

SPRING 2018



"SPIRITUALITY IS RECOGNIZING AND CELEBRATING THAT WE ARE ALL INEXTRICABLY CONNECTED TO EACH OTHER BY A POWER GREATER THAN ALL OF US, AND THAT OUR CONNECTION TO THAT POWER AND TO ONE ANOTHER IS GROUNDED IN LOVE AND COMPASSION."

-Brené Brown, The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are



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# DEAR memory of the second seco

What an exciting way to have started the new year with a special Mass celebrated on January 29 by Archbishop of Baltimore William Lori to mark the 50th Anniversary of the Bon Secours Retreat and Conference Center. From its inception in 1968 and its evolution from the Bon Secours Spiritual Center to the Bon Secours Retreat and Conference Center, this has been a very special ministry of the Sisters of Bon Secours. It has given us the opportunity to share our "Holy Ground" and the beauty, peace and spirituality of Marriottsville. It has also allowed others to interact with the sisters and share the gift of God's love.

As you will read on the following pages, one of the unique characteristics of the Center is that it is used by people of all faith denominations as well as women and men from Catholic Religious congregations. I want to take this opportunity to thank the leadership and staff of the Center, both past and present, for creating and sharing this sacred space. Please enjoy the story of the Center and the quotes by our guests and presenters. Spirituality and healing are an integral part of the lives of the sisters and those who share our mission, so we decided to focus this issue around the theme of spirituality and healing, not only in relationship to the Retreat and Conference Center, but in other aspects of our lives as well. Please enjoy our stories and those of the people who share ministry with us.

On January 24, we celebrated the founding of the Congregation of Bon Secours in 1824 with our annual Recognition Day Luncheon at Marriottsville, and I would like to congratulate the Retreat and Conference Center's Guest Relations Manager Rose Kurtz, who was the recipient of the Fourth Annual Josephine Potel Award. This award is the highest award given to an employee who exemplifies the gifts of Compassion, Healing and Liberation in their work life as well as their personal life. I also want to congratulate all of the Josephine Potel nominees and all of our coworkers who were recognized for reaching milestone years of employment.

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# Healing

A special congratulations to our sisters who will be celebrating their Jubilees this May – Sr. Rita Thomas, who is celebrating 75 years as a Sister of Bon Secours, Sr. Mary Cabrini Bonnett, who is celebrating 65 years, and Sr. Jean Aulenback, who is celebrating 60 years. These sisters have contributed so much to our Congregation over the years and seen so much of our history. We are truly blessed to be able to celebrate their lives and ministries in this special way.

I would also like to welcome Nathalie Lundolo, who did her candidacy in France and then came to the United States for her Novitiate. She hails from the Dominican Republic of the Congo, and I know you will enjoy reading her story. We are so pleased to have her as a part of our Congregation.

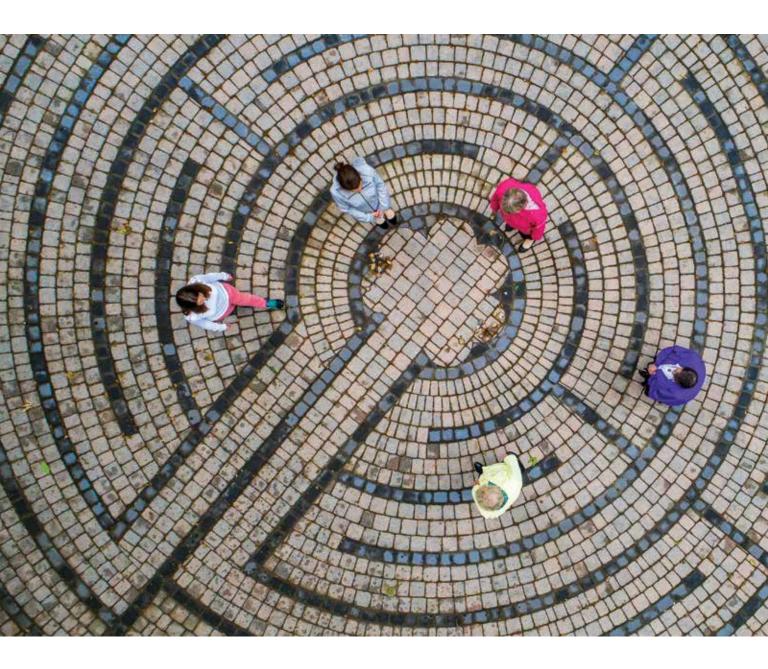
Spring is indeed one of the most beautiful seasons in Marriottsville, whether one is walking the labyrinth or meditating in the Peace Garden or strolling down one of our walking paths. May you find peace and serenity wherever you may be and know you are always invited to enjoy the hospitality of our Marriottsville campus and the Bon Secours Retreat and Conference Center.

Sincerely,



St. Kese Marie

SR. ROSE MARIE JASINSKI Leader, Sisters of Bon Secours, USA



BON SECOURS RETREAT

CELEBRATES

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# NNIVERSARY

"In the rough and tumble of daily life, it can be difficult to pray and discern deeply, to see the larger picture, to sort out priorities, to discern the path ahead. Thank you Sisters of Bon Secours for providing a place of peace, serenity, and love, where so many can come away from their daily surroundings to be surrounded by your prayerfulness and hospitality," said Archbishop William Lori at a celebratory Mass on January 29, 2018 to mark the start of a year-long celebration of the Bon Secours Retreat and Conference Center's 50th Anniversary.



"From its beginnings as the Marriottsville Spiritual Center in 1968 to the present day, the Bon Secours Retreat and Conference Center, located on 313 acres of wooded farmland in Marriottsville, Maryland, provides a sense of peace and tranquility, where visitors build relationships with others and reflect on the many graces bestowed upon them by God," explains Kevin Cassidy, director of operations for the Center. In 1962 when the Sisters of Bon Secours realized they needed to expand from their cramped quarters in West Baltimore, they purchased land in the country in Marriottsville as the future site of their Provincial House. They moved the Provincial House, Novitiate and Infirmary to Marriottsville in 1965, and within three years, they realized there was an entire unused wing of the new building as needs and vocational calls were changing. After hosting the Center's first conference for 136 nurses in 1968 for the Church Home School of Nursing, more conferences and retreats soon followed, and the Marriottsville Spiritual Center, as it was known then, was born under the leadership of its first director Sr. Mary Margaret Burger.

It quickly became apparent that these beautiful facilities, including a chapel, which had achieved national recognition through the Cardinal Lencaro Architectural Competition, a swimming pool, walking paths and a bridge that fostered meditation, combined with meeting rooms and lodging accommodations, were the ideal setting for retreats and conferences.

Sr. Mary Margaret put it well when she said, "We planned it for one purpose, but God had another in mind." She was soon organizing a growing number of retreats and conferences and cultivated a "spiritual milieu" and a place of beauty, peace and quiet for men and women of all religious faiths.

Sr. Rose Marie Jasinski, leader for the Sisters of Bon Secours, USA, says, "Today, the overall mission of the Center remains to bring people to wholeness in terms of spirituality and hospitality." Over the years, she has seen the building transform into a place of hospitality and healing that meshes well with the charism of the Sisters of Bon Secours to be a presence of Compassion, Healing and Liberation in our world. "What began as a home for the Sisters of Bon Secours remains a home for the sisters, but we are so proud and blessed that it has become home to so many others who come here," says Sr. Rose Marie.

After Sr. Mary Margaret retired in 1977, Sr. Nancy Glynn became director and the name changed to the Bon Secours Spiritual Center. There have been several other directors over the years, including Sr. Gemma Neville, Shirley Hawes, Sr. Carol Marozzi, SSJ, Thomas Little, Larry Kaskel and current director Kevin Cassidy.

In 2006, the Center underwent a major renovation, especially of the lodging facilities, and in 2012, the Center went through another name change and is currently known as the Bon Secours Retreat and Conference Center to reflect more clearly that the grounds and facilities are open to all guests, religious and non-religious of

**"I LOVE GOING TO** THE RETREAT AND **CONFERENCE CENTER** AND HAVE BEEN MAKING **MYRETREAT THERE** FOR MANY YEARS. **EVERY EXPERIENCE IS** DIFFERENT, AND THE PRESENTERS ARE GREAT, **ALWAYS SPIRITUALLY** UPLIFTING AND FREEING, AND THE GROUNDS ARE SO BEAUTIFUL AND **REFLECTIVE. THESE RETREATS CARRY ME THROUGH THE REST OF** THE YEAR."

-Sr. Anna Mae Crane

all denominations. The Center today serves thousands of guests each year, and the property continues to be "Holy Ground." In 1999, a Labyrinth was added on the grounds, and in 2003, a Peace Garden was added that includes a Worldwide Peace Pole, where guests are encouraged to pray

**EVERYTHING AT BON SECOURS RETREAT AND CONFERENCE CENTER IS DONE WITH EXCELLENCE** AND EVIDENTLY FOR THE GLORY OF GOD. THE PRISTINE ROOMS, EXCELLENT MEALS AND, MOST IMPORTANTLY, THE KIND AND LOVING **STAFF ALL CAUSE MY EMPLOYEES TO LOOK** FORWARD TO EACH VISIT. THANK YOU FOR **CREATING A SAFE AND** PEACEFUL RETREAT **SPACE FOR US TO CLEAR OUR HEADS AND FILL OUR HEARTS WITH JESUS.** 

–Stephen Kaiss Executive Director Metro Maryland Youth for Christ for world peace. The pond with its bridge, a centerpiece of the property, remains the symbol of bridging Mind, Body and Spirit.

The words of Bishop T. Murphy when he dedicated the property in 1965 remain true today as he described the atmosphere of the Center: "Behold the dwelling place of God."

Today, the Bon Secours Retreat and Conference Center has a staff of 50, hosts more than 350 conferences and workshops a year and sponsors more than 150 retreats. The facility has 10 meeting rooms and 70 private lodging rooms.

