

Spring 2015

Heart



A Journal of the Society of the Sacred Heart, United States – Canada



...to Heart

Dear Friends,

The season between Easter and Pentecost is a time of hope, filled with resurrection stories, encounters between Jesus and his disciples and the good news of the new Christian community. Every morning as I get started for the day, I ponder the Good News in light of the news of the day. So often there is such a contrast between the Good News we hope for and the news of our day, which can be disheartening and scary: violence, hatred and dissonance seem to have reached new levels. As I pray for our world, I wonder what we can ever do to reverse the course. What can we do to make a difference?

Last fall when I met Abby McGuckin at Country Day School of the Sacred Heart in Bryn Mawr, I experienced the Good News alive and real. Abby is just one of thousands of students who know that the only way our world will ever change is if each of us acts out of love. Seeing the ways our students live the *Goals and Criteria of Sacred Heart Schools* gives me hope. They recognize – whether inherently or through instruction – that they, too, like Religious of the Sacred Heart, are called to *discover and reveal the love of God in our world*.

This issue of *Heart* explores the way Sacred Heart people live the integration of faith and justice in their lives. One can see God's love in our world being revealed in the commitment of our students, alumnae/i, co-workers and sisters as they reach out in service to our world. I see it in the growing selflessness of Duchesne House volunteers, whose hearts are touched by their experience of service in post-Katrina New Orleans. I see it in the leadership of young people who take what they learn at the Summit Leadership Academy and return to their own communities with a plan to make a difference. And I see it

so often among our alums and associates, who share our mission in so many ways, from supporting our work directly, to founding needed educational organizations to working for social justice for the marginalized.

This issue of *Heart* is full of stories of leadership and love that tell how the Good News overcomes the darkness that is so present in our world today. The women and men you meet in these pages inspire and encourage me. It gives me great hope to know that these are just a few of the many stories of commitment to revealing God's love in concrete ways that we can find among our Sacred Heart family. I encourage you to take a few minutes to pray for our world and ponder how you are called to reveal the love of God in a world so in need of healing and hope. ✚

With much love and gratitude,

Barbara Dawson RSCJ

Barbara Dawson, RSCJ
Provincial





Heart is published two times a year to highlight the mission and ministries of the Society of the Sacred Heart, United States - Canada, for a wide circle of friends. The covers, photographs of hearts in nature, symbolic of Christ's presence at the heart of the universe, bear witness to the contemplative dimension of the Society's "wholly contemplative, wholly apostolic" mission: To discover and reveal God's love through the service of education.

The Society of the Sacred Heart was founded by Saint Madeleine Sophie Barat in post-revolutionary France and brought to the United States by Saint Philippine Duchesne in 1818. For more information about the mission and ministries of the United States - Canada Province, please visit www.rscj.org.

Provincial Team:

Barbara Dawson, RSCJ, Provincial
 Meg Causey, RSCJ
 Anne-Marie Conn, RSCJ
 Sheila Hammond, RSCJ
 Diana Wall, RSCJ

Editor: Therese Fink Meyerhoff

Designer: Peggy Nehmen

Copy Editor: Frances Gimber, RSCJ

Please send address changes for *Heart* to editor@rscj.org or to *Heart* editor at the address below. Article proposals are welcome.

Society of the Sacred Heart
 4120 Forest Park Avenue
 St. Louis, MO 63108
 314-652-1500
 Fax: 314-534-6800

-  facebook.com/SocietyoftheSacredHeart
-  facebook.com/ReligiousOfTheSacredHeart
(Vocations)
-  [@RSCJUSC](https://twitter.com/RSCJUSC)
-  pinterest.com/rscj
-  flickr.com/photos/rscj

ON THE COVER:

Ladybugs on plant, Biei, Hokkaido, Japan
 ©Alamy.com

Discover

- 4 Conference of Sacred Heart Education update
- 4 Province welcomes Superior General Kathleen Conan
- 4 In Memoriam

In the Heart

- 5 Caring as giving: Mary Forsyth's relationship with the Society
 By Shirley Miller, RSCJ
- 6 The family tree and an education that transforms
 By Melanie Guste, RSCJ
- 8 Leading with the heart: Reflections on my Associate journey
 By Kristi Laughlin

Reveal

- 10 Summit Leadership Academy: Leadership is action, not position!
 By Imma De Stefanis, RSCJ
- 12 Living Goal Three: Called to serve
 By Lauren Dumas and Abby McGuckin
- 16 Duchesne House for Volunteers: Inspiring service
 By Maureen Chicoine, RSCJ

Conference of Sacred Heart Education update

The leadership team of the United States – Canada Province and the Schools of the Sacred Heart have adopted a new structure to support the relationships between the schools and the province and within the Network of Sacred Heart Schools. The new structure – to be called the Conference of Sacred Heart Education – might be seen as a coin with two sides. One side focuses on the responsibilities of leaders – heads, chairs, trustees and provincial team – for the mission of Sacred Heart education; the second side ensures programming for the trustees, faculty, staff, administrators and students of the schools.

The leadership team for the Conference of Sacred Heart Education is in place. The provincial team has appointed Suzanne Cooke, RSCJ, head of conference and Ian Hum-

phreys director of Network program planning. Sister Cooke's responsibilities will be to liaise with the schools to make known the Society's priorities, to understand issues facing the schools and to keep the provincial team informed as to the health of the schools; she is charged with the education to mission of the heads, chairs and trustees. Mr. Humphrey's role will be the second side of the coin: to plan and implement outstanding programs.

