



The Source of Our Strength

Thoughts of Servant of God Sister Ida



With joyful and grateful hearts we dedicate this tribute to our beloved foundress, Servant of God Sister Ida Peterfy, whose spiritual legacy lives in the hearts of all whom she touched throughout the entire Church.

These thoughts of Sister Ida are taken from an eight-day retreat that she gave to the Sacred Heart Sisters in 1953.

It was four years after Sister Ida left everything behind in her homeland, Hungary. With the strength of the Holy Spirit, she made a new start for the community in Toronto, Canada.

At the time she gave the retreat, Sister Ida was thirty years old.

Sisters of the
Society Devoted to the Sacred Heart

In presenting this booklet, we declare our sincere submission to the teachings of the Catholic Church.

For copies of this booklet, contact:

Sacred Heart Sisters
10480 1/2 Winnetka Ave.
Chatsworth, CA 91311
sisterida@sacredheartsisters.com
www.sacredheartsisters.com

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Be Willing to Accept Strength

The Lord is with you every day! You can receive as much strength from Him as you are willing to accept. This is an inexhaustible source of treasure. But you may be too lazy to reach out your hands and accept the treasure, or face the obstacle that you think you cannot overcome.



Love is shown by deeds, not by words. Love is a sharing, it is a generous giving of anything a person has: knowledge, respect, riches, everything.

On the road to Damascus, Saul's head was filled with knowing that "he was right" to persecute the Christians. During his brief exchange with Christ, the light of graces shone on him. His head was filled with truth strengthened by His grace.

Now Paul's will was filled with the power of Christ's strength. His heart was burning with the love of one who knew he was redeemed.

Externally, he still looked the same. His steps still looked the same, perhaps more modest. His voice was the same, perhaps more peaceful. But grace was shining through him!

*God is preparing you by giving
graces to offer
your whole self to His service,
to become a fertile soil
as you receive His divine seeds
in your heart.*

*He is hoping to cast new and
unheard of graces on this earth.*

*If you allow Him
to work with you,
He will knock on your door with
great and wonderful plans.*

Our Blessed Mother was not “thrilled and ecstatic” when the crowd followed Jesus; and she was not hopelessly crying under the Cross.

We might say that “she was always the same.” Her peace and strength came from the constant contemplation, worship and following of God’s limitless and inexhaustible simplicity.



*You are sustained by the strength
of your Lord and God.*

*Trust in this, rely on this, tackle
your work with this.*

*See this as the source of your
endurance and success.*

*Ask for His strength. Praise God.
Give thanks to Him.*

You have Strong and Loving Support

One of the greatest gifts is the grace of perseverance. We have to ask for it often and co-operate with it in the smallest matters of our everyday life.



If you pray the Rosary every day, then you are asking our Blessed Mother 53 times a day: "pray for us now and at the hour of our death." Do you think it makes no difference to her? She loves you and knows you by name!



Your Patron Saints are with you. How much they plead for you!



Your deceased relatives are with you. How much they help you! How much they plead for you!



*Your Guardian Angel
is with you with strength.
How much he fights for you!*



We heard it said that "God does not sleep." It is truly unthinkable that He should stop caring for us. Let us not stop caring for Him, either, as much as our miserable strength allows us to care.

Where would you be if Jesus had not promised to write your name into His Heart never to be erased, to give you grace, and encourage you again and again?



Give me light and strength, Lord. Help me to purify my intentions. Let it show in the practice of virtues coming from my very nature – and going against my very nature sometimes.

Make Use of Your Best Human Powers

God has made salvation possible for you, but He can only save you with your cooperation. Go ahead and cooperate eagerly, making use of the best of your human powers: intelligence and free will.



Your lungs become strong when numerous tiny air particles flow into them steadily. One single breath means precious little, but a steady transmitting of air brings great results!

Do you want to be a great soul? Start being steadily filled with goodness and virtue. Do you want to be spiritually beautiful? Start a steady plan of “spiritual cosmetics,” blemish by blemish.

