



Sisters of Providence of St. Vincent de Paul



This issue tweets!

Read the article on Twitter on page 15 and look for examples of tweets throughout

Providence Sister Mary Bernadette Reichert (standing, left) and Activities staff Lesley Prime step out for some autumn air

with Congregation of Notre Dame Sisters Nola Joyce (seated, left) and Barbara Keane. See 4-page special section on how

the frailer Sisters are cared for at the Motherhouse.

Incarnational Cycle 2013-2014 - Walk in Peace Live in God’s Love

Saturday, November 30*	6:30 pm	Evening prayer	
Sunday, December 1	10 am	1st Sunday of Advent	Day of Eucharistic Devotion
Sunday, December 8	10 am	2nd Sunday of Advent	Sunday, January 5
Tuesday, December 10	6:30 pm	Sacrament of Reconciliation	
Sunday, December 15	10 am	3rd Sunday of Advent	10 am
	3 pm	Cantabile choirs	Celebration of Eucharist
Sunday, December 22	10 am	4th Sunday of Advent	Main Chapel
Tuesday, December 24	7 pm	Awaiting the Feast	10:30 am
		Seasonal music & reflections	1 - 3 pm
		Christmas Eve Liturgy	Solemn Exposition and Adoration
	7:30 pm	Christmas Mass	Chapel of Mary, Mother of Compassion
		Followed by refreshments	3 pm*
Wednesday, December 25	10 am	Nativity of the Lord	Communal Eucharistic Devotions
			concluding with Benediction
Sunday, December 29	10 am	Holy Family	
Wednesday, January 1	10 am	Mary, Mother of God	
Sunday, January 5	10 am	Epiphany of the Lord	
Sunday, January 12	10 am	Baptism of the Lord	

* Incense will used at these liturgies

Editor & Director of Communications
Louise Slobodian

Editorial Assttant
Mike Hammond

Communications Advisory Committee
Sr. Sandra Shannon (liaison)
Sr. Barbara Thiffault
Louise Slobodian
Mike Hammond
Doreen Hoekstra

Special thanks to proofreaders
Sr. Anne Hudec
Sr. Mary Joan LaFleur
Sr. Sandra Shannon
Doreen Hoekstra

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Please contact us with your e-mail address if you prefer to receive an electronic version of Providence Pages and to discontinue receiving it by mail.

Phone 613.544.4525 ext. 150 **Box 427, Kingston, Ontario**
E-mail communications@providence.ca **K7L 4W4**

Website www.providence.ca **Facebook** hsskingston **Twitter** srssofprovidence **YouTube** srssofprovidence

Community and veggies grow together

BY TARA KAINER

It’s 1:30 pm and, while the Community Harvest Market won’t open until 2:00, the Wally Elmer parking lot is buzzing with activity. Under the oppressive heat and humidity, threatening skies and a forecast calling for severe thunderstorms, the market crew decide to risk it and set up as usual out of doors. Market coordinator Kathy Sturmey and volunteers raise tents, assemble tables and chairs, hang bright banners, put up signs, and encircle all with a fringe of colourful flags.

Next they package the produce, most of it grown in Community Harvest’s own urban gardens, freshly picked this morning. After four years of trying to increase affordability for low-income customers while assuring farm producers a fair price for their wares, CH decided to embark on a new market model. Three weeks of the month, volunteers sell

produce grown in Community Harvest’s own organic gardens at very affordable prices, with all proceeds returning to CH’s garden and market projects. It also has an arrangement with the local convenience store to sell its vegetables at the same rates, giving Rideau Heights’ residents another opportunity to purchase economical, local, healthy food. Then the last Wednesday of each month is a festive occasion with outside produce vendors, free food, face-painting, entertainment, and the opportunity to acquire a \$5 coupon to spend at the market that day in exchange for filling out a CHM survey.

A new volunteer, Lise, who helps sell produce but is also an accomplished violinist and was hired with her pianist friend to provide entertainment at CH’s first special event, thinks it’s a “fantastic effort.” She has been pleasantly surprised by the number of customers and those who return as regulars each week.

At the #FridayVigil, we spoke with a woman in a classic situation. She’s on social assistance and can pay rent but not food #onpoli #poverty



Tara Kainer (right) on a community harvest market Wednesday

On hand from the CH gardens are bags of lettuce and purple kale, bunches of beets, green onions, basil and Swiss chard. The first red cherry and yellow tomatoes are for sale, along with a few small zucchini. Due to an unusually wet spring, some seeds rotted in the ground before they could take root. So today CH has supplemented its harvest with snap peas and beans from a local

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Jubilarians 2013 celebrants!



Back row, left to right: Sr. Sandra Shannon (50 years), Sr. Yvonne Patry (60 years), Sr. Elaine Hogan (60 years), Sr. Marie Labouré (70 years), Sr. Ellen Murray (60 years), Sr. Alda Brady (25 years), Sr. Sara MacDonald (70 years). Front row, left to right: Sr. Anna Moran (80 years), Sr. Rose Healy (70 years), Sr. Marie Dundon (60 years)

It's a beautiful day for a Jubilee. Twelve women celebrate 25, 50, 60, 70 and 80 years of religious life with family and friends. #ygk #joy



Blessings and thanks

Excerpt from the address to the Jubilarians by Sr. Frances O'Brien, June 14, 2013

My first task is to give thanks to our Provident God for the gift of life that each one of you represents. Each one of you has her own qualities, gifts, and competencies uniquely packaged and placed in service of the mission of Jesus. We celebrate the unique revelations of God that each of you has become.

Thank you to Archbishop O'Brien, priests of the #Kingston archdiocese, family & friends of Jubilarians for joining today's #celebration #ygk

supervisor, Director of Day Hospital, parish ministry, sacristan and trainer of altar servers, formation ministry for the Congregation, housekeeping and cooking, art ministry, ministry in foreign missions, group homes for women with mental illness and for mentally challenged women, ministry with immigrants, organist, music and yoga teaching, massage therapy, prison ministry, ministry to the homeless, gardening, counselling for addiction sufferers, congregational leadership.