The Conference of Sacred Heart Education will launch this summer. It will serve as a forum for genuine conversation regarding the evolving mission of Sacred Heart education within the Network schools. The conference membership will have the expertise and competence to address accountability, governance and education to mission. ❖

Province welcomes Superior General Kathleen Conan

The United States – Canada Province recently welcomed the superior general of the Society of the Sacred Heart Kathleen Conan and General Council Member Catherine Lloyd for an official visit. Sisters Conan and Lloyd were in our province April 8 to May 9 and visited eight of our areas. Visitations are required by the Society's *Constitutions* and allow the international leadership to get to know the life of each province. They are valuable opportunities for planning and dialogue, especially important during this year leading to the next General Chapter. ❖



Former Superior General Clare Pratt (right) welcomes current Superior General Kathleen Conan (center) and General Council Member Catherine Lloyd to Oakwood, the retirement community for the United States – Canada Province in Atherton, California.

In Memoriam

*May they find refreshment,
rest and peace in God's presence.*

Guilhermina Kost, RSCJ

November 13, 2014

Constance Campbell, RSCJ

November 13, 2014

Sally Furay, RSCJ

January 10, 2015

Ellen Hoffman, RSCJ

January 19, 2015

Mary Patricia (Pat) Thro, RSCJ

March 9, 2015

Dorothy Owen, RSCJ

April 2, 2015

*Obituaries are available
on our website,*

www.rscj.org/About/Memoriam.

Caring as giving: Mary Forsyth's relationship with the Society

By Shirley Miller, RSCJ

This summer, Mary Forsyth will become president of the Associated Alumnae and Alumni of the Sacred Heart, following two years on the AASH executive committee. An alumna of the Convent of the Sacred Heart in El Cajon, California, she has taught in Sacred Heart schools, served on the National Development Board and become indispensable over the years. She recently agreed to answer a few questions from her friend Shirley Miller, RSCJ, about her commitment to the Society.

❖ How did you come to know the Society?

After fifty-five years, I have learned that “knowing the Society” means expecting changes with the times. The religious I met in high school were cloistered, in habit. As the decades passed and I changed and matured, the Society was changing also. Knowing RSCJ as women who are educators, lawyers, nurses, psychiatrists, fundraisers and everything in between broadened my respect and appreciation for who they are and who they were.

❖ In what ways have you worked with the Society?

Every student in a Sacred Heart school is working with the Society by responding to its call to mission. That's where my collaboration began: at El Cajon and at Lone Mountain. Then I joined the

This summer, Mary Forsyth (right) will succeed Alice Burns as president of the Associated Alumnae and Alumni of the Sacred Heart. Both are truly “Women of the Heart.”



teaching community at Convent of the Sacred Heart, San Francisco, in 1968. When the Society articulated the Goals and Criteria in the late 1970s, I served on the task force that created the Network Commission on Goals (later called SHCOG). That led to being a member of NCOG for nearly fifteen years. I can't think of a better demonstration of working with the Society than engaging school communities in the self-examination of what makes them Sacred Heart schools.

I also served as chair of the San Diego/Southern California part of the *In Mission for Life* Campaign.

❖ Why are you so committed to the Society's mission?

Commitment comes naturally when you feel you are needed. The Lord still has a mission and a ministry for the Society. It is clear to me that the vitality of the Religious of the Sacred Heart is to be measured by the intent of its mission and not the numbers that constitute its membership.

❖ How can people who care about the Society help?

During the past thirty-five years, the Society has taken three steps, which I believe define a path for the future:

- 1) The articulation of the Goals and Criteria and the creation of independent school governance structures. The Society took a giant “leap of faith” in the 1970s when it moved to independent boards and lay leadership of the schools. But it also created a vigorous link between the Society and the schools.
- 2) The creation of the Associates program in the mid-1990s confirmed the willingness of the Society to share its spirituality with women and men desiring a closer relationship with the RSCJ.
- 3) The *In Mission for Life* Campaign was a groundbreaking action on the part of the Society. It was not just to assure the future financial stability of the religious. The campaign also allowed the Society to involve its constituents more deeply in its mission and ministries.

The Society has created a model for requiring long-range thinking that informs decision-making about the future. ❖

You can read more of this interview on our website, www.RSCJ.org/Mary_Forsyth.

The family tree education that

By Melanie Guste, RSCJ

My niece Colleen Guste Waguespack is the mother of three precious children. One of her children, Christopher, was diagnosed on the autism spectrum at the age of three. Impassioned by love for her child, Colleen sought resources to support his growth from local organizations that were providing specialized services to this vulnerable group of learners in Baton Rouge. While finding some local resources, Colleen recognized that specialized educational services were limited, and that there was a growing need for services to an increasing number of children. She also found that the specialized treatment services were quite costly and that some parents could not afford the therapies that were needed for their children. Moved by her love for her son and compassion for others, Colleen reached out to the Speech and Hearing Foundation of Baton Rouge and began to raise money to help parents get the services they needed for their children on the autism spectrum.

I remember Colleen's passion at this time as a young mother – the driving concern that was pushing her into new pathways of conscientious service and action. Through my listening to her, I sensed the mysterious action of God's Spirit working in and through her love for Christopher. Knowing Colleen – an amazingly creative, energetic and gifted young woman – I knew that this would not let her go.

“As I struggled to coordinate a mounting number of therapies at different locations throughout the city, a clear vision of all services under one roof came to me,” Colleen explained. She spoke with Melissa Juneau, the director of the Baton Rouge Speech and Hearing Foundation, and dreamed about the impact this type of broad-scale center would have on families. “I knew it was time to raise money.”

