



Live quietly with God
Work gladly for God
View things from God's viewpoint
Talk things over with God
Glow with zeal for the glory of God
Find your joy in God
Rest deep in the heart of God
 —Mother Mary Michael, our co-foundress

Mount Grace Newsletter

November 2004-
April 2005

Holy Spirit
Adoration Sisters
 1438 East Warne Ave.
 St. Louis, Missouri 63107



*In the mystery of the
 Eucharist the Triune God's love
 is manifested in its fullness.*

*In this sacrament
 Christ bestows on us
 his own life
 by the communication
 of his Spirit,
 and thereby an
 increasingly abundant share
 in the Father's life.*

—from our Constitutions



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Veni Sancte Spiritus—Come Holy Spirit!

Remembering the great spiritual legacy left us by Pope John Paul II provides endless sources of spiritual enrichment. He declared October 2004—October 2005 to be the Year of the Eucharist. In our spirituality as Holy Spirit Adoration Sisters, we celebrate the close union between the precious gift of the Lord's Real Presence in the Sacrament of the Altar and the gift of the Holy Spirit, who is the Life of the Church. It is the Holy Spirit who makes possible the actuality of Jesus' presence in the Eucharist, as we are reminded during Mass in the second Eucharistic Prayer: "Let your Spirit come upon these gifts to make them holy, so that they may become for us the body and blood of our Lord, Jesus Christ." Even as the Holy Spirit gifts us with the Eucharist, Jesus gifts us with the Holy Spirit. The Holy Father, in his encyclical on the Holy Spirit, said, "At the culmination of the Pascal Mystery, the Son of God, made man and crucified for the sins of the world, appeared in the midst of the Apostles after the Resurrection, breathed on them and said, 'Receive the Holy Spirit.' This 'breath' continues forever, for 'the Spirit helps us in our weakness.'" The openhanded love of our God is a constant outpouring of gift to us, furnishing us with what we need during our earthly pilgrimage. During our time spent in Adoration of the Eucharist, let us implore the Holy Spirit to guide and protect Holy Mother Church and Pope Benedict XVI, her new Shepherd on earth.

The Holy Spirit shrine in our garden received a new look thanks to the generosity of Msgr. Leon Peck, the brother of our Sister Mary Christina. A thoughtful donation in memory of the Peck family members enabled us to refurbish the inset of the shrine with a multi-colored mosaic representing the Third Person of the Blessed Trinity.





Sister Mary Rebecca's First Profession of Vows took on a more distinctive quality as it happened to fall on the Feast of Christ the King, our Titular Feast Day... November 21 is one of two Profession Days in our Congregation



Sister Mary Rebecca came to us on September 29, 2001 from Dell Rapids, SD and is the oldest of seven children. Sister graduated from the University of Nebraska-Lincoln (UNL) and she treasures the six months spent as an exchange student on the island of Malta. She took advantage of the opportunity to travel from mountain to desert to sea—visiting Europe, North Africa, and Turkey. This adventure was spiritually rewarding and educational. Sister was a member of UNL's Newman Center and it was through two priests serving there that she became acquainted with our Congregation. Both made it a point to accept our invitation to concelebrate at her Profession Mass. Deep gratitude and gladness filled the hearts of our Sisters as we gathered on the eve of November 21 for the Investiture of Sister Rebecca. Sister Mary Gemma presented her with the Congregation's rose-colored habit signifying consecration to the Holy Spirit along with the white scapular, and her religious name was announced. A Scripture reading and songs of praise concluded the ritual. Christ the King Sunday dawned along with Sister Mary Rebecca's long-awaited profession day. Sister's family, friends, and well-wishers were anxious to witness her consecration to Christ and His Church. Msgr. Richard F. Stika examined and prayed over Sister, and then she pronounced her vows before Sister Mary Gemma and Sister Mary Renée. Monsignor then presented the Veil, the Cross, and the Rule to Sister Mary Rebecca. The Liturgy continued and "Veni Sponsa Christi" (Come Spouse of Christ) was sung while the bread and wine were brought forth. Family and friends in attendance were invited to pray for Sister, placing a rose in the vase by the grille to signify their loving approval. Sister kept all intentions entrusted to her tucked in her thoughts and prayers. The Sacred Liturgy ended with grateful hearts singing a hymn praising God's name. After receiving congratulations from her Sisters, Sister Mary Rebecca joined her visitors in the Marian Hall. At the day's end and in the quiet of the evening Sister Mary Rebecca placed her rose corsage before the icon of Our Mother of Perpetual Help as a sign of her devotion and love for the Blessed Virgin Mary. Her joy and gratitude for the gift of her vocation overflows as she is able to say with the Bride in the Song of Songs: "I have found Him whom my heart loves!"



