectual impact of these relationships are only measurable in the celestial realm.

About the author: Associate Suzie Wright is administrative assistant in the Office of BVM Life and Mission for the Sisters of Charity, BVM in Dubuque, Iowa.



Ruth Evermann, BVM: Reflects on Our Lady of Guadalupe Tapestry



A tapestry of Our Lady of Guadalupe that graced the Mount Carmel Motherhouse Chapel will have a new home at Divine Word College in Epworth, Iowa.

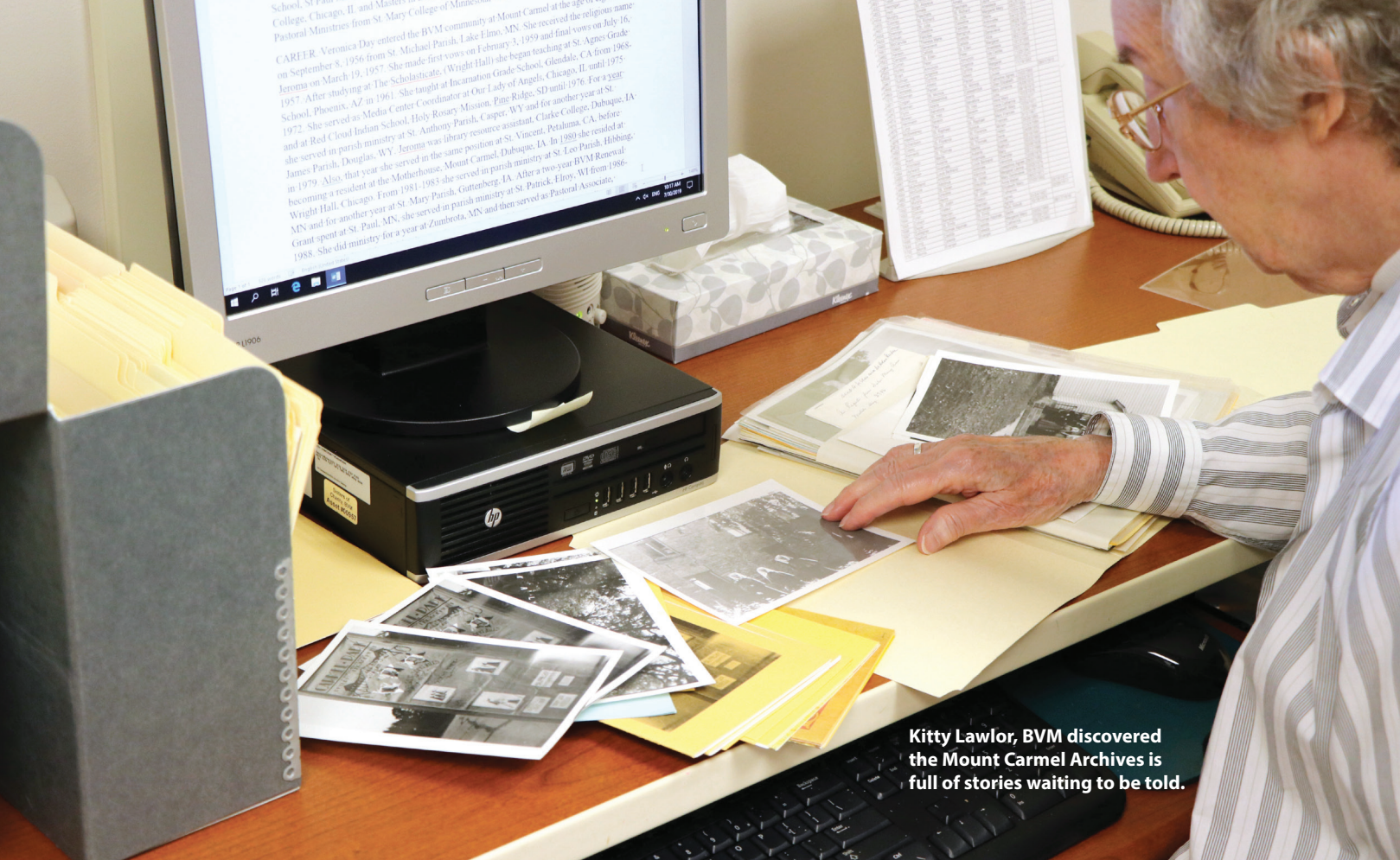
"Since the college educates religious, women and men, from all over the world, she will have a more visible presence that is so apropos for our

