



LADIES OF CHARITY OF THE UNITED STATES OF AMERICA®

AIC USA

Providing Vincentian Leadership to Women Acting Together Against All Forms of Poverty

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Vincentian Spiritual Advisor

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Vincentian Spiritual Moderator

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April 2024

Dear Ladies and Friends of Ladies of Charity:

After a very successful Assembly in Buffalo New York last year, we are looking forward to our annual Assembly being held in St. Louis Missouri in 2024. The St. Louis area is a very special for Ladies of Charity since it is our birthplace here in the United States. We will be taking a trip to Perryville and the Shrine of the Miraculous Medal as part of our Day of Reflection. Catherine Harkins had a dream about seeing St. Vincent de Paul traveling around the streets of Paris France gathering up children living in poverty and neglect. After several recurring dreams, she consulted a local priest, Father Urban Gagnepain, CM, and he advised her to gather a group of women and form a society whose goal was to serve those living in poverty and marginalization. As soon as the group secured the rules of the original Ladies of Charity in France, they became affiliated with the mother branch in Paris and became an Association in 1857. Catherine Harkins became the first American President of the Ladies of Charity of the United States of America.

This year's Assembly chose the theme "Ladies of Charity: Committed to the Eucharist, Committed to Serving Those in Need" As Ladies of Charity today we are certainly dedicated to serving those in need. But we also need to be dedicated to the Eucharist which is the ultimate way we receive the Body and Blood of Jesus Christ and are strengthened to carry on our mission to aid the less fortunate. The Eucharist gives us a very personal connection to Christ that cannot be duplicated by any other means.

As Ladies of Charity, we all work together to combat poverty around the country and in our own individual communities. At the assembly each year we provide the opportunity to develop leadership skills, help in the formation of new associations, and provide encouragement for each other's efforts. We also get to receive special enlightenment from speakers who focus on topics that educate us about different projects and endeavors that are occurring all over the nation but particularly in the locality where the Assembly is being held.

I would also encourage donations to the Madagascar Fund which helps finance opportunities for women and children in one of the most poverty-stricken areas of the world. I personally have served as chair of the Madagascar Committee since 2017 and can verify that all our donations have helped immensely to construct new homes and schools to replace the ones destroyed by storms and get women owned businesses off the ground. Donations will be accepted and collected at the assembly.

In closing, I would like to remind everyone that we are certainly a people of prayer as well as action. We will again be having a Day of Reflection on Thursday of the assembly just like last year in Buffalo. But we are also people who receive the Eucharist with open hands and hearts and carry on the mission of Jesus Christ, our Savior, and example for all that we do. We are invigorated by the real presence of Christ in our lives. We welcome you to St. Louis and all that it will provide in the way of spiritual growth for all of us.

Yours in Humility, Simplicity, and Charity,

Holly Walter, LCUSA President



Dear Ladies,

Last year I asked you to “Shuffle off to Buffalo” and you did. It was a terrific assembly. We’re so blessed to have so many gifted, talented, and prayerful ladies in LCUSA and to witness this at National Assemblies.

Now I use another great song for you to reflect upon. “Meet me in St. Louie, etc.” This is the place for our next assembly. Hope you plan to be with us in September. As you know the Ladies of Charity USA got its beginnings in St. Louis. So this assembly will be special. The planned trip to the National Shrine of the Miraculous Medal in Perryville, MO will be one of the highlights. I believe, after having attended every assembly so far, the great feature is being with ladies who enjoy being with other ladies from all over the USA. Hope you will join us.

The spirit will be higher than the Arch.

God Bless,

Fr. Gielow, CM

LOC USA Vincentian Spiritual Advisor



Ladies of Charity
National Assembly
September 5-7, 2024

*Committed to the Eucharist,
Committed to Those in Need*



Hotel Information

Sheraton Westport
900 Westport Plaza
St. Louis, MO 63146
(314) 878-1500 - Plaza Front Desk

Experience the casual elegance of the Sheraton Westport Plaza Hotel. The hotel in Maryland Heights, MO, features a complimentary airport shuttle and upscale amenities. Located 8 miles from STL Airport. Keep up your fitness routine in the fully equipped fitness center. Unwind at the Terrace Restaurant and Orchid Lounge or the many restaurants of Westport Plaza.



LCUSA Room Rate \$149 + tax: choice of king or two doubles
(rate available Sept. 2 thru 10)
Triple and quad in double room at no additional cost

Use this booking link, or scan the code on the right, to ensure you receive the LCUSA rate: <https://bit.ly/book-LCUSA-2024>



The "Cut-Off Date" for the special room rate is **August 14, 2024**.

Point of contact for any questions regarding booking:
Paige Miller, Convention Service Manager
pamiller@lhmchotels.com

Transportation

St. Louis Lambert International Airport is the closest airport.

