

Seven Nuns Note 50th

Seven Sisters of St. Joseph of Rochester are celebrating their Golden Jubilee: Sister Berchmans De Vos, Sister Mary Philip Capaldi, Sister Helen Holenstein (Mary Leonard), Sister Marie Joseph Helfrich, Sister Elaine Ryan, Sister Helen Louise Kirby and Sister Teresa Gerard Speckagoor.

Sister Berchmans, born in Ghent, Minn., has lived and performed various ministerial duties at the Sisters of St. Joseph Motherhouse from 1929-1966. During this time she supervised some of the work activities of the novices and postulants. In 1966 she transferred to Nazareth Academy where she is still active in ministry.

Sister Mary Philip, a native of Auburn, taught in Rochester at St. Francis Xavier, Mother of Sorrows, and St. Stanislaus Schools. She also taught at St. Patrick's, Mount Morris; St. Francis de Sales, Geneva; St. John's, Spencerport; and St. John's, Greece. She served as teacher, principal and convent superior at the following missions: St. Michael's, Penn Yan; St. Peter and Paul, Elmira; and St. Patrick's, Mount Morris. From 1973 she has lived and taught remedial reading at St. Joseph's Villa.

Sister Helen Holenstein, a native of Rochester, taught in Rochester at Corpus Christi, St. Francis Xavier, St. Pius X, and Nazareth Hall. She also taught at Holy Trinity, Webster; Immaculate Conception, Ithaca; St. Francis de Sales, Geneva; St. Mary's, Elmira; and St. Alphonsus, Auburn. She was principal, teacher and convent superior at Immaculate Conception, Rochester and St. Patrick's Corning. She presently teaches an advanced mathematics course to students at Mother of Sorrows School.

Sister Marie Joseph, a native of Spencerport, has taught in Rochester at St. Ambrose, St. Agnes Institute (forerunner of St. Agnes High School), Corpus Christi, St. Ann's, Sacred Heart, and Blessed Sacrament. She also served at Nativity, Brockport; St. John's, Spencerport; St. Anthony's, Elmira; and St. Patrick's, Corning. From 1963 on she has been full-time classroom assistant first at Our Lady of Perpetual Help and then at Holy Rosary in Rochester.

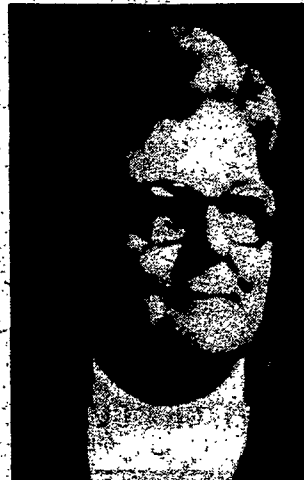
Sister Elaine, a native of Rochester, taught at St. Stephen's, Geneva and St. Patrick's, Seneca Falls. She was principal, teacher and convent superior at Holy Trinity, Webster and St.



SISTER BERCHMANS



SISTER MARY PHILIP



SISTER HELEN



SISTER MARIE JOSEPH



SISTER HELEN LOUISE



SISTER TERESA

Elizabeth's, Selma, Alabama. In 1956 she became director of novices at the Motherhouse, a post she held until 1971. Sister Elaine is presently the pastoral assistant at Sacred Heart Cathedral Parish, Rochester.

Sister Helen Louise, a native of Spencerport, taught in Rochester at Nazareth Hall. She was teacher, principal and convent superior at St. Aloisius, Auburn and St. Bridget's. In 1957 she became the local superior at the Motherhouse and later administrative assistant at St.

Ann's Home. From 1955 she has worked at St. Joseph's Hospital, Elmira.

Sister Teresa Gerard, a native of Rochester, taught at St. John the Evangelist, Greece; St. Mary's, Dansville; St. Mary's, Elmira; and Immaculate Conception, Ithaca. She was principal, teacher and convent superior at the following places: St. Agnes, Avon; St. Mary's, Canandaigua; St. James, Waverly; and St. Anne's, Palmyra. Since 1974 she has lived and worked at the Motherhouse.

Sarah Child



All in the Family

As a perpetual dieter, determined to wear the same dress size after the holidays as before, this writer knows all too well how fraught with danger is this the most sociable of all seasons.

Temptation lurks around every corner — sometimes when you least expect it. Stick your hand into the mailbox for the assortment of bills, cards and magazines and more than likely you'll pull out a box of Aunt Caro's best peanut brittle or Uncle Jim's homemade rum toffee.

The whole world seems to abound with so many delightful things to eat and drink — items you never see any other time of year. Delectable cookies shaped like reindeer and Christmas trees; miniature fruitcakes filled with pecans and glazed cherries; eggnog served in cutglass cups, chocolate logs trimmed with spearmint holly leaves.

Is it any wonder most of us succumb to the enticements of the season?

Learning the hard way I have over the years developed a few tricks to cope with the situation.

First. Avoid being your own worst enemy. Translated, this means don't create anything in your own kitchen that you don't have to hide from the kids. A woman I know intimately ended up one year con-

suming 26 gingerbread men (and gaining two sizes) because the little ones hadn't yet developed a taste for molasses.

Second. Be prepared when Great Aunt Lil or elderly Cousin Sally thrusts a batch of frosted, still warm cinnamon rolls under your nose and confides, her bottom lip quivering with emotion, she made them just for you because you loved them as a child. Simply beat her to the punch and let a few tears fall while explaining how you've become allergic to cinnamon. (No fib — you

break out in bulges when exposed.)

Third. Parry the overtures of an insistent hostess bearing a triple-threat dessert by calmly relating the (true) story of the dedicated weight watcher who became so frustrated by repeated offers of forbidden cake that she finally accepted the plate and turned it upside down on the plush carpet and ground it in the best grape-stomper tradition.

At this point the dessert should be precipitately withdrawn. If not, pass it to your husband. His suit jacket hides a lot more sins than yours does.

Deadline

The deadline for submitting news to the Courier-Journal is noon on Thursday preceding the following Wednesday's publication.

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Deaths

H. Moulton

Helen Moulton, who at the age of 93 converted to Roman Catholicism, died Dec. 2 at the age of 98.

Mass of Christian Burial was celebrated Friday, Dec. 5.

G. Schwartz

Mass of Christian Burial was celebrated at St. Ambrose Church, Nov. 5 for Georgiana B. (Smith) Schwartz, a charter member of the parish, who died Nov. 2, 1980.

1980 at St. Augustine's Church where she was a parishioner. According to her granddaughter, Karen Hyland, Mrs. Moulton at the age of 90 took up ceramics and made ceramic chalices for her parish

pastor, celebrated the rites, and Father Thomas Mull led the congregation in song.

Mrs. Schwartz was a member of the Nazareth College Guild, the Family Rosary for Peace, and the

church. Mrs. Moulton is also survived by several great grandchildren: Perry Coppola, and Diana, William Patricia, Deborah, Martin and Karen McKewons.

Aquinas Mass League.

She is survived by a daughter, Geraldine (Mrs. Thomas) Lyons, a granddaughter, Barbara Lyons, and several nieces and nephews.

Father James Marx in