universal church," says Ruth Evermann, BVM, who created the tapestry in 1999.

"Since then, she has been in our vision, prayer and presence," Ruth says. "Our BVM community is getting smaller. It seems that her presence is requiring a larger audience due to an increasing social, political, and ecological need for healing."

The tapestry is one of many chapel furnishings that BVMs have gifted to Divine Word.

"As I made her, she became more visual and interwoven into my soul and life," Ruth says. "I am honored that we are able to present her to a larger world where we are all present, and woven into a larger universe."



'BVM History is American History:' Kathryn Lawlor, BVM

by Mary Glindinning



“I thank God for the ‘glorious privilege’ my lifetime has been. How grateful I am to the pioneer BVMs and to all BVMs for the influential roles they have played in my life.”

—Kitty Lawlor, BVM

The history of the Sisters of Charity of the Blessed Virgin Mary and the people and places they served intertwine like a grapevine wreath. Kathryn “Kitty” (John Laurian) Lawlor, BVM has woven those inseparable branches and stories into classes and books for 32 years.

“BVM history is so integral to Iowa’s beginnings, to pioneer settlements, to the westward movement, to the spread of the Catholic Church,” she says. “BVM history is American history. It is church history. To learn about the founding of early BVM missions is to learn about the development of the regions. A study in the backgrounds of women who entered the congregation is a study in American immigration. Listening to BVM stories is listening to the intrigues of U.S. history.”

She discovered the depths of the BVM record herself in 1988, when as Secretary of the Congregation, she learned she would be teaching congregational history to novices. She had to learn it to teach it; luckily, the secretary also supervised the

Mount Carmel Archives.

“Stepping into the archives was, for me, like walking into a candy store. Every personnel file removed from the drawer, every artifact pulled from the shelf, every box of missions investigated were delicious. I wanted to learn more, and I wanted to tell others what I learned. The novice BVM history class was open to all sisters at Mount Carmel. In 1998 the class, renamed ‘BVM Pioneer Sisters,’ was opened to all Roberta Kuhn Center students.”

The Roberta Kuhn Center (RKC) in Dubuque, Iowa, provides classes for women and men 55 years of age or over.

Telling Their Own Stories

“If the stories of the BVM pioneers could get sisters to come out of their rooms in Marian Hall and the Motherhouse to tell their stories about the early sisters they knew, the missions they served, the situations they survived, I had achieved my goal,” Kitty says. “Stories about BVM pioneer sisters allowed the present sisters’ personal histories to come alive.

“Hopefully, the class participants including RKC students went away remembering, valuing, and appreciating anew their own personal pasts.”

Kitty wrote two books—*Your Affectionate: Commentary on Mary Frances Clarke’s Writings* and *From There to Here: The Sisters of Charity of the Blessed Virgin*

Mary From 1942–1972—to share what she learned. She also edited *Terence J. Donaghoe: Co-founder of the Sisters of Charity, BVM*. During COVID-19, she has virtually presented sessions on “Wisdom Women” for BVMs and associates.

Teaching the class is inspirational, but a recent milestone made Kitty decide to say, “class dismissed.”

“Mary Frances Clarke told the sisters to thank God for the ‘glorious privilege’ of being a teacher. Having recently celebrated my 90th birthday, I thank God for the ‘glorious privilege’ my lifetime has been. How grateful I am to the pioneer BVMs and to all BVMs for the influential roles they have played in my life,” she says.

