Spring Benefit Returns!

Congregation Joins Effort to Assemble Life-Saving Kits for Ukraine

Presente: God’s Dream Lives in the South Bronx
From the President

Dear Friends,

I write these brief remarks having experienced two life-giving events this past May. The first occurred in Rome at the tri-annual meeting of the International Union of Superiors General (UISG). Over 700 superiors of women religious congregations participated in exploring the theme “Embracing Vulnerability on the Synodal Journey.” The days were packed with input from speakers, shared reflections in small and large groups and opportunities for praying together. Although the days were exhausting, I came away renewed with a sense of global sisterhood and the conviction that religious life in our world is not coming to an end.

The second life-giving event was our recent benefit at Chelsea Piers. We honored two extraordinary men who exemplify the essence of charity and service to others: the Late Dr. Christopher Mills and Jerry Costello. Both have spent their lives serving others and instilling that value within their families. We are grateful to welcome them into our Family of Charity.

As I looked out from the stage during my welcoming remarks, I saw the faces of so many men and women who have supported us financially, through prayer, and by leading our ministries in innovative ways as they respond to the signs of the times. Without them we could not continue our mission to assist those living on the margins. On behalf of all of the Sisters of Charity I thank them.

I hope that you enjoy this edition of Vision.

Blessings and wishes for some days of relaxation during the coming months.

Blessings,

Sr. Donna Dodge, SC

Sisters of Charity Federation Superiors gather at the UISG Plenary Assembly 2022 in Rome before an audience with Pope Francis on May 5th. From left: Sisters Margaret Mary Fitzpatrick (SC-Halifax), Donna Dodge (SCNY), Maureen Shaughnessy (SCNJ), Jane Ann Cherubin (SC-Seton Hill) and Patricia Hayden (SC-Cincinnati).

Cover photos (clockwise from top left): Sr. Karen Helfenstein looks on as Diane Mills accepts the Caritas Award on behalf of her late husband, Dr. Chris Mill, at the Spring Benefit; Sr. Eileen P. Walsh with co-honoree Jerry Costello, who was recognized for his work on the SC Rockland County Housing Board; Sr. Trudé Collins (dec. 2014) was “beloved for the energy she poured” in the South Bronx; Sr. Jane Iannucelli, SC staff member Lyn Stevens and Sr. Regina Bechtle were among the many who helped assemble IFAKS.

VISION enables the Sisters of Charity of New York to make a cohesive statement about how we reveal God’s love in our lives and the many and varied ways in which we respond to the signs of the times.

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Reading the goals for the Synod for a Synodal Church: Communion, Participation, and Mission, I found myself pulled in two different directions. My first and overwhelming one was like the Jewish exiles returning from captivity (Psalm 126)—I was filled with joy at the vision writ large so all could see it. The other response was: if we participate and take the process seriously, will we all be pulled outside our comfort zone? We will need the Holy Spirit to give us the courage and strength to listen and follow through. To understand what is being proposed, we must first be clear on what is a synod? Who is the church?

A synod is an ecclesial gathering to discern what the Holy Spirit is asking of the church at the time. It is not a corporate strategic exercise. It is a spiritual process where control and direction are placed in the hands of the Holy Spirit.

For many Catholics, the word “church” immediately recalls the building where we worship or an institution like an Archdiocese or the Vatican. However, the bishops at the Second Vatican Council put these associations far down the list. They began by first speaking of the church as mystery and then, secondarily, as the people of God, a community of disciples. Baptism brought us into this community and entrusted us with a mission. Recall Jesus’ parting words to his disciples (us): “Go and make disciples of all nations...” The church exists for this mission and develops structures to carry out this mission mandate.

Pope Francis initiated the Synod for a Synodal Church: Communion, Participation, and Mission in October 2021. The Holy Spirit, he believes, is calling us twenty-first century Christians to create ways that we can truly be this community of disciples who are journeying together to bring the Good News to all the world. The process will culminate in the Bishops’ Synod in October 2023.

In the intervening two years, dialogues will be taking place on different levels. From October 2021 through March 2022, the conversations were on the local level. Parishes throughout the world were to host meetings to listen to people’s hopes and dreams for the church so we can live out our mission. In April, the task was to create an accurate synthesis that truly captured the range and diversity of what was presented. This was then to be forwarded to the national conference of bishops. The bishops are charged with discerning the Spirit’s lead and developing a working document. This work will be sent to the continental conference of bishops for further discernment and the creation of a second working paper. When the bishops of the world meet in synod in 2023, they will use this second document to discern at a universal level the voice of the Holy Spirit who has been speaking throughout the entire Church.

We are being invited to dig deeply into baptismal identity and listen to the Spirit calling us to a future filled with hope. Let us pray for all of us as we participate in the process.

By Jean Flannelly, SC

Vincent de Paul is famous for his “one-liners” that speak the truth. As we think of the future of the charism of Charity, we do well to look to Vincent for a direction. Certainly, the world is faced with terrible crises that call forth the compassion of which Vincent speaks. We see many Sisters of Charity, Associates of Charity, leaders and workers in our Sponsored Works who live Vincent’s words to bring compassion and Charity to the troubled world that they serve.

One person who lives the Charity charism is Todd Gable, a Charity Associate since 2015. He joined the Charity family as a senior at the College of Mount Saint Vincent (CMSV). As an English and Education major, he began his student teaching by helping foreign students learn English as a second language. With the help of his professors at CMSV, particularly Sisters Margaret Egan, Ceil Harriendorf from Campus Ministry, and Jane Iannucelli, Todd’s desire to teach became a calling, a deep desire to serve students with all kinds of needs.