Please use the **complimentary hotel shuttle for transportation between the hotel and airport**. The Sheraton offers complimentary shuttle service to and from Lambert International Airport. The shuttle begins running from the hotel at 6:00 a.m. and the last shuttle will pick up at the Airport at 10:00 p.m. The shuttle picks up every 30 minutes, on the top and bottom of the hour. Attendees flying in on Southwest Airlines will meet the shuttle at Terminal 2, Exit 15. For all other airlines, go to Terminal 1, Exit 18. Gates are located near the baggage claim area. To take the shuttle back to the airport, wait in the hotel lobby; this service runs every 30 minutes on the top and bottom of the hour.

Self-parking at the Sheraton is free.



Ladies of Charity
National Assembly
September 5-7, 2024

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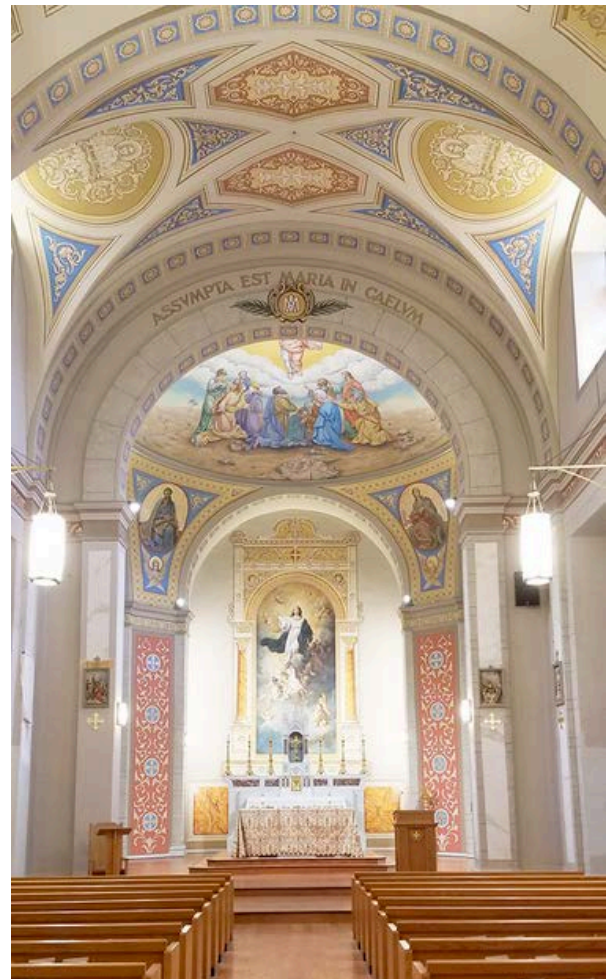
Assembly Schedule

This schedule is subject to changes.

THURSDAY – September 5, 2024	
7:00a-8:15a	REGISTRATION
6:45a-8:15a	BUFFET BREAKFAST
8:30a	BUSES DEPART for Perryville
10:00a-2:15p	DAY OF REFLECTION: National Shrine of Our Lady of the Miraculous Medal - Fr. Richard Gielow, CM., Vincentian Spiritual Advisor, LCUSA. Eucharistic Adoration, tour of Shrine and grounds or free time, Mass, and lunch. Buses depart for hotel at 2:30.
4:30p	Arrive back at hotel.
5:30p-7:00p	REGISTRATION
Evening	Dinner on your own
6:00p-8:30p	LCUSA Board Meeting



Shrine photos: amm.org





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FRIDAY – September 6, 2024	
7:00a–7:20a	Rosary
7:00a–8:30a	Registration
7:00a–5:00p	SILENT AUCTION (Skylight Room) Open during assembly hours when no meetings are in session
7:00a–8:15a	Buffet Breakfast
8:30a–9:30a	Opening Mass. Rev. Richard Gielow, C.M. (Presider and Homilist), LCUSA Spiritual Advisor
9:30a–10:00a	Opening Ceremonies <ul style="list-style-type: none"> • Call to Order & Welcome – Holly Walter, LCUSA President • Introduction of local co-chairs, 2024 Assembly • Roll Call - Karen Radu, LCUSA Secretary • Introduction of Board and Past Presidents • National Assembly Rules • Emergency Health Overview – Mary Nell Williams, LCUSA Board Member • Introduction of Timekeeper
10:00a–10:45a	KEYNOTE ADDRESS – Mr. Robert Schumer. Introduced by Sr. Carol Schumer, D.C.
10:45a–11:15a	Q & A

