

WINTER 2016

PROVIDENCE *Active!*

A MAGAZINE OF THE SISTERS OF DIVINE PROVIDENCE
Marie de la Roche Province

In Appreciation
of You

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About the Cover

Providence Heights, built in 1927, serves as the Provincial House of the Sisters of Divine Providence and is a historic landmark of the Pittsburgh Historic Landmarks Foundation. It is home for our retired and semi-retired Sisters.

Alive! is published three times a year by the Mission Advancement office of the Sisters of Divine Providence.

MISSION ADVANCEMENT

Susan Rohm

Director

srohman@cdpsisters.org

Jennifer Murphy

Communications Manager

jmurphy@cdpsisters.org

Providence Heights
9000 Babcock Boulevard
Allison Park, PA 15101-2713
412.635.5428

www.cdpsisters.org



Founded in Finthen, Germany, in 1851, the Sisters of Divine Providence is an international congregation of three provinces (Germany, United States-Caribbean, Korea) and one mission (Peru) with approximately 420 members and 200 Associates. The Sisters are women of varied and diverse backgrounds and talents, united in their deep trust in a Provident God who loves and cares for all creation. The Congregation has expanded its ministries to meet the needs of the times in education, campus ministry, health care, pastoral care, social work, peace and justice concerns, as well as serving the poor and homeless and those who are seeking asylum.

MISSION STATEMENT

We, the Congregation of Divine Providence, impelled by the Spirit of Jesus, commit ourselves to co-create a world of compassion, justice and peace. Guided by the legacy of Wilhelm Emmanuel von Ketteler and Marie de la Roche, we nurture in ourselves and in others a trust and confidence in God's faithful presence. We further commit ourselves to making God's Providence more visible in our world.

LEADERSHIP TEAM

Mary Francis Fletcher, CDP

Provincial Director

Maria Fest, CDP

Assistant to the Provincial

Donna Marie Gribschaw, CDP

Provincial Councillor

Ana Lydia Sonera Matos, CDP

Provincial Councillor

Mary Traupman, CDP

Provincial Councillor



From left standing: Sisters Ana Lydia Sonera Matos, Maria Fest, Mary Francis Fletcher, Donna Marie Gribschaw; seated, Sister Mary Traupman

Message for the Season

With an Open Door We Begin the New Year

Happy New Year to all of you during this Extraordinary Jubilee Year of Mercy. Pope Francis wants the church to live this upcoming holy year “in the light” of Jesus’ words in the Gospel of Luke: Be merciful, just as your father is merciful. He writes, “May the doors of our Christian homes be signs and symbols of the door of God’s mercy, a door ever open to all who knock and who desire to meet Jesus.” May the blessing of Mercy be with us!

Our hearts as Sisters, Associates and all people walking together with us have a clear vision for the future outlined by Pope Francis, our founders and our own reflections on this day and age. We are “Choosing Life” for this era with the same passion and energy of our Founders—Bishop Wilhelm Emmanuel von Ketteler and Mother Marie de la Roche—to make God’s providence visible. Ketteler said about his own time, “I love the age in which we live for its mighty wrestling with sublime ideas no matter how far we are from attaining them.” In our vision statement we write, “Inspired by Mother Marie, who in response to the lure of Providence sacrificed her religion, family and culture to meet the needs of the people of God in her day.” We dedicate our lives to answer the pope’s call “to be steeped in mercy, so that we can go out to every man and woman, bringing the goodness and tenderness of God.” We are compelled to make God’s Providence visible. Flowing from our understanding of Mother Marie’s life choices, “We choose a future characterized by justice and compassion.” May the blessing of Choosing Life be with us!

Our vision for the future calls us to recognize God’s gifts to us and to commit ourselves to ongoing growth by the witness of our lives. We continue in the words of our vision: “We are blessed by God’s indiscriminate graciousness. We live in the abundance of God’s loving providence, and we are strengthened by the bonds of an inclusive community. Therefore, we will strive for right relationships with all; we will courageously risk being marginalized; we will live and promote every form of non-violence; we will generously share even in the midst of scarcity; we will cherish our intercultural and international ties.” May the blessing of living in the abundance of God’s loving Providence be with us!

