

## Why Nominate Someone?

The quiet, daily acts of ordinary people who refuse to give up despite adversities represent *courage* in its truest form. They are the heart of *The Courage To Come Back*.

### TIPS ON HOW TO MAKE YOUR NOMINATION STAND OUT

Milestones (i.e. medical, clinical, etc.) are important to a nominee's story- however including the personal struggles, efforts and set-backs an individual experiences is a better way to convey his/her story. If the nominee has a favorite quote or philosophy about life, please include this. All these things add insight and dimension to a person's story.

#### Examples:

**(Please note: These are brief examples of nominations. If you would like to read more nominations, please visit the *Courage to Come Back* page on our website [www.ssjerie.org](http://www.ssjerie.org))**

*"All the specialists said that the permanent damage from John's stroke would prevent him from ever getting a driver's license. . . We happily took John to get his driver's permit and have marvelled at how something we often take for granted, can be so significant to the mental health and physical recovery of a young man."*

*"Hope had just gotten the job of a lifetime in an animal shelter... Then - everything changed in an instant. She and her daughter Liza were in a car accident on the way home from their church. . . Less than five years after the accident, she is the Director of the Animal Shelter, has purchased another home and has begun a support group for women called, "With Hope." Her feeling is that with hope, anything is possible."*

## What is The Courage to Come Back?

In 1997, the Sisters of St. Joseph of Northwestern Pennsylvania announced the beginning of *The Courage To Come Back* in the Erie Diocese. *The Courage To Come Back* has a two-fold purpose: to honor individuals who have shown remarkable courage and to garner support through recognition of the various ministries of the Sisters of St. Joseph.

*The Courage to Come Back* is a natural fit with the Sisters many ministries of education, healthcare, care for the elderly, social work, finding shelter for the homeless and affordable housing for mothers and children.

## Who are the Sisters of St. Joseph?

Founded in 17th century France, the Sisters of St. Joseph first came to the Erie Diocese in 1860 to minister to the sick, teach children and serve in a wide range of ministries. The Sisters have staffed many schools and established Saint Vincent Health Center, Villa Maria Elementary, Villa Maria Academy, Villa Maria College, St. Joseph's Orphanage, St. Mary's Home of Erie, St. Patrick Haven, and the SSJ Neighborhood Network. They also established collaborative ministries with the Sisters of Mercy and the Benedictine Sisters including Erie DAWN (Dwellings and Advocacy for Women in Need), Catholic Rural Ministries and POWR (Partnership of Women Religious).

Today, the Sisters' presence has moved beyond hospitals and classrooms and includes pastoral, social and liturgical ministries in Catholic parishes, global mission projects, outreach to the elderly, rural ministry, campus ministry, youth ministry and numerous other efforts. There are few people in the area whose lives have not been touched, directly or indirectly, by the Sisters of St. Joseph.

*The Sisters of St. Joseph  
of Northwestern Pennsylvania  
present*



*Make a difference in the life of someone  
who's made a difference in yours.*

*Annual Recognition*

*Nomination Form*

Nominations accepted through

**May 31**

Recognition Dinner

**October**

**[www.ssjerie.org](http://www.ssjerie.org)**

## Nominations

The Sisters of St. Joseph are seeking nominees who have demonstrated extraordinary courage. Nominees must reside within the boundaries of the thirteen counties of Northwestern Pennsylvania.

*In selecting individuals to be honored, The Courage To Come Back Selection Committee reviews all nomination materials received.*

### ADULT

Examples of someone who has had the courage to come back include individuals who have shown remarkable courage in recovery from chemical dependency, mental health issues, economic adversity, general medicine, and/or physical rehabilitation.

Nominations will also be accepted for individuals who have shown a special act of courage.

### YOUTH

A person 18 years of age or younger who shows evidence of self-confidence and acceptance of his/her disability, injury, accident, trauma or circumstances.

Nominations will also be accepted for youths who have shown a special act of courage.

Please note - Each year the number of excellent nominations far exceeds the amount of individuals we are able to recognize. Unless you specify, the nomination will be resubmitted each year following the year a nomination is submitted. You will be contacted if the individual is not selected and asked to provide any updated information about the nominee.

## How to Nominate Someone

Instructions for nominating someone for *The Courage To Come Back* are outlined below and on our website [www.ssjerie.org](http://www.ssjerie.org)  
If you need assistance, please contact:

**Kristina Huber**

**814-836-4202 or [kristina.huber@ssjerie.org](mailto:kristina.huber@ssjerie.org)  
or visit [www.ssjerie.org](http://www.ssjerie.org)**

1. Please include all the required information with your nomination.

2. **The Nominee's Story is Important!**

The best way to illustrate the courage of the individual you are nominating is to provide as many details as possible. Please provide a lengthy narrative/essay to relay the nominee's full story and include the following:

- \* Details about the nominee's courage. (include setbacks, outlook, specific accomplishments, and current activity)
- \* Ways in which this individual has enhanced/ inspired the lives of others either directly or through organizational participation
- \* Why you feel this person exemplifies courage
- \* Review the "How to make your nomination stand out" section of this application

3. Please be sure to obtain permission to nominate from the individual you are nominating. Honorees will be asked to sign a release form of his/her story (provided at the conclusion of the interviewing process). By accepting the Courage honor, all honorees are consenting to allow his/her name and/or photo and story to be used for current and future Courage promotions.

**Please submit nomination by May 31 to:  
*Courage to Come Back*  
Sisters of St. Joseph  
5031 West Ridge Road  
Erie, PA 16506**

## About the Nominee

Name \_\_\_\_\_

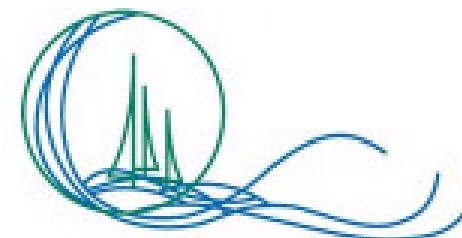
Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Age \_\_\_\_\_

E-mail address \_\_\_\_\_

Today's date \_\_\_\_\_



## About the Nominator

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

E-mail address \_\_\_\_\_