



Ursuline Sisters of Cleveland

2006-2007
Annual Report



MISSION Transforming Society through Contemplation, Justice and Compassion

2004-2008 CHAPTER DIRECTIONS

We commit ourselves to a Congregational process of revitalization and transformation based on contemplation, justice and compassion.

We commit ourselves to revitalize our ministry focus to empowerment, direct service and systemic change for and among the oppressed, especially women and children, both locally and globally.

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Sister Maureen Grady
Sister Anita Whitely
Sister Joan Marie Russ

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Archives.....	Ext. 125
Associate Program.....	Ext. 116
Development.....	Ext. 105
Finance.....	Ext. 118
Laurel Tree Gift Shop.....	Ext. 174
Leadership.....	Ext. 117
Meeting Rentals.....	Ext. 123
Mission Effectiveness.....	Ext. 184
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Music Lessons.....	Ext. 165
Prayer Line.....	Ext. 103
Thomas Merton Society.....	Ext. 122
Ursuline ArtSpace.....	Ext. 285
Ursuline Institute of Learning	
• Ursuline Educational Center.....	Ext. 280
• St. Philip Neri Community Center, <i>Cleveland</i>	(216) 391-7557

Sponsored Institutions

Beaumont School.....	(216) 321-2954
Ursuline College.....	(440) 449-4200
Urban Community School.....	(216) 861-4706
Villa-Angela-St. Joseph High School.....	(216) 481-8414



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MESSAGE FROM THE PRESIDENT



Dear Friends,

We proudly present our 2006–2007 Annual Report and invite you to enjoy a more in-depth look into the ministries of some of our sisters. As you read about the work of these dedicated women, you will see how Ursuline Sisters of Cleveland accept the challenges of our times, compassionately responding to them in the light of the Gospel.

In the Sermon on the Mount, Jesus invites us *to be compassionate as our heavenly Father is compassionate*. Given the violent and chaotic times in which we live, our responses to Christ's words take on a critical importance. As Ursulines, this challenges us to new forms of service on behalf of those forgotten by our society and underscores our commitment to the proven effectiveness of our time-honored ministry of classroom education. And always, we strive to use our energy, voice and resources to influence the very systems that contribute to the complex social ills that surround us.

Throughout our 472-year history, Ursulines have adapted our ministries to the needs of those we serve. However, our Foundress, St. Angela Merici, reminded us of the one constant that must never change when she wrote: *Be constantly aware of the needs of those for whom you are responsible. Try to fill them to the best of your ability giving of yourself willingly and unobtrusively. If you are unable to meet these needs yourself, seek the help of others.* All of our ministries — traditional and new, large and small — give expression to our Mission of *transforming society through contemplation, justice and compassion*.

We hope you will enjoy reading about some of our ministries in this Annual Report. The stories that follow highlight just a few of the ways Ursulines bring a compassionate response to the harsh realities of our day. As Ursuline Sisters, we do what we do because we believe that with God's help — and yours — we can make a difference in the lives of others, one person at a time.

On behalf of the Ursuline Sisters of Cleveland, I thank you for your support. Your friendship is a gift to us, and our gift to you is our compassionate service to others, and our prayers.

With gratitude,

Sister Angelita Zawada, *President*

MESSAGE FROM THE DEVELOPMENT DIRECTOR



Dear Friends,

So often our news stories focus on the violence that pervades our society. We work tirelessly for justice and we promote systemic change to create a more peaceful and harmonious society. As with all things, we pray unceasingly for an end to all violence and we strive to create God's kingdom in the present moment.

The gospel story of the Good Samaritan reveals God's wish for us to be moved by what we witness, what we experience in our daily lives. "But a Samaritan traveler who came upon him was moved with compassion at the sight. He approached the victim, poured oil and wine over his wounds and bandaged them. Then he took him to an inn and cared for him." The compassionate actions of the Samaritan are a reminder to each of us that not only should we be moved with compassion, but also we need to be moved to compassionate action.

The theme chosen for this 2006-2007 edition of the Ursuline Sisters Annual Report is compassion. St. Angela Merici in her Fifth Council tells us to "Be concerned about the common good in every situation." The rich tapestry of the Ursuline tradition is woven with stories of compassion, which witness a concern for the common good.

All of us educated in or touched by the Ursuline tradition demonstrate this compassion in the common acts of our everyday lives. The stories contained in this year's Annual Report are evidence of the compassion that God asks us to bring to one another. They are stories of healing, hope and caring; acts of compassion and charity that so often go unnoticed to the broader world, but have transformed individuals, families and communities.

Trappist monk Thomas Merton wrote, "Compassion is the keen awareness of the interdependence of all things." It is through this commitment to partner with each other that we can truly make a difference. We are very grateful for your partnership. We hope you take pride in these stories as we do. It is through your generosity, your commitment to our mission of "***Transforming society through justice, contemplation and compassion***" that will ultimately make our ministries and our society a better place. This partnership, this interdependence on one another and on our good and gracious God serve as the foundation for all endeavors that find success and ultimately make a difference.

Be assured each of you and all you hold dear remain in the daily prayers of our Ursuline congregation. May God bless you.

Gratefully, In St. Angela,

Sr. Susan Durkin

Sister Susan Durkin, *Director of Development*

FINANCIAL OVERVIEW

2006-2007 Development Office Income & Disbursements

INCOME

Programs*	\$25,157	3%
Gifts/Donations	\$721,121	72%
Bequests	\$179,348	18%
Memorials	\$24,070	2%
Grants	\$56,500	5%
Total	\$1,006,196	100%

DISBURSEMENTS

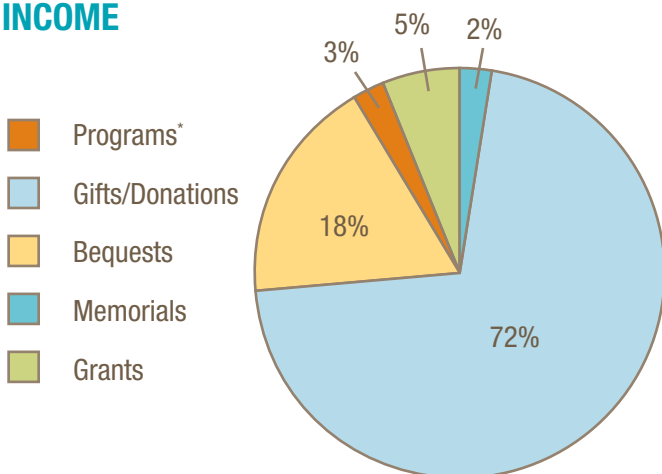
Unrestricted**	\$277,553	29%
Temporarily Restricted***	\$316,827	31%
Ministries	\$125,530	12%
Ministry Endowment	\$259,445	26%
Saint Angela Center/Healthcare	\$26,867	2%
Total	\$1,006,196	100%

* Income generated from Mass programs covers the costs associated with maintaining the programs, including printing cards, postage, etc.

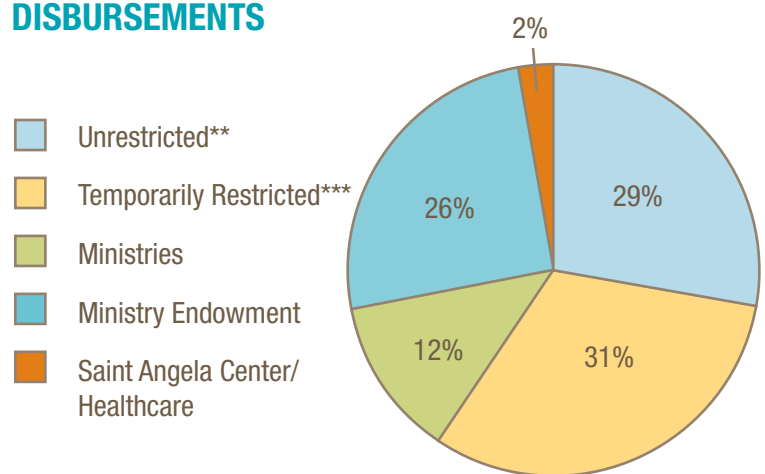
** The term “unrestricted” means donations are not restricted to supporting a specific line item in the budget, but rather the greatest need as determined by the congregation.

*** Temporarily restricted funds represent contributions specifically earmarked for certain items or projects.

INCOME



DISBURSEMENTS



MISSION, UNITY KEYS TO ADDRESSING FINANCIAL FUTURE

Our family of 207 Sisters faces home economics on a scale much larger than the average family. Caring for our retired Sisters as we perpetuate our Mission requires that everyone pitch in to save where we can and find ways to raise our incomes. With most of our Sisters retiring at age 70, you can imagine each year brings in a sizeable number of retirees, although some of our Sisters who are well over 70 continue to work in paid positions.

Collectively, we are 100 percent committed to fiscal responsibility and our financial health to ensure our Mission prevails as we continue to age. And while we have always been cost-conscious, we've ramped up our efforts in light of what it will require to fund retirement for all of us. An actuarial study of our present-day financial status with respect to future needs revealed this year that our finances could be depleted by approximately 2021 unless we continue to make significant changes. The good news is we're actively on our way to extending our solvency.

This actuarial study, specifically designed for religious institutes, reveals the findings of a forecasting tool called TRENDS. Offered through the National Association for Treasurers of Religious Institutes, TRENDS stands for tracking, revenue, expenses, net income, demographics and savings. When all these elements are factored, TRENDS, a software program, provides a long-term look at an institution's financial future.

And since TRENDS includes present-day circumstances and projections, we have the information we need to plan prudently for our future. In fact, our past two TRENDS forecasts indicate initiatives we've taken in light of their findings continue to strengthen our bottom line.