And we say "Thank you" for how you have embodied our charism and mission. We pray that you will be blessed in every way that you need right now, and we invite you to "know how blessed you already are." And we challenge you to continue to live life to the full among us. May you enjoy your celebrations.



A tea was held on Marian II on June 20 to celebrate with Jubilarians Sr. Mary Ellen Killeen (70 years), seen in the top photo with her sister; and with Sr. Irene MacDonell (60 years), shown below flanked on the left by Sister Barbara Thiffault and on the right by Sister Joey Dorion.

Sister Joanne Colligan (50 years) was unable to attend either celebration but is extended the warmest congratulations.

The Providence call of facilitation

BY SISTER JEANNETTE FILTHAUT

Facilitating groups can often be a challenging experience, but I also feel that I learn more than I am able to provide to the groups.

That was often my experience in classroom teaching and consulting work through the years.

At the present time I am engaged in work with the Canossian Daughters of Charity in Albuquerque, New Mexico. Last September, I received the Providence call to become the facilitator for this group's Provincial



Sister Jeannette Filthaut (in red at the head of the table) and the Provincial Council of Canossian Daughters of Charity in July, planning for their Provincial Chapter in November 2013

Chapter in November 2014. That time is fast approaching.

In July (22-27) I was privileged to have my first visit with the sisters in Albuquerque. The Provincial Council members and I worked hard to prepare for the days in November. I didn't know much about this congregation, but have learned a great deal through all my reading and preparation for these days.

St. Magdalene of Canossa is the foundress of this congregation. Coming originally from a noble family of seven in Verona, Italy, Magdalene learned at an early age what it was to suffer and experience solace through her spiritual connection with Mary, Mother of Sorrows. In 1808, at the age of 35, Magdalene founded the Canossian Daughters of Charity. Magdalene was canonized in 1988 by Pope John Paul II.

This is an international congregation dedicated to Our Lady of Sorrows, in some 34 countries of the six out of seven continents. Their motto is



Our Mother of Sorrows and St. Magdalene of Canossa

“to make Jesus known and loved.” Another saint from this congregation was canonized in 2000 by Pope John Paul II – St. Josephine Bakhita. She is the patron saint of human trafficking, since she herself knew the anguish of kidnapping, slavery and torture.

Providence and Our Mother of Sorrows are what has brought us together for this facilitation process in November of 2012. We count on your prayer support for us during Chapter Nov. 11 – 19, 2013.



canossiansisters.org

Contemplation in action: St. Louise de Marillac

BY SISTER IRENE WILSON

The two-year Associates formation process with the theme of renewal and celebration, continued this spring, centred around another person key to the history of our Congregation. Saint Louise de Marillac (1591-1660) was the focus of retreat days May 31-June 1.

To put us in the right spirit, Associates co-director Sister Irene Wilson led a guided imagery on the theme of forgiveness on Friday evening followed by a prayer on Saturday morning praising and thanking God and asking forgiveness for our misuse of Mother Earth.

Associate Deborah Wade brought us the life of St. Louise, speaking of her illegitimate birth, her vocation as wife, mother and widow in Paris, her parish ministry working with the Ladies of Charity to help the poor, the sick, the elderly and abandoned babies, and her co-founding of the Daughters of Charity with Vincent de Paul.

Francis de Sales, her first spiritual

director, fostered trust in Providence and reflection on the life of Jesus as she struggled with her sorrows, anxiety and depression. It was Vincent de Paul who, realizing Louise's personal gifts of positive attitude combined with exuberant energy which allowed her to excel in teaching, leadership and managerial skills, became her mentor and friend. Together, with forward thinking in response to the needs of the times, they founded the Daughters of Charity in 1633, the first uncloistered religious congregation. The mobility of the Daughters around Paris and in Poland was something new as they cared for the poor, children, the mentally ill and elderly, prisoners and soldiers.

As busy as they were, Louise strongly instilled in them the need for balance in their lives and time for prayer, emphasizing that they were to be contemplatives in action. A compassionate woman, ahead of her time, Louise became a saint and model for many women today.



Sister Barbara Thiffault, relying on Sister Kathryn La Fleur's book, *Louise de Marillac – A Light in the Darkness*, showed how the spiritual framework in which Louise lived was known as the French School of Spirituality. The general characteristics which Louise made her own were Trinitarian, Christocentric and ecclesial. The primary focus of her devotion could be said to be “incarnational,” in that she was devoted to the humanity of Jesus. The hidden life, public ministry and sufferings of Jesus became focal

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The Universal Church, and an audience with Pope Francis

BY SISTER SANDRA SHANNON

How does one describe an experience? I could use words like wonderful, interesting, eye-opening, informative, global, diverse ... From May 1 until May 9, I had the experience of attending the XIX plenary assembly of the International Union of the Superiors General (UISG) in Rome.

When I walked into the assembly hall and saw 800 Superiors Generals from 76 countries from around the world, I was overwhelmed by the feeling of being a small entity in a very large force whose main objective is to spread the Gospel of Jesus throughout the world.

There were as many different religious and non-religious garbs as there were Sisters, which only pointed out to me the special flavour or charism each of those 800 women represented. I heard stories of congregations which were formed in 1970 which now have 400 members; of congregations of 2000 women in 24 countries; of congregations like us who have few members. I learned that religious life

is alive and flourishing in India, Africa and Asia; although Europe and North American congregations are declining in prospective members.