Students are sorry to see the class end. They appreciate her interactive teaching style honed over 25 years of teaching elementary and high school English.

“She’s the best! I wish she had been my teacher in school,” says RKC student Diane Kopp. “She always made me feel welcome. She always had a hug to share and she shared her emotions with us. I will miss being in her class and I will miss her.

“Every class had new information on the lives of the sisters and interesting places where they taught. The outside reading books showed the history of the congregation starting with Mary Frances Clarke,” Diane continues. “We learned of the joys and the struggles of the leaders of

the congregation dealing with finances, the bishops, and the responsibilities of heading the congregation.”

Kitty shows the value of individual stories that combine to create national and world history, says Karen Kane-Herber, RKC director.

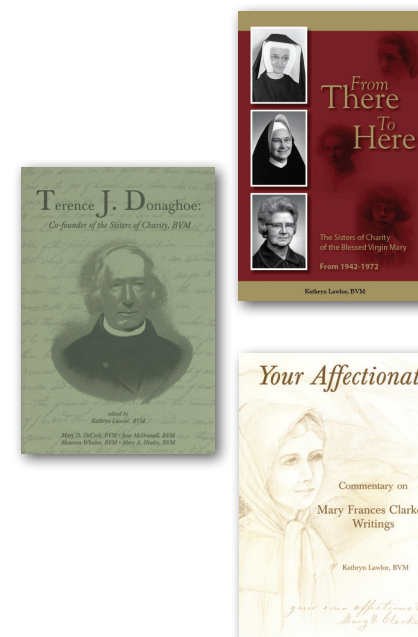
“Lay people were drawn to the story of how these women were pioneers in the American church as well as in their local communities,” Karen says. “Participants often remarked about Kitty’s wit and humor, how she always wove story and facts seamlessly together, and how welcoming she and all the BVMs were toward their lay class members.”

Kitty’s devoted research and teaching ensures that BVM stories continue to weave together the history of the congregation, communities, and the country.

