

A publication for friends of the Congregation of the Humility of Mary

# the FLAME



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Fall/Winter 2024-25



The Flame is published two times a year for the Congregation of the Humility of Mary and its friends.

Our Mission: We, the members of the Congregation of the Humility of Mary, call one another to live the Gospel with simplicity and joy following the example of Mary.

Like our founders, we strive to be attentive to the call of the Spirit in the signs of our times, especially the needs of poor and powerless people.

We commit ourselves as individuals and as a congregation to work for justice within the human family and to care for the earth itself.

See, I am doing something new!  
How it springs forth, do you not perceive it? In the wilderness I make a way, in the wasteland

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Dear Friends,

These Advent days of waiting seem to whizz by like so many other aspects of our lives. We are experiencing or awaiting change at an even more rapid pace. How do we respond, finding hope and peace in what often feels like chaos or at least uncertainty in our lives?

Perhaps something in this issue of the Flame will offer insight. As I reviewed Joyce's recap of my talk at CHM Assembly and recent discernment by the sisters, I found the underlying theme that God is in charge, present among us, co-creating future newness even in this inconvenient—and, at times, distressing—phase of our journey as CHMs and global citizens. Above all we can trust in this loving Companion who never leaves us alone.

Another thread is that we are all companions on the journey, able to offer each other hope as well as encouragement. You'll find some sisters' comments about how they stay positive in challenging times. The lives of the jubilarians, the deceased and our featured associate, Linda Molyneaux, are a testimony of how sisters and associates collaborate with others to bring hope and better conditions into being. The retreats at Our Lady of the Prairie offer opportunities to intentionally build community while strengthening one's own inner life.

Finally, I find hope in the generosity of the many donors who so faithfully support CHMs and their ministries with prayers, dollars and the "essentials" needed for Tapestry Farms. These friends demonstrate very clearly that we—and they—are neither alone nor hopeless as we walk forward into the future together. May our Advent waiting bear abundant fruit in our hearts, homes and communities.

Peace and Blessings,

*Sister Johanna Rickl*

Cover photo: Sister Catherine Linnenkamp (front) strikes the gong during the Community Prayer Service to remember the deceased. Pictured in the background are Sisters Roberta Brich (left) and Rosie Restelli.

Above photo: Newly installed Davenport Diocese Bishop Dennis Walsh was honored by CHM at a brunch at Humility of Mary Center. Pictured with Bishop Walsh (fourth from left) are leadership team members (from left) Sisters Mary Bea Snyder, Lynn Mousel, Mary Ann Vogel, Johanna Rickl and Marcia Eckerman.

# Living Our Faith

The Book of Eternal Life was presented in the Magnificat Chapel at the Humility of Mary Center during a prayer service on Oct. 31. CHM Sister Justine Denning (center) and Lovers of the Holy Cross (LHC) Sisters Nguyet Cao (left) and Nuong Bui participated in the ceremony. The month of November is dedicated to remembering those who have gone on to their eternal rest; however, Sisters are honored to pray for your loved ones at any time of the year.



Sisters Lynn Mousel and Jennifer Hager recounted their vocation stories as part of a panel at St. Anthony Church in October. Sister Lynn explains that one purpose of the event was to share personal vocation journeys with those who might be contemplating a path in the priesthood or religious life. "We learned a lot about one another and how God calls each of us to our unique vocations," she says.



Sisters of the Humility of Mary, including Sister Molly Muñoz see voting as a vital way to live out their mission of advocating for justice, peace and the dignity of all people. By voting, they can support leaders and policies that protect the poor, safeguard human rights, promote environmental stewardship and address issues like healthcare, education and economic justice.



Music is a profound expression of faith. Singing in the choir during Mass deepens their spiritual connection, fosters unity, and enhances worship by lifting their voices in praise and prayer. Choir practice, held regularly at Humility of Mary Center (HMC), is an important part of preparing for Mass. Sisters Kathleen Henneberry, Roberta Brich and Mary Rehmman are dedicated members of the choir.





## Upcoming programs at Our Lady of the Prairie Retreat

Saturday, January 4, 11, 18 and 25 | 9:00 a.m.-10:00 a.m. ONLINE: Fasting: For Your Soul, Mind and Body with Dr. Linda Jager. Join this four-week journey in the practice and benefits of fasting.

Every Tuesday beginning January 7 | 9:00 a.m.-10:00 a.m. ONLINE: Lectio Divina with Linda Clewell, SMM Oblate. Lectio Divina is the foundation for Benedictine prayer. Consider making it a steady prayer in your life.

Every Wednesday beginning January 8 | 1:00 p.m.-2:30 p.m. ONLINE: Centering Prayer with Carol Mizeur. An ancient form of praying based on the words of Jesus.

Tuesday, January 14, 21 and 28 | 6:00 p.m.-7:30 p.m. ONLINE BOOKSTUDY: *The Eight Master Lessons of Nature* by Gary Ferguson with Patricia A Shea, PhD. A fascinating exploration into how many of the most remarkable aspects of nature are hardwired into our very DNA.

Thursday, Jan 16 | 6:00 p.m.-7:30 p.m. ONLINE BOOKSTUDY: *The Physics of Angels: Exploring the Realm Where Science and Spirit Meet* with author Rev. Matthew Fox, PhD. Matthew Fox and Rupert Sheldrake chart new territory in the relationship between religion and science.

Friday, January 17 | 10:00 a.m.-1:00 p.m. Restoring Relationships with Dianne Prichard. Based on Dianne's book, *Raising America: Building a More Perfect Union*, this is a hands-on instruction book that gives ideas about what the ordinary person can do to help maintain American democracy.

Thursday, January 23 | 6:00 p.m.-8:00 p.m. ONLINE: Living Beyond the Love You Learned with Paula D'Arcy. A discussion of Poet John O'Donohue's writings about the courage it takes to live fully when the path you walk is difficult.

Thursday, January 30, February 6 and 13 | 6:00 p.m.-8:00 p.m. ONLINE BOOKSTUDY: *Refugia Faith* by Debra Rienstra with Debra Rienstra, Connie Mutel and Margo Hansen. This three-part series will present different aspects of responding to the cry of the earth.

