

## *Sister Mary Henrita Frost, SSND – 70 Year Jubilee!*



*"God's call is not a single moment,  
but a lifelong invitation."*

**I vividly remember the day** I entered the School Sisters of Notre Dame. I felt a sense of purpose and commitment to the life ahead.

From a young age, I had sensed a deep calling to serve God and others. It was a quiet yet persistent whisper in my heart, guiding me toward something greater than myself. As I took my first steps into the SSND community, I felt a peace that confirmed I was exactly where I was meant to be.

My family, though supportive, had their own hopes and concerns. Yet, deep down, they knew this was my path, and their love strengthened my resolve.

Many paths were open to me, but the School Sisters of Notre Dame embodied something special. Their mission of education, their devotion to faith, and the inspiring Sisters who had guided me along the way all played a role in my decision.

I admired their unwavering dedication to service and the way they nurtured not only minds but also hearts. I knew in my soul that this was where I belonged, and I embraced my calling with gratitude and joy.

Being a School Sister of Notre Dame has been a journey of both giving and receiving. I have been privileged to serve in ways I never imagined, whether through occupational therapy, mentoring, or simply being present for those in need.

Each interaction, each life I touched, in turn, touched me.

My SSND community has been a source of strength, wisdom, and encouragement, shaping me into the woman I was called to be. *Cont'd...*

## Sister Mary Henrita Frost, SSND – Cont'd



Through the years, I have come to understand that true fulfillment lies not in grand gestures, but in the quiet, steady acts of love, service, and Presence, something that I treasure living here at the [Christine Center, a Spirituality Center in Wisconsin](#).

Among the many moments that have shaped my journey, a few shine especially bright. I recall working with the homeless and poor, where my heart was deeply moved by the compassion I felt for the hungry and needy. In truth, they were a gift to me.

Another life-changing ministry was my call to live and serve in Rome, Italy, where I had the privilege of ministering for eight years in the area of Peace and Justice. This work took me across Europe and beyond, collaborating with communities to serve those in need. It was one of the most rewarding experiences of my life.

Upon returning from Rome, I was called to serve on the Provincial Council for over eight years, a time that reaffirmed the joy and laughter that come from living and working in community. These experiences, along with countless others, have woven together the rich and beautiful tapestry of my life as a Sister.

Seventy years as a School Sister of Notre Dame have taught me many lessons. One of the most profound is that God's call is not a single moment, but a lifelong invitation.

Every day presents an opportunity to say "yes" anew, to trust in God's plan, and to embrace the joy of service.

If I could share one piece of wisdom, it would be this: Listen to the quiet stirrings of your heart, for that is where God speaks. Follow God's voice with courage, and you will find a life richer than you could have ever imagined.

As I reflect on this journey, I am filled with gratitude, for my Sisters, for those I have served, and for the God who has walked with me every step of the way.

My Jubilee is not just a celebration of the past; it is a joyful recommitment to the future, to continue living out the mission of love and service that first called me all those years ago.

*The "Circle of Compassion" mandala, above, was created by Sister Henrita in honor of the refugees and migrants who have lost their lives at sea.*