



# Connections

*Newsletter of the Missionary Sisters of the Most Sacred Heart of Jesus*

## U.S. Province Sister Begins Term as International Congregational Leader

On November 3, 2014 Sr. Barbara Winkler, MSC will take up the role of general superior of the Missionary Sisters of the Sacred Heart of Jesus, an international, missionary congregation of 750 women religious serving in 21 countries throughout the world. Sr. Barbara, born in Philadelphia, PA and a professed MSC sister since 1969, has just completed a six year term on the general leadership team of the Missionary Sisters of the Most Sacred Heart of Jesus. The general administration of the congregation resides in Sutri, Italy, a small Italian town located 35 miles north of Rome. From here, Sr. Barbara and the members of her congregational leadership team will make regular visits over the coming six years to the various countries of mission and communicate with the sisters throughout the world, assisting and supporting them in their efforts to grow, to make known God's love and to be faithful to the spirituality and charism of the congregation and gospel values which guide their lives.

In this new role Sr. Barbara welcomes the opportunity to lead the congregation with the assistance of four sisters from



Sr. Barbara Winkler, MSC  
Newly Elected MSC Superior General

Germany, Peru, Korea and Papua New Guinea who will serve as councilors on the leadership team. Together they will focus on guiding the congregation in meeting goals agreed upon by the members of the general chapter, a representative body of the congregation who met this past June in Lima, Peru to consider the future direction of the congregation. Recognizing all life as God's gift to us, the sisters seek to recommit themselves to live life fully through their daily choices and actions, to renew their lives as consecrated women, to promote communion among themselves and all people, and to come to a deeper understanding and appreciation of holding all in common.

The charism and mission of the Missionary Sisters of the Sacred Heart to make known the love of God and the spirituality of the Heart of Jesus which is a spirituality of compassion, forgiveness and healing, are as relevant in today's broken world, wounded by violence, injustices,

abuse and war, as it was when the spiritual founder, Fr. Jules Chevalier, MSC first entrusted the charism and *continued on page 2*

## MSC Sisters Volunteer Corps a Success

by Bruce Posten • Reading Eagle, August 5, 2014

A two-week, first-time experimental program in mid-July not only touched the lives of children, some young adults in need and senior citizens, but also enhanced the lives of three volunteers who devoted a portion of their summer to serve others.

"Basically, we set up the Volunteer Corps during this first year as a response to Reading being designated as a poor city," said Sister Lorraine Molchanow, 72, coordinator of the corps,

sponsored by the Missionary Sisters of the Most Sacred Heart, Muhlenberg Township.

"We were asking what we could do as a community of sisters to help and reach out to others," Molchanow said.

Initially, the effort was designed to attract young women, but then became open to any women 18 or older, she said.

Two of the volunteers were local women, Dolores M. Hehn, 81, of Shillington, a retired registered nurse *continued on page 2*

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our website's new look!**

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## **Volunteer Corps** *continued from page 1*

and nursing instructor, and Lisa A. McDonald, 51, of Bern Township, who recently moved to Berks County from Georgia and used to volunteer as an adoption specialist in animal rescue efforts. The third volunteer was a Philadelphia woman who wished to remain anonymous.

As an extension of the sisters' mission to be the heart of God in the world, the two local women were assigned to assist with child care duties at Mary's Shelter, 325 S. 12th St., a refuge for homeless women who are pregnant.

They also provided pastoral care by walking, talking and listening to residents at Sacred Heart Villa, 51 Seminary Ave., Muhlenberg Township, an assisted living facility housing retired sisters and lay residents.

In addition, Molchanow said the female volunteer from Philadelphia helped in the city's St. Joseph Church Parish, 1018 N. Eighth St., with a vacation Bible school program focusing on bilingual first- through fourth-graders.

The program ran from July 13 to July 26.

"It was a chance for me to stretch and expand my overall spirituality and get out of my comfort zone," Hehn said. "I'd say it made me look more closely at myself and within myself. I think it helped me to develop more deeply the qualities of forbearance, patience and endurance, especially endurance when caring for the high-energy children."

"When you are dealing with a range of people, both young and old, you get a chance to appreciate people for where they are and help them any way you can."

For McDonald, the volunteer experience led to friendships among those she tried to help, while she also built new relationships with other volunteers and the sisters.

"I had a wonderful time and enjoyed seeing more of the city and just meeting people," she said. "I walked away with some nice friendships that I would like to keep."

Molchanow said the sisters are in the process of evaluating this year's program.

