

Footprints



Footprints

Footprints reflects the mission, spirit, and values of the Sisters of St. Francis, Dubuque, Iowa.

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Cover Photo



*Photo by Dubuque Franciscan
Associate Mary Fischer*

Footprints

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Contents

4 Partners in Mission

Dubuque Franciscan Associates participate alongside sisters for unique civil rights/service trip to the South.

7 Jubilee 2023

The Dubuque Franciscans Honored their 60 and 70 year Jubilarians the weekend of June 16-17.

8 Two New Recycling Efforts Implemented

The Mount St. Francis Center's "Green Team" has implemented two new recycling options for sisters and employees.

12 Gift of Appreciated Securities

News and information from the Development Office.

13 In Remembrance

Remembering the lives of our deceased sisters.

15 Sister Katy Orellana Renews Vows

Sister Katy renewed her vows at a Liturgy at Mount St. Francis Center on June 12.

16 Annual Franciscan Federation Conference Held in St. Louis

There were five representatives from the Dubuque Franciscans who attended the Annual Franciscan Federation Conference in St. Louis.

A message from

Leadership

“Love and charity are service, helping others, serving others. There are many people who spend their lives in this way, in the service of others. ... When you forget yourself and think of others, this is love!”

-- Pope Francis, 2016

This issue of *Footprints* highlights service.

Faces of being served:

In a restaurant, we go to be fed and served delicious food.

At liturgy, we are fed with the Word of God.

Faces of serving:

The gift of our listening helps those who struggle with life decisions.

We serve when we are totally present to hear another's grief, walk through their disappointments, or support them in times of difficulties.

We go on a service trip to BE with people or work with another culture to experience how their lives intersected with ours. When I lived in Mississippi, I volunteered to serve at the Stewpot Street Clinic. I heard many stories as I monitored blood pressures, listened to heart rates, and gave instructions for medications. The more I served, the more I realized how the face of God was so alive in those who came to the clinic. Their gratitude for having someone listen to their story- to BE present with them - was heart-warming. St. Francis of Assisi in the Peace Prayer says, “It is in giving that we receive.” Truly, serving the street people made me grateful because their stories, smiles, and hidden beauty revealed that I received so much more than I gave to them, step by step, they revealed that I received so much more than I gave to them.

The individuals who participated in the civil rights/service trip to Mississippi had similar experiences as they worked with and among the people at Okolona. The greatest joy was to help those they served discover within themselves God's love and compassion. No joy can equal the joy of serving others.

The Jubilarians, also featured in this issue, joyfully served others by sharing their gifts of teaching, nursing, or culinary skills. Through each of the sister's ministries, many individuals were touched by their care, compassion, joy, and kindness.

Our hearts are full of joy and gratitude for each of you and what you have allowed God to do through you. It is in looking backward in our own lives, reflecting on our experiences of serving others that we see the amazing mystery of God's loving-kindness and joy on our journeys. When considering the many faces of service, life is sacred, and we are all connected. ■

Our Mission

Rooted in the Gospel and in the spirit of Sts. Francis and Clare, the Sisters of St. Francis live in right relationship with all creation.

Focus 2020 - 2026:

In our personal, communal and public life, we commit to ongoing conversion as we: deepen our relationship with Mother Earth and Sister Water | stand with persons who are poor | make peace and practice nonviolence.

This is who we are; this is what the global community can expect of us.

Leadership Team

Sister Kathy Knipper
President

Sister Pat Clemen
Vice President

Sister Maureen Leach
Vice President

Sister Brenda Whetstone
Vice President





Left to right front row: Kathy and Chuck Glatz, Donna Fleming-Alcocer, and Phil Alcocer. Back row, left to right: Mary Ann Dorcey, Carol Pearson, Mary Ann Koch, Sister Mary Lee Cox, Kathryn Mlsna, Sheri Hosek, and Mary Jo Pfeifer Wulf. Contributed photo.

Partners in Mission

Dubuque Franciscan Associates Participate Alongside Sisters for Unique Civil Rights/Service Trip in the South

Since 2016, Dubuque Franciscan Associates **Kathy and Chuck Glatz** have traveled to Mississippi 13 times to volunteer at Excel, Inc. in Okolona.

"When we go, Chuck teaches science experiments and also does maintenance work and I teach sewing," said Kathy. "But what's more important has been the relationships. When we would leave, the people would always ask when we were coming back."

Each time they traveled, Chuck and Kathy added something new to their itinerary to experience the history and culture of Mississippi. In 2022, they found themselves wanting to share those experiences with other Franciscan Associates. They started asking others if there would be any interest and contacted Sister Nancy Schreck, who ministers at Excel, Inc. in Okolona about bringing a group to Mississippi for a civil rights/service trip.

"I thought it was a great idea," said Sister Nancy Schreck. "The trip would provide an opportunity for associates to partner in mission with women religious,

create a learning environment for issues of culture, poverty, and race, and offer an experience for associates to build bonds with each other, while providing service needed in a resource poor area of the country," she said.

Chuck and Kathy took the lead and developed an itinerary. They planned a service portion of the trip in Okolona, Mississippi at Excel, Inc. but also included stops in Memphis, Tennessee, and St. Louis, Missouri, to learn about the history and culture of the area.

"We felt that it was important to include a civil rights portion of the trip to help understand how the current situation came to be, going back to the slave trade," said Kathy. "Then in Okolona and elsewhere, we would be able to see where there has been progress and where there hasn't. In addition, we wanted to see where the cultural elements emerged and experience that culture today, in particular music and food in Memphis, Okolona, and St. Louis."

