

Heart ♥ to ♥ Heart



Vol. 11, No. 4

April 2026

“Serviam” – “I Will Serve” – is the motto for our Ursuline Roman Union schools. In each school, the words of St. Angela Merici – “You have more need to serve others than they have to be served by you...” – help to shape a culture of service that is meant to extend into the students’ adult years, wherever life may lead them. For this issue of Heart to Heart, former students and alums of Ursuline schools share reflections on how, in their adult lives, they are continuing to live the spirit of Serviam.

—•♥•—

I preface my remarks by acknowledging that I attended Ursuline Academy, Dedham, for 7th and 8th grade only (1965-67), but the education and spiritual guidance I received from the Sisters during those two years provided me with a never-ending strength. The gift of the spirit of Serviam was the core of my Ursuline experience, *Serviam* then becoming the framework of the spheres I built during my lifetime: marriage, motherhood, friendships, career. Today, no longer part of the working world, I volunteer my time with a historical society as a researcher, writer, and presenter, bringing to light the voices of women whose stories have been erased, ignored, or marginalized. For, how can we understand ourselves and where we are going if we don’t have a complete picture of the past? In *Serviam*, there is agency. And for this I am humbly and eternally grateful to the Dedham Ursuline Sisters for instilling this spirit of service in me.

—Sally Seufert Holmes ‘71 (honorary grad)
Ursuline Academy, Dedham, MA

—•♥•—

When I give tours of our little school (Mount Merici Academy) to prospective families, I always point out the symbols of our *Serviam* shield that our students wear. This has become a quick reflection time of my previous education where we practiced service over self. I thank God for the Sisters who taught, molded and instilled service in me so many years ago. I was taught by the Ursulines Sisters of Louisville in Kentucky. The Latin meaning of *Serviam* came to me as an adult when I joined Mount Merici Academy as a parent. Being able to raise and empower my daughters in the *Serviam* tradition has been a gift I have been able to pass on. One of our sayings at Angela Merici High School, where I attended, was “Catch the Spirit, Pass it on” and that is what I strive to do when I teach Faith Formation in my parish, volunteer in my community with senior citizens, and when I lead and work with my coworkers here at Mount Merici.

—Stacy Shoulta ‘84
Mount Merici Academy, Waterville, ME

S*erviam* has continued to influence my life as an alumna in many different ways, both in influencing large decisions in my life, such as my chosen career as a child psychologist, and in everyday choices I make. *Serviam's* emphasis on serving others truly is a guiding force that helps me to prioritize thinking of others first. The power of the motto is that, while it provides a gift to the recipient, it also provides a gift to the giver, the fulfillment one receives from truly serving our brothers and sisters. At the end of a long day, the sense of satisfaction knowing that you were able to make a difference in someone's life, big or small, is gratifying and the real gift of *Serviam*.

—Diane Franz Scheets '85
Ursuline Academy, New Orleans, LA

The notion of *Serviam* inspires us to make our world a better place by helping others, especially those in our local communities. My mother, Mary Jane Kann Reddington '41, devoted her entire life to service to others and continues to be my inspiration. When I was an Ursuline student, I was a member of and President of the Mission Club. It afforded me both a student leadership position as well as living out *Serviam* by raising funds for missionaries around the world who provided for the most basic needs of others. Our biggest fund-raising event was "Mission Day" that, as I look back on it, was an early lesson in leadership and project management when I was 17 years old. Today, I continue my commitment of service to others as a member of the Board of Directors of Meals-on-Wheels of New Rochelle where we, through a group of dedicated volunteers, provide meals to the city's homebound seven days a week, 365 days a year. There is nothing more fulfilling than to be a part of this important initiative.

—Muffy Reddington '72
The Ursuline School, New Rochelle, NY

Ursuline's *Serviam* motto continues to guide how I live my life beyond my high school education. I carry this spirit into my daily actions by striving to put the needs of others first in both my personal and professional relationships. One meaningful way I implement this is by serving the community with my daughter through National Charity League, which allows us to give back together. This experience not only strengthens our bond, but it also reinforces the importance of compassion and generosity. Living the *Serviam* spirit has helped me become a better team leader, employee, and mother by encouraging empathy, collaboration, and a service first mindset. It remains an integral part of who I am and how I contribute to those around me.

—Catherine Bell '99
Ursuline Academy, Dallas, TX

"Strive to be faithful to that which God has called you" (St. Angela Merici). As a student at Ursuline Academy, St. Louis, I did not realize it at the time but I did strive to be faithful to my classmates and all of UA. While attending Saint Louis University, I helped to promote the Medical Records Administration career. As an employee for the Missouri Department of Mental Health for over 42 years, I tried to consistently reach all employees at all shifts and patients in all units with a caring, respectful manner and a friendly face at all times whether through actions, memos or emails. As a neighbor or parishioner, I hope my communication and actions, whether advocacy or planning or cleaning up at an event, reflect faithfulness.

—Sally Maguire '76
Ursuline Academy, Saint Louis, MO

S*erviam*, meaning “I will serve,” is a value that has quietly shaped my life for as long as I can remember. It was first nurtured by my parents and later deepened through my years at Ursuline Academy and at The College of New Rochelle. Over time, I have come to understand that practicing *Serviam* is not about doing something extraordinary or grand; it is about the small, consistent choices we make every day. For me, living *Serviam* means showing up for others with kindness and respect. It means listening when someone needs to be heard, offering encouragement when someone feels uncertain, and giving my time in ways that may seem simple but can truly make a difference. These acts may be small, but together they create a meaningful sense of community.

—Suzie Smith '72
Ursuline Academy, Wilmington, DE



My name is Sonia Pacheco, and I graduated from Academy of Mount Saint Ursula in 2016. The values of compassion, service, and dignity that were central to my education there continue to shape both my professional and personal life. As an Associate Care Navigator, I work closely with the women religious of the Congregation of Notre Dame, supporting their health, well-being, and daily care needs with attentiveness and respect. The spirit of *Serviam* remains especially meaningful in my work, as it reminds me that service is not only about meeting practical needs, but also about offering empathy, patience, and presence. The foundation I received at Academy of Mount Saint Ursula continues to guide how I approach both my responsibilities and my relationships each day.

—Sonia Pacheco '16
Academy of Mount St. Ursula, Bronx, NY