*The Lord is very familiar with
our nervous system,
our attention span,
our ability for concentration
and our physical weaknesses,
– and yet, He takes up
His home in us.
If you are one with Him
in good intention
and in serious efforts,
He comes to you with His
strength. He is with you.*



When Mary and Joseph found the twelve-year old Jesus in the Temple, He went home with them; He grew and He was obedient.

Just think: Jesus who taught professors (Rabbis) was obedient to Joseph, a carpenter, and to Mary, a teenager.

Spiritual maturing needs time, but watch out: if our relationship is not deepening with the Lord, we can remain immature for a long time.

A tiny green apple is very promising in the spring, but if it remains small and green throughout the summer, it is terribly pitiful!



One occupation is never a waste of time: submitting more and more to the will of God, always wanting to do His will even if it means thirty years of carpenter work or being scourged or crowned with thorns or spat upon or accepting the cross.

Intelligently control your thoughts. Do you think with your mind or with cleverly masked imagination? You can tell by the “fruits.”

Those who live by reason are well-ordered, they master their feelings and control their temper. The virtues of fortitude and temperance are in your soul, and Christ is nourishing them with graces.

Grab the shovel and start weeding around them! Grab the bucket and water them! And don't “turn off” your mind, or else you may pull out the little plants together with the weeds. Cooperate with Christ!



Let our practice of Christian living be a rein that helps us to get a hold of ourselves, restrains our feelings from tossing us around, a quiet pause before acting, a chisel that cuts off whatever keeps us from our goal.

*If your imagination steps into
the role of your mind, or your
feelings overpower your will,
even for a short period of time,
you have a challenge.*

*Don't forget:
a bad habit can be changed by
developing a good habit!*

*The heavenly crown
is worth a little sweat.*



Life is not all negative but all positive! It is good to learn good habits and practice them. Then, even when you are not thinking of doing something as a penance but only because it was your duty, your already practiced and habitual good intention will automatically join in. It is even better, of course, when you consciously join them together!

While You Lead a Busy Life

*While you lead a busy life and
your mind is active,
be sure to be immersed in God
with your faith, trust,
with your love
and with all your soul.
In the midst of doing
all your agenda,
let your spirit and attitude
be different.
Do your work with
God in your heart,
it will become prayer,
sacrifice and a new habit,
all in one.*

There was rejoicing, happiness, peace and heaven on earth when Baby Jesus was in His Mother's arms. And immediately, shepherds, kings and murderers were coming and Mary had to escape. The life of our Blessed Mother was at least as hectic as yours!

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Nazareth was not an artistic painting of a "still life" where Mary was dreamily stirring the soup as her gaze rested on Jesus; where Joseph's eyes gazed on both of them while he was sanding a 2x4; and the little Jesus, with His eyes fixed on heaven, was slowly picking up wood-shavings from the floor.

It did happen occasionally, but the neighbors kept coming with their problems, complaints and gossip. Relatives came with advice, requests or problems.

*Everyday worries come.
It is not easy,
but it may become less burdensome
when you keep in mind
that caring for the home,
the food and clothes
are really all for Him.*

* * * * *

Find the occasions that demand a great deal of faith in your everyday life.

What is it that demands mobilizing all your love and deepest motivation? What is a thorn for you? Accept it as a thorn and decide not to “shake it off.” Jesus never tried to shake off His crown of thorns! Perhaps your thorn is something so small as someone’s mannerism. Offer it as a sacrifice, as reparation.

*Christ showed us that it is not
the type of work or rest,
joyfulness or sickness
that is essential,
but the spiritual attitude
is essential.*

*Actions and things are neutral;
our reason for doing them
makes them sinful or holy.
No "work" is greater than
another.*

*Our spiritual attitude
makes it greater
and more precious.
If you sanctify your work
by giving it to God,
the work will sanctify you.*

Don't Waste Your Time on Worries

How deep do you sink into worries? Only your hands and feet and mind, or all your heart and soul?

You only have to “solve” today according to the mind of God. It is useless to worry about tomorrow (unless today is spent in self-centeredness). What if the scare of tomorrow will never become a reality? What if there will be no tomorrow?



