



# Dialogue

Summer 2017

Foundation for Religious Retirement 3221 South Lake Drive, St. Francis, WI 53235 (414) 294-7324

Volume 27, No. 3

## Sr. Helen Gallitz

### *Retirement? Or transition into . . . .*

by Valerie Thibaudeau Graczyk

Religious life's time line for retirement can be a bit different for lay persons. Sister Helen Gallitz, at 81 years young, continues to be a vibrant, involved sister of the Congregation of Sisters of St. Agnes in Fond du Lac, Wisconsin. She questions the use of the word retirement; rather she prefers the gradual and continuous changing of one's life as one ages.

"My ministries have varied and I have been blessed with years as a teacher, serving in parish ministry, and 20 years as a massage therapist. All of these areas have influenced my life, including being a member of my religious congregation and remaining active in my Christian faith community.

My volunteer work involves being present to CSA members through offering massage and Healing Touch, plus other healing modalities," she added.

"Part of my ministry which I enjoy is facilitating a women's spirituality group in Fond du Lac and in Oshkosh," said Sister Helen. "I use a similar format as my predecessors. We begin with sharing time and move into prayer or reflection.

Then we have large group and small group discussion, closing with a prayer circle. Most of the Fond du Lac participants come from Holy Family Parish and from neighboring parishes. Some participants are of different Christian faith traditions."

The group in Fond du Lac meets twice a month for nine months, and the Oshkosh group meets every week for eight months. A committee selects a book for the group to read and that is used as the focus and center for prayer and discussion, Sister Helen explained.

"Facilitating has been a very enriching experience for me. I have seen the hunger for spiritual nurturing, and I have been blessed to be part of these women's ongoing faith development. What has also been created is a caring community for one another's wellbeing. They care deeply about each other, and when there

**continued on next page**

*Sister Helen Gallitz (center) with two of the participants from the Oshkosh Women's Spirituality Group, Maureen Paffenroth and Sharon Uselman*



has been a death in a person's family, or illness, they pull together with meals, cards and prayer support."

One of the participants of the Fond du Lac group shared on what she valued about being in the group: "I truly appreciate hearing the insights and faith stories of other members. I am often humbled by the enduring faith of the women in this group throughout so many life challenges and by their consistent connection to the Divine. They constantly challenge me to look for the Divine in new ways and to appreciate different approaches to faith."

With more flexibility in her schedule, Sister Helen has many interests including reading, walking and praying. "I belong to two different card groups," Sister Helen noted with a smile. "I also enjoy reading murder mysteries; I sing in a choir; I love music and enjoy art. I keep in contact with my family as well. My life is full and I am grateful!"



### **From Our Member Congregations**

*Once again we are indebted to the Foundation for Religious Retirement and the people who so generously donate to the retired sisters, [who] pray daily for all our benefactors.*

#### **School Sisters of St. Francis**

*We are extremely grateful for the generosity of donors to the Foundation for Religious Retirement. These funds will help tremendously in the care of our retired sisters.*

#### **School Sisters of Notre Dame**

*On behalf of all retired members of congregations, we appreciate the help of the Foundation for Religious Retirement. We feel confident that, through the combined efforts of many caring persons and groups, God will indeed provide for our needs.*

#### **Sisters of St. Francis of Assisi**

## **Benefactor Mass Schedule - 2017**

**Each month, one of our congregations holds a special Mass for the benefactors of the Foundation for Religious Retirement and their intentions. The Mass schedule for the balance of 2017 is as follows:**

<b>August</b>	<b>Sisters of St. Francis of Assisi / Clare Hall Chapel</b>
<b>September</b>	<b>Sisters of St. Francis of Assisi / St. Francis Chapel</b>
<b>October</b>	<b>Sisters of the Divine Savior</b>
<b>November</b>	<b>School Sisters of Notre Dame / Holy Family Chapel</b>
<b>December</b>	<b>Congregation of Sisters of St. Agnes</b>

## *The Foundation for Religious Retirement*

is a non-profit corporation dedicated to addressing the economic needs of retired Women Religious from Religious Communities located in the Archdiocese of Milwaukee.

### **Board of Directors**

*Sr. Carol Rigali, SSSF*  
**President**

*Sr. Jean Steffes, CSA*  
**Vice President/Treasurer**

*Sr. Diana De Bruin, OSF*  
**Secretary**

*Sr. Laura Jean Spaeth, SSND*  
*Sr. Maryann McMahon, OP*  
*Sr. Ellen Sinclair, SDS*

*Archbishop Jerome E. ListECKI*  
Archdiocese of Milwaukee

### **Staff:**

*Jan Parrott*  
**Executive Director**  
and many volunteers

### **Foundation for Religious Retirement**

3221 S. Lake Drive  
St. Francis, WI 53235

**Tel: 414-294-7324**

**Fax: 414-744-7193**

*Dialogue is published 4 times a year to inform supporters and friends about retired religious sisters and their lives today.*

*For information, address changes, comments, etc., please write, fax or call.*

**NOTE: We do not rent or sell our mailing list to anyone.**

**Visit us at: [www.thefrr.org](http://www.thefrr.org)**

**Search Facebook for: Foundation for Religious Retirement**

(<https://www.facebook.com/pages/Foundation-for-Religious-Retirement/1563916750507508?ref=hl>)