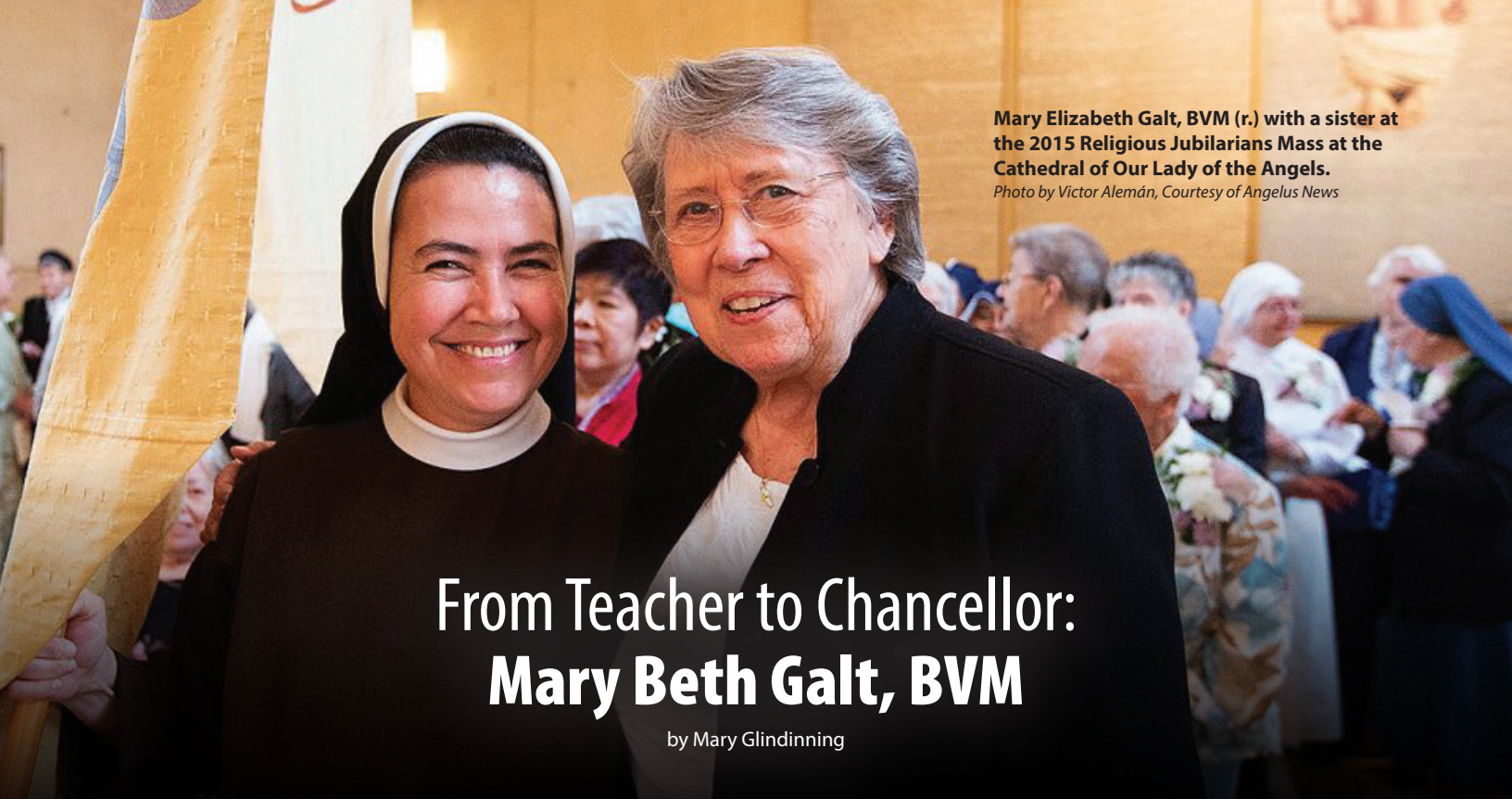
About the author: Mary Glindinning is a communications specialist for the Sisters of Charity, BVM in Dubuque, Iowa.

Just a Pinch

Historical books authored by BVM sisters may be purchased through the Office of the Secretary. Learn more: bvmsisters.org/bvm-books.



Kitty Lawlor, BVM autographs one of the books she wrote about BVM Foundress Mary Frances Clarke’s letters.



Mary Elizabeth Galt, BVM (r.) with a sister at the 2015 Religious Jubilarians Mass at the Cathedral of Our Lady of the Angels. Photo by Victor Alemán, Courtesy of Angelus News

From Teacher to Chancellor: Mary Beth Galt, BVM

by Mary Glindinning



St. Pope John Paul II greets Mary Elizabeth Galt, BVM during a visit to Rome with Cardinal Roger Mahony in 2004. Photo by Victor Alemán, Courtesy of Angelus News

“Blessed and supported” is the way Mary Elizabeth (Andrew) Galt, BVM describes her career at the Archdiocese of Los Angeles.

And judging by the notes she received from former principals and superintendents when she retired this summer after 56 years, she lent plenty of encouragement to others along the way.

“It’s amazing,” she says, adding that cards and letters show “how much they felt my support and care.”

Mary Beth was chancellor of the largest Catholic diocese in the United States, and the Los Angeles native worked in California in all of her BVM missions.

“My first assignment was Tujunga, Calif.,” Mary Beth says. “I did not expect to be sent back to California, but I was delighted to be close to my family and I do love California. But I did love the experience of living in the Midwest. Iowa is so beautiful and so green.”

She taught first, fifth, and sixth graders and then became a principal. “I am an introvert and I was forced into public speaking. I felt that when I became a principal, I had to go out to the parents. I knew I couldn’t hide in my office.”

It was good practice for her next assignment. After a year of study in Nottingham, England, she started as district elementary school supervisor for the archdiocese. She moved on to become associate superintendent and then superintendent of all Catholic elementary schools in Los Angeles.

