

Updates from Covington, Kentucky



Dear Partners,

SND USA ministries are far-reaching, but depend on the involvement of individuals at a local level. Contact us to partner with the Sisters of Notre Dame in Covington, KY:

Prayer Requests & General Info:

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Donations and Mission

Advancement:

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Sr. Ruth Lubbers
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*Sisters of Notre Dame
of the United States*

We Remember



***Sister Marianna
Rumpke***

08/15/1933 - 09/25/2020



***Sister Mary Kevan
Seibert***

12/25/1935 - 10/03/2020

May Sisters Marianna and Mary Kevan delight in the embrace of our good and loving God. To read their full obituaries, please visit [sndky.org/newsfeed/tag/obituary](https://www.sndky.org/newsfeed/tag/obituary).

On the Cover:

The cover photos are from the October 8 and November 5 United in Prayer events.

United in Prayer began in 2017 as a simple prayer gathering, open to all, with the goal of uniting instead of dividing, instilling hope instead of cynicism, and promoting peace instead of agitation.



The Sisters of Notre Dame, Benedictine Sisters, and Sisters of Divine Providence in Northern Kentucky host United in Prayer several times a year. The prayer takes place at the Goebel Park bell tower in Covington, KY, and is live-streamed at www.facebook.com/sndky. If you would like to be notified of the next United in Prayer, please let Sr. Ruth Lubbers know at rlubbers@sndky.org or 859-750-8190.

#UnitedInPrayer



Lent 2021

Here we are at the beginning of the happy times of Lent, yes I did say “happy.” Happy because it is a season, six weeks long, when we happily embrace the time of coming closer to Christ, to God, to the One who compassionately and lovingly gave His life that we might have life in abundance.

How are we going to live these precious six weeks?

We might take note from a Lenten message of Pope Francis. He says, “The Word of God helps us to open our eyes to welcome and love life, especially when it is weak and vulnerable.”

Is God asking us this Lent to open our doors, open our eyes, to see each person as he or she is, a life worthy of respect, reverence and, yes, worthy of love?

Lent doesn’t mean giving up our favorite meal, our favorite entertainment. Lent doesn’t mean giving up, but giving life to others. Maybe Lent means taking the Word of God seriously, living on every word that comes from the mouth of God.

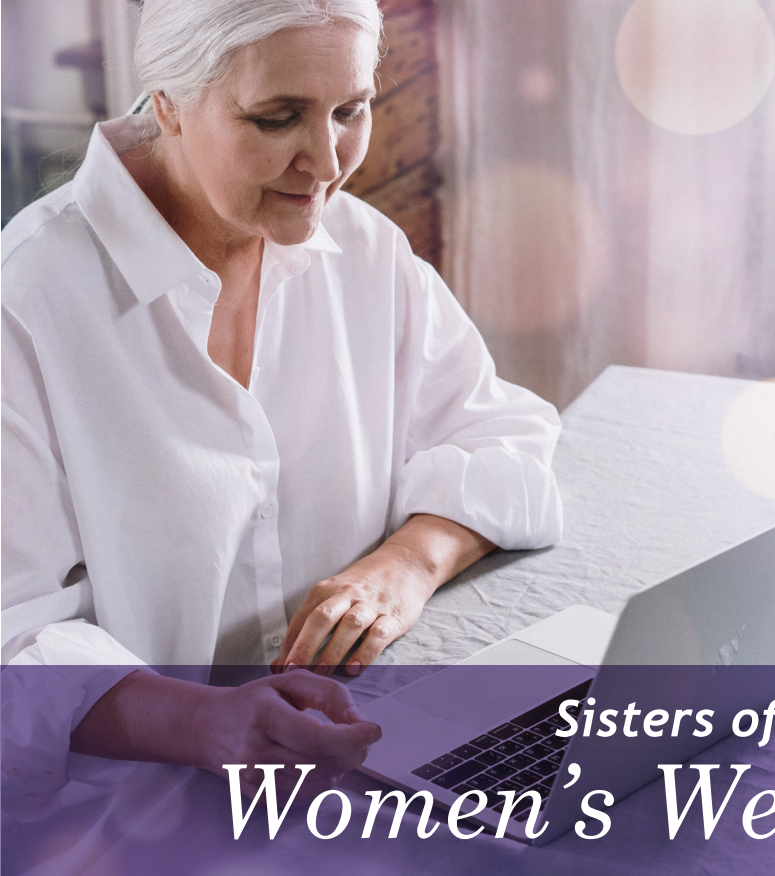
- Sr. M. Margaret Agnes Hemmerle, SND

Lenten Challenge

Pause & Praise

40 challenges for the 40 days of Lent. Do them all; do one 40 times; try one per week; do whatever is most meaningful for you this Lent.