Photo: Courtesy of vidimusdominum.org

The experiences of others touched me. At my table, A Sister from Tanzania was sad one day and we learned someone had set off a bomb in her church that very day, killing two. One Sister was trying to get a well built in an African community so people would not have to walk 70 km for clean, safe water. Another Sister said her Sisters were suffering due to civil

war in her country. Not only have new congregations suffered from political and economic trials but also from religious persecution. What a feeling being part of this Universal Church!

It took eight translators speaking in three languages to keep us on track. A wondrous moment happened when a Sister from India dressed in a beautiful sari danced the Magnificat to her traditional music. Another movement of experiencing the global Church was when an African Sister in her local dress danced up the Book of the Gospels during one

of the Eucharists.

Each day consisted of two presentations followed by table talk and then an open microphone session. The presentations I enjoyed the most were: Authority in the Bible; Authority as Graced Companionship and the Authority of Those Who Suffer.

Of course a true experience was in

meeting Pope Francis, along with 800 other Sisters. This audience was held in Paul VI auditorium. Great excitement preceded the Pope's arrival. He simply walked onto the stage, waved, sat down and spoke both from his prepared speech and off the cuff. His message included one of gratitude for the consecrated life as a beacon on the Church's journey. He spoke of the three vows, our life as service and the necessity of "thinking" in and with Mother Church. You can read his whole presentation on www.vidimusdominum.org as well as see a video. He asked us to bring back his greetings to all of our Sisters.

I was happy to have had this time with our Sisters in Christ from 76 countries. I came away hopeful and joyful that Jesus' message of love and service for our brothers and sisters and all of creation will be proclaimed with courage and zeal throughout our world. Consecrated Life will continue not as we have known it but for the same purpose for which each of us entered.

Children love the market and gardens

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vegetable and fruit farm, along with a few baskets of raspberries. Prices run from 10¢ for a young zucchini to \$2 for a basket of berries. Succulent heads of lettuce cost 50¢.

Monique, a vendor who has been with the CHM since its inception five years ago, has dropped off several containers of spanakopita – still hot from the oven. They go like hotcakes. Yvonne, another long-time vendor, offers a variety of baked goods, including biscuits, cookies and fruit pies.

Children gravitate to their designated activity area where they are greeted warmly by Anisha, the children's activities coordinator hired by Loving Spoonful, and her two volunteers, Trish and Didier. Today the kids are creating their favourite veggies out of modelling clay, pressing leaves and flowers in wax paper and, for their snack, making

macaroni salad with homemade vinaigrette and fresh herbs from the garden. Seven-almost-eight-year-old Ben fashions a tiny red tomato and an orange carrot with a bright green stem. He tells us that he loves corn and raw



peas, while 10-year-old Corbin declares that he loves peas both raw and cooked – and is especially fond of pea soup. Later they will stake tomatoes in their own children's garden, water and weed.

One customer picks up spanakopita, lettuce, beans and raspberries. Leaving a \$2 donation she quips, "Thank you!

Dinner's already made." The storm stays north of us. In all respects, it has turned out to be a fine day.

Justice, Peace and Integrity of Creation office staffer Tara Kainer helps run the Community Harvest Market.

Grief and hope link peace activists nationwide

BY JAMIE SWIFT

Every Thursday a group of Regina peace activists gathers at the north end of the prairie city's Scarth Street Mall. Theirs is a public statement for peace.

"We live in the hope that peace will one day break out," explains Florence Stratton, one of the vigil organizers. "The more citizens there are working for peace the more likely it is to happen."

This past May, just before Mother's Day, they baked a chocolate cake to mark their sixth anniversary. The determined citizens decorated their dessert with the familiar peace symbol, holding up their trademark sign: Making Peace Vigil ("Against war & all violence & injustice")

They aren't alone. Every fall an Ottawa peace organization stages a Friends of Peace Day.

"It is a day to celebrate the consciousness of peace, social justice and planetary care rather than bemoan

their scarcity," says Friends of Peace.

Friends of Peace traces its roots to a 2005 Peace Song Circle on Parliament Hill. Massed area choirs from the Ottawa Community Gospel Choir to



Regina peace activists mark their 6th anniversary

the Mennonite Church Choir gathered together under the banner *Sing for Peace, Stand for Peace*. Within a year Canada was involved in a full-on counterinsurgency war in Afghanistan. It would turn into an inconclusive tragedy.

Regina's vigil keepers and Ottawa's

Friends of Peace represent the sort of grassroots outreach efforts with which PeaceQuest.ca hopes to connect as the centenary of World War I approaches.

We will mark that hideous conflict's tragic anniversaries. The vainglorious patriotism that surrounded the war's outbreak. Neuve Chapelle. Ypres. The Somme. Vimy Ridge. And we'll do so by emphasizing two words that, on the surface at least, might seem contradictory.

Grief and hope.

Grief at the carnage of industrialized killing. Hope that we can learn from the mistakes of the past.

The idea behind PeaceQuest is to find partners, making common cause with likeminded Canadians. People who share Ottawa Mayor Jim Watson's understanding of the important work done by his city's Friends of Peace – "promoting, strengthening and maintaining peace, planetary care and social justice..."

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The care that is offered to our own

BY LOUISE SLOBODIAN

The leadership team reports that they are frequently asked about the older and infirm Sisters and their care. They suggested an article on what care is provided at the Motherhouse. Plenty, it turns out. Director of Care Amy Litchfield lays out the scope of care available to not only the Sisters of Providence, but also the Notre Dame and Hotel Dieu Sisters who took up residence here a year ago under Project

Hospitality.

There is 24-hour health and personal care in the Motherhouse to provide for any need. Spiritual and some administrative needs are looked after by the coordinators of the various floors and communities. There are two dedicated infirmary floors, Marian I for the more able Sisters, and Marian II for those who need consistent care for age, illness or dementia. Amy's watchwords are "in their own home."



Director of Care Amy Litchfield develops a personal relationship with all the Sisters on her floors. Pictured here with Sr. Rita Hanson.