FRIDAY – September 6, 2024 (continued)	
11:30a–12:45p	LUNCHEON for Vincentian Spiritual Moderators
11:30a–12:45p	LUNCHEON for all
1:00p–2:15p	REGIONAL ELECTIONS/MEETINGS (ALL ATTEND) Northeastern Mid-Atlantic North Central Southern Western
2:30p–3:15p	LCUSA WORKSHOPS (Session 1) <ul style="list-style-type: none"> • Evangelize/Revitalize – Fr. Jim Cormack, C.M. • Immigration Simulation – Cathy Griner and St. Justin Martyr members • Prayer/Eucharist – Sr. Mary Ruth Wand, SSND • Kenyan Peanut Project: The Feeding of the 10 Million – Dr. Marty Schmidt, M.D. • Leadership Workshop for LOC association leaders – Peggy Keene
3:30p–4:15p	LCUSA WORKSHOPS (Session 2) Repeat above sessions



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FRIDAY – September 6, 2024 (continued)	
4:30p–5:30p	GATHERING OF VINCENTIAN SPIRITUAL MODERATORS and all those interested. Facilitators: Sr. Grace Hertzog, SC, and Sr. Ann Claire Rhoads, DC, LCUSA Vincentian Spiritual Moderators.
5:30p–6:30p	JUNIOR LADIES’ MODERATORS and all those interested. Information Session. Facilitator: Sharon Terwelp, LCUSA Director North Central region and Chairperson LCUSA Juniors committee
6:30p	Dinner: Specialties of St. Louis & Games Night; cash bar (very informal)

SATURDAY – September 7, 2024	
7:00a–7:20a	Rosary
7:00a–8:30a	Registration
7:00a–1:00p	SILENT AUCTION (Skylight Room) Open during assembly hours when no meetings are in session
7:00a–8:15a	Buffet Breakfast

SATURDAY – September 7, 2024 (continued)	
8:30a–9:00a	PRAYER SERVICE – Sr. Grace Hertzog, SC, and Sr. Ann Claire Rhoads, DC, LCUSA Vincentian Spiritual Moderators
9:00a–9:45a	PLENARY PANEL – “Committed to Human Rights” Marie Kenyon, and Ginny Schrappen; Moderator Fr. Jim Cormack, C.M.
9:45a–10:15a	Q & A
10:15a–10:30a	BREAK
10:30a–11:15a	PLENARY - PANEL DISCUSSION “Committed to LCUSA: Unity and Service Through Spirituality” - What Makes Us Unique? Moderator: MaryAnn Dantuono, J.D., Past LCUSA President
11:15a–11:45a	Q & A
12:00p	SILENT AUCTION CLOSSES
12:00p - 12:40p	National LCUSA Presidents’ Luncheon



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September 5-7, 2024

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SATURDAY – September 7, 2024 (continued)	
12:00p – 2:30p	<p>LUNCHEON AND GENERAL MEMBERSHIP BUSINESS MEETING</p> <ul style="list-style-type: none"> • LCUSA President’s Report - Holly Walter • LCUSA Treasurer’s Report - Claudia Van • LCUSA Officer Elections • AIC Report - Suzanne Johnson, AIC Executive Board • Announcement of grants awarded – Irene Siedlarczyk, LCUSA President-elect • Madagascar collection - Holly Walter • Presentation of 2025 Assembly by Archdiocese of Washington, D.C. • Assembly Resolutions - Margaret Hanson, LCUSA Board Parliamentarian • Commissioning of Vincentian Spiritual Moderators • Final Blessing given by VSM
3:30p	Buses Depart for St. Vincent de Paul Church
4:30p – 6:00p	CLOSING MASS – St. Vincent de Paul Church LCUSA Officer Installation
6:30p – 7:30p	RECEPTION – Cash Bar
7:30p – 10:00p	Banquet and remarks by Fr. Perry Henry, C.M. Thank-you and Farewell

SUNDAY – September 8, 2024	
All depart	
8:00a-10:00a	LCUSA Board Meeting (Current and New Members)

