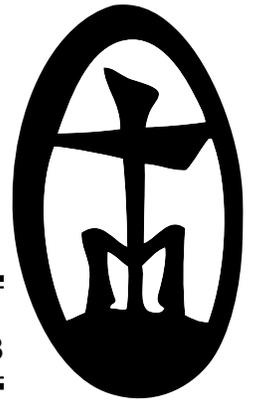


# MaryNotes



Sisters of Mary of the Presentation  
Maryvale Convent, Valley City, ND

Volume 41, No. 1  
April, 2008

## Resurrection Moments Are All Around Us!

by Sister Carol Jean Kuntz, SMP Provincial

We are in the wonderful season of Easter – the celebration of Jesus' Resurrection! Even though there are many things happening around the world that don't give evidence of the Resurrection, such as war, violence, pain and hatred, there are so many more things that speak of Resurrection. As I look more closely at the world around me and inside of me, I see evidence of the Resurrection everywhere! To name just a few:

1) The Sisters: I see the faithfulness of our elderly Sisters, who witness their love of Jesus and their vows of Religious Life so profoundly each day. I see how their eyes light up and joy is reflected on their faces as they speak about Jesus and how they live in gratitude for all that God does for them. Age and sickness does not minimize their joy in the Lord. What a wonderful Resurrection moment!

2) Family and Friends: It is always a special time, a Resurrection moment, to hear their voices on the phone, receive letters or e-mails from my family and friends. It warms my heart as we share past stories and laugh with one another and also share new ideas and blessings in our lives. At times we may share difficult events that call for apologies or forgiveness – even then we experience the grace of Resurrection.

3) Creation: It is always a marvel for me to see the new life, little green shoots, pushing through all the last patches of snow. Their eagerness, strength and determination to grow amid many obstacles help me to appreciate more fully the many Resurrections that fill my day.

May each of you have many Resurrection moments as we celebrate this wonderful season of Easter!



### Maryvale Offers Retreat Day of Prayer and Reflection

A retreat day of prayer and reflection will be held on Sunday, April 27, 2008, from 9:30 a.m. to 6:00 p.m. for women ages 17-25. Take a day before the class finals or the rush of summer begins to be with God. The retreat will give the opportunity to focus on one's purpose in life and to respond to such questions as: What does God want me to do with my life? How is Jesus calling me to follow him? The day includes Mass, communal prayer, adoration of the Blessed Sacrament, conference and sharing.

To participate in this retreat day contact:  
Sister Dorothy Bunce  
701-845-2864 by April 26

# Maryvale Welcomes New Chaplain Rev. Claude Seeberger, OSB

Rev. Claude Seeberger began his official duties as Chaplain at Maryvale Convent on February 1, 2008. In addition to serving at Maryvale, he will offer Mass at Mercy Hospital once a week. He is a member of the Benedictines at Assumption Abbey, Richardton, ND.

Father Claude was, according to him, "born at a very young age," to Nick and Theresa Seeberger of Glen Ullin, ND. There were seven children in his family; he was the second son. According to Father Claude, "My brother, the first born, was to be the priest in the family," but he did not answer the call to a vocation so Father Claude joined the priesthood. One of his three sisters is a Benedictine Sister. He has three brothers.

His father was a "jack of all trades" in Glen Ullin with a variety of business interests such as running a movie theater and gas station and working in the coal mines. With seven children, his mother was kept very busy at home.

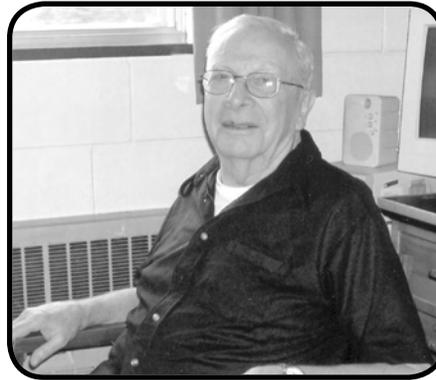
Father Claude attended Catholic grade school in Glen Ullin and was a high school boarder at Assumption Abbey in Richardton, just 30 miles from Glen Ullin. He attended college seminary at Assumption Abbey, while receiving college credits from St. John's Abbey, and was ordained on August 10, 1949. He will celebrate 60 years of priesthood in 2009.

Following ordination Father Claude attended Catholic University in Washington, DC, where he studied under noted American Catholic church historian John Tracy Ellis. Following his studies, he taught Church History at the Abbey until 1960.