When asked to lead the capital campaign, Colleen's initial response was, “No way. With all that was going on in my personal life, I just did not see how I could take it on.” She came to recognize that her experience as the parent of a child with autism meant she could connect better with potential donors.

Colleen Guste Waguespack and her son Christopher stand in front of a butterfly tree at Emerge Center.



e and an transforms

“As I was driving home that night I thought of my years at Sacred Heart and all the beautiful stories we had learned of women being called to serve God, starting with Saint Madeline Sophie. I realized then that it would not be easy, but how blessed I was to have been called, and the obvious response was yes.”

The fundraising campaign was a remarkable success. Last year, I joined Colleen and her fellow board members, donors and supporters at the grand opening of the Emerge Center in Baton Rouge. The center is a state-of-the-art educational resource center for young children with special needs. As I walked around the center with her on opening day, I marveled at the many small, yet apparent, ways in which Colleen’s Sacred Heart education was reflected in the design. As a Religious of the Sacred Heart, my spirit soared as I saw images of the “heart” so lovingly integrated into every aspect of the design of the Emerge Center, including its logo. It has the look of an open heart, free and, actually, soaring. It is a perfect way to depict visually the hopes of each parent for his or her children as they enter through the doors of this very special place of learning.

One of my favorite features at the center is a large three-dimensional piece of art hanging on the wall adjacent to a recreational resource room. The large tree sprouts flowers that reminded me



of butterflies. Colleen explained the genesis of its inspiration: Elia Torian, RSCJ, her primary school teacher of religion at our alma mater, the Academy of the Sacred Heart in New Orleans. As Colleen recalled, Sister Torian had a large tree in the center of her classroom. She used the tree as a way to engage the young students by putting all sorts of things on the tree ... a way of active engagement and of participatory learning. Usually, this was in the context of prayer or some ritual gesture for an event or occasion. Apparently, this made such an impression on Colleen that she designed a similar tree for the Emerge Center to reflect that spirit of learning she experienced through this marvelous seminal educator.

“I often think back to my years at Sacred Heart and am thankful to my parents for the investment they made in my sisters’ and my education,” Colleen says. “The integration of faith at home and at school was important to our



Top left: Sister Melanie Guste is flanked by two of her nieces, Colleen Waguespack and her sister Julie Danna. Left: Emerge Center’s beautiful stained glass windows in the children’s cafeteria. Above: Inspiration for the “butterfly tree” was a 3-D tree in Sister Elia Torian’s classroom when Colleen and her sisters attended the Rosary.

family. It has been God’s steady hand that has enabled me to accept life’s challenges head on, and I know that if I do my part, God will do his, and together we will get through things. Through my years at Sacred Heart, I gained an invaluable education, but also self-confidence and compassion, as the spirit of philanthropy is such an integral part of a Sacred Heart education. As hard as I was trying to improve the life of my own son, I never stopped thinking about those who didn’t have the means to provide the same resources to their children. I wanted to save my son, but at the same time cast a net to every other child I could catch along the way. I told every single donor this, ‘Every child deserves the same chance in life that Christopher Waguespack has gotten.’”

One of Saint Madeleine Sophie Barat’s first intuitions about education was to educate young women to have a transformational role in society. I can say with such gratitude and familial pride that Colleen is certainly an expression of this educator’s hope for mission – a mission and spirit still alive today! ❖

Leading with the heart: Reflections on my Associate journey

By Kristi Laughlin



Associate Kristi Laughlin praying for living wages so that all may eat.

Being a Sacred Heart Associate has been a life-giving journey. It has helped me to discover who I am and to live into who I am called to be. I have found my spiritual home with the Religious of the Sacred Heart. For the past fifteen years, my work as community organizer and advocate for economic and social justice has been grounded in the spirituality of the Sacred Heart.

I met my first RSCJ during my college days at the University of California-Davis. Sister Mary Pat White was co-director of campus ministry at the Newman Center. How lucky I am that there was a lone RSCJ at this outpost! There was a special quality about her that was notably different. A genuine attentiveness. A deep listening. A compassionate presence. She emanated a certain tranquility – a notable contrast to the rest of my tumultuous world, as I was getting involved in student organizing against the first Gulf War in Iraq and against escalating student fee hikes.

Mary Pat was there to accompany us through it all, offering a prayerful presence and encouragement in our many rallies, marches or late-night impassioned debates at the Newman Center. Though I couldn't name it then, I know now that Mary Pat embodied a woman of spirit, of contemplation. In Mary Pat, I first glimpsed this essential gift of the Spirit entrusted to the Society: a life at once "wholly apostolic and wholly contemplative."

Several years later, I accepted the invitation by Sister White to "try out" the new Associates group that was forming in the Bay Area. I wasn't sure what Associates were or what the program entailed, but I was thirsting for a space for collective prayer and faith-sharing. I was looking for nourishment in a demanding life organizing a work-creation program for low-income women and children. I was aware then that the apostolic part came easily to me, but I needed to cultivate contemplation.

Then I met Sister Virginia (Ginny) Dennehy, our Associates program

coordinator, and realized she had that same special quality! Sister Dennehy fully welcomed me and walked with me on this journey. She invested in me in those early years, even when I didn't quite feel sure of my own call or sense of intersection with the Sacred Heart family. She always met me where I was and made me feel valued. She honored my passion for social justice work as a sacred calling and part of the charisma of the Society.