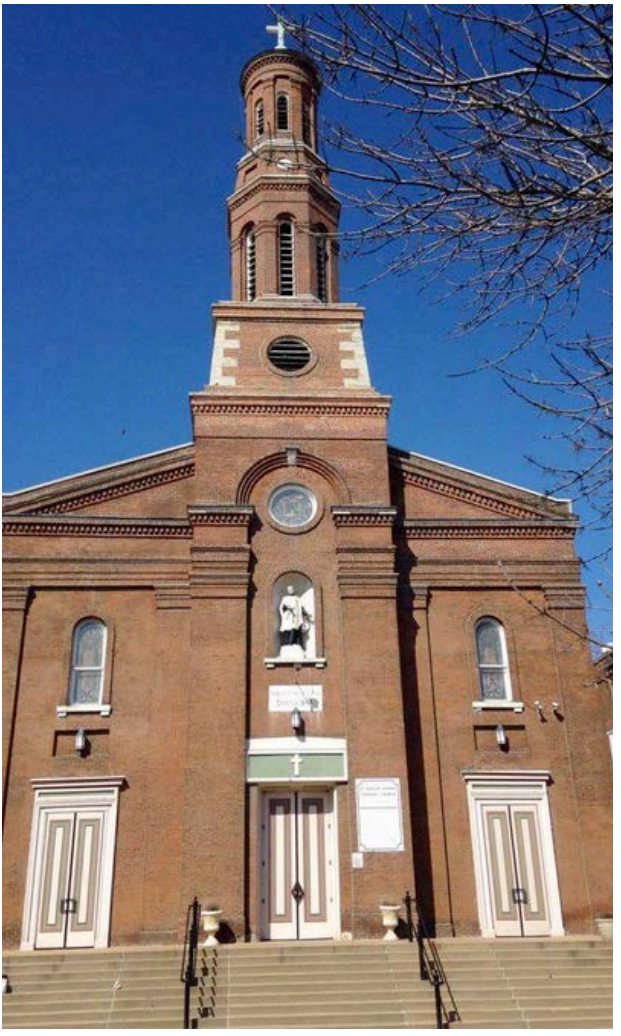


Photo of St. Vincent de Paul Church
facebook/stvstl



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Assembly Registration Form

Please register online and submit a secure payment at aic.ladiesofcharity.us/register-assembly-2024 or use the form below, **make checks payable to LCUSA** and **mail with this Registration Form and the Registration Options Form to:** LCUSA National Service Center, 2816 East 23rd Street Kansas City, MO 64127 Ph. (816) 260-3853. **Registration Deadline: Monday, August 5, 2024.**

DATE OF REGISTRATION

/ /

PERSONAL INFORMATION

Full Name:

Email:

Phone Number:

Address:

City:

State:

Zip Code:

May we publish your contact information in the assembly roster? Yes No Name Only

Your LCUSA Region Mid-Atlantic North Central Northeastern Southern Western

Please check any below that apply to you:

Association: President/Officer Association Member Individual Member Ladies of Charity

Certified Vincentian Spiritual Advisor/Moderator Junior Ladies of Charity Moderator

LCUSA: Current Board Member Past Board Member Past National President

Religious: Priest Daughter of Charity Sister of Charity Other: _____

Other: Guest _____

Special Needs: _____

In case of emergency, we will contact - Name:

Relationship:

Phone number:

CONTINUED ON NEXT PAGE

Registration Options

Please make your selections and fill in the amounts paid in the blanks below.
Registration Deadline: Monday, August 5, 2024.

Three-Day Assembly Registration

Thursday, Friday and Saturday

Includes: Day of Reflection at the National Shrine of Our Lady of the Miraculous Medal, Three Buffet Breakfasts, Three Lunches, Friday Dinner and Saturday Banquet, All Plenary Sessions and Workshops, and bus transportation. (Thursday - Dinner on your own)

\$350.00

\$ _____

I will attend the Day of Reflection on Thursday: Yes No

On the Day of Reflection, I will take the bus from the hotel: Yes No

One-Day-Only Options

Day of Reflection Only - Thursday, September 5

Includes: National Shrine of Our Lady of the Miraculous Medal - Fr. Richard Gielow, CM., Vincentian Spiritual Advisor, LCUSA. Reflection, free time, Mass, and lunch.

Myself

\$40.00

\$ _____

On the Day of Reflection, I will take the bus from the hotel: Yes No

Guest

\$40.00

\$ _____

On the Day of Reflection, guest will take the bus from the hotel: Yes No

Name of Guest _____

Friday Only

Includes: Breakfast, Lunch, Dinner, and Friday Plenary Sessions and Workshops

\$200.00

\$ _____

Saturday Only

Includes: Breakfast, Lunch, Dinner Banquet, Plenary Sessions, Bus to Mass

\$225.00

\$ _____

Sat. Banquet, Guest

\$100.00

\$ _____

Name of Guest _____

A \$30 handling fee will be applied to cancellations. **NOTE:** no cancellations can be refunded after August 15, 2024. **For more information or questions please contact: Peggy Keene – office@ladiesofcharity.us**

TOTAL AMOUNT DUE:

\$ _____

THANK YOU FOR REGISTERING



LCUSA National Assembly
“Committed to the Eucharist,
Committed to Serving Those in Need”
September 5-7, 2024
Sheraton Westport Hotel, St. Louis, Missouri

SILENT AUCTION AND RAFFLE DONATIONS REQUEST

Dear Ladies of Charity,

The Auction/Raffle Committee invites you to attend our 2024 National Assembly!

