



# Rejoice!

Sisters of the Immaculate Heart of Mary Newsletter

Winter 2010

## Dear Family and Friends of IHM,

May the Eucharistic Heart of Jesus be everywhere praised and glorified!

In our last newsletter we told you of our hope (the fulfillment of which we thought unlikely) that we would be able to participate fully in the Apostolic Visitation. Shortly after we mailed the newsletter we were surprised to receive notification that we had been chosen for an on-site visit! This Visit took place in May. You can read all about it inside.

After the Apostolic Visitation and in preparation for our General Chapter (to be held in summer of 2011), I asked the Sisters to reflect more on what it means to be a Sister of the *Immaculate Heart of Mary*. Devotion to the Immaculate Heart of Mary is found throughout the centuries, with great a contribution and development by St. John Eudes; in the 20th century, however, it was the apparitions at Fatima which brought her Immaculate Heart again to the forefront. Mother Joanne, foundress of the Wichita IHMs, gave the Sisters many of the Fatima prayers as part of our communal devotions and made explicit much of the Fatima Message already present in our charism. This summer's work had four parts:



- The first step was the annual IHM Novena June 3-11. Each of the talks focused on an aspect or particular message of Mary delivered at Fatima, Portugal in 1917. (See our web page for the talks.)
- Knowing the importance of study and prayer, I proposed as the second phase, that all the Sisters read and prayerfully reflect upon *The Shepherds of Fatima* (a newly published work by M. Fernando Silva) and *Lucia's Memoirs*. All of the Sisters were provided with the books and they were and continue to be the topic of countless conversations.
- The third step was a pilgrimage to Fatima! Sr. Mary Magdalene, Sr. Mary Ann, Sr. Joseph Mary and I boarded our flight on June 20, heading for Lisbon, Portugal, then by bus to Fatima. Much more inside!
- The culminating activity has been affectionately referred to as "Our Lady of Fatima Convent in the Ozarks." We were given the use of a cabin for two weeks on the Lake of the Ozarks! Splitting into groups the Sisters were able to use this time for prayer, discussion and absorption of the Fatima Message as well as some serious relaxation and recreation.

Putting together all of the events of this summer has definitely increased our awareness of God's love and providential care for us, Our Lady's maternal guidance and protection, the Church's concern for the preservation and promotion of religious life in the United States, and our own solid, internal cohesiveness and fraternal bond. We have had an absolutely wonderful summer!



The Lord inspired an unsuspecting benefactor to show His approval and to bestow His blessing upon our Fatima Summer. Long time friend and Marian devotee, Mrs. Helen Bergkamp, donated her beautiful, hand-carved statue of Our Lady of Fatima. It now stands in our Motherhouse Chapel reminding us of our own call to living the message of Fatima as well as our responsibility in spreading and promoting the message she came from heaven to impart.

God bless all of you for the spiritual and material support you have provided, enabling us to realize the goals of this summer. We entrust all of you, your intentions and needs to the Sorrowful and Immaculate Heart of Mary. May she also obtain for us an increase of love for the Blessed Sacrament. Our Lady of Fatima, pray for us!

Sincerely in Christ,

*Mother Marie Bernadette, IHM*

Mother Marie Bernadette, IHM  
General Superior

# APOSTOLIC VISITATION



**TOP LEFT:** Sr. Mary Judith, RSM, Mother Marie Bernadette, Sr. Mary Agnes, Sr. Maria Jacinta and Sr. Marie Therese (not pictured) gather for a listening session.

**TOP RIGHT:** Our visitors, Sr. Veronica, MS and Sr. Mary Judith, RSM, begin a small group listening session with some of our IHM Sisters.

**RIGHT:** The Sisters of the Immaculate Heart of Mary with our two Apostolic Visitors on the front steps of the Motherhouse at the end of visitation



The IHM Sisters received the unexpected privilege of being selected as one of the religious institutes that would have an on-site visitation by two representatives of the Apostolic See.

