



Sister Ann Regina Mitrano – 75 Years

Sister Ann Regina entered the Congregation from her home parish of St. Anthony of Padua in Rochester. Sister Ann Regina taught at St. Ambrose in Rochester, St. Alphonsus in Auburn, Sacred Heart Cathedral School, St. Lucy School, St. Monica's and St. Augustine's in Rochester, St. John the Evangelist in Greece, and Our Lady of Lourdes and Seton Catholic School in Rochester. She was also Assistant Director of Novices for the SSJ Congregation and principal of St. Lucy and St. Jerome's in East Rochester.

Speaking about her 75 years as an SSJ, Sister says, "Education was a primary ministry when I entered, and I was sent out to teach in 1948. I remained in that field for 45 years. After full-time retirement I volunteered at Hope Hall. Teaching religion, encouraging self-confidence, and instilling a love for learning in all my students were very rewarding. As the number of Sisters decreased in the schools, the response by lay faculties and their dedication has added many new friends in my life.

"Each day is a gift with its challenges as I continue as a Sister of Saint Joseph. Daily prayer, Eucharist, and private devotions have sustained me and will continue as I praise and give thanks for my vocation."