



Anima Mariae

The Quarterly Newsletter of the Sisters of Mary Immaculate Queen

Dear Friends,

Praised be Jesus and Mary!

Back in the 1200's there was born a boy who was to make a tremendous impact on his world. As a youth he lived a vain and worldly life, culminating in an attempt to win glory as a soldier in the petty wars with the neighboring town. As he came to see the emptiness of his life and began to seek what God wanted of him, he prayed long and earnestly in a dilapidated little church on the edge of town. There he had a vision of Christ Who said to him, "Francis, rebuild my church; it is falling to ruin." Overjoyed to know so clearly the Will of God, he set to work eagerly collecting building materials and repairing the run-down chapel. Once he finished, he went around doing whatever he could to mend other forlorn churches of the area. But God spoke to him again, telling him that it was not the physical buildings that needed attention, but rather the living stones which made up His Church. A spiritual renewal in the living of the Gospel principles was what was needed, and the Little Poor Man brought about the revolution, by his living example of simplicity, poverty, humility and penance.

As we begin the new school year, we have chosen as the year's spiritual theme the opening verse of Psalm 126, "Unless the Lord build the house, they labor in vain that build it." Like St. Francis, we know that we must focus not so much on the material buildings used for the work of the Church as on the spiritual mansions of our Father's Kingdom, giving the children a strong foundation of humility for their spiritual edifice, sturdy walls of self-discipline, clear windows of pure intention, the lighting of joy, and the roof of charity to cover all. Our tools are the hammer of mortification, nails of gratitude, the measuring tape of obedience, the chisel of moderation, level of patience. And surrounding our house will be the garden of peace.



The Centennial committee, posing here in front of the Mount's cornerstone, is working hard to coordinate the year-long celebration of Mount St. Michael's Centennial (1915-2015).

But back on a more literal view of the matter, this year the Sisters and parishioners at Mount



St. Michael's Parish commemorated the 100th anniversary of the groundbreaking of Mount St. Michael by releasing 100 balloons at the annual parish picnic.



St. Michael are celebrating the 100th anniversary of this house which the Lord built here in the Northwest on the labors of His zealous missionaries, the priests and brothers of the Society of Jesus. August 24th saw the centenary of the groundbreaking for this magnificent building, which was to be not only a physical edifice, but a spiritual powerhouse from which would go forth architects of faith to engineer spiritual mansions in the souls of men. We consider ourselves heirs to this mission... Jesus Himself founded the house of His Church on the rock of faith. In following His teachings, and striving to do His will, we also build on a firm foundation rather than on the sand which would bring our house tumbling down (Matt. 7: 24-27).

Finally, to consider one more Gospel analogy having to do with building, remember how Our Lord spoke of the man who wanted to build a house and took thought beforehand as to whether he would have all he needed to finish the project? Well, by our consecration to Our Blessed Lady, we have engaged the perfect financier. She will be able to see us through to the end, for she holds the key to God's storehouses, and is the distributor of His treasures. If we consult with her, and strive to follow her example and guidance, she will provide for all our spiritual needs, and will keep us supplied with all the necessary building materials to accomplish the Will of her Divine Son.



Postulants Sr. Catherine Lewis (CA) and Sr. Hannah Welp (WA) stand with Rev. Mother by the statue of Our Lady of the Rosary.



The morning after the Sisters concluded their annual three-day retreat, they processed into chapel for the Sisters' vow ceremonies. Here the Sisters take their places in their pews as they conclude the solemn chant Salve Regina.



Symbolic of giving up the vanities of this world, the hair of the postulant is cut prior to her receiving the veil.



All for Thee, sweet Jesus! Having renounced the world, the new Novices receive their white veils, the well-known symbol of their canonical year.



Sr. Mary Petra solemnly renews the holy vows she took 25 years ago. She receives a wooden cross, signifying the cross she has borne.



Having completed her canonical year, Sr. Mary Cabrini takes her first vows. The white veil of the novice is exchanged for the blue veil of the professed.



The crown of red and white roses represents the crown of glory awaiting those who have pledged themselves to a life of virginity and martyrdom.



The Sisters consecrate their lives to God in steps, giving them the chance to renew their offering whole-heartedly.