Last year the Vatican began an apostolic visitation of women's communities in the United States. The process, a series of four phases, is being headed by Mother Clare Millea, the superior general of the Congregation of the Apostles of the Sacred Heart of Jesus.

The process encouraged each community to reflect upon their own identity, charism and presence in the Church. In the beginning two phases, the Sisters were encouraged to study the documents on Religious Life from the Vatican as well as their Constitutions, leading to many discussions within the IHM Community about our charism and living of religious life as expressed within the Church. Sr. Mary Elizabeth, IHM commented that "as we prepared for the Apostolic Visitation, gathering data, reflecting on our charism, I grew in deeper appreciation of the gift given to us by Fr. Masmitja and Mother Joanne."

In the third phase, about twenty-five percent of the religious institutes received or will receive an on-site visit from a pool of approximately 80 visitors representing the Apostolic Visitation. The IHM Sisters were surprised and honored by being selected. Mother Clare wished to have broad sampling that would cover the gamut of religious

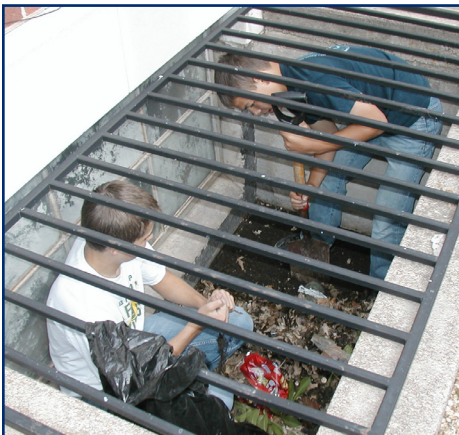
congregations in the United States. After reading the material that was submitted to her office, she chose the communities based on geographical location, types of ministry, size, and age span of members.

The IHM Sisters warmly received their two Visitors and then spent the next two days talking with the Visitors about our Community, sharing with them our hopes and dreams, our concerns and struggles, and our love for religious life and the Church. Sr. Mary Agnes, IHM commented: "Our Visitors truly brought the love of our Holy Father and Mother Church into our presence." Sr. Mary Ann, IHM said: "It was such a blessing to see the working of God in each Sister's vocation story and the unity of vision among the Sisters as we talked with the Visitors. The Holy Spirit's guidance was palpable during the visit."

Mother Marie Bernadette, reflecting on the Visitation, said, "The entire time of the Apostolic Visitation, from the beginning preparations to the closing prayer, was an overwhelmingly beautiful experience. Throughout, God's tender love and Holy Mother Church's care and concern was so evident it was almost tangible. The Sisters are grateful beyond words for this experience, confirmed and convicted in the beauty of the Church's teaching on Religious Life." The IHM Sisters felt truly honored to be included in this third phase of this historic Apostolic Visitation to Religious Women.

# WORK DAY SUCCESS... THANK YOU!

As summer arrived, many family members and friends joined with the IHM Sisters over a period of three weeks assisting in repairing and cleaning the Motherhouse and St. Joseph convent. Inside teams of helpers assisted with tasks such as cleaning carpets, dusting the library, and small maintenance needs. Outside volunteers helped take down and clean exterior windows, cleaned out window wells, dryer vents, install window air conditioners, gardening, landscaping, and fixing up gates and chairs/gliders. It would have been impossible for the Sisters to do this work without the helping hands of many of our families and friends. Thank you!



# “SUMMER FUN”

*The summer gave the Sisters time to have fun in their back yard. Frisbee, washers, games of catch, board games, cards – all opportunities for the Sisters to spend time together!*





## *Pilgrimage to Fatima*

Mother Marie Bernadette, Sister Mary Magdalene, Sister Mary Ann and Sister Joseph Mary spent their week in Fatima tracing the footsteps of the three shepherd children, Lucia, Francisco and Jacinta. The Sisters visited the homes of the three little shepherds in Aljustrel, walked the path children took with their sheep, and spent much time in prayer at the various sites of the apparitions – the three apparitions of the Angel in 1916 and Our Lady’s Apparitions in the Cova de Iria and at Valinhos. Every night ended with a rosary and a candlelight procession, invoking Mary’s help and motherly protection for all the pilgrims and their intentions.

