

# 2014 Jubilee



First Profession  
July 17, 1964

## JUBILEE WISDOM

*Never make an important decision when you are tired.*

**-Rita Schwalbe, SSND**

*-formerly S. Marie Louise*

## Rita Schwalbe, SSND

*50 Years*

**Sister Rita** began her ministry as a junior high teacher and later an elementary school administrator. Her next calling was to work as spiritual director and a director of religious education. Sister Rita was then asked to be administrator of the Good Counsel Health Care. During that time she helped Dr. David Snowdon find volunteers for "The Nun Study." After earning her master's degree in social work, her strengths in this field resulted in a position as Director of Duluth Health Care Access Office at Lake Superior Community Health in Duluth, Minnesota. After 12 years ministering in Duluth, Sister Rita returned to Good Counsel where she is now the Benefits Eligibility Coordinator.

**For me the blessing is** to have enough life experience to believe in the quote from Jeremiah, "My plans for you are plans for peace. . . I have prepared a future full of hope for you." Those words have stayed with me in all circumstances of my life and have gifted me with peace.

**One of the best pieces of wisdom and advice** I was gifted with and have taken to heart over my years is, "Never make an important decision when you are tired."

**The two most significant ministries in my life** have been through the call of the SSND community and from a supervisor and staff with whom I worked. They believed in what I could bring to a community of caregivers. In 1986 I was asked to be the administrator of our Mankato SSND Health Center. I loved ministering to our sisters and seeing that their needs were met.

**In 1993 I went to the University of Minnesota - Duluth** to earn my master's degree in social work. My internship was at the Duluth Community Health Center, a clinic serving clients with no health insurance, and I was offered a full-time position. The following years put me in touch with people struggling to secure the bare necessities, the homeless, and those who were broken in body and spirit. I learned what material poverty meant. This enhanced my understanding of and appreciation for my vow of gospel poverty.