



Sr. Marie Zenon D'Astous SNJM

August 25, 1931 - November 4, 2015

Sister Marie Zenon, SNJM (Violet D'Astous) left this life for the fullness of life on November 4, 2015. Daughter of the late Joseph George and Rose Helen St. Pierre D'Astous, Sister Zenon was born in St. Damese, Quebec, Canada, on August 25, 1931, and died at the Carondelet Provincial House in Latham, NY.

Even during her childhood in Holyoke, MA, Zenon's intelligence, prayerfulness, and loving sensitivity were evident to all her school friends and family members. When, in 1949, she followed her big sister Rita to Montreal to become a Sister of the Holy Names, it seemed a natural expression of her pious and idealistic personality. From their earliest days, wherever they lived and worked, the two sisters were models of unstinting service, deep prayerfulness, and unfailing kindness. It has been said that, when she was in charge of the food service in the Holy Names Provincial/Novitiate Houses from 1959 to 1971, Sister Zenon was, for many young sisters, the most affecting and loving "mistress of formation."

For years, Sister Zenon's creativity and hard work were essential to the functioning of big Holy Names convents in Albany, NY, Tampa, FL, and Rome, NY. A superb cook and able manager, she ran the food service of Holy Names schools and residences in a way that made the kitchens in each place islands of warmth and welcome for everyone.

Always an eager learner, Sister Zenon asked to continue her education and in 1972 earned her RN at Maria College, Albany, NY. She served as a nurse and

administrator in the Holy Names community infirmary, in the Florida Keys Memorial Hospital, and at Child's Hospital. Sister Zenon crowned her time as a nursing professional by working alongside her sister, Sister Rita, for 14 years in the rural Tutwiler, Mississippi, clinic established by the Sisters of the Holy Names for a region that had no other medical services.

In 1997 the two sisters returned to Albany where hospitality and prayer were their daily focus. From 2005 until her death, Sister Zenon enjoyed this quiet, prayerful life with her dear Sister Rita, other SNJMs, and the Sisters of St. Joseph. Zenon and Rita always maintained close ties with their extended family, and, in these last ten years, visits back and forth between Latham and Western Massachusetts were a source of great joy for all the D'Astous clan. Sister Zenon is survived by her brother, Zenon D'Astous, and many nieces and nephews. She was predeceased by her sisters, Elise Tetreault, Rose Helen "Georgette" Giroux, Marian Grover, Sister Rita, SNJM, and her brother, George. The family joins the Sisters of the Holy Names in giving thanks for the loving care Sister Zenon received from the staff at the St. Joseph's Provincial House and for the gracious hospitality of the Carondelet Community there. Those wishing to celebrate the beautiful life of Sister Zenon may join the Sisters and Associates of the Holy Names on Saturday morning, November 7. A prayer service of