He served as a parish priest at St. Mary's Church in Richardton for nine years, and as parish priest in Lefor, ND, for seven years. For two years he served as parish priest assistant at Corpus Christi Parish in Bismarck. Since the pastor, Father Blaine Cook, was on an extended leave, Father Claude ran the parish during Father Blaine's absence.

He served as parish priest for 16 ½ years in his home parish, Sacred Heart in Glen Ullin, until 2000, or as Father put it, "I decided it was long enough." He moved to Dickinson, ND, where he was semi-

retired but helped at St. Patrick Parish and at the St. Joseph Hospital for eight years. He is currently 83 years "young" and according to Father Claude, "I don't worry about dying young anymore ... that's the least of my worries."



Two of his former altar boys from his days of being a parish priest are now priests in the Fargo Diocese: Rev. Chad Wilhelm, formerly of Glen Ullin, who serves as pastor of St. Mary's Cathedral in Fargo, ND, and Rev. Jason Lefor, formerly of Lefor, ND, who serves

as pastor of St. Brigid of Ireland Catholic Church in Cavalier, ND.

When asked his impressions of Maryvale, Father Claude said "It is a nice quiet place, friendly and peaceful." He was familiar with Maryvale from attending a Fargo Diocesan priests' retreat here which was open to priests of neighboring dioceses.

His "cardinal or major fault" is that he likes to fish! He taught many of his altar boys in the past how to fish and is looking forward to spending some time on the nearby Sheyenne River or Lake Ashtabula doing some fishing. He also enjoys reading church history and playing cards. He finds the landscape near Maryvale "very hilly" similar to the western part of North Dakota. But outside of the Sheyenne River Valley, eastern North Dakota is "flat and monotonous" he commented.

We warmly welcome Father Claude and we hope he will soon become acquainted to his new surroundings.

Janet E. Schultz, Reporter

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The next MaryNotes issue will be published in September, 2008. Articles must be sent to Sister Carol Jean at Maryvale so they arrive no later than August 15, 2008.

## Father John Odermann Retires as Maryvale Chaplain

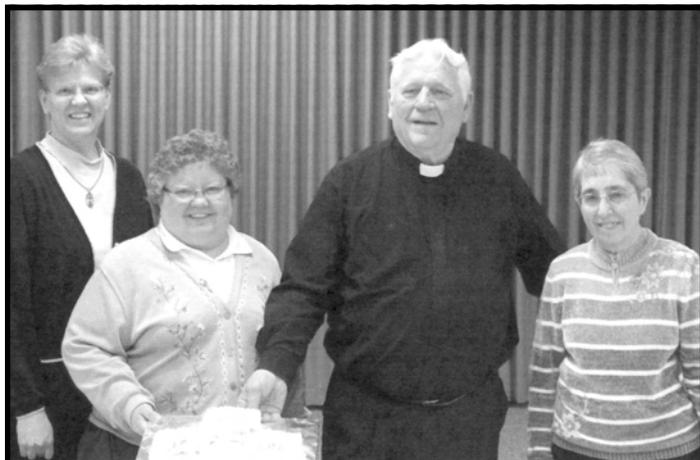
Father John Odermann, OSB, resigned his position at Chaplain at Maryvale Convent. Before leaving he celebrated his last Mass at Maryvale with the Sisters on Sunday, January 27, 2008.

Father John came to Maryvale on September 1, 1986. Besides being chaplain to the Sisters, he also served as chaplain at Mercy Hospital for more than twenty years.

An Open House was held honoring Father John on Sunday afternoon, January 20, 2008. The public was invited to come and bid him farewell. Many people from Valley City and the neighboring towns came to wish him well.

On Thursday, January 24, the Sisters had a banquet supper in his honor. Near the end of the meal, the Sisters were invited to come to the microphone to speak of their appreciation of Father John. We all know that Father John made it a point to be regular at offering Mass every day he was home, of being a good confessor, and of giving his time to counsel individuals. Father had made a host of friends. His great hobby was and still is making crucifixes from branches of trees. These have been given out and can be found throughout the country and even in places around the world. The Sisters also had cards for him in which they expressed their own memories of Father's relationship with them.

Before the closing prayer, Father John opened his gift from the Community. He was pleased with the large mug with the emblem of the Congregation on it and the large wool blanket. It was a very moving moment for both Father John and the Sisters.



Father John enjoyed his farewell open house. Pictured with him are (L to R) Sisters Suzanne, Carol Jean, and Rose Therese.