She’s had a soft spot for principals all along. As an adjunct professor, she helped prepare new principals. “I tried to make it very practical. I knew the ins and outs of survival. And after teaching elementary school students, they listened!” she said.

Protecting the Children

In 2003 she became chancellor. It was the height of the priest abuse scandal. The archdiocese instituted a training program

for parents, teachers, staff, and children to protect children. Such a large archdiocese required 600 trainers and helped 35,000 people each year recognize signs of abuse and understand how to help children. She is proud of that protection.

She might be retired but that ministry continues. “I plan to volunteer in our Archdiocesan Office of Safeguard the Children and at our Archdiocesan Archives. Both are passions of mine,” she says.

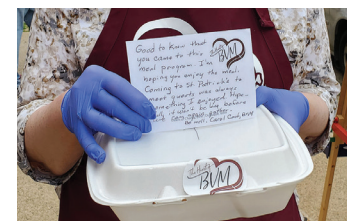
She will miss “all the employees. I worked with wonderful people. They are dedicated to the mission of spreading the Gospel every day in their respective ministries.”

But she looks forward to retirement. “I view retirement as a time to slow down, to pause, and to enjoy family and friends, and to be involved with things I love like reading,” Mary Beth says. “I am president of the Beta Epsilon Chapter of Delta Kappa Gamma, an educational society of Outstanding Women Educators, so I can now give more time to my responsibilities in this organization.”

So the support and blessings, both given and received, will continue.

About the author: Mary Glindinning is a communications specialist for the Sisters of Charity, BVM in Dubuque, Iowa.

SALT | BRIEFS



A Tradition Continues

COVID-19 did not stop BVMs and associates from carrying on a tradition of providing a meal at St. Patrick Church in Dubuque, Iowa.

The tradition just looked a little different this year, that’s all, since the pandemic prevented volunteers from serving supper as they usually do.

BVM Leadership suggested ordering box suppers from a local restaurant to distribute. Kalmes prepared and delivered 150 box suppers. Each box was sealed with a Heart of BVM sticker.

Sisters and associates wrote numerous messages on postcards that were distributed with each meal. One of the regular volunteers was touched by what was written on the postcards. “This is so meaningful to me. It was just wonderful that the sisters took the time to write the cards. The notes were beautiful with individual messages.”

Associate Suzie Wright and BVM Sharon Rezmer joined regular St. Pat volunteers to distribute the meals. Donning BVM volunteer aprons, Suzie and Sharon greeted those who came for supper (maintaining social distance of course).

The Coach is a BVM

The golf team that BVM Lynn Winsor coaches at Xavier College Prep in Phoenix hasn’t lost a regular season match since 1996.



BVM Lynn Winsor (l.) and Tui Selvaratnam are the co-head coaches of the Xavier Prep golf team.

The record of 255 wins, no losses, and a few ties garnered the attention of *Golf.com*. In the 46 years that she has coached at the school, teams won 36 state championships.

“People always say, ‘How can you be a nun and coach?’ Hey, it’s the easiest thing on Earth,” the *Golf.com* article quotes Lynn as saying. “Because all the values you have as a sister—kindness, caring, love of God—those things you can all incorporate right into your team. It should be natural. So I think being a sister and being a coach are very, very coordinated together.”

She credits her co-head coach, assistants, and team members with the program’s success.

Read more: golf.com/lynn-winsor-nun-golf-coach.

Crescent Advocacy Award



Catherine Dunn, BVM was honored recently for her advocacy for Crescent Community Health Center in Dubuque, Iowa.

Awards are given annually to people who have “impacted the work of Crescent and enabled our progress toward fulfilling our vision—quality care for all—resulting in a healthy community,” says a news release.

Catherine, one of four people given the award, served on the Crescent board of directors. Crescent provides primary medical and dental care as well as other services.

