

*Sister Helen White*  
*March 16, 1907 - November 25, 2005*



**Secular Name:** Helen White  
**Entered:** February 3, 1932  
**Place of Birth:** Marlboro, Massachusetts  
**Parents:** Michael & Rose Verkauskas  
(White)  
**Siblings:** Gus, Alex, Anna, Thomas, Stephen  
**Elementary:** St. Casimir, Nashua NH  
**High School:** Nashua Public High School  
**Higher Education:** Duquesne University, Seton Hall University  
**Degrees:** B.S. in Education, M.A. in Counseling

**Ministry:**

Sister Helen was born on a farm in Marlboro MA the 3<sup>rd</sup> of 6 children of Michael and Rose Verkauskas. Her formative years were spent in caring for her younger siblings while both parents worked in the fields on their farm.

Sister Helen had an angelic voice, which she first utilized in her public school singing hymns. As a teen, she belonged to a local music society singing in many operas with NY Metropolitan Opera stars.

Helen held a variety of jobs, many of which involved supervising others. At the age of 25 she made the decision to enter the community. Her many years of ministry included teaching in many of the mission schools throughout the United States. She served over forty years in parish pastoral and social ministry, interspersed with some years of high school music in our St. Francis Academy. During the summer years Sister conducted the Sister's jubilee choirs.

In 1991, at the age of 84, Sister Helen returned to the Motherhouse, spreading her joy with a song and dance until with diminishing health and failing memory, she still gave her pleasant smile and good wishes to those who came in contact with her.

*“Praise the Holy One, with dancing,  
with melodies and voice”*

(Ps. 149)