That is the standard of respect her team of over 40 nurses, personal support workers and activities staff strive to meet. To help staff, Amy tries to ensure an appropriate number of staff are scheduled. She also works to keep staff consistent over time. Long-term staff build bonds with the Sisters and that's good for everybody. Rotating that staff is good too, so that the relationships build all around.

For their part, staff talk about the special place that is the Motherhouse, the kindness and respect they receive from the Sisters, and the chance to work more closely with their patients and take the time they need.

Respect: This is the Sisters' home, reiterates Amy Litchfield. Their rooms are their private space. We knock before entering. We help them keep it neat and tidy, and keep the noise to a minimum. That is combined with a "gentle, persuasive approach," which aims to defuse situations with as little intervention or trauma as possible. Sisters with dementia who

`In their own home` are the watch words for care with

are wanderers are gently redirected. Those feeling aggressive are calmed or distracted rather than confronted. It's an approach that many in the Motherhouse have been taught to use and training is ongoing. The place is kept clean and in good repair. The environment smells fresh and there is nothing off-putting in that regard.



Activities coordinator Nancy Stevens uses the SuzyQ to serve hot home-style meals in the sunroom on Marian II.

Basic needs: Monday to Friday, there is a bathing team who work 6.5 hours a day bathing infirm Sisters in turn. They wash and dry hair, style it, add curlers if there's an event the Sister is dressing for. In general, they want the Sisters to look nice, and to look especially nice when it's called for. If a Sister just needs help with bending for socks and shoes – that's terrific. The aim is to keep all as independent as possible, as long as possible.

Food: Those Sisters who can't get to the main dining room eat together in the sun rooms of Marian I and II. Rather than food being brought up on trays and getting cold, or feeling like a hospital, a steam cart is used to deliver the food and it is served like a family meal, with two or sometimes three options on offer. Dietary restrictions are accommodated, whether they be salt, sugar, or altering the texture so food can be more easily digested. Snacks are encouraged between meals, especially in the evening. The kitchen staff work with nursing to create and schedule meals.



Providence Sr. Gertrude Casey is helped to her feet by Registered Practical Nurse Judy Dennie

Staying current: No one wants days to just go by. Sisters are "oriented to time and place," in Amy's clinical language. That means, they hear "Good morning," in the morning and they are told the date and the weather and the day of the week. If needed, they are told who is talking to them. Newspapers are read in the morning – the daily *Whig Standard* and the weekly *Catholic Register*. The seasons are marked. Amy laughs, "We go all out at Christmas." The Christmas trees are decorated, Santa visits, all in an effort to feel like home – to feel festive and good.

dignity and respect

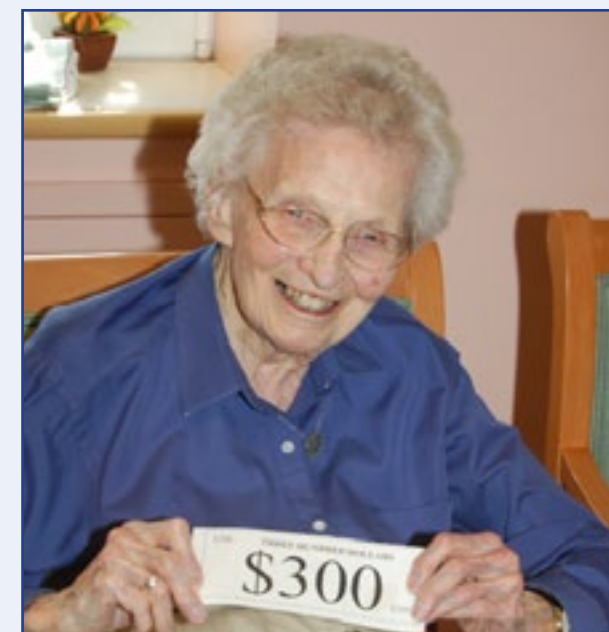
Stimulation: A wide spectrum of activities are held regularly from music to art and the use of stimulating games. Bingo is popular. And the competition during games can be fierce! Some of the activities focus on memory recall and they are held in the morning, when memory is sharpest. Amy Litchfield explains that dementia can leave a person emotionally flat, and recall helps warm things up – by remembering smells, sounds, the general feel of places and times, such as their grandparents' homes. Light and sound therapy can be helpful here.

Two cuddly little dogs are brought in by their volunteer owner for pet therapy – and those puppies have devoted fans. The library cart comes around regularly with books but also movies and music. Movies are shown on TV on Friday afternoons.

Social needs: The Sisters have a lot of family life. First, their own families can be present and involved. Second, the Congregation acts as a family and the Sisters care for each other, something Marian II coordinator Sister Judith

Ann Murphy wants to encourage. And third, the staff play a strong family role for the Sisters, says Amy Litchfield, and share their family life with the Sisters. Staff bring in their children to visit, talk about the goings-on at home and at school and open their lives to the Sisters through stories and updates.

Parties are held, others are invited in to the dining room for get-togethers. Volunteers visit. Hands are held, little



Religious Hospitallers of St. Joseph Sister Margaret Morrissey wins big at bingo

spa treatments given so that touch happens, and Sisters are taken out for strolls, for air and for a change of pace.

Medical needs: Physiotherapy is offered on site to those who need it. A footcare clinic is held two days a month. Nail care is regularly available. A dental hygienist makes the rounds every three months. Hearing aids are washed regularly and batteries tested. And so too are ears cleaned, because aids can cause a buildup of wax. Eyes are checked and glasses obtained and cared for. Two doctors make the rounds regularly. Blood pressure and B12 clinics are held monthly.

