

Heartbeats



The Company of St. Angela in the 21st Century

Vol. 3, No. 5

May 2018

During the last four months, the issues of Heartbeats have focused on St. Angela as peacemaker and reconciler, and on ways of living this aspect of Angela's charism today. We are grateful to those of you who responded to the invitation to share how you are striving to live the Angela call to peacemaking and reconciliation in your own life. The responses below form a world-wide tapestry of Angela's spirit alive today.



I try to let Angela's words –
"Seek to spread peace and
concord wherever you are"
– be a kind of examination of
consciousness for myself. In
the living of my life, is there
more peace and concord
wherever I am, or, instead, do
I bring discord and division?

—Diane Fulgenzi, OSU
St. Louis, MO

By pursuing Centering Prayer, I focus on relating honestly at the
CORE of life, confronting the untrue in my perception of life and
in being open to the TRUE in relating to all in the market place
of life: grocery store, laundromat, waiting rooms, gas stations,
churches, civic events, internet, various groups, etc.

—Ann Marie Owen, OSU
Springfield, Missouri

Recently, I have been sustained and challenged by the
image of the piazza and of Angela, present, attentive,
and responding to those drawn into the orbit of her
fidelity. I have heard such a clear and compelling
invitation to be faithful and willing to be still, in the
midst of the piazza, to receive and embrace with loving
attention all those who have come near.

—Ellie Shea, OSU
New Rochelle, NY

I have been trying in my speech
to be respectful of others, that
is those who I disagree with
politically. It is a challenge at
times to not engage in derogatory
name calling, but rather state our
differences in respectful ways. I
don't want to become like the
climate that seems to prevail in
our country at the present.

—Mary Dostal, OSU
Billings, MT

To spread peace I have to have peace within and this comes with spending time with Jesus. I've been part of peaceful demonstrations locally calling for legislation regarding assault weapons and school safety. When considering reconciliation, I try to accept myself as I am so I can accept the other as he/she is.

—Agnes Brien
Frankford, DE

In recent years, I have had a difficult time absorbing the national news. In fact, often I have found myself quite upset and not at all at peace. Recently, someone shared a resolution to try not to react in negative ways to comments, tweets, and verbal outbursts which generate more negative energy. I strive to find the peace center within which releases powerful positive energy.

—Pauline Lorch, OSU
St. Louis, MO

I strive to reach out to a member of the family who feels like the “black sheep.” I also take time to write or contact political leaders in support of the efforts to help the “Dreamers.”

—Karen Schwane, OSU
San Antonio, TX

Angela lived and valued discernment. She helped restore communion between people in broken relationships. I feel drawn to stand in that place of discernment/communion within my family and other relationships I am aware of at this time.

—Jean Hopman, OSU
St. Louis, MO

I think that only suffering and love can bring about the kind of transformation that enables a person to be a bearer of that kind of “peace that the world cannot give.” I feel helpless when faced with our world’s pain and suffering. I try to accept and absorb this suffering with Angela’s ability to be “peace-willing.”

—Kathy Collongues
Hillsboro, MO

I belong to a creative writing group, composed of members of various backgrounds and religions. There is an inbuilt space for each person to read aloud what has been written and receive reflective responses from the group. The process is a peace tool, which bridges differences and promotes a sense of well-being and harmony.

—Moya Hegarty, OSU,
Sligo, Ireland

I try to let go of small annoyances or upsets immediately - just dropping them as not worth remembering or holding on to. Two realities are essential in the world in which I live: solidarity and inclusion. If I can share, it will build bridges. I can “widen the space of my tent” if I include different opinions, shades of thought, even ways of acting that I do not understand - and become the richer as a result.

—Brenda Ferreira, OSU
Caracas, Venezuela

I have the privilege of guiding retreats for young adults in universities. As they share, I reassure them that the Spirit of Peace *dwells within them*. They need only breathe and listen to the Holy Spirit who speaks in their hearts. It’s wonderful to see the peace that comes to them!

—Elisa Ryan, OSU
St. Louis, MO

Listening with a compassionate heart to co-workers and students. Offering a Christ-like path to resolving conflicts and reminding others to look at their worst source of irritation through the eyes of God.

—Maureen Cremaldi
New Orleans, LA

St. Angela modeled her life after the words of Jesus. I am striving to live her call to peacemaking by reaching out to those in need and evangelizing to those who have fallen away from the church.

—Nanette Rice
St. Louis, MO

I see and find small pockets of quiet throughout the day. This PEACE, coupled with my energy and optimism, brings HOPE, COMPASSION and a LISTENING HEART to those I meet on the street and in my ministry.

—Regina Marie Fronmüller, OSU
New Orleans, LA

Striving to be like a piazza: welcoming, not labelling, remaining open to the mystery of each person, and journeying in others' shoes without forgetting mine.

—Marie Thérèse Le Goc, OSU
Rome, Italy

I strive to to be an example for my students and school community, a woman of compassion, a listener and a peacemaker. In my daily life I try to stay abreast of world needs and reach out where I am able to.

—Pat Schifini, OSU
New Rochelle, NY

By walking the talk in simple ways: being present, listening, giving encouragement.

—Glenda Bourgeois, OSU
Dallas, TX

My peace-journey involves a journey through forgiveness--- forgiveness of my sister's Jordanian husband who murdered her. Daily, in my prayer for him and for others, I ask that "the light of God surround them and the love of God enfold them." I strive to build peace by starting in my own soul.

—Barb Danner
Hillsboro, MO

Facing the suffering and violence in our world, I resonate with Rev George M. Smiga's reflection that a "pinch of salt" makes a significant difference in a food. So my small gestures of awareness, welcome, and involvement can further peace and reconciliation.

—Theresa Davey, OSU
Springfield, IL

St. Angela says, "Do what your heart says." We have made a big collection (door to door) of violent toys and then had a solemn burial ceremony; distributed pamphlets of peace on car windshields; and initiated a family project of peace in relationships.

—Margaret Mary Cain, OSU
Resende, Brazil

I strive to treat everyone I meet with respect and kindness. I try to be a positive person and to be grateful for all the blessings in my life. I hope that by making these small efforts my presence to those in my life will bring peace and reconciliation both to me and to them.

—Ellette Gibson
DeSoto, MO

Through prayer I feel called to seek peace for my own heart, because I know that is the first step to peacemaking and reconciliation with others. If we each strive to be peacemakers and reconcilers then our world will better know God's love and hope.

—Beth Sheehan Collins
Mansfield, MA

"Reaching for Peace"

(A song based on the mission and motto of Songcatchers, an organization providing musical programs for multi-cultural youth.)

Reaching for peace through music, that's what we're all about
Reaching for peace through music, wait til the world finds out
That we won't be discouraged, only encouraged,
finding the love within each person
Reaching for peace. Singing for peace. Making it happen here.

—Beth Dowd, OSU
New Rochelle, NY