In light of these TRENDS findings, more than 100 Sisters have served on Finance Focus Groups for the past two years to investigate ways to cut costs and raise revenues. For example, you might remember

the prior fiscal year's initiative to reduce food costs that netted us an annual savings of \$100,000 in addition to realizing savings/increasing revenues in a number of other areas. During the prior fiscal year alone we improved our bottom line to the extent we gained several years in our solvency projections.

We're proud to say we've taken a leap even farther this year by positioning our Congregation to increase our projected annual revenues by \$1 million. The focus group charged with studying our Saint Angela Center suggested we pursue Medicare/Medicaid licensing. This has elevated the center to licensed nursing home status, which will help offset the rising costs of caring for our elderly and infirm Sisters. (Read more about this initiative on Page 8).

Our Mission and Ministry Focus Group explored avenues to develop a plan to review our subsidized and low-income-producing ministries. You may not know all but one of our working sisters serve in social service, education or otherwise non-profit entities, which are low paying. Ministering where we're needed most means we place priority on meeting needs before making money.

The Mission and Ministry Focus Group suggested creating a service directory through which the public can learn about services Sisters provide. The directory is located in the back of this annual report. We ask that you consider using and referring our services when needs arise. This focus group also encouraged our Sisters to ask for raises from their employers, which increased salaries in some cases.

Just a few years after introducing the opportunity to rent meeting and conference space in our Motherhouse, also known as the Ursuline Educational Center, we've streamlined this service to a point where we can accommodate more business. Over the past fiscal year, income from this initiative rose by \$22,000. Our Revenue Raising Focus Group suggested it's time to actively market this service, which we've already begun. We encourage you to share news of this service with your employers and organizations with which you're associated. We offer



catering and typical meeting amenities and can accommodate groups of 2 to 260. (See inside cover for contact information).

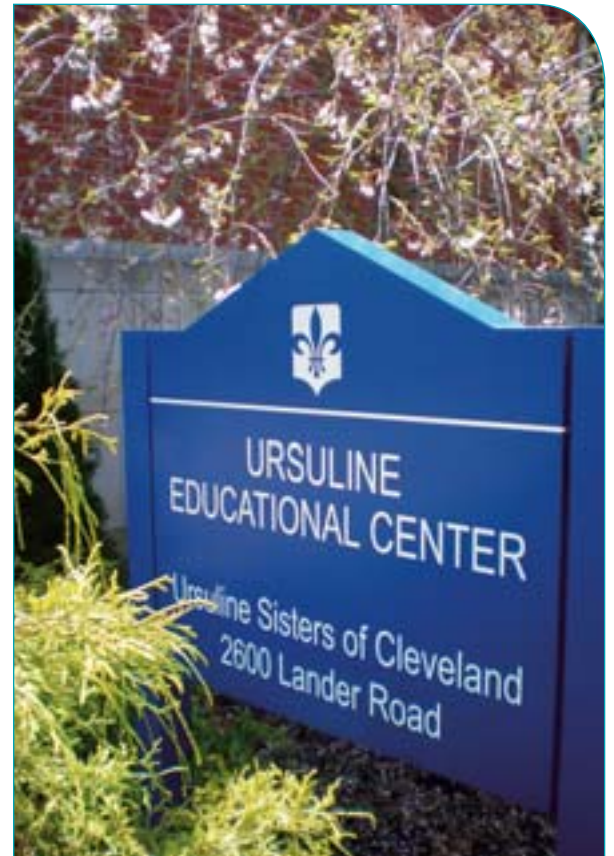
Our Stewardship Focus Group continues to investigate ways to reduce our transportation, housing, medical/dental and other living costs. This group also studied the idea of drilling gas wells on our property to help heat our 200,000-square-foot Motherhouse. We're pleased to say we are pursuing this project. Staying true to our Mission, we'll dedicate a percentage of what we will save to earth-friendly "green initiatives" on our property.



In addition to the work of our focus groups, individual Sisters are making changes to save money and are pursuing avenues to increase their incomes. Sisters who live in convents outside the Motherhouse have cut their home budgets. We've begun sharing cars more often and we're reassessing our transportation needs to assure we're taking the most cost-efficient approach to vehicle use. A number of Sisters have refused their vacation allowances for the good of the Congregation. And others give a portion of their \$110 monthly stipend back to the Congregation.

Our Congregation's lay Advisory Council is working with us and networking on our behalf to help address our Mission and retirement needs. This Council also has finance and development sub-committees to reinforce our efforts.

Of course, your partnership plays a major role in perpetuating our Mission and contributing toward our needs so we can continue to place our priorities on helping others, especially poor women and children. For this we thank you and hope you are pleased with our efforts to be good stewards.



Over the past fiscal year, income from the facility rental initiative rose by \$22,000 at the Motherhouse, also known as the Ursuline Educational Center.

SISTERS MOVE, HELP MAINTAIN PROPERTIES TO REDUCE COSTS

Just as our Finance Focus Groups have worked diligently to identify ways to save money and raise revenues, we're studying all our assets to ensure they serve our Mission to *transform society through contemplation, justice and compassion*; and to be certain we care for and position each of our properties for optimum use in the future.

Most of our 207 Sisters live in our Motherhouse or in one of 45 convents, two of which we own, located throughout Greater Cleveland. During the past year, we were able to stop leasing three rented homes and began to consolidate our housing. We're still pursuing efficiencies we expect to implement in this area.

With 200,000 square feet to look after at the Motherhouse alone, our home maintenance projects and capital improvements add up quickly. Our Sisters help care for our homes to the extent they are skilled and able, but the big jobs must be hired out. During the past fiscal year, Motherhouse maintenance cost \$465,000. We also invested \$185,000 in capital projects, which doesn't include approximately \$480,000 in capital expenses required to license our Saint Angela Center for Medicare/Medicaid funding (see story on Page 8).

Thanks to your help, we began to replace our 49-year-old doors, and we're able to upgrade our security system, which isn't compatible with today's technology. Work also continued on our roofs, as we phase replacements over several years. Painting projects, electric work, elevator

maintenance, sewer line repair and a gas pump upgrade took place as well. The Saint Angela Center was also wired to accommodate Internet service. The circa 1900 stone wall that surrounds Beaumont Convent was repaired in a number of areas, too.

Our Sisters who live at the Motherhouse pitch in to help keep costs down, mowing acres of grass and maintaining four courtyards, a greenhouse and a vegetable garden. Sisters who live in other convents maintain their lawns and gardens as well.

Regardless of where they live, our Sisters also recycle to reduce waste removal costs and place less stress on the environment. And of course with most of us coming of age in generations past, we're conscientious about turning the lights off. It's something very simple, but we know it makes a big difference given the size of our family. More ways to save and conserve "around the house" will emerge next year as we continue to look for efficiencies.

It's hard to believe our Motherhouse, funded in large part by some of you and your families, is nearly 50 years old. We are blessed to have had the continued ability to maintain our home, which for decades has given us the opportunity to embrace the nurturance and energy of Congregational life.

Our Motherhouse is a source of pride to all of us and we want it to be a source of pride to you as well. We invite you to stop by for a visit. We'd love to see you!

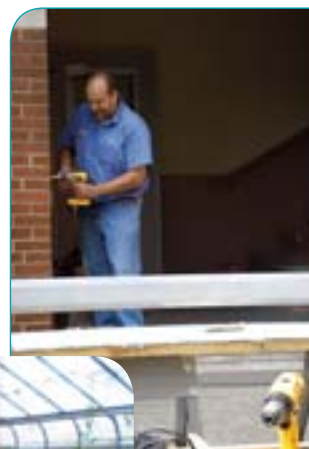
Our Sisters help care for our homes to the extent they are skilled and able, but the big jobs must be hired out.

Reducing Costs



Sisters Claudia (left) and Joan plant flowers in the Saint Angela Center Piazza. Sister Joan, the Congregation's Mission Effectiveness Director, later hosted a ceremony to dedicate the Piazza, a gathering place reflective of Saint Angela's Counsel to "be a piazza," a source of welcoming, hospitality and appreciation for all. Sister Joan auctioned a quilt enabling her to secure enough funds to purchase patio furniture and other items for the piazza.

Door replacements and corresponding security upgrades, which continue to take place, have been generously funded by donors.



Sister Erin transfers seedlings from the greenhouse while planting a vegetable garden for the Congregation.



Sister Claudia, seated, enjoys a visit from a pet therapy volunteer and her dog.

STATE LICENSURE QUALIFIES SAINT ANGELA CENTER FOR MEDICAID/MEDICARE REIMBURSEMENTS

REDUCES CONGREGATIONAL COSTS ASSOCIATED WITH CARING FOR ELDERLY, ILL SISTERS

Ensuring a future, while honoring the past. This was the driving force behind the Ursuline Sisters' summer of 2006 decision to seek and secure licensure for the Saint Angela Center (SAC) from the Ohio Department of Health. As a state licensed facility, the Saint Angela Center can now receive Medicaid/Medicare reimbursements to care for sisters who call the Center home, freeing up congregational resources to tend to present and future ministry needs.

A committee researching licensure when the Center opened in 1993 determined it was neither a financial necessity nor a desirable option at the time. There was a fear state regulations and oversight might compromise the home-like atmosphere the community sought to ensure for our elderly members. Now, some 13 years later, the mission of the

Center remains unchanged. The Center staff and the Congregation remain committed to providing quality holistic, at-home care supporting the individual dignity and the religious community life of elderly and infirm Ursuline Sisters.