Upon graduation in 2015, Todd joined the Peace Corps and was sent to Ukraine with a 27-month teaching commitment. Of his decision, he said, “It was my trip to Guatemala with the Sisters of Charity that cemented my desire to join the Peace Corps. During that time, I was in the process of discerning whether to join the Franciscan Friars or to join the Peace Corps. After visiting the SC mission in Guatemala and experiencing the sisters’ work and the community they had embraced, I was certain that I wanted to join Peace Corps to serve people in Ukraine. My reason for choosing Ukraine is that they had just experienced a revolution and officially broke free from a pro-Russian government to pursue a path toward democracy.”

He lived simply, representing the best U.S. cultural values and learning about the prolonged suffering of the Ukrainian people under German and Russian domination. He met his wife, Oleysa, and they eventually returned to the States to begin their married life. Todd and Oleysa continued to gain...
energy from a sense of charism and mission in their new situation. As they settled into a new life, they desired to help their friends and family in Ukraine. When war broke out in Ukraine last February, Todd’s friends contacted him for assistance. “There are moments in our lives when we are called on for service,” he says. “My experience witnessing the life of service the Sisters of Charity lead gave me the courage to say yes. As a student, I spent time with many Sisters of Charity. I enjoyed it; I was touched by what appeared to be a God-like ability to love people unconditionally. I was also inspired by their tireless pursuit to serve. They gave me the courage to answer the call when it came.”

Todd’s Ukrainian friends asked him to organize a stateside response by procuring, packing and sending emergency individual first aid kits (IFAKs) for Ukrainian soldiers on the front lines. He and Oleya engaged friends to raise funds to finance the project and reached out to students from CMSV to assemble the kits in their apartment.

When the need grew, Todd’s friend and fellow SC associate Fr. Chris Keenan suggested that he reach out to Sr. Donna Dodge. “When I called Sr. Donna and proposed the idea of collaborating on this project, the response was an immediate “yes,” which did not surprise me at all. Her only question was, ‘Why didn’t you call me sooner?’”

Sr. Donna offered Todd the use of the community room at Le Gras Hall. The assembly of IFAKs soon began with Sisters of Charity, associates and SC Center staff members joining the friends and CMSV students. Together they would create, pack and send over four thousand IFAKs. Oleya made three of seven trips to Poland to personally deliver the life-saving kits to contacts in Poland; friends Yana Chapialo and Marta Thomakiv made the other four trips. Once in Poland, the IFAKs were driven across the Polish-Ukrainian border, where others distributed them to Ukrainian troops.

In response to the assistance provided, Todd says, “I am immensely grateful for the time, resources and space the Sisters of Charity, associates and SC staff provided toward our effort. I am especially grateful to fellow SC associate and staff member Christina Clohessy, who went above and beyond to coordinate the logistics of unpacking, assembling and repacking IFAK materials.”

The Charity Charism knows no boundaries of nations or peoples. In the eyes of Todd and other young followers of Vincent de Paul, we truly are one world.

For more information about projects involving SC associates, please contact Maureen Reiser: mreiser@scny.org

Prayers for Peace
As the war continues in Ukraine, we ask our friends and supporters to pray for all who suffer the devastating consequences. Associate Todd Gable shared his and Oleya’s fears and heartbreak about the war:

We are fearful for our family in Ukraine. For now, they are together, but the war grinds on. Every day we hear of friends who died in the war defending against Russian aggressors. This pains us the most, knowing that so many bright Ukrainians are dying to defend their families. After serving in Ukraine for four years, I made many friends and met thousands of teachers and students. Everyone I have met has been impacted by this war. Some have died, and the vast majority have been displaced.
The Constitution of the Sisters of Charity calls us to recognize that “every Christian has a vocation to ministry” and to collaborate with others “to develop new channels to further the reign of God.” A recent book, The Kingdom Began in Puerto Rico: Neil Connolly’s Priesthood in the South Bronx (2021, Fordham University Press) documents the turbulent era of the 1960s to the 1980s through the lens of one dynamic priest-leader’s life and ministry. Author Angel Garcia, a long-term resident of the area, was an organizer with South Bronx People for Change, a group co-founded by Msgr. Connolly. In partnership with the priest and many others, Sisters of Charity worked to bring the area’s Catholics to claim their “vocation to ministry” and to create new ways for God’s dream to take flesh.

Beginning in the 1880s, Sisters of Charity served the people of the South Bronx in parish schools such as St. Joseph, St. Augustine, St. Athanasius and Ss. Peter and Paul. The area was home to waves of immigrants from Ireland, Italy, Poland, Germany, Greece, Eastern Europe, Russia and other countries. After World War II, many Americans of Puerto Rican descent moved into the area, making the South Bronx one of the most culturally diverse areas of the country.

As later decades of decline, devastation, greed and governmental neglect re-shaped neighborhoods and wreaked havoc in residents’ lives, those who ministered there faced the challenge of uncovering new levels of St. Vincent de Paul’s proverbial “inventiveness to infinity.”

In the 1960s, Vatican Council II charted a new course for the Church in dialogue with the world and with real people’s joys and hopes, griefs and anxieties. As a young priest, Fr. Neil Connolly enthusiastically embraced the Council’s vision of a church that valued the gifts of the laity. After a summer in Puerto Rico learning Spanish, he was assigned to St. Athanasius parish on Tiffany Street in 1958 and began twenty-seven years of ministry among the large Puerto Rican community that had settled there.

Against the backdrop of one priest’s successes and struggles, this book documents the efforts of many laity, clerics and religious to respond with creative courage to the signs of the times. In doing so, they had to navigate secular and church powers. With St. Athanasius parish as a main hub, they battled massive social forces like drugs, crime, racism and income inequality, championed lay leadership, and expanded the scope of ministry. In these efforts, Sisters of Charity were key players.