"We will never fully know how many people have visited and in how many ways God has touched them during their contact here at the Center these past 50 years, but we know beyond a doubt that God has," says Sr. Bernadette Claps, manager of spiritual care and mission.

"Over these past five decades, the ministry Sr. Mary Margaret pioneered has grown and developed. This house, surrounded by an abundance of natural beauty, became a spiritual environment and a place of prayer and discernment for individuals of varying faiths, for parishes, diverse ministries and institutions and for people seeking to find the right path for their enterprises," said Archbishop Lori as he concluded his remarks at the 50th Anniversary Mass. "It is a place centered on Christ and animated by the Bon Secours charism, a spirituality expressed in giving 'Good Help to Those in Need' — compassionate



help — a spirituality often expressed in the ministry of healthcare, but also expressed here in this house where you share with all of us your beautiful spirit of prayer, hospitality, peacefulness and love. Thank you, Sr. Nancy Glynn (l.) became the Center's director in 1977. Shown with Sr. Mary Regina Flatley (r.)

ILLE SPIRITUAL CENTER Vincial House of Bon Secours

> sisters, and thanks to your many lay coworkers and colleagues who provide this ministry. May this beautiful and life-giving ministry continue for years to come!"

In 1968, Sr. Mary Margaret Burger directed retreats at the Marriottsville Spiritual Center.

Retreat and Conteres

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#### HEALING THROUGH

# SPIRITUAL RETREATS AND PRAYER

The Bon Secours Retreat and Conference Center is rooted in the mission of the Sisters of Bon Secours and embodies their charism of Healing, Compassion and Liberation. The retreats and special events offered at the Center are led by a variety of gifted presenters and serve as paths to spiritual development.



Director of Associates Amy Kulesa at the Sea of Galilee

"Helping people to wholeness through retreats and prayer experiences is a powerful way of healing," says Amy Kulesa, director of Associates for the Sisters of Bon Secours, USA. Amy enjoys facilitating retreats and other activities at the Center that enable participants to discern the narrative of their own lives within the larger context of God's abundant healing, grace and mercy.

She has a background in ministry, helping people develop their faith and spirituality. "As an Associate, I resonate with the charism of Bon Secours, the gift of helping people to wholeness," she says.

Several years ago, Amy founded a weekly centering prayer group at the Center. She had begun meditating and enjoyed the dimension of silence and peace it offered. Coming from a Judeo-Christian background, she found centering prayer to be a way of silent meditative prayer that has as its focus the presence and personal relationship with God, offering a way to be with God on a deeply intimate level.

For those who practice this form of prayer, it becomes a conduit

of healing. Amy says, "We now have regular participants and others beside myself who share the facilitation. Our weekly centering prayer group has become an oasis for people to be with God and one another."

Amy also recently facilitated a retreat called Finding and Committing to Your Purpose that assists people in discerning their purpose in life. She says, "I love helping people explore where God is leading them." Amy has led a variety of retreats and programs at the Center, including a Group Spiritual Direction-in-Common series, Bereavement Retreat Days, Centering Prayer Retreat Days and The Healing Power of Purpose. She also offers regular spiritual direction.

Through these experiences, Amy has witnessed numerous transformative stories of God working through people. Amy says, "Our culture emphasizes functionalism: activity, results and things that can be quantified. These are important, but every person also has an internal transcendent dimension with the potential to discern God's voice and experience peace and God's presence."

ur spiritual journey is not separate from our life journey," says Sr. Bernadette Claps, the manager of spiritual care and mission for the Bon Secours Retreat and Conference Center. Our spiritual journey involves all aspects of our life. It encompasses our joys, sorrows, dreams and struggles, including questions of meaning and doubt about how we imagine God, relate to God and how God relates to us.

Finding the time and knowing how to listen to God's presence in our lives may be difficult, if not daunting, but it is possible, particularly with the prayerful guidance of a spiritual director. "People are often unsure of how to navigate the spiritual terrain, and that is where a spiritual director can be instrumental," explains Sr. Bernadette. A spiritual director approaches a person's story and life as sacred and is trained in "holy listening" to hear where God is present and acting.

"As I accompany someone in spiritual direction, I see the healing action of God's grace in a variety of ways," says Sr. Bernadette. The need for healing can involve many issues that interfere with a person's relationship with God. In spiritual direction, these issues are discussed with prayerful reflection, and these barriers are removed so God's healing grace, compassion and love can be experienced. She sees this healing aspect of spiritual direction as closely connected to the sisters' charism of Compassion, Healing and Liberation.

Sr. Bernadette has spent much of her professional life as a social worker providing therapy and developing and managing social

service programs. While she felt this important work as a ministry long before she became a sister, she realized social work



Sr. Bernadette Claps

did not focus on a person's spirituality or relationship with God. After entering the Sisters of Bon Secours and reflecting more deeply on her own spiritual journey and relationship with God, Sr. Bernadette felt called to the ministry of spiritual direction.

"In my contact with people, I was touched by their spiritual journeys and longing for God, and I felt the desire to accompany them as they sought to understand and deepen their relationship with God," she says. Her professional skills lent themselves to spiritual direction, but she knew specific training was also necessary. She enrolled in the Spiritual Direction Studies Program at Washington Theological Union, and upon completion, began her ministry of spiritual direction at the Bon Secours Retreat and Conference Center in 2011.

Sr. Bernadette sees people who are seeking spiritual direction on a regular, usually monthly, basis. She also meets with people participating in retreats who ask for spiritual direction. People do not always have the experience of being listened to deeply or being able to share and process their faith in a safe, confidential and respectful environment with another person. Spiritual direction is valuable, if not essential, for anyone walking a spiritual path and desiring to deepen their relationship with God.

# SPIRITUAL DIRECTION DEEPENS OUR RELATIONSHIP WITH GOD

#### NEW TRAINING PROGRAM SUPPORTING

# MINISTRY OF SPIRITUAL DIRECTION

rom our earliest days, when the Sisters of Bon Secours went to the homes of the sick and dying to nurse and comfort them, spiritual care has been the focus of our ministry," says Sr. Bernadette Claps, manager of spiritual care and mission for the Bon Secours Retreat and Conference Center.

In her spiritual direction ministry, Sr. Bernadette met individuals interested in helping others with their spiritual journey, and for a long time, she felt there was a void in the Catholic presence in preparing individuals for spiritual direction. She wanted to change that by developing a training program as part of the ministry of the Center. She enlisted the help of Kathy Hope Brown, one of her former teachers and a frequent Bon Secours retreat presenter, and together, they launched a new program last fall called Introduction to the Practice of Spiritual Direction.

They were delighted with the overwhelming response and interest. The course was filled to capacity with 20 participants spanning a variety of ages, backgrounds and levels of religious experience. Kathy says, "Every one of the participants arrived committed and ready to build the trusting community needed for spiritual work." The lessons were grounded in theology, and Kathy taught the classes in much the same way she teaches master's-level seminarians. She says, "I was so impressed with the quality of their work."

Participant Toni Hartman, a retired midwife, church librarian, Stephen Leader and lifelong spiritual quester says, "The incredible speakers, Kathy and Sr. Bernadette's leadership, and the selection of readings all combined to create a thoughtful, prayer-filled intellectually challenging introduction to the vast and rich history of spiritual direction and its modern development."

"We all came into the experience with such open hearts," says participant Linda Mastro, a life coach and former marketing and human resources professional. She had been considering spiritual direction training for many years but never found the right time or program until it was offered at the Center: "The Center is my spiritual home, so taking the training program there blessed the experience even more." Participants were required to be in spiritual direction themselves. "The opportunity to develop a closer more significant relationship with God and have a richer spiritual life was one of the gifts of the program," says Linda.

Kathy says, "It was important the participants learned how to nurture their own spiritual lives. Sr. Bernadette was very pleased with how personal spiritual growth was integrated into the program: "A person cannot do this ministry without being attentive to their own spiritual journey and relationship with God."

Participant Monsignor Michael Schleupner is retired from full-time parish ministry and now does spiritual direction with a number of people in parishes where he assists and with clients at the Caritas Counseling Center in Towson, Maryland. He says, "The onsite weeks were very intensive, and the papers we wrote really made me think about what spirituality means to me." He had been actively seeking a program that would enhance and deepen his ability to be a spiritual guide and hadn't found one that resonated with him until a friend mentioned the Bon Secours program.

Nancy Santamaria, a lay formation director for Norbertine Associates, had been practicing spiritual direction on a limited basis and had also been actively seeking formal training. She was thrilled to find the Bon Secours program: "Kathy and Sr. Bernadette are both experienced, compassionate spiritual directors."

Spiritual direction is a ministry to which individuals feel a call. "Discerning the call is a prayerful, reflective, experiential process, and so one of the goals of this program was to help participants determine if, in fact, they were called to this ministry," says Sr. Bernadette. "The participants had solid spiritual and prayer lives. They shared their gifts and spiritual insights, and they bonded together in friendship. Their participation enhanced the learning experiences of all."

In addition to requiring a certain knowledge and skill base, accompanying others on their spiritual journey is also an "art" that is honed through practice. Acquiring the knowledge and skills necessary to listen deeply to the spiritual experiences of another and hold them as sacred is at the heart of the spiritual direction ministry. It requires being able to be attuned to the action of the Holy Spirit in one's life and seeing the work of the Spirit in another's life. Sr. Bernadette says, "We plan to continue growing this much-needed program to advance and support the ministry of spiritual direction."

# **PATHWAY** TO PEACE

In celebration of the 50th anniversary of the Bon Secours Retreat and Conference Center, a brick walkway, Pathway to Peace, is being created. It will go from our existing walkway near the gazebo to the Peace Garden, ending by the Worldwide Peace Pole. The Pathway to Peace project serves as a fundraiser for the Sisters of Bon Secours to help offset the operating expenses of the Retreat and Conference Center.

Plain bricks will be used to construct our new pathway and, over time, these bricks will be replaced with specialized commemorative bricks, purchased in honor of loved ones, family and friends. Our hope is to see the pathway full of names of those who have cherished the Center over the last 50 years. The purchase of these bricks is 100 percent tax deductible. You may purchase a brick at RCCBonSecours.com by following the link for the Pathway to Peace project.

