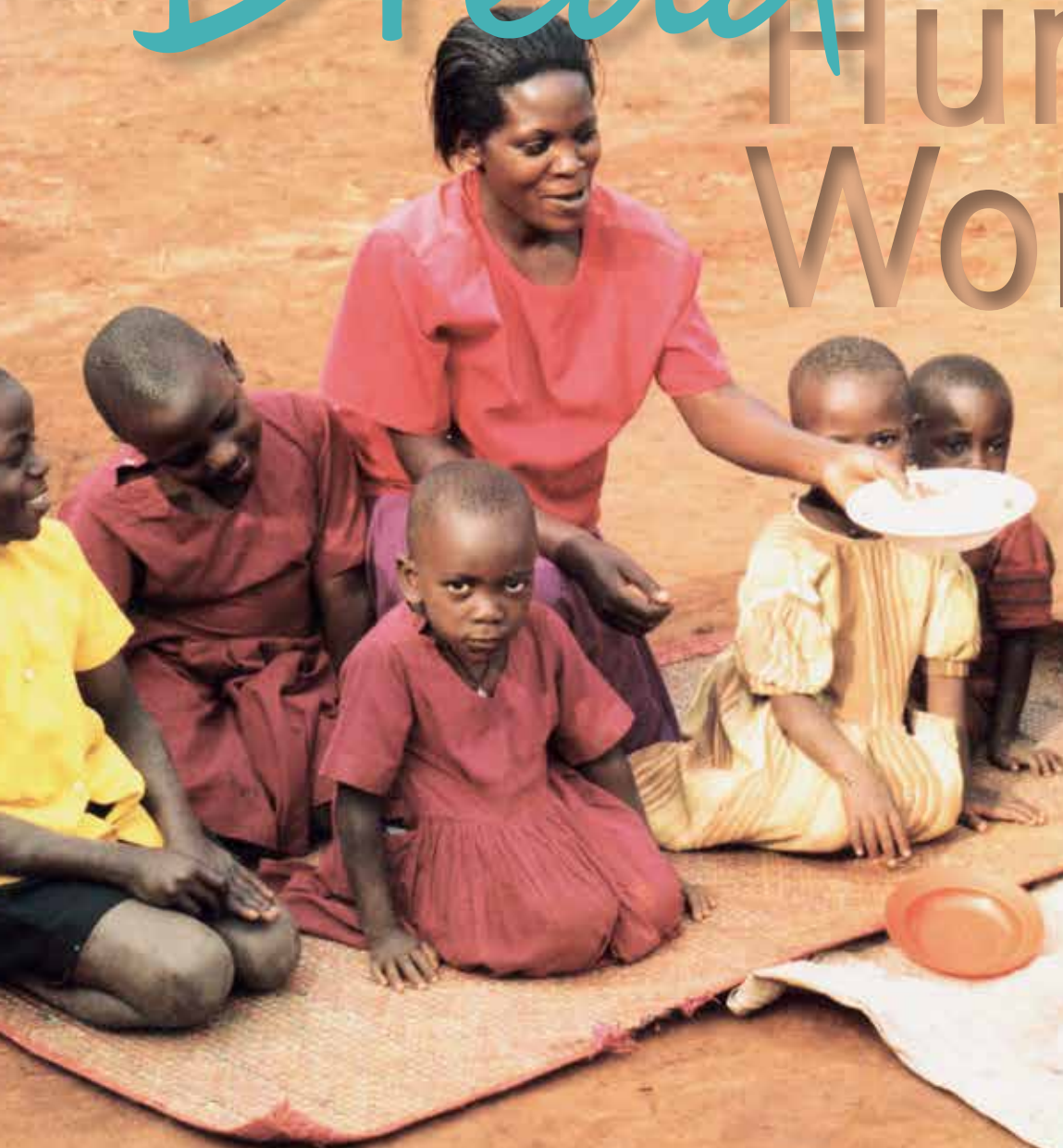


FSM

MAGAZINE

Franciscan Sisters of Mary

Bread for a Hungry World



SPRING 2016

Founded in 1872, the Franciscan Sisters of Mary is a religious congregation of women within the Roman Catholic Church. Committed to their mission to be the presence of the loving, serving, compassionate, healing Jesus, the Franciscan Sisters of Mary focus the power of their intention on compassionate care of Creation in collaboration with others.

