

## NEW FIDELIS EMPLOYEES



### SHEA NOWICKI - MEDIA ASSOCIATE

Shea Nowicki is a senior at Benedictine College, where she studies Theology, Education, and Psychology. Originally from Phoenix, Arizona, Shea's heart was sparked to a love of women's ministry during her four years at an all-girls Catholic high school. She loves the idea of a Church of fully alive women, deeply convicted of their belovedness!

When she's not posting on Fidelis' Instagram account, Shea enjoys reading poetry, drinking iced lattes at the on-campus coffee shop, and going on long "heart-to-heart" chat walks with friends.



### RUTH RIVALDI - WASHINGTON INSPIRE CAMP COORDINATOR

Ruth Rivaldi is a wife and mother of one boy and two daughters. She has been a lead lady and a mentor at the Fidelis chapter at Our Lady Star of the Sea in Bremerton, Washington since 2019. Ruth graduated from Tulane University and was a CPA and audit manager for ten years.

Ruth currently volunteers extensively in her parish and children's Catholic schools. She has led both the school parents' group and organized the annual school fundraising gala. She enjoys watching her kids play soccer and high school volleyball and feels blessed to be able to help young women grow in their Catholic faith.



### MARY PAUL FORSYTH - INSPIRE AND FIAT CAMP COORDINATOR

Mary Paul Forsyth, a retired mother and grandmother, lives in Charlotte, NC. She joined the St. Mark Fidelis chapter in 2019. Mary Paul graduated from the University of Tennessee and spent most of her professional life in the banking industry in various roles. After the birth

of her youngest child, she began a new career as the event manager for MiraVia, a residential maternity and outreach organization. She has been actively volunteering in her diocese for more than 20 years. She is also a Fidelis board member and long-time Fidelis mentor.

## FIDELIS SISTERS WHO ARE NOW MENTORS

We are blessed in a special way to have Fidelis sisters who finish the program and return to become mentors of sisters in formation. When we started Fidelis this was exactly what we hoped would happen year after year,

St. Rose of Lima: Clare Sukley and Melissa Looby  
Holy Ghost, Knoxville, TN: Amarys Gaut  
St. Philip, Franklin, TN: Mae Faugot

St. Mark, Greenville, SC: Vianne Shingledecker  
St. Elizabeth Ann Seaton, Fort Wayne, IN: Julia Langford  
St. Catherine of Sienna, Wake Forest, NC: Dorothy Cascino

## DAY OF GIVING RECAP

On August 22 Fidelis celebrated its First Annual Fidelis Day of Giving!

August 22nd celebrates the memorial of the Queenship of Mary over Heaven and Earth. Essentially, her Coronation Day! An integral part of the Fidelis program is excellence in the practice of virtue. This culminates in the Coronation Ceremony of a Fidelis Sister, the point at which she becomes a Fidelis Lady.

At the Coronation Ceremony, a crown is placed on the head of these Fidelis Sisters who have exemplified an excellence in virtue and service. Through the placement of the crown they are set apart

for a special calling to continue to give witness to a life of virtue and to serve with Marian humility. The perfect woman, the perfection of virtue, and the ultimate example for us as Catholic women is, of course, Our Lady.

The Giving Day was a big success, and Fidelis raised more than \$12,000! Thank you to everyone who participated and gave so generously!



## THE INSPIRIT - FALL 2023

How Your Gifts are Changing the Lives of Girls Across the Country



### A NOTE FROM THE EXECUTIVE DIRECTOR, PRISCILLA MCKINNEY

Fall is definitely my favorite season, as I am sure it is for many of you. I especially love the cooler weather, the spice teas, apple and pumpkin everything, the changing colors of the leaves, and the general excitement of the upcoming cozy winter with the ones we love.

I have a tradition in my family where I create a photobook for the previous 12 months every November. While the task is incredibly time consuming, filtering through the thousands of photos from my phone, the reward is great, knowing that my family will have a collection of treasured mementos for each year to look back upon.

This Newsletter, like my family photobooks, is also a great opportunity to put together the cherished happenings of Fidelis over the summer. It was jam-packed with our best and biggest Inspire ever, our first ever Day of Giving

on the Feast of the Coronation of Mary, and the most Coronations in Fidelis history!

This packed summer, however, was not enough to slow us down, as we are looking forward to THREE major and brand-new happenings in Fidelis for the coming year: Inspire Northwest, a Lenten retreat for mentors, and our presence at the Eucharistic Congress in Indianapolis. You'll be hearing more about each of these new offerings in the weeks and months ahead.

As always, please be assured of my prayers for each and every one of you who makes the Fidelis program possible, and please keep us in your prayers as we continue to further the mission!

Sincerely,  
Priscilla McKinney  
Executive Director

Will you consider increasing your financial support to Fidelis today?

