

QUOTATIONS FROM THE SPEAKERS' PROGRAMS  
OF THE ST. MARY COUNCIL OF CATHOLIC WOMEN

"Virtues are spiritual habits born out of consistency."

--Father Ed Bresnahan, (then) St. Mary Parochial Vicar; September 10, 2010

"I credit the Sisters of the Holy Cross with providing me the education and direction needed to fulfill my potential to serve God."

--Pat Choiniere, former diplomat intimately involved with tragedies in El Salvador, including the murders of Jean Donovan and three nuns, and Archbishop Óscar Romero; May 17, 2011

"At the end of the day, all ministries are about our friendship with the Lord."

--Father Bjorn Lundberg, (then) St. Mary Parochial Vicar; September 20, 2011

"If you have kids, please force 'em to go!"

--Christian Bullock, (then) member of St. Mary Youth Group, recommending WorkCamp;  
November 15, 2011

"We do not wear habits, and when a sister takes her final vows she does not wear a wedding dress. We have a simple ceremony, and we receive a ring, and we have our medals. The way we live our lives tells the world that we are Benedictine Sisters."

--Sister Charlotte Lee, OSB; January 19, 2012

"My purpose is to support my husband in all he does . . . I feel holy, my heart filled with gladness and faith, when we pray [together]. I am just like you. I like to pray, to be with my husband and family, and to be with Jesus Christ."

--Miralba Bernaola, wife of Deacon Alberto; February 21, 2012

"Our America is under attack."

--David Bereit, co-founder of the National 40 Days for Life Campaign; March 12, 2012

"The Council of Catholic Women needs to be visible and is vital to the parish. This is my challenge to you: To lead people back to church and Mass."

--Father Don Rooney, (then) St. Mary Pastor; September 18, 2012

"At the latest bulk mailing [of care packages to troops overseas] a young woman came into the post office with her baby . . . and happened to read the label . . . it was addressed to her husband in Afghanistan! Call it a coincidence. I call it Christ in action. The baby asked why

mother was crying, 'Do these people know Daddy?'" [The package was opened, the child doodled a note, and it was resealed.]

--Nancy Kearney, of Blue Star Mothers of America; October 16, 2012

"It's the little things that we do that show love and affection. A wink, a touch, a smile, a glance, a thank you. It's waving at someone, just because. Little things say 'I love you' louder than shouting from a mountaintop. To God, little things mean a lot, too."

--Rosemarie Gortier, author of *Little Acts of Grace* and other books; March 19, 2013

"The decision to commit to Haiti would mean great sacrifice—sisters sent would be missed from ministries at home, would have to be healthy and the best teachers and nurses, and would have to be supported, since there would be no remuneration from the Haitian government. The chapter's unanimous 'yes,' therefore, was little short of miraculous."

--Sister Janet Stolba, R.J.M.; April 16, 2013

"When you hold an infant and look into his eyes, and think of nothing else; when a beautiful sunset or a soaring bird holds you mesmerized. We have all had such moments of clarity and focus. That's what it is like to be still, clear your thoughts, and be open to the Lord in unspoken conversation."

--Deacon Dick Delio; May 21, 2013

"When I was a little child, my father would go to the United States to work for 9 or 10 months of each year. He would come home, receive a new child and leave another; that was his mission. I am 40 years old, the next one is 39, the next 38 . . . there were 11 of us. And before he left Mexico again, he would have a talk with each of us separately. I liken this to the way Jesus talked with his disciples at the Lord's Supper, knowing he was soon to leave them. What Philip said ['Show us the Father'] is important. That's what we all want, to see the father's face."

--Father Lino Rico Rostro, (then) St. Mary Parochial Vicar, September 17, 2013

"God's comfort is given us as encouragement, and as a request; it is not supposed to stop with us. Comfort from God is not complete until we pass it to others."

--Heather Ablondi, Free Lance-Star columnist; February 18, 2014

"We should examine our conscience each day, pray an act of contrition, and continue to ask for grace."