Tuesday, February 4, 11, 18 and 25 | 6:00 p.m.-7:00 p.m. ONLINE: Journeying the In-Between Spaces of Faith with Pastor Melinda Pupillo, M.Div. This retreat is for those who are restless in their faith journey and seek a path forward.

Wednesday, February 5, 12, 19 and 26 | 6:00 p.m.-8:00 p.m. ONLINE BOOKSTUDY: Reclaiming The Wild Woman: A Book Study of *Women Who Run With the Wolves* by Rev. Kate Anthony. Cultivate a greater sense of self and live into their soul's purpose.

Thursday, February 20 | 6:00 p.m.-7:30 p.m. ONLINE BOOKSTUDY: *A Spirituality Named Compassion: Uniting Mystical Awareness with Social Justice* by Rev. Matthew Fox, PhD. This book establishes a spirituality for the future that promises personal, social and global healing.

Saturday, February 22 | 1:00 p.m.-4:30 p.m. Pathways to Peace: Body, Mind and Spirit by Dianne Willging. Discover strategies for improving your physical and mental health, and create an action plan to apply these strategies in your daily life.

Thursday, February 27 | 9:00 a.m.-3:00 p.m. The Three Faces of God by Rev. Robert Miller and Dr. Mark Nimo. Come to new spiritual insights about the role of the Three Persons (Faces) of God in your life and experience personal spiritual renewal.

Friday, March 7 | 9:00 a.m.-4:00 p.m. Introduction to Chakras: Their Role in Health and Healing by Rachael Looney. Learn about energy healing and the energetic centers of the human body (chakras).

Saturday, March 8 | 1:00 p.m.-4:00 p.m. Cultural Responsive Exploration and Reflection by Dr. Sarah Rissler. Explore how we interact and engage with people and reflect on your own cultural experiences.

Sunday, March 9, 23 and April 6 | 12:00 p.m.-5:30 p.m. Silent Sabbath Lenten Afternoon Retreat by Laurie Harris and Lori Freudenberg. Open to men and women of all faiths.

Friday, March 14 | 9:00 a.m.-4:00 p.m. Holy Moments Abound by Sarah Callahan and John Cooper. For both those practicing religion and those simply looking for an opportunity for stillness and reflection.

Saturday, March 15 | 9:00 a.m.-3:00 p.m. Growing Your Intuition by Kathleen Collins. Learn a powerful, time-tested method to teach you how to get in touch with your intuition.

Wednesday, March 19 | 9:00 a.m.-3:00 p.m. Pause and Refresh by Patricia A. Shea, PhD. Take this time to slow down, rest, read and reflect.

Thursday, March 20 | 6:00 p.m.-7:30 p.m. ONLINE BOOKSTUDY: *Creation Spirituality: Liberating Gifts for the People of the Earth* by Rev. Matthew Fox, PhD. Discuss the ancient tradition of a creation-centered spirituality that melds Christian mysticism with contemporary struggles.

March 21-22 | Friday, 5:00 p.m.-Saturday, 4:00 p.m. *Promised Rest: Finding Peace in God's Presence* by Michelle Diercks. Join us to find renewal, restoration, and true rest for your soul.

Wednesday, March 26 | 9:00 a.m.-5:00 p.m. Awakening Your Creative Self in Fabric Collage by Jo Myers-Walker. Discover inspiration and record your meaningful memories using fabric.

March 28-29 | Friday, 5:00 p.m.-Saturday, 3:00 p.m. WRITE IT DOWN: The Power of Journaling by Karen Blankenship. It is not as difficult as you might think and the rewards are well worth the investment of time.

March 30-April 5 | Sunday, 4:00 p.m.-Saturday, 11:00 a.m. A Lenten Experience: Writing (Painting) the Icon of Mary Magdalene in the Garden with Jesus by Leanne K. Spacek. Learn the spiritual aspect of Icons and writing (painting) your own Icon.

Wednesday, April 2 | 10:00 a.m.-11:00 a.m. Mass on The Prairie

Wednesday, April 9 | 1:00 p.m.-4:00 p.m. O Breathe on Me, O Breath of God by Joseph Piccione. A meaningful experience of creation spirituality that moves from intriguing theory to lived spiritual practice by guided meditations.

Thursday, April 10 | 5:30 p.m.-7:30 p.m. The Earth-Body Connection: Impacts on your Health and Tools for Longevity by Jodee and Dave Murcia. Understand how environment and lifestyle impact your health and tools for therapeutic purposes, prevention and longevity.

Saturday, April 12 | 9:00 a.m.-4:00 p.m. In-Person and ONLINE: Every Day is Earth Day with local experts. There are many things we can all do to make a difference. Even small changes can have a big impact!

Sunday, April 13 | 10:00 a.m.-3:00 p.m. Functional Medicine: What It Is and How It Can Help? By Dr. Linda Jager. Learn how to change lifestyle factors: when you eat, how you eat and what you eat.

Friday, April 18 | 2:00 p.m.-3:00 p.m. Stations of the Cross with area actors. Be a witness to the last day of Jesus Christ.

Wednesday, April 23 | 9:00 a.m.-2:00 p.m. A Walk Through the Prairie-Identifying Spring Wildflowers and Birds by Kurt Kreiter. Enjoy the beauty of this spring day and develop an appreciation for the wildflowers and birds who come alive this time of year.

Sunday, April 27 | 1:00 p.m.-2:00 p.m. ONLINE: Sharing Ideas about Our Lord to Use Throughout the Year by Bob Lindahl. Using Philippians, this retreat focuses on rejoicing in the Lord and receiving the peace that surpasses understanding.

May 3-4 | Saturday, 3:00 p.m.-Sunday, 3:30 p.m. Celebrating National Labyrinth Day with Carrie Mahoney. Celebrate this event with sound meditation, somatic stretch, art and walking the labyrinth.

Wednesday, May 7 | 10:00 a.m.-11:00 a.m. Mass on The Prairie

Thursday, May 8 | 6:00 p.m.-8:00 p.m. Mother's Day Event at Olathea Creek Vineyard with Flaherty's Irish Candy Company and Lori's Petals. Buy an experience - not another trinket!

Wednesday, May 14 | 9:00 a.m.-4:00 p.m. God's Presence All Around Us with Sr. Kathleen Sadler, OSF. Learn to hear God's voice, see the sacredness in all things and connect deeply with God.