- Check in with someone you haven't spoken to in a while.
- Do a small act of service (or a chore for children) without being asked.
- Say a prayer for someone with whom you disagree.
- Grab your phone and text a positive message to five random people.
- Write/color a card and send it to someone, or even an organization.
- Cook a special meal or bake a treat as a surprise to a neighbor! Consider attaching a word of thanks or a prayer to it as well.
- Share online something for which you are grateful.
- Practice patience today, let someone else go before you in whatever that might be.
- Compliment a stranger.
- Embrace the golden rule today and treat everyone as you want to be treated, even if it is difficult.
- Write a positive review for a local business.
- Pay for the person behind you in a drive-thru.
- Self-kindness is important! Block out 30 minutes today to do something that makes you happy.
- Forgive today, whether it is something trivial or a lingering, divisive dispute.
- Leave a thank you note for service workers, such as the mail carrier or garbage collector.
- Using a dry erase marker, write a note of encouragement on your mirror for yourself or family members.
- Send an email to a former teacher who has made an impact in your life.
- Spend today being extra grateful.
- Send an email or note to a coworker who deserves more recognition.
- Shop local today and give your thanks to those who keep our communities' identity alive.
- Buy extra food at your grocery store and donate it to a food bank or parish kitchen.
- If you are out and about today, go out of your way to compliment a parent.
- Open doors for others.
- Go through your closet and donate items you might not need any more.
- Try your best to eat as healthy as possible today-- appreciate and love your body!
- Spend 15 minutes in quiet reflection.
- If the weather is nice, spend time outside today.
- Think like a traveler today. Appreciate all that is around you and see everything in its beauty as though it is your first time seeing it.
- Think positively today.
- Start putting away spare change for a designated charity today.
- Write something down for only you to see that is thoughtful and meaningful.
- Listen to a prayerful podcast.
- Spend time with the Bible today; maybe even mark a few pages/lines that resonate with you.
- Be environmentally conscious today and spend more time focusing on God's creation.
- Reach out to someone whom you believe might be struggling silently.
- Spend extra time with your family or friends today.
- If you find yourself doing nothing or being bored throughout your day, use those moments to pray.
- Reach out to someone who might be alone or lonely and let them know you're thinking of them.
- Write down your goals today. They can be spiritual, emotional, mental, physical, or all of the above!
- Smile as much as you can today.



Sisters of Notre Dame Women's Weekend Retreat

The annual Women's Weekend Retreat is going online in 2021.

Date: March 27-28, 2021

Topic: More than One Way to Pray

Cost: \$10.00

Register: With form below or at
www.sndky.org

Contact: Margie Schnelle at 859-392-
8229 or mschnelle@sndky.org

Digital Details:

The virtual Women's Weekend Retreat will take place on Zoom and include:

- Mass live-streamed
- Presentations and Breakout sessions

To actively participate, you will need a computer with the following:

- Internet connection
- Camera/webcam
- Microphone

*Please contact us
if you have any
questions or concerns!*

Women's Retreat Registration

First and Last Name _____

Address _____

Phone _____ Email _____

Mail form and a check payable to "Sisters of Notre Dame" to:
Sisters of Notre Dame Women's Retreat, 1601 Dixie Hwy., Covington, KY 41011.

UPDATES

FROM SISTERS AT AFFILIATE SCHOOLS

Back at St. Anthony

Many people don't realize that the Sisters of Notre Dame first taught at St. Anthony School in Taylor Mill, KY, in 1902. Father Henry Looschelders, the first pastor at St. Anthony Church, asked the sisters to teach in the basement of the church. The sisters came from Mother of God daily by train for four years.

Today, Sr. Mary Suzanne Rose is in her third year teaching Pre-Algebra to a select group of seventh graders at St. Anthony. She prepares them to take Algebra at nearby Holy Cross High School when they are eighth graders. From St. Anthony each day, Sr. Mary Suzanne goes to Holy Cross where she assists in an Algebra I class and a Senior Topics' class.



Pictured left to right: Sr. Suzanne Rose, Carole Simon, and Sr. Mary Ellen Strunk.

Sr. Mary Ellen Strunk is in her second year of sharing the Spanish language with students at St. Anthony. They range from 5 – 14 years old. She says her enthusiasm makes up for whatever she doesn't know of the language. The children seem to appreciate the opportunity.

Sr. Mary Ellen shared that she walked into the first/second grade room one day to find everyone but little Simon there. Then she heard his voice, "Hola, Hermana!" He was there—grinning on the screen of an iPad sitting on his desk with his mom seated next to him.

One morning each week, Sr. Mary Ellen also shares Spanish with students ages 3 – 14 at Prince of Peace Montessori in Covington, KY, and four days each week she spends two hours tutoring at Notre Dame Urban Education Center in Covington, KY.

Sr. Sharron Goller Holy Cross High School, Covington, KY

"I am technically retired, but I volunteer in our program for students with learning disabilities and with grant writing. I couldn't stay away. I missed the kids too much. They give you life! We have students from every single walk of life and they all seem to get along. It's like a family here. In fact, 14 teachers are Holy Cross graduates. They wanted to come back here to teach."



