

## Sister Helen Fond du Lac, WI

*Her call is to support people in their journey of wellness. Her hope is to be present to the healing process of the people she serves. Sister Helen is a massage therapist giving full body massages to the frail mentally and physically elderly. For the past 15 years, she has given upwards of 50 massages a month to members of another religious congregation as an independent contracted massage therapist.*

**“I see myself as a facilitator rather than a healer,”** said Sister Helen. **“I am present being with a person but healing comes from the person themselves. I strive to be available for the need the person has and enable people to live their life as fully as possible. I teach people about the connection between the body, mind and spirit of a person,”** continued Sister Helen. **“What is going on in a person’s life could be causing some of the difficulty a person is experiencing. I encourage people to look at other ways to heal.”**

**Before becoming a massage therapist, Sister Helen was an elementary teacher for 18 years. For another nine years she worked in the parish setting involved in Religious Education.**

**“In the mid 1990’s I went to school to become a massage therapist. The change of career was good for me”** continued Sister Helen.

**Sister Helen has been professed 57 years. In addition to being a massage therapist she has led faith sharing groups for women of Holy Family Parish. She also participates monthly in her local CSA community group.**