Thursday, May 15 | 6:00 p.m.-7:30 p.m. ONLINE BOOKSTUDY: *Wrestling with the Prophets: Essays on Creation Spirituality and Everyday Life* by Rev. Matthew Fox, PhD. Engage in a lively mythical debate with some of history's greatest mystics, philosophers and prophets.

Saturday, May 17 | 10:00 a.m.-2:00 p.m. Zentangle®-Mindfulness Art by Michael Gayman. As you do Zentangle® to create beautiful images, you will enjoy increased focus, creativity, self-confidence and an increased sense of well-being.

May 30-June 1 | Friday, 1:00 p.m.-Sunday, 4:00 p.m. Spring 2025 Weekend Writing Retreat with Jodie Toohey. Two full days dedicated to writing, reading, and reflecting with like-minded individuals.

Wednesday, June 4 | 10:00 a.m.-11:00 a.m. Mass on The Prairie

Wednesday, June 11 | 10:00 a.m.-4:00 p.m. A Pilgrimage with St. Teresa of Avila: A Spiritual Day of Renewal by Michele Petersen, PhD. Spend a day with Teresa of Avila!

Friday, June 13 | 9:00 a.m.-1:30 p.m. Deepening Connection through Nature-Forest Therapy by Emelia Sautter. This is a trauma-informed practice that ANYONE can do in your backyard at your favorite park.

Saturday, June 14 | 10:00 a.m.-4:00 p.m. Transforming our Understanding of Connection with Love by Dennis Eastin. Explore the power of love in the connections that surround us all.

Wednesday, June 18 | 9:00 a.m.-3:00 p.m. Pause and Refresh with Patricia A. Shea, PhD. Take this time to slow down, rest, read and reflect.

Saturday, June 21 | 9:00 a.m.-4:00 p.m. Summer Solstice: Finding Your Own Sun by Kathleen Collins. Get deeper in touch with your own spirit-the sun within your soul.

Wednesday, June 25 | 10:00 a.m.-1:00 p.m. Always Bring Flowers by Deb Monroe. Encourage your creativity with a hands-on, make-and-take flower arranging class.

June 27-June 29 | Friday, 4:00 p.m.-Sunday, 11:00 a.m. Midlife Spirituality by Jenny Chadima. For women seeking peace, contentment and a deeper connection with God/Self.



Website: [theprairieretreat.org](http://theprairieretreat.org) Facebook: Our Lady of the Prairie Retreat  
Phone: 563-374-1092 E-mail: [olpretreat@chmiowa.org](mailto:olpretreat@chmiowa.org) To sign up for a retreat, go to [theprairieretreat.org](http://theprairieretreat.org) Click retreat calendar for an entire listing of retreats.

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*Ask about our scholarship opportunities.*





## In loving memory . . .

### Sister Virginia Mary Bartholome



Sister Virginia Bartholome, CHM, 100, died July 13, 2024, at Bishop Drumm Care Center in Johnston, Iowa. Virginia Mary Bartholome was born October 10, 1923, in Great Falls, Montana, to William and Margaret (Franklin) Bartholome. She entered the Sisters of the Humility of Mary in 1943 and professed vows in 1946 as Sister Marita.

Sister completed a three-year program in Business Education at Great Falls College, Great Falls, in 1944 and a BS in Business Education from Marycrest College, Davenport, in 1947. She earned her BS and MS degrees in Library Science from the College of St. Catherine in St. Paul, Minnesota, and the University of Wisconsin in Madison, Wisconsin.

Her career as a librarian at St. Leo High School in Lewistown, Montana, was followed by serving as a business teacher and librarian at Central Catholic High School in Great Falls. From 1957 to 1973, she served as the Head Librarian at Marycrest College.

Following a year-long sabbatical, she then returned to Great Falls, and worked as a reference librarian for the Great Falls Public Library until retirement. Despite being retired, she spent over a decade, from 1997 to 2009, working in the University of Great Falls' Archives, organizing the collection. After retiring again, she served in a ministry of prayer and witness at Bishop Drum Retirement Center.

### Sister Elaine Hagedorn



Sister Elaine Hagedorn, CHM, 88, died August 20, 2024, at the Jewish Senior Life Center in Des Moines, Iowa. Elaine Claire Cecilia Hagedorn was born October 27, 1935, in Denison, Iowa to Lester Paul and Grace Cecelia (Pardee) Hagedorn. She entered the Congregation of the Humility of Mary in 1957 and professed vows in 1960 as Sister Marie Paul.

Sister Elaine studied elementary education at Ottumwa Heights College and completed her BA at Marycrest College in 1966. She continued post-graduate work at University of Northern Iowa, Drake University, University of Notre Dame, St. Mary College, Creighton University, St. Norbert College and Mundelein College.

Sister Elaine served in Iowa Catholic schools as a teacher at St. Patrick School in Ottumwa, St. Joseph School in Dunlap, and St. Mary School in Marshalltown. She was also principal at St. Mary School and St. Henry School in Marshalltown. Beginning in 1971, Sister served in the Des Moines area as an area coordinator for the Diocesan Social Action Office and served for 30 years as a pastoral minister and religious education coordinator for Visitation Church, now Our Lady of the Americas, where she continued as a volunteer after retiring.

Her volunteer work included ministering to the homebound, preparing wakes and funerals, and providing transportation to medical appointments. When necessary, she mediated between shut-ins and appropriate governmental, medical, or professional agencies.

### Sister Rachel Beeson



Sister Rachel Beeson, CHM, 92, died October 22, 2024, at Bishop Drumm Care Center in Johnston, Iowa. Marietta Marie Beeson was born February 7, 1932, in Des Moines, Iowa, to Earl and Johanna (Olmstead) Beeson. She entered the Congregation of the Humility of Mary (CHM) in 1950 and professed vows in 1953 as Sister Mary Rachel.

Sister earned her teaching certificate from Ottumwa Heights College in 1953 and her BA in Education from Marycrest College. She earned her Master's Degree in Elementary Education from Southeast Missouri State University and a Certification of Ministry through the St. Louis University Corporate Ministry Program. Sr. Rachel was a teacher and principal in Catholic and public schools for 38 years.