The group traveled from April 16-22 and along with Chuck and Kathy were Dubuque Franciscan

Continued on the next page

Associates **Mary Jo Pfeifer Wulf, Carol Pearson, Mary Ann Koch, Mary Ann Dorcey, Donna Fleming-Alcocer (and husband Phil Alcocer), Sheri Hosek (and wife, Kathryn Mlsna) and Sister Mary Lee Cox.**

Traveling by car, the group spent two days in Memphis to explore Beale Street, tour the Withers Collection Museum & Gallery, the Lorraine Motel and Civil Rights Museum, the Memphis Rock 'N' Soul Museum, and enjoyed soul food and jazz music at local restaurants.

"It was important to go to Memphis before Okolona," said Chuck. "The Civil Rights Museum gave a historical context of the Civil Rights struggles and helped us realize that despite all of the struggles of that era, now 50 years later how short we fall and are backsliding."

Once in Okolona, they were greeted by Dubuque Franciscan **Sisters Nancy Schreck and Mary Beth Goldsmith**, as well as **Sisters Liz Brown, CSJ, and Jean Meyer, PBVM.**

The first task for their three days in Okolona, was to remove the debris in the bamboo forest behind Elizabeth House, which is a shelter for women for women and children and a ministry of Excel, Inc., said Sister Nancy.

"Bamboo grows wildly, takes over everything, and is not native to the area," she added. "We needed to clear that forest so that the beautiful trees that are part of the land can be seen, and importantly, children could not get lost in the densely overgrown space."

A volunteer at Excel, Inc. had offered to help mow the forest, but before doing so, objects like metal fencing and tires needed to be removed

It was a physical challenge, but it was one that



Kathryn Mlsna, Carol Pearson, and Donna Fleming-Alcocer work to remove a tire from the bamboo forest. Contributed photo.

drew the group closer.

"We really helped each other," said Kathy. "It was a total group experience."

Chuck agreed. "I was amazed in two ways by the hours everyone spent clearing the forest of fencing and debris: that a senior group of 11 would all be



Carol Pearson works with a young girl at EXCEL, Inc. Contributed photo.

set to that task and that the same group would have bonded so closely while accomplishing the task," he said.

Each morning in Okolona the group had conversations exploring the reality of life in the town, learning about the staff at Excel, Inc., and meeting community leaders. Sister Nancy also gave the group a driving tour of the area which allowed the volunteers an insight into her ministry.

"People would run up to her vehicle," said Kathy. "I witnessed her relationship with the people and how patient she is with everyone and she does it with such a dignified manner."

The tour of Okolona and the morning conversations were especially impactful for Associate Carol Pearson.

"The morning education pieces were just so inspirational, as well as the tour by Sister Nancy Schreck. What she and others started some 35 years ago blew me away. I realized that all their visioning would never have happened without thousands of volunteers doing the work. So what we did on our quick trip there was important, too. Little actions matter," said Carol.

After lunch, the group gave individual service tutoring, sewing, and performing maintenance jobs at Excel, Inc. In the evenings, after community meals with the sisters, the group gathered for prayer and reflection.

Continued on the next page



Mary Ann Koch with La at Excel, Inc. Photo by Sister Mary Lee Cox, OSF.

“That time together helped me reflect on the day’s experiences which I might not have done without the evening prayers,” said Dubuque Franciscan Associate Mary Ann Koch.

For three days, Sister Nancy shared that she enjoyed witnessing the Franciscan values in the group who came to Mississippi.

“I saw ‘conversion’ as new understandings were explored; ‘minority’ as the members of the group were willing to do anything asked of them with humility and generosity, and ‘community’ as they built a spirit

of sisterhood/brotherhood with all they encountered,” she said.

After leaving Mississippi, the group stopped in St. Louis for dinner and saw a show at the National Blues Museum. Having the group also exposed to blues and jazz was an important part of the trip to Chuck.

“In both Memphis and St. Louis, we were aware of the is the resilience and creativity in Black culture, and the music in particular, that arose from that deprivation,” he said.

For Sister Mary Lee Cox, the civil rights/service trip is one she won’t soon forget.

“The trip exceeded my expectations. It was a wonderful time

with so many of our Associates. It was great to be with Sisters Nancy and Liz to see how they both have created lasting relationships with the people in Okolona. My biggest takeaway was the community experience that I felt with all that we met.”

And for Associate Mary Ann Dorsey, the trip has inspired her to be active in her own hometown.

“Just to know that whatever one has to offer cannot be measured and that doing something is better than just talking about problems in the world. I want to get involved more in my own community now,” she said. ■

Clockwise from left to right: Kathy Glatz, Mary Jo Pfeifer Wulf, Sister Mary Lee Cox, Donna Fleming-Alcocer, and Phil Alcocer, Sheri Hosek, Chuck Glatz, Mary Ann Dorsey, Mary Ann Koch, and Carol Pearson. Contributed photo.





Double Diamond Jubilarian Sister Selma Timp (left) with Sister Dorothy Stoll.

Dubuque Franciscans Honor 60 and 70 Year Jubilarians

The Dubuque Franciscan Sisters honored their Diamond (60 years) and Double Diamond (70 years) Jubilarians at celebrations at Mount St. Francis Center in Dubuque on Saturday, June 17, and Sunday, June 18.