Sr. Joseph Mary reflected on the meaning of the pilgrimage: “It is not in the impressive spire and columns of the Basilica or the buildings constructed around it that one gains an understanding of Fatima, but in the humble simplicity of small stone homes, the dirt and cobblestone roads, and the hilly fields around Aljustrel, Valinhos, leading to Fatima and the Cova de Iria that one gets a glance of the world in which Mary chose to appear to the three children of Fatima. Much is similar to when the angel Gabriel was sent to the humble, home in Nazareth, to the holy and innocent Mary. It is with the humble heart, open to the workings of God, that Heaven reveals some of the mysteries of God. Here in these places, prayer came so easily. With inexpressible joy,

we prayed our rosaries and other prayers in the homes of Francisco and Jacinta Marto and Lucia de Santos, in the church where the children were baptized and Lucia received her first Communion, and near the places of the apparitions of Mary and the angel. These were places of peace. These were places where Heaven had reached down to touch the world.”

For Sr. Mary Ann, a highlight of the Fatima trip was the visit to the Carmel of St. Teresa in Coimbra, where Sister Lucia lived for the last fifty-seven years of her life. “We first visited the Memorial museum of St. Lucia, packed with relics of Sr. Lucia’s long life, including a photo timeline of her life and displays of her personal effects. Sr. Mary Magdalene was especially excited to see Sr. Lucia’s vast stamp collection garnered from her correspondence from around the world. We were told that what was on display was only a small fraction of the 80 plus sacks of mail in storage. Her habit as well as the bed clothes she wore in her last illness was on exhibit, testifying to her tiny stature. In her reconstructed cell, they had her cane, her old typewriter and other personal effects, which reminded me of Sr. Giovanni and all the little things in her bedroom.

“After the museum we were able to make a holy hour in the chapel of the Carmel, which for me was the most beautiful experience of the whole trip. This chapel

contains the statue that most closely resembles Sr. Lucia's description of Our Lady. It was almost like having your own apparition of Our Lady of Fatima. We were about to leave when more people came into the chapel and the cloister door in front of the chapel opened. So we stayed for Evening Prayer. Mother and Sr. Mary Magdalene were in the front and could see into the cloister. Right before the Salve Regina procession, the extern sister compelled me to get in the front pew so that all three of us could see into the nuns' chapel where Sr. Lucia had prayed for so many years."

Sr. Mary Magdalene visited Fatima prior to entering the convent – a moment of discernment for her of God's Will in her life. "What do you want of me?' Lucia asked Our Lady each time Mary appeared to the three children of Fatima. "These words quickly became my prayer on my first pilgrimage to Fatima in 1981 leading eventually to my vocation to IHM. Twenty-nine years later I found myself again at Fatima in company with my IHM Sisters uttering the same prayer: What do you want of us? How can we, your daughters live a deeper devotion to your Immaculate Heart and spread this devotion to others?"

"The Fatima message is a call to conversion, a call to repentance and penance, a call to pray the rosary more fervently, a call to pray and sacrifice for sinners, a call to make reparation for our sins and the sins of others, especially sins against the Eucharist and the Immaculate Heart of Mary, a call to pray for the Holy Father and the universal Church.



"Our Lady said in July 1917, 'You have seen Hell where the souls of poor sinners go. To save them, God wishes to establish in the world devotion to my Immaculate Heart.' We are convinced that our community must cooperate with Our Lord's wishes and do our part in establishing in the world devotion to the Immaculate Heart of Mary. The three children of Fatima were the first to live the Fatima message, and lived it best. May they inspire us to be willing to do all Our Lady asks, to

pray and sacrifice, and to make reparation for our sins and the sins of others."