An immersion experience with an RSCJ community helped me fall firmly in love with the mission and charisma of the Society. In 2001, Sister Barbara Dawson helped facilitate my three-month stay with the sisters and lay supporters in Ayutla, Mexico, an impoverished community in the corrupt state of Guerrero. I was struck by the love, joy and deep respect that characterized the popular education work of the RSCJ that touched youth, teachers, mothers and the community. I noted how they recognized each person's contribution, insight or suggestion ... truly embodying Madeleine Sophie's care and attention to each child, each person.

I felt a bond with this group of women committed to serving the poor and cultivating leadership. I was captivated by the centrality of prayer in the rhythm of their lives – observing silence in the house every morning and weekly community prayer.

I loved experiencing the inter-cultural-ality of the Society and feeling connected with a global sisterhood united in a common purpose to make known the love of Christ. This was the kind of community that set my heart afire.



Left: Kristi Laughlin (standing, right) served for three months with RSCJ from the Province of Mexico (clockwise from bottom right): Isabel Aranguren, Chelilu Buenfil and Reyna Gonzalez.



Right: Kristi (left) trekking down from the mountains after spending Holy Week with the indigenous communities in Mexico.

Fourteen years later, association continues to kindle that fire and nourish my soul. Through the Sacred Heart community, I have come to know God's tenderness and love in a very personal way. Being an Associate has deepened my prayer life and practices, with spiritual direction, monthly faith-sharing meetings and periodic retreats. It has helped flavor my social justice work, calling me to root my activism in love, rather than in anger and indignation (though I certainly feel both). The spirituality of the Sacred Heart infuses the protests and actions I organize in my advocacy for immigrant and worker rights. I strive to transform "protests" into sacred public actions that communicate the tone of love and compassion that we want to prevail in this world.

This is the ethic that guides and grounds my work – the contemplative outlook that Superior General Concepción Camacho beautifully described as "a call to be authentic apostles of

This was the kind
of community
that set my
heart afire.

Christ's love, to help bring to birth a more welcoming world, to make known a God who is great, bountiful and tender." I am grateful to the RSCJ and the Associates for helping to keep me accountable to leading with the heart in the quest for justice. ✦

Kristi Laughlin is a Sacred Heart Associate in San Francisco. She is the program director of the Faith Alliance of a Moral Economy, a network of faith leaders and people of faith who walk with immigrants and low-wage workers in their struggles for dignity and justice in the workplace and full inclusion in the economy.

Summit Leadership Academy:

Leadership is action, not position!

By Imma De Stefanis, RSCJ

The Office of Educational Initiatives and Leadership at the Stuart Center has been organizing the **Summit Leadership Academy (SLA)** for the last five years. While the subject of leadership development has swelled to trendy proportions, SLA stands out from other programs.

SLA is a five-day intensive program with mornings dedicated to:

- hands-on workshops on such topics as the relationship between leaders and leadership;
- crafting a personal leadership development plan;
- power viewed through the lens of race, gender and culture;
- the importance of followership;
- the spiritual and ethical dimensions of leadership.

Afternoons are spent working through the steps of program development recommended for professional settings. By the end of one week, participants have developed a project plan with a justice or consciousness-raising focus.

We're excited about our successes and want to share them with you. We applaud each of these young adults for the successful implementation of complex projects that take their dreams from vision to reality.



Extra special fun at the Extra Special Athletes Event in Westchester, New York, a project developed by SLA alumna Catherine Teigue.

Catherine Teigue, Extra Special Athletes Event, Westchester, New York

Catherine has been dreaming about planning an Extra Special Athletes Event for years. She has a thirteen-year-old sister, Caileen, who inspired her. After attending several Special Olympics events with Caileen, Catherine was motivated to start her own program. She says that when she learned about the Summit Leadership Academy, she knew it would help her reach her goals. After developing her project plan at SLA, it took Catherine about two years to launch the first Extra Special Athletes Event. Wisely, she formed a committee of other students to help. They solicited donations of money and food for the event, found sponsors, borrowed equipment, decorated, made brochures and fliers, and consulted with physical therapists to determine level-appropriate activities.

The Extra Special Athletes Event is a day filled with fun and games for children with special needs between the ages of five and twelve, from Westchester County, New York. The games and activities are geared to the children's abilities and include soccer, tennis, bowling, basketball, jump rope, bean bag toss, obstacle courses and more. This year, Good Counsel Academy held its second annual Extra Special Athletes Event on March 7, 2015. Catherine says, "I am so happy that this event has been successful and my dream has come true."

Maxo Etienne, *Institución Mixta para el Desarrollo Educativo*, Cazal, Haiti

Maxo, twenty-nine-years-old, serves as the coordinator of *Institución Mixta para el Desarrollo Educativo* (IMED; its name approximately translates to "Coed Institution Preparing Youth

for Tomorrow”). He collaborates with four other adults in their twenties: Gilbert Nicolas, Ednel Paul, Jocelyn Eliazer and Joseph Etienne. All five studied agriculture and science education at the Summit Leadership Academy in Haiti in 2011, where they set out to develop the skills needed to work effectively with their community. “We learned the importance of critical analysis of the situation with the objective of social change, and we learned the skills to conduct that analysis,” Maxo says. “Then we worked on developing a project with a deep and broad impact.”

The rural poor in Haiti and their children often do not have access to education or other fundamental resources. Through the farmworkers movement, which began about seven years ago, Maxo and his team sought to change the conditions of the rural poor. They believe that social change will come from the children, and education will be their tool. With the support of Rev. Anibal Zilli and Martha Boiocchi, Maxo and his colleagues started a school for the children of farmworkers in and around rural Cazal. In 2012 the school building project was complete. It opened in 2013 with modest supplies, but as a safe place for children to learn and call their own. The school is open for five hours each day and provides a meal to the students.