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Sandra A. Ashby



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Message from Susan Scholl, FSM President Franciscan Sisters of Mary

“The place God calls you to is the place where your deep gladness and the world’s deep hunger meet” (Frederick Buechner).

This issue of *FSM Magazine* explores how the topic of feeding the world’s deep hunger, of providing “bread for the hungry,” literally and figuratively, flows from our mission, both in our early years and yet today!

In this Year of Mercy proclaimed by Pope Francis, as we reflect on the Corporal Works of Mercy, we frequently identify “Feed the hungry” as an act of mercy. But feeding the hungry also has a much deeper meaning in our day and time. We recognize that there are many “hungers” in this world and in those who are our brothers and sisters. People hunger for someone to listen in a world too busy; they hunger for peace in a world torn apart by war and violence; they hunger to see light when all seems like darkness; and they hunger for justice when it appears they have no voice.

Through the years, the Franciscan Sisters of Mary have worked to meet many “hungers”: through our work on nonviolence; by speaking for those without a voice; by working to bring peace where there is discord. And now we are working proactively, with and through our many collaborators, to bring nourishment for individuals, families, and communities who hunger for healthy food!

And so, as one of our many “collaborators,” we invite you to join us, in prayer and in whatever other ways present themselves to you, in helping us “feed the hungry”!

A handwritten signature in dark ink that reads "Susan Scholl". The signature is fluid and cursive, with a long, sweeping line extending from the end of the name.

Bread for a Hungry World



"Throughout their history the Franciscan Sisters of Mary have lived out the corporal and spiritual works of mercy in very tangible ways."

One of the most cherished stories about Mother Odilia Berger and our early sisters is the story of the bread.

A ragged man approached the convent door at St. Mary of Victories and begged the sister who came to the door for food.

The sister hurried off to find Mother Odilia and told her, "Mother, we have only one loaf of bread; if I give it to this man, we will have nothing for the sisters!"

Mother Odilia immediately responded, "Give the man what he wants, Sister—the Lord will provide for us." Only half-convinced, the sister gave the man the loaf of bread.

A few hours later, a child arrived at the convent door, sent by her mother with a pan of freshly baked rolls for the sisters. The sister exclaimed, "The Lord has come! You are the Lord today, little one!"

We are known by the stories we share, and feeding the hungry has long been at the heart of the Mission of the Franciscan Sisters of Mary—to be the presence of the loving, serving, compassionate, healing Jesus.

Throughout their history the Franciscan Sisters of Mary have lived out the corporal and spiritual works of mercy in very tangible ways. Sisters personally cared for the sick, both at

home and abroad—and built hospitals and other healthcare facilities to give care more effectively. Besides feeding those who came to the doors of the convent or the hospitals, our sisters have staffed food pantries and soup kitchens. A number of FSM have ministered to prisoners, given shelter to the homeless, and provided spiritual direction. The sisters are known for comforting those who need comfort and praying for the living and the dead.

During this Jubilee Year of Mercy proclaimed by Pope Francis, the FSM, who have chosen to focus their resources on compassionate care of creation in collaboration with others, are living out in a special way the Church's works of mercy—and most especially the instruction to “feed the hungry.” Finding sustainable ways to provide healthy food to all God's creatures is a special challenge, one the Franciscan Sisters of Mary are embracing.

You won't find the sisters growing tomatoes and green beans in the convent garden or even baking bread for their communities. As the FSM have grown older and fewer are in active ministry, their approach to care has needed to shift.