To these reflections Mother Marie Bernadette added: "Actually spending time in Fatima, visiting and re-visiting each of the sites makes all the difference in a trip to Fatima. Being a pilgrim, a student of the message and an ardent devotee is more than being a tourist who merely comes to see the sites. The message of Fatima is so much a part of who we are as IHMs we wanted to, needed to, soak in all we could. Times of prayer were frequent as we sought to be imbued with all Our Lady had in mind. Being able to visit the actual sites so often for good lengths of time was very helpful.



"The Cova may have changed in appearance since the apparitions in 1917, but the prayerfulness, the silence, and the almost tangible presence of Our Lady has not. In addition to that, visiting and praying at the apparition sites of the Angel were also life-changing experiences.

"I must admit, reading the petitions at the English Mass on the very site of the apparitions in the Cova was a highlight. I was also asked to help distribute Holy Communion, after which I was allowed into the tiny Chapel built at the sight immediately after the apparition took place. I could not have been any closer to the spot! When leaving Fatima we made one last – very early morning – visit to the Cova. There were already a few pilgrims present; we witnessed a very moving ceremony as the miraculous statue of Our Lady of Fatima was once again placed on display. The faith of the young men assisting, as well as the few present with us, was so very edifying.

"A pilgrimage has been described as 'prayer on the move' and that is exactly what this was. I am still thanking Our Lord and His Blessed Mother for giving me this opportunity. I pray that they will bring it to fruition in me and through me in others."

# Pilgrimage to Fatima



**1:** Sr. Mary Magdalene boarding the train "Francisco" that takes pilgrims to various sites around Fatima connected to the apparitions

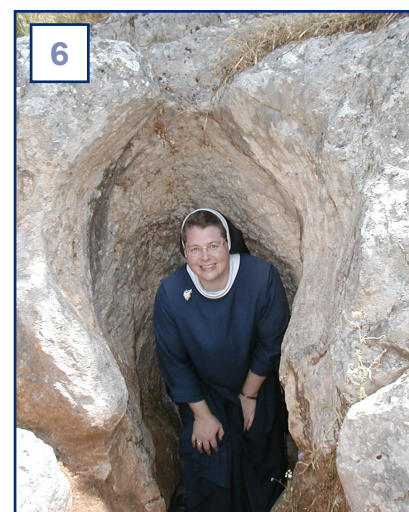
**2:** Sr. Mary Magdalene, Sr. Joseph Mary and Sr. Mary Ann in front of Lucia's house

**3:** The Sisters at the well behind Lucia's house in Aljustrel -- the site of the 2nd apparition of the Angel to the three children

**4:** Praying at the shrine at Valinhos -- the site of the August apparition that was delayed due to the abduction of the children for the August 13th apparition

**5:** Mother Marie Bernadette at the site of the final apparition of the Angel to the three children

**6:** Mother in the cave at Cabeço where the children would hide and pray



# Pilgrimage to Fatima



**1:** An image of Lucia as a Carmelite nun with Our Lady of Fatima outside the Carmelite convent at Coimbra

**2:** Sr. Mary Ann and Sr. Mary Magdalene on St. Teresa Street - the location of the Carmelite convent at Coimbra

**3:** The bell tower of the Basilica at Fatima

**4:** The statue of Our Lady of Fatima at the Carmel in Coimbra. This statue, according to Lucia, was the one that most closely resembled Our Lady.

**5:** The Sisters praying in the Fatima Parish Church



# *"Our Lady of Fatima Convent in the Ozarks"*

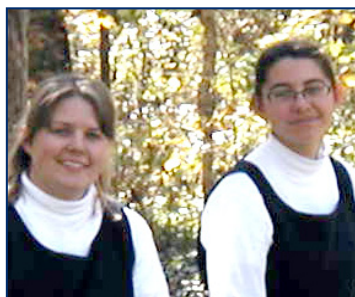
In order for all the Sisters to share in the experience of Fatima, the Sisters were asked to read and reflect on Lucia's memoirs and a book entitled "The Shepherds of Fatima" by Manuel Fernando Sousa e Silva. Through the generosity of a benefactor, the Sisters were given the opportunity to spend time at a cabin on Lake Ozark in Missouri. In two groups the Sisters packed the vans, and traveled through the Ozarks at the end of July to their home-away-from-home. The Sisters were in a picturesque spot, able to enjoy the beautiful scenery from the floating dock and cabin windows. The calm waters, trees, fish and birds (especially the blue herons) were a daily delight. The daily schedule included times of prayer, meals, relaxation and discussions on the message of Fatima and its relation to our charism as the Sisters of the Immaculate Heart of Mary. The week enabled the Sisters to share their thoughts and reflections from their Fatima studies as well as share ideas of how to realize the message of Fatima in our community life as well as the apostolate. Thank you very much to our benefactors who enabled the Sisters to get away for this important work!



