



SOAR!

Support Our Aging Religious

PEARLS OF WISDOM

Shared by
Catholic
Religious



Dear Friend of **SOAR!**

Religious women and men have blessed our days with their wisdom and presence. They have nurtured and cared for us — mind, body, and soul. Today, they share their pearls of wisdom and offer their continued prayers for you.

Pearls of Wisdom contains some wonderful insights from those whose communities have been blessed by the generous support of **SOAR!** donors and friends.

Each shared thought is meant to draw you closer to God's love. As you reflect on these words, may God abundantly bless you!

Gratefully,

S. Kathleen Lunsman, IHM

SISTER KATHLEEN LUNSMANN, IHM
President



Trust in God

“IN GOD’S GOOD GREEN TIME!”

This idea has been with me since I was a young religious. At first it related mostly to nature. Gradually, this “greenness” took over all aspects of life for me.

It means that I can trust God to lead all things to rightness. When bad things happen, God reminds me that “this too shall pass” and “all shall be well.” I try to live with that idea of “God’s good green time” all the time.



SISTER TERESA URDA, SS.C.M.
Sisters of Saints Cyril and Methodius
Danville, Pennsylvania
Year of Profession: 1964



See goodness

I was taught that love of God and neighbor is life's most important lesson. During my adventurous journey in ministry, I experienced the goodness of people and God's love, mercy, forgiveness. As an aging Dominican Sister, my heart is filled with gratitude for those who give us the opportunity to continue Jesus' mission, reinforcing my belief that I have received more than I have given.

SISTER DOROTHY MONKS, OP
Sisters of St. Dominic of Amityville
Amityville, New York
Year of Profession: 1940

Reach out to others

At recess one day I heard: "Sister, I have no one to play with." I encouraged this young boy to find another child who had no one to play with. So, off he ran and happily found a new friend. He returned joyfully saying, "Sister, it worked. Thanks."

I have learned that reaching out to others brings joy!

SISTER NOREEN QUIGLEY, MSC
Missionary Sisters of the Most Sacred Heart
Reading, Pennsylvania
Year of Profession: 1953



Respect all



When my brother and I were about 10 and 8, we were at the dinner table talking about somebody, and my father, who was a man of few words, spoke up and said, “If you can’t think of something nice to say, don’t say anything.” His words have always been with me. Now I am almost 90 years old and I can still hear his voice.

SISTER MARGARET ELLEN BRENNAN, OP
Sinsinawa Dominicans
Sinsinawa, Wisconsin
Year of Profession: 1947

Have grace

One of the lessons I have learned in my years of ministry is that what goes around comes around. How we treat others will sooner or later come back to us. What a man sows is what he will reap.



FATHER ROBERT DEGRANDIS, SSJ
St. Joseph’s Society of the Sacred Heart
Baltimore, Maryland
Year of Profession: 1959

Love everyone

After a bombing in South Sudan, I met with Sudanese women for a simple prayer and debriefing. We prayed from the Gospel, where Jesus says we are to love our enemies. I asked how we would describe an enemy.

One said: “I believe my enemy is someone who has wounded my heart, but whose wounds I do not know. If we can know each other’s wounds, we would not be enemies; we would be friends.”

Being in South Sudan has stretched my humanity!

SISTER THERESA BALDINI, MM
Maryknoll Sisters of Saint Dominic
Maryknoll, New York
Year of Profession: 1958





Live fully

For a number of years I have set for myself the goal of being life-filled and life-giving. Jesus said, “I have come that you may have life and have it to the fullest.” To the extent that I strive to deepen that life with my Lord, Jesus, and to share it with others, I believe I am being faithful to our Lord’s desire.



BROTHER LOUGHLAN SOFIELD, ST
Missionary Servants of the Most Holy Trinity
Silver Spring, Maryland
Year of Profession: 1957

Have compassion

Being a listening companion and a presence to a grieving person and walking the journey with them is all the person wants and is more important than trying to take away one’s pain with words.

SISTER JEAN BARRETT, OSF
Sisters of St. Francis of the
Neumann Communities
St Petersburg, FL
Year of Profession: 1956





Seek truth

I live in the present, focusing on keeping my mind and heart open to what is speaking inside me today. I recognize that no moment is perfect.

I read a lot, searching for the truth of things, and enjoy each moment of what God is revealing to me. Discovering what God is asking of me regarding how I should live my life is the work of a lifetime.

SISTER MARIE RADEMACHER, OSB
Sisters of St. Benedict of St. Paul's Monastery
St. Paul, Minnesota
Year of Profession: 1945

Be your best

The motto I have chosen in my life is, "Do the best you can where you are and with what you have." I am totally blind. My focus is not on what I've lost, but on the abilities I still have to perform. I learn patience in my daily living and have come to grow more spiritually in the Lord.

SISTER ROSEMARIE MULLEN, MSC
Missionary Sisters of the
Most Sacred Heart
Reading, Pennsylvania
Year of Profession: 1956



God is always present.

“GOD IS ALWAYS PRESENT, ALWAYS WITH ME.”