For many years the sisters actively engaged in ministry. Even now they support their environmental goals, for instance, in very tangible ways—recycling, decluttering, giving support at public meetings, holding prayer vigils, writing letters to elected officials, committing themselves to living simply.

But now fewer sisters are able to minister actively. Instead, under the guidance of John O'Shaughnessy, CEO and CFO, the FSM are using their resources to support endeavors and entrepreneurs whose values and goals match their own, through both their investment and their philanthropy.

In the past year, the FSM have made donations to area food pantries and parishes, as well as, with direction from Arabella Advisors, grants to national and international organizations that feed the hungry and promote healthy, sustainable food and good stewardship of the earth.

Similarly, the focus for many of our mission-related investments involves feeding the hungry in sustainable, healthy ways that nurture the Earth and the people who live here.

Here are just a few ways the FSM are using their assets to support wise, sustainable choices in food production and distribution.



The AgroEcology Fund: Helping Small Farmers

Kelle Gregory, a farmer in the upper west region of Ghana, struggled in what seemed a losing battle to keep his small farm going. The soil was parched and eroding; crops were dwindling. The government was pushing farmers to use costly genetically modified seeds produced by wealthy corporations. Harvests brought in little money.



Women digging Zai holes, Burkina Faso

He and other farmers banded together with CIKOD, a farmers' organization. Together they learned to mulch, helping restore moisture to the soil. They learned to rotate their crops among grains and legumes so as not to deplete the soil's nutrients. They moved away from dependence on engineered seeds and pesticides, shifting back to traditional methods and seeds that flourish in their area.



Casava farmer, Brazil



Farmers in Nicaragua

As part of a larger farmers' coalition, they've managed to block legislation favoring corporate GMO seeds, working to gain control over their seeds and farming methods.

The AgroEcology Fund supports small farmers like Kelle Gregory, working to "feed a growing population, heal our warming planet, and lay the foundation for strong rural economies." The fund supports grassroots, sustainable farming methods



Woman pruning tree, Ghana

that build on the local farming community's traditional skills and practices, enhanced by modern scientific advances that improve on those techniques. These methods help strengthen rural communities, protect the region's natural resources, and reduce the negative effects of climate change. The fund has awarded grants to collaborative groups from 38 nations around the world.

The Franciscan Sisters of Mary began supporting the AgroEcology Fund in 2015.

Expanding Access to Healthy Food

Sometimes the problem of hunger lies with food production. But sometimes the issue lies more with distribution, availability, and cost—as well as people's choice—of healthy food.

Imagine a single mother with young children living in a low-income neighborhood of a large city in the U.S. While she receives Supplemental Nutrition Assistance Program (SNAP) benefits each month to help feed her family, the money doesn't stretch nearly far enough for her to buy the fresh fruits and vegetables that would offer the best nutrition for her and her growing children. Cheap packaged convenience products like noodles and processed cheese food stretch much farther in filling hungry stomachs than more costly produce that may go bad before it's used.

But even more, fresh produce may be scarce in her area. Owners of grocery stores—especially larger stores that stock fresh, locally grown produce—often locate those stores in more affluent areas. Lower-income areas typically have problems with crime—shoplifting, burglary, violence, etc. And if a large proportion of a store's business involves food stamps, the store isn't likely to thrive. Grocery chains and small shops alike need to see the potential for profit—or at least the possibility of breaking even—when they scope out locations for new ventures.

Photos courtesy of Arabella Advisors. Used with permission.

Trekking out to the suburbs to buy groceries isn't a likely option for this mother—especially if it involves taking buses with her small children in tow. The end result: poorer families often rely on cheap processed foods with low nutritional value instead of fresh produce.

FSM grants have focused on improving access to fresh, locally grown fruits and vegetables, especially in such urban “food deserts.”