NO ONE COMES TO THE BON SECOURS RETREAT AND CONFERENCE CENTER BY ACCIDENT. I HAVE SEEN PROOF OF THIS SO MANY TIMES IN THE CONTACT I HAVE WITH THE PEOPLE WHO DO COME HERE. I THINK GOD PLAYS A PART IN DRAWING PEOPLE HERE FOR REASONS KNOWN TO GOD AND TO BE REVEALED TO THE PERSON.

-Sr. Bernadette Claps



# THE HOLY FATHER VISITS PERU

n January 19, 2018, the Peruvian Sisters of Bon Secours welcomed Pope Francis to our country and to our city of Trujillo with great joy. The theme of this great celebration was "United by Hope." The Holy Father visited three large cities: Puerto Maldonado, chosen for its large indigenous population; Trujillo, a city in the northern part of the country, strongly

impacted by the effects of the coastal el Niño; and our capital Lima, the city of our Peruvian Saints, Rose of Lima and Martín of Porres.

Many months of preparation were required to create this great feast that would welcome among us the Vicar of Christ. One of the songs that was very popular during the visit and expresses the great love that we Peruvians have for the Pope was "How can I not love you, you are Pope Francis, the Vicar of Christ who is coming to see us..." For the Sisters of Bon Secours, this visit was especially meaningful since Pope Francis brought our people a message of hope in the face of difficult political, social and ecclesial situations across our country.

In the city of Trujillo, Pope Francis met with members of the Church in the College Seminary

of St. Carlos and St. Marcelo to include priests, religious and seminarians from the 11 ecclesiastical divisions of northern Peru. In his message, the Holy Father said that we religious are not called to replace the Lord and that faith in Jesus is contagious. He also mentioned that the young people should not abandon the elderly. If the young help the elderly to dream, then the latter will help the younger ones to prophesy. The Holy Father added that young people walk fast, but that it is the elderly who are familiar with the road.

One of the gifts from this visit is that our own Bon Secours sister, Sr. Gumercinda, received the direct blessing of the Pope, who approached her when he finished speaking to bless her and to give her a Holy Rosary. What joy!



# SISTERS IN PERU

REFLECT ON THEIR RETREAT

The Bon Secours sisters in Peru were happy to spend some intimate time with our good God on a retreat in January, in the House of Galilee in Tortugas-Chimbote, a lovely place where one can breathe in peace while contemplating the ocean, a place that is conducive to silence and prayer. The retreat was animated by the Holy Spirit through Father Jaume, who guided us in the process of meeting love and God. Throughout the retreat, we were invited to hear and welcome the calls that God offers us as consecrated women through the APARECIDA\* document. Reflecting on the message offered by Pope Francis in Trujillo, we began our retreat by remembering with gratitude our personal histories and moments of salvation lived

during 2017, remembering especially situations, faces, experiences, errors and accomplishments and looking at life through the eyes of God with mercy. Some of the calls that resound in the depths of our heart, and that are solidified in our commitment as Sisters of Bon Secours, are calls to be disciples, experts in unity, lead fruitful missionary lives, be witnesses of the Kingdom, be servants of life and joyfully call others for the mission. All of this is based upon our looking inward to see how we are living our consecration in the light of these calls from God and from our people. Each one of us has a long road ahead to look within ourselves and to respond generously to this invitation.

#### ENTERING NOVITIATE

Sisters of Bon Secours in Peru were pleased to welcome Carman Clotilde Mejia Aguilar and Lila Jasmine Elias Leon into the Novitiate on March 19, 2018.

\* A document from the meeting of the Bishops of Latin America and the Caribbean in Brazil, 2007.

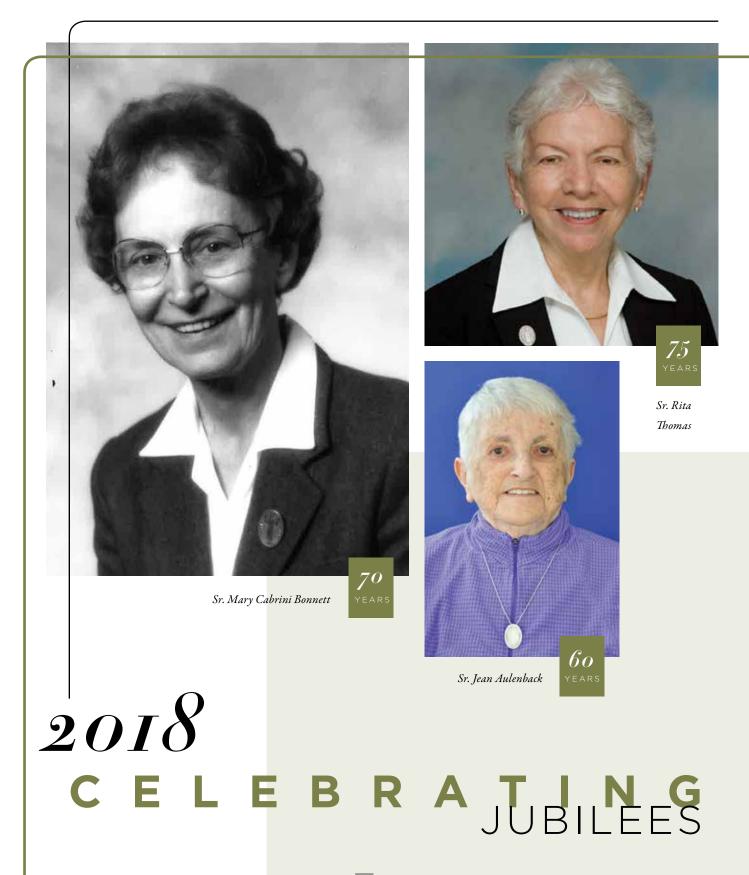


"A very important part of working with cancer patients and their families is being present," says Sr. Dorothy Brogan, chaplain for the St. Francis Cancer Center in Greenville, South Carolina. In her pastoral care ministry, Sr. Dorothy spends much of her time ministering one-on-one to patients and their families. "Mostly it is presence and listening and not so much what I say or do, especially if it's the person's first time and they are experiencing a lot of anxiety and fear of the unknown," she explains.

Sr. Dorothy usually meets with patients on their first day of treatment. She is very sensitive to religious preferences, offering prayer and scripture reading at the patient's request, but she also has a sense of when to just sit quietly or offer reassurance. "I see it as companioning the sick," she says. Very often her main role is to be a comforting presence and simply hold the person's hand or let the person cry. Sr. Dorothy also offers emotional and spiritual support to patients' families and the staff with whom she works. She very much sees herself as part of a healthcare team healing the whole person both physically and spiritually. From an early age, Sr. Dorothy was attracted to the sisters' mission in healthcare and helping the sick. She entered the Sisters of Bon Secours at the age of 19 and knew she was in the right place. During her more than 60 years as a Sister of Bon Secours, Sr. Dorothy has served as a nurse for cancer patients, vocation director, hospice chaplain, and a nurse in a clinic in Ecuador, South America. Through her experience as a nurse working with oncology patients, Sr. Dorothy discovered her gift for working with the sick and this led her to become a chaplain. Her years of experience in nursing provide a rich background for being comfortable at the bedside of the sick.

Cancer treatments may span several years and include frequent ongoing follow-up visits. This allows Sr. Dorothy to form long-term relationships with patients and their families, something she really enjoys. Time and again, Sr. Dorothy sees the miracle of physical healing closely connected to spirituality. She says, "I find that people get through the experience of sickness and suffering because of their deep faith and trust in God."

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# CELEBRATING 75 YEARS | SR. RITA THOMAS

Born in Baltimore, Sr. Rita Thomas joined the Sisters of Bon Secours in 1943. She graduated from the Bon Secours School of Nursing and earned a B.S. in nursing from Mercy College in Detroit, Michigan, and a M.S. in nursing from Catholic University in Washington, D.C. During her career, Sr. Rita held many staff and supervisory positions in both acute and long-term care settings.

In 1966, Sr. Rita moved to Richmond, Virginia, to help open St. Mary's Hospital and serve as its first director of nursing. In 1967, she was named CEO, becoming the first female CEO of a Richmond hospital.

She served as Provincial of the Sisters of Bon Secours in the U.S. from 1973-79, where she sowed the seeds for Bon Secours Health System by creating the national position of health care coordinator to establish communication and consistency among the hospitals. She later served as chairperson of the Bon Secours Health System from 1994-96. Following her term as Provincial, Sr. Rita moved to Florida, where she earned her nursing home administrator license and worked at Villa Maria Nursing and Rehabilitation Center. In 1983, Sr. Rita moved to Hampton Roads to assist in the transition of Maryview Hospital from the Diocese of Richmond to Bon Secours Health System and guided community initiatives, helping Maryview Hospital grow into a regional health care center. Subsequently, she served for many years as president of the Bon Secours Hampton Roads board. Sr. Rita said, "I always had the challenge of balancing charity care with fiscal responsibility, but never lost sight of the mission of the Sisters of Bon Secours."

Sr. Rita's work extended beyond the United States. In 2006, she assisted the Peruvian Sisters of Bon Secours with their health clinic's programs and expansion of its surgical capabilities.

In 2010, Sr. Rita received the Catholic Health Association's Lifetime Achievement award for her leadership in health care, commitment to human dignity, and defense of the poor and vulnerable. Among her many awards are the Distinguished Leadership Award for Central and Tidewater Virginia from the American College of Healthcare Executives and being named an Outstanding Professional of Hampton Roads. Sr. Rita continued her ministry for several years through volunteerism and board membership. She is now retired and living in Marriottsville.