Sadly, the community's financial picture has changed. Concerns that came to light in the early months of 2006 suggested it was time to take another look at licensure. A focus group, composed of nine sisters, SAC Administrator Kathy Bockanic and Finance Director Bob Bazzarrelli, studied options to reduce SAC expenses and increase revenue. Research and consultation led the group quickly and overwhelmingly to the conclusion that licensure offered the greatest potential for financial support.

After hearing the focus group's presentation in August 2006, the congregation gave unanimous support to the Trustees to begin the arduous process to secure licensure. Anchored by key financial support from a donor who underwrote

licensure application costs, and the assistance of nursing home professionals from Altercare of Ohio, Inc., the process began in earnest in the fall of 2006. The state granted our license in August this year.

The year-long endeavor — applying for and receiving a Certificate of Need, identifying a licensed administrator, making necessary structural modifications, and bringing operational practices and procedures up to state codes — was shepherded by a sub-committee of the focus group, including Kathy Bockanic, Bob Bazzarelli, Congregational Treasurer Sister Joan Peine and Sister Susan Bremer, a member of the leadership team and SAC Pastoral Care Coordinator.

Kathy Bockanic, in her 11th year as SAC administrator, was not a licensed administrator. At the urging of the Trustees, Kathy agreed to seek necessary licensure for herself, completing a three-month internship, a three-week course in Columbus, and sitting for state and federal tests. She has completed all requirements successfully and is now a licensed nursing home administrator.

Altercare personnel worked with SAC/Motherhouse Building Manager Bill Rider to determine the structural modifications needed to achieve compliance with state life safety codes. Most notable among the renovations

was the installation of showers in seven bathrooms, each shared by two sisters; new bathroom doors throughout the facility; extension of fire walls, and rewiring automatic doors at the main entrance to provide for the safety and security of sisters and staff.

Kathy and her staff worked tirelessly with Altercare professionals to update policies and procedures for Center operations. A number of staff positions, key to maximizing reimbursements, were added or restructured in advance of licensing.

CONSERVATIVE ESTIMATES SUGGEST THE CENTER WILL RECEIVE ANNUAL REIMBURSEMENTS APPROXIMATING \$1.3 MILLION, WHICH WILL HELP OFFSET THE \$1.8-\$2 MILLION OPERATING BUDGET.

Of the 48 beds in the Saint Angela Center, 44 are now designated as licensed beds. Of the four remaining, two are used as resident activity rooms and two remain as infirmary beds.

Licensure costs totaled approximately \$480,000, which was spent on structural modifications, staff salaries and training; and application fees and professional services (legal, financial and architectural).

The transition from infirmary to licensed nursing home has been challenging at times for sisters and

staff. As policies and procedures directly affecting the sisters were implemented, there was an initial concern some elements of the home-like atmosphere were being compromised. But Kathy assured the sisters



Sister Annunciata (from left), Activities Director Sylvia Schneider and Sisters Naomi and Marian Leonard gather for a book discussion in the Saint Angela Center.



The sisters' beauty parlor received improvements in the Saint Angela Center licensing process.

**LICENSING AND ITS
RESULTING MEDICAID/
MEDICARE REIMBURSEMENTS
WILL GREATLY HELP THE
CONGREGATION SUPPORT
OUR ELDERLY AND INFIRM
SISTERS AT HOME.**

the SAC staff is committed to maintaining the Saint Angela Center's hallmark homey quality.

The benefits of licensure are significant. Licensing and its resulting Medicaid/Medicare reimbursements will greatly help the Congregation support our elderly and infirm sisters at home. It will enable the Center to maintain staffing levels for optimum care and will provide services not previously available, such as those of a registered dietician, expanded restorative care and weekend and evening activities. It will also help support the Center's ongoing maintenance and assist in providing staff with needed supplies and equipment.

Conservative estimates suggest the Center will receive annual reimbursements approximating \$1.3 million, which will help offset the \$1.8-\$2 million operating budget. Reimbursement totals will vary depending on the number of qualifying residents at any given time. Because of its exemption-based Certificate of Need, the Saint Angela Center is licensed for religious only.

At present, 31 sisters are permanent residents of the Saint Angela Center. One of them, Sister Mary William, is a member of the Youngstown Ursuline community who has been in SAC since August 2006. The Youngstown sisters are pleased with the care Sister Mary William has received and hope to send additional sisters as needs dictate.

In addition to the permanent residents, a number of sisters are in the Center on a temporary basis, recovering from surgery or undergoing treatment.

Throughout their lives, all of these sisters have lived and served together as Ursulines, sharing a lifestyle characterized by communal meals, recreation, prayer and spiritual practices. It is no surprise our sisters desire in their final years a residence that supports their Ursuline culture, religious beliefs and communal, spiritually based life. The Saint Angela Center provides that and more. Staff and visitors alike speak of the Saint Angela Center as a special place, marked by a subtle yet noticeable spirit of peace and serenity, attesting to the holiness of the women who call it home.

The funding afforded by licensure will provide well for our Saint Angela Center residents. Even more, it will help ensure the sisters who follow in their footsteps may continue to serve in ministries that transform lives. Preparing for the future, while honoring the past: A winning combination, to be sure!



Sister Mary George shows how the new showers required of licensing feature a fold-down bench and hardware fittings for safety and ease of use.

SISTERS 'PROMOTE POSSIBILITIES' WITH HOUSE OF DISCERNMENT

Women interested in learning more about pursuing a vocation with the Ursuline Sisters of Cleveland will soon have the opportunity to experience convent life. The Congregation finished the 2006-2007 fiscal year with finalized plans to open a house of discernment where women may experience Ursuline community living while they consider God's will in their lives.

Women considering a religious vocation say they need to see how we live, minister with us, relate informally with us and experience our common prayer. The house of discernment is specifically intended to serve as a place where women can get to know us more deeply and pray about their decision.

In addition to attending one-time vocation events, potential candidates want to spend ordinary days with us in our convents and at work. The house offers the "at home" part of this experience—for a few hours, a weekend or even a week. Women who participate in our Ursuline Spring Break Alternative may also stay there as overnight guests.

The house features a quality space to host dinners, prayer meetings and events. It has four bedrooms (with the possibility for a fifth), large living and dining rooms, a large kitchen and a very big finished basement.

Sisters Joanne Gross, Juliana Beck and Ann Winters, who live in the home, will get settled before vocation efforts are initiated there. Our Sisters in Mission integration and initial formation will also be involved with the house.

All Sisters are encouraged to invite women they feel would benefit from sharing more in-depth exchanges with the Ursuline Sisters of Cleveland. Youngstown Ursulines may send candidates to the house as well.

The timing is right for this opportunity. Women are expressing interest in the Ursuline Sisters of Cleveland. Erin Zupal entered our community last fall and Ann Carlson entered our candidacy program in April. One religious community speaks of its house of discernment as "not responding to demand but promoting possibilities."

VOCATION

A calling central to the Christian belief that God has created each person with the gifts and talents oriented toward specific purposes and a way of life. Vocations are especially associated with a divine call to serve the Church and humanity through particular vocational life commitments, such as religious life, ordination to the priesthood, marriage to a particular person or holy life as a single person.

DISCERNMENT

Describes the process of discerning God's will for one's life. In large part, it describes the interior search for an answer to the question of one's vocation, namely, determining whether God is calling one to religious life, the priesthood, married life or single life.

HOW WE LIVE THE MISSION

Being Ursuline means each of us has the opportunity to live deeply spiritual lives while making a difference in our world. We do this by living our Mission of transforming society through contemplation, justice and compassion.

This happens in our places of ministry, in our hearts and through circumstance. Some of us minister one-on-one with others, some of us deal with large groups and some of us work to influence systems to bring justice and compassion. We serve people of all ages, races and income levels, although our focus is on women and children, especially the economically poor.

How and where do we minister? Most of us minister outside our convents and Motherhouse. However our 200,000-square-foot Motherhouse, home to 100 of our Sisters, also serves as our Congregation's "headquarters" to meet the Sisters' needs and manage the additional 45 convents we need for housing.

"Home economics" has a whole new meaning when the term is applied to running our households and taking care of our Sisters, especially those who are elderly and infirm. Fortunately, everyone who is able pitches in.

Sisters who help meet the household needs of our Congregation serve in the following capacities:

- Curator to protect and display the Congregation's artifacts and artwork, mostly produced by our Sisters.
- Transportation coordinator to manage vehicle availability for Sisters.
- Drivers for Sisters who are unable to drive themselves.
- Seamstresses and tailors to make alterations and repairs to our clothes.
- Companions and caregivers to our hospitalized and infirm sisters.
- Mowing and maintaining 40 acres of lawn and garden areas.
- Medical record and insurance administration.
- Liturgy coordinator, sacristans and music ministers to plan and administer our daily masses.

Sisters also help meet the Congregation's day-to-day needs and attend to other responsibilities:

- Managing our Wellness Center, where Sisters exercise.
- Planning Feast Days.
- Serving as liaisons to our foodservice, cleaning and maintenance providers.
- Coordinating Community Days.