FSM CEO/CFO John O'Shaughnessy and Oran B. Hesterman, Ph.D., President and CEO of Fair Food Network

Some years ago, Fair Food Network (FFN) piloted in Michigan a program called Double Up Food Bucks aimed at increasing low-income families' access to healthy food. For every dollar SNAP customers spend buying locally grown fruits and vegetables at a participating grocery store or farmers' market, they earn an additional dollar on their store loyalty card to spend on fresh, locally grown produce, then or at a future date. So their SNAP (or WIC—Women, Infants and Children Special Supplemental Nutrition Program) benefits double in value if spent on locally grown fruits and vegetables. The program also benefits local farmers and grocers.

Funded by the Franciscan Sisters of Mary, Fair Food Network piloted the program in the Kansas City area, encouraging local farmers and grocers to collaborate to sell locally grown food and at the same time build demand for that produce. Its great success in Kansas City has allowed the program to expand its reach in the area.



With further funding from the Franciscan Sisters of Mary, Fair Food Network is working to bring the Double Up Food Bucks program to the St. Louis region later this year.



And the program works. SNAP/WIC customers are buying and eating more healthy fruits and vegetables. Small- and

mid-sized farmers in the areas in which it operates are thriving, selling more of their fresh produce locally, which improves the health of the local economy as well as the health of its residents.

Along the same lines, the FSM also contribute to the work of Gateway Greening (GG), a St. Louis-based organization dedicated to strengthening and empowering communities through community gardening. Gateway Greening works with local residents to build organic and sustainable community gardens and teaches them—children as well as adults—how to plant and care for such gardens.

The neighbors who collaborate in growing the food then share the fresh produce they have grown.

Community gardens are an outstanding way for people who live in low-income neighborhoods to use vacant property effectively—and improve the quality of the food they eat. Gateway Greening is helping to turn “food deserts” into fertile gardens where neighbors collaborate with neighbors, building community, producing healthy food, and using land wisely and sustainably—a win-win-win for all.

Feeding Our Neighbors Near and Far

Feeding the hungry in 2016 may seem a far cry from Mother Odilia’s deciding to give the sisters’ last loaf of bread to a hungry man at their door in the 1870s. The challenges are different—what would our early sisters have thought of GMOs and

hormone-fed chickens? Would they have ever imagined their own families’ farms might be threatened by massive agricultural conglomerates?

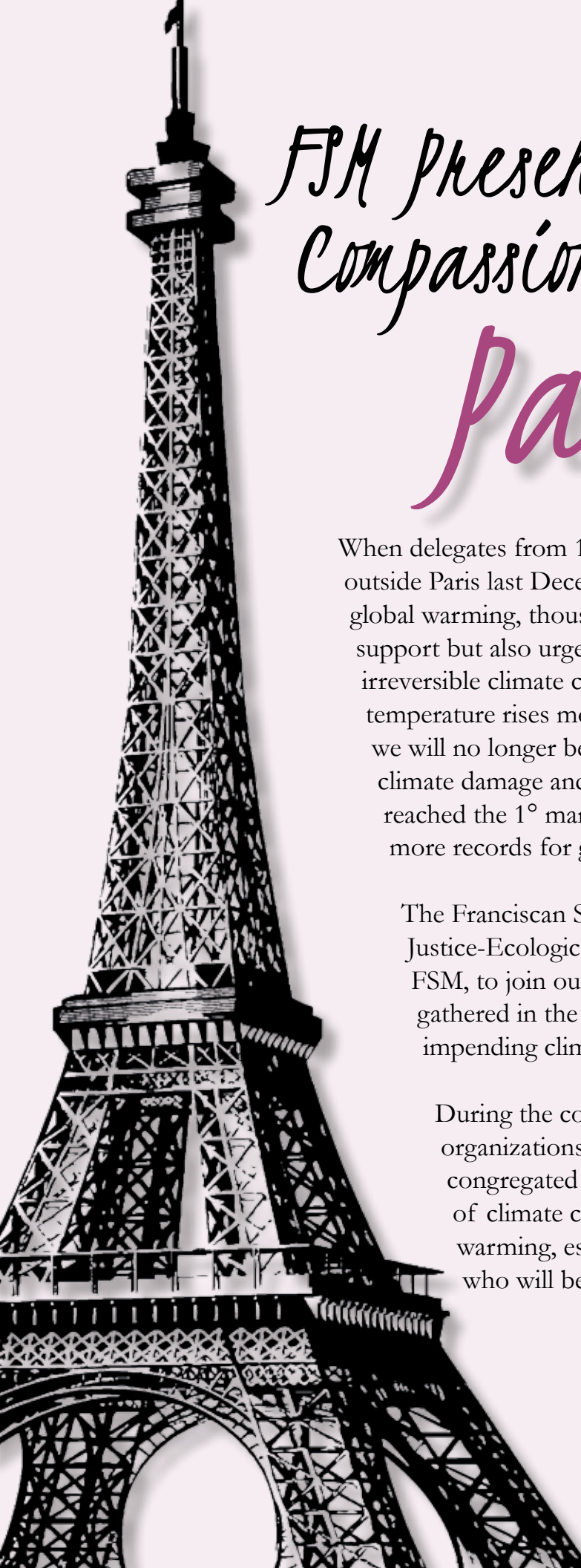
But Mother Odilia’s deep care for the poor and the hungry continues today in the hearts of her present-day sisters. In this Year of Mercy, under the guidance of John O’Shaughnessy and Arabella Advisors, as well as other financial advisors, the FSM are using their resources to bring good food to their needy sisters and brothers in ways that nurture not only God’s hungry people but also the Earth that is our common home.