We greatly appreciate your help to defray the assembly cost through your donations to our Auction! Because many will be traveling, we would appreciate your gift cards to your favorite national stores and/or small items for baskets or, if more convenient, a monetary donation, in form of a check **made payable to Ladies of Charity**. Please send your donation, with description, to the address below by **August 5, 2024!** We will appreciate having the donations prior to the Assembly!

NAME: _____

ADDRESS: _____

PHONE: _____ CELL: _____

EMAIL: _____

Description of item:

Type of Donation _____ Amount _____

Type of Donation _____ Amount _____

Type of Donation _____ Amount _____

If you have any questions, please feel free to text or call:

MaryLee Burlemann- **Cell Phone 314 941-9290**

Please send gift cards and donations by **8/5/2024** to:

LOC Silent Auction/Raffle Committee
c/o MaryLee Burlemann
12262 Hadley Hill Rd.
St. Louis, MO 63127

Thank you! We are truly grateful for your support and look forward to seeing you in September!



LADIES OF CHARITY
OF THE UNITED STATES OF AMERICA®

Providing Vincentian Leadership to Women Acting Together Against All Forms of Poverty

LCUSA National Service Center
2816 E. 23rd Street
Kansas City, MO 64127

Phone: 816 260 3853
Email: office@ladiesofcharity.us
Website: aic.ladiesofcharity.us

National Assembly Underwriting Form

“Committed to the Eucharist, Committed to serving those in need”

LCUSA National Assembly
September 5th to 7th, 2024
St. Louis, MO

Hosted by the Ladies of Charity, St Louis, MO and Quincy, IL North Central Region

All donations are tax deductible and special acknowledgment will be given to all underwriters in the Assembly program book. Also, any underwriter may choose to submit a complimentary full-page advertisement measuring 8”x10” (finished artwork dimensions).

Please make checks payable to LCUSA/Underwriting. Please submit this form, your contribution, and program advertisement to LCUSA National Service Center at the above address. Please contact Nancy Bianculli, Underwriting Chair, at (412) 818-1719 or email nb7510@outlook.com if you need further information or assistance. Thank you for your support.

Legacy Level	\$5000+
Faith Level	\$2,500.00 - \$5000.00
Hope Level	\$1,000.00 - \$2,499.00
Charity Level	\$500.00 - \$999.00

Underwriting Level _____

Individual or Company Name _____

Contact Person (if company) _____

Email _____

Phone _____

Please check (v) here to be listed as Anonymous in the program book



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Email: office@ladiesofcharity.us
Website: aic.ladiesofcharity.us

National Assembly Program Ad / Message Form

Please refer to the chart below to choose your level of patronage in the Assembly Program booklet. Make checks payable to Ladies of Charity, USA Program Patrons. Please submit your contribution along with the form and advertisement to Ladies of Charity National Service Center at the above address. Please contact Nancy Bianculli Underwriting Chair (412) 818-1719 if you need further information or assistance. Thank you for your support.

Ad Sizes

Full page	\$500.00
One-half page	\$250.00
One-quarter page	\$150.00
One-eighth page (business card size)	\$100.00
One line (a business name, your name, or in memory of).....	\$50.00

Please print

Ad size _____ Amount \$ _____

Individual or Company Name _____

Contact Person (if company) _____

Email _____

Phone _____

One Line Ad (Please Print) _____

Ad Specifications:

- Program booklet is 8.5"x11" stapled
- Email in .pdf file if possible. Word or Publisher documents also accepted.
- Following are the ad dimensions for finished ads:
 - Full Page: 8"w x 10"h
 - 1/2-Page: 5"h x 8"w
 - 1/4-Page: 5"h x 4"w
 - 1/8-Page: (Business Card Size) 3.5"w x 2"h

Mail check and Ad to:

LCUSA National Service Center, 2816 E. 23rd Street, Kansas City, MO 64127

Send Ad digitally in PDF form to nb7510@outlook.com



Ladies of Charity National Assembly September 5-7, 2024

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Guest Speakers



Robert Joseph (Bob) Schumer, Keynote Speaker

Bob was born in Perryville, MO on November 24, 1954 to Norbert and Alma Schumer, the 6th child of a family of 9. He's a lifelong member of St. Vincent DePaul Parish in Perryville and a 1973 graduate of St. Vincent High School. He is the 49-year husband to Jackie (Buerck) Schumer, the father of 4 and grandfather of 7. Bob has been an active member of the parish including Parish Council and a Catechist in the RCIA program for 30 years, Extraordinary Minister and Lector. Bob and Jackie have been active in the Cursillo Movement for 40 years including participating in weekends and past Lay Director of the St. Louis Cursillo. Bob has a deep love for the Eucharist and an appreciation for the Body of Christ in its fullness and a way of explaining it that is understandable and enjoyable. He enjoys spending time with family and friends, hunting, fishing and camping. Bob particularly enjoys sharing The Body of Christ!