# **CELEBRATING** *bo yEARS*

SR. JEAN AULENBACK

Born in Mahone Bay, Nova Scotia, in 1930, Sr. Jean Aulenback attended nursing school with the Sisters of Charity in Halifax and worked in the maternity department of a hospital in Halifax. She emigrated to the United States in 1952, arriving in Michigan, where she met the Sisters of Bon Secours and joined the Congregation in 1958. After making first vows, she was assigned to Bon Secours Hospital in Methuen, Massachusetts. She then came to Baltimore in 1962 to work in Bon Secours Hospital. In 1980, she transferred to Grosse Pointe, Michigan, for a year. During her nursing career, she was a staff nurse, head nurse, supervisor and ICU nurse.

# CELEBRATING 70 YEARS | SR. MARY CABRINI BONNETT

Sr. Mary Cabrini Bonnett grew up in East Baltimore, learning the value of helping others. Her father, a city councilman, always helped those who came knocking on their door for jobs. Her mother fed those in need with the leftovers from the restaurant she owned. Sr. Cabrini always wanted to dedicate her life to helping others and apply the religious values she learned as a child.

She attended business school and worked in the Employee Relations department of the Exxon refinery in Baltimore. In 1948, she heard about the work of the Sisters of Bon Secours and entered the Congregation six weeks later. In 1953, she graduated from the Bon Secours School of Nursing.

Sr. Cabrini served as a nurse for many years at Bon Secours Hospital and Johns Hopkins Hospital in Baltimore and at Mount Sinai Hospital in New York City. At Bon Secours Hospital Baltimore, she was especially known for her work in the Maternity and Emergency departments.

Sr. Cabrini also served at St. Edmund's Home for Crippled Children in Philadelphia and was later appointed superior and administrator of the Bon Secours Angelus Convalescent Home in Wildwood, New Jersey, one of her favorite missions. In recognition of her work in Wildwood, she was named an honorary fire chief and police chief and was elected Woman of the Year.

For more than 20 years, Sr. Cabrini was the front desk receptionist for the Bon Secours Health System Office in Marriottsville. In 2007, the new Information Technology Department building in Richmond, Virginia, was named the "Sister Mary Cabrini Building" in honor of her years of service to the health system.

Sr. Cabrini has seen the outwardly visible signs of religious life change from traditional habits to regular dress, from being missioned to a particular ministry and convent to choosing one's living and ministry situations, but she says the most important tenets have remained the same: "Prayer and the desire to help others—those are the constants. It gives you a lot of satisfaction to know you are doing this work for the Lord. No matter what happens, you have that peace." Sr. Cabrini is now retired and living in Marriottsville.

Sr. Jean left Grosse Pointe to study Clinical Pastoral Education in Methuen and then returned to serve as chaplain for six years. During that time, she graduated from the University of Detroit with a B.S. degree in health and human resources.

In 1988, Sr. Jean moved to Richmond, Virginia, where she worked with hospice patients and their families. She later moved to Marriottsville, where her ministries included management of the Bon Secours Spiritual Center Bookstore for ten years and serving as Sacristan of the Chapel in the Bon Secours Spiritual Center, now known as the Bon Secours Retreat and Conference Center. Sr. Jean was also a part-time nurse for our sisters on Marian Hall and helped arrange their transportation to various appointments and for shopping.

Sr. Jean enjoys birdwatching, stargazing and showing movies to the sisters on Marian Hall, where she now resides. "It never occurred to me when I was baptized at the age of 17 that I would have so many adventures with the Sisters of Bon Secours," says Sr. Jean.

# **ROSE KURTZ**

# RECEIVED FOURTH ANNUAL JOSEPHINE POTEL AWARD

n January 24, at the annual Recognition Day Luncheon on the Congregation of Bon Secours Foundation Day, Retreat and Conference Center's Guest Relations Manager Rose Kurtz received the Fourth Annual Josephine Potel Award. This is the highest award given to an employee who exemplifies the gifts of Compassion, Healing and Liberation in their work life as well as their personal life and demonstrates giving "Good Help to Those in Need."

In describing Rose Kurtz, her co-workers emphasize that she represents the Sisters of Bon Secours in her community and her church. She feeds the homeless in Baltimore City each month and is known by name by those she serves. Rose collects donations of socks, gloves and scarves and hands them

"the highest award given to an employee who exemplifies the out to those in need. She participates in many fundraising events to raise money for charities—particularly marathons.

Rose is also very active with her parish, serving in the choir and as a parish council member and weekly money counter. She is also her church's liaison concerning the needs of immigrant families in the parish.



Francis Murphy Social Ministry Recognition Award for Advocacy from the Archdiocese of Baltimore. In his nomination, Rose's pastor noted the many ways in which she helps the parish and her many activities aimed at helping people.

She is also on the board of directors for the Asylee Women Enterprise organization, a ministry of the Sisters of Bon Secours and other women Religious. In 2017, Rose was instrumental in coordinating a Bon Secours Day of Service at the Asylee Center, resulting in several rooms being painted by employee volunteers.

Rose truly lives out the mission of the Sisters of Bon Secours every day, whether at work, in her church or in her community. We congratulate Rose on this honor.

gifts of Compassion, Healing and Liberation..."

# \$86,323 in ministry grants awarded

# GRASSROOTS EDUCATION on the Death Penalty - \$15,000

This program focuses on creating awareness and influencing legislation that will ultimately abolish the death penalty and bring attention to the plight of those committing crimes while suffering from mental incapacity. This Virginia-based initiative addresses the inadequacy of current legislation around this issue. The funding provides a salary for a field director, who will educate the public as well as legislators about this issue.

# **SHECP INTERNSHIP** for Studies in Poverty - \$16,323

The Shepherd Higher Education Consortium on Poverty sought funding to support six students who will be placed in learning internship programs within Baltimore non-profits to experience a practicum to coincide with their studies on poverty. This unique program seeks to expand awareness of poverty by advocating for higher studies programming throughout educational institutions within Maryland. Funding will provide housing, food and transportation for six students.

# INTERSECTION OF CHANGE -Martha's Place - \$10,000

Intersection of Change - Martha's Place is a community-based nonprofit in West Baltimore designed to address the needs of drug-affected and homeless women. The program offers comprehensive help that includes housing, medical services and occupational and drug counseling. The program has expanded and grown from helping nine women to fifteen women. Funding will serve to support the addition of an addictions counselor.

# **S W I T C H :** Human Trafficking and Sexual Exploitation - \$20,000

SWITCH is a South Carolina-based organization designed to address the growing epidemic of sex trafficking. This is a multidimensional problem that needs to be addressed legally, morally, educationally and physically. Funding will assist in the operational functions of the organization, addressing a multiprong approach to combat its insidious spread and helping the victims who find their way to help. These individuals will receive comprehensive medical treatment, counseling, housing and eventually meaningful work. Funds will also support the salary of a social worker.

# MOVIES AND MEANING Experience - \$10,000

Movies and Meaning – Building a better world through telling better stories – is the creative expression of founder Gareth Higgins, a native of Northern Ireland. Gareth witnessed firsthand the violence between Catholics and Protestants in his early years. His vision and intention are to build a better world using movies that inspire and bring people to intentional dialogue around peacemaking and peaceful co-existence with people of various backgrounds, races and beliefs. The program seeks to attract over 500 people and is an annual event.

# SISTERS ACADEMY: Building Capacity for Graduate Support - \$15,000

The Sisters Academy continues to grow and experience the rewards of their work with young girls of middle school age. Every year, more young girls graduate and move on to high school and then college. The Sisters Academy has developed a unique position that allows for a full-time person to serve as a contact and provide support for young women as they move forward on their educational path. This service also helps the young women maintain a connection with the school that started them off on a wonderful life. Funding will support the addition of another staff member to serve in this office.

# PRAYING

God desires a personal loving relationship with us and waits for our attention! Two stanzas from a poem titled the "The Hound of Heaven" by Francis Thompson speak of the ways of God and the evasive maneuvers of the human soul:

...I fled Him, down the labyrinthine ways

Of my own mind; and in the midst of tears

I hid from Him, and under running laughter.

Up vistaed hopes I sped;

And shot, precipitated,

Adown Titanic glooms of chasmed fears,

From those strong Feet that followed, followed after...

...Still with unhurrying chase,

And unperturbed pace,

Deliberate speed, majestic instancy,

Came on the following Feet,

And a Voice above their beat—

'Naught shelters thee, who wilt not shelter Me.'

I sought no more after that which I strayed...

# FOR A LOVING BOLDNESS

When we begin to allow God into our hearts, a whole new way of relating with God begins to grow. God wants to be with us and shower love upon us. This relationship involves a dialogue, which goes beyond asking for what we need. Prayer is as simple as talking over your day with a good friend—a deep sharing of love. God wants to hear whatever is on our heart no matter what it is. Prayer can change the way we see things—it moves us to become more like God in our ways. We consider what God is asking of us and how God sees things.

God knows the challenges we face in life and when choices are put before us, especially those choices about who we will be and what we will do in the world. The decisions we will make about our future, our state of life and our vocation are often times of confusion or floundering, searching and questioning.

What if God asks you to follow Jesus through a specific way of life, such as becoming a sister in religious life? How would you react? Surprised? Tremble? Feel unworthy? Find it incredible? How would you respond? Ask, who me? Run away internally? Boldly say yes? Would God ask us to follow Jesus as a sister if it were not the way of life in which we can best live out our life and bring glory to God and others?

When God asks something of us, we may tremble, as I'm sure Mary, an ordinary Galilean village girl, did when asked to be the mother of God's son, Jesus. She is also our example of listening to God's quiet whispers in her heart and with graced openness courageously responding to God's call. "Do not be afraid, Mary, for you have found favour with God," says God's by SR. PAT DOWLING Vocation Director, Sisters of Bon Secours

> messenger Gabriel, the Archangel. And Mary replies, "Let it be done to me according to your will." (Lk 1:30)

> Prayer is at the heart of understanding God's bigger picture and responding from the deepest part of your heart. The following simple prayer practice will help you towards taking steps to know if God is calling you to be a sister. It is based on the Examen by St. Ignatius. The intent is to open yourself to God's grace. Take 5–10 minutes to go over your day with Jesus. Begin by placing yourself in God's presence.