In my encounters with people, I try to be present and allow the Holy Spirit to act. So often, if I am mindful, I can experience God in the moment using me to help another. This was especially true one afternoon as I helped a homeless man take cans for recycling out of the trash. I bought him a Subway sandwich and sat with him as he ate it.

As I simply listened, I recognized God’s love in him despite his situation.

SISTER REGINA ROBBINS, SND
*Sisters of Notre Dame de Namur,
California Province
Belmont, California
Year of Profession: 1962*



Make peace

All my life I've had a running dialogue with God: "Why don't you give me time to carry out all the great ideas you send me?"

Two mantras sustained me: "Make peace with all that is unfinished" and "In the time You give me, You will make me ready."

In the day-to-day, I rely on Elizabeth Seton's Spirit-filled advice: "Meet your grace."

SISTER REGINA BECHTLE, SC
Sisters of Charity of New York
Bronx, New York
Year of Profession: 1962

Give hope

"Brother, you give us hope," words I heard from a person in a Dakota Mission parish. The words came from someone unexpected! Her words gave me hope and taught me to do my best, but to leave the results in God's hands. They also reminded me to be more encouraging to others with prayer, words, and deeds.



BROTHER PAUL ROSONKE, CSC
Brothers of Holy Cross,
Midwest Province
Notre Dame, Indiana
Year of Profession: 1957



Make everlasting gifts

The Epiphyllum flower grows from a cactus plant in the desert. The beautiful flower lives only a day or two. This is much like our time here on earth. Looking at time since the creation of the universe, our lifetime is but a tiny blip! In your life, you should give yourself up, your life up, for the good of others. If you do this, you will continue to live in your loved ones' hearts and minds long after you are gone.

SISTER MARIA ELENA WHITNEY, SJS
Sister Servants of the Blessed Sacrament
Bonita, California
Year of Profession: 1951

Be happy

I have been happy all these years—even though it was very hard, at times. If you really give yourself to God, then you will be very happy.

SISTER CECILE JUBINVILLE, OCSO
Cistercians of the Strict Observance
Wrentham, Massachusetts
Year of Profession: 1951





Give thanks

What shaped my life and what did I learn? How blest I was to have parents who taught me about a loving God. From that foundation I have lived my 83 years as a Sister of Saint Joseph, participating in changes and growing in love. Now at age 102 the prayer that consumes me is this: "I give you thanks. I give you thanks."

SISTER EDWARD JOSEPH MURPHY, CSJ
*Sisters of St. Joseph of Brentwood
Brentwood, New York
Year of Profession: 1951*

Be grateful

At a city homeless shelter where I served, a donor sent in a good man's sweater. Later a man came wearing a pitiful rag of a sweater. I eagerly offered him this nifty one. The poor man gently smiled and said, "Oh, Sister, I have a sweater. Give it to someone who needs it. Besides, I have no place to keep a second sweater."

SISTER ST. JOSEPH BRENNION, OSF
*Sisters of St. Francis of Philadelphia
Aston, Pennsylvania
Year of Profession: 1951*



Let Jesus lead you

“EVERYTHING I THINK, DO OR SAY
IS FOR YOU, JESUS, TODAY.”

Mom was the first one to teach me this and all through my life I lived this. As a teacher it has helped me to be kind as Jesus would be.

Someday God will say, “Rosanne, you gave Me drink, cared for Me, clothed Me, sat with Me, and were gentle and compassionate.

SISTER ROSANNE KMETZ, SS.C.M
Sisters of Saints Cyril and Methodius
Danville, Pennsylvania
Year of Profession: 1954





Live with
no regrets

As a Sparkill Dominican Sister for almost 83 years, I offer these wise words taken from Emily Dickenson's poetry: "Look back on time with kindly eyes."

Then I realize that the many happy, successful, fulfilled and blessed days far outnumber the too-busy, unhappy, rainy, lonely days. For this I am grateful!

SISTER LOIS LIEKWEG, OP
Dominican Sisters of Sparkill
Sparkill, New York
Year of Profession: 1935

Embrace the small things

I embrace the words of our founder Mother Mary Martin: "Strive daily to lovingly express generosity; have the willingness to spend and be spent as God's messenger, to stoop to embrace the smallest detail of daily life."

SISTER CATHERINE CAREY, M.M.M.
Medical Missionaries of Mary
New York, New York
Year of Profession: 1980



See beauty

In the 96 years of my life, I have connected with countless people.

With some it was a brief, almost momentary contact. With others, it was an experience still remembered.

At this point in my life, I can look back and see a tapestry of divine design. Each person has added to the beauty of a life blessed in the gently powerful love of Jesus.

SISTER GENEVIEVE SHEA, SLW

*Sisters of the Living Word
Arlington Heights, Illinois
Year of Profession: 1937*



SOAR! is a non-profit organization founded in 1986 by a group of committed lay people. Our mission is:

- to raise and provide funds for congregations to meet the immediate needs of their retired and infirm members;
- to educate the public about the serious retirement needs confronting our elderly religious; and
- to develop a national network of concerned individuals who wish to respond to and advocate for this need.

SOAR! provides grants to help ensure the safety, comfort, and dignity of our aging religious. This helps their congregations better care for them and continue their active ministries.



SOAR!
Support Our Aging Religious

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