Sisters Jeanne Atkinson, Margaret Beaudette, Elizabeth Butler, Thomas (Trudé) Collins, Maria Iglesias, Ann Marie Lafferty, Mary Liegey, Inez Mela, Maureen Moran, Rita Nowatzki, Ann Reynolds and Mary Sugrue, among others, taught in the school or worked in St. Athanasius parish.

Sr. Trudé Collins (bottom, 2nd from right) at a Multi-Service Center in the South Bronx

Sr. Trinita Flood (right) ca. 1983

Sr. Rita Nowatzki (left), Superintendent of Schools and Director of Staff Development, Archdiocese of New York speaks with Sr. Marie Trinita Flood (right) ca. 1983
Although some were more visible and vocal than others, all in some way worked and advocated for social change.

Garcia notes, “Beginning in the 1960s they [the Sisters of Charity] were an active presence in Hunts Point-Longwood and became involved in services, in Summer in the City, and in the founding and growing of the SISDA and Seneca Center organizations.”

Summer in the City began in 1965 under the leadership of Msgr. Robert Fox, head of the Spanish Community Action Office in the Archdiocese of New York. Three principles guided the program: creativity, relationships and the public forum. It sought to address poverty and powerlessness by bringing people together in city streets and involving them in creative and fun activities that developed relationships and broke down barriers.

**Sr. Margaret Dowling** worked closely with Msgr. Fox; she arranged for sisters, even novices, to participate in Summer in the City in East Harlem and the South Bronx.

**Sr. Ann Marie Lafferty** began teaching at St. Athanasius in 1967 and in 1972 became its principal for the next 17 years. Over the years the school had developed a “strong reputation for quality education.” St. Ann Marie and her staff built on the firm foundation laid by her predecessor **Sr. Rita Nowatzki** and other sisters and lay teachers dating back to 1913. In the turbulent 70s and 80s, they soon became deeply involved with the people’s daily joys, struggles and realities.

**Marianne Kraft** succeeded Sr. Ann Marie as principal of St. Athanasius School. A former Sister of Charity, Marianne came there to teach English and art in 1972 and retired after 45 years of more-than-dedicated service. Interviewed by David Gonzalez, *New York Times* journalist who had attended the school in first grade, Marianne described the school as a “community of purpose” where “teachers who came here knew why they were here... These kids needed adults who would stand by them and who were not going to run away.”

**Sisters Nora Cunningham and Muriel Long** began a new model of team ministry with Fathers Robert Stern, Peter Gavigan and Neil Graham in Our Lady of Victory Parish. In 1977, at the request of lay leaders of parish groups, the team began offering courses in English and Spanish on Scripture, history of Christianity, Catholic teaching, communications, and leadership skills. The courses were so successful that the program soon grew into the South Bronx Pastoral Center that served the entire area, not just one parish. In its first year (1978–1979), the Center’s faculty of ten taught 129 students from seventeen parishes in the South Bronx and two in the North Bronx. Five years later, 38 courses were offered to 900 students; laypersons were among the faculty and on the Center’s board of directors and program advisory committee. Partnerships with the College of New Rochelle and Fordham University allowed graduates to enroll in adult education degree programs. As Fr. Stern later wrote, “[W]e believed that Church was primarily a matter of discipleship and that all its members were called to share in its mission and to serve. We had to help them become better disciples and better leaders.”

The South Bronx Pastoral Center “brought new possibilities to Puerto Rican laypersons wanting a leadership role in the Church of Vatican II.” It holds the distinction of being “the only comprehensive lay formation program in the United States” at the time, a fact well worth noting in contemporary American Catholic history.

**Sr. Constance (Connie) Kelly** collaborated with Fr. John Flynn of St. Francis of Assisi parish in the South Bronx to create the Bronx Heights Corporation, a community-based organization. She served in the parish from 1977 to 1981 and then became a missionary in Chile during the dangerous Pinochet years.

**Sr. Trudé Collins** is described in the history of the Sisters of Charity of New York as “beloved for the energy and charity she poured” for forty years into the South Bronx. She began as a teacher at St. Athanasius in 1962; five years later she transitioned into community organizing. From 1972 to 2004 she served as director of the Simpson Street Development Association (SISDA), a government-funded anti-poverty program with close ties to St. Athanasius. Sr. Trudé involved community members in shaping and benefiting from youth, job readiness, day care and parenting programs, and held SISDA to high standards of accountability—a key to its lasting success. For decades, Sr. Trudé co-led the South East Bronx Community Organization (SEBCO) founded by Rev. Louis Gigante to rebuild housing and strengthen community in Hunts Point-Longwood. In 2008, a 105-unit affordable housing building on Southern Boulevard was named “Sr. Thomas, SC, Apartments” in her honor. Unfortunately, Garcia’s book mentions her only briefly.

Vatican II broadened the vision of the Church’s meaning and mission in the world. With grit, guts and grace, the people and groups profiled in this book, including many Sisters of Charity, translated that vision of Church and laity into concrete, believable terms.

*Continued, see page 8, bottom*
A General Assembly is the major event occurring every four years in the life of our Congregation. It is here that elected delegates call on the Holy Spirit to open our minds and hearts to discern our future and elect the sisters who will serve in leadership for the next four years.

Our next Assembly, scheduled for April 10–16, 2023, will be shared jointly with the Sisters of Charity of Saint Elizabeth, Convent Station, N.J. Details of the what and the how of it are being addressed by the Leadership teams and Steering Committees of both groups with input from the members.

Two pre-Assembly meetings have already been held, on October 16, 2021 in New Jersey, and December 11, 2021 in New York. The theme for both meetings, Living Heritage, Our Common Roots, tapped into the founding stories that have energized our relationship from earliest times.