Two Brothers from Assumption Abbey, Richardton, ND, came to help Father John on his way to Richardton. They left Maryvale after brunch on Sunday, January 27, 2008.

On February 1, 2008, Father Claude Seeberger, OSB, a monk at the Assumption Abbey and a good friend of Father John's, arrived to replace him. On Saturday, February 2, Feast of the Presentation of Jesus, he celebrated his first Mass here.

Father John's new address is:  
Assumption Abbey  
PO Box A  
Richardton, ND 58652

### COMMUNITY ... AND LONELINESS

When people enter community, especially from a place of loneliness in a big city or from a place of aggression and rejection, they find the warmth and love exhilarating. This permits them to start lifting their masks and barriers and to become vulnerable. They may enter into a time of communion and great joy.

But then too, as they lift their masks and become vulnerable, they discover that community can be a terrible place, because it is a place of relationship; it is the revelation of our wounded emotions and of how painful it can be to live with others, especially with some people. It is so much easier to live with books and objects, television, or dogs and cats! It is so much easier to live alone and just do things for others, when one feels like it.

Jean Vanier, Community and Growth

## Sr. Suzanne to Attend World Youth Day



World Youth Day 2008 is fast approaching. Our group of 26 from the Diocese of Fargo is one of three groups that will be attending from eastern North Dakota along with Bishop Samuel Aquila. World Youth Day is the largest youth event in the world and will be held in Sydney, Australia from Tuesday, July 15 to Sunday, July 20, 2008.

Organized by the Catholic Church, World Youth Day brings together young people from around the globe to celebrate and learn about their faith on a more regular basis.

WYD08 will be the largest event Australia has ever hosted. It will attract over 125,000 international visitors - more than the 2000 Olympics. Already 100,000 pilgrims are also registered from Australia.

WYD08 will mark the first visit of His Holiness Pope Benedict XVI to Australia. Through the WYD08 experience, young people from throughout the world will make a pilgrimage in faith, meet, and experience the love of God. World Youth Day is an invitation from the Pope to the youth of the world to celebrate their faith around a particular theme. Everyone is welcome to attend.

I am anticipating this trip more than World Youth Day 2002 in Toronto, Ontario, because I know from attendance at that event how huge and overwhelming the experience can be. This event is estimating to bring together 500,000 youth. As I have been praying and preparing, the theme given us by Pope Benedict XVI has been providing me food for thought:

“You will receive power when the Holy Spirit has come upon you; and you will be my witnesses.” — Acts 1:8

This passage occurs after the death and resurrection of Jesus, just before his ascension to the Father. It represents the birth of the Church. I pray that this gathering will renew the Church and set it afire with the Holy Spirit!!

I continue to be grateful for your support which has made it possible for me to chaperone this group of youth to WYD 08. As pilgrims we go in the name of all who cannot attend this event. I am accepting prayer intentions for this trip. I will daily offer these prayers to God as I offer the suffering and inconvenience of our pilgrimage journey. You can send the intentions to me anonymously in a sealed envelope indicating that I am not to open it. I will pray aloud to God the intentions as I journey along. May our union in prayer and the Holy Spirit bring you all the spiritual gifts that you seek as I pray it will for me also. Please get me your intentions by July 2<sup>nd</sup>. We will leave July 6<sup>th</sup> and return July 23<sup>rd</sup>. Sister Suzanne Stahl, SMP, 11550 River Road, Valley City, ND 58072. Phone: 701-845-2864 or Email: srsuzanne@cableone.net.

## Sister Mary Agnes Attends NACC Convention

Sister Mary Agnes Huber attended the National Association of Catholic Chaplains (NACC) Convention in Indianapolis, Indiana, April 5-8, 2008. More than 500 chaplains attended this event.

“Bringing Gifts That Differ in Splendid, Varied Ways” and the first plenary were given by Rev. Kenan B. Osborne, OFM – “Theology on Ministry as Gift and Challenge Celebrating Our Sacramental Life.” The second plenary was given by Caroly Osiek, RSCJ. PhD -- “Ministry as Gift and Challenge - Celebrating the Biblical Groundedness of our Calling.”

The third plenary was given by Richard M. Gula, SS, PhD and his talk was on “Celebrating our Ethical and Moral Responsibilities,” and the final plenary was taken from Rev. Richard Tessmem’s Leadership Lecture: “Naming Our Present Realities and Celebrating our Vision” given by Sr. Jamie T. Phelps, OP, PhD.

