

Remembering



Sister Loretta Flood, CSJ

April 29, 1931 ~ March 30, 2017

Sister Loretta Flood was born in San Diego. She was baptized Catherine Joyce. Her parents, Thomas Flood, who was born in Brooklyn, N.Y., and Mary Weselch, who was born in San Diego, raised four other children, strong in their Catholic faith and values.

Beverly entered the Carmelite Sisters and became Mother Virginia, Catherine, Margaret or Peggy Peyton lives in Maryland, Barbara Neary resided in Long Beach, and Tom lived in San Diego.

After graduating from Cathedral Girls' High School, where Sister came to admire the sisters' humor, happiness and spirit of service, Catherine entered the Sisters of St. Joseph in Los Angeles on February 11, 1950. She received the habit and religious name of Sister Mary Loretta on August 15, 1950, pronounced her final vows on August 15, 1957. In 2010 she celebrated

her 60th Jubilee. Around 1974 Sister dropped the Mary from her name, and became Sister Loretta.

The majority of her college studies were at Mount St. Mary's College in Los Angeles. In 1952 she began her career in education, which continued for 20 years. She taught pre-school through eighth grade and served as vice-principal in two schools. In 1964 Sister obtained a CCD Teacher Training Certificate. In various parishes she taught CCD in elementary and high school, as well as adult education classes. At St. Lawrence Parish she worked at the administrative level in CCD. In 1973 Sister was awarded an Early Childhood Credential.

Sister Loretta desired to work in the inner city, and participated in Black Ministry Workshops both at Notre Dame and University of San Francisco. The first series was a practical involvement in the parishes,

and the second was learning history, culture and background of blacks offered by the National Office for Black Catholics. Sister sought further enrichment for herself and for her ministry. She attended workshops and classes in social justice, Christian service, AA and Alanon, yoga, Spanish, and theology.

Around 1975 Sister left the school world to work with adults, ministering to them through parishes and hospitals. While ministering at St. Odilia Parish she helped with various parish activities. The ministry that most appealed to her was working with senior citizens. "I felt enriched by the sharing they did with me and also felt that I brought something into their lives." She then enrolled in a geriatrics class to augment her knowledge of the aging process, and its spiritual challenges.

In 1980 Sister volunteered to serve in Japan. She was assigned to St. Joseph Joshi Gakuen in Tsu-shi, Japan to teach English on the high school level for 3 years. She found this to be among the most rewarding experiences of her life. Loretta especially liked supporting and encouraging the Sisters in Japan, after she returned to the United States.

In 1987 Sister was accepted into the CPE Program at Presbyterian Hospital in San Francisco. She served as a chaplain for almost 20 years, 13 of those years at Daniel Freeman Hospital. Other settings included Mt. St. Vincent Nursing Center in Seattle, Little Company of Mary in Torrance.

In summary, Sister Loretta's life in community has provided many diverse opportunities to serve in elementary education, parish ministry, detention ministry, hospital chaplaincy and missionary work in Japan. Perhaps Loretta's many

interests came from stories her mother told about two great aunts who were Sisters of St. Joseph. Both aunts had been left with the sisters at Carondelet when their mother died and the father felt the sisters would know how best to raise the girls. Records are sketchy, but oral accounts say that Sister Agnes Spenser and Sister Augustine Spenser were active in the early years of the Sisters of St. Joseph in St. Louis. One aunt, Sister Agnes, set up communities on the East Coast. The other, Sister Augustine, was a teacher and Civil War nurse. They left England as a young family to practice their Catholic faith in America.

In 2006 Sister Loretta was awarded the Certificate of Recognition by the State of California. Perhaps it best embodies what we know about Loretta. She was recognized: "as a pillar in the community, engaged in the enhancement of the quality of life for others, exemplified the belief that one person can make a difference, and recognized for dedicated community leadership and service."

Sister has been described as by various people as: one who intuitively knows what needs to be done and how to go out to people who are hurting, an excellent counselor, she brought many new ideas, a self-starter. And a former pastor said, "I consider her to be the heart of the parish." Those of us who have ministered with her might add, she was a lovely pastoral presence, prayerful and perceptive, authentically interested and a good listener, very compassionate to all she met, supportive of her staff, intentionally interested in the civic community.

