

The background of the entire page is a soft-focus photograph of pink cherry blossoms. The flowers are in various stages of bloom, with some showing five petals and others as buds. The colors range from light pink to a deeper magenta. The lighting is gentle, creating a serene and spring-like atmosphere.

# *Easter* PROMISES...

an empty tomb,  
an open sky,  
a risen Savior.

EASTER PROMISES...  
the gift of Christ to us,  
the joy of Christ in us,  
forevermore.

Thanks be to God  
for his indescribable gift!

2 Corinthians 9:15 (NIV)



## Easter Greeting



Let us rejoice in our Risen Lord and Savior  
And thank him for his gifts  
For he brings the Easter gift of Peace  
He brings the Easter gift of Hope  
He brings the Easter gift of Love  
And he brings the Easter gift of Joy.  
So let us rejoice with him and give him praise.

### ***Alleluia!***

We, the Sisters, pray that God will bless you this Easter  
And keep you all the year through.  
May God be the source and guide  
Who makes your dreams come true.  
May his Spirit dwell within you  
To guide you on your way.  
May the light of Christ shine on you  
To bless you on Easter Day.  
Know that you are in our prayers.





## News of the Sisters

Sr. Martha Trinh, Sr. Anne Charles Sia, and Sr. Marie Kim Phuong Nguyen are all on a leave of absence to help their mother and/or father in their time of aging and sickness. Please keep them in prayer.

Sr. Nenita Leonardo is in the Philippines for a renewal, for the celebration of her 25<sup>th</sup> jubilee with her group mates, and for her home visit. Congratulations!

Sr. Francis Mortola will go to the Philippines in June for a renewal, for the celebration of her 50<sup>th</sup> jubilee with her group mates, and for her home visit. Congratulations! Wow! That is a half a century!

In January Sr. Rosaline Charoentavit joined the youth of our diocese to attend the March for life in Washington, D.C. Thank you Sr. Rosaline for helping our youth.

Sr. Rosaline Charoentavit and Sr. Nenita Leonardo are preparing to chaperone for World Youth Day in Madrid, Spain in August.

### Renovations in Marquette

When the elevator was put in our Motherhouse in Marquette, Michigan, we did not have sufficient funds to have it go to the laundry room in the basement. It is getting harder and harder for

some Sisters to go up and down the steps and carrying laundry makes it unsafe. We were able to put a washer and dryer on the 2<sup>nd</sup> floor where the bedrooms are and where the elevator reaches.







### **New Person in Convent in Marquette**

Two young ladies are living with the Sisters in Marquette. They stay in the community room and don't move or talk. We purchased the two of many mannequins that we would like to have. This first one changes clothes to celebrate the different holidays. The first holiday was Lunar New Years so she was Korean. In the future she will be Thai for their Lunar New Year and Filipino for their independence day in June. So who knows what country she will be from if and when you stop by. The other is dressed like a Sister.

We hope to purchase three more women and one man mannequin. They will represent Fr. Chauvet and the first four women who began the Congregation of the Sisters of St. Paul.





## Sr. Francis Returns to Haiti

Sr. Francis will be going to Haiti once again on April 27 for a week. She will bring some more supplies and money that was donated. It will give her an opportunity to see first hand some of the students and teachers who were aided with the donations and to talk about future needs. Maybe some day we will be able to organize a trip to Haiti for those interested to help in some way.

### **Partial Report of some of the money donated to Haiti:**

- \$4550.00 was donated to help seven students to go to High School, a secondary School or a Professional School.
- \$9630.00 was given to help pay part or all of the tuition for 68 students in one of our Schools
- \$3616.00 was given to help with 53 teacher's salaries.
- \$1000.00 was given in relief food for students and families as well as the fact that we brought a few thousand dollars in medicine for the health clinic that we operate in Oriani. We also gave \$3000.00 to get medicine. It is preferable to bring the medicine as it is cheaper and we have a better selection. On the other hand we have not found a means of shipping.





## **A Visit from our Swiss Sister Missioned in Peru**

At my request, Sr. Jeanne Catin was allowed to come to the United States from Haiti where Sr. Francis Mortola met her. She does foot reflexology in Peru in a clinic that our Sisters opened to help the poor. She worked on Sr. Francis in Haiti and now Sr. Francis doesn't have to wear her back brace. So I thought it would be good to have her here. She was unable to help my back, yet she helped with other physical problems. All of the Sisters had a treatment from her as well as many friends. She also did some training sessions. We were blessed to have her with us. As part of the Thank You for the gift of her presence and hard work doing foot reflexology, I wrote the words to the song that will follow this article and we sang it at a meal on her last night in Michigan. We were blessed by her presence and energy.