After each plenary session there were questions related to the topic that we discussed at each table. Along with the plenary talks there were a number of smaller sessions where one could pick and choose the session you wanted to attend.

The Bishop of Reno, NV, and Episcopal Liaison to the NACC said the Mass for all those at the conference on Sunday morning. The choir director was from one of the parishes in Indianapolis. A few members from that parish joined that choir as well as any NACC member who wanted to sing. Sr. Marie Hunkler was the only person that I knew that was helping with the singing. At this Mass there were a number of priests, sisters, and lay people who became newly certified as chaplains.

On Monday evening there was a prayer service of light and sacrament of the anointing of the sick for anyone who wished to attend. Along with all of this there was a meditation room set up for anyone at any time who wanted some peace and quiet.

The days were full but enriching, and rewarding. The liturgies and prayer services were great. It was a great convention and I am thankful that I was able to go this year.

Sister Mary Agnes, Reporter

## Musgraves Share LA Experience

Many of you know that our oldest son and his wife live and work in L.A., yes, California. We had the opportunity to make a quick trip out there over the Presidents Day 'holiday'. This is only the second time we have been out there, the first trip was in 2004.

If I may, I would like to share once again the 'thoughts' that I had written down after the first trip. Three years have passed, but the situations haven't changed, so once again I give you.....

## Home is where the CART is!

Recently Colleen and I made our first ever trip, to Los Angeles where our oldest son and daughter-in-law live. We flew out of the frigid cold into 65 plus degree weather for a week long stay. Some time I will let you in on our flight experience, surrounded on all sides by 13 members of one family, with half of them under the age of three. Let's just say it was not the picture perfect flight of relaxation I had envisioned. I am sure there were dogs all along the way from Minneapolis to L.A. whose ears were perking up from the high pitch squeals of small children as they rebelled from the discomforts of a pressurized airplane environment.

This short article is not about our experiences of being in a beautiful landscape, surrounded by mountains, nor about our experience of highway traffic in an area where close to 10 million people seem to want to go to the same place at one time. I will not visit with you about the balloon that was deflated when I arrived in HOLLYWOOD only to find out that it is just another area, with lots of people and lots of buildings and what you see on TV goes on mostly behind big doors, in big Quonset type buildings, behind security gates not open to most folks.

I also won't address the realization that I came to that first of all no matter where you go, there you are; and people are people no matter what part of the continent they live on.

What I do want to touch on is something that haunted me while I drove and walked around the area, be it Hollywood or Burbank or Van Nuys or Santa Monica or Sherman Oaks. Everywhere we went, and I can honestly say everywhere, we encountered poorly dressed and very dirty looking individuals who were homeless and living out of the shopping cart they were pushing around. Carts full of blanket rolls, plastic sheeting, collected plastic bottles and other recyclables, and other miscellaneous odds and ends (trash to us).

We traveled to the beach at Santa Monica and walked along the sand as the Pacific Ocean hurled

its salty waves against our legs, bared by rolling our pant legs up around our knees. All along the sparsely populated beach (65 degrees is deathly cold to Californians!) I could see a scattering of individuals sleeping in the sand, wrapped with the scraps of plastic they had salvaged from some dumpster, with their life possessions placed in a pile close to them or stacked tightly in the shopping cart home parked beside them.

As we walked along the pier, where numerous merchandise carts are lined up to sell their trinkets, I watched as a man, probably my age, a child of God the same as me, went from metal garbage container to metal garbage container, searching through bags of trash until he finally found his treasure of the morning, a discarded McDonalds bag with scrapes of lettuce still inside. He quickly enjoyed his lunch and continued on his hunt for more discarded treasures.

I inquired to my son as to the number of homeless that we saw and he looked at me with sad eyes and quietly said, "They are everywhere, what can we do? After a while you begin not to notice them." From here we went out for supper and stuffed ourselves to a feast of Sushi, at a cost of over \$25 a plate. I too, tried not to see the homeless along the way. What is wrong with this picture?

I am now back in good ole North Dakota, the frozen part of Heaven. I sleep in a warm bed inside a spacious home that provides a peaceful environment. I dine on fine meals prepared by a loving wife who REALLY KNOWS HOW TO COOK! I grow fat on stuff that Atkins would never dare eat, and complain about eating too much. And I am HAUNTED by the memory of the faces of the individuals that are burnt into my heart and soul. The individuals, who for whatever reason, and I am sure there are MANY different life situations that have had a cause and affect on these brothers and sisters of mine, live out in the streets, collecting trash and food from dumpsters, sleep in alleyways, parking lots, and roadsides and call their shopping cart home.