--Father Stephen Holmes, (then) St. Mary Parochial Vicar; March 18, 2014

"To stay safe, listen to that little voice in your head. In hindsight we often realize there was something about a situation that just wasn't right, but we ignored it—to be kind, not to appear rude or callous or racist, whatever. Listen to the survival instinct God built into us. If it doesn't smell right, look right or sound right, it probably isn't."

--Sergeant James Keebler, Fredericksburg Police Department; April 8, 2014

“It is easier to sacrifice if we start each day with a good breakfast and a prayer for grace. When you feel a craving, instead of having that big bowl of ice cream, go pray about what is really bothering you. Be filled by the One who knows what you need to be filled.”

--Karen Cruess, Nutritionist; May 20, 2014

“One of the persons entrusted with my health care power of attorney is my son, who is a vet. He is used to putting animals down, but he does it with such loving care! Seriously, the person you should choose to make financial or healthcare decisions for you is the person you are confident will do what *you* want done . . . you needn't keep your files in a red book, choose any color you wish—just make sure your family knows where to find it!”

--Jackie Richards, *Red Book Files Outline*; October 21, 2014

“I never thought that as an FBI agent I'd be walking around Red Square. But as I walked I was never alone. Not only was He with me, but the KBG was following me!”

--John M. Wills, author; November 18, 2014

“You might say that Birthright of Fredericksburg was ‘born’ in the St. Mary Parish Life Center, since it was started here in 1976 by Irene Hagerty and other CCW members.”

Kathleen Mahoney; December 16, 2014

“By your generosity you share in the merits of the corporal works of mercy performed at Guadalupe Free Clinic.”

--Greg Dilick, Executive Director, GFC; January 20, 2015

“Our local community was founded in 2002. I received my Scapular in 2002, made my Temporary Promise in 2004 and made my Definitive Promise in 2010. I feel blessed!”

--Elaine Stanislawski, Discalced Carmelite Secular; March 17, 2015

“I am constantly telling people, especially parents, that they need to pray. In the Old Testament parents had a duty to bless and pray over their children. It's not less important for us. And by that, I mean literally, physically, standing over your children, extending your hands over them, and blessing them. It's your maternal right and duty to do this!”

--Leo Chavarria, (then) Director, St. Mary Youth Ministry; May 19, 2015

“Mind you, an immigrant is someone who has decided to leave his home country, whereas a refugee is someone without a choice who has left everything behind. We say that ‘USA’ stands for ‘U Start Again.’”

--Laurel Collins, Catholic Charities Migration and Refugee Services; October 20, 2015

“What's it like to be a deacon's wife? Like all wives we have ups and downs; scheduling conflicts are a challenge. In the last 15 years the diaconate has brought us many blessings. I have been especially touched when Dick was able to baptize our grandchildren, and to be part of the

marriage ceremonies of our children and the funerals of our relatives. We have both grown in our faith and become closer to God.”  
--Carleen Delio; November 17, 2015

“Pope Francis has said, ‘Jesus is the face of the Father’s mercy,’ and those words might well sum up the Christian faith.”  
--Melanie Rigney, author; April 29, 2016

“Many are only one paycheck away from homelessness!”  
--Deacon Don Perusi, Volunteer Coordinator, The Brisben Center; November 15, 2016

“Happiness is not found in watching things turn out the way you want; but in trusting and dedicating oneself to God. Dedication to Jesus Christ is shown in [our] relationships with others. Joy is though God.”  
--Sister Frances Carol Eder, OSFS; February 21, 2017

“Clear [your] ground, sharpen [your] tools, and test [your] soil in order to determine the best applications. Soil testing and treating is good for the environment as well as the lawn.”  
--Chuck McCollum, Master Gardener; March 21, 2017