### **Thank You Sr. Jeanne Catin (Tune: Good King Wenceslaus)**

1. Sr. Jeanne Catin came; all the way from Peru.  
She came bearing gifts for us; Gifts not wrapped in paper.  
Laughter, joy and faith she brought  
Full of life and energy  
She shared them all with us; Generously!
2. Foot reflexology -was a gift she brought  
Sharing it with us; she helped make us healthy.  
It wasn't easy – to work on our feet.  
But with much love and care – she began the process.
3. Pendulum said, "Problem here"; so she went to work  
Pressing hard and going deep – on our feet.  
Groans and shouts were often heard – people making faces  
Pain was what they endured – to get rid of stones.
4. As if that wasn't enough – when Sr. Jeanne was finished  
Dieting followed that – Just fruit and water.  
Pain and hunger was the price – what was really happening  
Will our health improve or not? – will we get better?



5. It began to pay off; good things were happening  
We were now healthier. We had less pain.  
Joy began to fill the room; our hearts filled with thanks.  
Thank you God for all you've done – through Sr. Jeanne.

6. Now we pause to say our thanks – to Sr. Jeanne  
She gave completely of herself – working steadily.  
Lotion, hands, plus prayer – helped us to get better.  
How can we thank her – for all she's done.

7. Thank you, Sr. Jeanne Catin - thank you, thank you, thank you.  
Thank you with all our hearts - thank you, thank you, thank you.  
You are always welcome here; please come again.  
Now we give you beaucoup hugs – as you prepare to leave.

8. We will keep you in our prayers – and in our hearts.  
Trusting God will bless you – filling you with peace.  
May he hold you in his hands – keeping you safe.  
Leading you and guiding you – in all you do.  
by Sr. Gloria Schultz





We received the letter from Rev. Fr. Rob and the teams to prepare ourselves to be a witness for life in Washington, D.C. One thing that we had to prepare was the spirituality of a pilgrim. It was not a trip for fun but it was trip to fight the law, which accepts abortion. I prepared myself by praying for a safe trip and making sacrifices so I would be able to accept whatever would be. I was lucky that Rev. Fr. Timock (Pastor in St. Anthony in Gwinn) provided another sponsor for this trip.

I would like to share the particular events, which touched our group and me.

We were 54 in one bus; the weather was cold and not comfortable at all. I did not hear anyone complain. We prayed the Rosary and sang holy songs throughout the trip even though some were in Latin. We arrived and had time to look around Washington, D.C. by Metro. Everyone had an experience of getting lost when getting back to our Hotel in Silver Spring. Some of our youth had to sacrifice and not watch the play-offs for the football game. Some

had to be absent from their class or their jobs. No matter what the price that was paid, we WERE proud to be there as a witness of Catholic VALUES. We could see the unity of our Church in Verizon Center, the Mass at the Basilica and the all-night Adoration to pray and pray. There was a Mass and program to fill our spirits before we marched the next day.

All the speakers shared their experiences about when they joined the March for life. Some have joined for 15 years. Before Mass, one woman sang AVE MARIA to invite us to pray and ask Our Lady to help us to be a witness of God's Love. I did not realize how much the song touched me until my tears were coming out. I felt the presence of God was in that place. We were sitting at the top of the Dome. I could see everything and I felt that at that moment the dome was like the womb of the Virgin Mary that covered all of us and she looked at us as she wanted to bring us close to her Son at the altar. The Mass was



magnificent and full of God's love and Jesus Christ united us with each other. There were 22 Bishops, about 200 priests, Sisters, Deacons, Seminarians and the people of God. The Dome was full with around 30,000 praying together. It was so powerful to be there. The question that came to my mind was if Jesus looked at us in this place, what would he say to us? The answer came from the Cardinal of Washington, D.C. "Thank you for being here to show the world that in the Darkness the devil will not win; Jesus is the light of the world." We have the responsibility to show the light of Christ in this Society. Our presence was a great power even though we were small in many part of our country but we were a part of the Love of God.