Amy Litchfield is categorical: "We don't get bedsores," because of our nursing care. A whole range of post-hospital and post-surgical care is offered from making discharge plans to caring for wounds to removing sutures. Isolation is used as needed. Blood and lab work is done onsite, as well as EKGs. And when palliative care is called for, pain control is introduced and the needed equipment brought in so that death can happen at home, in the Motherhouse.

Sisters encouraged to spend more time

It's a trained staff. They can work with IVs, oxygen and suction if needed. They can aid choking victims and perform CPR to a Level C healthcare provider standard – and are on call for anyone in the Motherhouse. They respond to the Sisters in the night, make “breathing rounds” hourly, do turns and changes as needed, so all are dry and comfortable. And if close watch is indicated, they will check more frequently and notify Sisters and family if there is a health concern, especially for those in palliative care.

Support: Sisters throughout the community turn to the nursing staff for information about new conditions and medications. This education is ongoing. Sisters are taught how to use inhalers, medication patches, or whatever is newly prescribed. There is an annual flu clinic onsite. Amy says the nursing staff are glad to act as a sounding board when Sisters are weighing the pros and cons of procedures or have questions about treatment. Sometimes staff accompany Sisters to appointments, make appointments and liaise with

specialists.

Faith life: Sisters who are able are brought into the chapel for daily Mass. For those more room-bound, Mass is broadcast on close circuit TV. Salt and Light TV was installed for the papal conclave in March and is often tuned in. Eucharist is brought daily by Sister Judith Ann and other eucharistic ministers. She speaks of the beauty of the Oratory for quiet prayers and visits. Every month a priest comes for reconciliation and every third month the Sisters are anointed with oil. If someone becomes gravely ill between visits, the Sacrament of the Sick is arranged. Vigil is kept with the sick and the dying. You often see rosary beads being prayed.

Overall, then, there is a lot of care and kindness available. Just the same, there is no doubt that it is not enough. There is loneliness and boredom, for certain. How can there not be, when days are long and energy is minimal? When the ability to interact with others is diminished?

Coordinator Sister Judith Ann says that the feeling of not having value can be the hardest loss for the Sisters in her care. They respond eagerly to prayer requests. And welcome visitors, an embrace and caring touch. Sister Judith Ann would like to see more activity on Marian II and welcomes Sisters, staff and other visitors to come up, spend a little time, and remind the Sisters in care that they matter.



Marian II Providence coordinator Sr. Judith Ann Murphy offers communion to Sr. Aileen Donnelly

Twitter and the Mission

BY LOUISE SLOBODIAN

The new media – the social media – have given us new ways to tell the Congregation's story and communicate the mission.



Easter blessings of renewal to all.
He is Risen. Alleluia. #Easter #ygk

Twitter is a perfect example. Each “tweet” is just 140 characters long. But there is so much that can be said! Announcements can be made, updates given and, over time, a sense of who the Sisters of Providence are and what they stand for emerges clearly.

It's been almost a year since the Twitter account has been open. You can find it at www.twitter.com/SrsofProvidence.



Or, if you already tweet, you can refer to us by @srsofprovidence.

While the plain short messages are fine, it's in the “hashtags” that the true flavour is felt. Those are the keywords proceeded by the # sign used for topic searches, and to convey emotion and reaction.

For example, when we have a political message, which we do every Friday when we announce that the vigil is happening once again, we get it noticed by using the #ONpoli (for those following Ontario politics and policy) and #CDNpoli (federal equivalent) designations. We have started to use #FridayVigil consistently. Even though others do not use it, by adopting it we create the sense

of a movement (indeed!) and an easy indicator that it is Friday once again and Sisters and friends are showing 18 years of #fidelity to #witness.

Consensus has been reached recently

that #ygk is the official hashtag for Kingston, so we use that a lot. Organic farmers and seed-savers have followed us because of our use of the hashtag #heirloom for our seed sanctuary news.



We mark International Women's Day with a prayer service of remembrance, solidarity and hope today at 3. All welcome. #ygk #womensday

A year into Twitter, we have tweeted more than 250 times and have more than 210 people or organizations following us. We follow all our local politicians and they follow us. And we follow many media outlets and many follow us back, to see what we have to say. We have been “retweeted” numerous times.

In November, the communications team will begin a series of social media learning sessions at the Motherhouse. In January, there will be one on how to “follow” Twitter – and another on creating good tweets.



Today marks the beginning of the fall gathering of the Sisters of Providence, as they prayerfully set direction. #ygk #Spirited

Where the poor are ... Sr. Maria’s visit to Canada

BY LOUISE SLOBODIAN

Sr. Maria Mercedes Chinchay Luca has a big smile, an easy laugh – and a fire in her heart for the poor. She has journeyed many years with the Sisters of Providence in Carabayllo, Peru.

She was a child in their midst, an animator in their employ and, for the last six years, a Sister who has made temporary vows. This summer she travelled to Kingston to spend four months with the Congregation in their home setting as an aid to her discernment process. By March, she and the Congregation will decide if she is called to perpetual (final) vows with the order.

Gratitude to God for his loving Providence.

The fifth of six children. Sr. Maria is from the large district of Carabayllo just outside of the capital, Lima, which is semi-arid, almost desert. She is close to her family and enjoys her many nieces and nephews -- and now, their children as well.

Sr. Maria has a degree in education and is a licensed teacher. She loves sports and volleyball is her game.

She works as an animator in the two-year family catechetical program that is widespread in Peru. Preparing their children for First Communion often leads parents to marriage and the baptism of their children. She is centred in several young towns that have grown up around the region the Sisters of Providence have been part of since arriving in 1967.

Thank you to Sr. Rose Healy and Sr. Josephine Dorion for accompanying me in my work as an animator and Eucharistic minister.

She describes her family as happy because her father has always had work and so housing has been stable. Her mother was generous with what they had and this inspired Maria to put the poor first.

Thank you to all the men and women who work at Providence



Sr. Maria Mercedes Chinchay Luca in August near Kingston

Motherhouse for your time, company and generosity.