Breaking News about Double Up Food Bucks

This spring the Franciscan Sisters of Mary received word that the Double Up Food Bucks program was chosen by the United States Department of Agriculture to obtain full funding of the FINI (Food Insecurity Nutrition Incentive) Grant for which the program had applied.

Exciting news! Combined with the funding from the Franciscan Sisters of Mary and others, the FINI Grant now opens the door for expansion of the very successful Double Up Food Bucks initiative in Kansas City and the rollout of the program in St. Louis. John O’Shaughnessy, CEO and CFO of the Franciscan Sisters of Mary, has been actively encouraging other foundations to support this project, and a number of them have stepped forward to provide matching resources.

Through this collaboration, many more lower-income families will be able to afford increased amounts of fresh, locally grown fruits and vegetables, benefiting not only the individuals and families who purchase the produce but also those who grow and market it.



FSM Presence and Compassionate Care: Paris 2015

When delegates from 196 countries gathered in Le Bourget just outside Paris last December to collaborate on an agreement to limit global warming, thousands of people converged on Paris to express support but also urgency: we must act immediately to prevent irreversible climate change. Scientists project that if the earth's temperature rises more than 1.5° Celsius above preindustrial levels, we will no longer be able to change course to prevent drastic climate damage and preserve Earth's viability for life. This year, we reached the 1° mark—and the coming years are likely to set even more records for global warming.

The Franciscan Sisters of Mary sent Gale Thackrey, FSM Justice-Ecological Coordinator, to Paris on behalf of all the FSM, to join our voices with the more than 15,000 others who gathered in the streets to call for true collaboration to avert an impending climate disaster.

During the conference, while the official delegates met, organizations and individuals concerned about the outcome congregated throughout Paris. Many on the forefront of climate change bore witness to the ravages of global warming, especially affecting poor and indigenous peoples who will bear the brunt of the climate disasters.



While in Paris Gale attended a presentation by Global Greengrants Fund, one of the funding organizations with which the sisters work. She met with people from several organizations that have received FSM grants to support green, sustainable use of land, water, and air, who told her how they were using the funds and how grateful they were for the sisters' help. Rafael Calderon of **Rare**, for instance, described a process by which landowners and communities sit down together to explain what each group holds dear and then talk through solutions that respect the needs of both.