During retirement, Sister served in various ministries in Iowa including as the Religious Education Coordinator for St. Anthony Church in Knoxville, part of the CHM Seeds of Hope team, an extension program assistant for the CHMs and a minister of prayer and witness.

Sr. Rachel was an avid jigsaw puzzle worker who helped make the community room a place of gathering and sharing stories. When she moved to Bishop Drumm Retirement Center, she continued this hobby, often joined by her brother, Msgr. Lawrence Beeson.

### CHM Associate Angela C. (Chavez) Granger March 18, 1932-March 24, 2023



## Discover CHM updates in "Sister Stories" on website

We all have someone who nurtured and guided us—a person who believed in us or offered a helping hand. Their influence helped shape who we are today. For many, that person was a Sister of the Humility of Mary, whose acts of kindness, faith and hope left lasting impacts.

Each CHM Sister brings her unique personality, talents, and ministry to life, creating a legacy of love and service. To honor their contributions, our website features a special section, *Sister Stories*, filled with updates and heartfelt tributes to both current and deceased sisters. We invite you to explore *Sister Stories* to celebrate the

incredible lives of the sisters who have made a difference in your life and our community. Their stories continue to inspire faith, hope and humility.



Check out *Sister Stories* at [chmiowa.org/about/sister-stories](http://chmiowa.org/about/sister-stories)

# Voices of Humility

## Reflections on faith, community and service

### How do you stay positive and hopeful in challenging times?



“As humans, there are so many emotions, like fear, that surface and cry out, ‘Where are you, God of justice?’ I trust in my faith, hoping and believing that our Creator’s presence is with us, calling us to assist in creating a future vision where love conquers hate and division.”

**-Sister Irene Munoz**

“I look at the situation and tell myself I must stay hopeful. I spend time with the situation, looking at the pros and cons, and pray for guidance. Then I think of situations that happened in the past, often more serious, and recognize that, through it all, I survived.”

**-Sister Justine Denning**

“This is a very difficult thing to do this year due to so many negative statements being broadcast. I think the main defense is to be with positive people talking about fun, interesting things, like a good book or something you have seen recently. I took a short drive during the harvest season and the changing tree colors. It made me believe that somehow all will be okay.”

**-Sister Greta Fitzgerald**

“I just know that in the Bible that says not to fear, and I know God is walking with us every step of the way and that we do all the work we can, and know that he will do the rest as long as we pray and do our work to help the world.”

**-Sister Jennifer Hager**

“More than a year ago, one of Fr. Richard Rohr’s daily online reflections included a frequently over-used line to describe a particular reality. But he went further: “It is what it is...and somehow God is in it.” This little quote on my computer screen serves as a daily reminder of the one element that is the source of our hope in challenging times. There may be occasions when God’s presence is not readily apparent and we really must look for it. But the very search for God in it enables me to be positive and hopeful.”

**-Sister Jude Fitzpatrick**

“‘In the evening of life, we shall be judged by love alone.’ A quote by St. John of the Cross and a favorite quote of St. Therese of Lisieux, too.”

**-Sister Mary Rehmann**

“Reverend Jim Wallis (author of God’s Politics) reminds us that ‘Hope is a choice, a decision we make because of our faith.’ Hope means believing in SPITE of the evidence and then watching the evidence change.” Joan Chittister says, “As for trusting in God, I think it’s the reverse. I believe God is trusting in us. God is trusting that in giving us the gift of life, we will ... accept our responsibility to co-create the kind of world that God envisioned.’ Even in our discouragement, grief, and anxiety we must, after some rest, gather ourselves together again, breathe deeply the Spirit of the Living God, hold in our heart God’s Promise that ‘I AM HERE ... with you, always.’ That is where I find HOPE!”

**-Sister Jeanie Hagedorn**

“I am hopeful whenever I see and experience small acts of kindness which remind me of the goodness of people. I do my best to give gratitude to God for the many gifts I have—including being among the dedicated and prayerful women of my community, family and friends. Also, being in nature puts me in touch with God’s gift of creation and rejuvenates my spirit.”

**-Sister Lynn Mousel**

“When I think of our saintly ancestors e.g. the people enslaved to the Pharaoh; of the trials of Moses in leading these people out of Egypt and of Mary and Joseph having to flee with the baby Jesus because of King Herod, I realize that for us to cope with these challenging times I need to entrust my care to God and to pray to the saints of our salvation history.”

**-Sister Kathleen Henneberry**

**hope (hōp): an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one’s life or the world at large.**

“Looking back on my own life I think there are four things that I have worked (am still working) on that I tried to avoid. These debilitating attitudes -- if we can call them that -- include depression, boredom, fear and loneliness. The one that stands out at this time is fear because of the uncertainty of our political and ecclesial environments. My own coping with this and attempting to stay positive and hopeful is to simply keep myself informed and then make the appropriate decisions. I am very much aware that there are things I cannot change but I try hard not to let them control my thinking. I do not believe that we have been created to be confused about what is right or wrong. Of course, the consequence at times is that we must live with uncertainty and do our best to choose the better way.”

**-Sister Delphine Vasquez**

“Being anxious, or worse, angry or depressed, is a luxury I don’t feel I have a right to indulge. It calls for too much energy, foolishly spent. Instead, I will take as my models of Hope and Humility the two widows: one mentioned in the time of Elijah and one mentioned in the time of Jesus. Both lived in political, cultural, unjust oppressive times. Both had no rights. Their straights were dire, but their trust and Hope were not. Humility and Hope shone brightly. Both women were at the end of their existence: the one giving her last 2 coins of sustenance to the temple treasury. The other, with a child, the last of her wheat and oil in a drought and famine. Both were humble and hope-filled women, relying totally on the caring generosity of their Maker. It was obvious for the widow of Zarephath. Her humble response to one in need, regardless of her circumstances, enabled her to eat for a year. The result of the widow giving her last 2 copper coins to the temple treasury is not apparent, but I believe that her trust and generosity were as blessed as was our other widowed sister.”

**-Sister Cathy Talarico**

“I stay hopeful by NOT allowing myself to spend time on all the negative, - nasty things being said and done.”

**-Sister Mary Ann Vogel**

“I know God is in charge. I place my trust in Him. Also, I live in a place where there are many good people. This restores my faith.”