Sr. Joey Dorion Sr. Maria worked with in Peru for many years and was her liaison on her Canada trip. She explains that when the Sisters of Providence first went to Carabayllo, it was barren. Water has been brought to the region and it is in much better shape now.

In fact, it’s enough of a success story that Sr. Maria wonders if it’s not time to work primarily in places as much in need as Carabayllo used to be. She speaks about a daily discernment to work with the poor and the need to accompany them, though the poorest “don’t come and ask,” she says.

It doesn’t mean it’s easy. “When we are baptized,” she says, “We are called to be prophets, kings and priests and it’s our responsibility to announce and denounce as needed.

I am grateful to the community for approving the trip to Ayacucho.

“We must be very strong to expose truth, especially in favour of the poor,” she says. This conviction leaves her open to walk with people whatever their needs. This openness led her to request six months in the Ayacucho region, where she went deliberately a few years ago to understand the needs of children affected by civil violence, whose parents were in jail or missing.

Her call came at a retreat, inspired by a hymn:

You seduce me Lord with your smile / You spoke to my heart and you love me / It’s impossible to know you and not love you / It’s impossible to love you and not follow you / You seduce me Lord.

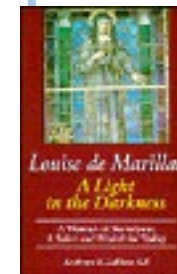
And what of Canada? She’s been grateful to be here, to get to know the Sisters in their residence and to be able to study English. She appreciated how the Sisters’ gathered together for community prayer in their homes. The heat and humidity of July were hard – and the abundance of green, overpowering. The lush gardens, lawns and trees of Kingston are a far cry from the desert. The food has been familiar but Sr. Joey’s soup was especially welcome for the “picante” or spicy touch of home.

Gracias and thank you! to all the Sisters for their company and sharing their patience and hospitality with me.

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points for Louise’s inspiration and the model for her Christian life of trust in Providence, ministry to the poor and her own sufferings and that of others. She was both an interior woman and an active woman; in other words, a contemplative in action. Louise de Marillac was a prophetic witness to the virtues of faith, hope and charity. What a challenge she left to the Daughters of Charity and to us, Sisters and Associates of the Sisters of Providence of St. Vincent de Paul.

After a time of small and large group sharing which focused on the application of the charism, mission and spirituality of Louise in our lives today, Debbie and Sister Barbara led us in an inspirational prayer service of praise, thanksgiving and intercession.



Providence Sister Kathryn LaFleur’s book, **Louise de Marillac: A light in the darkness**, is a helpful resource

Printing room museum shines in Doors Open Kingston

BY VERONICA STIENBURG

On Saturday June 22, the Printing Room Museum was open to the public as part of Doors Open Kingston. Held annually, Doors Open allows the public to tour historic buildings free of charge. The Printing Room Museum, located in the basement of Our Mother of Sorrows Chapel at Providence Manor, is usually open by appointment only. Doors Open was a great opportunity to showcase this hidden gem and to introduce the



Sr. Mary Daniel (sitting) and Sr. M. Emile (Sr. Phyllis Genore) at the Linotype, 1946. Kingston Whig Standard.

Photos: Courtesy of the Sisters of Providence of St. Vincent de Paul Archives.

public to the history of the Sisters of Providence of St. Vincent de Paul.

In 1897, the Sisters of Providence set up a printing department to produce congregational material such as obituary notices, small prayer books, circulars, and the Rule of the Congregation. An ambitious fundraising campaign began and soon raised the \$430 required to purchase the first press and other necessary equipment. On January 1, 1899, the first printed work was completed – a selection of “Monthly Meditations” for the community. In February 1900, the Archbishop asked that the Sisters print their Rule and Constitution. The Archbishop took a personal interest in the project by proofreading the books himself before they were printed.

Sister Mary Gabriel is considered to be the driving force behind the establishment of the Printing Room and

became the founder and editor of the magazine *The Guardian*. *The Guardian* was a children’s magazine published monthly by the Sisters of Providence from January 1916 to the late 1950s and was distributed in schools throughout the Archdiocese of Kingston and beyond. Proceeds from the sale of the magazine helped support St. Mary’s of the Lake Orphanage. The magazine proved to be so popular with the Kingston public that the Printing Room was commonly referred to as the “Guardian Office.”

Thank you to all 341 people who visited the Sisters’ printing room museum at Providence Manor during Doors Open on Saturday #ygc #heritage

The Printing Room also did work for outside companies, including printing dental charts, forms, menus, invitations, stationary and business cards. The proceeds assisted the Congregation’s work with the poor, orphaned and aged.

Over the years, the printing room equipment was updated regularly as the operation provided a valuable service to the Sisters of Providence and many outside clients. At least 20 Sisters and three lay employees worked in the printing room over the course of its history. A few of the Sisters devoted years of their lives to the Printing Room, including Sr. Phyllis Genore (Sr. Mary Emile) who worked in the Printing Room for over 30 years.

Due to advances in computer technology and the advent of desktop publishing, the decision was made to close the printing room in 1989, leaving all the printing presses in place. Ten years later in 1999, the Sisters of Providence restored and reopened the printing room as a museum.

To arrange a tour of the Printing Room Museum call the archives at 613-544-4525 extension 147 or email archives@providence.ca.



Unexpected treasure

In June the Archives received an unexpected treasure from Fr. Gilbert Bertrand, OMI, pastor of Saint Clement’s Parish in Dartmouth, Nova Scotia. Fr. Bertrand purchased a silver ciborium last summer at an antique shop in Shakespeare, Ontario. A ciborium is the vessel used to hold hosts before and after Eucharist, and Fr. Bertrand was going to use it in the Oblate community chapel. When he was cleaning the ciborium he discovered an engraved dedication plate on the inside of the base. The dedication reads “Presented to Rev. Mother M. Edward Kingston March 25, 1889.”

