



Lynn Garlick <https://www.garlickretablos.com>

Mary, Undoer of Knots

From Sister Mary

Dear Friends of Emmaus,

Like most Catholic girls who grew up in the 40's and 50's I had a great devotion to Mary. My family prayed the daily rosary together, made 9-day novenas to her, and recited her litany during weekly Marian services. And how I looked forward to May, the month of Mary, with its special altars, processions, beautiful hymns, and crowning.



Sister Mary admiring a Marian image at Emmaus

Although I still pin my mother's rosary inside the pocket of my slacks, the intensity of my devotion waned over the years. Until recently, when I felt a magnet pulling me toward Mary. Each morning now I sit with a different painting of Mary (I found a boxed collection of Mary images) and pray with her. That's how I discovered an image titled, *Mary, Undoer of Knots*. In the classic painting a serene Mary and the angels that surround her are all, with great ease, untying knots on a long ribbon that stretches from heaven to earth, undoing all the snarls that bind us.

I had never met *Mary, Undoer of Knots*. It was love at first sight. I knew I needed her as soon as I found her. I knew she was the perfect Mary for Emmaus.

So many "knots" walk through our door every day—in the guests, in the staff, in the volunteers, in myself. There are the taut knots of despair, self-righteousness, poverty, addiction, privilege. And on and on.

When a friend recently gave me a contemporary painting of *Mary, Undoer of Knots*, by Lynn Garlick, I took it as a sign that we should revisit May as the month of Mary and dedicate this issue to her. I placed my new Mary on the cover and decided to use the striking paintings of our Emmaus artist friend, Brother Mickey McGrath, OSFS, to highlight and pray for the "knots" that we are trying to unravel at Emmaus. Please join me in praying for these intentions.

I know it's difficult to untie any knot if you are tense, troubled, or agitated. It's my prayer that Emmaus be the calm and loving presence that enables "knots" to slip open with ease. Or as the prayer on the back of the Garlick painting reads, "Holy Mother, Undoer of Knots, ... free me... so I am rendered harmless and move in the world with clarity of mind and kindness of heart."

Sister Mary

The Light That Guides Us through the Darkness

Mother of Sorrows



Let us Pray: Mother of Sorrows, untangle the knot of hard-heartedness, so that we may never become content with our own efforts and cease to embrace the suffering around us.

A young father has been coming to the soup kitchen with his 1½ month old daughter. “How is it going caring for her on your own?” I asked. “I’m exhausted,” he replied. “I need more sleep.” Someone at a table nearby asked, “Where’s her mom?” He looked away and then said, “She’s out of town.” But everyone knew what that meant: “she’s in jail.” We have quite a few single parents who bring their children to the soup kitchen. But this is the first time I’ve met a single father with such a young child...a child that is still drinking from a bottle.

Source of Our Joy



Let us pray: Source of Our Joy, untangle the knot of despair, so that we may always have hope for our guests’ futures, and celebrate every small victory with them.

One of the guests at the soup kitchen was laughing and talking loudly to her friend and Sister Mary went over to find out what was causing such joy. The woman jumped up, picked Sister Mary up in the air, and exclaimed, “Oh, my God, I can’t believe it! I just found out that Sister Rosanne is not dead.” She put Sister Mary back down and explained: “I was so upset when I heard the rumors that Sister Rosanne got really sick with pneumonia and died. I was so sad I couldn’t even come to Emmaus. But today I found out that the rumors aren’t true...Sister Rosanne is alive and well!” Then Sister Mary pulled out her cell phone, called Sister Rosanne, and said to the woman, “Here, talk to her.”

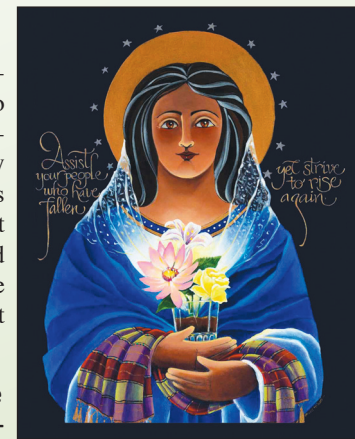
Let us pray: Our Lady, Help of the Addicted, untangle the knot of dependencies, so that all people may live freely and with dignity.

“Thank you so much for coming and volunteering each month,” Sister Mary said to a volunteer. The woman responded, “Honestly...the main reason I come is because my son was an addict and he came here. He was in rehab nine times and it never worked. But thank God, he’s now four years sober and holds a job. I come here to help because the soup kitchen was here when he needed it. It helped keep him alive.”

Let us pray: Queen of the Rosary, untangle the knot of fear, so that we may have the courage to speak out for those who have no voice.

