

# THE SISTERS' FAVORITE PRAYERS



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*from*

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*Support Our Aging Religious*



Dear Friends of SOAR!

Be at peace – for God answers all prayers.

*“He will either shield you from suffering or will give you unfailing strength to bear it.”*

God helps us find the strength to deal with the daily struggles of life and the grace to grow in His infinite love and mercy. All we must do to receive such blessings is ask.

That is why I have assembled our elderly Sisters’ favorite prayers for you, the very devotions they offer up to our Lord again and again. It is their hope and mine that you find the same peace and comfort within these prayers as we do.

And may these special blessings continue to connect us all in the loving presence of our Heavenly Father.

Prayer is powerful — and our aging sisters rely upon the prayers of you, our most generous benefactors.

With Gratitude,

*S. Kathleen Lunsmann, IHM*  
Sister Kathleen Lunsmann, IHM  
*President*

## *Sister Kathleen's Favorite Prayer*

*“Do not look forward in fear to the changes of life;*

*Rather look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things.*

*And when you cannot stand it, God will carry you in His arms.*

*Do not fear what may happen tomorrow;*

*The same everlasting Father who cares for you today will take care of you today and every day.*

*He will either shield you from suffering or will give you unfailing strength to bear it.*

*Be at peace and put aside all anxious thoughts and imaginations.”*

*~ St. Francis de Sales*

Sister Kathleen Lunsmann, IHM  
*President*



## *Sister Phyllis' Favorite Prayer*

*“REMEMBER, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.”*

## *Biography*

Phyllis Hilbert, SSJ

She is 72 years old and has served many years as an educator. She is a counselor and has her addiction counseling certification. Sister Hilbert has worked many years with helping women and children find affordable housing. She began the collaborative ministry Erie DAWN (Dwellings and Advocacy of Women in Need) and worked as the executive director for more than 10 years.

Phyllis Hilbert, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Betty's Favorite Prayer*

*Mary Stewart's Prayer*

*“Keep us, O God from all pettiness.*

*Let us be large in thought, in word, in deed.*

*Let us be done with fault-finding and leave  
off all self-seeking.*

*May we put away all pretense and meet each  
other face to face,*

*Without self-pity and without prejudice.*

*May we never be hasty in judgment,*

*And always be generous*

*Let us always take time for all things,*

*And make us to grow calm, serene and  
gentle.*

*Teach us to put into action our better impulses,  
to be straightforward and unafraid.*

*Grant that we may realize that it is the little  
things of life that create differences, that in  
the big things of life,*

*We are as one.*

*And, O Lord God*

*Let us not forget to be kind. Amen”*

## *Biography*

Betty Ruza, SSJ

She is 75 years old. Most of her years of ministry has been in education, as a teacher and principal. She currently works in Pastoral ministry at St. Mary's Home (our sponsored ministry-assisted living/retirement home) and served in the SSJ Administration Building part-time as a receptionist and supply purchaser.

Betty Ruza, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Mary's Favorite Prayer*

*“Hail and blessed be the hour and the moment  
In which the Son of God was born of the  
most pure Virgin Mary  
At midnight in Bethlehem in piercing cold.  
In that hour vouchsafe O my God  
To hear my prayer and grant my desire  
Through your Son, Jesus. Amen”*

***Her Notes:*** My favorite prayer is what is called a Christmas novena prayer, although you say it from the feast of Saint Andrew (Nov. 30) until Christmas. This prayer was taught to me by my homeroom teacher, Sister Brenda Marie Vines, SSJ, when I was a junior in high school. I've said it every December since then and that was 68 years ago.

The word "vouchsafe" means "if you please."

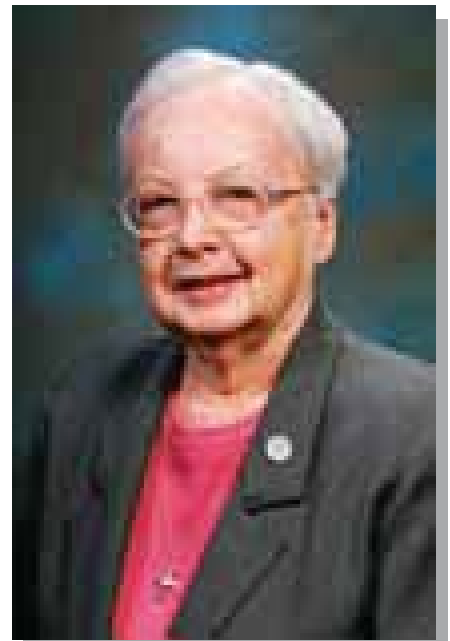


## *Biography*

Mary Thomas Downing, SSJ

She was an educator and librarian for many years and the convent library was recently named in her honor. She also did clown ministry.