Elected Sisters help administer the Congregation with respect to Mission and ministries, finances, major decisions, internal communications and planning. This Leadership Team works with each of our offices, also headed by Sisters, to help advance the Mission and meet our administrative needs with respect to:

- Our Associate Program
- Development
- Facility Rentals
- Finances
- Mission Effectiveness
- Social Justice
- The Saint Angela Center
- Transportation
- Vocations

Our Sisters also minister with the following non-profit entities and/or government and social service providers:

- Beatitude House
- Bethany House
- Cardinal's Nest
- Catholic Charities
- Community Women's Shelter
- Crown Point Farm and Education Center
- Cuyahoga County Integrated Systems of Care Project
- Cuyahoga County Women's Shelter
- Diocese of Cleveland
- Esperanza Threads
- Parmadale
- Rainbows
- Southeast Women's Shelter
- Thea Bowman Center
- U.S. Department of Housing and Urban Development
- Women's Re-entry Network

Sisters also offer the following services through their ministries at the Ursuline Educational Center (located in our Motherhouse):

- Reiki Clinic & Training
- Career Transition Services
- Licensed Professional Clinical Counseling
- Craniosacral Therapy
- Mindfulness Meditation Retreats & Training

Sisters also serve at the following educational institutions/entities:

- Beaumont School
- Urban Community School
- Ursuline College
- Villa Angela – Saint Joseph High School
- Ursuline Institute of Learning
- Ursuline ArtSpace Studios
- Archbishop Lyke Elementary School
- Ascension School
- Chanel High School
- Cleveland Metropolitan Housing Authority's Woodhill Homes
- Cleveland Public Library
- Education Consultant Services
- Gesu School
- Holy Family Learning Center
- Jennings Infant and Child Care Center
- John Carroll University
- Lake Catholic High School
- Metro Catholic School
- Oblate School of Theology
- Saint Aloysius-Saint Agatha School
- Saint Bernadette School
- Saint Gregory the Great School
- Saint Joseph Family Care Center
- Saint Martin DePorres High School
- Saint Mary (Collinwood) School
- Saint Mary Seminary
- Saint Meinrad School of Theology
- Saint Vincent de Paul School
- Up With Kids Daycare Center

See more ministries on Page 14.

Sisters serving in healthcare, hospice and retirement facilities minister at:

- Cleveland Clinic Hospice
- Elyria Memorial Hospital
- Hillcrest Hospital
- Hospice of the Western Reserve
- Laurel Lake Retirement Community
- Menorah Park (Stone Garden)
- MetroHealth Center for Skilled Nursing Care
- Montefiore Nursing Home
- Myers High Rise
- Regina Healthcare Center
- Villa Serena

Sisters also provide spiritual guidance and nurture formation through their ministries at:

- Centering Space
- Ignatian Spirituality Institute
- Still Pointe

Ursulines continue to do mission work:

- With the Diocese's Cleveland Latin American Mission Team in El Salvador
- Along the Texas-Mexico border in Brownsville and Matamoros.

Sisters also participate in volunteer activities, including:

- Prison ministries (visits, writing, encouragement, prayer)
- Advocating for systemic change to help prevent human trafficking

Our Sisters also serve in various ministries at the following parishes:

- Assumption
- Corpus Christi
- Divine Word
- Epiphany
- Holy Cross
- Holy Family
- Holy Trinity
- Holy Redeemer
- Guardian Angel
- Our Lady Help of Christians
- Our Lady of Peace
- Saint Ambrose
- Saint Anselm
- Saint Anthony of Padua
- Saint Cecelia
- Saint Charles
- Saint Eugene (Cuyahoga Falls)
- Saint Francis of Assisi
- Saint Joseph
- Saint Ladislav
- Saint Leo
- Saint Lucy
- Saint Malachi
- Saint Martha (Akron)
- Saint Monica
- Saint Philip Neri
- Saint William

A number of our Sisters also work on behalf of the Congregation to advocate for the:

- Elimination of the death penalty on the state and federal levels
- Closing of the Western Hemisphere Institute for Security Cooperation, formerly known as the School of the Americas.

SISTER SHEILA MARIE SERVES MOUNT PLEASANT COMMUNITY

EARLY AND OFTEN DID THE LORD, THE GOD OF THEIR FATHERS, SEND HIS MESSENGERS TO THEM, FOR HE HAD COMPASSION ON HIS PEOPLE AND HIS DWELLING PLACE. [2 CHR 36:15]

Sister Sheila Marie Tobbe ministers as the interim executive director of the Thea Bowman Center, serving residents of Cleveland's Mount Pleasant neighborhood. The Center offers a hub of support that ranges from the general camaraderie of the people who use the center to quality educational programming residents use regularly.

While every day is different and filled with activity, one of Sister Sheila Marie's biggest challenges is securing resources to ensure the Thea Bowman Center continues to render critical services to the neighborhood. With its staff of five, including Sister Sheila, everyone wears many hats.

The Thea Bowman Computer Lab is a hot spot for area residents, most of whom don't have a home computer. "All children and adults who sign up and participate in this lab are making their trek to conquer the digital divide that exists within the Mount Pleasant community," says Shelton L. Moore, the Center's hardware/technical resource.

"I see so many critical needs in our community and how much the neighborhood uses and appreciates what the Thea Bowman Center offers," says Sister Sheila Marie. "Our staff works so hard to do everything we can to deliver services people need and appreciate."

The Center has educational programming for students of all ages, including adults. Classes cover GED test preparation, basic education and computer classes. If a student needs help with homework, someone is on hand to provide guidance.

The children's activities encourage self-confidence, creativity and critical thinking with Kung Fu, yoga, music classes, arts and crafts, and chess.

Food is distributed to those in need and hot meals are provided on a regular basis through Thea Bowman's Hunger Center. A summer lunch program is also offered to students 18 and younger.

Narcotics Anonymous (NA) leadership meetings, representing 35 NA groups from Cleveland's East Side, also take place at the Thea Bowman Center. This contingent of NA leaders helps many people stop using and stay away from drugs.

This one-stop shop meets many needs of individuals and families who live in Cleveland's Mount Pleasant neighborhood, regardless of religious affiliation. However, Mass, church programs, a men's Bible study group and a Sunday School Breakfast bring people together to pray, share their spirituality and give thanks.

Mom Grateful to Thea Bowman Center Staff

I want to give my gratitude for everything that the Thea Bowman Center staff is doing for my son and me. Before my son started the reading tutorial program, he wasn't doing well in school. Now ... my son is excellent in school and even his fourth-grade teacher is happy, and she says she has seen a change in Karlos, especially in his reading and math. That makes a mother like me feel very, very proud to see that my son is doing fantastic in school.

~Ms. Robinson





SISTER MARY ELLEN ENHANCES STUDENTS' RELIGIOUS EXPERIENCES AT SAINT MARTIN DE PORRES

Sister Mary Ellen Brinovec has been very involved in making prayer and spirituality a part of the students' days at Saint Martin de Porres, A Christo Rey Network® high school, since December 2006.

As one of Saint Martin de Porres's campus ministers, Sister Mary Ellen works with students and staff to plan spirit-filled and inclusive prayer services and Masses throughout the academic year. Students who attend the school are deeply religious and willingly offer their time and talent. They provide suggestions for contemporary music and readings and serve as acolytes, readers and in processions. As a result, the prayer services and Masses are beautifully diverse and multi-cultural.

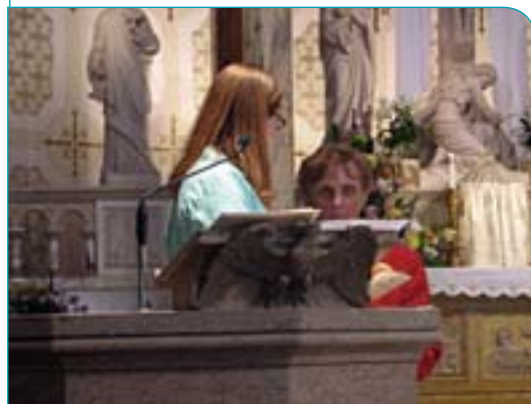
The school's newly formed Community Prayer Committee will ultimately include parents, pastors and staff in addition to students. Sister Mary Ellen anticipates Saint Martin's community prayer will become even richer and more inclusive while deepening the bonds among the school's students, staff, families and neighborhood communities. Already,

a musician from the neighborhood supports the Gospel choir, the school's music ministry.

The school is deeply committed to the Catholic identity of the Christo Rey Network and diligently promotes inclusion of the many other expressions of the Christian faith represented by the students, who say they appreciate the spiritual opportunities at Saint Martin de Porres. Sister Mary Ellen plans to incorporate prayers, songs and social justice initiatives from the families' church communities, in which many students are very involved.

St. Martin de Porres has served Cleveland's youth since 2004. The school's mission is "Christ's enterprise dedicated to transforming urban Cleveland one student at a time." Saint Martin provides an innovative college prep curriculum rooted in the development of habits of mind and spirit. The school has also developed a unique partnership with the business community through its Corporate Work Study Program.

The Cristo Rey Network® is a national association of high schools that provides quality, Catholic, college preparatory education to urban young people who live in communities with limited educational options. Most of students qualify for the federal free or reduced lunch program. Member schools utilize a longer school day and year, academic assistance and counseling to prepare students with a broad range of academic abilities for college. All students at Cristo Rey Network schools participate in a work-study program through which they finance the majority of the cost of their education, gain real-world job experience, grow in self-confidence and realize the relevance of their education. Ninety-two percent of the students represent racial minorities, and the average family income of 2006's ninth-grade class was \$33,051. Ninety-six percent of last year's graduates enrolled in college.





SISTER ROSE ELIZABETH MEETS NEEDS IN EL SALVADOR WITH LOVE, COMPASSION

HE WILL RESCUE THE POOR WHEN THEY CRY TO HIM; HE WILL HELP THE OPPRESSED, WHO HAVE NO ONE TO DEFEND THEM. HE FEELS PITY FOR THE WEAK AND THE NEEDY, AND HE WILL RESCUE THEM. HE WILL SAVE THEM FROM OPPRESSION AND VIOLENCE, FOR THEIR LIVES ARE PRECIOUS TO HIM. [PSALM 72:12-14]

“What do you do in El Salvador?” is the typical question people ask me when I’m in Cleveland. It’s a hard question to answer concretely because everyday I respond to various needs of our people.