I was one of three members of the Emmaus family who were arrested in Washington, D.C. in early 2018 for praying the rosary at the Senate Rotunda on behalf of individuals who immigrated to the United States as children and now face possible deportation. Sister Anne McCarthy, Emmaus board member; Sam Miller, Emmaus volunteer; and I participated in the Catholic Day of Action with Dreamers which brought together over 200 Catholics from across the country to ask Congress to enforce a clean Dream Act and a path to citizenship for DACA recipients. I’d never been arrested before, but when traditional ways of contacting Congress were unsuccessful, I wanted to join other Catholics who believe that our faith demands we take action in unjust situations. And I have to say that praying the rosary during our protest made me weep. It grounded me in my family’s faith and became a unifying and powerful prayer for justice. Following our act of civil disobedience, all the participants were fingerprinted, photographed, and released.

Our Lady of Light: Help of the Addicted



Queen of the Rosary



Seat of Wisdom



Let us pray: Seat of Wisdom, untangle the knots of ignorance and judgment, so that all woundedness may be met with empathy and compassion.

“Late this morning at the food pantry a young man, probably about 30-years-old, came in the door and he was crying,” said Emmaus staff member Sister Karen. “Harriet, our volunteer who signs up new guests, sat him down and listened to him about what was going on in his life. About ten minutes later, Harriet had him laughing and in line to get his bags of food. I was so impressed at how Harriet responded to this man. She was so spontaneous and genuine in her care, as if she were following some inner wisdom.”

Garden Madonna



Let us pray: Garden Madonna, untangle the knot of wastefulness, so that everyone may enjoy nature’s abundance.

Inner-city gardens are sprouting up all over the city and Emmaus Grove: The Urban Farm School was one of the first. What many people don’t know is that Solomon’s Porch Apostolic Assembly, located next to the kitchen, owns the land and lends it to Emmaus free of charge. Pastor Rick Sprague explains that it’s the church’s way of tithing and besides, “We both do God’s work and certainly we can share the land.” The Garden Madonna must be smiling since over 2,000 pounds of food are harvested there and shared at the Emmaus pantry and kitchen. I experienced

another kind of abundant garden today when I was in the family dining room at the kitchen. Three different languages were being spoken at the same time—one family was speaking English, another Spanish, and a third, Arabic. It not only sounded beautiful but reminded me of a multi-flowered garden.

Food for the Soul



Brother Mickey McGrath, OSFS www.trinitystores.com

Our Lady of Light

*Free me
so I am rendered harmless and move in the world
with clarity of mind and kindness of heart . . .*

—Lynn Garlick

For the Record

RESTORING HOPE

“We must restore hope to young people,” Pope Francis urged. And it’s true, we must. But at Emmaus, it is also true that young people are restoring hope. to our staff, volunteers, and guests.

Saint Luke’s

Following a pep talk from Father Mike DeMartinis, the second and third graders at Saint Luke School made enough minestrone soup to serve all the guests at Emmaus. Each student added a small item to the boiling pot—a spice, a tomato, a handful of carrots, or beans—and produced a healthy soup for Erie’s hungry. The soup makers were part of an all-school effort to support Emmaus during Catholic Schools Week. Preschool and prekindergarten children contributed several hundred bags of candy for guests to take with them. Kindergarten and first graders made 250 ham and cheese sandwiches. Fourth and fifth graders assembled pans of homemade macaroni and potato salad. Sixth, seventh and eighth graders took care of desert making dozens of cookies. And the faculty provided the main course—25 pans of homemade lasagna.



Second and third graders at St. Luke’s making minestrone soup for Emmaus Soup Kitchen

Cathedral Prep

During one of Erie’s snowiest winters, over 100 campus ministry students at Cathedral Prep School spent a night outside in a “box village” to get a small experience of homelessness and hunger and to raise awareness of these issues in the greater community. “It was a spiritual experience for me,” said a student, Pat, “especially during the hour-long period in the dark of night when we were asked to remain silent, reflect, and pray.”



Fr. Jason Feigh and Campus Ministry students presenting a \$1500 check to Emmaus’ Breanna Mekuly

SAINT GEORGE’S

“We asked each student to bring a dollar to wear jeans but if they donate more, like five dollars as I did, that’s okay, too,” explained eighth-grader Maddie, who along with her friend, Leah brought a substantial check to

St. George PTO mother, Carrie, students Leah and Maddie, with Emmaus staff member Breanna Mekuly



Emmaus Ministries. The students attend Saint George Catholic School and participated in a Lenten “jeans day” organized by the St. George Cares Project, a parent group involved in the school’s PTO.