Mary Thomas Downing, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Marie's Favorite Prayer*

*“Take my body Jesus – eyes and ears and tongue  
Never let them Jesus help to do thee wrong.  
Take my heart and fill it full of love for thee  
All I have I give thee – give thyself to me”*

***Her notes:*** I learned this prayer in First Communion class. I say it whenever I receive the body and blood of Jesus along with my other prayers.

## *Biography*

Marie Eileen Moyer, SSJ

She is 74 years old and has her MBA. Sister Moyer was an educator for many years and currently works for the Sisters Villa Maria Campus doing scheduling and bookkeeping for the schools and apartment complexes located on the property.

Marie Eileen Moyer, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Margaret's Favorite Prayer*

*“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”*

*—Thomas Merton*

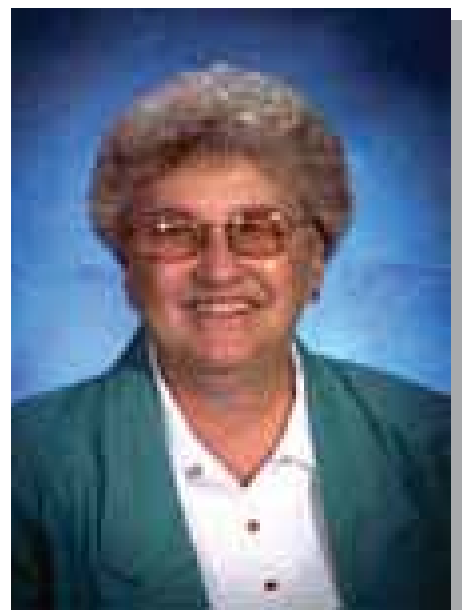
## *Biography*

Margaret Frank, SSJ

She is 74 years old and most of her ministry has been in education. Sister Frank served as principal of our sponsored ministry school – Villa Maria Elementary – from 1976-2007 and currently serves as their development director.

***Her notes:*** Sister Carol Fischer (my dear friend, colleague and roommate who passed away a few years ago) and I used to read this together every day. We loved it.

Margaret Frank, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Ann's Favorite Prayer*

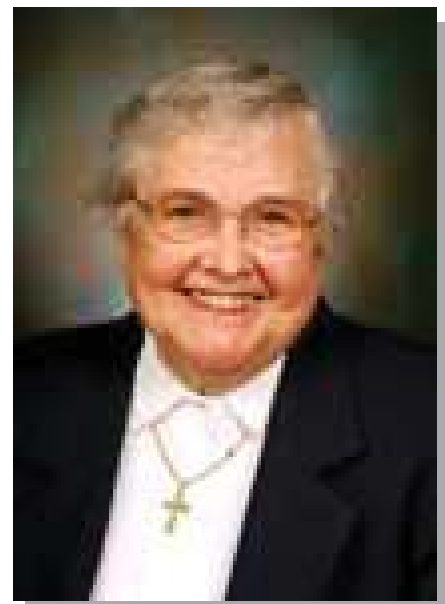
*“I long to know Christ and the power flowing from His Resurrection, likewise to share in sufferings by being formed into His death.”*

## *Biography*

Ann Loretta Urmann, SSJ

She is 86 years old and most of her ministry was in education. She was the congregational archivist for many years and continues to be the archivist for Saint Vincent Health Center, collecting information for our other sponsored ministries.

Ann Loretta Urmann, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Moira's Favorite Prayer*

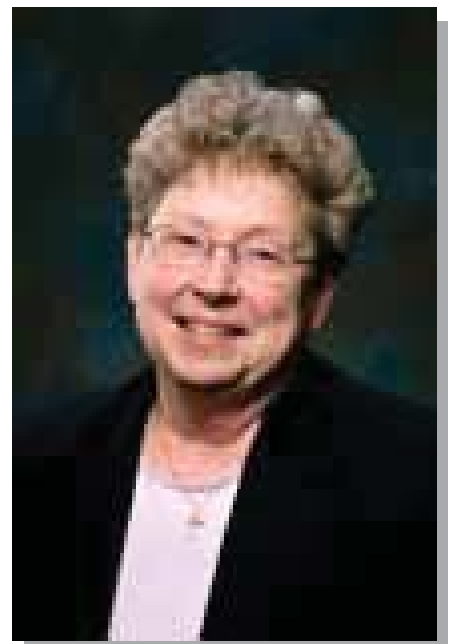
*“Direct, we beseech You, O Lord, all our actions by your holy inspirations; carry them on with Your gracious assistance; and so that through You they be happily ended.”*