Diamond Jubilarians honored were: **Sisters Bertha Bonert, Shirley Fineran, Kay Forkenbrock, Sally Frommelt, Rita Goedken, Carol Hawkins, Laurinda Hefel, Janice Hoffman, Virginia Jennings, Melita Meyers, Helen Nelson, and Inez Turnmeyer.**

Double Diamond Jubilarians honored were: **Sisters Jean Beringer, Elizabeth Donahue, Teresine Glaser, Ella Groetken, Lila Hellman, Jane Hosch, Nona Meyerhofer, Nila Meyerhofer, Sally Mitchell, Janice Rosman, Selma Timp, and Mary Ann Wagner.**

"These Sister Jubilarians have graciously gifted the world, the church, and this community with their lives; you have lived with joy, hope, and faithfulness," said **Sister Kathy Knipper** at Sunday's Liturgy. "Thank you, Sisters, for your commitment: your gifts have never been more needed in our society; your ability to cherish, support, and nurture community and live with diversity are of immense importance. May you continue to relish the gifts you are." ■



From left to right: Sisters Carol Ann Hauber, Jan Hrubes, Double Diamond Jubilarian Nila Meyerhofer, Charlotte Klein, and Donna Schmidt, who all minister in the Chicago-area.

Diamond Jubilarians

Sister Bertha Bonert

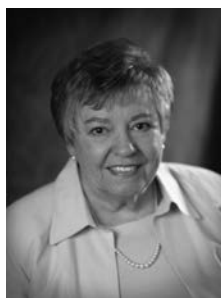


Sister Bertha Bonert, the daughter of Anthony and Stasia (Arens) Bonert, was born in Dyersville, Iowa, the third of six children. Sister Bertha taught in Remsen, Iowa; was principal in Petersburg, New Vienna and Aquin Elementary in Cascade, Iowa. In 1997, Sister Bertha began her studies at the University of St. Louis-Missouri

for a master's degree in gerontology. After graduating in 1999, she became the Administrator at Stonehill Care Center in Dubuque. In 2014, after 15 years at Stonehill, Sister Bertha became the Coordinator for the Sisters living at Mount St. Francis Center.

Sister Shirley Fineran

Sister Shirley Fineran was born in Odebolt, Iowa, to William and Mary Fineran. Sister Shirley Fineran taught elementary school in Melrose Park, Illinois, and later worked for Catholic Charities of the Archdiocese of Chicago where she served as Administrator in Parish Social Ministry and Director of Regionalization. From 1991-2019, she was an Assistant Professor of Social Work and Director of Social Work Field Education at Briar Cliff University in Sioux City, Iowa. She collaborated with others to form Siouxland's Habitat for Humanity, Food Bank of Siouxland, Siouxland Coalition Against Human Trafficking, and Lila Mae's House.



Sister Kay Forkenbrock



Sister Kay Forkenbrock, the oldest of her four siblings, was born in New Hampton, Iowa, to Everest and Eleanor (Blethen) Forkenbrock. Sister Kay served as a music teacher at St. Mary of the Woods Parish, Chicago, and Mater Christi Parish School, North Riverside, Illinois. She also served on the Formation Team and was

Liturgical Music Director for Mount St. Francis Center and was Director of Liturgy and Music at St. Patrick's, Estherville, Iowa, and Corpus Christi Parish in Fort Dodge, Iowa. Sister Kay worked with the homeless at Project P.L.A.S.E. in Baltimore and John Lewis Community Services, Davenport. At the McCauley Center for Families in Omaha, Nebraska, she was a spiritual health advocate. Sister Kay returned to Dubuque and worked as a massage therapist at Wellness on Davis as well as Director of Liturgical Music Ministry at Mount St. Francis until her retirement in 2020.

Sister Sally Frommelt



Sister Sally Frommelt was born in Dubuque to Arthur and Dorothy (Link) Frommelt. Seeing the joy of her great aunt, Sister Ruth Ann Frommelt, and her sister, Sister Nancy Frommelt, Sister Sally entered the convent in 1962. Sister Sally taught at schools in Melrose Park, Midlothian, and Niles, Illinois; in

Iowa at Algona and Ankeny; and in Newark, New Jersey. She taught for 25 years at Bellevue (Iowa) Marquette. She also ministered at General Motors, Union, New Jersey, and in Africa at Gumbonzvanda, Wedza, Zimbabwe and Malakal, South Sudan. She spent eight summers volunteering with Common Venture.

Sister Rita Goedken

Sister Rita Goedken is the daughter of Alfred and Loretta (Koch) Goedken and is blessed to be one of their 12 children. She taught at Aquin

Elementary School, Cascade, Iowa; St. Joe, Bode, Iowa; St. Paul School, Eugene, Oregon; and Our Lady Help of Christians School, Saginaw, Michigan. Then she worked as Pastoral Minister/Associate at Our Lady of Perpetual Help Parish in Chesaning Michigan, St. Patrick Parish in Palms Michigan, and at St. Victor Parish in Monroe, Wisconsin. After serving on the Sisters of St. Francis' Leadership Team, she traveled to Morton, Mississippi, and served as the Program Coordinator for the Learning Center there. Now living at Mount St. Francis Center, Sister Rita continues to be immensely grateful for a life of rich blessings.



Sister Carol Hawkins



Sister Carol Hawkins was born in Decorah, Iowa, to Elmer and Evelyn Hawkins. Sister Carol She served as a teacher in Iowa at St. Mary's, Dubuque and Waterloo; Pastoral Minister in Chile; Pastoral Outreach Minister among new immigrant communities of Iowa for the Diocese of Sioux City; a marriage and

family therapist for Catholic Charities in San Antonio, pastoral minister and therapist in Gracias, Lempira, Honduras. She currently resides at Francis House in Dubuque, serving in support ministry.