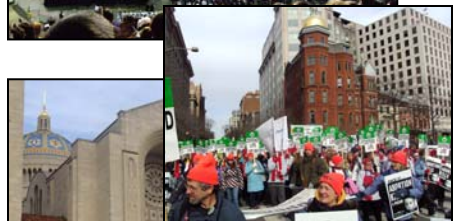
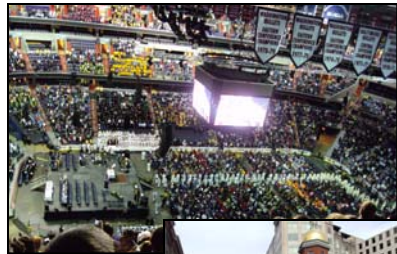
The day of the March for life, we had to get up early and started at the National Mall near the White House. I cannot believe that we were in such a huge crowd. All the posters showed the attitude of those marching which was to defend life and Respect the gift of Life. We cannot count how many states joined in the activities from east to west and north to south of our country. My heart was so proud to be here.

Along the way I walked beside one man who could not move his body. He was in a mobile car and his friend pushed him up the hill near the White House. His friend told me that he comes every year and donated his money to sponsor two buses for the March for life. I reflected on this guy who could not walk and saw that he had a big heart to be a witness for Life. I was so happy to talk to him and thanked him for coming to teach us who can walk to fight for the truth. It meant a lot for our group to invite others to join the March for Life next year. We had time the last night to share our inner spirit and all that we experienced in our

trip. I felt happy to join this group. We experienced that we are children of God led by the Holy Spirit who bound us together in one purpose to be a witness of God's love in the World. Our spiritualities which was filled with peace and joy was not from words but from our action. We practiced our virtues in reality and gave hope to society. We hope that one day the President will change his mind and respect life.

Finally, I would like you to be a part of the March for Life. If you cannot go, please support this activity like the man in the mobile car. Especially encourage our youth to have this experience and to respect life. We need to see the witness of God's love through our Action. Our dream is to change our society by changing the law and listening to God's will. I hope that I will meet some of you in our March for life in 2012.

— Sr. Rosaline Charoentavit





## Celebrations with our Sisters in Hong Kong and Taiwan

On December 7th, we went, along with several Sisters of Hong Kong and also some Sisters of the Philippines, Thailand, Vietnam, Indonesia, Timor Leste, and Australia, to Saint Paul's hospital at Taoyuan, near Taipei, on the island of Taiwan, to celebrate 50 years of presence of Sisters of St. Paul de Chartres in Taiwan. It was the Chinese Sisters from Hong Kong, who responded, in 1960, to the request of a Bishop, to announce the Reign of God to the people of Taiwan, with the foundation of a Catholic hospital.



St. Paul Hospital, Taoyuan, TAIWAN

We were able to join in celebrating the joy of our Sisters, on these anniversary days, by assisting at an evening of dances, performed

by the “mountain people” who had been trained by Sister Marie-Anne, a native of the area.

After this we celebrated, along with the Most Reverend John Baptist Lee, Bishop of Hsinchu, Most Reverend John Hung, SVD, Archbishop of Taipei, other Bishops of the island, several priests, and the Sisters and hospital personnel, first of all, the event, at the entrance of the hospital, in calling to mind many important events and dates.

Later, in the Chapel, we participated in the Thanksgiving Mass of the Immaculate Conception, the solemnity being heightened by the singing of a well-trained choir. And, after the liturgy, we participated in a delicious, festive meal.

Among our memories of this occasion, one of the most touching was evoked by the presence of a mother and her daughter, whom the hospital had saved forty years ago. The state of the then pregnant mother was very critical; the family asked that the mother be saved in preference to the baby, but both of them were



The mother, Sr. Renee, the daughter,  
and the nurse who saved the baby



Dr. Kam Ying, Sr. Jacqueline, Bishop Tong Hon, Sr.  
Nancy, St. Paul Hospital, HONG KONG

to tell this story to all of us assembled there, with much emotion and joy, to thank the Sisters and the hospital personnel.

