

Heart ♥ to ♥ Heart



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“Regard yourselves as ministers and servants reflecting that you have more need to serve others than they have to be served by you.” These words from St. Angela’s First Counsel present the theme of this issue of Heart to Heart which focuses on how Angela’s legacy is being lived today through service, volunteer ministry, and the Ursuline spirit of Serviam.



International *Serviam* Day

International *Serviam* Day (ISD) is a dedicated day each year when Ursuline community members around the world come together to serve their local communities, further strengthening our call to serve others. International *Serviam* Day began at Ursuline Academy in Dallas, TX, and the first ISD was held in spring of 2017. More than 50 students, parents, and alumnae participated in service opportunities in the Dallas area. Individual alumnae in Asia and Europe served in their communities, kicking off our global outreach. Now in its fifth year, ISD has expanded to include nine Ursuline schools in the U.S., all collaborating to create new service opportunities in cities across the nation and around the world. (See www.ursulinedallas.org/alumnae/internationalserviamday)



Heart to Heart readers and alums of Ursuline schools share experiences of living Angela’s legacy of service

I am carrying on the legacy of St. Angela by tutoring a student in math at *Serviam* Girls Academy since September 2021. Due to the pandemic, my work with her has been on zoom. It’s been a challenge, but she has made good progress.

—Clara Zahadradnik,
Wilmington, DE

At 94 years of age, I am “retired.” My Angela activities in the parish consist in belonging to the Social Concerns Committee, gathering large donations of food and socks for local Veterans and their families. Often, I serve as Eucharistic minister to the homebound, join in a weekly parish prayer group via Zoom, have phone visits with parishioners, and have attended three Synod meetings of both religious and lay folk.

—Carol Ann Holder, OSU,
Wilmington, DE

After what seemed to be several hurdles to jump due to Covid, we are once again able to return to Laredo, TX to minister to migrants and refugees. As we assist in small and big ways, we try to keep Angela’s legacy in mind.

—Maria Teresa de Llano, OSU and
Karen Schwane, OSU, San Antonio, TX



"I help teach CCD to my son's first grade class, and I love hearing their curious questions and seeing their faith and genuine love of God. I remember learning about *Serviam* at Ursuline in Dedham, MA. Service is an opportunity to encounter the hope and possibility of Christ by helping those around us. The time I spend with the first graders certainly fills me with hope."

—Beth Sheehan Collins,
Mansfield, MA

While volunteering with students to rebuild houses destroyed by hurricane Ida, I asked them about living Angela's legacy. They said: "Sister, you embody the spirit of ANGELA. You are a conduit, and if you were not here, there would be a missing link...The Ursuline Sisters are the seasoning of the spirit of ANGELA. Being with us, their example teaches us how to live out the words of St. Angela: 'Act, move, do something, be surprised.'" I believe that I am living Angela's legacy by being open to the Spirit, hearing the cries of the poor, and bringing students to those areas most in need.

—Regina Marie Fronmüller, OSU,
New Orleans, LA

At Ursuline Academy in Wilmington, we offer many opportunities for alumnae to continue living the *Serviam* motto. We plan various service opportunities throughout the year, including Stocking stuffers, blanket making for "Fleece for Keeps" for foster children, and food and item drives for local organizations. We've organized park clean ups on Earth Day, and prepared food on Martin Luther King Day. We are grateful to alums who share their time with our students through our Alumnae Speaker Series, classroom and club visits, coaching, and more.

—Joanna Schumacher Arat,
Wilmington, DE

I am at St. John's School in San Francisco, the grade school I came to 78 years ago. I call it coming full circle. After 58 years of teaching and working in schools, I am volunteering at St. John's. With fewer sisters teaching, Ursuline presence is very important to us so that Angela's charism may continue. Being with children gives me life; I go now and then to work with the teachers and children.

—Michelle Domecus, OSU,
San Francisco, CA

I spend Monday mornings volunteering at a local food pantry where I treasure my interactions with our clients. I am changed by their simple gratitude for what they receive and for the welcoming presence of those who serve them.

—Diane Fulgenzi, OSU,
St. Louis, MO

"Kumler Outreach is a ministry of a small Methodist church in Springfield, IL, that provides food and assistance in getting prescription medicines. As I volunteer, I am touched by people of various Christian denominations who have happily served there for 10, 15, or 20 years. I also marvel at some clients – great-grand parents who lovingly and peacefully are raising young children. I am blessed to be with them."

—Theresa Davey, OSU,
Springfield, IL



Just before Easter we volunteered with the Restorative Justice Ministry of the San Francisco Archdiocese. Along with other volunteers, we sorted, wrote notes, and packed treat bags for those incarcerated in county jails. Volunteers included people of all ages. Treat bags were filled by the young people. Stickers were put on the back of Easter cards so that the person receiving it would know where the bag came from. We, along with a few others, were given the task of writing a personal note in each card. We wrote about 200 cards. It was wonderful to feel the energy in the room as the task moved along. For some of the incarcerated, this would be the only sign of Easter they would receive. Later in the day, cards were prepared for Mother's Day and Father's Day. We left feeling we had reached out to those who might not have had someone who cared."

—Shirley Garibaldi, OSU and
Michelle Domecus, OSU, Daly City, CA

I have the privilege of connecting with immigrant persons whose life situations call out to me. I am able to respond through accompaniment ministry with asylum seekers and tutoring a woman from Mexico who is learning English. Through our parish St. Vincent de Paul group, I am part of a team serving "neighbors in need," some of whom experience desperate circumstances.

—Madonna O'Hara, OSU,
St. Louis, MO



Current students at The Ursuline School in New Rochelle, NY,
share their experiences of *Serviam*

I am so grateful to be living out St. Angela's legacy through being involved in my school's Campus Ministry program. This has truly shaped me as a person, and I am so blessed to have had this opportunity.

—Kelly Katsoris, '22

St. Angela Merici stands as an inspiration to me every day. Her devotion and perseverance are values that I wish to emulate in my life. Through various charitable acts, my peers and I keep St. Angela's mission alive in the world and aid in spreading it to others.

—Olivia Luyando, '24

For me, *Serviam* is doing small, simple acts of kindness each day to help others. Jesus teaches us that whatever we do for the least of our brothers and sisters, we do for Him. In lending a helping hand to one another and giving of ourselves, we are helping to live St. Angela's legacy.

—Maeve Ryan, '24

The spirit of *Serviam* is in full swing here this spring. We generously donated toiletries to a Foundation which is partnering with several groups to airlift humanitarian and medical supplies to Ukraine. We also held *Serviam* Saturday food drives, and for Easter we made cards and treat bags for the children at a local hospital. In addition, we have been volunteering at Hope Community Services on Fridays after school, assembling and packing bags for Hope to distribute the following week. Food insecurity is a growing problem in our local communities, and we are delighted to be able to do our part to help.

—Mary Cinguina, '23