Sr. Helen Marie receives her Brown Scapular after having renewed her vows for a period of three years. Her next step will be perpetual profession.



Returning to the altar, the novices await their new names — Sr. Mary Angela (St. Angela Merici) and Sr. Mary Teresita (St. Therese of Lisieux).



A fitting conclusion to the ceremonies — the chanting of the Te Deum. It is believed this hymn was composed by St. Ambrose for the baptismal day of St. Augustine.



A growing CMRI family. L to R: Sr. Helen Marie, Sr. Mary Cabrini, Sr. Mary Angela, His Excellency, Sr. Mary Teresita, Sr. Mary Petra.



“Take my life and let it be, consecrated Lord, to Thee.” The Sisters pose in front of the Sacred Heart statue before cutting the cake at their reception.



California: Like her patron, St. Madeleine Sophie Barat, Sr. Madeleine Marie delights in teaching children their catechism.



California: It isn't all fun and games, though the jumping tent behind Sr. Mary Bridget might tempt you to think so. Break time is almost as enjoyable as class!



California: Sr. Maria Regina gets right down to the basics, teaching these young ladies all about the great gifts that we have in the seven Sacraments.



California: It appears that everyone knows the answer to that one, Sister. Sr. Giovanna Marie engages her students in a lively discussion.



Bright and colorful is the method of teaching chosen by Sr. Marie Vianney and Sr. Louise Marie, as they teach the seven Sacraments in Ohio.



Ohio: Catechism lessons can be very intense, so break time is welcome for children and teachers alike.



Ohio: Here, as in many other parishes, the Sisters also offer an opportunity to work with the adults, oftentimes ending in an exciting game of Catholic Jeopardy.



Ontario: Sr. Marie Kazimiera works with the youth in London, Ontario. In the background, Fr. Bernard, OSB, distracts the little ones with his new puppy, Avila.



Michigan: Sr. Augustine Marie helps her students with their Baptism mobiles.



Sister stands beneath the DaVinci horse at the Frederik Meijer Gardens, Grand Rapids. We may well admire the genius that God has gifted to man.



Massachusetts: Fired up for the Faith! Sr. Mary Julianna looks on as Rev. Mother teaches "An Army of Youth" to children in the Berkshires.



Rev. Mother and Sr. Mary Julianna attended the 100th annual procession in honor of Our Lady of Mount Carmel in Hudson, NY.



The Sisters of St. Michael's Novitiate combine their yearly outing with a catechism mission, this year's being in Sequim, WA. Here the Sisters enjoy the beauty of God's creation at Multnomah Falls, OR.



Sr. Mary Paula's feastday was celebrated by a surprise afternoon picnic at the City of Mary. A little rain did not stop the volleyball game.



The feastday outing ended with the Sisters reciting Vespers in the church. This was a special treat, for many of the Sisters received their early religious training here.



"Singing is praying twice," said St. Augustine. Sr. Mary Veronica directs the choir for the High Mass on the feast of Corpus Christi.



"O my Jesus, it is for love of Thee." The Sisters receive help as they recover from a blow out on the way back from their summer outing.



The Sisters gather for dinner in the Cloister courtyard to celebrate the Sisters' jubilee and vows ceremonies on the feast of the Sacred Heart of Jesus.



Down at the Novitiate farm, Sr. Mary Bernadette tries to show the Aracauna hen what to do, but that brown egg doesn't impress her, for she lays green eggs!



A little on the lighter side, the Sisters share a laugh as an hilarious story is shared. The Sisters with June feastdays were treated to a party at the Novitiate.



"And the firmament declareth the work of His hands." Sr. Mary Angela appreciates the silence of nature as she prays her morning prayers.



All hands on deck! The Sisters pitch in to help with food preparation for the annual Singing Nuns' luncheon concert in early July.



"Sing ye joyfully unto the Lord." Spokane residents have the opportunity of coming up to Mount St. Michael's every July to hear the Sisters sing.



They're finally here! Sr. Mary Gemma looks on as Rev. Mother Mary Agnes distributes the Sisters' newly printed and beautifully hardbound Divine Office books.



