



April 2022

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2021 — 2023

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Dear Alumna/i of the AASH Southern Region,

Happy Spring! Easter Blessings! All of us at AASH hope that the glory and the promise of this joyous time of year bring peace and happiness to you and those you hold most dear.

St. Madeleine Sophie said "I long to help you bear your burden, and it would make me so happy if I could in any way make it sweeter. All of us have difficulties and trials, and God means us to make these lighter for others by our interest and loving concern." The Associated Alumnae and Alumni of the Sacred Heart (AASH) was created as a way to unite all children of the Sacred Heart. When we are unified as Sacred Heart alumnae/i, we fulfill Sophie's desire that we share our burdens and make life sweeter for all of us.

The next opportunity to connect with your larger Sacred Heart family will be at the Regional Conference on Wednesday, October 19, 2022. With a theme of "Sailing Toward the Sacred Heart Future," all regions will be joining together – virtually – to learn what is happening with alumnae/i across the United States. Save the Date!

Are you looking for a gift for an upcoming graduation, First Communion, Confirmation, or even birthday? Check out the AASH Marketplace at <https://aash.org/store> where you can find all sorts of things to show your Sacred Heart love. Also, the Villa Duchesne-City House Alumnae Association offers a variety of medals, tie tacks, pins, and rosaries at <https://www.vdoh.org/alumni/alumni-news/gift-medals>.

Many of your schools have open job opportunities. Consider posting these positions on AASH Connections. Log in with your AASH directory password to see the listings or to post one, free of charge. If you have forgotten your username and/or password, please reach out to [nationaloffice@aash.org](mailto:nationaloffice@aash.org).

For more Sacred Heart information, see "Regional News" below, visit the website at [AASH.org](http://AASH.org), or check out AASH's social media channels on Facebook (AASH group) and Instagram (@sacredheartaash).

### **Regional News**

The **Rosary** Alumnae Association was thrilled to be back parading and seeing everyone at their Mardi Gras at the Heart. They are looking forward for some Easter fun with their annual Easter Egg Hunt and Blessing of the Children

The annual (or almost annual) **Southwest Florida Naples** AASH luncheon was held in March. The Inaugural luncheon was in 1994, the second in 1996, and they were continuous until skipping 2021 due to COVID. Excess funds from the luncheon were sent to the RSCJ General Elder Care Fund.

**Carrollton** is celebrating 60 years of Sacred Heart education in Miami. The Alumnae Council hosted a special evening full of gratitude and joy as they shared stories, photographs, and reflections of their earliest days. This video is a very informative and entertaining look back at their founding:

[https://www.youtube.com/watch?v=WFF8y2\\_NVsg](https://www.youtube.com/watch?v=WFF8y2_NVsg)

AASH Ambassador Deb Dunham attended the First Friday Mass and luncheon with the **Treasure Coast (Vero Beach) Florida** alumnae. She shared updates from our region and about the Religious of the Sacred Heart.



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Sacred Heart alumnae in the **Triangle North Carolina** area shared memories (and maybe a green beverage?) at their annual St. Patrick's Day lunch.

The **Gold Coast (West Palm Beach) Florida** Association is looking for someone to organize their luncheon. Thank you to Patsy O'Grady for all of her past efforts.

Alumnae volunteers from **Villa Duchesne / City House** came together to receive a blessing at the all school mass celebrating the Feast of St. Philippine Duchesne before heading out to give back to the community. This year's Alum Day of Service had volunteers at The Little Bit Foundation, Crisis Nursery, and Nurses for Newborns. What a wonderful way to spend the day serving others...Goal Three! In addition, an impressive group of alumnae shared the ins and outs of their respective careers with the senior class. The sage advice and guidance from these alums will help the Class of 2022 get ready to walk down the front steps of the Towers and head off to college.

In closing, I would like to share the sentiment that St. Rose Philippine Duchesne wrote to her sister Amelie in an 1820 letter: "May you find peace for your heart and solace for your soul!"

United in one Heart,  
Charla Dziedzic  
AASH Southern Regional Director