## IHM POSTULANTS

Chelsey Weber entered on August 13. She is the daughter of Leonard, Donna, and the late Rose Weber. Her siblings are Kimberly, Patrick, and Christopher. Chelsey graduated from Hoxie High in Hoxie, KS. St. Frances Cabrini is her home parish. She is a May 2009 Graduate of Fort Hays State University in Hays, KS with a Bachelor of Science Degree in Mathematics. During college she was active member of the Comeau Catholic Campus Center and taught Totus Tuus. This last year she worked at Thomas Moore Preparatory-Marian High School in Hays, KS as a residential advisor at the dorms for boarding students.

Stacey Rains entered on September 8. Stacey is from Olathe, Kansas and a member of St. Paul's Catholic Parish in the Archdiocese of Kansas City in Kansas. She is the daughter of Teresa Rains with one brother, Aaron. Stacey graduated from Benedictine College in



2008 with a degree in English and Secondary Education. She taught Totus Tuus for the Kansas City, Missouri-St. Joseph Diocese. Last year she taught seventh and eighth grade Religion at St. Michael the Archangel Catholic School in Olathe.

## CANON LAW WORKSHOP

On August 6-8 the IHM Sisters had their own workshop! In preparation for the General Chapter next summer, the Sisters had a series of presentations on General Chapters and Canon Law. Sister Mary Pierre Jean and Sister Joseph Marie from the Religious Sisters of Mercy of Alma, traveled to Wichita to help answer questions and give valuable information about Chapters. The IHM Sisters learned much and have begun their remote preparation for the General Chapter.



# SR. MARY FAUSTINA MAKES PERPETUAL PROFESSION

Sr. Mary Faustina Bean gave her complete “yes” to Jesus by making her Perpetual Profession August 14 before a gathering of her Sisters, her family and friends at St. Joseph parish in Wichita. The Most Reverend Michael O. Jackels, Bishop of Wichita, celebrated the Mass of Perpetual Profession and Solemn Consecration with several priests of the diocese concelebrating.

Throughout the Mass of Religious Profession, Sr. Mary Faustina and all those present were reminded that the profession of vows is a gift of one’s entire self to God, symbolized by the reception of the ring. Sr. Mary Faustina said, “One of the most striking moments for me came during the Litany of the Saints. All of Heaven was praying for me! What a moment!” She then placed her hands in the hands of Mother Marie Bernadette and professed her perpetual vows. Sr. Mary Faustina also remarked on the power of the sign of two moments – the signing of her vows on the altar, and then the consecration of the gifts on that same altar, just as she was consecrated and set apart for the Lord.

Sr. Mary Faustina reflected: “I spent six years studying about what that moment meant and more than six years praying whether God was asking it of me. What I’ll never forget is the great peace of soul that I had throughout the ceremony. Unworthy as I am for such a great vocation, He has chosen me and I know He will supply what I lack.”

Sr. Mary Faustina Bean is the daughter of Kenny and Debby Bean, former parishioners of St. Patrick’s, Kingman and currently of St. Mark, St. Mark.