On Friday, December 10, we were in Hong Kong, and this time, we participated at the solemn opening of a building of 20 floors (Block A), the first part of the restoration of St. Paul hospital. At the same time, the Most Reverend John Tong Hon, Bishop of Hong Kong, Sister Jacqueline Ho, Provincial Superior, Sister Nancy Margaret Cheung, managing director of the hospital and Dr. Lau Kam Ying, medical superintendent, laid the cornerstone of the second building (Block B), which will be equally as large as the first, and its construction will be completed in four years.



Saint Paul Hospital, HONG KONG  
Block A, top right. Site of Block B – lower right

These two celebrations for us were an occasion to get to know many Sisters and to discover their numerous apostolic activities. Let us pray that new vocations will permit them to persevere in the many works that they accomplish with such dedication and love.

*-Sr. Monique and Sr. Mary Ann*



### **Penny Drive for Haiti**

Several parishes responded to my request to have the students collect pennies for Haiti. They are as follows:

Guardian Angel Church, Crystal Falls, MI

Students of St. John & St. Joseph Parishes, Ishpeming, MI

St. Louis the King Church, Marquette, MI

St. Mary's School, Sault Sainte Marie, MI

We say a heartfelt and gigantic thank you to all those who responded.



The students at St. John & St. Joseph Parishes invited the Sisters to a reception and presented the Sisters with their donation for Haiti.





### St. Patrick's Day

Sr. Anne Patrice is from Ireland and is 96 so we had a big celebration with her. We started on March 13 when our Sisters from Marquette could join us in Escanaba along with Elsie and Stubby Stafford. After a delicious meal which included corn beef and cabbage cooked by Elsie and Stubby, we had a little program to honor Sr. Patrice. What a gift to be able to celebrate with her and to extend an Irish blessing.

The celebrating continued on St. Patrick's Day when we served cake and ice cream in her honor at the Bishop Noa Home in the afternoon and where I sang Hail Glorious St. Patrick. Having Sr. Patrice makes St. Patrick's Day very special.

— Sr. Gloria Schultz



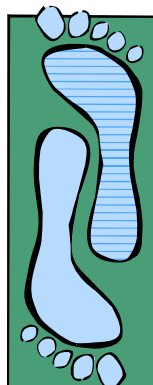


## My Reflexology Experience

By Theresa Raikko

I received a phone call from my very best friends' in Marquette County, the Sisters of St. Paul.

Sr. Francis invited my husband, Eric and I over for a reflexology session with Sr. Jeanne. "Wear comfortable clothing" was the only requirement. We both arrived with excitement and curiosity of the unknown, as we both have not only an interest in holistic, alternative medicine but fully embrace this kind of medicine due to the positive effects it has had on our lives. We have an open mind! Having said that, as we entered the convent, we were greeted, of course with the ever-constant joy and vitality



of all of the Sisters' of St. Paul. We were introduced to Sr. Jeanne, also a Sister of St. Paul, and had heard about all of the good things she does coming from "Reflexology of Peru". This is the main center of application and teaching there. She speaks French and Spanish, no ingles. Thank goodness for Sr. Francis' fluency in French. Eric is also fluent in Spanish. She explained her clinic in Lima, Peru and her past history of working in Africa as a mid-wife and her work in Switzerland. I could sense the energy in the room as soon as Eric reclined in the chair and was first to experience this treatment. As he removed his socks, he appeared in anticipation raising his feet up on the lazy boy. "Here they are". He looked a little nervous as he got quiet. I was then relieved he volunteered to be first! Sr. Jeanne had a smile extending across her entire face as she appeared to be exuberant and vibrant in health herself. Feeling this, we both trusted her entirely with our FEET! She first assessed which element he was according to his year of birth. She explained the 5 element theory and that the elements must be in balance. The elements are FIRE, EARTH, METAL, WATER and WOOD. He was EARTH. She started with the solar plexus (in the area of the center of the foot) and worked in order according to the element chart. The stomach was raised, indicating a hernia: she pressed on this stating that the hernia he had was pushing his stomach up 60%. The headache that he has occasionally, was balanced by balancing the elements: kidneys and bladder (WATER), gallbladder, liver (WOOD), heart (FIRE), lungs/large intestine (METAL), spleen,