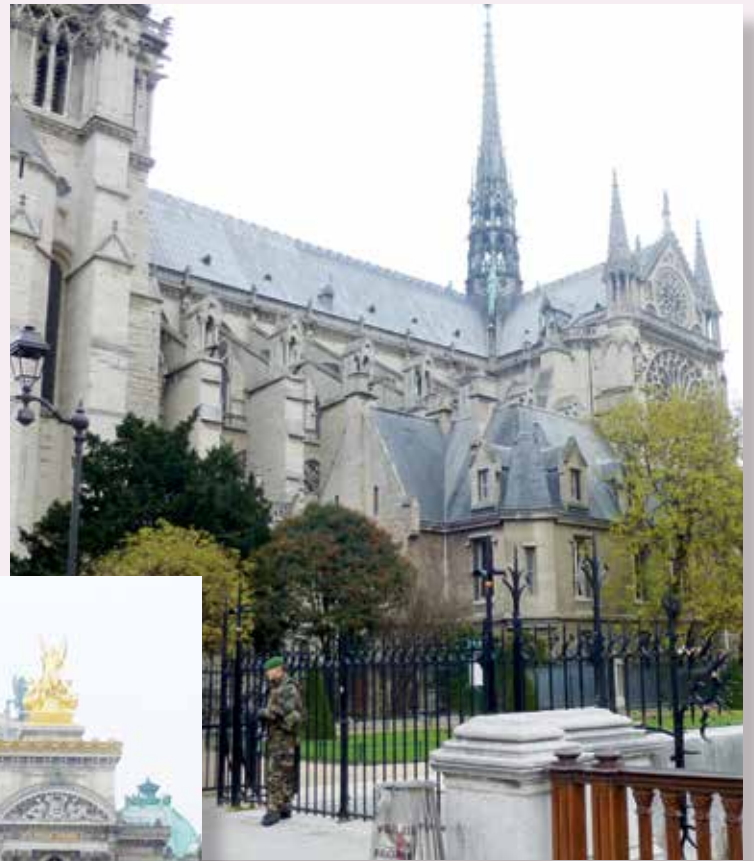


The culmination of the week's witness to the crisis of climate change came on Saturday, December 12. In spite of the week's ban on public gatherings by Paris police because of the November 13 terrorist bombings, thousands of climate activists, young and old, united on the streets of the city to call for "Climate Justice for Peace." Gale and the other participants offered a minute of silence to honor the victims of climate change, then unfurled rolls of red cloth from one end of the gathering to the other to symbolize the red line (1.5° C) that must not be crossed. Marchers then unrolled a 105-meter (344.5-foot) banner with the message: "We won't stop here. It's up to us to keep fossil fuels in the ground."



Gale was especially taken with the youth of so many of the activists, who truly understand just how crucial the outcome of this 21st Climate Conference would be. While the targets for limiting global warming are not as stringent or as binding as many had hoped to achieve, the agreement represents hope for a world in crisis.





And Paris? Gale found herself enchanted by the stunning sights of the City of Lights—the Eiffel Tower, the Louvre, the Cathedral of Notre Dame, the Arc de Triomphe. “Now I know why Paris inspires the arts and the hearts!” she said.

What better place for a conference to advocate for preserving the beauty of our world?

Sisters in the Spotlight



Antona Ebo, FSM, was honored as one of 17 Ageless Remarkable Saint Louisans at the 13th annual gala on November 15, 2015, at the Hyatt Regency St. Louis at the Arch. Sponsored by St. Andrew's Resources for Seniors, the gala honored Sr. Antona for her contributions as a

pioneer in the struggle for civil rights.

Previously, six Franciscan Sisters of Mary were honored as Ageless Remarkable Saint Louisans: Srs. Bernard Marie Boland and Betty Brucker (2003), Sr. Leo Rita Volk (2004), Sr. Mary Noreen McGowan (2005), and Srs. Jeanne Marie Meurer and Thelma Marie Mitchell (2012).