In the first meeting we listened to a conversation between Mothers Elizabeth Boyle and Xavier Mehegan, and in the second, we plumbed the depths of our community virtues: humility, simplicity, and charity. At the December 11 celebration of Eucharist, sisters renewed their vows and associates renewed their commitments.

A joint meeting held February 12–13, 2022 at Convent Station, the New Jersey Sisters of Charity motherhouse involved the two leadership teams, the Steering Committees, and the facilitators of both groups, Sisters Sherryl White, CSJ, and Rosemary Jeffries, RSM. The agenda for Assembly 2023 will be fleshed out at future meetings.

A General Assembly is always a grace-filled event in the life of a congregation. Both communities look forward to the surprising, challenging ways that our God will lead us into the grace of a new time of Charity.

By Mary Mc McCormick, SC

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Presente: God’s Dream Lives in the South Bronx

In 2015 when Msgr. Neil Connolly died, a newspaper tribute noted that he "lived to serve the community and believed in making leaders out of the people who lived there." The same words could equally apply to Connolly’s colleagues and co-laborers, including the Sisters of Charity. Their passionate presence changed the face of the Church in the South Bronx. Their work, now largely carried on by dedicated lay persons, continues—not without struggle—to bear fruit.

Notes
1. "Ministries," 53
Some might say there is a connection between Mount Saint Vincent Convent and COVID-19, but the particulars remain fuzzy. Let’s take a look at each part of the equation.

Mount Saint Vincent Convent is one of the Sisters of Charity retirement communities. Moving there signals retirement from full-time active ministry as the sister moves into later adulthood. This stage of the life cycle with its typical companions of diminishing physical and psychic energies ushers in a new phase in living lives of love. At issue now under the new circumstances is, “How does one do this?”

Before taking up the question, a look at a prevalent attitude toward aging is required. At issue is the impact on how a person enters the aging process and how the contributions of the elderly are perceived. The United States, with its youth-oriented, death-denying culture, disvalues aging. It is seen as a condition to be avoided or at the very least covered up. Ads for clothing, cosmetics, etc., provide ample testimony to this!

Gifts in the Aging Process
It’s not uncommon to hear older adulthood negatively referred to as “a second childhood.” There is some truth when the spotlight is on increased dependency and numerous memory changes. However, when the spotlight shifts to a child’s approach to and interaction with the world around them, entering second childhood is full of possibilities.

Before they begin their formal education, little ones are filled with awe and wonder; their “why?” questions seem endless! Eagerness, trust, and naiveté are the norm. These attitudes continue through the early school years but are eventually replaced by demands for control and mastery. Of necessity, we educate children to become competent, contributing members of society, but the refreshing openness and simplicity of childhood is lost in the process.

Workshop
For close to a year now, SC Associate Cia Kessler and I have been offering an ongoing workshop at the Convent called “Writing as a Contemplative Tool.” Our experience is ample proof that the popular culture is very much mistaken about aging.

The sisters are using writing as a means of entering this positive “second childhood.” They regularly set aside time for writing and, in the process, discover unexpected treasures: deeper dimensions in their experience and their sense of themselves. There is nothing extraordinary about writing, you might say. True, but the practice slows you down and fosters more significant attention to experience. The sisters practice John Dewey’s observation, “We do not learn from experience… we learn from reflecting on experience.”

Every month the “writers” meet to explore how contemplation, as a unique kind of presence, opens the eyes of the heart to the Mystery that grounds us.

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Part One

Can There be a Connection Between Mount Saint Vincent Convent & COVID-19?

By Jean Flannelly, SC

Part One

“Every month the “writers” meet to explore how contemplation, as a unique kind of presence, opens the eyes of the heart to the Mystery that grounds us.”
On Thursday, May 16, nearly 400 friends gathered on a beautiful spring evening to enjoy the 2022 Sisters of Charity Spring Benefit at The Lighthouse at Chelsea Piers. It was the first spring benefit held in person since 2019. The Congregation honored Jerry Costello and family and the late Dr. Christopher Mills with the Caritas Award for their dedicated service to the Mission of Charity.

NY 1’s Pat Kiernan served as Master of Ceremonies for the evening program.

Honoree Jerry Costello shared his Caritas Award with his wife, Emily, and family.

A New York City fireboat treated Spring Benefit attendees to a water show on the perfect spring evening.

The Mills Family children danced to the music of the Guss Hayes Band.

Sr. Margaret Egan enjoyed jamming with the band.

Sr. Donna Dodge was delighted to welcome new and old friends to the Spring Benefit at Chelsea Piers.
Early 80 sisters and staff members gathered in Seton Village in Nanuet on May 24, 2022, for a spring luncheon. Such in-person events had been postponed since the pandemic began in 2020, so it was a festive occasion. Sisters traveled from Mount Saint Vincent Convent, Kittay Senior Apartments, and St. Patrick Villa to Nanuet to see one another for good food and fellowship.

The spring-themed luncheon looked exceptionally cheerful set against the pastel walls of Seton Village’s Community Room. The helium balloons that floated above the table reflected the lightness and joy of those who gathered. Sr. Donna Dodge delivered informal opening remarks, and Sr. Eileen Walsh, the Resident Services Director of Seton Village, led those gathered in a prayer of gratitude. A light buffet was served. Sr. Ann Costello served her delicious homemade brownies that went well with the ice cream desserts. All were grateful to Sisters Ann and Eileen for planning the day and bringing them together.

Teri Tynes

The College of Mount Saint Vincent Conservatory presented its first concert on Wednesday, April 27, 2022, in the Chapel of the Immaculate Conception on the campus of Mount Saint Vincent. Musical selections were offered by the CMSV Community Choir, along with solo song and instrumental performances by students in the private lessons’ studios.