**We as a society have to somehow resist the tendency to harden our hearts and become callous.** We tend to no longer SEE the plight of others, we no longer reach out to others, simply because there are too many. **Somehow we must see Christ in each other and do whatever we can to let them know we care, one at a time if need be.**

I don't have the answer, do you?

Peace,  
Tom Musgrave



# Sister Kimberly Souba Experiences Cultural Diversity in Florida

Through a paid grant from the Cultural Diversity Alliance, I had the opportunity to travel to Kissimmee, Florida – a suburb of Orlando, where I volunteered at Holy Redeemer Catholic School in the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade Language Arts classes on February 28 – March 8.

The students and faculty of Holy Redeemer, which was comprised of 60% Hispanic, 25% African American and 15% Caucasian students, were extremely welcoming to have me. “You’re not like any other Sister I’ve ever met,” Rebekah Fitzpatrick said to me the first day I was there. The sixth grader was a different kind of minority in the school as she was one of the very few students who had ever met a Religious.

Holy Redeemer Catholic School consists of students in Pre-K through 8<sup>th</sup> grade, with more than half of the 300 students in the middle school. When the parish began to grow rapidly, it was decided that they needed to build a school, assistant principal John Fitzpatrick told me. “Our school has only been open for 14 years and is supported immensely by the parishioners.” He added that there are 2500 families registered in the parish but when the “snow birds” come, there is standing room only at each Mass, which I witnessed firsthand.

As a visitor I was completely impressed by the respect that the students had for each other and for the faculty. When I arrived on Monday morning, I observed students and faculty members outside opening up car doors for those arriving at school.

Meanwhile, the purpose of this trip was learning about the world in other parts of the country and learning how to navigate successfully through our ever-changing society. This experience has helped challenge me to grow and mature with a great understanding of the dynamics that come with teaching diverse students.

One distinctive teaching technique that I hope to incorporate in my future classroom is a classroom management method that each teacher used. It is called CHAMP, which means **C**onversation, **H**elp, **A**ctivity, **M**ovement and **P**articipation. The word CHAMP was painting on the blackboard and after each lesson was taught, the teacher would write what the students could do. The students could either talk or not while working on their assignments. If they needed help, they could ask a neighbor, raise their hand, or go up to the teacher’s desk. The homework lesson was written in the Activity spot. In the Movement spot, the teacher would write if the students had to stay seated or if they could work with a friend and Participation just meant for them to do their work. I felt that CHAMP was an extremely effective way to manage a classroom because the students knew from the very beginning what was expected of them and how they should act.

Moreover, I feel this was a great experience. I also had the opportunity to visit Disney World and Epcot and connect with some friends, which made the experience even more enjoyable.

Sister Kimberly Souba, Reporter



## Sister Leona Paulson

The funeral for Sister Leona Paulson, 95, was held on Monday, January 14, 2008, at Maryvale Chapel in Valley City, ND. She died at Maryvale on Thursday, January 10, 2008. A prayer service was held at 7:30 pm on Sunday, January 13, 2008, in Maryvale Chapel.



Sister Leona was born on July 19, 1912, in Rogers, ND, to Charles and Mamie (Vandrovec) Paulson. She professed her vows as a Sister of Mary of the Presentation on March 16, 1933, in Broons, France.

Sister Leona attended Rogers Public School and St. Catherine School for her elementary education and attended high school at Valley City High School. She received her Normal Diploma from Sisters' College, Catholic University, Washington, DC.

She attended the College of Great Falls in Great Falls, Montana, and received a Bachelor's Degree in elementary education. She taught elementary grades in Catholic schools in Lisbon, Valley City, Harvey and Walhalla, all in North Dakota, and at Washington, IL. She also gave music and French lessons. Sister Leona became interested in the Mexican-American migrants who came to North Dakota each summer and served many years as a volunteer to this ministry.

Sister Leona is survived by her Religious Community, The Sisters of Mary of the Presentation, and many cousins.

## Reflections

by Sister Carol Jean Kuntz, Provincial

Sister Leona was born as Alice Josephine Paulson on July 19, 1912, in Rogers, North Dakota, to Charles and Mamie (Vandrovec) Paulson. She was an only child. She attended elementary school in Rogers and at St. Catherine School in Valley City where she first came to know the Sisters.