Noel Barrett and Cathy Griner

Immigration Simulation - Led by Faith and Justice Ministry at St. Catherine Laboure and St. Justin Martyr

Immigration Simulation is a section of Just Faith's Faith and Immigration Justice program that Noel Barrett and Cathy Griner presented three times in 2022 and 2023. Noel works with I-Help which stands for Immigrant Home English Language Program that teaches English to immigrants. Cathy has been a Lady of Charity for 40+ years and leads the Faith and Justice Ministry at St. Catherine Laboure. Both of them bring many years of teaching experience in Catholic schools and their passion for social justice.



Fr. Jim Cormack, C.M.

Rev. Jim Cormack, C.M. is a Vincentian priest, member of the Western Province. He was ordained in 1976. He has served most of his priestly life as a parish priest, 34 years as a pastor. "I worked at an urban parish with the poor and a suburban parish, a parish for the poor. I have learned over the years the power of the works of mercy and justice, the goodness of so many people concerned for the poor, learning to love and serve Christ in one another."



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Guest Speakers (continued)



Marie Kenyon

Marie Kenyon has had a long career in advancing the social justice mission of the Catholic Church. She is currently the director of the Office of Peace and Justice and founder of the inaugural Peace and Justice Commission of the Archdiocese of Saint Louis. She also chairs the Archdiocese Immigration Task Force and is the Diocesan Director for the Catholic Campaign for Human Development and Catholic Relief Services. From 1987 to 2015, Marie was the founder and managing attorney of the Catholic Legal Assistance Ministry where she and her staff provided civil legal assistance to low-income clients focusing primarily on victims of domestic violence and their children, immigrants with and without status, veterans and those needing to obtain guardianship of children or the disabled. Marie received her undergraduate degree from Bradley University in 1981 and her JD from St. Louis University School of Law in 1986. She was a member of the United States Peace Corps in Niger, West Africa from 1981 to 1983. Marie sits on several non-profit boards in the St. Louis region including St. Mary's Southside Catholic High School and was previously the President of the Bar Association of Metropolitan St. Louis and the St. Louis Bar Foundation.



Dr. Marty Schmidt, MD

Dr. Marty Schmidt MD is a pediatrician and Director of Global Health Education at SSM Cardinal Glennon Children's Hospital in St. Louis, MO. In 2012 he founded the non-profit organization OKS Inc to address the problem of chronic, endemic malnutrition in western Kenya. OKS Inc provides funding for Kenyan operations to manufacture and distribute peanut-butter-based ready-to-use therapeutic food (RUTF) for severely and moderately malnourished children. Twelve years of experience has led to a proposal for a new strategy to reach the almost 10 million children worldwide who need this lifesaving food.



Ginny Schrappen

Ginny Schrappen is a native of St. Louis and has been involved with the Catholic Church her entire life. She has lived on only two streets in 81 years. She grew up in her family home on Keokuk Street in the City, married and moved with her husband to Mehlville in South St. Louis County. A former schoolteacher, she has lived in her current home 56 years raising her 3 children and black lab there. Ginny became active around social justice within the Church when she was in college during Vatican II. She has served on many committees both in her former parish of Mary Mother of the Church and her current parish, St. Francis Xavier "College" Church, as well as numerous community organizations.



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Guest Speakers (continued)



Sister Mary Ruth Wand, SSND

Sister grew up on a farm outside of Quincy, Illinois; one of seven children who had loving, faith-filled parents and a large extended family. She answered God's call to religious life and professed vows as a School Sister of Notre Dame on July 31, 1965. Her community's charism is education, so she was a teacher and principal in numerous Catholic elementary schools for years and is now pastoral minister at St. Vincent de Paul parish in Sedalia, MO, where she is blessed to be involved in many ways in the parish and school.



Fr. Richard Gielow, CM

Father Richard Gielow, CM is a member of the Vincentian Fathers and Brothers Religious community. Currently he is director of the Vincentian Parish Mission Center. He is National Spiritual Advisor to Ladies of Charity USA as well as National Spiritual Advisor to KSKJ, a Catholic fraternal insurance organization. He is also listed in the Midwest and Religious Section of Who's Who in America as a well-known preacher and retreat Director. His twin brother Robert Gielow, CM, also a Vincentian, is a member of the parish mission team. Sometimes they conduct missions together. They have a sister Mary Ann who lives in Tucson, AZ.