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Now is the time for us, for each of you and all of our friends, to open the door of mercy, to proclaim salvation, to be clear signs of unity and pardon and to serve as a transformative force into the future. With Pope Francis, we will be together as “pilgrims of peace, and apostles of hope.” May the blessing of Partnership, Collaboration and Journeying together be with us!

Thank you,

Sister Ana L. Sonera-Matos



Ana Lydia Sonera Matos, CDP, is a current Provincial Councillor on the Provincial Leadership Team (since 2011). Prior to being elected on Council, she served as vocation director in Puerto Rico. She entered religious life from La Milagrosa parish in Camuy, Puerto Rico.



Features

A New Consciousness for Health and Wellness

By Joanne Andiorio, DrPH, NHA

While “health” and “wellness” are terms that are very much in the forefront of the news and fitness is the rage across the age continuum, they are complex terms and defy a common definition. We may think this emphasis is part of our modern world but, in reality, we are just re-discovering what ancient cultures already knew and practiced. If we look back to those Asian and Greek cultures we would find that they had systems of medicine that involved a whole-person focus that included the balancing of body, mind and spirit. Those three words, borrowed from antiquity, have today become the mantra of efforts in the arena of health and wellness. Our ancestors recognized that, to maintain a healthy balance, one had to live a lifestyle that recognized the benefits of proper diet, exercise, adequate sleep, ethical behavior, the power of positive thoughts and emotions, and the importance of developing one’s spiritual life through prayer and meditation. Some quotes from Hippocrates, considered the Father of Western Medicine, make it clear that the practice of medicine has steered away from his original prescriptions for health. Here are some of his better known principles:

- “Let your food be your medicine, and your medicine your food.”
- “Walking is man’s best medicine.”
- “Natural forces within us are the true healers of disease.”

Hippocrates may have had that vision but it did not prevail. Much of the history of medicine in our western world post Hippocrates has not been wholistically oriented but rather disease/illness based, seeking cures for the physical and mental illnesses of the 20th and 21st centuries. Science and technology have opened many doors to cures, which have resulted in significant breakthroughs in some diseases and contributions to our being able to live longer lives. According to a paper on financial well-being in retirement by The Hamilton Project at the Brookings Institution, the average American woman who reached age 65 in 2015 has a better than one-in-three chance of seeing her 90th birthday, up from a one-in-four chance 50 years ago. This is wonderful news on the disease cure side. What is at the heart of being healthy, though, is “prevention” of disease. Hippocrates also said, “It is more important to know what sort of person has a disease than to know what sort of disease the person has.” If we think about our major chronic diseases like heart disease, diabetes or lung cancer, for example, we understand what he meant. Those illnesses have been determined to be linked to lifestyle—what sort of person has the disease. We all know health is about choices we make in our daily lives that contribute either in the short- or long-term to wellness or illness.

The 19th and 20th centuries heralded natural therapies and a more wholistic approach to health. It gave birth to homeopathy and naturopathy, which was brought to the U.S. from Germany in the mid-1880s and spawned in the



“Integrating the Physical Dimension”

Sisters at Providence Heights participate in a simple chair workout as part of their daily exercise.

later part of the century the development of chiropractic and osteopathic medicine. John Harvey Kellogg, natural health pioneer and cereal magnate, operated a sanitarium to help people regain their health through diet, exercise, sunshine, hygiene, spirituality and natural cures. Caught up in the reality of natural health, Thomas Edison said, “The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.” If he saw the TV commercials today, he would be astounded as to how far we have come from his vision. A significant step away from natural health was taken as the result of a report that is a part of any study of medicine or public health—the Flexner Report of 1910. Commissioned by the Carnegie Foundation, it was to determine the most effective system of the practice of medicine. The findings indicated that the German Allopathic medicine based on chemical drugs was superior to naturopathy, homeopathy, chiropractic and herbalism. The rest is history, although all of those options have resurfaced in this era of interest in health and wellness.

Prevention, as a means of achieving a healthy lifestyle, did get a boost in the 1970s due to the escalating costs of health care, and wellness became a topic of interest for health insurers contributing to the advancement of a health orientation rather than a total focus on illness. Health care costs were increasing beyond insurers willingness to pay and so they incentivized employers to work with their staff to introduce healthy options at the worksite and encouraged employees to avail themselves of screening opportunities that could result in early detection of disease.