Sr. Antona was also honored in *Beautiful Are Their Feet . . . Celebrating Ministries and Gifts*, Volume XIII, the publication of the Samuel DeWitt Proctor Conference, Inc., 2016 Clergy and Lay Leadership Conference. Sr. Antona and four others were honored at the conference in Houston, Texas, February 15–18, 2016. The theme was “Look Around: The Cries Will Be Heard,” and honored five who have been “warriors for justice and peace”: “Beautiful and steadfast have their feet been in the pursuit of doing justice, loving mercy and walking humbly with their God.”



Connie Fahey, FSM, received the Dominican Award for Service to Humanity at the Edgewood High School of the Sacred Heart's annual Living the Mission event in October in Madison, Wisconsin. As an alumna of Edgewood, Sr. Connie was honored as healthcare administrator, educator, retreat conductor, and non-profit consultant.



Mary Jean Ryan, FSM, was featured as a contributor to the article “Nurses as Leaders” in the January–February 2016 issue of *Catholic Health Progress*. The article shared the wisdom of a number of health care executives on the topic of nurses' becoming hospital and health system CEOs

and other executives. Sr. Mary Jean, who in addition to her RN certification possesses a BSN (Saint Louis University, 1967) and a master's in Hospital and Health Administration (Xavier University—Cincinnati, 1974), strongly urged nurses who want to move into the “C-suite” to prepare for the job; “A woman with [only] a baccalaureate in the midst of three or four other candidates with master's degrees isn't going to cut it. The formal education piece is really, really critical.” Sr. Mary Jean served as SSM Health's first president and CEO for 25 years (1986–2011).



Susan Scholl, FSM, was interviewed for St. Louis Public Radio's “St. Louis on the Air” on Tuesday, December 22, 2015. She and Gale Thackrey, FSM Justice-Ecological Coordinator, spoke with host Don Marsh about the FSM environmental justice efforts, particularly in light

of the emphasis Pope Francis has given to climate change in his encyclical *Laudato Si'*. They discussed specifically the situation with the radioactive West Lake Landfill and the underground fire in the Bridgeton Landfill, as well as Gale's presence in Paris during the 2015 Climate Summit.



Transition

“Let It Be Done to Me as You Say”

Sr. Mary Bridgid McNamara, FSM

August 9, 1932 – November 18, 2015

Mary Catherine McNamara was born August 9, 1932, on a farm in Richland County, Wisconsin, one of five children (three boys, two girls) born to Francis C. and Fannie (Frances Jackson) McNamara.

She attended grade school and high school in Baraboo, Wisconsin, and after the family moved there, she worked at St. Mary's Ringling Hospital. Her sister, Helen Marie, entered the Sisters of St. Mary in 1947; Mary Catherine entered the SSM on March 5, 1957. She received the name Sr. Mary Bridgid, and she professed final vows on September 8, 1964. *(In 1987 the Sisters of St. Mary and the Sisters of St. Francis of Maryville, Missouri, reunited as the Franciscan Sisters of Mary.)*

She earned certification as a Licensed Practical Nurse through the Milwaukee Institute of Technology (1955) before she joined the congregation.

Sr. Bridgid served as a nurse and provided pastoral care at St. Mary's Health Center in St. Louis (1957–1964). She served for a year at St. Mary's Infirmary in St. Louis, then provided nursing at St. Eugene's Hospital in Dillon, South Carolina, for two years. From there she traveled to Baraboo, serving as a nurse at St. Mary's Ringling Hospital (1967–1980) and then at St. Clare's Hospital from 1980 until she retired in 2007.

After retirement she and Sr. Mary Anne Murphy continued to live in Baraboo with their Jack Russell terrier, Maggie, until August 2010, volunteering at their parish, St. Joseph's Church; at St. Clare Hospital; and at the food pantry.

St. Clare Hospital President Sandy Anderson said Sr. Bridgid was remembered for her “hands-on care” for patients recovering from surgery. “They [*Sr. Bridgid and Sr. Mary Anne*] can tell you the name of every employee, how many children they have. That personal connection makes us strive to be exceptional.”

Sr. Bridgid moved to The Sarah Community in August 2010.