**-Sister Rosie Restelli**



# Planning for the future with courage and resilience

*CHMs continue to be active in ministries while taking a proactive approach to the realities of religious life today.*

In her opening address to the annual assembly, CHM President Sister Johanna Rickl invoked the words of poet Kahlil Gibran. She shared his poem, *Fear*, which speaks to the journey of a river meeting the ocean, facing uncertainty yet compelled to transform and embrace something far greater. This metaphor sets the tone for Sister Johanna's message: in a world of fear and fragmentation, courage, trust and community are essential as we move forward together.

commitment to solidarity guided her decision. "The principle I wanted to uphold was that of solidarity with someone in need," she shared, underscoring the CHM value of standing beside one another even in times of uncertainty.

This experience reminded her of the faith and trust she has always found in God's guidance. "God is very good and trustworthy," she said, recounting her safe travels

## Finding common ground

Turning the assembly's attention to the broader challenges facing our society, marked by division, polarization and a pervasive sense of fear and recognizing the tendency for either/or thinking, Sister Johanna encouraged the sisters to move beyond rigid positions, to embrace a mindset that listens deeply to divergent perspectives. By doing so, she believes they can work toward creative solutions that bridge seemingly insurmountable divides. "When we can identify both the positive and negative in each perspective, we open up new possibilities," she explained. This process, she suggested, isn't about changing minds but rather about finding a common ground that honors multiple viewpoints and uses the strengths of each.

## Acknowledging loss and embracing new beginnings

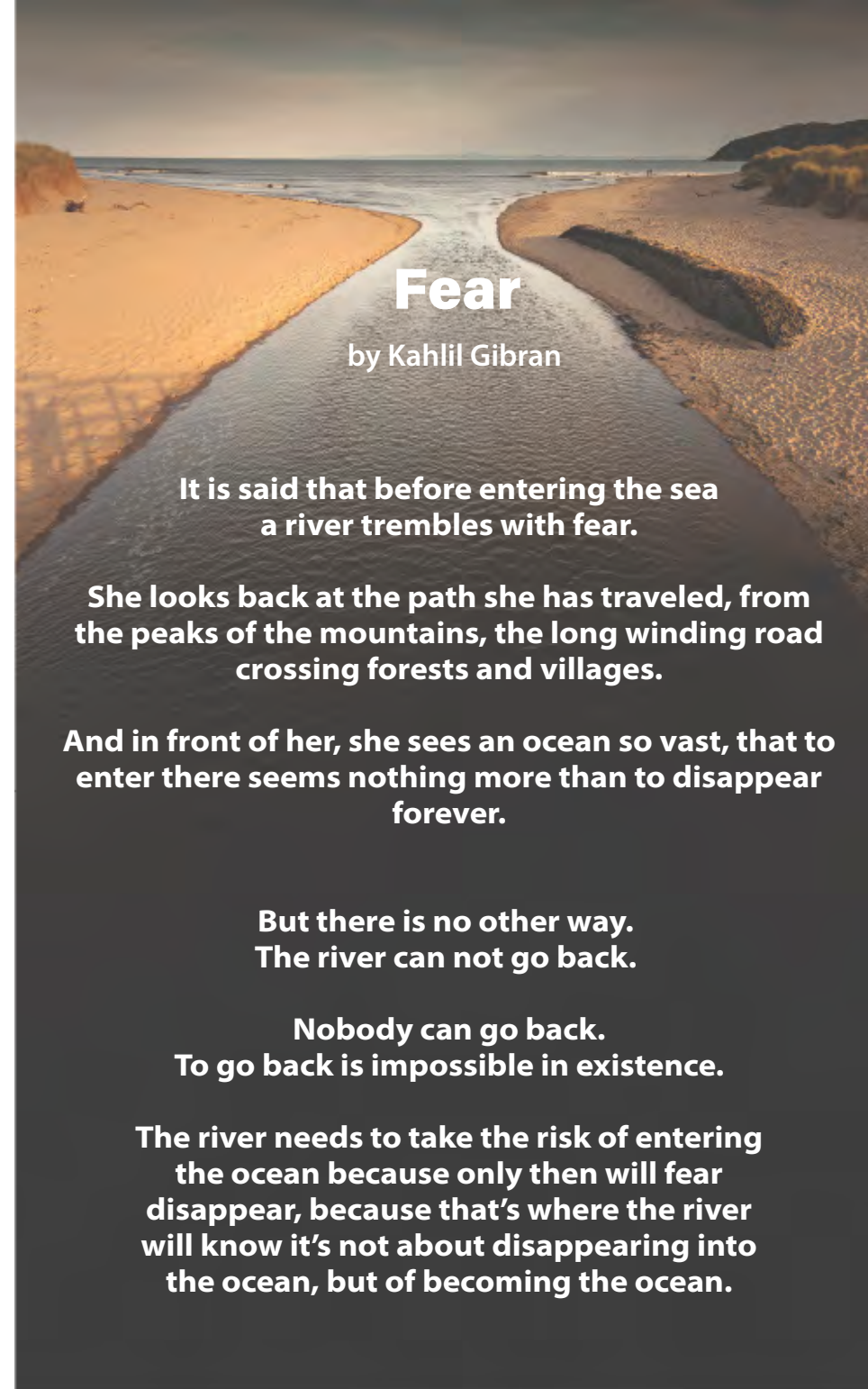
The CHM community has recently faced profound losses, Sister Johanna acknowledged. During the prayer service prior to the start of assembly, the community remembered sisters and associates who have passed, and she paid tribute to Monsignor Henricksen, a longtime friend of CHM. She also recognized the departure of several staff members, leaving gaps that have impacted those who benefited from their work.

In this time of grief, Sister Johanna encouraged the community to embrace healing. "We each have our own work to do toward healing," she said, underscoring the importance of mutual support.

## Commitment and solidarity

Addressing the assembly, Sister Johanna began by reflecting on a recent personal experience that tested her own mettle. She traveled to Mexico to support Sister Mary Penelope Wink as she prepared for a serious surgery. Despite safety concerns in the area, Sister Johanna's

and the comforting sense of divine support along the way. While small inconveniences—such as a customs inspection triggered by a curious fruit-sniffing dog—posed minor challenges, her journey reaffirmed the power of courage and presence in confronting fear.



