



NEWSLETTER

October, November, December 2017

Volume 26, Issue 3

SAVE THESE DATES

Saturday, October 7, 2017 - Octoberfest on the grounds of Camilla Hall

IHM Companions are staffing the *GIFTS GALORE* booth

Volunteer an hour of your time from 10 a.m. - 3:00 p.m.

Contact Sister Francis Helen 610-647-2160 ext. 1925

ihmcompanions@gmail.com



Sunday, November 12, 2017- Fall Gathering of IHM Companions in Prayer and Ministry

1:00 - 3:30 p.m. in St. Alphonsus Room - terrace floor

Sister Elenore Joseph, IHM - *Traveling with Saints*



**** Note to the IHM Sister Facilitator of each group:

Kindly inform Sister Francis of the number of Companions attending from your local group by Tuesday, November 7, 2017. Thank you and all are welcome! No fee needed.

Sunday, April 8, 2018 - Spring Day of Reflection

Villa Maria House of Studies 10:00 a.m.- 3:30 p.m.

Sunday Liturgy in Sacred Heart Chapel 2:30 p.m.

Sister Patricia McDermott - *Prayer and Meditation*

Registration required - Cost \$35.00

Please note increase in cost

Scholarships available



Please invite relatives or friends for any or all of the above activities.

BREAKING NEWS

This Autumn, we welcome a **newly-formed** IHM Companions Group located in Saints Simon and Jude Parish, West Chester, PA. This group will be facilitated by Sister Mary Beth Coyle, IHM. What a joy to see our Companions increasing in membership and thank you, Sister Mary Beth! Hope to meet all of you at your next gathering.



| Month | Topic | Facilitator | Signature |
|----------|--------------------------------|-----------------------------|-----------|
| October | Reflection & Science | Sister Mary Beth Coyle, IHM | MC 1423 |
| November | Prayer | Sister Mary Beth Coyle, IHM | Luke 18.1 |
| December | Self-Examination & Love of the | Sister Mary Beth Coyle, IHM | MC 1924 |



Our Miami Companions bid farewell to Sister Noreen Mangan at their final gathering in May as Sister has been assigned to Camilla Hall, our Powerhouse of Prayer. As a Congregation, we express our sincere gratitude to Sister Noreen for her many years of dedication and leadership to our IHM Companions in Prayer and Ministry at Epiphany-Lourdes in

Miami. We welcome Sister Carmen Teresa as facilitator of this wonderful, faithful group of Companions. Blessings to all!



Remember When...



In April we encouraged a "Free Will" offering for infant formula to be donated to St. Agnes Day Room in West Chester, PA. Your generous offering of \$410 allowed me to purchase 16 large containers of Similac formula. Wait! There is more. I was a good steward of your funds, Companions, because for each \$100's spent, Target gave a free \$ 25 gift card. With the extra \$110, I purchased more formula when it went on sale.

WOW, all this time I did not see myself as a good shopper but I have been converted to looking for sales, bonuses and coupons. Needless to say, St. Agnes clients were thrilled with all the formula as it is so costly. Blessing on each of our Companions for your goodness and generosity to those less fortunate.

*Christ has no body now but yours.
 No hands, no feet on earth but yours.
 Yours are the eyes through which he looks
 compassion on this world.
 Yours are the feet with which he walks to do good.
 Yours are the hands through which
 he blesses all the world.
 Yours are the hands, yours are the feet,
 yours are the eyes, you are his body.
 Christ has no body now on earth but yours.
 - Teresa of Avila*

| Month | Virtue | Patron | Scripture |
|----------|-------------------------------------|--------------|-----------|
| October | Recollection & Silence | St. Simon | Mt. 14:23 |
| November | Prayer | St. Thaddeus | Luke 18:1 |
| December | Self-abnegation & Love of the Cross | St. Matthias | Mt.16:24 |

Please duplicate or email to your local IHM Companions. Thank you!