She began to yearn to devote her life to God as early as the 7<sup>th</sup> and 8<sup>th</sup> grades. We remember her saying that it was easy to keep her determination to become a Religious while among the Sisters at St. Catherine's Boarding School, but her friends expected her to lose that desire when she began to attend public high school. She developed the habit of dropping by the church everyday on her way to school to pray that she would not lose her vocation. She took music lessons from the Sisters and she would sometimes deliberately leave her books behind to have an excuse to go back and spend time with them.

Sister Leona joined the Sisters on November 21, the Feast Day of the Presentation of Mary, and the next summer she went to Broons, France, for her Novitiate. She professed her vows as a Sister of Mary of the Presentation on March 16, 1933.

Her educational training took place in various colleges but mostly in Great Falls, Montana, where she received her BA degree in elementary education. Sister Leona taught in most of the Sisters of Mary of the Presentation schools in North Dakota, but she also spent a total of 27 years in Washington, IL.

Music was one of her great loves, and she shared it by teaching piano to many students. Besides piano teaching she did sacristy work in all the parish churches where she lived.

She spent sixteen summers working among the migrant workers of North Dakota teaching the children and visiting the people. During some of the years in Washington, IL, she also taught French in the lower grades and was director of the church choir.

Sister Leona loved to write little notes and she left them everywhere – everything had a little note on it as to how it worked, what should be done before or after you used it; every closet and



cupboard door had a note taped inside it. She was very precise and thorough and we wouldn't be a bit surprised if she has already asked St. Peter to adjust the pearly gates one way or another!

She was also a very patient, gentle woman and was interested in a variety of things. She was always learning. She had a stroke in July, 2006, which left her with the inability to speak. This must have been a great suffering for her, but she endured it graciously and always greeted us with a smile and sparking eyes!

Sister Leona submitted a reflection article to Marynotes a couple of years ago. She was asking God for a miracle. She wanted to be either cured of the scoliosis she had been diagnosed with or to find the strength to accept with patience this weakness of the lower spine. The answer came to her on her Feast Day, St. Leo the Great, as she read the Alleluia verse of the day. It said, "In every circumstance, give thanks. This is the will of God for you in Christ Jesus." She felt this was an answer to her prayer and found peace in what was asked of her. As far as I know she never complained about the uncomfortableness of her pain.

Sister Leona taught us in many ways that God uses simple, ordinary circumstances to show us His will for us. We will miss you, Sister Leona. May you rest in peace.

### **Maryvale Offers Ignatian Retreat**

An Ignatian Retreat will be offered at Maryvale on May 16-18, 2008 (a good way to begin the summer). The retreat is based on the spirituality of St. Ignatius of Loyola and is a **silent retreat** experience. Along with the silent times, conferences and individual direction with a retreat director are included. The retreat begins on Friday at 7:00 p.m. and concludes on Sunday at 1:00 p.m. Register at least **two days** ahead of the weekend. Suggested donation is \$60.00.

For more information contact:  
Sister Dorothy Bunce ~ 701-845-2864

## **Understanding Alzheimer's Disease (AD)**

Sometime back Gretchen Everson, Director of Eastern North Dakota Alzheimer's Association, spoke to the Sisters of Mary of the Presentation and Associates about Alzheimer's disease (AD) and other forms of dementia. The occurrence of dementia is rapidly increasing and so it is imperative for us to understand the illness so that we can best serve the vulnerable individuals and their families who live amongst us with the healing spirit of Jesus.

Everson addressed two very practical areas:

- Understanding Memory Loss, and
- Improving Communication

### **Understanding Memory Loss**

Alzheimer's disease is a progressive degenerative, neurological disease of the brain. There is a steady decline in memory and intellectual functioning severe enough to interfere with everyday life. It is not reversible and is ultimately a terminal illness.

The cause is unknown. There is no single test for the diagnosis of AD. The duration of the illness is approximately 5 – 17 years.

Warning signs include short term memory loss, difficulty performing familiar tasks, problems with language, disorientation to time and place, poor and decreased judgment, misplacing things, change in mood and behavior, change in personality, problems with abstract thinking and loss of initiative. Skills that are NOT lost with AD are musical ability, sense of humor, ability to read non-verbal language, some social graces and compensatory behavior.