## Fear

by Kahlil Gibran

**It is said that before entering the sea  
a river trembles with fear.**

**She looks back at the path she has traveled, from  
the peaks of the mountains, the long winding road  
crossing forests and villages.**

**And in front of her, she sees an ocean so vast, that to  
enter there seems nothing more than to disappear  
forever.**

**But there is no other way.  
The river can not go back.**

**Nobody can go back.  
To go back is impossible in existence.**

**The river needs to take the risk of entering  
the ocean because only then will fear  
disappear, because that's where the river  
will know it's not about disappearing into  
the ocean, but of becoming the ocean.**

## Vitality of relationships and nurturing community

Sister Johanna reminded the assembly of the centrality of interpersonal relationships within the CHM mission. These connections, she noted, offer the meaning and support that help individuals become who they are called to be. "As followers of Jesus,"

she shared, "we strengthen the community of love and peace that he initiated." In honoring these relationships, the sisters fulfill their mission and offer a model of harmonious connection in an often-fractured world.

## A Future rooted in resilience

As the CHM community moves forward, Sister Johanna stressed the importance of resilience and the value of each sister's unique presence. With 27 CHMs in Davenport, 10 in Des Moines, and a scattering of members across the U.S. and Mexico, the CHM community is still geographically dispersed. Yet, Sister Johanna's address affirmed the strength of their shared commitment.

By cultivating openness, courage and collaboration, she said she believes the sisters can continue to foster healing and hope in their community and beyond. In times of uncertainty, they can take inspiration from Gibran's river, which ultimately overcomes fear by merging with the vast, welcoming ocean—becoming not less, but more.

A message of unity and trust closed the assembly. "Together, we are capable of contributing to the loving union that promises hope for an emerging reality," she said. In times of fear and division, this vision of collective love and purpose will continue to guide the Sisters of the Humility of Mary into their future.

## Perservering forward

The address to the Assembly in June touched on many considerations that CHM has been engaged in for several years. As the Sisters of the Humility of Mary face the challenges of an aging congregation and dwindling numbers, they remain committed to their mission and values, even as their roles evolve. Sister Johanna reflects on this transition, emphasizing that while the sisters may no longer lead many of their original ministries, their impact and legacy endure.





## A quieter engagement

Reflecting on the congregation's shifting role, Sister Johanna acknowledged that the sisters were once better known for their direct ministry efforts, such as in schools, housing, or retreats. While their presence is now less visible, their behind-the-scenes actions remain impactful. This quieter form of engagement underscores the adaptability and resilience of the congregation.

"We are not as actively engaged in the operations of ministries," Sister Johanna explained, "but we partner with other groups who are more intensely focused on the values we wish to support and strengthen." This shift reflects a broader strategy of collaboration, with the sisters lending their support in diverse ways, from donations to joint initiatives in education, prayer and advocacy. Whether signing petitions or addressing city councils, their influence continues, albeit less visibly.

Central to their mission is the torch they carry for their core values. "The congregation is committed to work for these values, and that's an important legacy," Sister Johanna said. She noted that while their active participation has decreased, their ministries persist. For example, the congregation remains a significant financial and advisory contributor to key initiatives like Our Lady of the Prairie Retreat and Humility Homes and Services. These ministries continue to be relevant, benefiting not only the Church but humanity at large.

## Preserving CHM's legacy

Sister Johanna highlights the enduring influence of the sisters' work on the wider community. "Even when we come to completion," she said, "the people who have worked with us and who have internalized and committed to



those values will continue to carry on. They will pass it on to the next generation." This forward-looking perspective ensures that their contributions to society will live on, shaping communities and inspiring future efforts toward justice and compassion. "Our life goes on in the people who have journeyed with us."

## Navigating change

Despite their dedication, the sisters face understandable apprehension about the uncertainties ahead. Questions around housing, healthcare, governance and ministry weigh heavily, yet Sister Johanna emphasized their proactive approach. "We have consciously and vocally lifted up these issues. It's not fear, but apprehension or concern, wondering what is going to happen next."

One issue that has become increasingly urgent is housing and healthcare for our sisters requiring assisted living care at Humility of Mary Center (HMC) in Davenport. Several factors have contributed to this, including a higher level of care needed by many sisters at HMC, a nationwide shortage of nursing staff and CHM leadership's efforts to streamline management responsibilities. As a result, it has been determined that the

current "supportive living services" arrangement at HMC is not sustainable in the long term.

To address this, CHM is exploring a partnership that would enable sisters requiring assisted living to relocate from HMC to a care facility in Davenport. While such moves can naturally cause some anxiety for those affected, the order's resilience shines through as the benefits of improved care and support are recognized.

As they navigate these changes, the Sisters of the Humility of Mary remain steadfast in their mission. Their legacy of search and service continues to inspire, leaving an indelible mark on the world. In Sister Johanna's words, "It's bigger than the congregation. It's for the betterment of humanity." While their roles may evolve, their commitment to fostering positive change remains unwavering.

*Page 12 photo: Sister Johanna Rickl reminds CHMs of the resilience that has been integral to the congregation since its founding.*

*Above photo: Meetings continue on a regular basis at Humility of Mary Center as CHMs contemplate their path forward.*

# Sr. Mary Bea's immigration ministry seeks essentials

Sister Mary Bea Snyder is continuing the ministry she established last year, helping local refugees in their efforts to become established in this country through Tapestry Farms, a nonprofit that serves the Quad Cities. She has supported immigrants and refugees during the Christmas season for many years. This year, she is conducting an essentials drive to run through March to provide basic necessities to families served by the local nonprofit.

Refugees served by Tapestry Farms come to the United States primarily from Syria, Afghanistan, Congo, Haiti and Burundi. Having undergone unimaginable hardships and upheavals, the pursuit of a peaceful life in the United States is all the more remarkable, considering the obstacles faced once they arrive in this country.

At any given time, Tapestry Farms is helping 20-25 families, or about 100-125 individuals. The organization plays a vital role in helping refugees

navigate the complexities of life in the United States. The organization provides support with issues and barriers related to language, employment, access to social services, transportation, child care, education and healthcare. Participants are eager to secure employment and put down roots; however, the transition can be daunting as many families arrive with almost nothing.

