

## Chaplain's Corner

Fr. Thomas A. Krosnicki, SVD

The Church continues to celebrate the Year of Consecrated Life as a time to give thanks for the witness, inspiration, and enrichment given by men and women committed to the religious life. People of all faiths seek out such heroes and heroines to confirm not only the goodness of humanity but to provide inspiration for daily living. Followers of Christ also look for the witness of dedicated religious for such inspiration and encouragement. Turning back the pages of history one can name many saintly persons who have been recognized for their dedicated Gospel living—poor, chaste and obedient. One need not look into the rear view mirror of history to find such persons! There are many who live quietly, devotedly in the midst of the troubled world of today.

The cloistered Holy Spirit Sisters here at Mount Grace live a consecrated life of prayer and sacrifice. Only God knows to what extent. They like it that way! Their unique form of religious life is a missionary witness to things that are greater than the here and now. Their daily lives speak eloquently about what is truly important and lasting. It is not surprising that many find them attractive and their prayerful intercession before God effective!

The constant flow of members of the Legion of Adorers who go out of their way to pray before the Blessed Sacrament at Mt. Grace is impressive. Vans of young women, participants in the so-called "Nun Run" program which fosters religious vocations, come occasionally to speak with the Sisters about the meaning and style of religious life today. That too is encouraging. God might be attracting some to the consecrated life, although they might be unaware of it! The occasional presence of young men at the Sisters' sung Evening Prayer (an impressive group of fifty high school and college age boys came recently) also speaks about the need for prayer, silence, and adoration for men of all ages.

So, what is my point? During this Year of Consecrated Life, Catholics should thank God for the presence of religious like the Holy Spirit Adoration Sisters. But, at the same time, all must continue to foster vocations. God still calls persons to the religious life; the individuals must respond with generosity, and with the positive encouragement of others.



St. Arnold's Religious Family:  
Holy Spirit Adoration Sisters, Divine Word  
Missionaries, & Holy Spirit Mission Sisters



Easter Vigil:  
Let Your Light Shine Before All

## The Call

As the Catholic Church teaches,  
every person is called to holiness—

the perfection of love—as their primary vocation.

We were created for intimate relationship with the Triune God. Marriage, religious life, and the priesthood are all ways to live out this vocation of love. God has a plan for us; he has known from all eternity which path is most suitable for each individual to reach this goal of holiness. We are free to accept or reject God's call, but we will find our deepest fulfillment only if we are open to listening to his voice.

"I know well the plans I have in mind for you," says the LORD, "plans for your welfare, not for woe! Plans to give you a future full of hope." (Jeremiah 29:11)

**Wake up the world!  
Be witnesses of  
a different way  
of doing things,  
of acting, of living!**  
--Pope Francis

**2015:  
Year of  
Consecrated Life**

# Mount Grace Newsletter

JUNE 2015

*Ave, Spouse Coelestis*



**Hail, Heavenly Spouse**

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

1438 E. Warne Ave  
St. Louis, MO 63107





## The Cloister

The cloister provides a space of separation, solitude, and silence, where God can be sought more freely in a life not only for him and with him but also in him alone. It is not a negative withdrawal, but a place set apart in which we can continually seek God in the mystery of a total and exclusive love. Our enclosure does not alienate us from others. On the contrary, communing with the God who is Love itself fills us with sympathetic understanding and love for all. Our spiritual giving, in and through Christ, transcends every boundary. Our cloistered withdrawal from the world allows us to make the cares and sorrows of all people our own as we offer them up in prayer.



## Rejoice with us...

The work for the process of the beatification of our co-foundress, Mother Mary Michael, is moving forward. The Holy See has given the permission to officially start the diocesan process. This first step along the road to beatification will begin in the Diocese of Roermond, Germany. Mother Mary Michael died on February 25, 1934.

## Did you know...

This year marks the 100th anniversary of the arrival of the first Holy Spirit Adoration Sisters in the US. Nine Sisters arrived from Germany on May 29, 1915 to start the Convent of Divine Love in Philadelphia. Check out their new web site: [www.adorationsisters.org](http://www.adorationsisters.org)



# A Window Into the Cloister: Frequently Asked Questions

## How often does each Sister keep Adoration of the Blessed Sacrament?

We take half-hour turns during the day and one hour every other night. A Sister may spend more time before the Blessed Sacrament during her personal prayer.

## Do the Sisters ever go off of the Convent premises?

We go out sometimes for special purchases, to get fitted for shoes, or to go to the doctor or dentist. We do not have home visits. We do have a nice garden where we can walk, pray, ride our bikes, and play.

## Do the Sisters receive visits from their families?

Yes, our family members can visit up to three times a year if they are from the area. Family members from out of town can come and stay a couple of days. Sisters can also receive telephone calls. Only those Sisters in office (i.e. superior, etc.) are allowed access to the Internet for matters related to their work.

## How do the Sisters earn their living?

We accept goodwill offerings from our visitors and through our correspondence. We enroll those who request it in our Spiritual Union of Perpetual Adoration. They are included in nine Masses a month, our prayers, and good works.

## How do the Sisters get supplies?

We get, among other things, food donations (sometimes entire meals) from very generous benefactors. It is amazing how God arranges everything so as to give us what we need at just the right time! If we need to buy groceries or home/office materials, we call suppliers that can deliver to us.

## What do the Sisters do for recreation?

We enjoy one hour of recreation nightly (except Saturdays). We play games (cards, board games, jigsaw puzzles), play music, sing, enjoy conversations, or look through large pictorial books. If weather allows, we can enjoy the basketball hoop, ride our bicycles, and play games out in the garden. There is also one hour of free time during the day when the Sisters can rest, read (news, religious magazines, fiction books), exercise, etc. On feast days, the free time is extended to about two hours and in the evening we are allowed to watch videos (movies, concerts, documentaries). The number of videos we can watch per year is limited.

## How do the Sisters pray for my intentions?

We accept prayer intentions at our convent door, in our chapel boxes, via letter, the telephone, and through our web site. Express petitions are made during our morning prayer and Mass to lift up to God those who ask for our prayers and for all in need. The complete offering of the life of a Sister day by day, moment by moment is the sure support for those prayers as expressed in our Constitution 108: "The sincerity and urgency of our prayer will be convincingly manifested in the living out of our total dedication."