Yesterday I tried to arrange an ambulance for Maria, an 8-year-old, who fell and broke her femur two weeks ago. She’s now in a body cast from her chest to her feet and had to leave the hospital for home where she will lay flat for six weeks.

The day before, I helped with a project to get electricity in a school in one of our remote

communities, so the kids will be able to see their work better.

Next week, I’ll distribute corrugated metal for people to use on their leaking roofs. During the rainy season, with dirt floors in houses, families live in mud if their roofs leak. I’ll also haul lumber so we can build a cook kitchen for a very poor family.

I’ve picked up a man who died in the Cancer Hospital and took him home for his wake and burial. With help from my Ursuline Sisters (of Cleveland, who gave money from their annual \$150 vacation allowances to help families who lost their homes to a hurricane and floods), I bought a house for a family who watched theirs slide down the mountainside last year.

Santo Domingo Parish Clinic

Health care is critical here, as it is for the poor in the United States. Our clinic provides health care to the poorest in Chiltiupan. People suffer from respiratory infection, diarrheal sickness, malnutrition, high blood pressure, diabetes and

conditions unseen in the United States. We work to reduce deaths of children under 5 years old.

I'm not a nurse and never wanted to be one. But I talk to the people while they wait to see the doctor. I see fear on a woman's face and I hold her hand and try to reassure her. I try to lift the spirit in the waiting room by telling a funny story to make the people laugh. I listen to life stories. I answer questions about our faith, and I pray with them while they wait.

How we helped a deaf boy

An 8-year-old boy, Marcos, came to the clinic with his mom a year ago. He's a bright boy, cute, with a charming personality. And he's deaf. He goes to school, but can't hear the teacher. He has no friends and at this age the kids are starting to tease him. He was living in a world of silence. We had to do something.

First, we placed him in a school with classes for deaf children. He and his mom had to leave Chiltiupan at 5:30 a.m. to get to school on time. Marcos got motion sickness and got sick everyday, so his mom stopped taking him.

Then we tried to get a hearing aid at a reduced price through various agencies in the country. That didn't work out. Finally, friends from Cleveland donated money to buy his hearing aids. But it took six four-hour trips to the capital before he finally got his hearing aids. Nothing is easy in El Salvador.

I wish you could have seen Marcos's huge smile when he heard his first sounds. He had never heard chickens cluck, birds chirp, crickets sing, cows moo, nor his mom calling his name, or a teacher giving directions in class, or kids playing in the street. Little by little he's adjusting to hearing all the sounds of life. Now we've secured speech therapy to teach him to talk. When you've never heard a word, you can't say it.

What do I do in El Salvador? I encourage people. Sometimes all it takes is a smile or a pat on the back or a loving glance. Sometimes it's a gentle urge to work toward reconciliation or a "you can do it" push for cancer treatment. It's so easy because I love the people of Chiltiupan, El Salvador.

— Sister Rose Elizabeth Terrell

Sister's presence is 'a blessing'

Nothing is more pleasant than to thank someone who is in Chiltiupan for the happiness and well being of our people. I am talking about Sister Rosita, (Sister Rose Elizabeth Terrell) an American citizen who since January 2004 is living among us.

She unselfishly develops activities for our benefit: children, teens and adults. Daily we receive results from the care she feels for the people. She plays with the children; Rafael, five years old is a daily visitor at her house where she keeps games at the door for him and others to play.

Sister Rosita teaches English classes, shows recreational movies, visits people in the parish clinic and drives people to the hospital. While she has an outstanding participation in Church activities, she stands out helping the sick and the poor.

The presence of Sister Rosita is not just a relief for us but she gives us hope in the solution of the many needs. We pray to God to bless her with good health and to let her be our companion for many years to come.

Her presence is a blessing.

~ Carlos Alberto Perdomo Vidal

SOCIAL WORK PROGRAM UNIQUELY URSULINE

By Sister Kathleen Cooney, Ph.D., L.S.W., Co-Director, Social Work Program, Ursuline College

EACH ONE SHOULD USE WHATEVER GIFT HE HAS RECEIVED TO SERVE OTHERS, FAITHFULLY ADMINISTERING GOD'S GRACE IN ITS VARIOUS FORMS. [PETER 1, 4:10]

It would seem the road from being a student of the Ursuline Sisters to being an Ursuline Sister and a professor of social work at Ursuline College would be a long one. Sometimes the length of the journey is not as important as the people one meets along the way.

As a student nun at Ursuline College, Sister Miriam Lynch, Ph.D., was my teacher and mentor. Sister Miriam opened my eyes to the reality of racism, my mind to skills in creative and critical analysis and my world's window to educators' rightful role of leadership, involvement in social action and community service. She left such an imprint on my life that my decision to earn a doctorate in social work was my way of expressing not only my esteem for her but also a way of continuing the work for which she was energized.

As director of the Social Work Program in 1990, I was charged with developing a social work curriculum model accredited by the Council on Social Work Education that would prepare graduates for professional social work licensure and for graduate school.

Developing the program with my colleague, Sharon Zimmerman Wilson, L.I.S.W., has been a source of joy and laughter, which supported the work of creating a uniquely Ursuline response to the Council on Social Work Education's standards of excellence. Sharon's grasp of the Ursuline charism, rooted in her experience at Villa Angela Academy, enabled us to join the values of the social work profession with the institutional expression of the Ursuline Sisters' mission at Ursuline College.

I see the education of entry-level social work professionals as promoting the works of compassion in ways that respect the dignity of those being helped and offers the helper appropriate balance for very difficult but rewarding work.



*Sister Kathleen Cooney and
Ursuline College Senior Sue Wood*

How does the core value of compassion in the mission of the Ursuline Sisters fit the work of social work education for me? Often compassion is seen primarily as a response of the heart to needs. Joan Chittister, OSB, has said compassion is the soft and bottomless well of the holy heart. An image in Tibetan iconography represents compassion as having a thousand eyes that see the pain in all corners of the universe and a thousand arms that reach out to all corners of the universe to extend help.

Certainly, compassion is fundamental to being one with the essence of God and in responding in obedience to a heart moved by the Spirit of God to feed the hungers of those in need. For me, the social work program is a means of compassion, itself. The program's culture assists students in identifying their own strengths so they can identify strengths in others. Students are challenged to act not only on the movement of their hearts but also with professional knowledge, skills and values so their hands may reach out to "all corners of the universe." Students are taught to act reflectively so they may act out of a "holy heart." Their compassion is linked to actions on behalf of justice and social change as well as in direct services.

Concretely, my mission in ministry extends the mission of the Ursuline Sisters. The Social Work Program is one means of concretizing the expression of each dimension of the Ursuline Sisters' Mission: *Transforming society through contemplation, justice and compassion*. With a focus on compassion, 98 percent of social work graduates stay in the area, providing both leadership and services to Greater Cleveland's people who live in poverty and struggle with multiple needs.

Since its inception, the program's students and their field supervisors have provided more than 41,000 hours of service to clients. Additionally, the students' Social Work Organization identifies activities to bring them into personal contact with persons in need. Recently, fund-raising activities have focused on needs of women re-entering the community after incarceration.

Compassion has a local face: The face of the Ursuline College Social Work Program. Compassion has an individual face: The face of an Ursuline College social work graduate. The Social Work Program and its graduates are facets of the Ursuline Sisters' effort to transform society.

Student Values Saint Angela's Teachings, Aspires to Serve

"The foundation of the Social Work Program is rooted in the beliefs, charism and counsels of Saint Angela," says Sue Wood, an Ursuline College senior. "When people ask me why I chose social work (as a career), 'to care for people who need care,' is a good answer," she adds.

"The Council on Social Work Education echoes what the Sisters say about providing service to others," says Wood. The Council's statement of ethics in social work can be seen in Saint Angela's Counsels, which were written in the 1500s, she adds.

Wood says, "Having the Sisters here is a good reminder of what's important and being able to appreciate the experience. The Ursuline Sisters are very involved in producing a student body that will make a difference and be advocates," she adds.

Wood, a non-traditional commuter student, says compassion abounds at Ursuline College. "I can't imagine anyone leaving here and not feeling nurtured," she says. Wood says the Ursuline charism is pervasive. She cites a recent prayer service planned for a graduate leaving for Kenya to serve victims of rape and incest. Wood says the young woman's mother, while worried about her daughter, appreciates knowing students and faculty continue to pray for her daughter's safety and well being while she's away.

Now considering whether to pursue a master's degree in social work at Case Western Reserve University, Wood looks back and says when she first began classes at UC she wondered how she would survive at a four-year school. She says the faculty at Ursuline College taught her to recognize and develop skills and talents she wasn't aware she had. Wood also says the faculty "is truly concerned about what you're going to do when they're done with you."

It appears Wood will be ready to spread the Ursuline charism farther when she takes it to her internship at Metro Hospital's Spinal Cord Injury Center and places beyond where she will help transform lives. "It's easy to see how the Ursuline charism spreads. It goes from the College to the students, to their community and the people they serve. It's like a trickle down effect."

"Having the Sisters here is a good reminder of what's important and being able to appreciate the experience. The Ursuline Sisters are very involved in producing a student body that will make a difference and be advocates."

– Sue Wood



The Beaumont School Community gathers for a prayer service and tree dedication honoring the lives of two students' fathers who died last year.

URSULINE VALUES FOUNDATION OF COMPASSIONATE SCHOOL COMMUNITY

By Peggy Connell, principal, M.A., M.Ed. and Betsy Nero, campus minister/service coordinator, M.A.