### **Improving Communication**

The changes that a person with AD faces include difficulty finding words, repeating things, loss of reading, writing and mathematic ability, reversion to first language, loss of the ability to speak in clear sentences, loss of the ability to understand the spoken word and inability to use words for communication. The order in which language skills are formed, skills seem to disappear in the face of AD. Initially when we learn a language we use single words and repeat them frequently. We then move to phrases and then to sentences, repeating frequently. Vocabulary is limited until more words can be learned. This same progression happens for someone with AD but in the reverse order.

Another key thing to remember is that it will take MUCH longer for the person to use language so they need a lot longer amount of time to hear what was said, interpret it and make a verbal or behavioral response. Often we will ask another questions or finish their sentence or thought for

them when they are simply in the process of doing so themselves but we have not waited long enough for them to do so.

What is not lost is the ability to observe non-verbal language. This can be an important because a smile or a hand held out can communicate much more clearly than many words the message we desire to give. The person may be able to mimic behavior easier than to understand directions. Thus, if you want the person to eat you might eat with them or move your spoon towards your mouth and then start their spoon moving toward their mouth.

Thus to communicate with someone who has AD it is best to use as few words as possible, use simple words, avoid slang words, avoid pronouns, speak clearly, ask for what you want, say exactly what you mean, offer multiple clues, don't argue and wait for response. If the words do not seem to be effective, use gestures with the words or gestures alone. When giving instructions give one task or step at a time and give the directions in the correct sequence.

Given non-verbal language becomes the main form of communication - approaching the person from the front, moving slowly, being at eye level or lower, moving to the side rather than coming into their face, offering hand palm up, using the person's preferred name and waiting at least 2 minutes for a response becomes imperative. Because simple words and one step directions are being given it can be easy to unconsciously begin to talk to the adult like one is talking to a child. This may seem condescending rather than as an equal adult to adult conversation. Once again the way we say something or our non-verbal communication will then override the words we are using.

When we are communicating with someone and they say something incorrect or irrational to us, our initial reaction is to correct or be defensive. This can be particularly true if others are hearing our conversation and we have the innate desire to 'save face'. If we try to correct someone who is already feeling at a disadvantage because of limited functioning, they quickly become defensive and argumentative to 'save face' themselves. We have the ability to think abstractly and complexly which are the first abilities that are lost to AD. We have the challenge to let go of the desire to 'be right' and rise to the higher good of being compassionate and respectful.

Routine becomes more important for someone with AD as they may remember better most times if they stay in a highly structured routine. Thus, sitting in the same chair, the same time and doing the same thing is very helpful for someone with AD. Having a circular limited space to walk with clear signs and directions is very helpful as well. Using childhood memorized prayers with multiple external symbols like the rosary, lit candles, etc. is helpful for spiritual practices.

Everson informed us that more free information can be found at [www.alzmdak.org](http://www.alzmdak.org) and 1-800-232-0851. Through understanding may our service to those with AD be blessed.

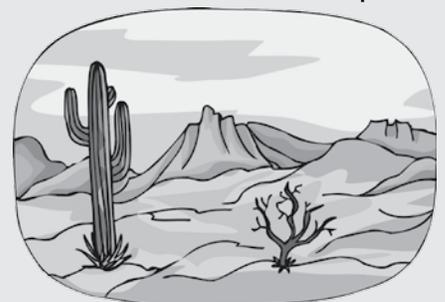
## Women Ponder "Desert Wisdom"

The annual Women's Retreat at Maryvale was held February 29 – March 2, 2008. The title of the retreat, "Desert Wisdom," attracted 35 women to this weekend experience facilitated by Sister Anne Germaine Picard and Sister Dorothy Bunce.

Through conferences, group sessions and prayer times the participants were guided in seeking God in what appears to be the empty, lonely and desolate places of life. The Scriptures give abundant passages of life's desert journey. Jesus, himself, lived the desert experience. Many of the early Fathers and Mothers of the desert were seen as wisdom figures in the early Church. These ancient sages of our faith chose the desert as a mean of spiritual growth.

We strive to have the women's retreat during lent each year. This oneness with Jesus in his forty-days in the desert was a helpful way to ponder the wisdom of our own desert experiences and to know that negatives can become positives, the cross leads to life!