Sister Laurinda Hefel



Sister Laurinda Hefel was born in Dubuque, Iowa, the sixth of 12 children born to the late Harold and Lorraine Hefel. Sister Laurinda served at Holy Ghost School in Dubuque, St. Francis School in Dyersville, and All Saints School in Portland, Oregon. Presently, Sister serves at St. Christopher's Parish and School in Midlothian, Illinois. In addition, Sister has been an active member of the St. Vincent de Paul Society for many years giving ministry to the less fortunate.

Sister Janice Hoffman

Sister Janice Hoffman grew up on a farm north of Hartley, Iowa, with their parents, Richard and Lena Hoffman. During her ministry she served at Sacred Heart, Dubuque; St. Anne, Hazel Crest, Illinois; and St. Paul, Eugene, Oregon, where she taught music and art. From 1985 to 2019 she served as liturgist/music director and RCIA coordinator at Immaculate Conception Parish in Cherokee, Iowa.



Sister Virginia Jennings



Sister Virginia Jennings was born in Des Moines, Iowa, the second of three children of Louise and George Jennings. Her mother died when she was three. Later her father remarried and two children were born from this marriage. Sister Virginia was a teacher and principal in Parish schools in Illinois and Iowa. She served as the Initial Formation Director for the Congregation and as a Vice-President. Twenty years of Pastoral Ministry in the Diocese of Des Moines at St. Ambrose Parish and St. John and Paul in Altoona provided a wide range of ministry experiences. Sister Virginia is now enjoying retirement at Mount St. Francis Center in Dubuque.

Sister Melita Meyers



Sister Melita Meyers was born in New Hampton, Iowa, the fourth of five children to the late Cletus and Amelia (Hub) Meyers. She taught in Melrose Park, Illinois, and in Iowa at St. Mary's, Remsen; St. Catherine's, Oyens; St. Catherine's south of Dubuque; St. Mary's, Waterloo; St. Joseph's, Raymond; and Visitation School, Stacyville; and in Wisconsin at Sacred Heart School in Reedsburg. She has spent summers teaching in Kentucky, Illinois, Colorado, and Harlem, New York. Presently she ministers in the CLC Public School After-School Program in Reedsburg.

Sister Helen Nelson

Sister Helen Nelson was born to George Chapman and Marie Nelson in Goldsboro, North Carolina, and was blessed by the presence of six siblings. She has been a primary educator for 47 years at St. Ann's, Hazel Crest, Illinois; St. Paul's, Eugene, Oregon; and for 34 years at St. Edward's, Waterloo, Iowa. She also served the Franciscan congregation as Director of Sister Services and as Co-director of Franciscan Associates. Sister Helen was involved in many parish and civic activities, including being a hospice volunteer for 28 years, the President of the Archdiocesan Board of Education and going on mission trips for 23 years.



Sister Inez Turnmeyer



Sister Inez (Janet) Turnmeyer was born in Dubuque, Iowa to Don and Rose (Frick) Turnmeyer, the second of eight children. She taught primary grades in Waterloo, Sibley, and Oyens, Iowa, and Midlothian, Illinois. She then served as teacher/principal in Sioux City and Pocahontas, Iowa. She also served in community-sponsored institutes at Holy Family Hall, the Alverno Apartments, and was the Director of St. Mark Community Center. Sister Inez served as Co-Director for the Humility of Mary Sisters, Davenport, Iowa, until her retirement in 2017. She resides at Clare House at Mount St. Francis Center now where she volunteers for switchboard, companioning Sisters to appointments and night emergencies, as well as helping in the Sweet Shoppe. In Dubuque, she volunteers at the Grand Theater, the Bell Tower and the Arboretum.

**Cards can be sent to the Sisters at:
3390 Windsor Ave.
Dubuque, IA 52001**

Double Diamond Jubilarians

Sister Jean Beringer



Sister Jean Ann Beringer was born to Anthony and Anna Beringer. She grew up in LaMotte, Iowa. She served as an elementary school teacher for three years in Dyersville, Iowa, and a teacher and principal at Pocahontas, Iowa; and Granville, Iowa. She taught high school for 12 years at Wahlert High School and Leo High School, Holy Cross, Iowa. Sister Jean also served for 33 years at Briar Cliff University as Director of Continuing Education and Director of Student Support Services. She retired to Mount St. Francis Center in 2011 where she served briefly as archivist, and moved to Clare House in 2022.

Sister Elizabeth Donahue

Sister Elizabeth Donahue was born to Emmett and Agnes (Fagan) Donahue, who raised her and her two siblings, on a farm near Zwingle, Iowa. Sister entered the congregation in 1952 and took her final vows in 1958. She ministered in Dubuque at St. Mary's and Stonehill Care Center. She also ministered at St. Mary of the Woods, Chicago; St. Paul's, Eugene, Oregon; and Okolona, Mississippi.



Sister Teresine Glaser



Sister Teresine Glaser was born in Tinley Park, Illinois, the third of six children of Frank and Elizabeth Glaser. She taught in Ossian, Oyens and Holy Cross schools in Iowa and Melrose Park in Illinois. She was a member of the Briar Cliff College faculty from 1966 through 1983. In 1987, she earned an MSW from Boston College after which she worked as a psychotherapist in Massachusetts and Rhode Island. She returned to Dubuque in 2005 and continued her interest in Franciscan studies through independent study and writing as well as study in Italy. In 2012, she completed an online graduate certificate program in Franciscan Theology and Spirituality at Washington Theological Union. Sister now resides at Clare House.