Lake Erie College of Osteopathic Medicine (LECOM)



Students from LECOM teaching a “Healthy Heart” lesson at the Kids Cafe

“I learned it’s bad for my health to smoke or to eat too much dessert or to have a lot of stress. But it’s good to exercise,” explained nine-year-old Mariah who attends the Emmaus Kids Cafe. She was sharing what she gleaned from the health education session presented by students from LECOM, Lake Erie College of Osteopathic Medicine. The students led sessions on “Health Safety” and “A Healthy Heart” lesson at the Kids Cafe

BOARD MEMBER HONORED

Emmaus board member Mary Hoffman received the 2018 Archbishop Oscar Romero Award from Mercyhurst University Department of Religious Studies in March “for longstanding work educating and serving all of God’s children—in our community and abroad—particularly those with special needs.” Mary has devoted her entire adult life to students and adults with special needs, spending a year in Africa doing the same. She has served on numerous boards, councils and committees, and most recently as co-coordinator of Our Neighbor’s Place Overflow Shelter for the Homeless, St. John the Baptist Church. Mary also volunteers at Emmaus Soup Kitchen and in its administrative office.



Mary Hoffman

“SOUS CHEF” INTERVIEWED

When Emmaus staff member Breanna Mekuly interviewed soup kitchen “sous chef” Marie Wolf for the website, she asked questions such as: How did you learn to cook? What’s difficult in cooking for 200? How many different kinds of meals do we serve? What is your favorite dish to prepare? To read the answers to these questions and more, go to www.emmauserie.org.

P.S. Marie’s favorite dish is Shepherd’s Pie, “It’s what my mom made us as comfort food when we were kids...”



“Sous Chef” Marie Wolf

Let Us Give Thanks

JEM FOUNDATION

"In lieu of flowers," the obituary said, "please send donations to Emmaus Ministries." A friend of the deceased who sat on the board of a local foundation read the obit and became interested in Emmaus. So interested, that he urged the other board members on the JEM Charitable Foundation to expand its guidelines and make a \$50,000 contribution.

"Donating to Emmaus is outside of our normal realm, but our board member was taken with the mission of Emmaus Ministries," said John Stefanik, current Glenwood Beer Distributors president. The JEM Foundation was established by the late Jim Mantyla, president of Glenwood Beer Distributors.



Emmaus' Margaret Kloecker, John Stefanik, and Emmaus' Sister Karen Oprenchok and Breanna Mekuly



KNIGHTS OF COLUMBUS COUNCIL 4123 collected 1,000 pounds of canned food from its members during Lent and donating it to the soup kitchen. From left, Tom Wittmann, Emmaus' Rita Scrimenti, Mark Connolly and John Curtin

PNC FOUNDATION AND SAINT MARY'S CLUB for each donating \$2500 to the Sister Gus' Kids Cafe • RADIO STATION WCTL for including Emmaus Soup Kitchen in its annual Healing Hearts Program and delivering 200 valentines to guests on Valentine's Day • ROMOLO CHOCOLATES for donating Easter candy and BETA SIGMA PHI ALPHA ETA MASTER ERIE CHAPTER for providing Easter baskets filled with candy and toys for children who eat at the soup kitchen • OUR LADY OF PEACE elementary students for celebrating Catholic Schools Week by donating and delivering personal care items, cleaning supplies, and canned food to the soup kitchen • GANNON UNIVERSITY'S HONOR SOCIETIES for hosting another Golden Harvest Food and Toiletries Drive and donating six boxes of food and two boxes of toiletries to Emmaus • LAUREN CASEY AND COLLEAGUES OF ERIE INSURANCE, Westport location, who hosted a "Sock Drive" in April and collected gloves, blankets, socks and snacks for Emmaus

STAFF: Mary Miller, OSB; Margaret Kloecker; Claire Marie Surmik, OSB; Lucia Surmik, OSB; Rosanne Lindal-Hynes, OSB; Rita Scrimenti; Shirley Whaley; Stephanie Grear; Breanna Mekuly; and Karen Oprenchok, OSB; Companion Editor, Mary Lou Kownacki, OSB; Layout, Judy Allison



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In Memory

We are grateful to family members who asked that memorials be made to Emmaus in the names of their deceased loved ones:

Anne Marie Scully Chojnacki
Richard F. Donikowski
Ruth (Spiegel) Gray
Hans-Jorgen Gronborg
Stanley John Malesiewski
Irene B. Mamrak
Francis "Fran" E. Peskowski

Anna M. (Spor) Raines
Rose A. (Raymondo) Rozumalski
Agnes Marie Sturgeon
John J. Suminski, Jr.
Josephine Skovron Tanner
David A. Waltz

We also remember Emmaus Volunteers:

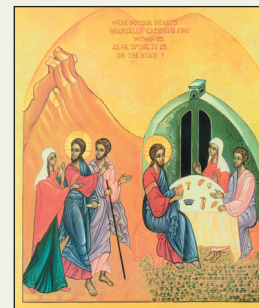
Philip M. Chenard • Barbara Hildum Juarez Keller • Robert A. Ostryniec
Kenneth W. Rohler Sr. • Cynthia Loesel Taylor • Florence Orloff Zatkoff

www.emmauserie.org

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EMMAUS ICON

Icon *Road to Emmaus*
Iconographer: Sister Marie-Paul, OSB
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Image provided by The Printery House of Conception Abbey



They came to know Christ in the breaking of the bread.

Luke 24:35