> **Gratitude:** Thank God for any blessing of your day. **Request Insight:** Ask the Holy Spirit for insight to see your day through the Spirit's eyes.

> Action and Attitudes: As if watching a movie of your day, replay and ask: Where was Jesus in your day? Where did you experience God—or not? What were the joys, and when did you feel discouraged? What could you have done differently? Chart a Course: Plan how you will approach tomorrow. How can you let God's love be more a part of your day? How can you let Jesus be a part of your actions and attitudes? Entrust: Close your prayer by entrusting yourself and all the events and people of your day to Jesus.

Like Mary, let us open ourselves to the possibility of a relationship with God, or deepening our relationship, and when God, who loves us beyond anything we can compare, calls us, respond like Mary did, with a loving boldness.

# 2018 Come & see Weekends



# July 13-15 October 5-7

Come and See Vocation Weekends are for single, Catholic women ages 18-48, who wonder about religious life as a Catholic sister and are searching to understand their vocation in life. Spend time with sisters and listen, share, pray and reflect on God's voice within the quiet of your heart. Come with your questions and desires for a place to share and discover God's call in your life. For more information, contact Sr. Pat Dowling at 410-442-3172 or email us at CBSVocations@bshsi.org. Also, check our website for dates and times of our chat room discussions.

Visit our websites at BonSecoursVocations.org and LifeAsASister.org.



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Imagine a Sister's Life

# ATTRACTING YOUNG ADULTS TO THE CHURCH

As someone who works with young people for a living, I am often asked for advice on how to attract them to the Church, usually with the thought that they have left or wandered. I am often asked what they want and how best to reach them or talk to them. The longer I do this work, the simpler the answers seem to be.

Answer: Find a young person close to you, a niece or nephew, a son or daughter, a grandchild, a coworker, a neighbor – don't overthink it, just pick whoever is easiest. Then share your faith with them.

Tell them about your joys and hopes, your struggles and disappointments on your journey of faith. Then ask them about theirs and listen to the answers and questions they have. TELL THEM ABOUT YOUR JOYS AND HOPES, YOUR STRUGGLES AND DISAPPOINTMENTS ON YOUR JOURNEY OF FAITH. THEN ASK THEM ABOUT THEIRS AND **LISTEN** TO THE ANSWERS AND QUESTIONS THEY HAVE.

by NICHOLAS STEIN Program Manager, Bon Secours Young Adults

people are being defined, for the purposes of the Synod, as those between the ages of 16-29. Hundreds of thousands of young people from all over the world have already given input through surveys and listening sessions, and hopefully, thousands more will continue to do so at www.synod2018.va through the coming year.

> This Synod is an important moment in the life of the Christian community for it gives all of us the opportunity to dream of the future. It gives all of us the opportunity to practice accompaniment with the young people in our lives. It gives us an opportunity to reach out to every young person, all of whom are attempting to navigate the tricky waters of early adulthood.

Think of all the young people in your life, those living closest to you and those living farthest away; the youngest and the eldest; the

What do the young want? More often than anything else, they say

they want to be accompanied, for you to be present with them. They also want to be mentored and befriended.

In October of this year, Pope Francis will lead the XV Ordinary Synod of Bishops on the theme of "Young People, the Faith, and Vocational Discernment." Young ones you love spending time with and the ones you wish you got to spend even more time with. Who do you want to reach out to? It doesn't take any skill or training; it doesn't take a formal program or an invitation. It usually just takes a text message followed by a phone call and a cup of coffee. I promise they will pick up. MAKE SURE YOU SAVE THE DATE FOR THESE UPCOMING FARM WEEKENDS AND REGISTER ON OUR WEBSITE: bonsecoursyoungadults.org

Bon Secours Charism Weekend: "Liberation" August 3-5, 2018 Bon Secours Townley IV Farm Amherst, VA

Bon Secours Charism Weekend: "Compassion" February 15-18, 2019 Bon Secours Townley IV Farm Amherst, VA

# CALENDAR <sup>of</sup> EVENTS

Whether you were last at an event a week ago, or two years ago, we want you to know that Bon Secours Young Adults is always a place you can call home and call your community.

On February 21, we kicked off a new series of events we are calling BSYA Connect with ACOUSTIC LENT: An Evening of Music and Prayer at Historic St. Mary's on Paca Street in downtown Baltimore. On March 24, a week before Holy Week began, we held a retreat called ACOUSTIC LENT: A Day Long Experience of Silence. BSYA Connect events are great opportunities to connect with old friends from past retreats, connect with new friends who have joined the community and, most importantly, connect with God. Find the entire calendar on our website.

Our first Bon Secours Young Adults Retreat of the year, **Healing through Joy**, was held at Townley IV Farm in Virginia. We were blessed with spring-like weather and had a relaxing fun-filled weekend.

The next World Youth Day is happening in late January 2019 in Panama City, Panama. Once again, Bon Secours Young Adults will be making the pilgrimage with the Archdiocese of Baltimore, and we want you to join us —no matter where you live! See our website **bonsecoursyoungadults.org** for details.

# THE CANONICAL **NOVITIATE:**

In a previous issue of *Focus*, you read about Candidacy, the first phase of initial formation after a woman has been accepted to study to be a Sister of Bon Secours. Candidacy is six months to two years long and is the earliest stage of transitioning from life as a single lay Christian woman to becoming a religious sister. After completing the Candidacy, the woman is then accepted to start what is called the Canonical Novitiate. This is the most defined part of the initial formation program. According to Canon Law, if the woman is absent from the Novitiate House over 15 days, she has to make the days up, and if she misses over three months continuous or interrupted, (e.g. an illness that prevents her from participating in the Novitiate program) the Novitiate is invalid, and she has to start over again (Canon #647). Even the location of the Novitiate House has to be formally approved in writing by the Congregation Leader and her team (Canon #647).

# A PART OF THE INITIAL FORMATION

# PROCESS

The Bon Secours Constitutions describe the Novitiate as "a privileged time when the community offers the sister ample opportunities to study, ponder and assimilate the spirit of the Gospel, especially the evangelical counsels, and the spirit and mission of Bon Secours. It is a time of deepening relationship with Christ, during which the novice reflects on the grace and responsibility of her personal consecration to Him." (CBS Constitutions #63) ntil recently, each country where the Sisters of Bon Secours are located had its own Novitiate House in which the woman in initial formation from that country would live. In recent years, with the Congregation moving toward a community without country borders, we have been transitioning toward more flexibility as to where a woman might make her Novitiate.

Nathalie Lundolo Ninga, who was received into the Novitiate on October 6, 2017, is from the Dominican Republic of the Congo, where the Sisters of Bon Secours do not have local communities or a Novitiate House. Nathalie did her candidacy in France (since her native language is French), and after being received into the Novitiate, moved to the USA, where she is doing her Canonical Novitiate year in Marriottsville, Maryland. In France, she studied the history of Bon Secours, catechesis and English, while she worked with the elderly and infirmed residents in Vendôme, France.

Sr. Elaine Davia, who is the director for Nathalie's Novitiate year, went to France for the reception ceremony that took place October 6, 2017, in the Bon Secours Chapel in Paris. The ceremony was simple and meaningful. Sr. Nancy Glynn officiated, and many of the sisters in France, as well as Sr. Pat Dowling who was in Great Britain at the time, were able to be present. After the reception, there was a grand celebration combined with sadness as Nathalie was departing France and saying goodbye to the sisters she had been living with for two years.

During her Novitiate, Nathalie will be studying the history of Bon Secours, Bon Secours Constitutions and Statements, Church history and documents, the vows and many other topics. She also participates in retreats and reflection days and continues to study English. She volunteers one day a week at the Sisters Academy of Baltimore and participates in inter-Congregation formation weekends and Bon Secours international classes with sisters in initial formation in our other countries.

#### **MEET NOVICE**

# NATHALIE LUNDOLO NINGA

# Nathalie Lundolo

Ninga is from the Dominican Republic of the Congo and was born into a Catholic family with six children, four girls and

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two boys. She completed her primary and secondary studies, focusing on biology and chemistry. From her earliest years, she always wanted to serve God in religious life in order to live out the Christian teachings that her mother taught her—to help those in need and have compassion towards those who suffer. "These teachings increased my desire to serve God as well as the sick and others around me in the various ways in which I saw the Sisters of Charity of Namur care for the ill and take compassion on their sufferings," says Nathalie. "What called me to religious life is the love of Christ and the compassion to joyfully serve Christ through the sick and through those who suffer around me."

"I had not heard about the Sisters of Bon Secours, but I did read the brochure about them that a woman named Espérance (Hope) gave me. Later, I met Srs. Pat and Jacqueline, who came to my country to meet the first Congolese women who had reached out to the sisters through the Sisters of Bon Secours website. Espérance was one of those women. When I read the brochure, the charism of Bon Secours captured my heart, and I decided to choose their Congregation to serve God," explains Nathalie. "What attracted me to Bon Secours was the charism, the compassion and the simplicity of the sisters."

Nathalie did her Candidacy in France, where she lived for two years: "It was a very lovely experience that gave me the courage to continue to follow my vocation with Bon Secours. I experienced life in community, spiritual life and work. We prayed together in the morning, at noontime and in the evening. I worked with migrants at the Catholic Assistance Center, and I also worked with the elderly as a nursing aide. I also sang with the parish choir in Vendôme and took courses on the history of the Congregation, on the Divine office, and on the catechism of the Catholic Church, and once a week I took a course in English. I learned about French culture on a daily basis, and I lived community life in our three communities in France: Vendôme, Paris and Arras.

"As far as my experience in the Novitiate in the United States, I am living a very beautiful experience here as I intensify my closeness to God in prayer, in the Eucharist, in our community meetings and in various sessions. I do believe that these are the essential points that characterize my life in the Novitiate. I am also impressed by the openess of the sisters to the realities of present day life and to the different kinds of formation available for religious life."