*Ask for the grace
of never turning off
the royal road of the Cross.
Walk with Him!*

Mary and Joseph could not find a place for Jesus to stay in Bethlehem. Don't ever be angry when you are refused as you knock on someone's door for the sake of His mission. God will fulfill His plan anyway. Don't scorn your enemies; be sorry for them and pray for them because they missed out on something great.



How disturbing and upsetting are people, problems, or worries for those who are in the grave? Can any of these separate them from Christ? No! What a waste every minute is that I spend on being absorbed in problems! The phrase of being "worried about" something is a bad, worldly expression.

Christ is with us until the very end of the world!

Even the chosen ones can be all entangled in worldly sadness. It gives a great opportunity for the devil to bait you with nervous restlessness, or dwelling on past failures or future worries.

Recall what Christ said: "I will be with you ... I will not leave you orphans I will send you a Consoler."

*Be one with Christ as Mary
became one with Him, so that
there will be only one future,
one worry, one cross,
one plan: His!*



Whenever you realize during the day that you fell, quietly strike your breast, and tell our Lord that you are sorry, – even if you are not alone. It does not have to be noticeable by anyone around you.

There is Always Light in Suffering

It was His love that brought Jesus to His way of the Cross. His love for the Father and His love for us is best expressed by His Heart: humble and gentle, the cross, crown of thorns, flames of love and light all around.

There was always light in His sufferings; He always saw clearly why He suffered. There was no complaining or grumbling or a sense of aimlessness.



We can ask the Lord to teach us to suffer. When He was carrying the Cross, His eyes were looking at the Father. Christ knew why He was obeying. He felt compassion towards sinners, not hate.

Jesus did not stop loving when He was betrayed by others, even by His closest friends. He continued carrying the Cross with His eyes fixed on God the Father.



His Spirit gives strength to His followers, so that all who are tempted like Adam, Judas and Peter, can see their sufferings in the light of the Cross and continue their journey to the goal.



Suffering does not make Jesus angry, He accepts it willingly. He does not threaten, He forgives.

He continues on as a Lamb: innocent and yet bleeding from beatings and from the weight of the Cross. He carries the sins of each one of us, of the entire world!

*Is there any
sacrifice or suffering in my life
that could "repay"
what Jesus Christ
has done for me?*



Why did Jesus show His Heart to the world through St. Margaret Mary Alacoque? He helped us to step beyond time and space in our imagination.

He presented it clearly to our minds that He does not want us to "devoutly recall" His passion as something of the past, as if it was all over now, thank God. His thorns, His wounds and His Cross are all in the present.

If you follow Him, you will not leave suffering behind with a sigh of relief.

As long as you live, and as long as there are sinners in the world, there is suffering.

Courage!

Christ is Always There

When you accept the strength and light of God, that is what you pass on to other people.



We can keep going with a peaceful, cheerful and loving heart through thousands of dangers, difficulties, fire and water and hard work, because we know that Christ gave His life for us. Every moment we do His will is a treasure.

What would we fear?

What would sadden

or unnerve us?

What could discourage us?

*Nothing essential,
because Christ saved us!*

Happy is the one who receives the Word, and happy is the one who freely, courageously and generously passes on the Word!



*The Lord does come!
If you make one step toward Him,
He makes ten or a hundred steps
toward you!*



We don't know what shape of a cross Christ will give you, or when, or in what way. But we know that you will have to embrace it as the Blessed Mother did, facing suffering with humility, facing dangers if that is the way Christ leads you.

Never try to "run away" from great or small hardships. Christ is always there with His strength!

What if You Lose Sight of Christ?

When we have no clear vision of the goal, no wonder we can be tied down by small things; we can be worried, nervous, or angry.

*Is something very heavy?
Just think: carrying that heavy burden on this earth is the price of having it as light as a feather all through eternity!*



While Peter was doing the impossible, walking on the water, he had no problem when he could see the Lord. His problem started when he took his eyes off of Him, just for a moment. He started sinking.

Even after Peter denied that he ever knew Him, Jesus loved this tough, hot-tempered and stubborn man with a strong, faithful and tender love.