“Our hope is that through IMED, the children will develop hope for the future and become the future leaders of this project in support of the poor in Haitian society,” Maxo says. “Our start has been modest, but we hope and believe that it will lead to significant change in the lives of the rural poor of Haiti.”

Naturally, this success has not come without challenges. The school remains in need of furnishings, school supplies, teaching materials and general financial support. But with 700 families benefitting from the school, it has become an important part of the community.



Top: Maxo Etienne in a rare moment of stillness.

Middle: The tiny scholars at the school in Cazal, Haiti, founded by SLA alums.

Theresa Fanelli’s senior photo shows a young woman who has already created a program with lasting impact.

Father Anibal says, “I believe the Leadership Academy was an important moment in the lives of these youth. It helped to deepen their social commitment and to see the difference they can make in the lives and future of Haiti.”

Theresa Fanelli, Math Olympiad, White Plains, New York

Theresa Fanelli is a senior at Good Counsel Academy in White Plains, New York. She participated in SLA because she saw it as a good opportunity to develop her leadership skills to bring about a project she already had in mind: “The Leadership Academy provided valuable coaching to help me bring my project, the Math Olympiad, to life,” she says. “My project addresses the central role of mathematics in today’s society and the importance of encouraging middle school girls to be confident in their potential to shine in a variety of male-dominated professions. The fields of engineering, finance, accounting, computer science, medical research, medicine, aeronautics and many other careers are waiting for women to make their mark. I feel that a Math Olympiad is a fun way to bring together students who already show an aptitude in math and to ensure they understand the importance of it in today’s society.”

The Math Olympiad targets seventh grade girls and is intended to be a recurring annual event with the additional support of other students, faculty and staff. It has run each of the last two years with great success.

“The Leadership Academy helped me to learn that it is necessary to allow proper time for others to give feedback and to incorporate it,” Theresa says. “The important point is not just to have an idea, but to know how to get other people on board and feel they also are part of the project and its success. I also learned the importance of flexibility and strengthened my public speaking skills.” ❖



Living Goal Three:

Goal Three of the *Goals and Criteria of Sacred Heart Schools* calls for schools of the Sacred Heart to “commit themselves to educate to a social awareness which impels to action.” The accompanying criteria highlight some of the means by which our schools accomplish this goal, including, “The school offers all its members opportunities for direct service and advocacy and instills a life-long commitment to service.” Lauren Dumas and Abby McGuckin are two Sacred Heart students who have already – as high school seniors – demonstrated a lifetime of commitment to service. We are proud of them. And, while we highlight their service here, we are equally proud of the thousands of other Sacred Heart students and alumnae and alumni who have been called to action by the Sacred Heart. Let’s keep sharing this good news while we act to make a difference in our world.



Lauren Dumas, center, with some of the Academy of the Sacred Heart students whose work was published through her ASH Publishing Center.

Called to serve

Global Publishing Center connects Sacred Heart students

By Lauren Dumas, Academy of the Sacred Heart, Bloomfield Hills '15

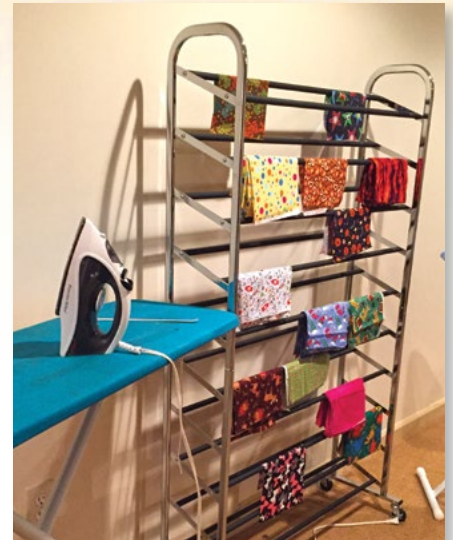
I STILL DISTINCTLY REMEMBER MY FIRST DAY at Sacred Heart – I was not yet admitted, but had spent the day shadowing a current student, learning about Sacred Heart education and exposing myself to the atmosphere that I would soon become a part of for the next ten years.

At the age of about eight, it was impossible to articulate or predict the irrevocable and long-lasting impact my Sacred Heart education would have on my life. Looking back and reflecting on my experience, however, I see clearly that my life would not be the same without the lessons and inspiration Sacred Heart has provided me. Along with superior academic rigor, an open-minded community and progressive outlook, Sacred Heart instills in each of its students a passion and desire to serve in any and every way we can.

The Academy of the Sacred Heart (Bloomfield Hills) provided me with a foundational education that drives me to serve others, but more importantly, it actively encourages and supports all efforts to give of myself. Service has always been an important part of our holistic education, but in my freshman year, I was able to extend beyond the service opportunities previously offered to students and create a project that was personally significant: The Publishing Center.

Ever since I was a young girl, I have always had an insatiable passion for reading and writing, exploring the written word and its power in our lives. When I was in elementary school, my mother volunteered at a publishing center, which granted me the opportunity to have a few of my short stories published. I feel that I can attribute my current love for reading and writing to this experience, which ultimately impelled me to institute a similar program within my own school community. I wanted to find a way to share with students the same joy that I felt and help young, impressionable minds realize and understand that their writing can be powerful and significant in many ways. Thus, the development and implementation of the ASH Publishing Center began.