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# **SPIRITUALITY** & HEALING

by Amy Kulesa Director, Bon Secours Associates

rom the beginnings of the Congregation of Bon Secours, physical healing was always closely connected to the spirituality and faith of the sisters. As they nursed people in their homes, their prayers were for both the physical and spiritual wholeness of their patients. Often the miracles of healing were as much relational, emotional and spiritual as they were physical, as so movingly described in the written history of the early Congregation. This ministry continues today in the many outreaches begun by the sisters, in health care and in other areas such as fair housing, water conservation, quality education for low-income students, antihuman trafficking efforts and spiritual care at the Bon Secours Retreat and Conference Center.

The connection between spirituality and healing inspires the diverse ministries of the Bon Secours Associates, which are closely aligned with the mission and charism of the sisters. Compassionate care for the sick and dying has inspired generations of Associates serving as nurses, chaplains, hospice caregivers, mission leaders and in other related healthcare fields. Ursula Ardy, a Richmond Associate, has been recently certified as a grief counselor after years of hospice ministry. She says, "Personally, I still feel very much a part of Bon Secours even 11 years after I worked for the health system in hospice. Everyone, from fellow Associates, sisters and volunteers, demonstrates the charism in amazing ways." The members of her own Richmond Associate group, both retired and currently in the work force, serve or have served the healing mission of Bon Secours in diverse ways. Ursula continues her healing work today, companioning people journeying through the grief process.

Helping people to wholeness addresses multiple dimensions of the human person. The Baltimore Associates hosted a social and game night for formerly incarcerated individuals in the Bon Secours Baltimore Health Systemsponsored TYRO program. Feeling welcomed and supported by community is an integral part of reintegration back into society and involves the whole person—body, mind and spirit.

Another example of this integration is work done in Ireland some years ago by Pamela Clark, a Maryland Associate, who now resides in California. She hosted a program of reconciliation in Northern Ireland for Protestants and Catholics, a process involving deep soul work on both sides. Not easy work, but essential for the healing of a society torn by years of distrust and injustice.

Associate Bonnie Acosta, who serves as a bilingual navigator serving Hispanic residents of Greenville, South Carolina, in the Wellness Outreach of Bon Secours Health System, has this to say about her work: "I think every day about how fortunate I am to be able to serve the people that come to my office. In spite of extreme economic poverty, hardship, oppression and fear, they convey joy and gratitude that humbles me. I feel blessed to have a job that helps me keep life in perspective." The social, spiritual and physical aspects of healthcare come together in serving this vulnerable population.

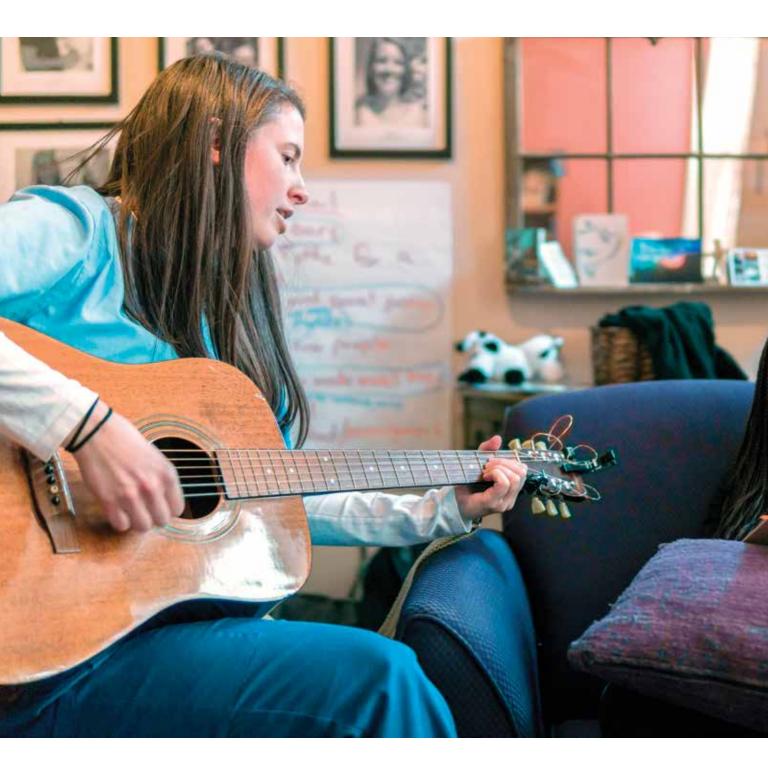
Compassionate care for the dying is a ministry central to the heart of Bon Secours. Associate

Mary Jane Strobel serves as practice manager for Bon Secours Health System Greenville's Palliative Care program. She says, "I am blessed and honored to serve our ministry in the management of our Palliative Care program. Our providers are compassionate, skilled and very dedicated to providing specialty support to our patients and families. I have great respect for our interdisciplinary ministry and feel blessed to be part of this sacred work." In this ministry, which is so important to the history of the sisters and continued today by many Associates and coworkers, we clearly see the intertwining of spirituality and healing, as people's souls are attended to along with their physical needs during the dying process.

Grateful for the charism and mission shared by the Sisters of Bon Secours with so many coworkers in the vineyard, Associates share in diverse ways the call to help people to wholeness and to be instruments of Compassion, Healing and Liberation to those they serve.

Richmond Associates





# SPIRITUAL GROWTH

by OLIVIA STEBACK Program Manager Bon Secours Volunteer Ministry

ach year, Bon Secours Volunteer Ministry (BSVM) creates a weekly communal prayer time providing the volunteers with an intentional space to nurture their relationship with God and others. On the following pages, our volunteers share their experience of communal prayer with you. This weekly Community Night is an integral part of our pillar, "Grow Spiritually," the pillar from which all other pillars of the ministry flow. As you step into BSVM's Community Night experience, I ask you to read with a gentle and open heart, knowing that you are walking into a holy space.

Ruby Miller on guitar and Claire Kimilu singing. Claire Kimilu provides a beautiful introduction:

Community Night reminds us that we stand on sacred ground. An interruption in the everyday hustle of the workweek, it pulls us (both physically and spiritually) inward and toward God. We become more aware of ourselves, of our humanity. We feel more fully, noticing our warm breath, breath through which the Holy Spirit flows.

Each Monday, the volunteers, along with one staff member, enter into a time of prayer that is guided by the structure of routine while simultaneously allowing for freedom of expression and creativity.

Next, **Beatriz Cuevas** and **Elizabeth Tittle** describe the structural aspects of this time together as well as the preparation that leads up to each Community Night.

Beatriz: Community Night consists of sharing a warm, home cooked meal, prayer and sacred circle. Sacred circle is a time for the volunteers to speak to each other lovingly and directly about interactions and events of the week. Prayer is led by a pair of volunteers for a two-month period. During our first two months in Baltimore, I volunteered to lead prayer with my community member Claire. To prepare for prayer, Claire and I spent a lot of time together. We talked about each other's personal and spiritual lives, listened to Christian contemporary music, stayed up late reflecting on challenging Bible passages and got creative planning fun activities for the group to participate in during prayer time. The fun activities usually involved coloring, journaling or crafting.

Elizabeth: The book Common Prayer for Ordinary Radicals serves as the backbone structure of our Community Night evenings. Following the tradition of the Divine Office, it provides us with biblical passages to pray with and read together. However, it also allows for much more than simply reflecting and reading; it supports a contemplative space filled with creativity that results in unique prayer experiences each week.

As you read on, I ask you to notice how the volunteers create a safe space for each community member to enter.

Narda Salinas invites us to experience Community Night with our senses:

The candles at the center of the prayer table flicker, and a silence fills the space. The community takes a moment to center ourselves. Everyone becomes more conscious of our breath, breathing in deeply and exhaling out. Aware of the sofa pressed against our backs and our feet firmly on the ground, we attempt to simply be in the moment and prepare for the prayer ahead of us. After we gently open our eyes, we reach out for Common Prayer and open the book to the day's reading. Taking turns, each member reads a section. Together, we also sing the day's song with Ruby enthusiastically leading the music with her guitar. This safe environment opens a place for the volunteers to share deeply and vulnerably as they pray.

Both **Sam Ting** and **Ruby Miller** express how their prayer facilitates the creation and strengthening of relational bonds.

Sam: Joining this safe space provides a place where judgement and biases are left out. As I participate in prayer, sink into the couch and enjoy the warmth of everyone's presence, I sense a familiar feeling of comfort and support.

**Ruby:** We are given the opportunity to express and explore our feelings and beliefs, which encourages us to be vulnerable. Here I can see the Body of Christ as a whole because each member feels truly liberated to be their authentic selves. The expression of this freedom comes in thoughtful insights shared by everyone in the group.

#### Claire completes this thought by stating:

In our openness and vulnerability, the personal experiences we share become our sacramental offerings around the altar of our community.

The volunteers are able to share deeply because they are all encouraged to bring their unique gifts and perspectives to the prayer. This results in feelings of ownership and acceptance. With the grace of the Holy Spirit, they have taken the structures provided and created spaces in which their own personalities and diverse spiritual lives shine through.

Sam: Hearing various insights about certain scripture passages helps me to understand how the scriptures affect each one of us in a different way. I have brought my own spirit into the space by using a wide range of untraditional music THIS WEEKLY NIGHT OF PRAYER IS AN ECLECTIC, WARM AND CONSTANTLY GROWING SPACE IN WHICH WE TOUCH OUR SPIRITUALITY.

and finding ways to incorporate physical activity along with reflection. Adding my own spin to traditional prayer helps me to express my feelings and how I believe the scripture is speaking to me in that moment.

# Sam concludes with an insightful summary of the experience:

This weekly night of prayer is an eclectic, warm and constantly growing space in which we touch our spirituality.

As mentioned earlier, transformative spiritual growth is the foundation of our ministry. We hope this description of the volunteers' time together offers you a glimpse into how this ministry both develops each year and deepens over the years.