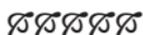
Jesus saw his heart. He saw Peter's deep and almost bottomless sorrow. How does Jesus settle this terribly uneasy situation? He simply asks: "Do you love me, Peter?"

The question is as simple as Truth itself, and so is the answer: "I love you, Lord." We know the rest of the story!



*Don't lose sight of Christ.
If you walk with Christ
and ask His advice,
it will be out of the question
for you to do
what He does not want,
or to do something
that hurts and displeases Him.*

*The twelve-year old Jesus was
gone; He was not with Mary.
How do you think Mary felt?
She was looking for Him with
sorrow. Where did she find Him?
In the church.
Look for Him when you lost sight
of Him!
Where? In prayer.*



Was St. Paul's life easy after his conversion? Holiness is simple but it does not come free. Paul saw a strong resistance in his body; he had much trouble.

He had spiritual and material cares, imprisonment, scourging, and overwork. He worked as a tentmaker while working full time in the Church, spreading the faith.

Let our examination of conscience be times of spiritual map-studying, telescoping, climbing the light-tower, measuring results, consulting our Chief Guide about the straightest path.



Don't ever stop on the way to God, because you will inevitably start sliding back. Forward, always forward!

*Give your memory to the Lord and
let Him live in your mind vividly.
When you keep Him in mind,
your vision is clear.*

Memories are often centered around “me” and cater to self-consciousness and pride—and what is that good for? What we need is God-consciousness.

Simple Humility, the Virtue of Giants

Humility is the virtue of giants. The strength of the truly humble person is drawn from a totally different source than the strength of others.

The truly humble person who sees the reality of being a temple of God will never be self-assured but God-assured, not self-assertive but God-assertive.



*If you know that
all your strength
and your treasure
is the Lord living in you,
then you are humble.
Then you are reflective, alert
and living the life of Truth.*

Why is it good to do penance under the heading of practicing humility? Because it gives a constant motivation, it helps you not to be conceited and petty.

You do not deny yourself “just to deny yourself,” but to make up for the many times when you were selfish and proud.



Life is activity.

*You can direct your energy
to marvelous plans of self-control
out of your love of God,
out of your desire for humility
and to be like Him.*

*Or else, you can allow various
forces to drag you down and twirl
you around. But why?*

*True humility
is the state of
a soul filled with grace,
a genuine God-consciousness,
a truthful vision of God.
When you have that,
you cannot shrink yourself
to a size that is small enough.
And this is not hypocrisy!
It is strength-giving
wisdom.*

Wait for the Merciful Love of the Holy Spirit

Adore the Holy Spirit. Invite Him. Ask for His gifts. When He comes, He gives gifts, if the person is “a good fertile soil.”

Once you have His seven gifts, you are on the right track because you have been given intelligence and knowledge to support your humility! And you have received counsel and fortitude, too!

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Plead with the Holy Spirit with great humility to save you from being vain, proud, self-asserting and grumbling, because all these are rooted in the spirit of falsehood.

*Blossom in Christ!
Mature for heaven!*

A time of waiting gives us a chance to reflect, to mature and to pray.

The Apostles were waiting for nine days for the coming of the Holy Spirit whom Jesus had promised to send. They were very conscious of their weakness.

Then sounds of wind filled the air, tongues of fire appeared, and their souls were filled with the Holy Spirit.

Greater things than anyone could have imagined were happening. Where there was weakness, there was strength!

*Lord, give me a burning love
that I may love You,
and everyone for You. Give me
your never-ending divine love,
and I will go anywhere,
to any corner of the world for You!*

If you want to receive mercy, you have to be merciful. The only one who does not need mercy is the one who is perfect.

Our perfection will be complete only when we will enter heaven. Until then, everyone of us, including the Holy Father, acknowledges our need for mercy, as we ask our Blessed Mother every day:

“Pray for us, sinners...”

A Grateful Heart is a Heart of Strength

*Ask for an interior knowledge of
every single gift
that you received from God,
so that you can recognize Him
through everything,
so that you can serve
and love Him freely.*



Wake up to a clearer vision and see heaven on earth. Once your eyes are opened, you will not have to cautiously find your way around to see what you will choose. You will thoroughly enjoy everything! You will be delighted to see His gifts in everything. You will see His plan and His goals for which He has given you wonderful gifts.