The Sisters of Divine Providence have for several years brought attention to the personal responsibility that each person has for her own health. They have endorsed and supported the need for mind, body, spirit balance in their members, employees and wherever they minister as part of their commitment to living healthy lifestyles. This emphasis is taking another step forward with the establishment of an office of health and wellness and the creation of a committee on “Enhancing the Well-Being of our Members.” As the Administrator of Health and Wellness for the Marie de la Roche Province, I further the com-

mitment of the community in continuing its direction toward a health-oriented attitude that leads to healthy choices and actions for themselves and for their staff.

As noted at the beginning of this article, health and wellness are complex terms, express themselves differently in various cultures and have been redefined many times. The World Health Organization defines health this way: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.” This definition is a tremendous challenge to implement as the practice of medicine and research in the U.S. is still quite focused on disease/illness and not health—although there are some major efforts in that direction. The definition of health that the Sisters are using is: Living a life of vitality, filled with love, mutuality and right relationships, a life which brings us joy, peace and well-being. Wellness calls us to be aware of and to practice healthy choices which support and create a balanced lifestyle through the integration of nine dimensions. These dimensions continually influence and interact with each other. These nine dimensions are Communal, Cultural, Emotional, Environmental, Intellectual, Ministerial, Physical, Social and Spiritual. Each of those elements will be further discussed and include ways in which personal choices can move one to a better balance of those elements in our lives. We seldom take time to think about our lives being “out of balance” as we are oriented to achievements outside of ourselves and do not think often enough about our own health in the process. The Sisters of Divine Providence also want to create a work environment that enables and encourages their employees to understand and participate in health-related options on their own or at work.

In addition to this focus on health and wellness, I will examine the opportunity to transition the care offered in St. Joseph Center and Providence Manor at Providence Heights to a more person-directed care environment. All of these initiatives will take time and effort on the part of many and represent an exciting opportunity for productive change, careful transformation and a way to live more health conscious and more care oriented.



Joanne Andiorio, DrPH, NHA, oversees wellness for the Sisters of Divine Providence throughout the Marie de la Roche Province. She is also the administrator overseeing St. Joseph Center and Providence Manor in Pittsburgh. Previously, Joanne served as CEO and COO in acute and long term care health systems, and in federally qualified outpatient health centers. She holds a Master of Library Administration from Rosary College, and a Masters and Doctorate in Public Health from University of Pittsburgh and a Nursing Home Administrator license.

Psychology in the Lives of Women Religious

Our psychological health impacts our quality of life as much as our physical health does, which is why the mental dimensions are a critical component of well-being. In an excerpt from an article by Sister Maria Clara Kreis, CDP, Ph.D., in *Psychology International*—a publication of the American Psychological Association Office of International Affairs—she discusses the relevance of psychology in the lives of women religious and her work toward the well-being of sisters in Africa. Sister Clara visited Cameroon twice in the past year, providing well-being programs to the Tertiary Sisters of Saint Francis. On her second visit, she saw more of the ministry side of the sisters and was impressed with how they respond to the needs of their own people. The education they received in their own country and in the United States has supported their efforts to further the congregation's mission and the overall well-being of the people in Cameroon and other parts of Africa.

Growing up trilingual and simultaneously in three cultures (German, Greek and hearing impaired), I have a strong desire to further a movement of cross-cultural living by becoming a global citizen. A global citizen is someone who loves and values the uniqueness of each culture and the richness each brings to one's own life. A global and planetary citizen is also someone who promotes efforts toward the development of kinships across cultures and the stewardship that we all have in preserving the varied resources of our world. ... Today the sisters of my international congregation provide social justice, pastoral, educational, mental and physical health services worldwide. During my initial journey with this group, I repeatedly encountered the emotional pain that was deeply seated in the souls of homeless, traumatized and refugee children/youth that were placed in our then residential youth program. Over time, these experiences elicited for me a profound compassion to be a healing presence to them. It also began a curiosity in the study of psychology. I still feel that same compassion for others and the curiosity to better understand human behavior, which continue to sustain my commitment to life as a "woman religious" (the term for a woman who has taken religious vows and is a member of a particular religious congregation) and to a profession of a psychologist.