At the heart of Tapestry Farms mission lies an urban farming initiative with plots in Rock Island, Bettendorf and Davenport. Through this program, participants utilize the agricultural skills they bring from their home countries and refugee camps to cultivate familiar foods.

Tapestry Farms recently moved to a new location on the ground floor of Trinity Episcopal Cathedral in Davenport. The new larger space includes expanded room for hydroponics, office space and a classroom for a collaborative English language class with Scott Community College. In addition,

Tapestry Farms is now recognized by the US Department of Justice as offering basic immigration legal services, including processing paperwork for green cards and citizenship, to people with limited incomes.

Ann McGlynn, the executive director of Tapestry Farms, says the essentials drive shows compassion

for human dignity. "This allows parents access to basic items needed for their families," she says. "They can then focus their income on other needs, such as food or winter clothing," Ann adds, noting that many families come from warm climates and are not prepared for the cold winters.

Items for Sister Mary Bea's ministry may be dropped off Monday-Friday, 9 a.m. to 4 p.m. at the Humility of Mary Center, 820 West Central Park, Davenport, Iowa 52804. Online cash donations may be made from the CHM website, [chmiowa.org](http://chmiowa.org) or by scanning the QR code below.



## Suggested items:

- Bar soap
- Shampoo/conditioner
- Lotion/Vaseline
- Toilet paper
- Laundry soap
- Dish soap
- Diapers
- Cash



Scan this code to go to the donation page for Sr. Mary Bea's ministry.



*Sister Mary Bea Snyder (left) delivers items collected at the Humility of Mary Center to Ann McGlynn at Tapestry Farms Community Center.*





## CHMs and Associates celebrate Jubilees in 2024

The Sisters of the Humility of Mary honor their jubilarians celebrating decades of devoted service and faith-filled commitment. These milestones recognize the unwavering commitment of sisters who have devoted 60, 70 and 75 years to living out their vows and serving God's people. Rooted in prayer and community, their ministry spans education, healthcare, social justice, and spiritual guidance, touching countless lives.

*CHM Associates commit to living the values of humility, justice, simplicity and care of creation while maintaining their individual vocations. Four CHM Associates celebrated Jubilees in 2024.*

### Sister Patricia Heidenry 75 years

Born in Mason City, Iowa, Sister Pat entered the Franciscan Sisters Dubuque, Iowa, in 1949. She transferred to



the Congregation of the Humility of Mary in 1977. Sister Pat received a BA in elementary education from Briar Cliff College and a pastoral ministry certificate from Seattle University. Her teaching ministry in Iowa took her to Melrose Park, Waterloo, Pocahontas and Remsen. In California she taught in Crescent City, and in Illinois she taught in Melrose Park. She served at St. Joseph Parish in Quincy, Illinois, in pastoral ministry at Creighton University Medical Center in Omaha, Nebraska, and at the Dubuque Franciscan Sisters retirement home. Sister Pat is retired and lives in Davenport, Iowa.

### Sister Kathryn O'Meara 75 years

An Iowa City, Iowa, native, Sister Kathryn entered the Congregation of the Humility of



Mary in 1949. Her first vows were pronounced in 1952. Sister Kathryn earned a BA from Marycrest College, an RN diploma in nursing from St. Joseph's School of Nursing, a BS in nursing from Marycrest, a family nurse practitioner certificate from Frontier Nursing Service, and a masters in nursing from the Medical College of Georgia. Sister Kathryn taught for several years and then worked at St. Joseph Hospital in Ottumwa, Iowa, before working for Project Hope in Tunisia and Navajo Reservation in Arizona. She also worked as a nurse practitioner in Georgia, Virginia and Kentucky. Sister Kathryn lives in Virginia and is active in a ministry of prayer and witness.

### Sister Margaret Bennett 70 Years

Sister Margaret (Maggie) was born in Great Falls, Montana. She entered the Congregation of the Humility of Mary in 1954 and made her first



vows in 1957. Sister Maggie received a BA from Marycrest and a MA from the University of Iowa. Her ministry of teaching music saw her

in Minneapolis, St. Theresa in Des Moines, and St. Alphonsus, Holy Trinity and Marycrest in Davenport. After she retired from teaching, she was active for several years in a pet therapy program volunteering at hospitals, nursing homes and schools. Sister Maggie lives in Davenport.

### Sister Justine Denning 70 Years

Sister Justine Denning was born in Fort Madison, Iowa. She entered the Congregation of the Humility of Mary in 1954. Her first vows were



pronounced in 1957. Sister Justine received her BA from Marycrest College. Her professional ministry of teaching led her to Oregon and in Iowa to Marshalltown, Ottumwa, Albia, Dunlap, Davenport and Bettendorf. She taught for 30 years at St. Mary's in Centerville, Iowa. Sister Justine is retired and lives in Davenport, Iowa.

### Sister Dolores Schuh 70 Years

Sister Dolores Schuh was born in Lewistown, Montana. She entered the Congregation of the Humility of



Mary in 1954. Her first vows were pronounced in 1957. Sister Dolores received her BA from Marycrest College in Davenport and did graduate study at the University of Iowa. Her early ministry of teaching found her at Ottumwa Heights Academy, Walsh High School and Ottumwa Heights College. Over a 32-year period Sister Dolores worked as an executive associate at the Institute for Ecumenical and Cultural Research in Collegeville, Minn. She is retired and lives in Davenport.

### Sister Mary Bea Snyder 60 years

Sister Mary Bea Snyder was born in Davenport and entered the Congregation in 1964. Her first vows



were pronounced in 1967. Sister Mary Bea received an AA from Ottumwa Heights College, and a BA in elementary education from Marycrest College. Her ministry in education found her teaching at St. Alphonsus in Davenport and St. Pius X in Rock Island, Illinois, and as a teacher and principal in Colorado Springs, Colorado. She then changed to a social service ministry. She worked for several social service agencies in Colorado before returning to Davenport. She is currently involved in volunteer work assisting immigrants and refugees.