Sister Ella Groetken



Sister Ella (Mildred) Groetken was the oldest of nine children born to Gerhard and Olive (Neubrand) Groetken. She grew up on a farm near LeMars, Iowa. Sister taught primary grades at Sacred Heart in Melrose Park and St. Christopher's in Midlothian, Illinois, and in Iowa at Alton, Pocahontas, Manchester and Gutenberg. Following her teaching years, she was an assistant to the secretary at Catholic Charities in Sioux City for a short time and then joined the Senior Companion Program to help transport the elderly to appointments. Editor's note: Sister Ella died on July 15. Read her obituary on page 14.

Sister Lila Hellman

Sister Lila (Betty) Hellman is the daughter of Florian and Martha Hellman of Bancroft, Iowa. Sister Lila taught primary children in Dyersville, Stacyville, Remsen, St. Benedict, Cascade, and Algona, all in Iowa, and Saginaw, Michigan. After years of teaching, Sister Lila received an LPN degree and cared for senior citizens in Dubuque. Sister Lila also volunteered on the Head Start Program, Common Venture Program, Medical Mission Team to Haiti, and a Sister Water Project trip to Honduras.



Sister Jane Hosch



Born in Cascade, Iowa, Sister Jane Hosch, youngest child of former Andy and Olivia Hosch, is retired and lives at Clare House in Dubuque. Ministries of Sister Jane's consisted of faculty at St. John Brebeuf-Illinois, St. Edward's, Waterloo, LaSalle High School, Pasadena, California, and St. Mary's College of California. She served as Associate Superintendent of Schools in Sioux City and as the Superintendent of Schools in Charleston, South Carolina, and the Diocese of Springfield-Cape Girardeau.

Sister Nila Meyerhofer



Sister Nila Meyerhofer (baptized Vera), the daughter of John and Ida Meyerhofer, was born in Stacyville, Iowa one of 13 children. She has four siblings who attended Visitation in Stacyville for both elementary and high school. Sister Nila and her twin sister, Nona, were received into the congregation together in 1953. She taught at St. Mary's,

Dubuque, and St. Boniface, Ionia, Iowa. Sister Nila then served as principal at St. Mary of the Woods, Chicago; St. Catherine's/St. Mary's, Oyens/Remsen, Iowa; St. Christopher's, Midlothian, Illinois; and Sacred Heart in Melrose Park, Illinois. She currently is assisting at the Franciscan Resource Center (now virtually), parish functions, and Melrose Park community activities.

Sister Nona Meyerhofer

Sister Nona Meyerhofer (baptized Verna) was born in Stacyville, Iowa, to John and Ida (Kramer) Meyerhofer. She has four siblings, of whom two are Franciscan Sisters: her twin, Sister Nila Meyerhofer, and the late Sister Virginia Meyerhofer. She served as an elementary teacher in Iowa at St. Mary's, Manchester; St. John's, Bancroft; and St. Mary's, Alton. She was a teacher and administrator at St. Catherine's, Oyens, Iowa; Sacred Heart, Melrose Park, Illinois; and Excel, Inc., Morton, Mississippi. She also ministered as an administrator at St. John's, Bancroft; the Diocesan Office of Education, Sioux City; St. Anne's, Hazel Crest, Illinois; and the Archdiocesan Office of Education, Dubuque. In June of 2009 Sister Nona retired to Mount Saint Francis Center in Dubuque, Iowa.



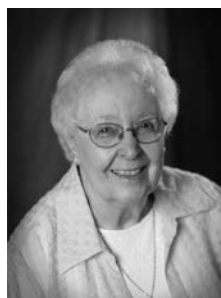
Sister Sally Mitchell



Sister Sally Mitchell was born in Fort Dodge, Iowa. Sister Sally has ministered at schools in Sioux City, Ashton, Bancroft, and Waterloo. From 1971 to 1985, she served at Briar Cliff University in both education and administrative roles. She has also served as a pastoral minister at St. Michael Church, Sioux City. For 33 years,

Sister Sally served at the University of the Incarnate Word in the capacities of Dean of Enrollment, Dean of Preparatory Programs, and as an online faculty member. She also has authored many articles and presented at various conferences. She retired in 2018 and lives at Clare House in Dubuque.

Sister Janice Rosman



A native of Harlan, Iowa, Sister Janice Rosman, was born to Robert and Vaunda Rosman. During her novitiate year, Sister Janice decided to work in food service. She took a four-summer course in Food Management in St. Louis, Missouri. She has ministered at Holy Ghost, St. Francis Home, Stonehill Care Center,

and Mount St. Francis Center, all in Dubuque; St. Joseph's Parish, Bode, Iowa; Briar Cliff University, Sioux City; and St. John Brebeuf, Niles, Illinois. Sister also ministered for 22 years at Berakah Sabbatical Center in Pittsfield, New Hampshire.

Sister Selma Timp

Sister Selma Timp was born in Ossian, Iowa, the youngest of four children. Her parents were Philip and Alexia Timp. Sister Selma taught in elementary schools in Illinois at Midothian, and in Iowa at Dubuque, St. Catherine, and Petersburg. She was the elementary librarian at St. Francis Xavier School in Dyersville, Iowa, and also worked at the James Kennedy Public Library. Sister Selma retired in 2009 and enjoys continuing her lifelong love of reading, embroidering, and assisting at the libraries at Mount St. Francis Center.