“Without advocates, community health centers would not have grown over the past 55 years to serve more than 30 million Americans annually across the country,” said Gary Collins, CEO for Crescent. “With supporters like our awardees, community health centers have become substantial economic drivers with a \$35.5 million economic impact in Iowa alone.”



Crescent Community HEALTH CENTER

NATIONAL HEALTH CENTER WEEK

Stakeholder Appreciation Day

WITH MIRA MOSLE, BVM

Meanwhile, during National Health Center Week in August, BVM Mira Mosle shares why Crescent is important to the Dubuque community.

“It provides access to high quality healthcare across the spectrum for all persons who live in the tri-states,” Mira says. “The center provides medical and dental care, wellness and brain health services and education, all under one roof. The ability to pay is not a barrier, and this is key to the overall health of the Dubuque community.”

Read more: tinyurl.com/y2wdswy4.



For **Jean Dolores Schmidt, BVM**, birthday parties are the icing on the cake of life. 2020, though, has been the year of COVID-19, and as a result, Sister Jean’s birthday, her 101st, was a first: it was virtual.

Loyola University couldn’t let her birthday pass unnoticed. With cake and ice cream at their own computers, students, basketball players, and others sent virtual greetings.

Watch Video: tinyurl.com/y3go9cyf.

In Memoriam

Please pray for the BVMs who have died June 2020–September 2020.

In Memoriam features excerpts from each Sister's Eulogy. Visit our website to read a sister's entire obituary or watch her funeral Mass at bvmsisters.org/obituaries.

We Remember Our Associates

Jim Plant
March 31, 1943–
June 8, 2020

Sheila Feeney
June 29, 1939–
June 14, 2020

Mary Ann Krems
Aug. 31, 1941–
Aug. 5, 2020

Jeanette Barnes
June 21, 1950–
Aug. 27, 2020

Mary Kay Craig
Aug. 29, 1942–
Sept. 11, 2020



M. Floria Shannon, BVM
Aug. 7, 1937–June 2, 2020

Floria ministered in Dubuque and Davenport, Iowa; East Moline, Ill.; and Chicago.

“She was a very observant, dedicated teacher who instinctively knew when to step in to offer assistance. She would watch and encourage, but jump in only when she thought doing so would actually help.” (Eulogy)



Dorothy ‘Dot’ (Agnes Cecile) Feehan, BVM
Feb. 15, 1927–June 14, 2020

Dorothy ‘Dot’ ministered in Dubuque, Sioux City and Fort Dodge, Iowa; Chicago; Missoula, Mont.; and Arvada, Littleton, and Longmont, Colo.

“At her farewell celebration in Missoula, the BVM cluster there described [Dot] as a ‘mentor and model of the Risen Christ in our midst. Ever gentle, always unconditionally loving . . . a woman of wisdom who shared graciously with all of us.” (Eulogy)



Kathleen Marie Carr, BVM
Feb. 19, 1947– June 14, 2020

Kathleen ministered in Dubuque and Des Moines, Iowa; Wichita, Kan.; Rock Island, Ill.; and Corvallis, Ore.

“Kathy collaborated well with others, bringing to the table organizational and problem solving skills, the ability to listen, an openness to differing points of view and an enormously compassionate heart.” (Eulogy)



Carolyn (Lester) Farrell, BVM
Nov. 2, 1934–June 14, 2020

Carolyn ministered in Dubuque and Davenport, Iowa; and Chicago.

“Carolyn lived in hope, believing that life is a ‘process’ that unfolds, that ‘keeps on keeping on.’ She lived for the day, letting ‘tomorrow take care of itself.’ She sought every opportunity to live God’s justice and extended it to others, doing so with passion.” (Eulogy)



Carol Frances Jegen, BVM
Oct. 11, 1925–July 7, 2020

Carol Frances ministered in Mason City, Iowa; St. Louis; Milwaukee; and Chicago.