Fr. Perry Henry, CM

Born in Beaumont, TX, Fr. Perry Henry, CM serves as the Provincial Director of the Daughters of Charity, St. Louise Province. Ordained 40 years, he's a priest of the Congregation of the Mission, Western Province. He served as Provincial Visitor of the Western Province from 2010-2013. Prior to moving to St. Louis this past September he was Superior of the Vincentian Community in Montebello, CA and served as Spiritual Advisor for both the Ladies of Charity and St. Vincent de Paul Society of the Archdiocese of Los Angeles. He continues to serve as a board member of the Carrie Estelle Doheny Foundation in Los Angeles.



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Things To See and Do

Located in downtown St. Louis:

The Old Cathedral (Basilica of St. Louis, King of France)

On the grounds of the Gateway National Park, the Basilica of St Louis, King of France is a beautiful facility. The architectural work is breathtaking and there are pathways to walk between the two attractions. Self-Guided Tour- Visitor's Guide brochure features a self-guided tour of the Cathedral's historical and architectural highlights. Available on the pedestal inside the main entrance or [UPDATED Visitor Guide.pdf \(ecatholic.com\)](#)
FREE



JesseG, CC BY-SA 3.0
<http://creativecommons.org/licenses/by-sa/3.0/>,
via Wikimedia Commons

Gateway Arch National Park (U.S. National Park Service) (nps.gov)

This national park and its famous arch are dedicated to the country's westward expansion. The stainless steel Gateway Arch, an engineering marvel, was designed and submitted by Eero Saarinen during a national competition in the mid-1940s. It rises 630 feet into the air and spans 630 feet from leg to leg. Visitors can learn more about the arch's construction, Colonial St. Louis, the Lewis and Clark Expedition and more at the Museum at the Gateway Arch, which is located beneath the arch and houses six galleries.

For those who want to head to the top of the Gateway Arch (63 stories high), a tram ticket is required. From the indoor observation deck at the top of the arch, you can see as far as 30 miles on a clear day. Keep in mind: The tram is not accessible for wheelchairs and there are no restrooms at the top of the Gateway Arch FREE



w_Jemay, CC BY-SA 2.0 <<https://creativecommons.org/licenses/by-sa/2.0/>>, via Wikimedia Commons



Ladies of Charity National Assembly September 5-7, 2024

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Things To See and Do (continued)

Located in mid-town St. Louis:

Cathedral Basilica of Saint Louis

The Mother Church of the Archdiocese of Saint Louis, the superstructure of the Cathedral was built between 1907 and 1914. The Cathedral's 100th Anniversary is being celebrated in 2014. It is known for its' beautiful interior mosaics, which took nearly 80 years to create using more than 41 million pieces of glass tesserae. The Cathedral is known for having one of the largest mosaic collections in the Western Hemisphere. Tour Info | The Cathedral Basilica of St. Louis (<https://cathedralstl.org>) FREE



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Missouri Botanical Garden

The Missouri Botanical Garden in St. Louis was founded in 1859 by Henry Shaw. Today, the Garden is a National Historic Landmark and a center for science, conservation, education and horticultural display - widely considered one of the top three botanical gardens in the world. It features 79 acres of horticultural displays, including indoor conservatories and demonstration, formal and international gardens. Fee: \$14 for adults <https://www.missouribotanicalgarden.org>



**The following are in, or very near,
Forest Park:**

Forest Park

The site of the 1904 World's Fair, America's second largest urban park is a prime St. Louis recreation spot. FREE

St. Louis Zoo

This world class zoo that has 6,600 animals and 15 major exhibit areas. Saint Louis Zoo | Saint Louis Zoo (stlzoo.org)



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September 5-7, 2024

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Things To See and Do (continued)

Forest Park (continued):

St. Louis Art Museum

The Saint Louis Art Museum hosts a world-class and varied collection of original works of art and artifacts, spanning five millennia and six continents, in one of the most impressive buildings in the city. Admission to the Museum is free every day, and admission to special exhibitions is free on Fridays. Saint Louis Art Museum (slam.org) FREE



St. Louis Science Center

The Saint Louis Science Center is one of the top five science centers in the United States. The complex includes over 96,000 sq-ft of interactive science-technology exhibits. The most recent major permanent exhibit is GROW, a one-acre outdoor exhibit that will take visitors on a journey of food, to gain a deeper understanding of our food supply. The Science Center's ticketed areas include the OMNIMAX, a four-story IMAX Dome theater; the James S. McDonnell Planetarium, one of the world's largest planetariums. (slsc.org) FREE



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Missouri History Museum

Originally built as the first national monument to Thomas Jefferson, the Missouri History Museum looks at the history of St. Louis from 1764 to the present day. (mohistory.org) FREE





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Restaurants

WESTPORT PLAZA AREA

360 Westport | (314) 683-2337 \$\$\$

Three-Sixty is a modern rooftop bar, lounge and restaurant with high level cocktails, expansive wine list and enlightened small plates. The chefs have crafted a sophisticated fusion menu blending Asian, Italian, Mediterranean and French cuisine.

