

# 2021 Jubilee - Celebrating 60

## First Profession—7/17/1961

### Sister Denay Ulrich, SSND

*Sister Denay is originally from Mankato, Minnesota, and made first profession there in 1961. She received a bachelor's degree in English from Mount Mary College (now University), Milwaukee, in 1963. That same year, she began her ministry, teaching at St. Dominic in Northfield, Minnesota. After one year, she went to St. Mary, New England, North Dakota, where she taught for two years. She returned to Minnesota in 1966 and taught at St. Felix and Wabasha Public High School, both in Wabasha, and at the Academy of Our Lady of Good Counsel, Mankato. In 1972, she earned a master's degree in biology from St. Mary's College (now University), Winona, Minnesota. From 1972 to 1973, Sister Denay taught at Notre Dame High School, Cresco, Iowa, and then went back to Winona, ministering to unwed mothers at Cabrini Residence and teaching at Cotter High School. In 1976, she returned to Mankato, serving as a staff member for the former Mankato province and teaching once again at the Academy of Our Lady of Good Counsel. Sister Denay then went to Guatemala, serving in pastoral ministry at Casa Parroquial San Francisco, Rio Bravo. In 1979, she was elected to the provincial council for the former Mankato province. She served in this capacity until 1987 and then returned to Guatemala, serving again at Casa Parroquial San Francisco until 1993. She came back to Minnesota and served as a freelance spiritual director, seeing individuals in the St. Paul area who desired to have a spiritual director in their lives. From 1994 to 1998, Sister Denay was the initial formation director for the former Mankato province. She became a licensed Reiki practitioner in 1998, using the Japanese stress reduction technique to help women experience deep relaxation. Throughout the 2000s and 2010s, she has taught and tutored at MORE (an SSND ministry) and Reach Together, both in St. Paul. Currently, Sister Denay serves in prayer and presence at Our Lady of Good Counsel, Mankato.*



#### A memory I have to share...

I treasure my ministries with people of other cultures, especially serving as one of three pastors in Rio Bravo, Guatemala. Baptizing children, blessing marriages, presiding at funerals, training and empowering catechists, distributing food and so much more were life-changing experiences for me.

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