"So far, we believe it can be expanded," she said. "Our hope is to move into some other untapped places that also may need help." ¶

**Please consider automatic monthly giving to benefit our MSC Sisters' missions and lives.  
Visit <http://mscreading.org/support-our-mission/ways-to-give/monthly-donors-program/>**

## **International Congregational Leader**

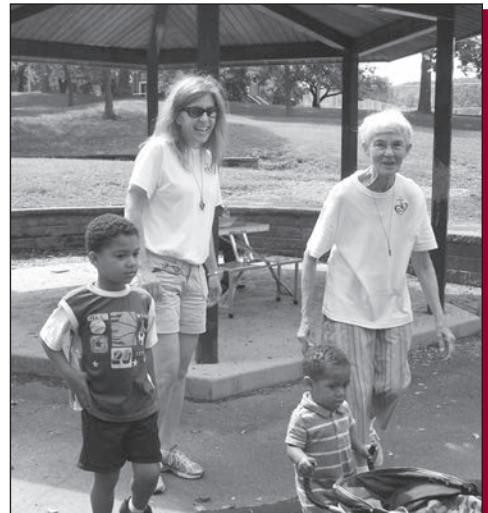
*continued from page 1*

spirituality in the late 19th century to the Missionaries of the Sacred Heart, a group of priests and brothers. One of their members founded the Missionary Sisters of the Most Sacred Heart of Jesus at the beginning of the 20th century in Hiltzup, Germany. From a small group of young women, the congregation grew, flourished and spread throughout the world bringing its message of love and compassion to all.

Recognizing that religious life faces many challenges today and is in a state of decline in some areas of the world due to decreasing members in many congregations, Sr. Barbara believes that the sisters cannot allow this to discourage or diminish their efforts nor their spirit of generosity and service. There always will be people who long for the message and the experience of God's love; therefore, we are to be women of hope and action in every circumstance and wherever we are.

As Pope Francis exhorts all religious to "wake up the world" and to be a sign of joy and hope, MSC sisters are striving to be women of joy and hope. They are missionaries of love, simply reaching out to others daily, touching hearts and lives, bringing compassion and hope in small but significant ways so that all may come to know and experience God's love.

May the Sacred Heart of Jesus be loved everywhere! ¶



Volunteers Lisa A. McDonald, left, and Dolores M. Hehn enjoy a playground outing with two brothers, Alexander Diaz, 5, and Sebastian Etrella, 1, sons of Jessie Diaz and residents of Mary's Shelter, 325 S. 12th St. The women volunteers participated in the first year of the Volunteer Corps program sponsored by the Missionary Sisters of the Most Sacred Heart, Muhlenberg Township.

# MSC Province Latina Empowers Women

June 9, 2014 marked the first pilgrimage of the MSC Sisters General Chapter to San Martin, Lima, Peru where MSC Sisters Mathilde, Sofia, and Maria van der Linde, have been working. This place, the *Catalina McAuley Association, A home for women*, was originally established in 1998 by three Australian Sisters of Mercy (founded by Catherine McAuley,) and in 2013 the MSC Province Latina took over this non-profit organization. The project provides unconditional service to women and children and provides them the necessary tools to achieve economical and personal empowerment in an effort to break the cycles of poverty and violence. This organization includes a Women's Center, a Medical Center, two Childcare Centers, and a small group company named TIKA.

