

Congregation of the Sisters of St. Joseph in Canada

Finding Aid - Sister Emerita Godal sous-fonds (F01-SF16)

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Sister Emerita Godal sous-fonds

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Summary information

Repository:	Congregation of the Sisters of St. Joseph in Canada
Title:	Sister Emerita Godal sous-fonds
Reference code:	F01-SF16
Date:	1968-1993 (creation)
Physical description:	7 cm of textual records 2 videocassettes
Dates of creation, revision and deletion:	By Rhiannon Allen-Roberts, February 2025.

Administrative history / Biographical sketch

Note

Louise Godal was born November 30, 1924, in Pobedium, Slovak Republic to Michael Godal and Josephine Feranec. She was the eldest of eight children, having six brothers and one sister. Louise Godal was received into the Congregation of Sisters of St. Joseph of London August 25, 1943. She made her first profession August 25, 1945, and her final profession that same day in 1948. After dedicating herself to religious life she took on the religious name Sister Emerita Godal.

She graduated from grade school and high school and received training in being a homemaker. In 1970 she was trained as a Food Service Supervisor at the Catholic Hospital Association, St. Louis, Missouri and in 1972 she received Dietary Service Training at the Southern Alberta Institute of Technology. She also trained at the Theological Institute of St. Norbert College, De Pere, Wisconsin in 1991.

Sister Emerita served in Ingersoll, Ontario from 1945 to 1947 and in Delhi, Ontario from 1947 to 1950. She then returned to London at Mount St. Joseph, the motherhouse of the Sisters of St. Joseph of London, from 1950 to 1964. There, she taught Home Economics at Mount St. Joseph Academy from 1956 to 1964. She travelled to Killam, Alberta in 1964 where she worked in dietetics at Killam General Hospital until 1971. After that, she dedicated herself to working as a homemaker in Sarnia, Ontario from 1971 to 1977 and in St. Thomas, Ontario from 1977 to 1979. Sister Emerita Godal then worked as a Pastoral Minister at Blessed Sacrament Church in Chatham, Ontario in 1979. She then went on to be the Pastoral Minister for Blessed Sacrament Parish in Chatham, Ontario from 1996 to 2001. She then returned to London, Ontario in 2001 and worked as seamstress at the motherhouse. She passed November 11, 2024.

Scope and content

This sous-fonds contains material created and collected by Sister Emerita Godal. Sister Emerita was an avid cook and her recipes and cookbooks created by St. Joseph's Ladies Organization of St. Joseph's Parish and Blessed Sacrament Church in Chatham, Ontario are present here. There is also footage of a celebration in her

honour in Chatham, Ontario, and the Sisters of St. Joseph of London's Jubilee celebrations on June 12 and at Blessed Sacrament Church in Chatham, Ontario on June 3 in 1993.

Notes

Title notes

- **Source of title proper:** Title is based on the content of the sous-fonds.

Immediate source of acquisition

The records were transferred to the archives by the local leadership.

Arrangement

Original order was maintained.

Restrictions on access

The Archives reserves the right to restrict access to the collection depending on the condition of the archival material, the amount of material requested, and the purpose of the research. The use of certain materials may also be restricted for reasons of privacy or sensitivity, or under a donor agreement. Access restrictions will be applied equally to all researchers and reviewed periodically. No researcher will be given access to any materials that contain a personal information bank such as donor agreements or personnel records, or to other proprietary information such as appraisals, insurance valuations, or condition reports.

Conditions governing use

Permission to study archival records does not extend to publication or display rights. The researcher must request this permission in writing from the Archives.

Finding aids

Series and file list available.

Accruals

No further accruals are expected.

Other notes

- **Publication status:** Published
 - **Level of detail:** Partial
 - **Status description:** Draft
-

Access points

- Multiple media (documentary form)

Collection holdings

Series: F01-SF16-S001 - Recipes

Title: Recipes

Reference code: F01-SF16-S001

Date: 1968-1972 (date of creation)

Scope and content: Sister Emerita Godal was a dedicated cook. This series contains various recipes she collected and those created by her and other Sisters. The recipes are on card files, binders, clipped from magazines and newspapers, and on correspondence. There are two cookbooks, *From Our Kitchen to Yours* by the St. Joseph's Ladies Organization of St. Joseph's Parish in Chatham, Ontario and *Blessed Sacrament Church Cook Book* from the Blessed Sacrament Church in Chatham, Ontario, and a booklet "Favourite Tried Recipes" from a workshop at Mount St. Joseph Motherhouse in London, Ontario in 1972.

In addition to the recipes, there are notes about the meanings of specific dietary restrictions (such as what those on low fat diets or low salt may have) and supplements for diabetic patients.

Physical description: 7 cm of textual records

Publication status:

Published

Access points:

- Textual record (documentary form)
-

File: F01-SF16-S001-01 - Recipes ringed booklet

Title: Recipes ringed booklet

Reference code: F01-SF16-S001-01

Date: [19-?] (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published

File: F01-SF16-S001-02 - Recipes binder

Title: Recipes binder

Reference code: F01-SF16-S001-02

Date: [19-?] (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published

File: F01-SF16-S001-03 - Recipes

Title: Recipes

Reference code: F01-SF16-S001-03

Date: 1968-1972 (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published

File: F01-SF16-S001-04 - Recipe card files

Title: Recipe card files

Reference code: F01-SF16-S001-04

Date: [19-?] (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published

File: F01-SF16-S001-05 - From Our Kitchen to Yours

Title: From Our Kitchen to Yours

Reference code: F01-SF16-S001-05

Date: [1969?] (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published

File: F01-SF16-S001-06 - Blessed Sacrament Church Cook Book

Title: Blessed Sacrament Church Cook Book

Reference code: F01-SF16-S001-06

Date: [19-?] (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published

Series: F01-SF16-S002 - Events

Title: Events

Reference code: F01-SF16-S002

Date: 1993 (date of creation)

Scope and content: This series consists of videocassettes with footage of a celebration for Sister Emerita Godal in Chatham, Ontario and of the Sisters of St. Joseph of London's Jubilee celebrations on June 12, 1993 and at Blessed Sacrament Church in Chatham, Ontario on June 3, 1993.

Physical description: 2 videocassettes

Publication status:

Published

Access points:

- Moving images (documentary form)
-

File: F01-SF16-S002-01 - Sr. Emerita's celebration

Title: Sr. Emerita's celebration

Reference code: F01-SF16-S002-01

Date: [19-?] (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published

File: F01-SF16-S002-02 - Jubilee celebration and Blessed Sacrament Church

Title: Jubilee celebration and Blessed Sacrament Church

Reference code: F01-SF16-S002-02

Date: June 3, 1993, June 12, 1993 (date of creation)

: 0472

Location of originals: F01-SF16 Box 1 (0472)

Publication status:

Published