Sister Mary Ann Wagner



Sister Mary Ann (Gabriella) Wagner, the daughter of Frank and Lorraine Wagner, grew up in Dubuque. She received her education at St. Mary's, Immaculate Conception Academy, and Briar Cliff College. Sister taught the primary grades in Iowa at Ossian, Oyens, Mapleton,

Pocahontas, and Dyersville; and in Chicago, Illinois at Corpus Christi and St. Elizabeth. After 43 years of teaching, she moved to Lemont, Ill., and became a House Parent at S.O.S. Children's Village. Sister is now retired at Clare House at Mount St. Francis Center.

Gift of Appreciated Securities

A tax-savvy way to benefit your favorite charities

by Sister Cathy (Kate) Katoski, OSF

Development Director for the Sisters of St. Francis of Dubuque

We all know that the investment markets lost money during the past couple years of Covid times. But 2023 markets have made quite a comeback. If you have stock investments that may have appreciated considerably prior to Covid years and are inclined to make charitable donations, 2023 may be the year to use these assets for your gift giving to charities.

Securities and mutual funds that have increased in value and been held for more than one year are popular assets to use when making a charitable gift. Making a gift of securities or mutual funds offers you the chance to support charitable work while realizing important benefits for yourself. It is an easy transaction between your broker and ours.

When you donate appreciated securities or mutual funds you can reduce or even eliminate federal capital gains taxes on the transfer. You may also be entitled to a federal income tax charitable deduction based on the fair market value of the securities at the time of the transfer. Our web site,

www.osfdbq.org and its section under "Give a Gift," contains oodles of information on estate and planned gift giving. We are pleased to participate with the Stelter Corporation who keeps our site current and legally accurate. You will also always want to consult with your financial and legal advisors regarding your charitable gifting options and opportunities. For planned gifts for the Dubuque Franciscans, our legal name is Sisters of St. Francis of Dubuque, Iowa. If you are in need of our federal tax ID number contact us.

Does you will need updating? There are multiple reasons to do this every few years. You may be helped by our "Will Planning Worksheets." These provides spaces to list all your personal information and specific details of your assets, power of attorney information and an extensive listing of what to include in instructions to your family and/or executor. We can email it to you or send it by snail mail.

Contact me at katoskic@osfdbq.org. ■

Sister Sarah Kohles Releases "Creating Spaces for Women in Catholic Church"

Sister Sarah Kohles' latest book project was released on May 6. "Creating Spaces for Women in the Catholic Church" presents the struggle of theologically educated laywomen within the Catholic Church.

"These women offer their wisdom and insights about what it means to be women in the Catholic Church and place their insights in the context of a listening church," said Sister Sarah. "The book is both challenging and hopeful."

The idea for the book came to Sister Sarah while she studied theology alongside many laywomen in graduate school. "These brilliant, theologically educated women struggled to find space to use their gifts with the Catholic Church. 'Creating Spaces' is the result of listening to them as they carved out spaces for themselves," said Sister Sarah, who ministers as Assistant Professor of Theology at Briar Cliff University in Sioux City.

The book consists of eight essays from laywomen who share their experiences in a hospital serving as a chaplain, in the seminary classroom, in campus ministry, and as teachers and mothers. The book concludes with an essay written by Sister Sarah.

"I write about the challenge for sisters to find ways to intentionally support lay women as leaders within the Church," she noted.

The book is available for purchase at www.paulistpress.com and Amazon.com. ■



Sister Sarah Kohles with a copy of "Creating Spaces for Women in the Catholic Church." Contributed photo.

In Remembrance

Sister Alda Thilges May 15, 1920 - May 16, 2023



Florence was born on May 15, 1920 to Henry and Anna (Reding) Thilges in St. Joseph near Bode, Iowa. She received her education at St. Joseph Grade

School and St. Cecilia Academy in Algona, Iowa. After graduation, at her mother's insistence, she stayed on the farm for a year.

On September 8, 1939, Florence, her mother and father, along with a favorite aunt and uncle started their 225 mile journey on gravel roads to Dubuque. After they met Sister Helen Marie, and since it was late in the evening, it was

suggested that she sleep at St. Francis Home with her parents.

The following year on August 12, 1940, Florence officially became a member of the Sisters of St. Francis receiving the name Sister Mary Alda. She had wanted to become a teacher and looked forward to that day, however, she had a hearing problem, so it was recommended that she become a homemaker.

Her ministry as a homemaker began at Immaculate Conception Academy in Dubuque followed by St. John's, Bancroft and St. Boniface, Ionia, all in Iowa. Sister then moved to St. Mary of the Woods, Chicago and St. Christopher's in Midlothian, both in Illinois. When she came back to Dubuque she was missioned at the

Archbishop's residence. During her years as a homemaker for the resident chaplain Sister Alda lived at Mount St. Francis. Sister Alda retired in 1990 and moved to Holy Family Hall in 2006 and then to Clare House in 2011.

Sometime during 1997 Sister wrote, "And the journey continues. What the days ahead have in store I do not know. Of one thing I am certain, as I look back over the years, it is with grateful heart that I realize more and more the love and goodness of God is in every step on the journey. This love and goodness will continue to the end of my journey into eternity."

