



## *Sisters of St. Francis of Mary Immaculate*

On November 5, during the afternoon celebration of the Eucharistic Banquet at Our Lady of Angels, Sister Sylvia Post, quietly and serenely, departed this life to participate in the Heavenly Banquet.

Sister Sylvia was born in Boston, Massachusetts, on March 31, 1937, to Josephine and Earnest Post, now deceased. Baptized Mildred, she was the eldest of her three siblings: her brother, Dr. Albert (Claudia) Post of Pensacola, Florida, and her two sisters: Marie (Steven) Schultz of Rockford, Illinois, and Judith Baker of Rockland, Maine.

When her family moved to Chicago, Mildred met our Sisters and began to feel the Lord's call to religious life. She came to Joliet in 1951 as an aspirant at St. Francis Preparatory attending St. Francis Academy (now Joliet Catholic Academy) for three years. Mildred became a postulant during her senior year (1954-55) and a novice in August 1955 when she received the name she would keep for the rest of her life, Sylvia. Sister Sylvia made first vows in 1957 and final vows in 1960.

Her degrees in English from the College of St. Francis (now University), Joliet, and master's in Guidance and Counseling from DePaul University in Chicago prepared Sylvia for her 15 years in elementary education as a teacher and principal. She ministered in various schools in Chicago and Romeoville and served at St. Pius X School in Lombard, Illinois, as a full time guidance counselor.

Sylvia prepared for a new ministry with a master's in Adult Christian Community Development from Regis College in Denver, Colorado. She also spent a year in Clinical Pastoral Education at Silver Cross Hospital in Joliet. Sister Sylvia served in Pastoral ministry for the next 16 years. The first 7 were at St. Bartholomew church in Newaygo, Michigan. She writes about this experience: "During the summer we provided for 3 family retreats on the parish grounds.... Most of them

# Alleluia!



*Sister M. Sylvia Post, CSF*

brought their campers or set up tents in our spacious backyard. These experiences proved fruitful in bringing families closer together and deepening their faith-life." The next 9 years were at Our Lady Help of Christians Church in Litchfield, Ohio. The *Catholic Universe Bulletin* carried an article about Sylvia's work there: "O.L. Help of Christians Parish looking like the Church of the future, thanks to team ministry,"

After furthering her education with a year at the Institute for Spirituality and Worship in the Jesuit School of Theology in Berkeley, California, Sylvia writes about her pilgrimage to the Holy Land which she admitted was a "wild dream" that she thought could never come true. After her pilgrimage she assumed the position of Pastoral Associate for Adult Formation at the Church of the Presentation in Stockton, California, remaining there for the last 18 years of her active ministry.

In 2012, when Sister Sylvia herself knew it was time to return to Joliet, this gentle woman kept her smile and her gentle, welcoming demeanor. For the next 6 years at Our Lady of Angels she gave a listening ear to those with a need to share any story, be it sad or joyful. She could often be found in the chapel where she spent much time in prayer.

And so, Sylvia, you were ready to hear the Lord's special invitation to the heavenly banquet and respond lovingly, graciously, without hesitation and with your ready smile when you heard God's call.

Amen. Alleluia.

## *Sister M. Sylvia Post, OSF*

*March 31, 1937 — November 5, 2018*

*Born:* March 31, 1937  
*Parents:* Earnest and Josephine (La Gaccia) Post  
*Postulancy:* September 6, 1954  
*Novitiate:* August 13, 1955  
*First Profession:* August 12, 1957  
*Perpetual Final Vows:* August 13, 1960  
*Entered New Life:* November 5, 2018

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### **Ministry History**

1957-1959 Teacher, Grade 2, SS. Cyril and Methodius, Chicago, Illinois  
1959-1961 Teacher, Grade 2, St. Francis Xavier, Chicago, Illinois  
1961-1962 Teacher, Grade 2, St. Andrew, Romeoville, Illinois  
1962-1966 Teacher, Grade 1, St. Ludmilla, Chicago, Illinois  
1966-1967 Teacher, Grade 1, St. Clement, Chicago, Illinois  
1967-1970 Teacher, Superior & Principal, Grades 5 & 8, St. Ludmilla, Chicago, Illinois  
1970-1971 Teacher, Grade 5, St. Francis Xavier, Chicago, Illinois  
1971-1972 Residence, St. Clement, Chicago, Illinois  
1972-1974 Teacher, St. Francis Xavier, Chicago, Illinois  
1974-1976 Guidance Counselor, St. Pius X, Lombard, Illinois  
1976-1977 Student, Clinical Pastoral Education, Silver Cross Hospital, Joliet, Illinois  
1977-1984 Pastoral Minister, St. Bartholomew, Newaygo, Michigan  
1984-1993 Pastoral Associate, Our Lady Help of Christians, Litchfield, Ohio  
1993-1994 Student, Jesuit School of Theology at Berkeley, California  
1994-2012 Pastoral Associate for Adult Formation, Church of the Presentation, Stockton, California  
2012-2018 Community Service, Our Lady of Angels, Joliet, Illinois

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*Wake:* Friday, November 9, 2018, 2:00-6:45 p.m., Our Lady of Angels, Joliet  
*Prayer Service:* Friday, November 9, 2018, 4:45 p.m., Our Lady of Angels, Joliet  
*Mass of Christian Burial:* Friday, November 9, 2018, 7:00 p.m., Our Lady of Angels, Joliet  
*Interment:* Saturday, November 10, Section 8, Lot 344, Grave 2, Resurrection Cemetery  
*Predeceased by:* By her parents, Earnest and Josephine (La Gaccia) Post  
*Survived by:* Her brother, Dr. Albert A. (Claudia) Post and her sisters: Marie E. (Steven) Schultz and Judith Kaye Baker

*Rest in Peace, Sister Sylvia!*