*Let us notice small gifts
and beauty.*

*Let us rejoice over them,
and give thanks for them
in place of those
who have no eyes to see.*



Notice how God works for you through every creature on the face of the earth, in the heavens, among the galaxies and in the planets, so that you can fulfill your vocation!

Recognize how everything that is good comes from God. Your limited abilities come from His limitless powers: justice, goodness and mercy. They all come as rays from the sun, water from a well, fruit from a tree, or grapes from a vine. Reflect!

What is order? It is having everything in its place.

*Be like God!
Be in order,
out of gratitude to Him
who keeps the stars, moon
and galaxies in their place!*

Don't just be "organized because it is efficient," or because you have to be organized, because it is your duty and otherwise you would be scolded.

*Have an internal motivation:
the praise of God,
your love for God
and your humility.*

You Can Love as Mary Loved

*Love as Mary loved.
Follow her with a loving heart,
even to her Son's
Way of the Cross.
Don't ever follow your moods or
feelings. They do not make you
more or less, better or worse
in the sight of God.
Feelings do not obtain
more mercy or more graces.
When you do something with the
spirit of reparation, humility, love
and confidence, then you will make
progress in holiness.*

The heart of the Blessed Mother was united to her Son in her activities and in her struggles, in her waiting and in her joys. She was very happy, and she felt the sufferings of Christ very keenly. She gave us plenty of examples for a very holy and very active life!



How active the Blessed Mother is in her faith! She knows Christ. She knows His Heart, and she knows His strength. She asks Him to change water into wine! There are many things that God will only do if you ask Him, if you ask Him ceaselessly with faith and confidence!

You will also have to do your part, as Mary did in Cana: provide jars, have water brought, wait for her Son's response, etc.

Learn from St. Joseph. Ask him to hold your hand as he held little Jesus when He was trying to make His first steps. How much care, love and warm concern Joseph has for you! How happy he is for your success! How often he kept the devil away from you!

Picture Mary and Joseph holding your hands as they lead you to Jesus.



What you do with the phrase “union with Christ” depends entirely on you. If you live it as Mary did, in her style and with her help, you will be the happiest mortal on earth! Then in your cheerfulness, willingness, kindness, warmth, in your humility, gentleness and charm people will constantly recognize our Lord Jesus Christ in you!

The same Jesus who was able to answer all the questions of old and wise Rabbis, will be able to calm you, strengthen you and lift you up. For you, too, He can shed light on Scripture. To you, too, He can talk about redemption, about the good news. He can lift you out of your little problems in a second and restore your balance completely.



*You might say that it was easy
for Mary,
because she could hold
Baby Jesus in her arms.
It is much easier for you,
Mary tells you,
because you can carry Him
in your heart all day long.*

Servant of God

Sister Ida Peterfy, SDSH

1922-2000

Foundress, Society Devoted to the Sacred Heart

Sister Ida was born on October 7, 1922, of a Hungarian Catholic family in Košice, Czechoslovakia (*formerly Kassa, Hungary*). From her early youth, God prepared her to be a leader, to work for others, and inspired her to establish a new religious community. On October 7, 1940, her eighteenth birthday, Sister Ida pronounced her perpetual vows in Kassa, Hungary (*now Košice, Slovakia*). This marks the beginning of the Society Devoted to the Sacred Heart.

God called Sister Ida to bring forth a new community in times when the universal Church was attacked in her Chief Pastor and in her religious children. As the future of formal religious education became uncertain, the times called for religious

who dedicated their lives to proclaim the Good News of Our Lord Jesus Christ in a new, appealing and personal way. Sister Ida, with her earliest companions lived the vows of chastity, poverty and obedience in community life, without wearing a traditional religious garb, in order to be more approachable to those who were alienated from the Church by Nazism and Communism.

