



News Release

January 29, 2008

Benedictine Sister Mary Helen Barrow Passes

CLYDE, Mo. - Sister Mary Helen Barrow, 81, died Saturday, Jan. 26, 2008 at Our Lady of Rickenbach Healthcare in Clyde, Mo. She was a member of the Benedictine Sisters of Perpetual Adoration.



Sister Helen Barrow

She was born Barbara Helen Barrow on Dec. 9, 1926 in Galesburg, Ill., the youngest of three children born to John Dennis and Clara Belle Huffman Barrow.

Raised as a Methodist, Sister Helen attended public schools, Knox College in Galesburg and Columbia University. She later converted to Catholicism and worked for Catholic Charities in Chicago. It was during that time she was called to religious life and was introduced to the Benedictine Sisters' then-monastery in Mundelein, Ill. After visiting the motherhouse in Clyde, she entered in 1956. She made her final profession on March 12, 1964.

During her years as a Benedictine Sister, she served in many capacities including the editorial department of the Congregation's magazine, the altar bread department, junior director, librarian and sub prioress. She was an early member of the Congregation's Benedictine Ashram, Osage+Monastery, in Sand Springs, Okla., which is devoted to dialogue between Eastern and Western religions.

She was preceded in death by her parents and a brother, John. Survivors include her monastic family and several nieces and nephews.

Sister Helen was practical, witty, ready to pitch in and deeply committed to religious life. She valued the life of prayer and saw it as her greatest contribution to the Congregation and the world.

A Mass of Christian Burial took place Monday, Jan. 28, in the Adoration Chapel, Clyde, followed by burial in Mt. Calvary Cemetery, Clyde.

Memorials can be sent in care of the Benedictine Sisters of Perpetual Adoration, 31970 State Highway P, Clyde, Mo. 64432-8100.

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