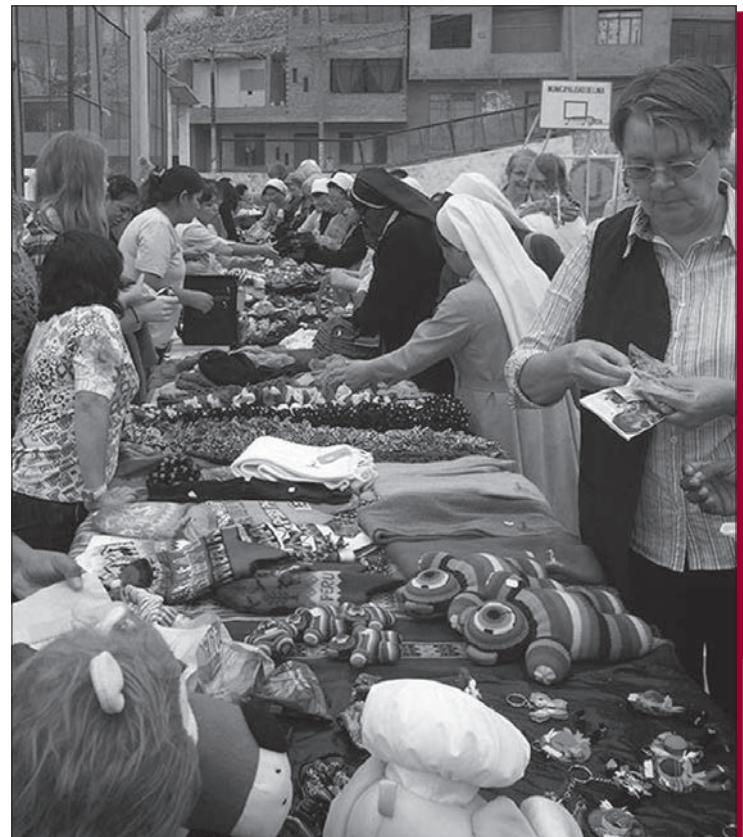


The childcare centers teach children and their mothers about proper nutrition in an effort to combat malnutrition.



A young family waits to be seen by the doctors and nurses at the Medical Center of the Catalina McAuley Association in San Martin, Lima, Peru.

The women's center is for women who experience domestic and financial issues. The project's aim is to improve their quality of life, increase their self-esteem and restore their dignity. The Medical Center emphasizes prevention and strengthening health awareness among the community. Through TIKA the women have been taught new skills of knitting, baking etc. and they gain an income selling their products. The Childcare Centers offer a program in nutrition especially for those who suffer from malnutrition. The women there offered inspirational testimonials about their experience at the center and their personal growth. As a community the MSC Sisters are honored to share the love of Christ with the people of Peru. †



Sr. Mechthild Schneider, MSC Superior General, purchases items made by the women of San Martin, Lima through TIKA, the MSC small group company which teaches valuable, marketable skills to women. Learn more at <http://tika-peru.org>.

*The Missionary Sisters of the  
Most Sacred Heart of Jesus  
extend our sincere wishes for a  
special holiday season.*

*May you experience the love of Christ  
through family, friendship and prayer.  
May your Thanksgiving and Christmas joy  
impel you to grow in gratitude and faith  
and to share your renewed love with others.*

**Sacred  
Heart  
Tree of Life**

Memorialize and Honor Loved Ones outside the chapel of the Missionary Sisters of the Most Sacred Heart of Jesus by inscribing a tribute in return for your donation. Visit [www.mscreading.org](http://www.mscreading.org) to view options and to order or call (610) 929-2802.



# Catholic Social Teaching in Action Through Mission

Every year, during the month of October, the Catholic Church in every nation on earth celebrates "World Mission Sunday." The Liturgy that day focuses on the Universal call to Mission of which Pope Francis constantly reminds us. He tells us that MISSION is essential to us as Church – that it's in our "DNA", and that all of us – no matter who, where or what we are in life – are called to be "MISSIONARY DISCIPLES."

To this end, our Sister Lisa Marie Valentini, MSC, has been organizing and accompanying Mission Immersion Experiences for young (and not so young) people since 1992. In fact, on July 4th of this year, Sister Lisa returned from Mission Immersion Experience #50. Over the past 22 years, God has called 50 groups of "MISSIONARIES" who have shared their faith and their love with our brothers and sisters in need.

So often upon hearing the direction our world seems to be headed in this 21st Century, we may think that the future of the Church looks quite bleak. However, it seems that there are a good number of young people who are willing not just to SAY that they are committed to living like Jesus – but who are willing to actually DO it.

What you are about to read are some of the comments that were sent to Sister Lisa from some of the Missionaries who spent time in the Dominican Republic this year. What is very evident from their reflections is that the call to Mission remains strong among young Catholics and that this mission and ministry of the MSC Sisters is making a difference in their lives:

**"My mission immersion experience helped me to better understand our role as missionaries—how simply 'walking in someone else's**

*mud' with them can be a meaningful sign of love and solidarity. I [also] learned what an amazing tool music and song can be to teach children. Young people in the Dominican Republic all learn the same songs growing up, and that is one of the main ways they learn about God."*

Johnny S – Works for NASA – St. Paul Parish, Nassau Bay, TX

*The trip to the Dominican Republic gave me the opportunity to learn about how service, labor and human compassion for the poor are all connected to religion. I learned it is just as important to love your neighbor as it is to love God. Sister Lisa did not preach but taught by example. Just from my observations while working with Sister Lisa, I learned the true meaning of a life-long commitment to faith and social justice.*

Ahmed – Adult Student, St. Peter University, Jersey City, NJ  
– Employment Placement Services for the Homeless

*Our Dominican Republic Mission Trip last March far exceeded all of my expectations—a once-in-a-lifetime, transformative experience. I was so deeply touched by the open-hearted warmth of the Dominican people, the loving, cooperative sense of Christian community, and the vital work Sr. Lisa is engaged in, serving those who, although poor economically, are rich in faith and spirit. Sr. Lisa facilitates one of the most profound examples of Catholic Social Teaching in action I have ever encountered.*

Suzanne – Bucknell U. Catholic Campus Minister, Lewisburg, PA

The commitment of the MSC Sisters to SHARING MISSION with anyone and everyone who feels called by God to live their own call as a MISSIONARY DISCIPLE is making a difference in the lives of many. May God continue to use us TO BE HIS HEART on EARTH. †



Before travelling on mission, Sr. Lisa hosts a mass of sending for each group of missionaries. Pictured with Sr. Lisa is a group of missionaries from a June 2014 trip. Praise God for missionaries!