While in graduate school at Marquette University, I expressed to my adviser my desire to be a sister and a psychologist while serving other women religious worldwide. I completed my training and internship in the United States, and did not begin to complete this dream until nine years later. On November 16, 2014, I arrived in Cameroon, Africa to provide a three week well-being program as a part of a renewal program offered to 14 sisters of four Roman Catholic African women religious congregations. I received the invitation to provide this well-being program through the Franciscan Common Venture (FCV), which supports efforts toward systemic change by



The Tertiary Sisters of Saint Francis welcome Sister Clara to Cameroon.

empowering African women religious in their efforts to eradicate social justice concerns. The FCV was looking for a woman religious who was both a sister and psychologist. I was considered as a potential candidate because I had lived with one of the communities belonging to the FCV during my graduate program and also through my dissertation research in which I established the first instrument, Assessment of Life Satisfaction in Apostolic Women Religious (LSSAWR), that assesses "satisfaction with religious life" among women religious.

Women religious all over the world provide services to those in need. In fact, responding to social justice concerns is the core of the vocational call and commitment of Roman Catholic apostolic women religious. The well-being program that I offered was requested to provide African woman religious time to attend to their personal and professional development as well as their service. The ongoing formation/education programs that others and I are able to offer to the women religious in Cameroon, empower these sisters to continue their mission as they minister to those in need. This program emerged when three U.S. Franciscan communities decided to assist one of the largest congregation of women religious (Tertiary

Sisters of Saint Francis, TSSF) in Cameroon in their efforts to provide their members with well-rounded education and continued formation programs. Religious life in the U.S. and Europe has shown a steep membership decline since the 1960s for the Center for Applied Research in the Apostolate (CARA), meanwhile membership of women religious has increased on the continents of Asia and Africa.

Overall, the presentations in the well-being program I offered were focused on living a balanced lifestyle and striving for holistic well-being while being mindful of the context and reality of African women religious. I opened the program with a “Wellbeing Speech” written by Ian Edwards, PhD, which was well received by the participants. Edwards is the director of the Counseling and Wellbeing Center of Duquesne University of the Holy Spirit in Pittsburgh, where I minister as the assistant director and coordinator of outreach. Edwards’ emphasis on the messenger within the bible scripture of the “annunciation,” who comes in disguise as an angel and call to attend to all levels of our well-being, struck a chord with the participants.

The program also included information about human life span development, and imparted skills training related to time, stress and conflict management. The schedule of the program, which ran from 9 a.m.-5 p.m., was integrated with other aspects of the sisters’ lives, including morning prayer (at 6 a.m.), daily mass, meals and breaks. At times, the participating sisters would ask for an individual conversation with me in which they would share their stories and/or reflect on their personal and professional growth as result of this program. The format included lectures, creative and small group activities, role play and large group discussions in order to promote and sustain overall well-being.

The sisters were very appreciative of the program. They shared that the presentations helped them understand the importance and the dimensions of self-care. They also appreciated the training sessions related to time, stress and conflict management for personal growth. These topics provided resources and skills that would be useful in their ministerial services as well as their personal lives. For ex-



ample, many stated feeling more confident and skilled to share the difficult news, such as that informing a couple in their outpatient clinic that one of them has HIV. After the sessions on human life span development, the sisters recognized how their own unresolved personal issues or those of others could surface in conflict situations, and how they could be expressed in the form of distorted thinking, emotional dysregulation or reactive behaviors. They realized that it is the lack of awareness and/or inability to regulate and to peacefully integrate strong and hurtful emotions (e.g., traumatic experiences) in one’s life that may interfere with a desire to live religious life satisfactorily. Overall, the sisters reported that they felt better prepared to approach conflicts that occurred in their private and ministerial lives.