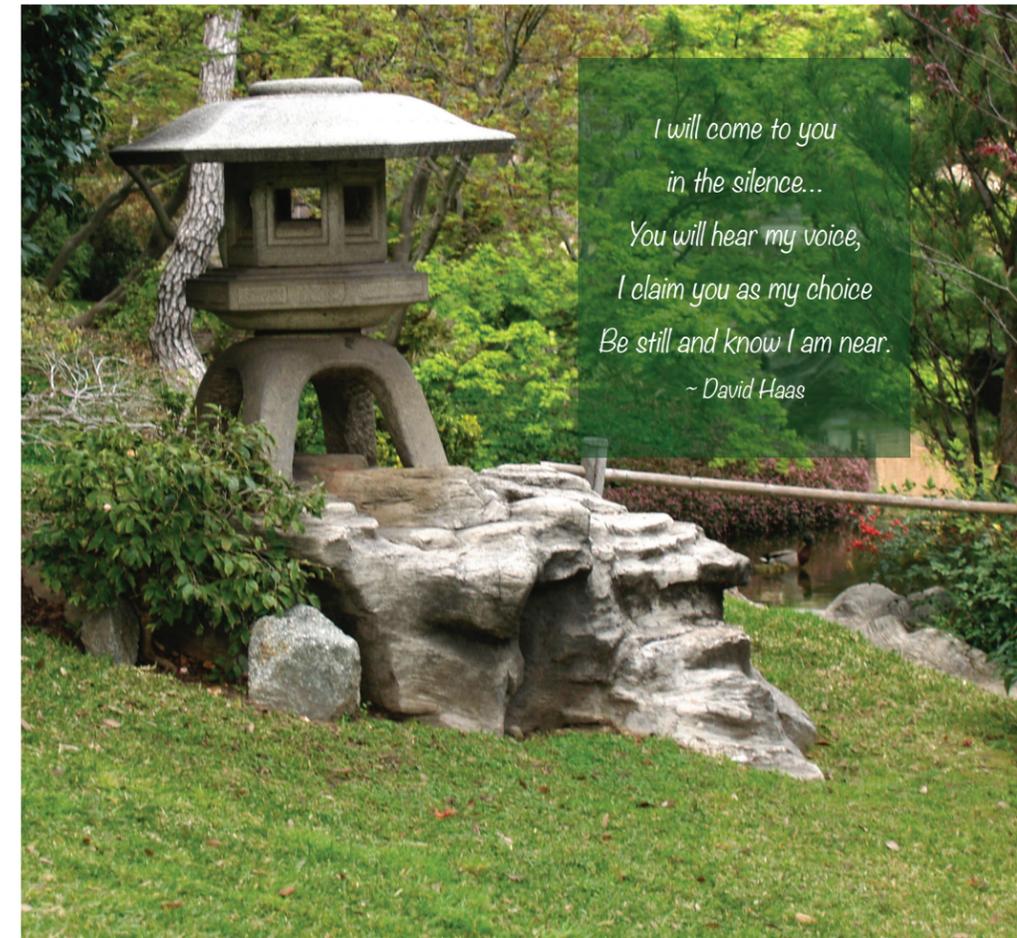
In September of 2006 Sister Loretta came to Holy Family Community at Carondelet Center.

The adjustment was not easy, but her faith and trust served her well. In 2009 Sister wrote, "I am overwhelmed by Parkinson's, and I am trying to empower myself with knowledge about options and using resources. I have joined a Parkinson's Support Group. I appreciate myself more so I can express my needs. This suffering brings me closer to God, and I am learning to be more compassionate toward others who are suffering."

We thank you, Loretta, you have always been a humble teacher and gentle leader in the ways of God. We will miss your common sense, candor, and pastoral ability to take things in stride.

Now, as one who was always deeply engaged in the adventure of life, ready for the journey, always caring and compassionate, may you follow your heart into Love and Mystery! ✨

~ Written by Sister Frances Baker, CSJ



*I will come to you
in the silence...
You will hear my voice,
I claim you as my choice
Be still and know I am near.
~ David Haas*