Your gift not only helps the young people in your local community, but it will help start new chapters and train mentors in unreached communities. These young women play a key role in the Catholic Church. As they participate in Fidelis, they grow in virtue and faith, which shapes them as individuals and allows them to face the future with confidence in God. They are the next generation of saints...and your contribution helps them on their faith journey. That is a gift with limitless value!





## A CHAPLAIN'S REFLECTION TO FIDELIS GIRLS By Father Josh Johnson

The King is coming! Are you ready? The recent celebration of Christ the King Sunday and the arrival of Advent bids you to prepare by reflecting on the truth that you are a daughter of the king. Before the creation of the world, out of his great love, God planned for you. He created you. He knew you (Jer 1:5). What then does it mean to be a daughter of such a great and benevolent King?

To answer this question, we must first reflect on who our King is. To do so is not a reflection on an abstract concept, but on a Person. The Person of Jesus Christ. Who is he? Where does he come from? What is his power? How does he rule? What is in the depths of his royal heart?

As daughters of the king, you are given an immense privilege to represent your royal Father. You bear his royal tidings of love with their feminine beauty, strength, wisdom, and gracious self-giving. This is an incredible privilege but also a solemn duty. The king has entrusted you with all these beautiful gifts and privileges, and sends

you out as his royal herald. The daughters of the king are being sent to bring tidings of the just and benevolent King!

**“Get you up to a high mountain, O Zion, herald of good tidings; lift up your voice with strength, O Jerusalem, herald of good tidings.”**  
*(Is 40:9 RSV CE)*

He is the royal bridegroom, and they bid all to have their oil and wicks ready (Mt 25:1-13). These wise virgins know that while he may seem delayed, such is only a test of their love for him, so they stay awake and are ready.

Sacred scripture provides us not only with many Psalms and prophecies to reflect on his kingship and coming, but also gives us a person: the true daughter of Zion, the Blessed Virgin Mary. As you journey through these sacred seasons, invite she who “pondered” and “treasured” the Lord’s words in her heart (Luke 2:19), to show you how you might grow to be such a gracious daughter of the king as she is.

## CORONATION AND ACCOLADE CEREMONIES ACROSS THE COUNTRY



**Holy Ghost Coronation**  
Knoxville, Tennessee



**Our Lady Star of the Sea Coronation**  
Bremerton, Washington



**Saint Mark Coronation**  
Huntersville, North Carolina



**Saint Philip Coronation**  
Franklin, Tennessee



**Holy Ghost Accolade**  
Knoxville, Tennessee



**Our Lady Star of the Sea Accolade**  
Bremerton, Washington



**Saint Mark Accolade**  
Huntersville, North Carolina



**Saint Philip Accolade**  
Franklin, Tennessee

## INSPIRE 2023

Inspire Attendance (Including Staff and Religious): **327**

New Inspire Attendance: **187**

Coronated Sisters: **66**

Some Inspire 2023 Stats:

**More than half (55%) of our Inspire attendees were in attendance for the first time ever!**

**94% of Inspire attendees reported that they grew in their Catholic faith as a result of their Inspire experience!**

**Over 95% of those in attendance at Inspire stated that the experienced helped them to grow in sisterhood.**

**Over 53% of Inspire attendees reported that the presence of Religious Sisters helped them to think and pray about a possible call to Religious Life. Praise be to God!**

## INSPIRE NORTHWEST 2024

**Join the Fidelis Sisterhood as we celebrate the inaugural year of Inspire Northwest where we will gather to celebrate daily Mass and the Sacraments, dive into virtue with live speakers, and enjoy outdoor activities like ziplining, a challenge course, and much more!**

Hidden away in the Wenatchee National Forest's Naches Ranger District of Central Washington, Camp Ghormley offers a beautiful setting, comfortable accommodations, and a host of outdoor activities.

Mark your calendars for August 19-22, 2024! This is sure to be a week you will never forget!

To learn more and to register, visit [fidelisonline.org/inspirenw](https://fidelisonline.org/inspirenw)

## TESTIMONIALS

**“Inspire is always such an amazing experience, and this year was no different! Adoration and Mass were both so incredible and beautiful, and I grew so much in my faith. Thank you to everyone who makes Inspire possible!”**

*—Edith, Fidelis Sister*

**“Inspire is overwhelmingly a special experience with many blessings. I believe it will bear good fruit in the hearts and lives of Fidelis girls and ladies, in their families and friendships, in chapters, in schools, in parishes, in communities.”**

*—Michele, Adult Mentor*

**“The joyful sounds of sisters at play, reverent postures and prayers of Catholic worship, earthly fragrances mingled with blessed incense, and visions of girls comforting one another and allowing the true presence of Christ to overwhelm them will remain in my heart forever.”**

*—Annie, Fidelis Sister*

**“Sometimes you don’t think you will ever be friends with someone until you spend time with them disconnected from phones.”**

*—Lauren, Fidelis Sister*