With her ardent faith in God, in cooperation with the inspiration of the Holy Spirit, Sister Ida developed an innovative catechetical method which initiated the community's religious education charism: *The Five Step Illustrated Method*. The small community was instrumental in religious education of children and youth as well as formation of catechists and distribution of catechetical material throughout Hungary amidst the dangers of religious persecution. Following the arrest of Cardinal Mindszenty, in 1949, Sister Ida and her companions were advised

by Church leaders to leave the country, develop the community in the free world and some day return to Hungary.

A new beginning awaited Sister Ida and the Sisters when they arrived penniless in Toronto, Canada, in 1950. To obtain immigrant status, Sister Ida and her companions had to work as domestic servants for a year, earning room and board and \$40 a month. For two summers, working in tobacco harvests as unskilled laborers, they earned enough for a down-payment towards a small house and printing machines. Through their new St. Joseph's Press, they had a modest livelihood while they were learning English.

In 1956, James Francis Cardinal McIntyre personally welcomed the young community to Los Angeles and warmly supported them in their life and apostolate. When Sister Ida asked him about possibly adopting a more traditional veil and habit,

Cardinal McIntyre assured her: “Don’t change. The Church will need you as you are.”

The Cardinal’s vision was proven correct during the following decades; the Society Devoted to the Sacred Heart has harmonized the best of religious life tradition with the renewal of Vatican II. In 1991, after a private Mass in his chapel during a private audience, Pope John Paul II, said to Sister Ida’s community: “You are a blessing for the Pope. You are truly American and truly Catholic.”

The religious education charism given by God to Sister Ida is treasured by her Sisters. The charism is well described in their newsletter, the “Joyful Apostolate” which Sister Ida began in the early 1950’s. She expanded the Community’s catechetical work to include a variety of Religious Education ministries from teaching children, youth and adults to directing parish religious education programs,

sacramental programs, RCIA, catechist formation, indeed anywhere the word and love of God need to be proclaimed.

The Society was formally erected as a Religious Institute of diocesan right in the Archdiocese of Los Angeles in 1985, on the feast of the birth of St. John the Baptist. Today, Sacred Heart Sisters, from a variety of international backgrounds, joyfully serve the universal Church through their community apostolate of evangelization and catechesis in the Archdiocese of Los Angeles, in the Dioceses of Orange and San Bernardino, and in the Archdiocese of Taipei where the community's catechetical apostolate is complemented with significant medical work. After the collapse of Communism, Sister Ida opened a mission in the Archdiocese of Budapest-Esztergom in Hungary where the Sisters conduct catechist formation and extend our catechetical works throughout Hungary and to neighboring countries.

With wisdom, foresight and trust in God,

Sister Ida opened the Heart of Jesus Retreat Center, in Santa Ana, and Sacred Heart Retreat Camp, in Big Bear Lake, California. Both of these centers established unique locations for the Sisters' continuing work and steadfast commitment to the spiritual enrichment of children, youth and adults, through Girls' Camps, Leadership Retreats for young adults, as well as sacramental retreats for children and teens. Children's Camps are also conducted by her Sisters in Taiwan and in Hungary. Seeing the spiritual quest of families, Sister Ida developed a unique Family Retreat Camp program which is enjoyed annually by families in California and Hungary and periodically in other locations in the United States of America.

The production of "Sacred Heart Kids'

Club" video program followed from the request of parents, priests and educators who saw how effective Sister Ida's *Five Step Illustrated Method* was. With a team of her

Sisters, Sister Ida produced 30 half-hour videos with teachers' guides, providing a unique religious education program for children. The program spread to six continents in English, Spanish, Chinese, Korean and Hungarian. When the new "Catechism of the Catholic Church" was released in 1994, the "Sacred Heart Kids' Club" was immediately recognized as a dynamic catechetical tool in complete harmony with the four pillars of the Catholic Church: Creed, Sacraments, Commandments and Prayer.

In response to the growing need for Catechist Formation, Sister Ida created the "Be a Dynamic and Effective Religion Teacher" video course to bring her unique catechetical method, *The Five Step Illustrated Method*, to catechists and educators everywhere.