Sr. Tereze Deye Bishop Brossart High School, Alexandria, KY

"After 30+ years as teacher, then guidance counselor - I am now employed as a permanent substitute teacher. I am happy to be of service and be able to work with so many wonderful people."



Sr. Anita Marie Stacy Covington Latin, Covington, KY

"I teach Sophomores to Seniors in Algebra 2, Geometry, Pre-Calculus, and AP Physics I. My class size ranges from 3 to 31! The faculty here are so loving and helpful. You can tell they really love the school and the students. I like being a part of that."



I love my students. They are great thinkers and so respectful. I will miss seeing them in person, but now I get to see their smiles since we do not have to wear masks in our online classes! Switching to online-only in the fall semester was the start of yet a new phase of experiences. Life is full of changes to embrace and God's face is so visible in each turn of the corner."

Here and There

From the Archives

SNDs have been in Covington since 1874. 147 years and hundreds of sisters later, one can imagine the records, photos, and mementos that have accumulated.



From 2006 until October 2020, Sr. Joan Terese Niklas (pictured above) has organized and shared these historical souvenirs as archivist at St. Joseph Heights. She said working in the archives has been one of her favorite ministries, partly due to the connections it has brought her.

“Sometimes people came to me when they were working on their family tree and had a sister who was a relative,” Sr. Joan Terese explained. “My thing was not so much to have everything labeled and in a drawer, but to get it out and share it with other people.”

She accomplished this by creating displays, writing articles, and serving as a liaison to numerous individuals and organizations.

In October 2020, Sr. Joan Terese retired as archivist, handing off the baton to Sr. Margaret Droege. We thank Sr. Joan Terese for her service to the SND community...and to so many history buffs and genealogical researchers.

Read Sr. Joan Terese’s “From the Archives...” articles at www.sndky.org/newsfeed/tag/archives

Prior to becoming archivist, Sr. Joan Terese was a teacher and director of religious education (DRE). Once while DRE, she was informed a deaf student would attend her class the next year.

“I thought I better start studying sign language!” Sr. Joan Terese said.

And so, she learned sign language only to find out the student was going to another parish.

“Still, I stuck with it and ended up working in student support services at Gateway Community and Technical College. I assisted some of the students I taught as DRE years before! The providence of how it all wound up was just so special.”

Meet Tru-D

Tru-D SmartUVC is an ultraviolet robot that uses UV light to disinfect the air, water, and surfaces. The St. Claire HealthCare environmental services staff use Tru-D to disinfect areas in which patients with COVID-19 or other infectious diseases have received care.



Thinking Pink at St. Charles

Residents and staff at St. Charles Community were in “pink” mode in October. Between a walk-a-thon, bake sale and “think pink” activities, they raised more than \$700 for breast cancer research.



Let all that
you do be
done in
LOVE.

1 Corinthians 16:14

Sprechen Sie "Formation"?

Each week, a group of sisters meet with novice Sr. Laura Kane as part of her formation as an SND. Sr. Maria Elke Baumann, who is from Germany and keeps the congregational archives and historical records in Rome, joined one of the Zoom lessons on early SND history. Sr. Elke shared interesting information and answered questions regarding SND congregational history from 1850-1855. Thank you for your expertise, Sr. Elke! Pictured, left to right: Laura Kane, Sr. Marla Monahan, Sr. Lynette Shelton, Sr. Elke Baumann, Sr. Evelyn Reinke, Sr. Barbara Marie Hurlander, Sr. Noella McEntee, and Sr. Heleen Hehman.



“ I am happy to participate in the formation meeting. It brings back happy memories of my own formation so long ago, and is a good means of renewal for me. It is such a joy to see the enthusiasm, hope and courage of the young woman preparing. She must feel the welcoming spirit and support from the sisters. -Sr. Heleen Hehman ”

St. Nicholas Treat in Uganda

On December 5, 2020, after some delay due to COVID-19, construction began on phase 1 of the deep well water project at St. Julie Mission in Uganda, providing a treat of clean water on the Feast of St. Nicholas.



Thank you to everyone who has contributed in support of our sisters' water needs in East Africa. This project is different from standard wells as it pulls water from a very

deep borehole, making it much more reliable for water access in an area that now experiences longer and longer dry seasons.

Sr. Colette Theobald, teacher at St. Julie Primary, wrote, "They drilled down 90 meters. There is still much to do, but at least the water was found! Now they must construct the tank, dig trenches to pipe the water to the tank, install the pump and its solar panels, build a structure around the area, and pile water to the various areas needing water. Please keep this important project in your prayers."

#EastAfricaMissions
#StJulieSmiles



Happy
Valentine's Day!

To:

From:



Sisters of Notre Dame
of the United States

Sealed with a Prayer

Do you enjoy receiving a card in the mail? Would you like to send that same feeling to a loved one? Let us send them a card with a hand-written note. We will also add them to our daily prayer list. Please send the recipient's **name**, **address**, and the **occasion** (thinking of you, sympathy, congratulations, etc.) to info@sndky.org or call Jodee at 859-392-8228.