As the presenter of this three-week well-being program, I was personally moved by the participants’ sincerity and strong desire to gain and integrate the knowledge and skills related to well-being and satisfaction with religious life. I was particularly inspired by the sisters’ active participation expressed in their open sharing, deep and insightful questions and responses, and creative expression in the design of art, role plays, drumming and dance. The sisters even taught me a few of their Cameroonian dances and how to play the drum. Overall, the sisters’ openness and vivacity have deeply enriched me as they shared their rich heritage of the Cameroonian religious life, their life-giving community experiences, dynamic prayer rituals and outreach service to those in need.

Reprinted with permission from Kreis, M. C. (2015). The world is about global issues. Psychology International (26, 3, p 4-7; <http://www.apa.org/international/pi/2015/09/global-issues.aspx>).



Maria Clara Kreis, CDP, Ph.D., L.P., is a native of Germany and has lived for 18 years with her religious community of the Sisters of Divine Providence in the United States. She is currently the assistant director and outreach coordinator of the Counseling and Wellbeing Center at Duquesne University in Pittsburgh. Her research focuses on life satisfaction among Roman Catholic apostolic women religious.

In Appreciation of You.

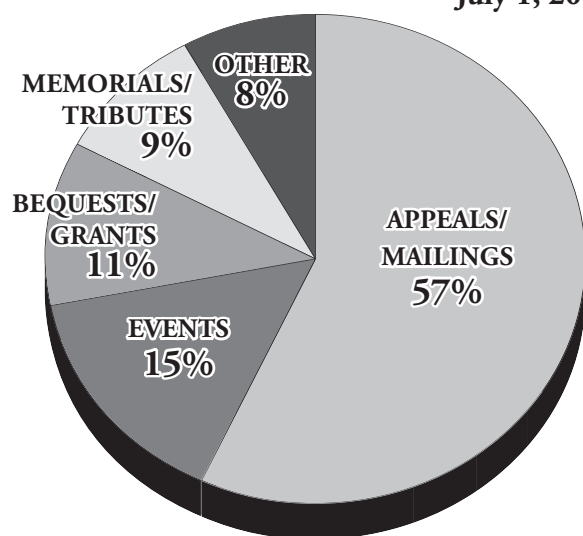
Giving to the Sisters. Much More Than a Gift.

As the world continues to change in profound ways, we are challenged to respond to the needs of the times by discovering new ways of making God's love and providence more visible in our world. We appreciate your continued journey with us, helping to sustain our ministries and mission.

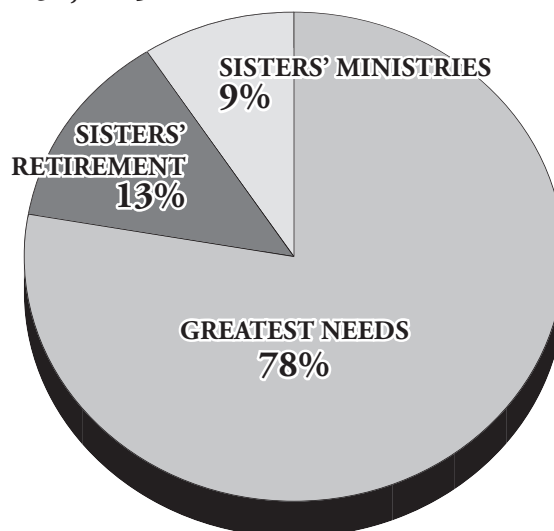
With heartfelt generosity, we thank our 1,931 benefactors who contributed 3,658 financial gifts this past year, and our 1,558 friends who participated with our special events. Every gift, large or small, is a blessing for which we are deeply grateful. Your meaningful support inspires us and your faithful partnership enables us to continue our mission of co-creating a world of compassion, justice and peace.

Thank you for your kindness, loyalty and prayers.

ANNUAL GIVING REPORT July 1, 2014 to June 30, 2015



REVENUE SOURCES



DONOR DESIGNATED USES

This report shows the source and designation of the charitable donations received by the Congregation in 2014-15.



Giving to the Sisters. It's Your Legacy.