The Conservatory opened in the College in the January 2022 semester and the first lessons and rehearsals began. Students, college administrators and staff, sisters, and a few members of the former Conservatory at Concordia College stepped forward to create four-part harmony. The choir concluded its season by singing the Baccalaureate Mass from the loft of the chapel, a first in anyone’s memory, supported by the music of the newly restored classic Roosevelt organ.

The choir, pictured here performing *This Little Light of Mine*, is directed by George Heard and the Conservatory Director is Keith Kreindler.

Eileen McGrory, SC
Most art critics would agree that Astor Place, a Surrealist artwork by Francis Criss, would be a welcome addition to any collection of 20th Century art. At first look, one would immediately understand why this unique piece is of particular interest to the Sisters of Charity of New York. Purchased by the Whitney Museum of American Art in Manhattan for its permanent collection, the painting was exhibited at the museum’s First Biennial Exhibition of Contemporary American Painting held November 22, 1932, to January 5, 1933. Central to the painting is two women cloaked in black engaged in conversation on a sidewalk near the Astor Place subway station in Greenwich Village.

In this view, the Cooper Union building can be seen to the left side of the paintings, and in the distance, a glimpse of the Third Avenue elevated train tracks.

Recognizable as Sisters of Charity of New York, they wear black floor-length cloaks with white collars and the distinct cone-like outdoor hat or “coal scuttle” worn during the first half of the 20th century. An authentic sample is preserved in the archives of the Community.

Contemporary art critic Joanna Shaw-Eagle, has described the painting:

Two nuns talking on a New York City sidewalk in front of a strange Italian Renaissance-looking building. Mr. Criss reduced the two women to simplified cone-like shapes... in the center of the street, a low signpost topped by an arrow that says, “Keep Right.” It was one of the images that earned him an admired reputation in the New York art world of the 1930s.”

The Washington Post, August 11, 2001

The sisters were a presence in lower Manhattan beginning in 1817 when

Sr. Marie Noeline Noll, Mount Saint Vincent campus, ca. 1938; Sr. Noeline taught at Bishop McDonnell High School from 1934–1941.

Continued, see page 13
The Creation's Transformative Energy Committee (CTEC) of SCNY has committed to reducing plastics in our lives, and we invite you to do the same. We can begin by reflecting on how our habits contribute to what Pope Francis calls a “throwaway culture.”

“We cannot allow our seas and oceans to be littered by endless fields of floating plastic,” said Pope Francis. When Pope Francis spoke these words, he was referring to the three large islands of plastic rubbish and microplastics that have ended up in the Pacific Ocean. Food packaging accounts for more than 40% of this waste.

Many sea and land animals are suffering and dying because of microplastics. What are microplastics? They are fragments of plastic less than five millimeters in length that are difficult to recycle-reuse, and, as plastics of all sizes, do not readily break down. Like single-use plastic, less than 10% of microplastics are recycled, over 75% end up in landfills or oceans, and nearly 10% are incinerated. Microplastics are found in a variety of environments. Marine animals, fish and birds often ingest the plastics, resulting in neurological and reproductive toxicity, and work their way up through food chains. They have been detected in drinking water, food products, seafood, table salt, human tissues and organs, and human blood. Scientists are presently exploring the impact on microplastics on humans. They also have been found to be a source of air pollution.

Microplastics are also produced commercially in the form of microbeads, which are found in cosmetics, synthetic clothing materials, plastic bags and plastic bottles. More information microplastics is available on the Wikipedia, Britannica or National Geographic websites.

Another way to reduce and eliminate use of plastic is by becoming an aware consumer. The CTEC has sent out specific calls to action, recommending consumers to take the following steps:

» Take an inventory of the food you buy and its packaging. Consider asking the store manager if there are efforts to reduce use of plastic in food packaging.

» Learn how your municipality handles plastics in its recycling stream. Near the Mount, for example, tours are held at the Yonkers Material Recovery Facility (off the N.Y.S. Thruway near the Stew Leonard exit).

» The Beyond Plastics website, www.beyondplastics.org, provides a wealth of information on the topic. The national project, based at Bennington College in Vermont, pairs environmental policy experts with college students to build an anti-plastics movement. The site includes many studies, fact sheets, and reports.

And if you haven’t done so already, please consider replacing your water bottle with a stainless steel or glass bottle. According to Beyond Plastics, “one million single-use plastic bottles are bought around the world every minute and more than half-trillion plastic bottles are sold annually, but less than one-third of all plastic bottles will ever be recycled.”

Keep watching this space for more suggestions on how to lower your carbon footprint.
A round the turn of the 21st century, three Sisters of Charity moved into a new home at 38 Sunnyside Drive in Yonkers. By the end of summer 2000, they were five. The local community grew to six sisters by the following year and remained that way for several years. Two of the sisters later moved to other local communities, and for several years the “Sunnyside Sisters” remained a community of four.

In 2011, the sisters at Sunnyside began to explore the possibilities of a new ministry. After discussion, prayer, and investigation of existing needs in the area, they decided to open their home as a hospitality house.

The sisters initially offered a quiet place for some College of Mount Saint Vincent (CMSV) students who wanted to spend a reflective weekend away from the noise and density of college life. When a different need became apparent, the sisters decided to offer a home to young women who might need a place to live for a limited time. The sisters invited them to join in their community life in comfortable ways, e.g., meals, prayer, conversation and presence.

The women who came to live at Sunnyside were from different backgrounds. One was a fifth-year nursing student from CMSV. She stayed with the sisters for approximately two years. A member of the Le Gras staff also needed a place to call home for a few months while she waited to occupy her new apartment.

Three CMSV staff members resided at Sunnyside at different times. Two were saving money to move into their own apartment. They lived at Sunnyside for close to a year. One staff member was displaced after a fire in her building but planned to return to her apartment when tenants were authorized to return.