### CHM Associate Carole Anne von Eschen

Carole has been a CHM Associate since 1974. She was previously a vowed member of CHM entering in 1964. At the



time she became an associate, she was ministering in Chiapas, Mexico. She later moved to Missouri and worked as a multicultural resource teacher and with a program for gifted students. She was a community builder before retiring. Today she resides in Montana and enjoys being part of the "In and Out of Order" group of current and former CHMs.

### CHM Associate Paula Evitts

Paula became an associate of the Congregation of the Humility of Mary in 1999. As a professed Humility of Mary Sister,



Paula taught in parochial schools, ministered to the elderly and dying and was a staff member at Kairos House of Prayer in Spokane, WA. There she did Personality and Human Relations work. Presently Paula lives in Great Falls, Montana, and volunteers at Hospice, facilitates a women's Growth Group, works in her community garden plot and spends time daily listening to podcasts from the Richard Rohr Center for Action and Contemplation.

### CHM Associate Sandra Griffith

Sandra became an associate of the Congregation of the Humility of Mary in



1999. She began working in the education department of Marycrest International University in August, 1994. Her activities include teaching an adult Sunday School class at her church, Mount Olive Church of God in Christ. Sandra is mother of Jodi, who is a counselor at a private college prep high school in Georgia and a son Jeff, who lives in Chicago.

### CHM Associate Jan Stewart

Jan has been a CHM Associate since 1999.



Jan's family has a long history of the CHM community. Her father, Lyle Hellyer, was the President of Indian Hills Community College in Ottumwa at the time of the merger with Ottumwa Heights. Jan has been very active in a number of Catholic parishes, teaching 2nd grade religious education for many years. She resides in the Des Moines area.

*Page 12 top photo: (from left) Sisters Pat Heidenry, Kathryn O'Meara, Maggie Bennett, Dolores Schuh, Justine Denning and Mary Bea Snyder gather for a celebration following Jubilee Mass in June.*



## A life of advocacy: Linda Molyneaux's associate journey with CHM



degree in psychology, she went on to attend law school at the University of Iowa.

Linda's legal career unfolded in three distinct phases, each building on her passion for justice. She began as the first woman attorney at a prestigious law firm in Davenport, Iowa. Despite

For Linda Molyneaux, becoming a CHM Associate in 2010 wasn't just a choice; it felt like destiny. From her early fascination with current events to a distinguished legal career, Linda's life has been defined by a deep commitment to social justice.

"I've always been interested in current events, which I think is the foundation of social justice," Linda reflects. "You have to know what's going on in the world to be able to understand and help." Growing up in the 1960s, a period marked by political assassinations, the women's rights movement, and widespread social upheaval, she was acutely aware of the world's turmoil and issues surfacing. "I even remember the first Earth Day!" It was easier to get accurate information from news sources than it is today, she laments.

While her initial plans involved following her father into engineering at Kansas State University, Linda soon found her true calling elsewhere. Watching the Watergate hearings sparked an interest in law, and after earning an undergraduate

her success, she often found herself questioning the cases she was working on. "I felt like I was on the wrong side of many issues," she says. "I wanted to represent the disadvantaged rather than the interests of power and money."

During her children's early years, Linda worked part-time as a judicial magistrate for the State of Iowa. This role allowed her to balance her career with family life while also gaining a more nuanced perspective on legal disputes.

The final phase of Linda's career proved to be the most fulfilling. For 25 years, she served as a legal services attorney, advocating for survivors of domestic violence in family law cases. She also contributed to domestic violence coalitions, human trafficking task forces and victims' rights groups. "This was the biggest privilege of my life," she says. "I was able to stand up for people who needed an advocate. My role wasn't about seeing my clients as perfect people—it was

about filling the gaps to ensure everyone was fairly represented."

Linda's path to becoming a CHM Associate began with a personal connection. A fellow parishioner at St. Paul's Church in Davenport, Helen Schiltz, introduced her to the CHM Associate program. From the start, Linda knew she had found her place. "The sisters were exactly what I was looking for," she says. "Growing up as an only child, I always longed for deeper connections. The sisters and other associates became my family."

Linda admires the Sisters of the Humility of Mary for their joy, energy and unwavering commitment to social justice. "The sisters are out front on the things I care about. We speak the same language." She was especially drawn to the balance of charity and structural advocacy.

Now retired, Linda and her husband, John, have moved into a retirement community. There, she has discovered a newfound appreciation for the sense of belonging that community living offers—an experience that mirrors the relationships she has built through CHM. "I didn't realize how isolated I had become," she says. "Now, we're part of a group that supports and connects with each other."

As a CHM Associate, Linda continues to live out her lifelong commitment to advocacy, connection and justice. Her journey is a testament to the power of finding purpose and community in every phase of life.

*Pictured above: CHM Associate Linda Molyneaux reflects on her connection with CHM.*



*Photos: (top row, from left) Sisters Catherine Linnenkamp (left) and Kathleen Henneberry (right) catch up with Associate Joan Marie Resnick at a Sister-Associate session at Humility of Mary Center (HMC); Upon her return to Davenport from Mexico, Sister Caridad Inda is staying at the Kahl Home. Sister Mary Ann Vogel is pleased to run into her during a CHM tour of the facility; (second row) Recently installed Davenport Diocese Bishop Dennis Walsh chats with Sisters Nuong Bui, LHC, (center) and Dolores Schuh (right) at a welcome brunch at HMC; Sister Marian Smith visits with Des Moines Diocese Bishop William Joenson following Mass at Our Lady of Peace Chapel at Bishop Drumm Retirement Center in Johnston, Iowa (photo courtesy of BDRC); Janice Behne (left) is congratulated by CHM President Sister Johanna Rickl on being an OLPR employee for 10 years; (From left) Sisters Cathleen Real, Mary Ann Vogel, Miriam Anstey, Maggie Bennett and Associate Olenka Swigon practice songs for the Jubilee Mass in June; Fr. Brian Miclot celebrates Mass at OLPR in October. Mass is held monthly at The Prairie from April through October.*



# CHM received donations in memory and in honor of loved ones between June and November 2024. We remember them in prayer.

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Sister Delphine Vasquez reads names of deceased from the "Book of Eternal Life" in the Magnificat Chapel at HMC.

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God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. —2 Corinthians 9:8





*St. Francis watches over the the rock garden in the courtyard at the Humility of Mary Center in Davenport, Iowa.*