# NUN RUN

**5K**

**Fun Walk 2014**

MSC Sisters  
www.MSCreading.org

Missionary Sisters of the Most Sacred Heart extends heartfelt thanks to all who helped in any way to create an extraordinary experience at our annual NUN RUN!

Not only did we thoroughly enjoy your company, but you also helped us to raise nearly \$20,000 for our missions and retirement costs. THANK YOU!

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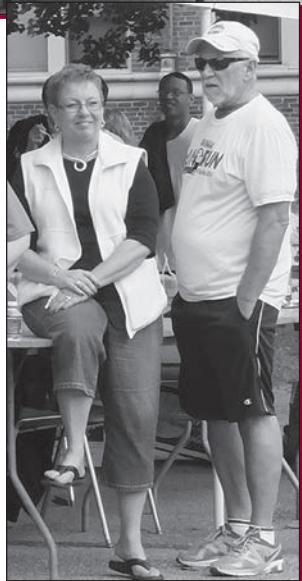


## The Runner's Prayer

Prayed by Sr. Mary Anne Bigos, MSC Provincial Superior  
before the Nun Run 9/20/14

Lord, Watch over me today as I run. This is the day and this is the time for the race. Watch over my body. Keep it free from injury. Watch over my mind. May I listen to the signals from within as I enjoy the scenes from without. Watch over my spirit. Watch over my competitors. Remind us that we all are struggling equally. Lord, let me win. Not by coming in ahead of my friends, but by beating myself. Let it be an inner win. A battle won over me. And may I say at the end, "I have fought a good fight. I have finished the race. I have kept the faith."

*Adapted from The Ultrarunner's Prayer by Carolyn Erdman & Jay Hodde*



Want to catch Sr. Lisa Valentini's passion for mission?

Listen to her monthly radio program  
“Nun on the Run” at  
<http://CatholicFMRadio.com> .



# Sharing the Heart Series

## **Life Lessons from a “Retired” Sister**

Sr. Rosemarie Mullen, MSC doesn't let age or blindness keep her from reaching out to others. While she often times is the recipient of volunteerism due to her blindness, Sr. Rosemarie has taught herself to play the harp and now shares her talent with seniors at Berks Heim in Reading, PA and various other locations.



Sisters Rosemarie and Eileen share their love of music and song with the residents of Berks Heim, Reading, PA.

According to staff members at Berks Heim, residents scramble to get to the unit dayroom when they learn Sister will be playing; they are eager to listen to her beautiful music and to sing along with familiar tunes. Oftentimes Sr. Eileen Kantz accompanies Sr. Rosemarie to read lyrics along with the music and to visit with the residents who look forward to her hugs and smiles. Together,

Sisters Rosemarie and Eileen make a heavenly team. Life lesson learned: it's never too late to give to others, and we always have something to give. In all things, “Make love your aim” (1 Corinthians 14:1). †



Visiting with people is the most enjoyable part of the volunteer experience for Sisters Rosemarie and Eileen; they view every relationship, every encounter, as an opportunity to love others as God has loved them.

The real danger facing us is to distrust our desire for communion.

*It is a God-given desire without which our lives lose their vitality and our hearts grow cold.*

—Henri Nouwen

### **Please Consider Becoming a Monthly Donor**

#### **Join our Heart of God Society!**

Your monthly credit card gift is easy to set up; it saves time and money which enables you to make a bigger difference for our Sisters and for those to whom we minister!

For information or to join, visit [www.mscreading.org](http://www.mscreading.org), call (610) 929-2802 or email [cwhitmoyer@mscreading.org](mailto:cwhitmoyer@mscreading.org).