In 2017, the Sunnyside community offered hospitality to a CMSV graduate pursuing post-graduate studies. She lived with the sisters for three years while completing her doctoral degree and is presently well established in her chosen career. In 2018, another Mount grad joined the sisters at Sunnyside as she worked on her master’s degree and was employed full-time at CMSV. Both women had studied to become SC associates during their senior year in college and made their commitments the September following their graduation.

And then, owing to the pandemic, the community was without any young house guests. For the first time in several years, the local community consisted of two Sisters of Charity and their little therapy dog. But the spring of 2021 brought COVID vaccines and the numbers began to decrease, so they welcomed three CMSV graduates. One young woman, an SC associate, is pursuing a nursing degree in the accelerated program at CMSV while continuing to work. The other two young women are 2021 CMSV graduates. One is studying for her nursing license exams while working part time in a nearby hospital. She has also begun the formation process to become an SC associate. The other young woman has begun studies for her master’s degree and is working part time.

The women who have lived at Sunnyside in the past ten years have graced the house with their youthful spirit and sense of community. They have moved on to new jobs and studies, gotten married and started families, or have stayed nearby while advancing their careers.

SC associate Nicole Quaranto speaks fondly of her stay: “If there’s one word to describe the house on Sunnyside Drive, it’s “home.” And not just because it has four walls, a roof, and some bedrooms—but because of the people who make it so special. Sr. Mary Lou and Sr. Mel welcome every single person who walks through the door with open arms and joyful smiles. Whether you’re moving in to stay for a while or just visiting for a prayer or a cup of coffee, you immediately feel the Spirit of Charity around you. Sunnyside Drive is home, and although I may no longer be living in the house, I will always carry the memories I made during my two years there.”

The Sunnyside community hopes that they have provided a welcome and safe place for all who have come to spend time with them. They believe that each person who has stayed at Sunnyside has been blessed and been a blessing. They thank God that, as each person moved on, they did so with confidence in themselves for what lies ahead. They remain connected with those who touched their hearts while sharing their home. The community is grateful to the Congregation for enabling them to continue this ministry and hopes to do so well into the future.
Nicholas W. Helfenstein and his wife, Rose Mary, are Sisters of Charity supporters and members of the Mother Seton Circle. “Nick,” as most know him, shares a personal connection to the sisters, which many readers can guess by just reading his last name. His aunt, Sr. Karen Helfenstein, is a Sister of Charity and currently Director of Sponsorship Services. Sr. Karen’s brother Robert is Nick’s dad.

Growing up, Nick would often visit the Mount with his family for Sunday dinner and parties. He remembers visiting Sr. Karen in Rosary Hall and the interactions with the other sisters. He recalls that Sr. Peggy McEntee would thrill the children with a tall tale of a dungeon in the Mount’s iconic castle.

After graduating from Boston College in May 2006, Nick landed a job with UBS Financial Services. For the past 11 years, he has worked in capital development and investor relations with Millennium Management, a global investment management firm. He makes his home with his family in Rockville Centre, N.Y.

Nick’s philosophy of giving is summed up in the phrase, “to whom much is given, much is required.” (Luke 12:48). “I earn a decent living and have enough to give back,” says Nick. He gives primarily to local institutions: his local parish, St. Agnes, and its school where his daughters, Julia (6) and Grace (3), attend, and to the sisters. Giving close to home brings him “a reasonable level of comfort knowing that it’s been put to good use.”

Nick hopes his daughters will assume these habits of giving. Every Sunday, he hands Julia and Grace a dollar bill to place in the offering plate. In doing so, he explains, he won’t have to teach them later that it is the right thing to do.

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Nadia Owens, Trustee

Nadia is the Head of Global Total Rewards and Performance at DXC Technology where she is responsible for designing and delivering globally inclusive compensation, benefits and performance management solutions that support the well-being of employees. She partners with the enterprise leaders and the Compensation Committee of the Board of Directors in carrying out their duties to stockholders by aligning the financial interests of employees to the creation of shareholder value.

Nadia holds an M.S. in Human Resources Management and a B.S. in Business Management from Long Island University. She serves on The Foundling’s Program Quality Committee and the Governance Committee. Nadia has three children and lives with her husband in New York City.

How did you become involved with the Sisters of Charity?

As a pregnant teenager, I benefited from the services offered by the Sisters of Charity. The New York Foundling gave me a safe place to stay and gave me the opportunity to complete my education. They laid the foundation for me to care for my daughter and have a successful career and a thriving future. I am very thankful for the care and compassion provided to me and my daughter at the NY Foundling. I am also thankful to the donors who make it possible for the Sisters of Charity to do their work in helping families.

What does it means to you to be a trustee?

I am honored to serve as a New York Foundling Trustee to give back by supporting the mission of enriching the lives of children and their families. The Foundling was there for me when I needed them, so I am thankful for the opportunity to pay it forward to others.

To learn more about Nadia, visit: www.nyfoundling.org/officer/nadia-owens/

Archives Receives St. Vincent’s Hospital School of Nursing Student Cape and Hat

By Mindy Gordon, Director, Archives and Museum

St. Vincent’s Hospital opened in a brownstone in lower Manhattan in 1849 and continued serving New York City until 2010. Supervised by director Katherine A. Sanborn, the acclaimed School of Nursing graduated the first class of eight nurses in 1893. The hospital had relocated to a renovated building at 7th Avenue and 12th Street in 1856 to accommodate the growing need for medical care in lower Manhattan.