Sister is survived by her nieces, nephews, and her Franciscan sisters. ■

Sister Mildred Nachtman July 10, 1933 - June 5, 2023



On July 10, 1933, Mildred became the fourth daughter born to Louis and Leona (Greiner) Nachtman. A week later she

was baptized at St. Paul's Church, Worthington, Iowa, and given the name Mildred. A second name was chosen, Leona, to honor her mother, and a third name was chosen to honor her godmother, Elizabeth. Later at the time of Confirmation, the name Ethel was added to her litany of patrons.

Mildred attended the public school at Sand Spring until the family moved to Ryan, Iowa, in 1943. Manchester was the last move for the family at which time Mildred was enrolled in the Immaculate Conception Academy for her junior and senior years of

high school. It was while going to school that she became familiar with the Sisters which caused her to seriously reflect on the answer to that pesky question, "Should I enter religious life?" Mildred thought about this vocation a few times before, but she had tried to ignore God's promptings.

Sister Mildred completed her college education and became an elementary teacher. She taught for forty-nine years. Her missions included St. Mary's, Remsen; Sacred Heart, Sioux City, Riverside, Sacred Heart; Pocahontas; Holy Trinity/RHCL, Luxemburg, all in Iowa; St. Christopher in Midlothian, Illinois, and Crescent City, California.

When Sister retired in 2003 she was asked if she would be interested in becoming a part-time assistant to the Liturgist. Sister Mildred found this to be a rewarding second career.

Sister is survived by her sister

Edith Schwers; Brother Arthur (Marge) Nachtman; Sister-in-law Caroline Nachtman; nieces, nephews, and her Franciscan sisters. ■

Rest in Peace

Carmela Longo

Dubuque Franciscan Associate

John Donaghy

Dubuque Franciscan Associate

Cyrilla Haugen

Dubuque Franciscan Associate

Melvin Reitinger

Brother-in-law of Julitta Deppe

Ernest "Ernie" Thole

Brother of Amelia Thole

Patricia "Pattie" Hauswald

Sister-in-law of Sister Eileen Hauswald

Lorraine Johnson

Sister of Sister Carolyn Thirtle

In Remembrance

Sister Beverly Eichler July 29, 1932 - April 2, 2023



On July 7, 1932 Beverly was born to Emmett and Mary (Bollard) Eichler. She was born on the same farm that

her father was born and raised in Varina, Iowa, in Pocahontas County, population 220. Another little girl, Lucy, was born seven years later, so Beverly had a playmate. Beverly was baptized, received first communion, and confirmed at St. Columbkille in Varina. When old enough, she attended a country school about a

mile away from home for three years. Beginning in the fourth grade Beverly's parents decided she should go to Sacred Heart School in Pocahontas since the public school bus went right past their farm. Another plus was that her mother had been taught by the Dubuque Franciscan Sisters in Pocahontas.

Bev, which she preferred to be called, chose to become a Sister of St. Francis after high school. On August 25, 1951, she entered Mount St. Francis in Dubuque, IA. Many times when Sister Bev was asked why she chose religious life, she claimed that she owed her vocation to Sisters Catherine

Hickey, Cecilia Kuennen, and Magdalen McLaughlin.

Sister Bev enjoyed all her years of teaching and working with both children and teachers. She claimed that she had the honor of working on both coasts, Oregon and North Carolina. On August 1, 2002 Sister left the teaching field and semi-retired in Dubuque at Mount St. Francis to work as a sacristan in the convent chapel. She retired from that ministry in 2007 and moved to Clare House in 2020.

Sister is survived by her nephews and her Franciscan sisters. ■

Sister Ella Groetken September 7, 1934 - July 15, 2023



Mildred Elizabeth was born to Gerhard and Olive (Neubrand) Groetken on September 7, 1934, at home on

the farm near LeMars, Iowa. Mildred was the oldest of the nine children, seven boys and after 13 years another girl was born. She remembers that very frequently all the children's birthdays fell on a holiday. Sometimes they would land on Christmas or New Years, Memorial Day, or even Easter.

Mildred's birthday would sometimes land on Labor Day, and the youngest child was born on Pearl Harbor Day.

Mildred attended St. Joseph's School in LeMars and was taught by the Sisters of Christian Charity. Her aunt, Sister Marie Therese, was a member of the same community. She also had an aunt on her father's side

of the family, Sister Cecilia Groetken, a Dubuque Franciscan. Mildred was told that her first trip after she was born was to visit Sister Cecilia who was teaching at St. Mary's School in Alto, IA. While in high school she went to visit her again, this time in Granville, Iowa.

Every year while Mildred was in high school a priest directed a retreat. She always read the pamphlets on religious life. The retreat master spoke of our baptismal promises, that we were called to be people of service for God in our life. As a senior, she thought very seriously about it and told her mom that she believed she had a calling to religious life. It was on August 25, 1952 that Mildred entered Mount St. Francis. On August 12, 1953 she was received into the community of the Dubuque Franciscans and given the name Sister Mary Ella.

After teaching primary children in the Chicago area at Melrose Park and Midlothian, she taught in Manchester, Alton, Pocahontas, and

Guttenberg, all in Iowa. She later volunteered to help the housekeeping staff at Mount St. Francis and worked with Sister Irma Schumacher in occupational therapy at Holy Family Hall.

After taking a beginner's class on the computer in the fall of 1991 Sister Ella became a secretary at the Villa Maria in Sioux City, Iowa, for Catholic Charities until she resigned in 2001. A few months later Sister signed a contract with the Senior Companion Program, helping the elderly remain in their homes while providing transportation for them to meet their needs.

In 2009 Sister Ella retired and assisted at Collette Center and Holy Family Hall.