It is from our Founders, Bishop Wilhelm Emmanuel von Ketteler and Mother Marie de la Roche, that we have inherited our charism of trust in and openness to God's Providence. This charism sings through all of us in different ways for different ages. For 165 years, we have been called to risk everything, believing in and living our charism in response to the changing needs of a global society. We invite you to be a part of our continued hope and vision for the future by leaving a lasting legacy gift to the Sisters as you plan your 2016 giving.* Please consider:



BEQUEST IN A WILL

Your will is one of the easiest ways you can leave a gift and have a lasting impact. With the help of your attorney, include language in your will specifying the gift be made to the Sisters: a specific dollar amount, a percentage of your estate, or a gift from the balance of your estate.



GIFT OF STOCK

With a gift of appreciated securities, you are entitled to a charitable deduction for the full fair-market value (FMV) of the stock in the year of the gift. You will generally not incur a capital gains tax on a stock given to the Sisters of Divine Providence.



INSURANCE POLICY

If your life insurance policy has outlived its original purpose, you can donate it to the Sisters. You will receive a charitable income tax deduction for the value of the policy when it is transferred.



CHARITABLE GIFT ANNUITY

A charitable gift annuity is an excellent vehicle to use if you wish to make a significant contribution to the Sisters. An annuity provides you with a secure source of fixed income and a charitable deduction for the gift portion of the annuity.



GIFT OF RETIREMENT ASSETS

Donating part or all of your unused retirement assets, such as your IRA, 401(k), 403(b), or pension allows for estate and income tax savings for a substantial portion of the gift.



RECURRING GIFTS

Faithful supporters can choose monthly recurring gifts, the most cost-effective, safe and convenient way to support the Sisters, while providing a steady and reliable source of income for their ministries and mission. Visit cdpsisters.org/donate.

For additional information, contact Mission Advancement at 412.635.5428.

*Please consult your attorney or tax advisor to determine your gift plan.



Sister Carole Riley presents her abstract on Spirituality for Minorities.

Sister Carole Riley, CDP, Presents Abstract at Oxford University

The Oxford Symposium on Religious Studies is a forum for discourse and presentation of papers by scholars who have a particular interest in the study of religion. Held December 7-9, 2015, Sister Carole Riley, CDP—executive director of The West Virginia Institute for Spirituality (WVIS) in Charleston, West Virginia, and a professor of piano and music education at Duquesne University—presented her abstract on Spirituality for Minorities in the Old Library at the University Church of St. Mary the Virgin. Sister Carole says

of her experience, “We were told ‘conversations happen (in the Old Library) that change the world.’ For me that was true. The interfaith dialogue on humanitarian service, race relations and religious tolerance was profound for me. The international group of 30 scholars were engaged with my research, as I was with theirs, and our work will be published in 2016. My paper addressed service-learning and community engagement using the Science of Formative spirituality and the data from the freshmen and sophomores from Duquesne University. In addition, I cited the work of our WVIS Associate Spiritual Director Elaine Soper, who facilitates a group in Alderson Women’s Federal Prison. I was so honored to be chosen to present my paper, enriched by the dialogue and blessed by those who prayed me safely to and from the United Kingdom.”

A Real Sister Act

What is particularly notable about Sisters Roseann DeNardis, Mary Providence Kriley, Marietta Ruhe, Anne Winschel, Maura Luffy, Sandra DeNardis, Mary Kriley, Jeanine Ruhe, Carolyn Winschel and Marlene Luffy is that, in addition to being members of the Sisters of Divine Providence, they are biological sisters. Sister Roseann recalls that having two vocations to the religious life was thought to be a blessing, for the most part, until her father realized just how empty and quiet their home was. When he spoke his feelings that both daughters should not be gone from home, she says that, with the wisdom of Solomon, her mother asked, “Which one should return home?” The subject never came up again. When asked about the pros and cons of having a sibling in the same Community, Sister Roseann said, “It’s easy to keep abreast of the other’s whereabouts and activities, and while we have different personalities, we are on the same wavelength when it comes to important things. The only con is that I am often called Sandra!”



From left, the DeNardis, Kriley, Ruhe, Winschel and Luffy sisters.