In 1943, the Nursing School, then directed by Sr. Mary Patrick Dowd, was the first in New York State under Catholic authority to receive accreditation by the National League of Nursing. During World War II, the school’s enrollment expanded because of a federal grant that funded tuition from the United States Public Health Service under the National Defense Act. At that time, Cathleen F. Cunningham enrolled as a student cadet and planned to enter the armed services after completing her studies. With the war ending before her graduation, Cathleen became a civilian nurse and experienced a long, successful career in health care.

The family of Cathleen Cunningham Hill (1925–2002) graciously donated the cape and hat that Ms. Cunningham wore as a student, and a shirt front and collar

Continued, see page 18, bottom
At the north end of the New York Archdiocese lies the town of Pleasant Valley, home of St. Stanislaus Kostka Parish. For 17 years, this was the home base for Sr. Mary Liegey. The territory might seem remote, but Sr. Mary was comfortable with it, having arrived from Eagle Bridge, northeast of Albany.

Providence brought Sr. Mary to Pleasant Valley. The year was 2004; she wanted to be near Sisters Hill Farm, which was in its fifth year, so she reached out five parishes in the area in search of affordable housing. She received a letter from a man who had an apartment to rent. He was looking for a tenant with whom his mother, who lived upstairs, would feel comfortable. They were a great match as she remained there for 17 years!

Sr. Mary initially taught religious education but quickly spread her wings to other ministries. The parish is active in the community, so she participated in their Prayer Shawl ministry; made sandwiches for “the Lunchbox,” a community meal program in the nearby city of Poughkeepsie; and visited and brought Communion to the sick and homebound. Every Lent and Advent, she organized a prayer group that met in her home. For several years before COVID, her principal ministry involved the Lutheran Care Center, a local skilled nursing and rehabilitation facility. She and a half-dozen parishioners and the pastor visited every Wednesday. They organized birthday parties and went to the wakes and funeral services. Twice a year, she hosted a home-cooked dinner at her home to thank the Center’s dedicated staff.

When COVID came along, she started a card-making and letter-writing ministry. She wrote to residents in the Center and to friends who attended daily liturgy together, more than 40 people every month. She sends hand-made cards that feature pictures of flowers from her garden and saints. Her notes often commented on the Sunday Gospel and demonstrated her special “Liegey touch.” Once, when the Gospel included the parable of the mustard seed, the card showed a picture of a mustard plant grown at her brother’s home and enclosed actual mustard seeds!

This ministry has made a lasting impact. Sr. Mary received a note from a daughter thanking her for all the cards and notes you send. I read them over and over.” Another woman, going through her deceased sister’s belongings, wrote to Sr. Mary to thank her for the many letters and cards. Her sister Helen had treasured and kept them all.

What Sr. Mary is most famous for is something she brought to Pleasant Valley from her time in Eagle Bridge: homemade jelly. She regularly held sales to benefit the ministries in Guatemala and, later, a Christo Rey school in Newburgh. She would cover an entire table with dozens of jars of her jelly and another with knitting during parish events, which regularly won prizes at the Dutchess County Fair. (Several years ago, a few mothers and I were at the Stanfordville town park, watching our kids’ swim lessons. Stanfordville is in an adjacent parish, about 15 miles from St. Stan’s. I mentioned that I was in the process of becoming an associate of the Sisters of Charity. One of the mothers remarked, “Oh, like Sr. Mary, who makes jelly?” She was a local celebrity!)

Sr. Mary recently moved to St. Patrick Villa, but distance is no barrier to the relationships she formed. Friends from the parish now write to her and include books of stamps to help subsidize her letter-writing ministry. Her home base has changed, but her work carries on.

The Pied Piper of Pleasant Valley—Nearly Two Decades of Faithful Service in the “North Country” By Lisa Shay, Associate

“What Sr. Mary is most famous for is something she brought to Pleasant Valley from her time in Eagle Bridge: homemade jelly.”
Growing Healthful Food at Sisters Hill Farm

By Ella Schwarzbaum, Assistant Farmer

The farm season is now well underway! When I talk to friends and family about what we are growing at the farm, someone is always bound to ask if we grow organically.

When most people think of the word organic, they think of the movement that started in the 1960s and 70s to lessen the global dependence on synthetic pesticides and fertilizers. Using a mix of historical knowledge and innovations, farmers worked out systems to keep their fields weed and pest free while growing food. Over time, these systems and informal decisions became codified into a legal standard, giving rise to today’s “certified organic.” The organic bar has many components and can hopefully help customers make more informed choices based on how their food was grown.

So, is organic food healthier than non-certified organic? Not necessarily. A food’s nutrition will vary depending on how it is grown, and synthetic sprays are just one aspect. A farmer doesn’t just put seeds in the ground; we also care for the soil, water and wildlife around us. While Sisters Hill Farm is not organic certified, we try to hold ourselves to an even higher standard! We’re confident that we grow food in a way that not only produces the tastiest, healthiest produce for our farm members but also nurtures the earth. Fundamentally, food gets its nutrition from the soil it is grown in, so that is our first step. We have two main ways that we work to be sure our soil is healthy enough to produce the best quality vegetables.

The first step is to foster diversity. Every plant takes up and releases different amounts of nutrients into the soil. By growing a diverse mix of vegetables, we ensure no one nutrient is excessively drained from the soil. The second strategy is to rotate our crops. For example, if we grew onions in a field in 2019, we would not plant onions there again until 2022 or later. We have ten fields on the farm and ensure that no type of crop is planted in the same field within three years. This rotation allows us to return the leaves and roots to the soil, recycling valuable nutrients without worrying about pests that may damage similar crops the following year.