pancreas and stomach (EARTH). Wood, Fire, Earth, Metal, and Water all correlate to a chart I followed as she started her work on his feet. The chart was color coded with colors representing organs that belong to each element. It was really interesting to see her think so quickly with her hands, integrating the organs of the body and the relationship they have to one another. He appeared quiet. Being that he is fluent in Spanish, they had a conversation that I barely understood. I thought, wow, this should be easy. Eric was so quiet and humbled! He was smiling, actually quite a bit. Later, I found out he was sweating through his shirt into the chair! "Ooh, aww, ouch!"...silently! Little did I know that his 'showing all those teeth' smile was really one of discomfort! It lasted about 45 minutes. He was instructed to do no heavy lifting for 15 days. Also, a diet of plenty of water and fruits/vegetables. He felt intrigued and was curious to see the results. He had to rest for a couple days-he slept for many hours!!! This is a miracle in our home! Eric in the state of RELAXATION. I've never seen him rest for so long! He awoke feeling full of health and wellness.

Next, it was my turn. I am WOOD. As she started, I thought, oh this will be relaxing, sort of like a massage. WOW.....it didn't take too long until I was expressing multiple facial emotions as well as verbal sounds or song, whichever one would be observed by this nun! She returned my response with her song too, being that she is also a musician! That calmed me greatly. At times, our eyes connected as though she knew. I had full trust in this healing woman. As a nurse myself, I knew of her healing and her strength merely by looking into her eyes. I could also sense her massive experience with working with the sick. She would then apply pressure with her strong hands to the area that was tender. It is really amazing, the history of reflexology and all of the connections our feet have to our well-being and of course balance. Each foot has more than 7,200 nerve endings. The procedure was slightly painful at times and occasionally, we asked her if she had something in her hand like a nail! The power, strength and healing in her hands filled us with awe at this woman's healing call to God's work. I asked her if her hands got tired or sore; she only continued to smile and tell me about the many stories of her clients in Peru that have experienced tremendous healing through reflexology.

Sr. Jeanne explained that reflexology helps to re-establish the energy equilibrium of the people, by means of the manual stimulus of the



reflected areas of the feet, since the feet represent the energy, emotional, and physical state of the people. Thousands of patients attended in the Sisters' Reflex Therapy Center of San Pablo of Chartres, which was started by Sister Jeanne. They have faith that the Reflex therapy functions can produce a radical positive change in the health of all the people. We saw photos of people who had ulcers and were filled with fluid and unable to walk. They lost fluid and were able to ambulate and resume their activities of daily living. She assisted people in childbirth. She also helped the babies with troubles, simply applying pressure to certain areas on their hands or feet.

In Asia the medicine developed 5000 years ago.

I feel fortunate to have met Sr. Jeanne and continue to hold her in my heart and prayers. She is a very special person helping so many people in so many ways; in really such a simple way. After trimming my fingernails to almost nothing, I experimented on my husband, with her assistance of course. I felt that it would take a lot of training and experience to practice this therapy. I've been keeping my nails short and offer to practice on many!

Thank you Sr. Jeanne for coming to Marquette and teaching us about the connection of health and reflexology. I will continue to train with anyone's feet that trust my hands! May God continue to bless you in your ministry that touches and heals so many lives. Thank you for healing all those touched by you in Marquette, MI. Thank you Sisters of Saint Paul for your continued love and sharing with the community of Marquette! It is such a joy to have all of you in our presence. Also, thanks for introducing us to yet another kindred Sister of St. Paul. In your friendship, treasure abounds.

— Theresa Raikko  
*Companion of St. Paul*

If you are interested in learning more about Sr. Jeanne Catin's work you can visit this website:  
[www.reflexoperu.com](http://www.reflexoperu.com)  
(note: the website is in Spanish)







## Compassionate Hearts Club

### **Cherub**

Anonymous, Marquette, MI  
Geraldine Bellmore, Hermansville, MI  
Patricia Blake, Marquette, MI  
Maria Carmona, Silver Spring, MD  
Claudia R. Diego and Cora De Lara,  
Washington, DC  
Annette Grenier, Marquette, MI  
Mary Kidd, Escanaba, MI  
Delores Lau, Escanaba, MI  
Steve & Pat Lynott, Marquette, MI  
Janet Pattan, Rock, MI  
Vincent Puritano, Annandale, VA  
Rita Sharon, Escanaba, MI  
Laura Soldner, Escanaba, MI  
Jo Ann Stracke, Bethesda, MD



***Thank you*** for all the donations for the Compassionate Hearts Club— Mission Projects since the printing of our last newsletter. We appreciate your kindness for those who are less fortunate.