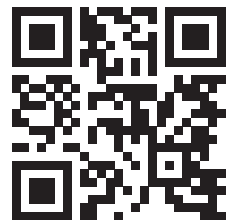
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About These Sister Sisters

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Spotlight on Ministry



La Posada Providencia

Location: Rio Grande Valley, Texas

Founded: 1989

Welcoming the Stranger and Making a Difference

La Posada Providencia—Spanish for the Inn of Providence—is a 24/7 emergency shelter for men, women and families who flee to the United States due to political oppression, natural disaster and other life-threatening actions in their native countries. Many have endured severe hardships, including poverty, unjust imprisonment, even torture—all involving physical and emotional suffering. Most clients arrive destitute. The shelter provides immediate and tangible support in the form of food, shelter, clothing, medical supplies and care. Equally important, the shelter provides case management with an individualized resettlement preparation process that includes needs assessment, goal-setting and facilitation of services to meet identified needs. Volunteers contribute more than 7,000 hours annually, providing supportive client services that include local transportation to off-site agencies (health care, legal-aid and social services), access to on-site communication resources, paperwork/translation assistance, English literacy, workforce readiness and life skills education.



Sister Zita Telkamp, program director, provides support to clients from Central America.

Since 1989, La Posada has assisted more than 8,000 people from over 70 countries. Until clients are granted appropriate work authorizations, can secure employment and/or have appropriate recourse to resettle, La Posada provides their sole means of support. The La Posada living experience offers care, safety, hope and a way forward.

To learn more about La Posada Providencia's current activities and services, please visit www.lppshelter.org.



Province Happenings

Pittsburgh

Kearns Spirituality Center staff enjoyed a day of team building during a retreat program entitled, “Unfolding Faith with a Twist.” Ellen Carlins, a Kearns programming facilitator, presented the program. Staff members wove a simple, beautiful basket while Ellen told a story that invited them to reflect upon their interconnectedness with each other and how the Spirit uses that as a gift to weave them together. Already a staff with great community spirit, the retreat strengthened their interdependence among each other and future together in ministry.



“Unfolding Faith with a Twist”

Kearns Spirituality Center staff and programming facilitator enjoy a day of retreat.

Congratulations to the winners of our 2015 Sisters’ Summer Sweepstakes: \$2,000 Grand Prize—Cathy Silvestri of Pittsburgh, \$500 2nd Prize—Joseph Ferraro of Pittsburgh, \$100 3rd Prize—Mary and Michael Rose of Boynton Beach, Florida. Sister Patricia Ann Moffett, CDP, did the honors of selecting the lucky winners on September 1. Nearly 4,000 sweepstakes tickets were sold from June 1 through August 31, raising more than \$19,000 to support the ministries and mission of the Sisters of Divine Providence. Thank you to all who participated.



Shoppers browse a great selection of crafts at the Sisters’ inaugural fundraiser.

The Sisters of Divine Providence thank everyone who participated in our Craft Extravaganza fundraiser at Providence Heights on October 3, 2015. There was a great selection of crafts—and lucky 50/50 and raffle basket winners. We look forward to seeing you at our 2nd Annual Craft Extravaganza on October 8!

The Sisters annual Mass of Remembrance, held on November 15, 2015, at the Mother of Divine Providence Chapel in Providence Heights, remembered our deceased Sisters and 574 of our deceased loved ones. The names of all deceased are now enrolled in the Providence Memorial Book and are remembered by the Sisters in a special liturgy on the second Sunday of each month during the year.

In celebration of The Year of Consecrated Life, the Sisters of Divine Providence welcomed Sisters and laity to a special event on November 22, 2015, at Providence Heights, which focused on heritage, legacy and spirit from the past, sponsored ministries of the present and the courage to move into the future. The day’s program included an opening prayer and presentation that remembered with gratitude some of the hundreds of remarkable Marie de la Roche Province ancestors. It was noted how these women, who were teachers, mentors and friends, have enabled the Sisters to move forward to today: serving in diverse ministries—and sponsoring several corporate ministries—that deal with current social concerns such as education, spirituality, refugees, single parents and homelessness. The program concluded with participants viewing the film “Band of Sisters” by Mary Fishman. The film documents “the remarkable journey of Catholic nuns in the United States from daughters of the Church to citizens of the world.”