Spokane's Riverside State Park is a favorite afternoon getaway destination for our Sisters. Here two Sisters have hiked up a rock formation on the other side.

Our Apostolate of Prayer

Are you or someone you love in need of special prayers? Send your intentions to the Sisters to be remembered in our daily prayers, Masses and good works.



Quotes on the Religious Vocation

Christ: “Amen I say to you, everyone who has forsaken home or parents or brethren... for the sake of the kingdom of God, will receive in this present world a hundredfold, and in the world to come, everlasting life” (Luke 28:29-30).

St. Teresa of Avila: “Though I could not at first bend my will to be a nun, I saw that the religious state was the best and safest. And thus, by little and little, I resolved to force myself into it. The struggle lasted three months. ...When I took the habit, Our Lord at once made me understand how He helps those who do violence to themselves, in order to serve Him, I was filled with a joy so great that it has never failed me to this day.”

St. Alphonsus Maria de Ligouri: “If they who give a cup of cold water in his name shall not be left without abundant remuneration, how great and incomprehensible must be the reward which a religious who aspires to perfection shall receive for the numberless works of piety which she performs every day; for so many meditations, offices, and spiritual readings; for so many acts of mortification and of divine love which she daily refers to God’s honor? Do you not know that these good works which are performed through obedience, and in compliance with the religious vows, merit a far greater reward than the good works of seculars?”

St. Bernard of Clairvaux: “They [religious] live more purely, they fall more rarely, they rise more speedily, they are aided more powerfully, they live more peacefully, they die more securely, and they are rewarded more abundantly.”

St. Thomas Aquinas: “...it may be reasonably said that a person by entering into religion, obtains the remission of all sins. For, to make satisfaction for all sins, it is sufficient to dedicate one’s self entirely to the service of God by entering religion, which dedication exceeds all manner of satisfaction. Hence, we read in the lives of the Fathers, that they who enter religion obtain the same grace as those who receive Baptism.”

St. Mary Magdalene di Pazzi: “A religious vocation is the greatest grace God can give a soul after holy Baptism.”

Calendar

Sept.	8	Nativity of the Blessed Virgin Mary
	12	Feast of the Holy Name of Mary
	26	Sr. Renee Marie’s feastday
	29	Feast of St. Michael: Titular feast of Mount St. Michael, St. Michael’s Convent, St. Michael’s Novitiate, and St. Michael’s Academy Sr. Michael Marie’s feastday
Oct.	3	Sr. Therese Marie’s and Sr. Mary Teresita’s feastday
	7	Feast of the Most Holy Rosary
	8-12	Fatima Conference at Mount St. Michael: “Fatima and the Great Apostasy”
	13	Anniversary of the Apparition of Our Lady at Fatima (Miracle of the Sun)
Nov.	15	Sr. Maria Providencia’s feastday
	19	Sr. Mary Isabella’s feastday
Dec.	8	Feast of the Immaculate Conception Mary Immaculata’s feastday
	10	Sr. Mary Loretta’s feastday
	10-11	Christmas Concerts at the Bing Theater
	12	Feast of Our Lady of Guadalupe
	22	Sr. Mary Cabrini’s feastday
	25	Christmas Day Sr. Marie Emmanuel’s feastday

St. Basil: “In this privileged state [the religious life] there is a happy and wonderful exchange; for goods of this world are given up and in their place the goods of Heaven are received. Treasures that will pass away are surrendered in exchange for treasures that last forever. Articles of no value are swapped for articles of priceless value.”

St. Laurence Justinian: “God has designedly concealed the happiness of the religious state because, if it were known, all would relinquish the world and fly to religion.”

Pope Pius XII, *Sedes Sapientiae*: “It is a great condescension on the part of the divine Providence that throughout the course of the centuries Christ the Redeemer should continue to repeat to souls, objects of His predilection, in an interior and as it were mysterious manner, that invitation which He had long ago addressed personally to the young man who questioned Him about life everlasting: ‘Come and follow Me.’”

Pope Pius XI: “In the religious life one advances with such a sure and confident step along the way of perfection that one has already, it would seem, cast one’s anchor in the port of salvation.”

Anima Mariae is the free quarterly newsletter of the CMRI Sisters.

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