The Drunken Fish® | (314) 275-8300 \$\$

The Drunken Fish® offers a wide selection of Japanese cuisine as well as traditional and signature sushi and makimono rolls and an assortment of signature martinis and exotic drinks.

Fuzzy's Taco Shop | (314) 878-8226 \$

Fuzzy's Taco Shop is a fast-casual restaurant serving Baja-style Mexican food in a fun, energetic atmosphere. Full-service bar available.

Jovick Brothers Deli | (314) 485-8981 \$

Locally owned deli in Westport Plaza offering classic and signature sandwiches, salads, soup, sides, and homemade sweet treats.

Kobe Japanese Grill | (314) 469-3900 \$\$\$

KOBE boasts skilled Teppanyaki chefs who will artfully prepare the complete meal at your Hibachi table. Reservations are encouraged.

McDonald's | (314) 275-9999 \$

The Sheraton Westport Chalet Hotel | (314) 878-1500

The Lucerne Restaurant features traditional American cuisine with a creative twist. Open every day from 6:30-10:00 PM.

The Sheraton Westport Plaza Hotel | (314) 878-1500

The Terrace Restaurant features traditional American cuisine with a creative twist. Open every day from 6:30-2:00 PM.

Soda Fountain Express | (314) 683-2339 \$

A spin on a classic diner and burger joint from the 50's. Including griddled double cheeseburgers, chicken sandwiches, local ice cream creations, sundaes and milkshakes



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Restaurants (continued)

Starbucks | (314) 439-8199 \$\$

The Trainwreck Saloon | (314) 434-7222 \$\$

The Trainwreck Saloon is reminiscent of a saloon in an old cowboy movie offering lunch, happy hour, dinner and late night menus along with live bands Wed. through Sat. and nightly drink specials.

Westport Social | (314) 548-2876 \$\$

Westport Plaza's newest attraction, Westport Social offers bocce ball, shuffleboard, ping pong, karaoke rooms, hoops, darts, live music and great food! Just across the street

Panera Bread | (314) 579-0506 \$\$

Progress Parkway @ W Port Plaza Dr - open until 9 PM daily.

If you want to venture from Westport and try one of the many great restaurants in St. Louis, here are some of our favorites. All are about a ½ hour drive from Westport. Plaza Frontenac is a bit closer (15 minutes) and there are other restaurants in that shopping mall as well.

ITALIAN

The Hill (famous for numerous Italian restaurants, you can't go wrong!) About ½ hour from Westport.

Cunetto House of Pasta 5453 Magnolia St. Louis, MO 63139 (314) 781-1135 \$\$-\$\$\$

Charlie Gitto's on the Hill 5226 Shaw St. Louis, MO 63110 (314) 772-8898 \$\$-\$\$\$

Favazza's 5201 Southwest Ave St. Louis, MO 63139 (314) 772-4454 \$\$ \$\$\$

BARBEQUE

Bandana's 11750 Gravois Rd St. Louis, MO 63127 (314) 849-1162 \$\$-\$\$\$

Salt & Smoke 6525 Delmar Blvd, University City, MO 63130 (314) 727-0200 \$\$

Sugarfire Smoke House 9200 Olive Blvd, St. Louis, MO 63132 (314) 997-2301 \$\$ \$\$\$



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Restaurants (continued)

CHINESE

PF CHANG'S 400 LOMBARD ST, ST CHARLES, MO 63303 (636) 410-7800 \$\$\$

PLAZA FRONTENAC– 15 MINUTE DRIVE

Bricktops 10342 Clayton Rd, Frontenac, MO 63131 (314) 567-6300 \$\$

Brio 1601 S Lindbergh Blvd, St. Louis, MO 63131 (314) 432-4410 \$\$

Fleming's Steakhouse 1855 S Lindbergh Blvd, St. Louis, MO 63131 (314) 567-7610 \$\$\$\$

ENTERTAINMENT IN WESTPORT

Backstreet Jazz & Blues | (314) 878-5800

Home to dancing and live soulful jazz and blues bands.

The Funny Bone Comedy Club | (314) 469-6692 stlouisfunnybone.com/Westport

One of the country's most well-known comedy clubs. Professional comics plus weekly open-mike nights, with 2-item minimum order of food or drinks. Reservations are strongly encouraged.

Westport Playhouse | (314) 328-5868 thewestportplayhouse.com

240-seat theater with Broadway & off-Broadway shows, plus a small snack bar and drinks. With musicals, comedies, movie screenings, gaming events & more!

Tenant Fitness Center

The brand new fitness center is offered free to tenants and hotel guests featuring state-of-the-art equipment.