## **Gratitude Flows in U.S. Parishes**

As part of the Mission Cooperative Plan, Sister Marie Janesch, MSC made a recent visit to St. Mary's Parish in Holliston, MA where she spoke about the beautiful MSC ministry of bringing Christ to all peoples. Sister Marie described her work with the people of Namibia, Africa, where she ministered for fifteen years, and she asked for prayers and support for all MSC missionaries. The people of St. Mary's generously shared their gifts of hospitality and treasure with Sr. Marie and the people to whom the MSC Sisters minister. The Sisters are grateful for the response of St. Mary's parishioners and the many other parishioners they visit each year across the country. You are a shining example that *“Gratitude flows from the recognition that who we are and what we have are gifts to be received and shared.”* (Henri Nouwen). Thank you!



Sr. Marie Janesch, center, enjoyed a weekend of friendship and faith with the parishioners of St. Mary's Parish in Holliston, MA.

**We need friends.**

**Friends guide us, care for us, confront us in love, console us in times of pain....**

**The more able we are to receive the different gifts our friends have to give us, the more able we will be to offer our own unique but limited gifts.**

**Thus, friendships create a beautiful tapestry of love.**

— Henri Nouwen

**Ever wonder if your dollars combine to make a difference? Wonder no more...**

**Thank you for participating with us in our vision and mission! You are an important thread in our MSC tapestry of love.**

**Donor Response to Development Initiatives November 2013 through October 2014:**

■ **Christmas Appeal 2013:**  
\$18,126.00

■ **Lent Appeal:**  
\$3,664.00

■ **June Sweepstakes 2014:**  
\$15,675.00

■ **Spring into Mission Benefit, March 30 2014:**  
\$28,186.00

■ **Spring/Summer 2014 Connections Newsletter:**  
\$4,517.00

For the first time ever, your donations covered our newsletter costs and left

\$1,453 to cover our operational costs! YOU TRULY ARE ENGAGED IN OUR MISSION! THANK YOU!

■ **Nun Run 2014:** \$18,221.00

■ **Heart of God Monthly Giving Society November 2013 through October 2014:** \$8,762.00



Check your mailbox shortly for a special invitational letter: *A Volunteer's Vision* from Rita Phillips.

## **Former Member Reunion**

On the weekend of August 22-24, sixteen former MSC members from Reading, Pennsylvania to Toronto, Canada met with their MSC Sisters to reminisce and talk about their journeys. Both laughter and tears flowed as they shared how each of them have traveled different paths but with the same MSC Mission. Marlene Eldridge, Barbara Graziadei and Cathy Martin prepared beautiful liturgies with the theme of "The Journey." This theme was strongly expressed by Fr. Mike Camilli, MSC when he said during his homily that the former members had the "MSC DNA" in their blood. In an effort to share the congregation's

journey, Provincial Superior Sister Mary Anne Bigos gave a presentation on the demographics of the MSC Congregation world-wide. This wonderful time of renewal and affirmation rekindled friendships and provided hope for the many journeys to come. The MSC Sisters wish to thank Michelle Olivier who was instrumental in organizing the reunion. May the Sacred Heart of Jesus be loved everywhere, now and forever. †



MSC Sisters and Former Members renewed friendship and mission during August reunion.



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We invite you to visit [www.mscreading.org](http://www.mscreading.org) to learn about the MSC Sisters, their mission to be the Heart of God on earth, and the role you can play in their mission.

# NUN RUN<sup>5K</sup>

**Fun Walk 2014**

MSC Sisters  
[www.MSCreading.org](http://www.MSCreading.org)

Thank you to our Nun Run 2014 Participants and Sponsors!

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Team Swann  
Watkins Architect  
The Zitrick Family

## PARTICIPANTS

1 Mile Walkers, 5k Runners, 1 Mile Youth Runners and Visitors of all ages: You bring joy and energy to our MSC Sisters' home! Thank you for joining us and for renewing our belief that good people do extraordinary things!

## VOLUNTEERS

YOUR AWESOMENESS IS EXTRAORDINARY!

You are a blessing; we cannot host the Nun Run without you! Thank you for going the extra mile for our Sisters, and thank you for your generosity of heart!

## UPCOMING EVENTS

### 2014

November 16      **The Cooking Priest featuring Fr. Leo Patilinghug**  
Sacred Heart Villa, Reading, PA  
*Details/Registration at [www.mscreading.org](http://www.mscreading.org)*

### 2015

January      **2014 Benefactors' Thank You**  
Our Development Advisory Board is trying something new this year. Look for your invitation through mail and/or email!

February 3

## Fireside Chat at Sacred Heart Villa

Doors open 6:30 pm - Program begins 7:00 pm

March 29

## Spring into Mission MSC Benefit

Stokesay Castle • Reading, PA  
*New format and surprises!*  
*Sponsors Needed! Volunteers Welcome!*

April 22

## Fireside Chat at Sacred Heart Villa

Doors open 6:30 pm - Program begins 7:00 pm