“Carol Frances wrote, As I reflected on my [years] of BVM life, I see ever more clearly and gratefully how God moved me into a variety of situations calling out for compassionate, understanding love. Although the situations were quite different, the basic need was really the same—a genuine expression of compassionate, caring love.” (Eulogy)



Richard Ann Quilter, BVM
June 7, 1925–July 20, 2020

Richard Ann ministered in Chicago; Mason City, Iowa; Milwaukee; and Montrose, Calif.

“With deep awareness of God’s love for her, Richard Ann enthusiastically and abundantly shared this love with the little ones she so dearly loved to teach for 48 years . . . Being greeted by her broad smile must have made the first day of school for many children a happy one.” (Eulogy)



Janice Link, BVM
Aug. 15, 1936–July 21, 2020

Janice ministered in Chicago; Tujunga, Burbank, and Mission Hills, Calif.

“Jan challenged her students to develop a larger world-view. She encouraged them to grow as persons by developing an internal strength, deepening their values, and maintaining respect for both self and others.” (Eulogy)



Dolores M. (Jeanne Michele) Kramer, BVM
Aug. 20, 1928–July 26, 2020

Dolores ministered in Waterloo, Clinton, Fort Dodge, and Des Moines, Iowa; Chicago; Kansas City, Mo.; Wichita, Kan.; Los Altos and Glendale, Calif.; Grayslake, Ill.; and West Hempstead, N.Y.

“As a spiritual director for almost 50 years, Dolores guided countless individuals into a more profound and intimate relationship with God, helping them to ‘listen’ and discern God’s amazing plan for their lives. She was genuinely interested in their lives and offered great encouragement.” (Eulogy)



Eileen E. Fuchs, BVM
July 31, 1959–Aug. 26, 2020

Eileen ministered in St. Louis and Dubuque, Iowa.

“Eileen’s teaching went far beyond science. Her incredible support inspired

students to become better people while remaining true to themselves. Her compassion, love, and joy showed students how to believe in their self-worth and in God’s forgiveness and infinite love . . . ‘What

matters most is that I love and that I am loved . . . I used to say a prayer every day: Lord, let me see your face in all I meet and let me be your face to all I meet. It just boils down to that.’” (Eulogy)



Mary Therese (Joselyn) Pfeifer, BVM
Jan. 3, 1927–Sept. 6, 2020

Mary Therese taught or was principal in Chicago and Kansas City, Mo.

“Two special notes convey both the lightheartedness

and the depth of Therese’s relationship with her students. One former student wrote, ‘Sister Therese, I don’t know how you always retained such composure and kindness with all of those kids causing trouble!’

I’ll always remember your sweet smile and hugs. You are a true angel.’ Another shared, ‘You are a loved one to me! I thank you for providing help, support, shelter and love! You are family!’” (Eulogy)



1100 Carmel Drive
Dubuque, Iowa
52003-7991

Non-Profit Org.
U.S. Postage
PAID
Dubuque, IA
WINC

Do you have a relative or friend who would like to receive a complimentary *Salt* subscription?

Contact: development@bvmsisters.org
1100 Carmel Drive, Dubuque, Iowa 52003
563-585-2854

Check us out online:



BVMSISTERS.ORG

Mount Carmel Bluffs Rising

The views are familiar but the outlook is fresh as the new home for the Sisters of Charity of the Blessed Virgin Mary and area seniors takes shape.

The three-year project is a shared ministry between Sisters of Charity, BVM and Presbyterian Homes & Services. It allows sisters to continue their mission of building relationships while ensuring quality care for themselves and tri-state men and women.

The project includes preserving spaces sacred to the sisters. A remodel of the Motherhouse Chapel will help make Masses meaningful and comfortable for sisters and future residents.

And in a project separate from the Mount Carmel Bluffs construction, the Pine Walk and entrance to the Mount Carmel Cemetery will be made more inviting.

The timeless beauty of the bluffs and the BVM values will live on.



Motherhouse Chapel



Cemetery entrance



Drone photo by Project Developer David Palmer, Senior Housing Partners