Whether or not to buy organic is a big, complicated issue with many variables. At the end of the day, if you’re buying produce in the supermarket, organic is probably your best bet. A farm large enough to provide produce to a chain store probably will not put the same focus on land stewardship and natural soil nutrition that a small farm may. Even with that being the case, the organic produce will at least have been grown without synthetic pesticides or fertilizers. If you’re buying your food from a local farm stand, farmers market or CSA, however, feel free to look past the label and talk to the farmer directly. Perhaps the certification paperwork is too time-consuming, or the filing fees are too high. What matters most is how the food was grown. Talking with your local farmer is the best way to ensure you’re getting the most nutritious produce for yourself and your family.

St. Vincent’s Hospital School of Nursing Donation

Cont’d from page 16

belonging to Mary C. Chamberland, another student. Cathleen’s name is sewn in the inside collar of the blue wool cape, featuring red lining and two front, horizontal straps. The “cap” appears as a flat, starched white double-fold of cotton that each student folded to replicate the required form.

Cathleen married Lloyd F. Hill, Jr. in 1949. They settled in Albertson, N.Y., and had four children: Warren, Joanna, Patrick and Donald. It was Patrick who donated the nursing apparel to the archives in January 2022. The cape is in excellent condition and the only one of its kind in the St. Vincent’s Hospital collection.

Right: Cathleen Cunningham proudly wearing her St. Vincent’s Hospital School of Nursing cape and hat
Sister Helen McTaggart, SC (Sister Michael Marian)  
Entered: 1951 • Date of Death: January 28, 2022 • Age: 89
Sr. Helen divided her fifty-two years of active ministry between classroom teaching and her legal profession. She taught elementary grades at St. Charles Borromeo in Brooklyn, St. Peter in Staten Island, and was Director of Education at St. Agatha Home in Nanuet. High school assignments were at Bishop McDonnell in Brooklyn, Xavier and St. Augustine in The Bahamas, and Cardinal Spellman in the Bronx. Teaching at St. Agatha and observing the needs of children living with poverty focused her desire to be a lawyer. She received a JD from St. John’s University School of Law and was admitted to the New York State Bar in 1978. She provided counsel at several local and state agencies, and the Foster Care and Adoption Department of a firm specializing in child welfare law.

Sister Anne O’Connell, SC (Sister Joseph Marian)  
Entered: 1962 • Date of Death: February 13, 2022 • Age: 85
Sr. Anne dedicated 54 years of active ministry to education. She taught at St. Joseph in Manhattan and Elizabeth Seton Academy in the Bronx. With her degree in science she taught biology and chemistry, along with religion at the Academy of the Resurrection in Rye, the Academy of Mount Saint Vincent at Tuxedo Park, and Cardinal Spellman High School in the Bronx. She returned to elementary education at Nativity of Our Blessed Lady in the Bronx, participating in the departmental instruction for the upper grades. At the end of 10 years, she moved to St. Joseph in Florida, N.Y., to teach the upper grades.

Sister Alberta T. Carey, SC  
Entered: 1975 • Date of Death: May 15, 2022 • Age: 86
Sr. Alberta’s work focused on teaching and research to promote the health of individuals and groups. As a member of the Franciscan congregation for 15 years, she served in Western New York State hospitals and as an instructor at St. Vincent’s Hospital School of Nursing, Manhattan. She entered the SCNY in 1975 and was an instructor in the School of Nursing of St. Joseph’s Hospital in Yonkers, the College of Mount Saint Vincent in the Bronx, and the College of Staten Island. Her training as a substance abuse specialist made her a good fit as Coordinator and, later, Associate Director of the northwest Bronx Office of Substance Abuse, a ministry of the Archdiocese of New York.

Sister Catherine Marie Walsh, SC (Sister Stephen Dolores)  
Entered: 1955 • Date of Death: February 11, 2022 • Age: 84
Sr. Catherine, known by many as Caddie, spent 40 of her 45 years of active ministry in the field of education. Her 20 years in elementary education were in the primary grades at St. Peter in Haverstraw, St. Peter in Brooklyn, and St. Athanasius in the Bronx. While at St. Athanasius, she requested permission to care for her brother’s children for one year following the death of their mother. Between 1979 and 1983, Sr. Catherine served as an intern at the Interfaith Center for Corporate Responsibility in its Infant Formula Program, and then provided services for the retired sisters at the Convent of Mary the Queen. In 1983, she returned to education and worked for 20 years as an Assistant in the Corrigan Memorial Library at St. Joseph Seminary in Yonkers.

Sister Miriam Jude Trank, SC  
Entered: 1952 • Date of Death: April 15, 2022 • Age: 89
Sr. Miriam Jude dedicated 57 years of active ministry to the field of education. Her first 27 years in elementary education were served at St. Joseph in Yonkers, Ascension in Manhattan, Visitation and St. Barnabas, both in the Bronx, and Blessed Sacrament and St. Mary, both in Staten Island. She remained in Staten Island for the next 30 years at St. Joseph by-the-Sea High School as a teacher of Social Studies for 19 years. She also served in the Guidance and Finance offices and as Administrative Assistant and later Director for Student Activities. Upon retiring in 2012, she volunteered her services at Le Gras Hall.
Sisters of Charity Stand United in Support of Gun Safety Regulations

At first look, readers might think that sisters and associates were responding to the tragic mass murder of 10 in Buffalo, N.Y., and the heartbreaking slaughter of 19 children and two teachers in Uvalde, Texas. In fact, the sisters and associates, many of whom dedicated years in education, made the signs in 2018 in response to the mass shooting in Parkland, Fl., where 17 died at Marjory Stoneham Douglas High School. Four years have passed, and no laws have been enacted to help end gun violence and protect our children, their teachers and all victims of this national epidemic.

For our loved ones, especially our children, we encourage all to contact their legislators and demand gun safety regulations.

Top from left: Sr. Carol De Angelo, Associate Christina Clohessy, Sr. Eileen McGrory; left: Sr. Dorothy Metz