My freshman year was dedicated to planning and development, while sophomore year was the inaugural year for publishing stories within the lower school community. Junior year saw a combination of lower school stories and Spanish-English translation of stories for children in orphanages in the Peruvian Amazon and Nicaragua. Junior year was significant in that it was the year I applied for, and received, a grant from the Wentworth Foundation. This grant paved the way for an expanded project, the Global Publishing Center. The theme of the stories



Top: Academy of the Sacred Heart, Bloomfield Hills, Head of School Bridget Bearss, RSCJ, brought senior Lauren Dumas to the AMASC Congress in Phoenix to garner support for her Sacred Heart Publishing Center among the international group of alums. Above: Fabric ready to be transformed into book covers in the publishing center in Lauren Dumas' basement.





I was struck by the prospect of helping my larger world community.



Abby McGuckin with Dr. Ebner at *Imagen Medica*, in Asunción, Paraguay.

created for the Global Publishing Center is “A Day in the Life of a Student in...” Each of the schools participating in the project will fill out a template and provide images that accompany specific prompts. The initial project plan was to collect, publish and subsequently share these stories in both the original language and the language of the country receiving the book. Now, various developments have inspired me to change the format of the project in order to broaden the reach and impact of the initiative. The current plan is for a global library to exist online, so that, instead of a static publication, the format will be dynamic and ever-changing, reflecting more accurately the reality of the world in which we live.

The ultimate goal is the same: to connect young, impressionable minds on a global level and to help them realize and comprehend their part in a larger, international connection of Sacred Heart schools. It is my hope that the schools that participate will be able to show their students the global reach and impact of a Sacred Heart education and see that they are one small part of a network of brothers and sisters that love, educate and serve together as one community.

Every Sacred Heart school will have access to this library, allowing them to fill out the template and add pictures as they wish. In addition, all other schools that want to participate will be able to view the stories provided by the other participating schools, resulting in an open forum where students can add text and images that will be enjoyed by students across the globe.

The encouragement and support that I have received while developing and implementing this project have been integral in realizing the final result. My Sacred Heart education has taught me from a young age that following my dreams and working to reach my goals are exceedingly important and a true reflection of one’s character. Determination, perseverance and dedication all play a major role in the development of any project, and the Publishing Center is no exception. I am so grateful to those within my immediate Sacred Heart community, as well as members of Sacred Heart schools on a national and international level, for their continued support, excitement and participation. I look forward to seeing the impact the Global Publishing Center will have on students all over the world, both to inspire a passion for the written word, as well as meaningful comprehension of the significance of the Sacred Heart network and educational community.

Inspired to SAVE

By Abby McGuckin,
Country Day School of the Sacred Heart, Bryn Mawr ’15

MY INTEREST IN THE UTILIZATION OF RESOURCES TO SOLVE PROBLEMS started early, but culminated recently in a drive up a roughhewn stone street in Asunción, Paraguay. The weight of luggage containing 1500 micro-puncture needles, guide wires, stents, catheters and balloons slowed us. The ride seemed eternally long, but at the door of *Imagen Medica*, donned in hunter green scrubs, Dr. Ebner emerged with his arms as wide as his smile. My impatience and fatigue evaporated. In contrast to his weighty titles, Dr. Ebner’s

small stature and expressive greeting assured me he was approachable. Bursts of torn English and impassioned Spanish echoed amongst *Imagen Medica*'s staff and convinced me that his whole team was thrilled to see me. Hugs and kisses on both cheeks were gleefully exchanged along with plump bags of devices. I felt satisfied, energized, and resolved to do this type of work for the rest of my life.

I started my junior year at Country Day School of the Sacred Heart in Bryn Mawr, Pennsylvania, eager to engage in my studies and find a familiar sense of contentment in my schoolwork. However, during November of 2013, I felt as if something was missing. The fulfillment I typically found from good test scores and tennis matches won was not enough. I recall thinking back to Saint Madeleine Sophie's words to "be humble, be simple, and bring joy to others." Although I was engrossed in my world at Sacred Heart, I was struck by the prospect of helping my larger world community. That night, I talked to my parents about what groups or causes needed the most help. As a vascular surgeon, my dad explained how painful it was for him to see expensive unused medical products be thrown away after their expiration date.

He went on to describe how easily the devices could be re-sterilized and used for people in need. In that moment, SAVE (Sending Abroad Vascular Equipment) was born. I have since coordinated with five different vascular device companies and outpatient centers to recover unused, expired products to be redistributed to those in need.

Paraguay was a natural fit for the donations as the indigenous population suffers from high rates of vascular-related diseases coupled with an inadequate healthcare system. The initial delivery to *Imagen Medica* was successfully completed over Easter 2014. As a commitment to their community, we also launched a bracelet fundraiser, purchasing handmade bracelets in Paraguay to be sold at our school, in my hometown and on eBay. This project is supported in part by a grant SAVE received from the Pollination Project in July 2014. Over the last few months, SAVE has been working to have donations sent directly to *Imagen Medica*.

We anticipate a good year in 2015, with another donation to Paraguay, as well as the delivery of an ultrasound machine to the largest hospital on the Gaza Strip.

This year is a bittersweet one for me: my fourteenth and final year at the Country Day School of the Sacred Heart. I am blessed to have attended such a wonderful institution where the seeds of service have been sown by my inspiring faculty. My trip to Paraguay and the establishment of SAVE were undoubtedly a result of taking Saint Madeleine Sophie's advice and living out the Goals and Criteria I recite during each homeroom. I am eager to continue my work with SAVE and its expansion next year at the University of Pennsylvania. I intend to study economics, health and society, and international development to gain a deeper understanding of the complex global health problems facing our world. As I anticipate the new challenges college entails, I am forever thankful for the foundation provided by the Country Day School of the Sacred Heart and the Network's commitment to academic excellence and altruistic self-cultivation.