Fr. Bertrand contacted the Archives to see if Rev. Mother M. Edward might have been a Sister of Providence. I was quite excited because Mother M. Edward (Catherine McKinley) is considered the Congregation’s

foundress and March 25, 1889 was the 25th anniversary of her religious profession.



The archives has a list of the gifts that Catherine McKinley received on the occasion of her silver jubilee and included in that list is a “Solid Silver Ciborium” given to her by the “Community” – probably this very ciborium! Fr. Bertand kindly donated the ciborium to the Archives.

We do not know how or when the ciborium was separated from the community, but are very pleased to welcome it home. The ciborium is on display in the Heritage Room at Providence Motherhouse.



Sister Mary George Costley

BY SISTER BARBARA THIFFAULT

Sybil Marie Costley was born on January 23, 1932 in St. John, New Brunswick. At 18 months of age she was adopted by George Costley and Margaret Helen McKinnon. They had earlier adopted another daughter, Margaret, affectionately known as Maggie by Sybil and who became a “big sister” to her. Sybil grew up in a loving, faith-filled family for which she had fond memories and gratitude. Since her parents were well on in years when Sybil was adopted, Maggie became not only a mentor and friend, but the one who was always there for her with words of understanding.

Sybil received her elementary education at St. Peter’s Girls School where she was taught by the Sisters of Charity of the Immaculate Conception. After Grade 8 she attended Mount Carmel Academy as a day student for one year.

As long as she could remember, Sybil wanted to be a Sister and she thought that she would be a Sister of Charity

of the Immaculate Conception. But, she related, God had other plans for her when Redemptorist priest Father Loftus stepped in. He had worked with the Sisters of Providence of St. Vincent de Paul in Brockville and advised her to join them. She applied in the spring of 1948 and was accepted to enter the class beginning August 15th of that year. Her father had died two years before, and this had been a difficult time for her. She experienced both excitement and sorrow during the months of preparation. But on August 13th, Maggie, her husband, and their 2-year-old son accompanied her on the journey to Kingston. Upon arriving at the station in Kingston, they were met by Sister Mary Claude.

Sybil’s novitiate was wonderful and yet very difficult for her. She experienced much loneliness. Her mother died



Sister Mary George Costley
Jan. 23, 1932 – Apr. 10, 2013

suddenly on the eve of her retreat before receiving the Habit. Fortunately, Maggie and her son were present for her Reception of the Habit.

After her First Profession of Vows on August 15, 1950, Sister Mary George was sent to the House of Providence to be responsible for making the desserts. Upon receiving this assignment, she made it clear to Mother Jean, General Superior, that she did not know how to boil water. After three months she was sent to the infirmary to help care for the sick Sisters. It was at this time that she fell in love with bedside nursing and the care of the Sisters. After she made her Final Vows on August 15, 1953, she was sent to St. Anthony’s Home in Moose Jaw. At first she experienced much loneliness but soon fell in love with Moose Jaw and the hard working pioneers whom she and the Sisters nursed.

From 1955-56 she suffered from depression which the doctor felt was related to her mother’s death. After receiving treatment and experiencing a supportive community, she was restored to health.

In 1967 she was transferred back to the Motherhouse for five years, where she wore many hats. She continued to long for the West and the elderly with whom she had worked. Then in 1973 she was assigned to Rosary Hall in Edmonton. She had mixed feelings there as she wanted to help the girls but felt helpless and again missed her beloved “old

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PeaceQuest.ca will share with people in other cities our experiences in working with community choirs and faith communities, school boards and poets.



people.” In 1975 she was sent to St. Joseph’s Hospital where she again was back with the “old people” she so dearly loved. During the 16 years that she was there, she did the portering of patients and worked with residents, staff and relatives.

In 1991 she was asked to take over Volunteer Services, with her supervisor doing the paper work, she doing the people work. The new St. Joseph’s Auxiliary Hospital opened in 1993 while she was still on staff. After her retirement later that year, she continued on as a volunteer introducing

And, in turn, we hope to learn from peace activists across the country. Sounds like a plan.

Jamie Swift, Director of the Justice Peace and Integrity of Creation office, welcomes PeaceQuest connections.

peacequest.ca
friendsforpeace.ca
makingpeace.wordpress.com

pet therapy. She remained as a volunteer until ill health necessitated her return to the Motherhouse in early 2008.

Sister Mary George died peacefully on April 10, 2013. The Mass of Christian Burial, held in the Chapel of Mary Mother of Compassion, Providence Motherhouse on April 17, was presided over by Most Rev. Brendan M. O’Brien, Archbishop of Kingston. Her dear friend, Rev. Don Stein of Edmonton, was the homilist.



Instead of washing away the PeaceQuest launch, the downpour on Saturday seemed to create a warm vibe #PeaceQuest #yvk

Sister Muriel Gallagher

BY SISTER BARBARA THIFFAULT

Sister Muriel Gallagher of the Sisters of Providence of St. Vincent de Paul died peacefully at Providence Motherhouse on June 8, 2013 in her 70th year of religious life.

Born in Yorkton, Saskatchewan November 26, 1923, she entered the novitiate on August 14, 1943. Having graduated from the Regina Normal School, her first assignment after making Profession was to teach a primary class at St. Michael's Academy, Belleville. But nursing was her dream.

In 1949 she graduated from St. Mary's Hospital in Montreal as an RN. She went on to obtain her Bachelor of Science in Nursing from the University of Ottawa and her Masters in Sociology from the Catholic University of America. She became an instructor in the Schools of Nursing of St. Mary's Hospital, Montreal and Providence Hospital, Moose Jaw. From 1969 -1972 she was a research sociologist for formal evaluation of the

Developmental Centre for Multi-Handicapped Children and for the Alvin Buckwold Centre for the assessment and treatment of mentally handicapped children.