NOW IS YOUR TIME OF GRIEF, BUT I WILL SEE YOU AGAIN AND YOU WILL REJOICE, AND NO ONE WILL TAKE AWAY YOUR JOY. IN THAT DAY YOU WILL NO LONGER ASK ME ANYTHING. I TELL YOU THE TRUTH; MY FATHER WILL GIVE YOU WHATEVER YOU ASK IN MY NAME.
[JOHN 16: 22-23]

Beaumont School is truly Ursuline. Our Ursuline charism helps make us unique among other educational institutions. Compassion and care of the individual are important elements in our school and enable us to refer to ourselves as a community of learners, of faith and of friends. We care about one another—not in a sentimental way but in an active, loving way.

Saint Angela counsels us to “be kind and compassionate toward each other.” At Beaumont, compassion is the strong thread that weaves through the fabric of everyday life behind “the wall.” Compassion is what we know; it is the glue that holds so many so close together.

This past year has been extraordinarily difficult. In addition to all of the challenges of daily life, we have experienced serious illness among family and close friends as well as the loss, sometimes very sudden loss, of parents both among faculty and students. Saint Angela’s words, “Cling together with bonds of charity, esteeming one another, helping one another, supporting one another in Christ Jesus,” have been recited, reflected upon and acted upon over and over throughout the year.

One of our biggest challenges over the past year concerned one of our teachers, Lynn Gadus, and her husband, Al. Last

October, we cheered for Lynn when she received word Al had finally made it to the “top of the list” for a double kidney and spleen transplant. Our prayers of joy soon became prayers of supplication as weeks turned into months and, although the transplant was performed successfully, Al continued to experience critical health problems.

“Now seven months later when people say to me, ‘I don’t know how you are doing it’ I just smile and think to myself, I know how,” Lynn says. “Whenever I needed help someone was always there for me whether it was subbing in my classes when I had to leave suddenly, preparing delicious meals, providing financial support to help pay for parking and housecleaning or providing such immense emotional support. The thoughts, love and prayers of the faculty have gotten me through so much. I cry every time I hear the words from Josh Groben’s song, ‘You Raise Me Up’ or I read the words from the *Footprints* prayer because I know in my heart I have made it this far because of (the Beaumont School community). This includes not only the faculty and staff but my students as well. The kindness, love and understanding I have felt from everyone has given me the strength to carry on even though I’m unsure of what the outcome will be.”

Hardship and sadness reached our student body as well. This past winter within two weeks, two of our sophomores experienced the deaths of their fathers. Our students instinctively knew how to care for one another. As a class they pulled together for their classmates. They prayed, wrote notes

of support, attended the wakes and the two funerals, and they approached the faculty and administration about planning a prayer service and planting a tree in memory of these two very special men. With their class moderator, the class officers facilitated a beautiful memorial service and tree planting on Beaumont’s beautiful grounds around Lake Garda. This was healing for all involved.

The Beaumont community comprehends the meaning of compassion. It is natural to see hugs given at a moment’s notice. Notes of concern passed by way of email and in personal cards are common. Signup lists are posted when meals are needed; memorial Masses are planned for family members.

One teacher says her favorite place is the prayer board in the coffee room where intentions are written. She says, “It’s a testament to our strength to each other and to our students . . . living compassion is our strength.”

The spirit of Saint Angela Merici guides us in our community of love and compassion. Angela has given us insights that frame who we are and how we treat one another. She is our foundress certainly, but more importantly she is our mother, sister and friend. We believe her words, “In heaven you will find complete love, which is the fulfillment of love begun on earth.”

We received notice at press time that Al Gadus had died. We thank Lynn for sharing her story and will continue, along with the Beaumont School community, to pray for her and her family.



Lynn Gadus

**Our Ursuline
charism helps
make us unique
among other
educational
institutions.**

SISTER ANN WINTERS ANSWERS GOD'S CALL TO HEAL



**THERE ARE DIFFERENT GIFTS, BUT
THE SAME SPIRIT ... TO EACH PERSON
THE MANIFESTATION OF THE SPIRIT
IS GIVEN FOR THE COMMON GOOD
... BY THE SAME SPIRIT ANOTHER
IS GIVEN THE GIFT OF HEALING.
[1 COR. 12:4,7]**

Anyone who's experienced life's ups and downs knows healing is necessary on many levels if one hopes to cope productively and move beyond pain and anguish, regardless of the cause. And receiving compassionate care and empathy make a vast difference in a person's ability to cope.

Good physical, emotional and spiritual health gives us the ability to go out into the world every day with an outlook of hope and a sense of peace. These elements contribute immensely to a person's quality of life and ability to positively influence the people and circumstances with which they are surrounded.

It's challenging to feel hopeful and find a sense of peace when a person has chronic pain, a serious or terminal illness or emotional scars that elicit anger, chemical dependency or other ills. The medical community has long linked stress and anxiety to heart disease, cancer, depression and "flare-ups" associated with illnesses and other conditions or limitations.

According to the Duke University School of Medicine, "It is now known that thoughts, beliefs, emotions and stress all have a great impact on health and illness." So it's no surprise hospitals, hospices and other healthcare providers have recognized the benefit of offering complementary therapies to improve patients' ability to heal and cope with physical and emotional symptoms. In addition, complementary therapies are being recommended more and more as preventive measures to reduce stress and anxiety.

One might say Sister Ann Winters is operating ahead of the curve with her integrative approaches to living and healing. A certified Level III Reiki Master/Teacher, she established Reiki and Mindfulness Meditation programming more than 10 years ago that is now offered through the Ursuline Academy of Cleveland at the Ursuline Educational Center. The Ursuline Reiki Clinic is popular among cancer patients and others whose well being requires more than that which can be delivered through surgery, chemotherapy, prescription drugs or other means.

Sister Ann is working with researchers and physicians at the Cleveland Clinic Foundation to study the effects of Reiki in prostate cancer patients. As the lead Reiki practitioner in this study funded by the National Institutes of Health, the trial will explore how Reiki influences anxiety and cancer progression in these patients.

A leader in teaching and administering Reiki, Sister Ann ascribes to both Biblical and physical indicators that support its healing properties. She approaches her patients, associates and students with the strong sense of compassion that truly makes a difference in their lives.



Reiki Helps Along Journey to Deliver Healthy Baby
 By Michele Meyers

My beautiful little girl, Violet Grace, was born February 24th of this year. I believe Reiki helped make her the strong, healthy baby she is.

In early 2006, after two consecutive first trimester miscarriages, I was feeling very lost and depressed. One day when I was browsing through the alternative medicine section at my local library, I noticed a book sticking out from the shelf, *Reiki: Healing Yourself and Others* by Marsha Burack. Something told me this book was intended for me so I checked it out.

Not long after, I attended a traditional medicine symposium that happened (to my surprise) to include

a speaker from the Cleveland Clinic who discussed Reiki clinical trials and mentioned the practitioners involved in the study were from Ursuline. Around this same time two of my coworkers began sharing their Reiki experiences with me. Both of them had received Reiki training with Sister Ann and told me how much Reiki had positively impacted their lives.

I soon decided to schedule my first Reiki treatment at the Ursuline Reiki Clinic and was amazed by the intensity of the experience. In May of 2006, I enrolled in Reiki I with Sister Ann. I shared my enthusiasm (and Reiki treatments) with my husband and family, and soon my brother, mother, sister and husband all signed up for Reiki I. I gave myself treatments and continued to receive treatments at the Ursuline clinic, hoping for a successful pregnancy. Everyone at the clinic was so giving and supportive, and all of the Reiki I received lifted my spirits and gave me hope. In June of 2006 I learned I was pregnant again.

Reiki and the Ursuline clinic have made such a difference in my life. They helped me through a very difficult time and brought such a wonderful gift to my family. I sometimes think Violet waited to make her entrance into this world so my family and I could receive the gift of Reiki.



Reiki Clinic Hours (By appointment)	
Monday, Thursday	6:15 p.m. 7:00 p.m.
Tuesday, Thursday	1:00 p.m. 2:00 p.m. 3:00 p.m.
Saturday	10:00 a.m. 10:45 a.m.
A \$10 donation is recommended for clinic visits, however no one will be turned away if they are unable to pay. Private one-hour appointments are available for \$45. Call 440-442-4160, Ext. 224.	

The inspiration for the Ursuline Reiki Clinic came through Carolyn Clifford, who in 1997 was diagnosed with metastatic cancer in the liver. Carolyn's daughter arranged a Reiki treatment for her and she brought her family and some friends. As a result, all who accompanied her received training and were able to support her with her treatments. Carolyn lived 8 ½ years and was our first client at the Reiki clinic on a Monday evening in June of 1997. Carolyn continued to visit the Reiki clinic weekly until the week before her death. In 2001 Carolyn wrote, "Reiki is for my spirit as the research medicine is for my body. Mentally I am able to handle the fact of being a victim of cancer providing that Reiki is a part of my everyday life."



Sister Therese Horan (far right) poses with Assumption parish volunteers (all standing) after leading a Holy Thursday payer service for nursing home residents (seated) in Broadview Heights.

SISTER THERESE ‘COMFORTS THE SORROWFUL’

YOU, IN YOUR GREAT COMPASSION, DID NOT FORSAKE THEM IN THE WILDERNESS. THE PILLAR OF CLOUD DID NOT LEAVE THEM BY DAY, TO GUIDE THEM ON THEIR WAY, NOR THE PILLAR OF FIRE BY NIGHT, TO LIGHT FOR THEM THE WAY IN WHICH THEY WERE TO GO. [NEHEMIAH 9:19]

As a pastoral minister to the sick, elderly and homebound members of Assumption Church in Broadview Heights, I am engaged daily in the ministry of compassion. An Ursuline Sister for 52 years, I strive to live out our Community’s Mission Statement to transform society through contemplation, justice and compassion.

