

## Catholic Religious Inspire Us to Be Our Best Selves



How has a Catholic Sister, Brother or Priest inspired you? There isn't a week that goes by that the SOAR! office doesn't get a letter or phone call from someone who shares with us stories that often include:

"I wouldn't be who I am now because of Sister..."

"Without the help of Sister, I'd be lost."

"My family owes so much to the Sisters of..."

In this edition of SOAR! Notes, we are happy to share two such stories. The first one is from SOAR! board member Deborah Newhouse Dunham of Virginia:

“The Religious of the Sacred Heart have inspired me all of my life. They educated me in elementary and high school and I remain close to many. Then, as now, these amazing Sisters seek to find the positive in each student, helping them focus and grow. Through their wonderful example, they instilled in me a love of God and my faith, social awareness, and the importance of building, supporting and giving back to the community.

The Sisters taught me that I could do whatever I wanted and achieve any goal I set. Over the years, I've pursued a variety of career paths, including owning and managing

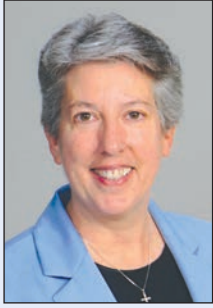


Visiting with the Religious Sisters of the Sacred Heart at Oakwood Community in Atherton, California: Deborah Newhouse Dunham and Sister Mary Ann Flynn, RSCJ

Sitting: Sister Lillian Conaghan, RSCJ, and Deborah's former classmate Jan Yeager

continued on page 2

*Come Journey to Ireland with SOAR! (see inside)*



## Dear Friends of SOAR!

I've always been a traveler at heart – from big cities to small coastal towns, from weekend getaways to a six-day excursion. Of course I cannot travel as much as I would like, so sometimes I resort to “armchair travel” and watch shows about interesting places on TV. One of my favorite recent trips has been to Ireland. I want to tell you about two places that really touched my heart.

For more than a century, school children have learned the story of the apparition of the Blessed Mother in the village of Knock, County Mayo, Ireland. I first heard about the miraculous vision from Sister Marie Bernadette in elementary school. What a blessing it was for me to visit the Knock Shrine in person last year!

Another place of blessing was to visit the first house of Mercy built by Catherine McAuley in Dublin in 1824. She opened this house to be a place of refuge for poor women and children – a mission carried out with love by Sisters of Mercy worldwide today.

I hope you can travel with me to Ireland this October. If you cannot come on the SOAR! trip to Ireland, know that I will be praying for you and lifting your intentions to the heart of Our Lady of Knock.

***“Golden Rose, Queen of Ireland, all my cares and troubles cease as we kneel with love before you, Lady of Knock, my Queen of Peace.”***

Blessings,

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

continued from page 1

a horse stable, being a civil engineering designer, and now, a geriatric social worker. Everything I do is a result of the encouragement I received from these exceptional women and a reflection of the values which they passed on to me.”

And this is from a donor named Teresa from Maryland:

“I had a stuttering problem as a young child. Getting up in front of a classroom seemed to make it worse. Sister Josephine, my first grade teacher, noticed that I loved singing and that I didn’t stutter when I sang. One day, Sister asked me to stay in at morning recess. She explained that talking is like singing. She worked with me a couple days a week over the ensuing months. The stutter ceased before the end of the school year.



Because of her patience and belief in me, I’ve been able to use my voice over the years in my own classrooms, at presentations, and as a lector in my parish. She also taught me the importance of meeting your students where they are and helping them blossom.”



Deborah Dunham with Religious Sisters of Sacred Heart

SOAR! donors honor these incredible women and men who continue to inspire so many people. Your generosity of heart is made visible in grants that ensure the safety, dignity and peace of mind of religious across the United States.

Thanks to our inspiring religious, and thanks to YOU!

**Please visit [www.soar-usa.org/inspire](http://www.soar-usa.org/inspire) to share how a religious Sister or Brother has inspired you, or to read other stories.**



# Welcome, Kevin!

SOAR! welcomes Kevin R. Callahan as its new Director of Special Events.

Kevin comes to SOAR! with more than 15 years of progressive experience in institutional advancement, community



Kevin states, *"As a proud Catholic and a product of 17 years of Catholic education, I consider it a unique privilege to serve SOAR! in advancing its mission of providing practical and tangible resources to Sisters, Brothers and Priests in their time of need."* To reach Kevin, please contact [events@soar-usa.org](mailto:events@soar-usa.org) or call him at (202) 529-7627.



## SOAR! 2020 AWARDS DINNERS

### NEW YORK

Wednesday, September 16 - New York Athletic Club



### Honoring

**Gary S. Horan, FACHE**  
President and CEO of Trinitas  
Regional Medical Center  
Elizabeth, New Jersey



**Joseph E. Nyre, Ph.D.**  
President of Seton Hall University  
South Orange, New Jersey

**Sister Ann Marie Pierce, IHM**  
Chaplain, Good Samaritan  
Hospital Medical Center  
West Islip, New York



### WASHINGTON, DC

Friday, November 6 - Embassy of Italy

**FOR INFORMATION,**  
contact Kevin Callahan  
at [events@soar-usa.org](mailto:events@soar-usa.org) or (202) 529-7627

## Journey to Ireland



Knock Shrine

*SOAR! invites you on a spiritual and cultural journey to the Emerald Isle.*

**This October 8-17,** join Sister Kathleen and friends of SOAR! for an

unforgettable ten-day tour of Ireland.

From the rocky coastline of the Galway Bay to the magnificent Ring of Kerry, discover the vibrant culture, rugged scenery, and storied history.

Grow your faith and experience the natural beauty that Ireland has to offer. This journey includes visits to spiritual sites such as the Knock Shrine; Down Cathedral, the burial site of Saint Patrick; and visit the first "House of Mercy" built by Catherine McAuley in response to the needs of the poor in Dublin.

Learn more online at [www.soar-usa.org/ireland](http://www.soar-usa.org/ireland) or contact Far Horizons at (877) 482-8747 or [info@fhorizons.com](mailto:info@fhorizons.com).



Mercy International Centre

# Life-Changing Moments

It's important to take the time to periodically review your estate plan — wills, insurance policies, and trusts — especially after a life-changing moment such as:

- \*Getting married or divorced
- \*Losing a loved one
- \*Welcoming a new child or grandchild to the family
- \*Moving to a different state

Keeping your estate-planning documents up-to-date is important to ensure your wishes are reflected. Updating your plan will help you provide for your loved ones or for a favorite charity.

Please consult your legal or tax advisor when preparing estate plans.



Say "thank you" to our aging religious all year long. Become a FAITHFUL FRIEND monthly donor! To learn more, visit [www.soar-usa.org/giving](http://www.soar-usa.org/giving).

## Recommend a gift to SOAR! through your donor advised fund.

Your donor advised fund (giving fund) is an easy way to make the most of tax benefits and recommend gifts to SOAR! or other favorite charities. Visit [www.soar-usa.org/giving](http://www.soar-usa.org/giving) to make a donation through DAF Direct.

### Please remember SOAR! in your will.

Our legal title is Support Our Aging Religious, Inc., and our Federal tax ID number is: 52-148-5481

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**A CATHOLIC ORGANIZATION SERVING AGING SISTERS, BROTHERS AND PRIESTS SINCE 1986.**



The purpose of this newsletter is to communicate the mission and needs of SOAR! and to express our gratitude to our donors.

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