## *Biography*

Moira Sullivan, SSJ

Sister Sullivan is a member of our Leadership Team, Sister Sullivan is 70 years old and will celebrate her Golden Jubilee this year. Most of her ministry work has been as an educator and principal but she has also done some communication ministry work.

Moira Sullivan, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Mary's Favorite Prayer*

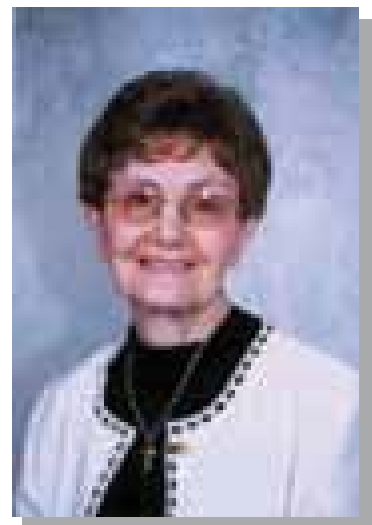
*“My Lord Jesus Christ, I firmly believe that YOU are here present in the Most Holy Sacrament of the Altar. I adore YOU with the most profound respect; I unite my adoration with all the angels and men and with all the homage. You render Your eternal Father in the Most Blessed Sacrament. O Sacrament most holy, O Sacrament Diving, All Praise and All Thanksgiving be every moment thine!”*

## *Biography*

Mary Helen Forney, SSJ

She is 75 years old. Most of Sister Forney's ministry work has been in education and as a spiritual advisor.

Mary Helen Forney, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania





## *Sister Mary's Favorite Prayer*

*“When the evening of this life comes, you will be judged by Love.”*

—St. John of the Cross

## *Biography*

Mary Joan Beauseigneur, SSJ

She is 73 years old and has served many years as an educator. Currently, Sister Beauseigneur serves as an office administrator for her sister (biological), who belongs to a different women religious congregation — Sisters of the Divine Spirit.

Mary Joan Beauseigneur, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



## *Sister Jean's Favorite Prayer*

*“God permit that the symbol of my life be a candle – that burns itself, spends itself, consumes itself – while there is still wax to burn.”*

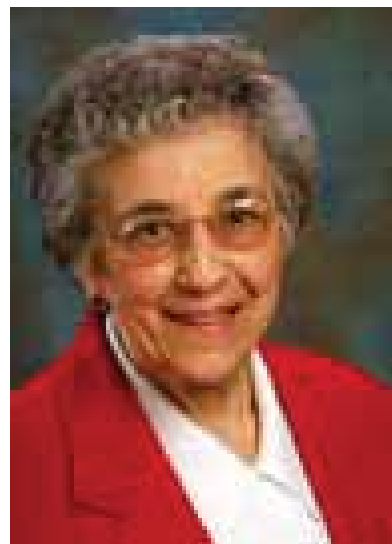
*—Dom Helder Camara*

## *Biography*

Jean Baptiste DiLuzio, SSJ

She is 85 years old. Most of her ministry work was done in education. She currently works in the Tribunal Office of the Diocese of Erie, helping couples during the annulment process. Sister DiLuzio also supports the SSJ Development office by writing thank you notes and sending sympathy cards to our benefactors and their families.

Jean Baptiste DiLuzio, SSJ  
Sisters of St. Joseph  
of Northwestern Pennsylvania



SOAR! is a non-profit organization established in 1986 to help meet the critical needs of elderly and infirm members of Catholic religious congregations in the United States.

To date, SOAR! has distributed almost 1,000 grants totaling almost \$10 million to congregations in 43 states and Puerto Rico.

Many generous donors have helped to ensure more safe and peaceful environments for religious in the last years of their earthly lives. In their final ministry they lift their hearts to God in thanksgiving for the generosity of donors.

To contribute to SOAR! contact the website at [www.soar-usa.org](http://www.soar-usa.org) for more information.



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*Thank you for your support and  
the role you play in helping our  
elderly and infirm Religious live  
out their lives in modest dignity.*



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