“American Heritage Girls are comparable to Girl Scouts with two key differences. Primarily, the AHG program is faith-based, and each troop must be chartered through a faith-based organization. Troop VA028 is chartered at St. Mary’s with sponsorship from our CCW. Secondly, American Heritage Girls are more focused on community service than Girl Scouts.”  
--Maureen Siegmund, AHG Troop VA0128 Coordinator; May 16, 2017

“Thank you for all the work you do, CCW! And each year the students of Holy Cross Academy collect and donate money to our children in foster care at Christmas. How can you help? You can volunteer your time—filing, greeting, helping clients fill out forms, help with an event . . .”  
Christen Gallik, Director, Fredericksburg Department of Social Services; February 20, 2018

“Transcendental meditation is the largest spiritual movement in the Western world because Christian meditation has largely been forgotten. The practice of meditation in itself does not make better people. Moral rectitude is needed for Christians to find union with God.”  
--Father Michael J. R. Kelly, St. Mary Parochial Vicar; March 20, 2018

[Speaking of the crosses displayed on the Father Rooney Community Room wall] “Each cross has an individual history, like the one from a house that burnt down, or the one from Lithuania’s Hill of the Crosses, or the ugliest cross that no one else wanted . . . each one is an artist’s interpretation that makes present the life of Christ . . . collected from parishioners, family, friends, and E-bay. They originated in different places and times throughout the world. But here together, they are woven into a single tapestry.”  
--Father John P. Mosimann, St. Mary Pastor; September 19, 2017

“A sense of humor provides excellent balance for one’s immune system.”

--Marcia Grimsley, Professional Life Coach; October 17, 2017

“Celibacy, lived like Jesus, is the answer for the priesthood, not the problem.” “It’s hard to tell folks what they don’t want to hear, but Jesus didn’t say, ‘Pick up your pillow and follow me.’”

“Where will the American Catholic Church be in ten years? Potentially smaller, but purified.”

“Orange is my happy color; all my life, since I was a child, it has been my favorite.” “I think women are the heart of the Church. They bring forth the best in men.”

Father John P. Mosimann, St. Mary Pastor; September 18, 2018

“PBS created a blog and asked viewers what books they would recommend presidential candidates read, and Dr. Seuss books rated very highly.”

--Madeline Salustri, *Dr. Seuss for Grown-Ups*; April 16, 2019

“Poverty is sometimes so ingrained in families and there is such a lack of education that people tend to lose hope. Talking problems out helps, but having someone care enough to pray with and for you helps even more.”

--Carol Byram, Fredericksburg St. Vincent de Paul Society; May 21, 2019

“Father [Vincent] Capodanno was supposed to have a chaplain’s assistant there to protect him, but he would not allow that. He said he was not going to have someone risking his life for him. He was told that if he would not have an assistant assigned, then he must carry a gun. So he was issued a weapon, which he never carried. He definitely was an interesting person.”

--Mary Catherine Dunn, The Capodanno Guild; November 19, 2019

“Of course in the theater you are only as good as your last production, so it helps to have connections, to know agents, to have friends in the business, to attract the best talent in casting and directing. We go to New York once a year, and we also audition here.”

--Patrick A’Hearn, Producing Artistic Director, Riverside Center for the Performing Arts;  
December 17, 2019

“This pilgrimage indirectly grew out of a wish to see things not ordinarily included in a tour of Italy . . . I knew a Philomena Lizzio, who lived to be over 100; my Mom told me that she prayed for me and my vocation every day. Because of Philomena Lizzio, visiting the shrine of Saint Philomena was high on my priestly ‘to do’ list.”

--Father John P. Mosimann, St. Mary Pastor; January 21, 2020

“I feel blessed to be where I am. The opportunity at Holy Cross Academy was like being handed the keys to a Ferrari, the Oblate Sisters had done such a wonderful job with the school they founded. And to have four priests involved with the students is spectacular.”

--Dr. Stephen Fry, Principal, Holy Cross Academy; February 18, 2020