On Wednesday evening, November 18, 2015, Sr. Bridgid entered into the joy of eternal life.

Gifts Re



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*In memory of Marietta Bida, FSM
My Aunt Jenny
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*In memory of Betty Brucker, FSM
With love and respect
Tom and Linda Langsdorf*

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Kim and Charles Lindley*

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*In memory and honor of all the good nuns who
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*In honor and memory of the living and deceased
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In memory of Mary Olivet Zielinski, FSM
Our dear aunt
Mr. and Mrs. John J. Downey

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Stephanie and Jay McCutcheon

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In honor of Rose Mary Dowling, FSM
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In honor of Rose Mary Dowling, FSM,
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In honor of and gratitude for
Mary Antona Ebo, FSM
Mrs. Margaret M. Rustige

In honor of Mary Elmendorf, FSM,
on the occasion of her 70th Jubilee
Rosellen Sloan-Buns and Bob Buns

In honor of Mary André (Shirley) Evanicsko, FSM
Mr. and Mrs. Eugene C. Zamboni

In appreciation for the Franciscan Sisters of Mary
Karen and Steve Barney

In honor of all the wonderful FSM sisters
Thank you for your service.
Hilda and David Kuter

In thanks to the sisters for the loving kindness
they showed to my mother, Ethel M. Hurley,
so many years ago
Jean H. Schulenberg

In honor of Frances M. Haarmann, FSM,
2015–2019 FSM Leadership Team
Stephanie and Jay McCutcheon

In honor of Karen Sue Heath, FSM,
on the occasion of her 50th Jubilee
Rosellen Sloan-Buns and Bob Buns

Thank you to all our generous donors!

*In honor of Irma Kennebeck, FSM,
2011–2015 FSM Leadership Team*
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In honor of Sylvia Lieber
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Donald and Margaret Wehrung

In honor of Sr. Marge O’Gorman, FSM
In gratitude for God’s gifts!
Ms. Betty J. Mues

In honor of Alex and Margaret Reinkemeyer
Our grandparents
Dr. James and Claudia Alford

In honor of Jane Rombach, FSM
Rev. Alvin and Marilyn Horst

*In honor of Susan Scholl, FSM,
2011–2015 FSM Leadership Team
and 2015–2019 FSM Leadership Team*
Stephanie and Jay McCutcheon

*In honor of Sandra J. Schwartz, FSM,
2011–2015 FSM Leadership Team*
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In honor of Agnes Stottmann, FSM
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In honor of and thanks for Priscilla Weber, FSM
Kim Malone

In thanks for Priscilla Weber, FSM
James and Kim Malone

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Kim Malone

In thanksgiving for Priscilla Weber, FSM
Kim Malone

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Kim and James Malone

In honor of Priscilla Weber, FSM
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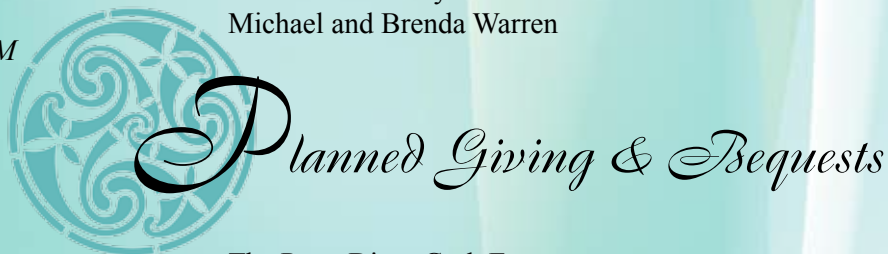
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Mission and Focus of the Franciscan Sisters of Mary



The Mission of the Franciscan Sisters of Mary is to be the presence of the loving, serving, compassionate, healing Jesus.

Flowing from our Mission, we focus the power of our intention on compassionate care of Creation in collaboration with others.

The 2015 Chapter affirms our Focus and calls us to widen, deepen and emphasize its collaborative aspects.