



## PLEASE!

Pray for our diocesan bishops, priests, deacons,  
and seminarians! And for our religious order  
priests, brothers and sisters



### Sr. Mary Frost, SDS

**Vocation Story:** Some people receive the call to follow Jesus at a specific time, but for me I always knew that I wanted to be a sister. My non-Catholic grandmother later said about me, "Mary's vocation is really her mother's." This made me mad, until I realized that she was correct. I would not have had a vocation without my mother's good will. When I was a sophomore at St. Joseph High School in South Bend, Indiana, I discovered in the Sacred Heart Messenger an advertisement for a Mary Day "come and see". I attended this event in Milwaukee and found the place that I had always hoped for: Sisters of the Divine Savior. What followed from there was a lifetime of adventures! It seems that God's Will for me was to never stay in one place for a long time! I have served in the USA in Illinois, Maryland, Mississippi, New York, Wisconsin, and Wyoming. I have served abroad in Tanzania, Zambia, and Africa. I have had opportunities to study languages such as Swahili and Bemba, and to earn a PhD in African literature. I currently live in Greenfield and have assisted in the last few years with Religious Education and RCIA at St. John Vianney, St. John the Evangelist, and St. Mary's Hales Corners. I have had a wonderful and varied life serving God and His Church; I don't know what will come next, but with God's help and prayer, I am sure it will be good!

**Favorite Saint:** the Blessed Virgin Mary—she is my namesake!

**Favorite Psalm:** Psalm 23

**Favorite Scripture:** Isaiah 12: 2 This scripture has helped me face challenges, knowing that God would be with me.

Surely God is my salvation;  
I will trust, and will not be afraid,  
for the Lord God is my strength and my might;  
he has become my salvation.

**Suggestions for Vocational Discernment:** Visit the place you are interested in. Pay attention to your "gut"—that is where the Holy Spirit works!

Pray, Listen to Jesus.  
What is He calling you to do  
with your life?

### Sr. Mary Coffelt, F.D.C.\*\*

**Vocation Story:** The call to a particular vocation in life is a gift given to us by Jesus and how we choose to respond is the journey that our lives take when we accept the invitation of Jesus "*Come, follow and be my disciple.*" I am the oldest daughter of four children born to Ralph and Mary Coffelt, where my faith, prayer life and strong family ties were nurtured by the example of my parents and grandfather who instilled the importance of faith, the Slovenian language, customs and traditions. Holy Week of 1979 was that special time, chosen by Jesus to touch my heart and soul inviting me to seriously consider religious life. During Holy Thursday services in the quiet silence, watching and waiting with Jesus after the Last Supper, I listened, heard him and let go once and for all, of all that was keeping me from entering the convent. Opening my heart to Jesus allowed me to ask myself some key questions: Was this Grandpa's idea, planted in my heart so many years ago, who prayed every day for one of his grandchildren to enter religious life, or was I pondering this because of Sister Estelle's desire for me? That evening I realized that it was Jesus calling me to "*come and see*". I entered the convent in Ohio in the fall of 1979 and was given the grace to know that this indeed is where I belonged, to serve, to give my life as a *Daughter of Divine Charity*, trusting myself to Jesus and whatever and wherever my life of service would take me. I pronounced my final vows in 1986, committing myself to doing: "*All for God, for the Poor and our Congregation.*" My religious life has been a blessing and I am grateful to God for the many experiences that I have had serving the people of God and hopefully my life has been that example of "making God's love visible". I firmly believe that today Jesus continues to touch the hearts and minds of our youth that they too will respond **YES**, and be open to the invitation of Jesus knocking on their hearts.

**Favorite Saint:** Blessed Mother—Mother Thrice Admirable, my patron and the patroness of our Congregation

**Favorite Prayer:** The Rosary, which we as a family prayed daily. I still pray the Guardian Angel prayer in Slovenian (that I learned as a child) before going to bed.

**Suggestions for Vocational Discernment:** Pray, especially before the Blessed Sacrament, attend Mass as often as possible. "Be not afraid" trust in the Lord that He will give you the courage to take that leap of faith. His love for you is unconditional. Consider a vocation to the priesthood or religious life by serving HIM totally and be fulfilled beyond your imagination!!

\*\*Sr. Mary Coffelt is sister of parishioner Helen Frohna