With her undaunted receptivity to the Holy Spirit, Sister Ida compelled her community to "move on into the future,"

as she said, with young leadership; and so in 1988, Sister Jane Stafford was elected as the first Superior General of American background. Sister Ida continued teaching the novices, giving spiritual retreats and monthly seminars to the Sisters, being actively involved in the community's spiritual leadership and travelling as a religious education speaker nationally and internationally.

Sister Ida passed on to eternal life on February 8, 2000 in the Motherhouse of the Society Devoted to the Sacred Heart in Northridge, California, lovingly surrounded by her Sisters.

At the Mass of Resurrection, Cardinal Roger Mahony was the main celebrant; many bishops and priests concelebrated. The church was filled with many friends, permanent deacons, religious and families who had been personally touched by Sister Ida's love and inspired by her life of dedication to Jesus Christ and service to the

Church. The Cardinal noted that it was “a very unique moment for the Archdiocese of Los Angeles, a very wonderful grace because it was the first time that we had a foundress of a Religious Community die in our midst.”

“The Joyful Apostolate must go on,” said then Archbishop Justin Rigali, in his homily at the funeral. “Sister Ida, in her legacy of generous love still speaks to us.” This rite of Christian burial “...is a hymn of praise and thanksgiving for the love of God manifested in the Sacred Heart of Jesus, and reflected in the gentle life and zealous devotion of our Sister Ida.”

Paul VI Pontifical Catechetical Institute in St. Louis, Missouri, welcomed the Sisters in 2002 to teach *The Five Step illustrated Method* to seminarians, religious, and lay catechists and conduct the community’s unique sacramental retreats for children and youth throughout the Archdiocese of St. Louis.

The Pontifical appointment of one of the Sacred Heart Sisters to the 15-member International Council for Catechetics (from 2002-2008) was a singular privilege. It provided an opportunity to contribute Sister Ida's catechetical charism to religious education in the universal Church in close collaboration with Vatican Congregations, in the heart of the Church.

With her God-given talents, Sister Ida's outstanding, global and lasting contributions in the field of religious education and in religious life are great treasures for generations to come. But what most touched those who spoke with her was the eloquent simplicity of her joyful spirituality that she often expressed in brief words:

“God has a Heart for you!”

Prayer to Obtain a Special Favor

adapted from Sister Ida's favorite "Panic Prayer"

I love you, Lord, I praise you.
Thank you, Lord, for all you have done for me.

Lord, I am totally helpless. Only you can help.
I ask you to grant ... (mention intention).
This is my burden. I give it to you.
I know that you love ... (mention name).
I know that you love me.

Please, come and enter this situation.
Please, help as only you can help.
I know that your Heart is moved by need.

Thank you, Lord.
I trust and accept your Divine Will.
I believe you have already given me what
I am asking. I place all my trust in you.

I ask you to grant my request
through the intercession of
Servant of God Sister Ida. Amen.

Please, send description of favors received
through the intercession of Servant of God Sister Ida to:
Sacred Heart Sisters, 10480 1/2 Winnetka Ave., Chatsworth, CA 91311
sisterida@sacredheartsisters.com



Servant of God Sister Ida Peterfy, SDSH
1922-2000

In her youth, Sister Ida found the source of her strength in the merciful Heart of God. She asked Him: *"Lord, give me a burning love that I may love You, and everyone for You. Give me your faithful, never-ending divine love, and I will go anywhere, to any corner of the world for You!"* With her undivided love for God, courage, strength and profound simplicity, Sister Ida led her Sisters, children and families to the Heart of God.

During her lifetime, Sister Ida generously prayed for all who turned to her. Surely she continues to pray for us now that she has entered eternal life! These are her words, take them very personally:

"I am praying for you, for your health and for your good.

*May the Lord extend His loving presence and
send His Holy Spirit to guide you.*

*I am praying for the many needs that you have,
especially to love with the love of Jesus and to live in faith."*

Society Devoted to the Sacred Heart

869 S. Rimpau Blvd.
Los Angeles, CA 90005
323-935-2372

10480 1/2 Winnetka Ave.
Chatsworth, CA 91311
818-831-9732

2927 S. Greenville Street
Santa Ana, CA 92704
714-557-4538

www.sacredheartsisters.com