Weekly, I visit parishioners in hospitals and nursing homes. I also visit terminally ill patients who are receiving hospice care in their homes or facilities. I also help to ensure the homebound see a priest at least every other month.

I conduct the “Healing Hearts” bereavement program Monday afternoons in September for six weeks, followed by an All Souls Day candle remembrance Mass Nov. 2. The entire Parish community is invited, followed by a reception in our gathering space.

As I minister to those who have suffered a loss, I am reminded of the spiritual and corporal works of mercy, where I am invited to “comfort the sorrowful” and “pray for the living and the dead.”

The Gospel of Matthew (23:31~46) states whatever I do for the least of my sisters and brothers, I do for Christ. I

meet Jesus every day in the people I serve and the events I experience as I carry the Eucharist from person to person and place to place. The car I drive is literally a Tabernacle on wheels so I'm usually praying the Rosary along the journey to the Body of Christ as I visit the sick and the homebound.

My goal is to feed, clothe, visit and minister to those with whom God surrounds me. It is truly His work, His Grace that sustains me daily. Out of this frame of reference I cannot choose when or how I am going to die, but I certainly can decide now how I'm going to live out each day. I'm on the adventure of a lifetime and wouldn't trade it for anything!

~Sister Therese Horan

The car I drive is literally a Tabernacle on wheels so I'm usually praying the Rosary along the journey to the Body of Christ as I visit the sick and the homebound.

Cards and letters from people who have been on the receiving end of Sister Therese Horan's compassion reflect what her ministry means to them. Excerpts follow from notes she's received from appreciative parishioners.

"How can I thank you enough for all your care and concern? Bob so loved you and appreciated your bringing our Lord to him over the months he was too sick to go out. Just your smile and happy presence lifted his spirits (and mine, too). You bring love to so many people. I hope you feel the love coming back to you."

"You made me cry such beautiful words of bereavement. I am grateful for your support. You are one wonderful person. Bess loved you as I do."

"We don't know anyone who has given so much of their life to continuously help others as you have. You have helped all my children and have been so good to all of us all these years. When you go to sleep tonight, remember how happy we are to have you in our life."

"You radiate God's spirit. The 'heart and soul' scripture reminds me of you, as a spiritual woman with wisdom to share and a listening and giving heart, who is usually with another, giving comfort, peace and joy."

COMPASSION FOSTERS NEW LIFE FOR BABY AND MOM



EARLY AND OFTEN DID THE LORD, THE GOD OF THEIR FATHERS, SEND HIS MESSENGERS TO THEM, FOR HE HAD COMPASSION FOR HIS PEOPLE AND HIS DWELLING PLACE. [2 CHR 36:15]

Mary, a young teenage mother, has never had an easy life. Her mother was a prostitute who prostituted Mary as well. She stayed with her mother “to help her out,” until her mother’s untimely death last year. Although her mother’s death had been a relief in many ways, Mary was very sad and felt guilty for the freedom she felt when her mom passed away.

The death of her mother left Mary very much alone. Although she has siblings, Mary doesn’t know how to find them and she was left to fend for herself. She spent some time alone on the streets but was finally taken in by her 86-year-old great grandmother, who is an alcoholic. Even though her grandmother could not provide any other

assistance, Mary conceded, “At least I have a roof over my head,” as she lived by herself in the rundown, second-floor apartment in her grandmother’s home. “Without her I am all alone in the world,” she used to say.

Living with a learning disability, Mary attended a school for children with special needs, which got her away from her lonely, dysfunctional home for several hours a day. She developed skills and learned she has options—in addition to all the challenges she had already faced in her short lifetime, she had become pregnant.

Mary decided to keep her baby and began to see a social worker, a loving woman who has gone far beyond what her job requires to help. She drove her to doctor’s appointments, spent time to help Mary understand what was happening throughout her pregnancy and contacted a hospital to find her a doula or birth coach, which is how Sister Mary Ellen Brinovec came to support Mary through labor and delivery.

Sister Mary Ellen, who is a doula, and the social worker helped Mary understand what would happen during labor and delivery and all the things her baby would need when she was born. Mary was determined to keep her baby and hoped her grandmother could help her.

When Mary gave birth to her daughter, Tina, the whole labor and delivery department was supportive and affirming. Mary’s doctor, social worker, Sister Mary Ellen and many nurses and interns welcomed this tiny, beautiful little girl.

Mary received so much love and care during her stay at the hospital that her self-respect grew and she finally got the strength and confidence to ask for help in finding another place she could live with her baby, as was suggested by her doctor. Fortunately, an aunt who was estranged from Mary’s mother opened her heart and home to Mary and Tina.

Through all the people who helped Mary during her pregnancy, she felt a loving presence she had never before known. Mary attends school regularly and plans to work to better support herself and her baby.

Although Mary's life has certainly been difficult and painful, many people have given her the support, compassion and confidence she needed to move forward with her life.

Mary is now trying to get her grandmother into a treatment program for alcoholics. She simply says, "It would really be good for her, like she was good for me for a time."

Sister Mary Ellen Companions Women Along Special Journey

Mary became my client in the eighth month of her pregnancy. We talked about her faith and she reminded me that she was Mary Magdalene. Jesus loved her despite her past sins. Mary is determined not to have this kind of experience again. She has faith in God, and her aunt's house is a place where this can be nurtured. She is on the way to growing into a wonderfully strong woman and mother.

I definitely feel blessed to be a part of this ministry to each woman I have coached through labor and delivery. It is such a privilege to be invited to share this intimate, sacred moment with women and their families. It is a moment totally focused on the other person, supporting, affirming and companionship in her pain and in her joy.

I always ask women if we can pray together as they transition into the last stage of labor during which the baby enters the world. Most of the moms are thrilled and join in the prayer as they can—dads too. Compassion fills the delivery room as doctors and nurses and spouses and doula reach out to the laboring mother in support of what she is doing.

We are all one in mind and heart as we journey with her. At this moment I am always reminded that this is the closest example of unity I have ever experienced.

I am a doula because I love sharing these sacred moments with families and helping them bring new life into the world into as peacefully and joyfully as it can happen. When the baby comes, I also take a few moments to pray with this new person, welcoming him or her into this world with all

its promise and all its pain. This is a very special moment for me after which I encourage the parents to join into the prayer. I have never had anyone refuse.

My work is a blessing to my life and I hope, in some way, what I do also blesses those I serve as a doula.

Sister Mary Ellen Brinovec

Q: WHAT IS A DOULA?

A: A DOULA:

- Provides continuous physical, emotional and informational support during labor and childbirth.
- Explains medical procedures and interventions to the parent(s);
- Provides advice during pregnancy;
- Suggests exercises to make pregnancy and childbirth more comfortable;
- Helps prepare a birth plan;
- Facilitates communication among members of the laboring woman's birth team;
- Offers comfort techniques like massage and other non-pharmacological pain relief measures for which she is trained;
- Helps to prevent unnecessary interventions;
- Helps with breastfeeding preparation and beginning;
- Is present during and after labor as long as she is needed by the parent(s).

URSULINE SERVICE DIRECTORY

Art for the Family - Ursuline ArtSpace Studios

Ursuline Sisters collaborate with community artists and professionally credentialed art therapists to provide educational and therapeutic art-making. Call (440) 449-1200, Ext. 285 or visit www.artspace.com.

Biodynamic Craniosacral Therapy

Sister Jennifer Corlett, Ph.D; (440) 442-4160, Ext. 239 or jcorlett@ursulinesisters.org.

Birth Coach/Doula

Sister Mary Ellen Brinovec; email mebrinovec@sbcglobal.net or call (216) 382-0547 or (216) 407-1836.

Clutter Control/Organization

Sister Charlotte Trenkamp; organizes closets, drawers, offices, desks and/or attics; call (440) 449-1200, Ext. 388.

Education/Vouchers

Sister Renee Oliver presents "parents' rights in education and vouchers." Email roliver@ursuline.edu.

Licensed Professional Clinical Counseling

Sister Jennifer Corlett, Ph.D; (440) 442-4160, Ext. 239 or jcorlett@ursulinesisters.org.

Parenting Seminars

Sister Margaret Link; summer and weekends; email mink20@yahoo.com.

Pilgrimages

Mary Ellen Brinovec; two-week pilgrimage to Northern Italy, 'Angela's Italy,' 'Armchair Pilgrimage' to Italy's major cities; email mebrinovec@sbcglobal.net or call (216) 382-0547 or (216) 407-1836.

Mindfulness Based Stress Reduction

Sister Ann Winters; eight-week course and retreats; call (440) 442-4160, Ext. 230 or email awinters@ursulinesisters.org.

FACILITY RENTAL/USE

Ursuline Educational Center

A variety of great spaces are available for meetings, group retreat days, seminars, workshops, conferences, etc. Catering is available, along with standard meeting amenities. Contact Sister Barbara Jean Sever at (440) 449-1200, Ext. 123.

Prayer Labyrinth

This prayer space is located in front of the Ursuline Educational Center. Individuals are welcome. Groups should contact Joann Piotrkowski at 440-646-8327.

Reiki

Sister Ann Winters; treatments (clinic hours and by appointment) and training through Level III/Advanced; Call 440-442-4160, Ext. 224.

Spiritual Direction/Development

Sister Rosemarie Carfagna; email rcarfagna@ursuline.edu or call (440) 449-1200, Ext.383.

Sister Anne Marie Diederich; Copley/Akron; email amdiederich@yahoo.com.

Sister Barbara Lusnak; call 440-449-1200, Ext. 368.