- **Facebook:** <https://www.facebook.com/sendingabroadvascularequipment>
- **eBay:** <http://www.ebay.com/usr/wecansave2014> ❖



Top: Abby purchasing handmade bracelets on the street in Paraguay.

Below: Students at Bryn Mawr hunt for the perfect bracelet to buy in support of SAVE.



Duchesne House for Volunteers: Inspiring service

By Maureen Chicoine, RSCJ

The Society of the Sacred Heart founded Duchesne House for Volunteers in 2007 out of a desire to help the people of New Orleans recover from the devastation of Hurricane Katrina. Since then, Duchesne House has hosted about twenty groups of young people each year. Most come from high schools or colleges, but increasingly, some groups have been young college alumni. Most student groups have ten to fourteen volunteers, accompanied by one or two adults. Last August we had our first international volunteer, a young teacher from France. In January, a young woman from the University of Vienna joined us for three weeks of service. Volunteers experience a week of learning about the people of New Orleans and their unique culture. Their hands-on experience allows them to grasp more fully the social justice implications of the continuing needs of the city, while their daily prayer and reflection help them to process what they are seeing.

Some volunteers come back for repeat visits, but most we never see again. From student evaluations, we know what our volunteers discover during this intense week of service and reflection. Comments include:



Creighton students take a break from home repairs during their stay at Duchesne House in New Orleans.

"I am considering a year of service after graduation."

"I can make a difference no matter how small. My relationships with God and others are exponentially more important than material things."

"I want to come back . . . I now know I want to serve and help others."

"This trip has given me a new perspective on religious life and the work that is done, which is not seen and appreciated by the wider community."

Watching our visitors grow during their time with us and hearing their appreciation is affirming, but we can't help wondering about the lasting effects of this brief week on them and their lives. So we asked the leaders from three of our visiting schools to give us some feedback. *And, oh, is it heartwarming!*

Duchesne House "alums" seem to be inspired to continue service as a way of life. Lori Wilson, director of campus ministry at Convent of the Sacred Heart in Greenwich, Connecticut, wrote, "In my experience, students come home from New Orleans looking for ways to make a bigger difference around Greenwich. Their eyes are open to 'find the Katrina' in their own backyard, so we see an increase in volunteerism as a first outcome."

Andrew Fellows of St. Anselm College, Manchester, New Hampshire, noted the activities of some of the Duchesne House volunteers: "One is now the college's contact person for the international trip to the Dominican Republic. One is the contact person for a shelter in Phoenix where our students volunteer. Another is a campus minister at a local high school ... These are just a few of many examples of the way Duchesne House has influenced and will influence the path of our participants' lives."

Krystn Shrieve, director of projects, advancement marketing and strategic partnerships for the University of San Diego, wrote in the spring 2015 issue of *USD Magazine* of the transformative value of service experiences at Duchesne House. "Chase Tushaus has seen all kinds of blurred lines during his many journeys to New Orleans. He thought his first trip, in 2009, would be like other spring break trips, where he'd help rebuild a house, then head home and rarely, if ever, look back. But it wasn't. He kept coming back, just as the university keeps coming back, returning to New Orleans each year.

"Tushaus says: 'God led us through these trips and introduced us to people we needed to meet. It's amazing to get to know people who had gone through this great tragedy of Hurricane Katrina and its lingering aftermath and see that, despite everything, they still have a sense of hope and community.'"

"What makes Duchesne House different is the aspect of prayer and reflection," Wilson says. "You can do service anywhere, stay anywhere; but the emphasis on critical thinking [at Duchesne House] is crucial. Trying to see how God fits into the entire experience is also essential to the process. We go year after year and stay at Duchesne House because we've made a commitment to return until everyone is back in their homes. We collaborate with the sisters on the learning part of the experience. We can do this on our own, without a doubt,



Top: Not all rebuilding is done with a hammer! Here Duchesne House volunteers create a new garden.

Above: Duchesne House for Volunteers is staffed by Sisters Anne Byrne, Shelley Lawrence and Maureen Chicoine.

but at Duchesne House it is part of the mission of the house; *it's what makes staying there so valuable.*"

At the University of San Diego, students who truly have a heart for service are known as Changemakers. Eirene Rocha '13 fits that description to a 'T.' Rocha, who graduated with a bachelor's degree in international relations and a minor in ethnic studies, was part of an immersion trip to New Orleans in 2012. The following year, after graduating from USD, she returned to spend a year living at Duchesne House and working in New Orleans. Rocha says "New Orleans has a way of grabbing you and pulling you in ... Before I went to New Orleans, I had only a basic understanding of the world. Now I understand the kind of work that's being done at the grassroots level and what it means to truly be part of a community."

At Greenwich, students have continued to join the New Orleans Hope Force Club each year since Katrina. This club raises money for the St. Bernard Project, a New Orleans nonprofit dedicated to rebuilding the hardest hit areas of the city. Members also help to build awareness of the ongoing needs in New Orleans. "The girls are acutely aware that there is no news anymore about New Orleans and Hurricane Katrina," Wilson wrote. "They know it is their responsibility to continue the work."

The feedback from Lori Wilson also revealed that at least some of our visitors are inspired to help the city in ways

beyond direct service. One Greenwich student recently submitted a Creole initiative project for science research. Her goal is to create a new marsh plant that would grow in brackish water to help recover the wetlands. Where did she get this idea and the dream to make a difference? On her New Orleans service learning trip this past summer.