### **Saint**

Delaine Bishop, Escanaba, MI  
Estelle Cookesampson, Washington, DC  
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Fritz & Hayle Hoenke,  
Marquette, MI  
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Norma McCormack,  
Bethesda, MD  
Sue & Tom Murray,  
Chicago, IL  
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Susan Suk, Chesterfield, MO  
Susan Tanseco, Washington, DC



### **Angel**

Edith Mebane, Washington, DC



# Thank You

*We would like to send a heartfelt Thank you to all the generous souls who sent gifts and donations. Whether it was a donation to our community, Haiti or another project that inspired you to give through the newsletter, handing it to one of our Sisters or just a surprise in the mail.*

Mary Adams, Bethesda, MD  
Ray & Jeanneane Adamini, Marquette, MI  
Anonymous  
Jane Backstrom, Brighton, MA  
John & Barb Balbierz, Marquette, MI  
Gladys Bartol, Marquette, MI  
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Bishop Noa Home, Escanaba, MI  
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Arllys Eastvold & Jerome Saarinen,  
Fort Myers, FL  
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Sandra Frattali, Bethesda, MD  
Irene Gembel, Garden, MI  
Girl Scout Troup #5585, BSCNC,  
Bethesda, MD  
Dorothy Giovannini, Kalamazoo, MI

Joe Gregorich, Marquette, MI  
In honor of George & Agnes Gregorich  
Audrey Grenier, Escanaba, MI  
Barbara Walch Growdon, Escanaba, MI  
Pat Hallman, Washington, DC  
EJ & Myra Harris, Escanaba, MI  
Joseph & Grace Holder, Pacifica, CA  
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Janet Pattan, Rock, MI  
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 Roger & Mary Ann Seidl, Menominee, MI  
 St. Christopher Church, Marquette, MI  
 St. Joseph Perkins Choir, Perkins, MI  
 St. Peters Cathedral Altar Society,  
 Marquette, MI  
 Marilyn Stacey, Escanaba, MI  
 Bruce Syscho  
 Laverne Texmunt, Marquette, MI  
 In memory of loved ones



Betty Lou Tourangeau, Gladstone, MI  
 James & Margaret Trone, Bethesda, MD  
 John & Phyllis Trudeau, Marquette, MI  
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 Rene & Ilona Tuballa, Ashland, MA  
 Bob Turner, Ishpeming, MI  
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 Gene Wyman, Republic, MI  
 Don & Rita Zalewski, Stevens Point, WI  
 John Zimmerman, Gladstone, MI



## Sisters of St. Paul in Japan

The Province of Japan was founded in 1878. We have 133 Sisters in Japan and 13 houses. 129 of those Sisters are Japanese and four are missionaries from other countries. The Sisters operate eight schools from K thru High School and two Higher Institutions. We have one school in Sendai which was not destroyed and all of the Sisters have been evacuated to higher ground. Food is not getting through yet so it is very difficult for them.

Donating to Japan is possible through the Sisters of St. Paul. We can get the money directly to our Sisters to aid the people so all of the money donated goes for your intention. I know that you are all keeping the people in Japan in your prayers.

As with any special donation, please specify what your donation is intended for to assure it will go for what it was intended.



### **Want more information about becoming a Sister of St. Paul?**

You may write or email Sr. Gloria Schultz at:

Sisters of St. Paul de Chartres

1300 County Road 492

Marquette, MI 49855

Email: [srstpaulweb@yahoo.com](mailto:srstpaulweb@yahoo.com)

[www.sistersofstpaulusa.org](http://www.sistersofstpaulusa.org)

### **Envelope Enclosed**

We are enclosing an envelope for those who may wish to make a donation, write for information, be added/make correction to the mailing list or to add a friend to the mailing list, etc.

-----  
Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ I wish to be added to your mailing list

\_\_\_\_\_ I would like more information on becoming a Sister

\_\_\_\_\_ I would like information on including you in my will

\_\_\_\_\_ I wish to make a donation for \_\_\_\_\_

\_\_\_\_\_ I wish to make a donation for \_\_\_\_\_ to the

### **Mission Projects**

\_\_\_\_\_ Venezuelan water project

\_\_\_\_\_ To rebuild Haiti Schools and Haitian relief

\_\_\_\_\_ The Catholic Schools in Marquette Diocese