Sister Sheila Marie Tobbe; email sheilamarie10@juno.com.

Transition/Life Coaching

Sister Mary Ellen Brinovec; email mebrinovec@sbcglobal.net or call (216) 382-0547 or (216) 407-1836.

Sister Donna Capuano; career and life transition; email dcapuano@ursulinesisters.org.

Tutoring

Ursuline Institute of Learning

UIL provides tutoring for children and adults at the Ursuline Educational Center, our Ursuline Motherhouse, at all grade levels including college. Contact Sister Lois Petersen at (440) 449-1200 ext. 280; or Sister Mary Irene Kane, at (440) 449-1200 ext. 280.

URSULINE SERVICE DIRECTORY

Junior High Math

Sister Martha Mooney tutors seventh- through tenth-grade students. Email mmooney@vasj.com.

Retreats/Workshops/Days of Recollection

Sister Mary Ellen Brinovec; individual directed retreats; Labyrinth retreats; creative prayer; “Lights, Camera, Contemplation,” using photography and contemplation to appreciate the world; “Angela, a Woman for All Seasons,” week or weekend dialogue retreat; ‘The Four Agreements,’ four-week series; ‘Forgiveness,’ four-week series; ‘An Alternative Christmas,’ Advent; email mebrinovec@sbcglobal.net or call (216) 382-0547 or (216) 407-1836.

Sister Elaine Berkopec; half- or all-day retreats on ‘St. Therese of Lisieux: A Life in Five Acts;’ email e.berkopec@gmail.com.

Sister Rosemarie Carfagna; retreats for groups on various topics; email rcarfagna@ursuline.edu.

Sister Anne Marie Diederich; Copley/Akron area; email amdiederich@yahoo.com.

Sister Maureen Grady; retreat days or evenings; email mgrady@ursulinesisters.org.

Sister Donna Kristoff; retreat days/weekends on Thomas Merton, art and spirituality; email dkristoff@ursulinesisters.org.

Sister Beverly LoGrasso; Sunday days of recollection for women; email blograsso@ursulinesisters.org.

Sister Maureen McCarthy; weekend or evening retreats on spirituality or scripture; email mp.mccarthy@gmail.com.

Sister Gale Marn; retreats and days of recollection; call (440) 449-1200, Ext. 323.

Sister Ellen Themes; one-day retreats on art and spirituality, mandalas, artist’s way, visual journaling, and the elderly and creativity; email ethemes1141@yahoo.com.

Sister Anita Whitely; non-violence retreats; email awhitely@ursulinesisters.org.

Sister Elizabeth Troha; aging and relaxation and stress reduction; email liztrohaosu@aol.com.

Sister Maureen Grady; centering prayer, contemplative living/practice and the discernment process; email mgrady@ursulinesisters.org.

Sister Beverly LoGrasso; Saturday or Sunday reflections on spirituality of justice/nonviolence for parishes; email blograsso@ursulinesisters.org.

Writing/Editing

Sister Renee Oliver; penmanship lessons and workshops; email roliver@ursuline.edu.

Sister Elaine Berkopec; email requests to e.berkopec@gmail.com.

Sister Francis Borgia; writes magazine reviews; call (216) 781-3481.

Sister Susan Bremer; articles, editing and proofreading; email sbremer@ursulinesisters.org.

Sister Rosemarie Carfagna; books and articles on religious topics, spiritual development; email rcarfagna@ursuline.edu.

Speakers/Presentations

Sister Mary Ellen Brinovec; creative prayer; Labyrinth as an ancient prayer tool; email mebrinovec@sbcglobal.net or call (216) 382-0547 or (216) 407-1836.

Sister Donna Capuano; the “Role of Faith in Life Transitions” and other topics; email dcapuano@ursulinesisters.org.

Sister Christine DeVinne; various topics including the Shakers; Salem Witch Trials; saints and how they are canonized; confession in everyday life; and the study of names; email cdevinne@ursuline.edu.

URSULINE SERVICE DIRECTORY

Sister Joann Kessler; “A Sharing of Little Known Facts in the History of Cleveland Ursulines;” email jkessler@ursulinesisters.org.

Sister Janet Moore; presents to adult groups on ways to listen to classical music as a bridge to contemplative prayer; email jmoore@ursuline.edu.

Sister Sheila Marie Tobbe; presents to various cultural and religious groups (including Spanish speaking groups) on peace and justice issues such as creating a culture of hope, nonviolence, keeping the Martyrs alive, trauma and trauma release, and creative responses to conflict; facilitates ministry development in peace and justice, direct service and advocacy; works with multi-cultural groups to deal with issues that can prevent healthy communication; email sheilamarie10@juno.com.

Mediation Training/Non-Violence

Sister Noel Marra; workshops on conflict resolution, peaceful communication directed to adults in workplaces, teachers and students; email nmarra@ursulinesisters.org.

Sister Anita Whitely; retreats, mediation training and service; email awhitely@ursulinesisters.org.

Sister Sheila Marie Tobbe; email sheilamarie10@juno.com.

Programming for Catholic Schools/Educators

Sister Irene Charette; faculty retreats; certification classes in religion at St. William Parish or other mutually agreeable school; assists with eighth-graders for Spirit Day and second-graders for Jesus Day; email idcharette@yahoo.com.

Sister Gale Marn; courses for teacher training in religion; RCIA and sacramental meetings for parents; call (440) 449-1200, Ext. 323.

Sister Carla Murar; days of reflection for teachers and parish religion teachers; email scmurar@yahoo.com.

Sister Noel Marra; helps develop elementary school curriculum in social justice; email nmarra@ursulinesisters.org.

Sacramental Preparation/Resources

Sister Donna Marie Bradesca; adult education on Catholic belief topics and pre-sacramental talks to adults/parents on Reconciliation, Eucharist and Confirmation; email sef724@verizon.net.

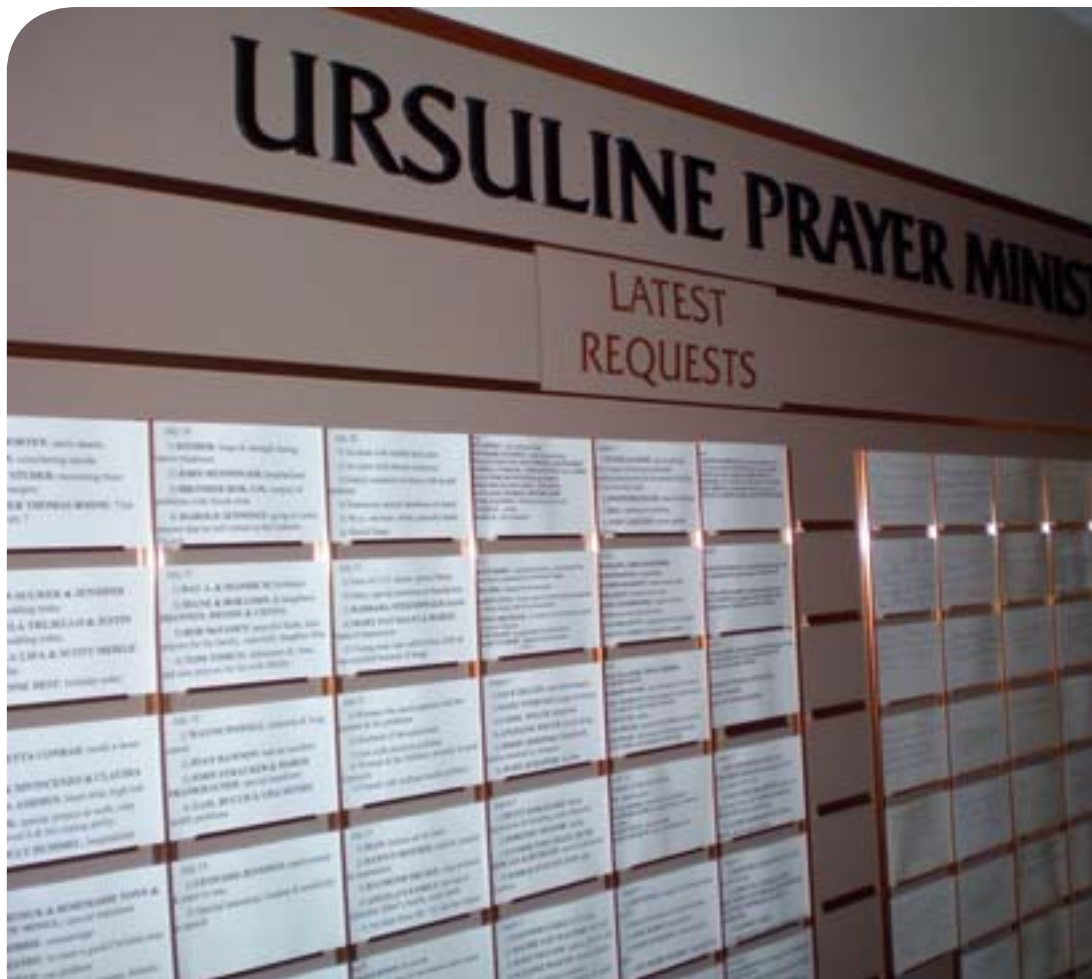
Sister Carla Murar; Pre-sacramental talks for adults/parents on Penance, Eucharist and Confirmation; email scmurar@yahoo.com

Sister Patricia Marie Thomas; liturgical singer for weddings, funerals and other weekend events; email pmthomas@ursulinesisters.org.



**Transforming Society
through Contemplation,
Justice and Compassion**





Visit
URSULINESISTERS.ORG
 to submit your prayer
 requests to us!

Prayer requests may
 also be submitted to
 (440) 449-1200 Ext. 103.



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