# Retreat and conterent

# CELEBR ATING OUR 50<sup>TH</sup> ANNIVERSARY

As the Bon Secours Retreat and Conference Center celebrates our 50th anniversary year, we are pleased to offer a very special schedule of retreats and events. We have brought back presenters who haven't been to the Center in several years, invited brand new presenters and kept returning favorites within this full anniversary schedule. Summer is a perfect time to get away and reflect too. We have created many day, weekend and week-long options to accommodate our guests. Time and time again we witness how the Holy Spirit is at work in bringing our presenters, their message and our guests together within this sacred environment. Making time to be present, to receive spiritual healing and to be inspired is so important in our noisy world today. We are so blessed to be able to facilitate this nourishment. We hope you will visit soon and join us as we celebrate 50 years of the Sisters of Bon Secours' healing hospitality ministry.

# BON SECOURS RETREAT & CONFERENCE CENTER SUMMER RETREATS & EVENTS

# A n n i v e r s a r y E v e n t s

Please join us during one of the following Open House events as we celebrate our 50th anniversary. Our anniversary archives exhibit will also be open during these events so that you can take a trip down memory lane.

Thursday, June 14, 4–6pm Saturday, September 8, 12–2pm

We will also be hosting a 5K Cross Country Run & Fun Run on Saturday, October 13. Registration will be made in advance through our website. More details about this exciting event will be posted on our website soon.

Achieving the Impossible Guided by Adam Kimble Saturday, June 2 Overnight option available

Silent Directed Retreat Guided by Sr. Ann Belmonte, OP; Fr. Patrick Bergquist and Ginny Novak Sunday, June 17 – Saturday, June 23



into Your Kingdom, Lord Guided by Michael Fonseca, D.Min. Sunday, June 24 – Saturday, June 30

Shepherd Me

Aging with Wisdom Guided by Fr. Bob Albright Friday, July 13 – Monday, July 16

Silent Directed Retreat Guided by Jackie Antkowiak; Sr. Bernadette Claps, CBS; Fr. Jim McBurney *Friday, July 20 – Monday, July 23* 



Mothers, Sisters, Daughters: Standing on Their Shoulders Guided by Edwina Gateley Sunday, July 29 – Friday, August 3

Ancient Myths & Wisdom for Modern Spiritual Sojourners Guided by Gordon Creamer *Friday, August 3 – Sunday, August 5*  A New Image for Understanding and Experiencing God Guided by Fr. Nicholas Amato Sunday, August 12 – Saturday, August 18

Silent Directed Retreat Guided by Fr. Phil Cover; Sr. Bernadette Claps, CBS; Sr. Pamela Jablon, SSND; Rev. Stephen Wade Sunday, August 19 – Saturday, August 25

Anointed and Appointed: Finding God's Purpose for Our Lives Guided by Fr. Phil Cover and Rev. Cindy Maybeck Sunday, August 26 – Tuesday, August 28

> Please visit RCCBonSecours.com for details or call the Welcome Center at (410) 442-3120 to request a current issue of Bridges magazine with the complete schedule.

## DEPRESSION SCREENING INITIATIVE HELPS

# remove stigma from MENTAL ILLNESS

#### by Allison Eatough

As a primary care physician in Easley, South Carolina, Dr. Julie Dangler treats a range of medical conditions. So it didn't surprise her when a 35-year old woman visited her last year complaining of chronic back pain.

> But this time, instead of just conducting a physical exam, Dr. Dangler asked the woman several questions about her mental state.

"Over the past two weeks, how often have you had little interest or pleasure in doing things?" she asked. "And over the past two weeks, how often have you felt down, depressed or hopeless?"

#### The woman's response: "Nearly every day."

The questions are part of Bon Secours Health System's new depression screening initiative, designed to improve depression detection, ensure patients have access to quality behavioral health services and dispel the stigma surrounding mental illness. "One in five Americans lives with a mental illness," said Jeff Oak, senior vice president, whose role includes leading mental health strategy for Bon Secours Health System. "That's roughly 43 million Americans. From a population health perspective, that's significant."

Among all those experiencing mental illness, only half receive treatment and only a third receive treatment that is deemed effective by the Institute of Medicine, said Mr. Oak. And the number one barrier to treatment of mental illness is the associated stigma.

"When we think about population health, which is so important to us as a health care ministry, we can't do population health well unless and until we do mental health well," he said.

The system began depression screenings in spring 2016 as part of the Medicare Annual Wellness Visits for patients 65 and older. Providers use a screening tool, known as Patient Health Questionnaire-2, as a first-step approach. Patients who screen positive receive additional evaluation with the Patient Health Questionnaire-9. "It's not a way to pry," Dr. Dangler said. "It's a way to really show that we care and let people know that it's something that really does impact their health, and that's why we're stressing it."

In 2017, Bon Secours primary and specialty care providers began expanding the screenings, evaluating patients ages 12 and older during every visit.

Early signs show the initiative is working. Between January and August 2016, Bon Secours Health System screened 19.92 percent of patients over the age of 12 for depression. The health system set a goal to increase screenings to 29.92 percent between January and August 2017. It surpassed this goal, with 56.21 percent of patients receiving depression screenings.

Bon Secours Health System was also the top performer for depression screenings in the Premier Population Health Collaborative — a cohort of 22 Accountable Care Organizations across the country working to improve population health.

"It's getting the message out there once again and really stressing that we need to make sure we ask every person over 12, every time they come in," Dr. Dangler said. "It's important because the first time you leave it out, you might have missed someone who was depressed and needed your help."

Someone like her back pain patient, who shared she had been "blue" for quite a while.

"It never really occurred to her that it might be depression," said Dr. Dangler. "We treated her for it, prescribing medication and recommending counseling." But the efforts don't end there. By August 2018, the health system hopes to screen more than 62 percent of patients over age 12 for depression. And by the spring, the health system expects to launch a pilot collaborative care model in Greenville, South Carolina, that embeds behavioral health care managers like social workers into the primary care setting, says Dr. W. Carson Felkel II, a psychiatrist and head of behavioral health program services in Greenville.

Under the model, patients who receive a positive depression screening are connected with a care manager. The care manager then reaches out to patients every two to four weeks and rescreens them to see if they're improving.

"For the patients who are not getting better, the team around them will change the type of therapy, change their medicines, or refer them to specialists if needed," Dr. Felkel said. "Or, a psychiatrist reviewing the patients weekly will perform a one-time consult." If all goes well, Bon Secours will implement the model systemwide, he said.

The Health System Office's mental health team is also creating clinical guidelines for screening, treatment and follow up, which will include guidelines for identifying other mental health conditions, such as anxiety, bipolar disorder, alcohol and substance use disorders, Dr. Felkel said.

"We are in this for the long haul," Mr. Oak said. "If I do nothing else in this leadership role, I want to help remove the embarrassment and shame around mental illness. To remove avoidance and fear. To remove ignorance and stereotypes. No matter what your role, you can make a difference in battling stigma by treating those with mental illness with the dignity they deserve."

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# HURRICANE IRMA

Bon Secours St. Petersburg came through Hurricane Irma safely because of the careful advance planning and preparation, hard work and compassionate care of dedicated employees and volunteers.

Before the storm, Bon Secours Place, an assisted living facility, and Bon Secours Maria Manor, a

nursing and rehabilitation facility, moved to higher ground. The 310 residents and patients were relocated to St. Jude's School and Cathedral on September 8. Additionally, the home care staff worked through its preparedness plan to ensure that all home care patients' needs were met through the storm and its aftermath.

THANK YOU FOR DOING

A WONDERFUL JOB. WE KNOW THAT THERE MUST HAVE BEEN MANY PEOPLE TO PLAN THIS...WE CANNOT THANK YOU ENOUGH FOR YOUR LOVE AND KINDNESS

HAT TOO HAVE SHOWN TO EACH AND

#### EVERY ONE OF US...

# RESIDENTS OF BON SECOURS ST. PETERSBURG FACILITIES

Relocating residents and patients to

St. Jude's took about nine hours and involved several buses and trucks for supplies and equipment. Staff ensured that there were adequate supplies at St. Jude's for at least seven days to include medications, food, water, sheets, towels, toilet paper and other supplies as well as two generators and fuel.

The dedicated and caring team of employees of Bon Secours St. Petersburg stayed at St. Jude's with residents and patients, many of whom were frail elderly. Most residents were on mattresses on the floor. Residents were usually transferred to wheelchairs to be moved to the dining room, and if possible, to a toilet. This was all done by Bon Secours' Certified Nursing Assistants, and sometimes staff were on their hands and knees on the floor to feed or toilet residents.

Employees brought their family members and pets with them to St. Jude's for their safety and peace of mind.

There were approximately 40 staff family members including 20 children, 11 dogs, two cats and two iguanas. Many family members volunteered to help out as well.

Fortunately, the hurricane veered away from the Tampa-St. Petersburg area just enough to spare the area from the worst effects, and our Bon Secours

> facilities did not sustain any significant damage. All of the residents and patients were able to return to their Bon Secours facility on Tuesday, September 12.

> > In addition to Bon Secours staff, support came from many places. Medical personnel came

and stayed for the duration of the relocation. Bishop Gregory Parkes, bishop of the Diocese of St. Petersburg, came on

Sunday and stayed through the worst of the storm. Two priests provided Mass and sacraments throughout the relocation. A Boar's Head Meat truck surprised everyone with a delivery of deli meats and cheeses. The Pinellas County Emergency Operations Center sent buses to assist with each of the moves, and the Salvation Army sent a truck with strong helpers to lend a hand for the move back home.

Bon Secours Health System committed \$60,000 to provide disaster relief to help victims of Hurricane Irma in South Florida and matched employee contributions up to \$15,000. The Bon Secours Mission Fund offered Employee Hardship grants to employees of Bon Secours St. Petersburg who were impacted by the hurricane.

This was truly a team effort.

# STRONGER *logether*

# Secours MERCYHEALTH

# Bon Secours Health System and Mercy Health Announce Plans to Merge

With a common mission of delivering compassionate health care and creating healthier communities, Bon Secours Health System and Mercy Health, a Catholic health system based in Cincinnati, Ohio, plan to merge. Together, the combined health system will deliver top quality care across seven states at 43 hospitals and more than 1,000 points of care. It will provide almost \$2 million per day (\$640 million dollars annually) in charity care and community benefit programs directly into the local communities.