Others gain a new appreciation for the responsibility Catholics have to serve. "Tomorrow, one of our St. Anselm students will be giving a witness talk to Confirmation students about how she lives out her faith," Fellows wrote. "I have heard her speech, and it is heavily influenced by the experiences she had on her Winter Break Alternative [at Duchesne House]."

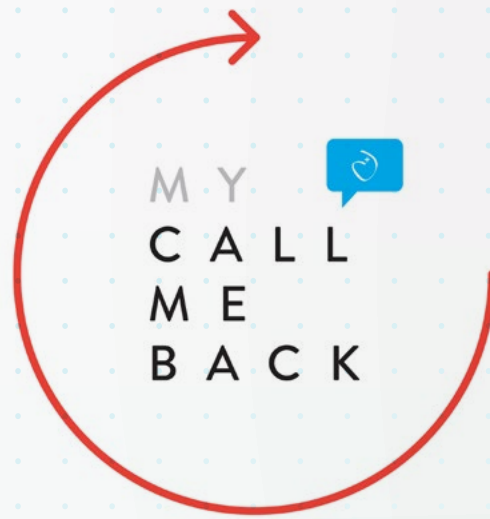
For the Duchesne house community of RSCJ, the opportunity to be with lively and highly motivated groups of young adults both inspires us and gives us great hope for the future. Groups share freely about their lives, their interests and include us in their fun and lively discussions. We share responsibility with student leaders for prayers and reflections and enjoy the creativity of their view of God, community and the world. *It is a "win-win" situation all around! ❖*

Maureen Chicoine is one of three Religious of the Sacred Heart now living and working at the Duchesne House for Volunteers. She was assisted in the writing of this article by the others in the community, Sisters Anne Byrne and Shelley Lawrence.



Prepare to get dirty! Duchesne House volunteers take on all projects – whatever it takes to get Katrina-damaged homes habitable again.

An application for social awareness, spirituality and discernment



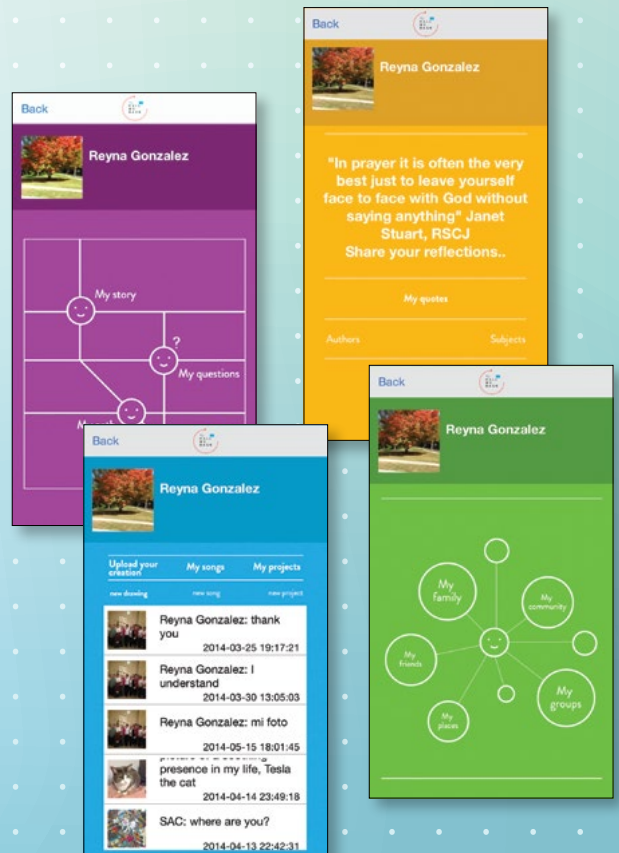
Designed for young adults, the My Call Me Back app – available for iPhone and Android devices – provides a virtual platform to explore, reflect, create, discern and connect with others.

The app includes:

- **Faceworld:** reflect on the world situation and social issues.
- **My Route:** explore the questions and intuitions, opportunities and calls of your life.
- **Belonging:** reflect on the experience of belonging to a group, a project, a dream.
- **My Creations:** be in touch with your own creativity.
- **My Journal:** learn and apply guides for prayer, daily examen, principles of discernment and praying with some of the Society of the Sacred Heart's founding mothers like Saint Madeleine Sophie Barat and Saint Rose Philippine Duchesne.
- **My Inspiration:** reflect on quotes designed to inspire.
- **My Toolkit:** learn about activities and workshops the Society of the Sacred Heart has to offer.
- **Home:** gain access to various areas of the Society of the Sacred Heart.

You will find a place to share your restlessness and desire to live a life of meaning and depth.

Available now on the App Store and Google play. Just 99¢.





Society of the Sacred Heart
United States – Canada

4120 Forest Park Avenue
St. Louis, MO 63108

Nonprofit Org.
U.S. Postage
PAID
St. Louis, MO
Permit No. 5806



At the **Duchesne House for Volunteers**, visitors are inspired to serve.



Colleen Guste Waguespack found inspiration in her **Family tree and an education that transforms**.



The beauty of two Sacred Heart students who are **Called to serve: Living Goal Three**.

If you no longer wish to receive *Heart* magazine, please let us know.

Email: editor@rscj.org

Phone: 314.652-1500

Online: <https://rscj.org/unsubscribe>

Please provide the recipient's name and the mailing address that should be removed from our mailing list.