St. Louis

On November 8, 2015, Holy Family parish in Granite City, Illinois held a special liturgy in honor of the Year of Consecrated Life. Religious vocations from the parishes of Holy Family, St. Mary's in Madison and St. Mark's in Venice participated. The Sisters of Divine Providence from those parishes attended the mass and renewed their vows. A reception followed in the parish conference center. The liturgy concluded the year-long events that Sister Barbara McMullen, CDP, arranged for her parish including bulletin inserts on the meaning of consecrated life and each of the vows, a brief history of the Divine Providence community, information on our founders Bishop Ketteler and Mother Marie de la Roche and a screening of the movie "Women and Spirit."



On November 24, 2015, Gil Weyhaupt was honored at a retirement party given by the Sisters of Divine Providence, Room at the Inn staff and board, family and friends. Gil retired from Room at the Inn—a ministry of the Sisters of Divine Providence that provides emergency shelter for homeless women and families—after 13 years as a grant writer. Prior to working for the Sisters, he was a mechanical engineer at Shell corporation. An Associate of the Sisters of Divine Providence since 1997, Gil has a keen interest in the social justice legacy of Bishop Ketteler and has worked tirelessly on numerous committees throughout the years toward this end. Although his quiet, gentle presence and willingness to help wherever needed will be missed, Gil is wished well in his retirement where he will be enjoying more time with his family.

Puerto Rico



On January 4, starting the Year of Mercy and closing the Year of Consecrated Life, the Sisters of Divine Providence participated in a blessing-filled Christmas gathering with other religious of the Diocese of Arecibo.

SAVE the DATE

HANDS & HEARTS

Benefits La Posada Providencia

La Sierra Event Center

Harlingen, TX

February 6, 2016

956.399.3826 for more information

THE GREATEST SCHOOL ON EARTH

Benefits Sacred Heart School

Indian Pond Country Club

Kingston, MA

April 2, 2016

781.585.7511 for more information

BREAKFAST WITH THE INN CROWD

Benefits Room at the Inn

Renaissance St. Louis Airport Hotel

St. Louis, MO

April 22, 2016

314.209.9181 for more information

CELEBRATE LA ROCHE

Benefits La Roche College

Holy Trinity Greek Orthodox Church

Pittsburgh, PA

April 22, 2016

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Honor Your Loved One.

Tribute gifts afford an opportunity to invest in the future of the good works of the Sisters of Divine Providence while honoring your loved one.

Sister Mary Weatherly (pictured, left) served as both a teacher and principal. Since 2010, she has been in prayer ministry. In honor of her 90th birthday, Sister Mary's family sponsored a granite bench in her name.

For additional information, please visit:

cdpsisters.org/memorials-tributes
or call 412.635.5401

In Memory

**“At the end of our life, we shall all be judged
by charity.”**

—St. John of the Cross



Constance Kuttenkuler, CDP

Departed this life on November 15, 2015
in the sixty-fifth year of her religious life

Loving, spiritual and trusting in God, Sister Connie served as a teacher of young children, a nurse aide and psychiatric technician and, later in life, a pastoral minister, gardener and home care provider. Though her ministry and her community life were always important to Sister Connie, her faith and spirituality were central to who she was.



Genevieve Brandstetter, CDP

Departed this life on October 28, 2015
in the eightieth year of her religious life

With an innate talent in music, Sister Genevieve taught music in the Dioceses of Pittsburgh and Boston—often traveling between schools in order to provide a quality music program to students. When not formally involved in music education, she directed choirs, produced records and volunteered her services at churches, nursing homes and residences for senior living.



Patrice Hessman, CDP

Departed this life on October 25, 2015
in the sixty-ninth year of her religious life

Hospitable and sensitive, blessed and gracious, Sister Patrice served as a teacher and a nurse, always looking for ways to encourage and support young women to learn more about the Sisters and their lives, to learn about their faith and God's call in their lives, and to understand God's desire for ministry to care for those in need.

The Sisters of Divine Providence also remember Associates:

Virginia Szejnar (November 30, 2015) and Betty Goldasich (October 2, 2015)

Your memorial contributions for Sisters can be sent to:

Sisters of Divine Providence

Mission Advancement
9000 Babcock Boulevard
Allison Park, PA 15101

For online contributions, please visit cdpsisters.org/donate
or call 412.635.5401



Sisters of Divine Providence

Marie de la Roche Province

Making God's Providence Visible

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