Between 1971 and 1977 she served on several boards, including the Board of Management of St. Mary's of the Lake Hospital and Providence Manor, Kingston, co-founded Kingcole Homes, Inc., Kingston and the District Right to Life Association. During this time she was a member of the General Council of the Congregation. Between 1970 and 1976 she served three years as Director of Nursing of St. Mary's of the Lake Hospital and the next three as Director of a group home for developmentally handicapped women moving from a psychiatric institution to a homelike setting. From 1977-1985 she served as General Superior.

In 1986 she opened a group home for unwed expectant mothers. In 1987 she helped to establish the Providence Health System, becoming



Sister Muriel Gallagher
Nov. 26, 1923 – June 8, 2013

its first president, a position she held until 1998. In recognition of her leadership in developing the Providence Health System with its eight institutions in four provinces, the Catholic Health Association of Canada presented Sister Muriel with the 1993 Performance Citation Award.

Sister Muriel's energy for work was phenomenal, as was her enjoyment in working with people. These attributes plus a deep and strong faith in a Provident God formed the foundation of her happy, gracious, committed life. The Mass of Christian Burial, held in the Chapel of Mary Mother of Compassion, Providence Motherhouse on June 18, was presided over by her brother, Rev. Jack Gallagher, C.S.B., assisted by members of the clergy. Rev. Leo Byrne was the homilist.



Mystery and compassion possibilities for Advent and winter

SPIRITUALITY SERIES:

Blessed are the Peacemakers
Nov 11, 18 & 25, 6:30-8:30 pm
Register by Mon Oct 28
Cost: \$25/series
Dolores Hall

ADVENT SUPPER & EVENING OF REFLECTION:

Presence: the Mystery of Advent
Thu Dec 5, 5-9 pm
Register by Thu Nov 21
Cost: \$25
Lucy Bethel, SP



GUIDED RETREAT WEEKEND:
Advent, Season of Mystery – We Wait and God Waits for Us
Fri Dec 6, 7 PM-Sun Dec 8, 1 PM
Register by Fri Nov 22
Cost: \$165
Lucy Bethel, SP

Seniors Advent Reflection & Dinner: Advent Themes in Poetry
Wed Dec 11, 9:45 am – 1 pm
Register by Wed Nov 27
Cost: \$25
Senior or not – if you'd like to come you're welcome!
Dolores Hall

JANUARY PREACHED RETREAT
The Lord Jesus Christ: Icon of God's Compassionate Face
Mon Jan 13, 4 PM – Sat Jan 18, 1 PM
Register by Fri Jan 3 ** \$360
Rev. Earl Smith, SJ

This retreat will assist its participants to acknowledge human suffering as lived and realized by the Lord Jesus is a place of encounter with

God's redemptive, healing love. Indeed, God holds us within his suffering heart that beats for love of us and calls us to full life!

Fr. Earl Smith, SJ, is a founder of the Jesuit Centre of Spirituality, Halifax. He has been active as a teacher/pastoral counselor and retreat provider for much of his priesthood.

WHO SAID THAT? WINTER READING SERIES
Emergence: The Shift from Ego to Essence by Barbara Marx Hubbard
Thu Jan 30, Feb 13 & 27, 1:30-3:30 PM
Register by Mon Jan 20 \$30/series
Dolores Hall

This author is a leader in the evolutionary spirituality movement. Here she invites us to make that Merton-like process of moving from the false to the true self and

becoming a more evolved person for ourselves, all humanity and the cosmos. Bring your own book. *A few books are available \$15*

Reminders for 2014:

Returning:
Diarmuid O'Murchu (April 10-12)

Monica Brown and Hilary Musgrave (Oct 30-Nov 1)

New:
Dr. Alexandra Kovats, CSJP (April 30 – May 3)



Careful tending of squash varieties needed for pure seeds

BY CATE HENDERSON

Squash are a very popular vegetable, especially in the fall when they are ripe for eating. The word squash likely comes from the Algonquin word *askutasquash* – and certainly our First Nations people have a long tradition of growing these plants, including our local Haudenosaunee people. Squash are one of the “three sisters,” the other two being beans and corn, which were grown together by Aboriginal peoples. They formed a beneficial growing relationship, each supporting the others, and were beneficial to the humans who ate them in combination as well.



Small Sugar pumpkin

Squash are cross-pollinating plants. That means that if pollen is not transferred from a male flower to a female flower, that female flower will abort and will not produce fruit that we can eat or from which to take seeds.

Insects flying from one flower to the next carry pollen on their bodies and some brushes off into the next flower. This is why it is absolutely necessary to have insects of many kinds flying around in our gardens – otherwise we would not get any vegetables! It is also the reason why it is so important that we not grow squash on the property other than what is planned in the Heirloom Seed Sanctuary gardens. Bees and other insects don’t care which pollen they carry, and the female flowers don’t much care which pollen they receive. But we care about the seed and fruit we harvest very much, and if zucchini pollen reached a pumpkin flower, then the seeds would have zucchini genes for sure.

The good news is that the different species of squash do not cross with each other, so we can grow one “Cucurbita pepo” variety, one “Cucurbita maxima” variety and one “Cucurbita moschata” variety without fear of cross-

pollination.

This year we are confident we have harvested pure seed from Small Sugar/ Sugar Pie pumpkin (pepo species), Long Island Cheese squash (moschata species) and Sibley squash (maxima species). Another relative in the family that showed up for the Autumn Equinox celebration is the Cream of Saskatchewan Watermelon. Mmmm!

Cate Henderson is the gardener and keeper of the Heirloom Seed Sanctuary.



Victory at Heirloom Seed Sanctuary booth at #KingstonFallFair. Skeptical boy convinced: if you want pickles, need to care about cukes! #ygk