We enjoyed getting to know the Second Counselor on our Generalte when she spent the month of November with us, as she was traveling from Germany en route to the Philippines. Sister Mary Renée was elected to the General Counsel along with our Superior General Sister Mary Cecilia and our Assistant Superior Sister Mary Devota during the Chapter in 2003. Sister Mary Renée heartily participated in her first Thanksgiving celebration and lent a helping hand where she was able. As Sister continued her journey to the Philippines, her traveling companion was our Sister Mary Corina. After nearly two decades of devoted service in the US, Sister felt the call to "revisit her roots" and graciously accepted the transfer to our convent in Cebu where she made her vows. We will miss her cheerful demeanor and ready assistance and cherish the memories she left behind.



(L to R) Sr. Mary Renée and Sr. Mary Corina



Sr. Mary Leticia

It is the faithful handing-down of our spirituality and charism to the next generation that keeps the flame of our Congregation burning brightly. In January, our novice directress, Sister Mary Leticia, made the journey to Davao in the Philippines to participate in a workshop on formation lasting three weeks. She joined sixteen other Superiors and Formators from our convents in six countries to share resources and confer on the best ways to prepare our candidates and young Sisters for cloistered life. The workshop was moderated by Fr. Peter McHugh, SVD. His expertise on the spirituality of our Founder St.



Sr. Mary Ines

Arnold Janssen provided a fresh perspective for our Sisters. Everyone involved deepened their insight into the formation process and was appreciative of the opportunity to expand their knowledge. Sister Mary Leticia is also our organist, and during her absence our Sisters in Philadelphia came to our rescue by sending Sister Mary Ines to accompany the Liturgy for us. She was a good match for our choir and was a joy to have in our community. We were fortunate that she was able to share her musical skills with us.



May the Heart of Jesus live in every heart! –St. Arnold Janssen

Archbishop Raymond Burke was delighted to make another visit to Mount Grace when he concelebrated Mass with our chaplain Fr. Felix and afterwards presided over the ceremony to Enthronement the Sacred Heart of Jesus inside the cloister. During the ceremony our statue of the Sacred Heart was blessed and carried in procession to the place of enthronement. We then prayed together the Act of Consecration to



the Sacred Heart, dedicating our convent and ourselves once again to the sweet rule of the Heart of Jesus. As the Archbishop explains, "The enthroned image of the Sacred Heart expresses the true Kingship of Christ who rules over us by giving up His life for us. It daily reminds each of us to follow in Christ's royal way by making reparation for sins committed and by striving to serve God and neighbor more lovingly. The image of the Sacred Heart of Jesus is enthroned to signify that Christ is he who gives inspiration and direction to each of us. The Enthronement is a single act, but it represents a way of life by which each of us is transformed in Christ each day." The strength that we need to perform our daily duties comes from the Heart of Jesus—love of God and love of neighbor should be the driving force behind every thought, word, and deed. The Sacred Heart, ruling from his Eucharistic Throne, is a source of grace, peace, and unity, so sorely needed in our troubled times.



The terms of office for the local Superiors and their Counsels have expired. Sister Mary Gemma has been reappointed for another four years as Superior of Mount Grace and Sister Mary Caridad will continue as Second Counselor. Sister Mary Leticia is our new Assistant Superior. Sister Mary Christina is now enjoying a hard-earned reward for her many years of assistance. We are grateful to all of them for their generous service to our Community and Congregation!