Sister is survived by her sister, Joyce Fields; her brothers, James (Phyllis) Groetken, Kenneth (Deborah) Groetken, Gerald Groetken, and Lawrence "Larry" (Carmen) Groetken; her sister-in-law Judy Groetken; nieces, nephews, and her Franciscan sisters. ■

Sisters Reflect on Nursing Ministries



Clockwise from bottom left: Sisters Eleanor Lambert, Brenda Whetstone, Lila Hellman, Dorothy Heiderscheid, Carol Hemesath, Pat Clemen, Julie Manternach, Susan Ivis, Carol Ann Berte, Bonita Fondell, and Camilla Hemann.

In honor of Nurse's Week May 6-12, Dubuque Franciscan Sisters who ministered as nurses enjoyed a special lunch together at Clare House on May 11. Each sister shared what the nursing profession meant to her.

"Nursing to me means to bring joy, love, and care to those in need." - **Sister Eleanor Lambert**

"I found nursing rewarding from the perspective of the Beatitudes; faith in action and faith as witness to God's tender loving mercy. Matthew 25-36: 'I was sick and you cared for me.' I found working with the sick and suffering to be a time of personal and spiritual growth because I touched Jesus every day and was touched in return. It was all BLESSING for me." - **Sister Brenda Whetstone**

"Listening to senior citizens who were experiencing body changes, opened me to listen attentively, offer medical help, share peace and comfort so healing could begin. I believe, 'life is a gift to be celebrated not just a problem to be solved.'" - **Sister Lila Hellman**

"Being able to minister to people in need of assistance at such vulnerable times in their lives was such a gift and I received more than I ever gave." - **Sister Dorothy Heiderscheid**

"For me nursing is a privilege filled with walking the journey of health and compassion with others." - **Sister Pat Clemen**

"As a parish nurse I felt the folks trusted me with their irregularity and periods of depression more, because I am a nun-nurse." - **Sister Carol Hemesath**

"Tired feet!" - **Sister Carol Ann Berte**

"Nursing reminds me about everything that is Beautiful about the miracle that is called the human body." - **Sister Julie Manternach**

"After 68 years of serving in the health care field (I started at age 15 in the hospital dietary kitchen) nursing

has always been an important part of my life. Patient care and teaching many levels of health care workers has given me much personal satisfaction so as to encourage others to also become caregivers in any of the available opportunities today. I find it has grounded me spiritually, emotionally and intellectually. I still continue to learn." - **Sister Susan Ivis**

"Nursing for me has always been about doing the work Jesus said to do, 'cure the sick.' I worked in a variety of places and services, but the one that stands out most is the last 18 yrs. of my professional life working as a hospice nurse in Mississippi. This ministry was not about 'curing the sick' but about compassionately 'being with' the sick as she/he moved from this world to the next. It was life changing for me. It was my privilege to spend their last days and hours with them. It was 'humbling' to the highest degree!" - **Sister Camilla Heman** ■

Sister Katy Renews her Vows



Sister Katy Orellana receives her corsage from Sister Elaine Gehling. Contributed photo.

Sister Katy Orellana renewed her vows at a Liturgy at Mount St. Francis Center on Monday, June 12.

"Today we celebrate Katy's renewed 'yes' to continue on this journey of religious life with us," said **Sister Sarah Kohles** in her reflection. "The celebration of vows is always a delightful occasion. Our celebration is always about more than the individual sister. It is a celebration of community. We renew our own commitments as Katy renews hers."

Sister Katy is from El Salvador. She will continue to share community life and participate in ministry with the Dubuque Franciscan Sisters. ■

Footprints



Sisters of St. Francis
3390 Windsor Avenue
Dubuque, Iowa 52001-1311

Annual Franciscan Federation Conference Held in St. Louis

Five representatives from the Dubuque Franciscan Sisters traveled to St. Louis, Missouri, to be part of the Annual Franciscan Federation Conference (AFC) June 9-12.

Attending the 4-day gathering were **Sister Shell Balek and Franciscan Associates Nancy Knipper, Shelle Watters, and Dave and Jane Heiar.** The theme “Awaken Joy: There’s room for you in the crib,” celebrated both the 800th anniversary of St. Francis creating the first creche at Greccio and the Federation’s movement toward more inclusivity.

“Attending my first Franciscan Federation Conference was everything I had hoped for and more,” stated Dave Hear. “In addition to educational keynote speakers and breakout sessions, I felt Franciscan love and compassion everywhere I turned. I left Saint Louis after four days, totally reenergized.”

Sister Shell Balek, who serves as the Secretary of the Franciscan Federation National Board, said a highlight at the conference for her was hearing one of the keynote presentations from Franciscan Sister Ilia Delio. “I was taken by her concept of social and racial justice – how we should be talking about ‘facial justice’ because every face is an image of God. To destroy a face, is to destroy God -- it’s an incarnational way to look at justice,” said Sister Shell. “I could spend hours reflecting on her presentation.”

The AFC gathers Franciscans from all over the country, “in one location, to engage in networking and collaborating efforts, to share in meals and prayer with each other, and to live out the Franciscan charism together!” reads the Franciscan Federation website.

Nancy Knipper said she was also grateful to be able to attend this year’s conference. “I appreciated the opportunities I had to connect with other associates and to share ideas and thoughts with each other. Some people I had only ‘met’ on Zoom, so it was an added bonus to meet them in person!” ■



From left to right: Sister Shell Balek, Jane and Dave Heiar, Shelle Watters, and Nancy Knipper at the AFC conference in St. Louis. Contributed photo.