

A SHARED COMMITMENT: ROOTED IN LOVE, BUILT FOR THE FUTURE

During Sisters Week, we honor the courageous women whose ministries of compassion shaped generations of care — and the living mission that continues today through the Carmelite tradition of presence, dignity, and love.



Mother Angelina Teresa:
Our cornerstone, who taught us that the elderly deserve a “home,” not an institution, and that every small act of kindness must be done “just the right way”.



Mother Cabrini:
The “woman with a suitcase,” whose relentless energy for the immigrant and the disenfranchised reminds us to be a voice for those whom the world ignores.



Blessed Mary Angela Truszkowska:
Foundress of the Felician Sisters, whose Franciscan heart led her to “the wounded” and the orphans, showing us that true service requires a total gift of self.



Mother Élisabeth Bruyère:
Foundress of the Sisters of Charity of Ottawa (Grey Nuns), a model of “confident abandonment” who fearlessly established hospitals in the face of epidemics.



Saint Macrina the Younger:
The spiritual architect and sister of St. Basil the Great, who taught us the power of Kenosis—emptying our own status to serve others as equals.

In an era marked by growing individualism, the human bond is often strained as shared responsibility gives way to the pursuit of self. Yet through the ministries of the Carmelite System and the Carmelite Sisters for the Aged and Infirm, we witness a different way—one where healthcare is not merely a transaction, but a sacred encounter rooted in love.

The story of compassionate care did not begin with a single voice. It is a symphony composed by courageous women who answered the call to serve in different times, cultures, and circumstances. Each brought a unique verse to the same sacred song—Compassion, as a powerful expression of our humanity and a foundation for the future.

As we observe Sisters Week in the month of March, we honor not only the remarkable women who shaped these ministries of compassion, but also the living mission carried forward by those who continue their work today.

ONE SONG, MANY VERSES: THE PIONEERING SPIRIT

Our ministry is woven

from the courage of remarkable women who dared to be pioneers. We are honored to carry forward the impact of these foundresses, each of whom brought a unique gift to the world: Together, they’ve formed a legacy that transcends time.

Their ministries may have begun in different places, yet they share a single foundation: the conviction that compassion is the most powerful force in the world.

LIVING THE GOSPEL: THE “GOOD NEWS” IN ACTION

The word Gospel simply means “Good News.” It is the announcement of God’s sacrificial love, shown to us by Jesus, who taught us the importance of love through His life and His victory over the cross. We live out this Good News every day through our works:

- **Self-Emptying Love:** We “empty” our own ego to be filled with the needs of the sick, the elderly, and the marginalized.
- **Sanctity of the Ordinary:** We ensure that every smile and every exchange promotes human

dignity and our unity with one another.

• The Carmelite Way of “Remaining Present”:

This is our unique character. In a world that often looks for the exit, the Carmelite heart stays. We remain present as a voice of reason, morality, and compassion.

THE PIONEERING CHOICE TO STAY

To our employees, board members, families, and partners: we are not simply providing a service — we are sustaining a moral ecosystem of care. Our choice to remain present, even when the world often moves on, reflects the enduring spirit of Carmelite System and the Carmelite Sisters for the Aged and Infirm.

“..healthcare is not merely a transaction, but a sacred encounter rooted in love.”

- Trish Gathers

Today, that same spirit of stewardship that we announce Carith — a mission-driven initiative created to help preserve and strengthen the sacred works entrusted

to religious congregations.

CARITH exists to ensure that ministries founded in faith, sacrifice, and service do not fade with time, but continue to flourish and serve future generations.

CARITH offers a pathway that protects both mission and legacy. Rather than allowing historic ministries to be absorbed into systems that may not share their founding value.

“CARITH supports aging congregations by safeguarding the ministries they founded, ensuring that their legacy of compassion, dignity, and faith continues to serve future generations.”

CARITH works collaboratively with religious communities to steward properties,

sustain charitable works, and safeguard the spiritual identity that gave birth to these institutions.

Every ministry preserved, every home sustained, and every life served becomes a living verse of the Gospel. Together, through partnership and faithful stewardship, we ensure that the light of these historic missions not only endures — but grows brighter for generations to come.

Thank you for your shared commitment to remaining a healing, courageous presence—the epitome of compassion, dignity, and service. **The Difference is Love.**

Happy Sisters Week

Learn more about how we can serve together through Carith Ministries:

<https://www.carithministries.org/>
<https://www.carmelitesystem.org/>

Phone: 518-537-7500

Email: rtoussaint@carmelitesystem.org

The Carmelite System Inc., a Catholic not-for-profit health system dedicated to expanding access to high-quality geriatric care and serving communities across New York, Massachusetts, Florida, Iowa, Ohio, Kentucky, and Illinois, is proud to announce that five of its homes have been recognized as Best Nursing Homes by U.S. News & World Report.