Sister Dorothy Bunce,  
Reporter



# Christ Servant

Fr. James Ermer led our annual Day of Recollection, December 31, 2007 at Maryvale. In attendance were numerous Sisters of Mary of the Presentation and guests. At our request he focused his talks on Christ Servant as seen in Scripture. This correlates with the Message received by all Sisters of Mary of the Presentation from the 2006 General Chapter to be *Rooted in Christ Servant*. Some of the scripture which Fr. Ermer highlighted showing Jesus as Servant was:

## Who do I serve?

“Whoever wishes to be great among you will be your servant”. — Matthew 20:26;  
Last Supper and the Role of the Disciples – “Let the greatest among you be as the youngest, and the leader as the servant.” — Luke 22:27;  
Canticle of Mary “I am the servant of the Lord, be it done to me as you say.” — Luke 1:46-55;

## What does the heart of a servant look like?

Parable of the Unforgiving Servant — Matthew 18: 21-35;

## What motivates me to be a servant?

Parable of the Talents — Matthew 25:14-30.

**The Suffering Servant Songs:** Isaiah 42:1-25; 49:1-26; 52:1-12; 53:1-12;

Following are a few highlights that I am finding helpful for my own reflection.

## Who do I serve?

In the last supper Jesus describes and gives us an example of being one who serves. He serves us, his disciples. Am I like Peter? Do I feel unworthy? Do I resist Jesus? Do I accept Jesus’ ministrations to me?

## What does the heart of a servant look like?

In the scripture when it talks about servant or slave it usually uses one of two Greek words: *dulok* or *diakonoi*. A *dulok* is a slave. It is one whose service is done with no expectation of payment. A *diakonoi* is one who serves. In this service there may be a return. We are called to be the former – one who does not expect anything. Also in Matthew 18 we are instructed to not only be a servant who has been

forgiven but one who is called to forgive others as well. God has forgiven us through Christ Jesus. Thus, we are expected to forgive others in return.

## What motivates me to be a servant?

Am I motivated by generosity? Do I give freely not expecting reward? Am I motivated by faithfulness to my Master? Do I use my gifts out of love and faithfulness to God? Am I motivated by fear? Do I bury my talents for fear of losing them and receiving harsh judgment from my Master?

The four **Suffering Servant Songs** in the book of Isaiah are written in 587 BC when the Babylon Empire took over the Israelite’s homeland. The Israelites went to what is present day Iran and Iraq. It was during this time that the Israelites first wrote about redemptive suffering. The book of Job and his suffering and the Wisdom literature were also written during this time period.

Isaiah 42: 1-25 The Servant of the Lord: “Here is my servant whom I uphold, my chosen one with whom I am pleased, upon whom I have put my spirit; he shall bring forth justice to the nations, not crying out, not shouting, not making his voice heard in the street. *A bruised reed he shall not break, and a smoldering wick he shall not quench*, until he establishes justice on the earth; the coastlands will wait for his teaching.....”

As servants we need to treat ourselves and one another gently as we are the *bruised reed and the smoldering wick*.

Isaiah 49:1-26 — 2<sup>nd</sup> servant song”: “Hear me, O coastlands, listen, and O distant peoples. The Lord called me from birth; from my mother’s womb he gave me my name. He made of me a sharp-edged sword and concealed me in the shadow of his arm. . . .”

In this scripture I realize that I have been called from birth to be a servant to the people of God following the example of Jesus Christ.

The suffering servant songs continue, likewise my reflections on Christ, Servant. I hope that through my prayer of these scriptures God may convert my heart to be more like Jesus, the Servant.

Sr. Suzanne, Reporter

# Sister Marguerite Scores a Double Rope!

Every pinochle player who's "sat around a card table for more than a few hands" knows that the pinnacle of success in pinochle is a "double rope." This ultimate of pinochle hands was played recently by Maryvale's own Sister Marguerite Guarneri. She recently learned how to play pinochle at the age of 90+. Apparently she's a quick learner as it didn't take her long to score a double rope (with a pinochle for extra measure). Congratulations, Sister Marguerite!



Pictured are Sister Marguerite (holding the winning hand) with her pinochle partner Sister Marlyss Dionne.

## Summer Visits to Maryvale

Women 17 years and older who would like to have a week's experience living with the Sisters of Mary of the Presentation at Maryvale are welcome to come and visit during the months of June, July, and August. The week will provide opportunities for personal and communal prayer, ministry, other community activities, leisure and quiet time in a peaceful atmosphere. Shorter or longer experiences can also be arranged. Please call Sister Dorothy Bunce at 701-845-2864 or email [dorothy.bunce@fargodiocese.org](mailto:dorothy.bunce@fargodiocese.org) for more information or to arrange a visit.



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