Richard J. Statuto, president and CEO of Bon Secours Health System, noted, "The mission, vision, values and geographic service areas of Bon Secours and Mercy Health are remarkably well-aligned and highly complementary. This merger strengthens our shared commitment to improving population health, eliminating health disparities, building strength to address social determinants of health and investing heavily in innovating our approaches to health care." Once complete, this merger between Bon Secours and Mercy Health will mark the creation of one of the largest Catholic health systems in the country. By the numbers, the merger will:

- Create one of the top 20 health systems in the nation and the fifth largest Catholic health system with \$8 billion in net operating revenue and \$293 million in operating income.
- Employ 57,000 associates and more than 2,100 physicians and advanced practice clinicians.
- Provide over 10 million patient encounters across seven states, with 43 hospitals and more than 1,000 points of care.

Bon Secours will work together with Mercy Health to finalize the plans to merge by the end of the 2018 calendar year.

### JARED CRIST

### MARK MCCARTY



Jared Crist is a 2017 recipient of the Bon Secours Dedicated Service Award. He is an academic counselor for the Bon Secours Memorial College of Nursing of Bon Secours Richmond Health System. An employee of 10 years, his journey with Bon Secours began as an infant, when he was enrolled in St. Mary's Family Center. Years later, he volunteered and then worked with the St. Francis Family Center before moving to his current position as an academic counselor with the Bon Secours Memorial College of Nursing. Jared works with administrators and faculty to support and help prepare future nurses. He develops engagement and

community-based service learning opportunities, advises student leaders and has had the opportunity to work with the Diversity and Inclusion team in their efforts to leverage perspectives and talents by supporting employee resource groups.

Having grown up with Bon Secours, I have always been surrounded by people who embody the mission of the Sisters of Bon Secours. From the family centers to the hospitals, the College of Nursing to the call centers, this organization is made up of those who see the importance of bringing our communities to health and wholeness. I am touched every day by the dedication of those I work alongside and am reminded that Bon Secours goes beyond the patient room to care for every life it touches employees, patients' families and our neighbors in the community.

I am most moved by the Daily Huddle, where I begin my day with a reminder that I am here to be "Good Help." I see the Bon Secours mission carried out in community activities, caring for patients and their loved ones, reviewing policies and procedures to ensure best practices, and in endless ways around the system. Sometimes a simple smile is what someone needs most, and sometimes it is a momentous act of service. I am challenged every day not to focus on doing great things but rather to be the good help someone needs, whatever that is. I am fortunate to be a part of an organization founded on being that "Good Help" and filled with people committed to that same calling.



Mark McCarty, director of system payroll for Bon Secours Health System, is a 2017 recipient of the Bon Secours Dedicated Service Award. Mark began his career with Bon Secours nine years ago as a payroll manager. He played an integral role in the implementation of an enterprise resource planning system and went on to centralize payroll across the Bon Secours Health System. Mark strives to improve the processes of the projects in which he is involved. He also co-leads Day of Caring events at the Health System Office, is a board member of the Sisters Academy of Baltimore, participates in Operation No Person Left Behind events for veterans and is involved

### PAM HALL

in a prayer group and Bible fellowship at the Health System Office.

I love the mission of Bon Secours to be "Good Help" to our patients and residents. It inspires me each and every day. My department does not have direct patient contact, but I try to instill in my team that our "Good Help" is in ensuring our employees' paychecks are correct so that they can focus on their jobs of taking excellent care of those who come through the doors of our facilities. This "Good Help" also applies to what we do for other departments and all of our coworkers and vendors. I'm proud of my team and their dedication to doing the right thing all of the time. I also love the support of management and the training and resources available to leaders and staff here at Bon Secours. I have never worked for a company that invests so much in developing their employees. I am honored to be a Bon Secours employee.



Pam Hall is a 2017 recipient of the Bon Secours Dedicated Service Award. She is the administrative assistant to the CEO of Bon Secours Kentucky Health System Our Lady of Bellefonte Hospital in Ashland, Kentucky, and she has served in this position for 20 years.

It is a blessing and a joy to be working at Bon Secours Kentucky Health System and a pleasure to serve the board of directors, administrative council, management team, patients and visitors in the ministry of the Sisters of Bon Secours.

In 2011, I went on a Caribbean cruise and, the first night, my dinner companions were three ladies who lived in Miami, Florida, but were born and raised in Haiti. When I explained that I worked for the Bon Secours Health System, their eyes immediately lit up and they said, "Thank you! We are so grateful for Bon Secours and their help to us in Haiti."

In 2010, Haiti suffered a catastrophic magnitude 7.0 earthquake with more than 52 aftershocks measuring 4.5 or greater. Many loved ones were lost that day. Bon Secours Health System contributed more than \$350,000 to Haiti as a result of the combined efforts of the Sisters of Bon Secours, an initial \$50,000 donation from the Bon Secours Health System, and a commitment from the Bon Secours Health System to match employee/friend contributions up to \$100,000. In addition to the monetary donations, Bon Secours Health System employees went to Haiti and offered medical relief.

Bon Secours is one-of-a-kind. I am proud of the legacy of the Sisters of Bon Secours. Their mission inspires and motivates me to provide "Good Help" to those in need each and every day.

## DONNA & MICKEY PARSONS



Donna and Mickey Parsons are semi-retired, part-time employees of the Sisters of Bon Secours at the Marriottsville campus in Maryland. They met as teenagers when Donna was 14 and Mickey was 16. They became high school sweethearts and married in their early 20s. They have now been married for more than 44 years and have a very close-knit family — a daughter, a son and two young grandchildren.

"We have both worked in many different places, and the Marriottsville campus is physically and otherwise one of the most beautiful places to be," says Donna. She has been a nurse on Marian Hall for eight-and-a-half years and, after a 44-year career in nursing, says it's the nicest job she's ever had. "We do everything with the sisters — eat breakfast, lunch and dinner with them, take them shopping and to doctor's appointments, do their hair and their laundry as well as provide nursing care support. It's sort of like taking care of your parents and, after a while, they feel like your parents."

Mickey is a member of the housekeeping crew and has been employed by the sisters for six years. He retired early from a career in corporate branding for an ice cream company and found he wasn't ready to stay home. Donna recommended him for a position in groundskeeping support. "He's a pretty exceptional person and very hardworking," she says. She knew he would be a good fit.

"Having spent most of my life behind a desk, I had always envied people who worked outside," says Mickey. He enjoyed four years in that position and then transferred to housekeeping. Mickey has a deeply ingrained respect for the Sisters of Bon Secours. In addition to his wife working on Marian Hall, both his mother and sister held positions as nurses in the Bon Secours Health System. "It's just so obvious that the sisters are an incredibly charitable and helpful organization," says Mickey. "I've seen firsthand how they bring people in and rescue them, even their employees. They are truly amazing."

Donna and Mickey agree that the Marriottsville campus is a unique and special place, and it starts with the way the sisters treat their employees. "No one ever says, 'That's not my job,'" explains Donna. The sisters' mission of being "Good Help" is embodied in the spirit of the campus and extends from the sisters to the employees and, in turn, to the guests and everyone who visits.

# WELCOME -



Welcome to Rhonda Hooker, office coordinator for the Vocation. Formation and Young Adult ministries of the Sisters of Bon Secours. Rhonda's background is in journalism, and she worked in TV news before taking time off to stay home with her children. She is a graduate of the University of Maryland College Park. She enjoys running, playing volleyball and cheering for her kids at their sports. Prior to coming to Bon Secours, she worked part-time editing fliers and print materials involving fundraising for volunteer fire departments around Maryland and surrounding states.

Congratulations to *Sr. Rose Marie Jasinski*, leader for Sisters of Bon Secours, USA, who has been elected to the board of the Leadership Conference of Women Religious, an association of leaders of congregations of Catholic women religious that includes over 1,500 members. On Saturday, March 3, *Srs. Pat Eck, Mary Shimo, Elaine Davia* and *Bernadette Claps* as well as *Nathalie Lundolo Ninga* and *Jenn Doyle* joined dozens of religious men and women at a special liturgy celebrated by Archbishop William E. Lori in Baltimore in recognition of World Day for Consecrated Life. This annual event, remembered in celebrations all over the world, is a wonderful way to recognize the vocation of consecrated religious life and the jubilees of men and women religious in the Archdiocese of Baltimore.

## SISTERS OF BON SECOURS

statement on

# GUN VIOLENCE

As women of healing, the Sisters of Bon Secours grieve the loss of life, the pain of trauma and the agonizing violence inflicted on the Marjory Stoneman Douglas High School community in Parkland, Florida, by a very disturbed young man who had access to an assault rifle.

While we hold the 17 victims of this horrific tragedy in our thoughts and prayers, we also hold ourselves accountable to do what we can to advocate for an end to gun violence.

Through our participation in Faiths United Against Gun Violence and other organizations advocating for gun safety, we call on our elected officials to immediately take up legislation that:

- requires universal background checks and mandatory waiting periods for all gun purchases;
- bans civilian ownership of high-capacity weapons and magazines; and
- makes gun trafficking a federal crime.

Through our membership in the Interfaith Center on Corporate Responsibility, we challenge gun manufacturers to:

- issue a report on their activities related to gun safety measures and the mitigation of harm associated with their gun products;
- monitor violent events associated with products produced by their companies; and
- research and produce safer guns and gun products.

We stand in solidarity with the Leadership Conference of Women Religious (LCWR) who reminds us that in the wake of this national tragedy "mourning is not enough, action is needed." We support the inspiring young people of Marjory Stoneman Douglas High School, who are speaking truth to power in such eloquent and heartfelt ways in support of gun safety. And we hold fast to the hope that our collective voice for an end to violence in all forms will bring forth a culture of peace on this planet God so loves.

...BRING FORTH A CULTURE OF **PEACE** ON THIS PLANET GOD SO LOVES.



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