**1:** *The Bishop, Priests and Sisters await the beginning of the Profession Mass outside St. Joseph Parish*

**2:** *Sr. Mary Faustina kneels before the altar after the solemn consecration while the Sisters sing the Magnificat*

**3:** *Sr. Mary Faustina signs her perpetual vows on the altar in the hands of Mother Marie Bernadette*

**4:** *Mother puts the wedding band on Sister’s finger as a sign of her perpetual profession.*



# SR. MARY MAGDALENE'S SILVER JUBILEE

On August 15, 1985, Sr. Mary Magdalene O'Halloran made her first profession of vows in the Motherhouse Chapel. Bishop Eugene Gerber celebrated the Mass, and her vows were received by Mother Joanne Brummel. A collection of Sisters and family filled the small chapel. Twenty-five years later, Sr. Mary Magdalene celebrated her Silver Jubilee and renewed her vows of chastity, poverty and obedience in a packed St. Joseph's parish church on August 14, 2010. Bishop Jackels, the IHM Sisters and many family and friends witnessed her renewal and celebrated with Sister this gift of fidelity and joyful perseverance.

Sister Mary Magdalene's vows were a response to the Lord's invitation to love Him with an undivided love and to follow Him along the narrower path. This response to His loving invitation to become His Bride resulted in a relationship that is pure gift. After the renewal of her vows, Bishop Jackels presented her with an apostolic blessing and a rosary blessed by Pope Benedict XVI.

Since her first profession, Sr. Mary Magdalene has spent twenty-five years in the Community's apostolate of education. She has taught at Bishop Carroll Catholic High School in Wichita and at Trinity High School in Hutchinson. One of her former students remarked, "I met Sr. Mary Magdalene when



I was a freshman at Bishop Carroll. I was so impressed with her enthusiasm and I still remember many of the things that she taught me. Most of all I remember her kindness and joyful spirit." Other students recalled her lively presentations and deep concern for each of her students. Sr. Mary Magdalene continues teaching at Bishop Carroll Catholic High School.

# Message of Fatima

## IN MARY'S OWN WORDS:

I want you to pray the Rosary every day.

Sacrifice yourselves for sinners.

He wishes to establish the devotion to My Immaculate Heart throughout the world.

I promise salvation to whoever embraces it; these souls will be dear to God.

My Immaculate Heart will be your refuge and the way that will lead you to God.

You have seen hell where the souls of poor sinners go. To save them, God wishes to establish in the world devotion to my Immaculate Heart. In the end, my Immaculate Heart will triumph. Pray, pray very much, and make sacrifices for sinners; for many souls go to hell, because there are none to sacrifice themselves and pray for them.

## PRAYERS TAUGHT BY THE ANGEL IN 1916

**Prayer of Reparation:** My God, I believe, I adore, I hope and I love You. I ask forgiveness for those who do not believe, nor adore, nor hope, nor love You.

**Angel's Prayer:** Most Holy Trinity, Father, Son and Holy Spirit, I adore You profoundly, and I offer You the Most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges, and indifferences by which He is offended, and by the infinite merits of his Most Sacred Heart and through the Immaculate Heart of Mary, I beg the conversion of poor sinners. Amen.

**Eucharistic Prayer:** Most Holy Trinity, I adore you! My God, my God, I love you in the Most Blessed Sacrament.

## PRAYERS TAUGHT BY OUR LADY OF FATIMA

“Say many times, especially when you make some sacrifice: O Jesus, it is for love of You, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary.”

“When you pray the Rosary, say after each mystery: ‘O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those most in need of Thy mercy.’”

PLEASE SEE OUR WEB SITE REGARDING MARY'S REQUEST FOR THE FIRST SATURDAY DEVOTION.

SISTERS OF THE IMMACULATE HEART OF MARY OF WICHITA

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## *Our Lady of Fatima, Pray for Us!*

“I am the Lady of the Rosary.  
Continue to pray the Rosary every day.  
When you pray the Rosary,  
say after each mystery:  
‘O my Jesus, forgive us our sins,  
save us from the fires of hell,  
lead all souls to heaven,  
especially those most in need  
of Thy mercy.’”

“The Lord wishes to establish devotion  
to my Immaculate Heart  
throughout the world.  
I promise salvation to whoever embraces it;  
these souls will be dear to God,  
like flowers put by Me to adorn his throne.”

