

Brief Biographies of the I THIRST Spiritual Companions

BETH BUDNY has been an active St. Jude parishioner since 1981. She taught religious education for 19 years before becoming St. Jude's first parish nurse in 2011. She is a widow and mother of adult twins. She retired from the VA after 36 years. Her primary focus was rehabilitation, but she also had experience with long-term care and mental health. She has professional experience with veterans with substance abuse disorders and personal experience with family members dealing with addictions.

ANGELA COTE is the creator of Sacred Tree Yoga and Wellness. Her purpose is to educate people on the importance of balanced health for the body, mind, and spirit. She shares her experience, strength and hope to guide and inspire those with a willingness to make changes for a healthier and happier life.

LISA MAHONEY has lived in Franklin for 35 years. She is married to a wonderful man who recently retired. She has a background in hospice nursing and has been a care service manager for a small homecare company for the past 10 years. She has been in recovery for many years. She did her first Cursillo in 2019 and describes it as an experience of a lifetime that prepared her to expand her journey in faith. She has 3 children who are thriving in adulthood. Sadly, she has experienced the horrors of addiction. Her son, Jonathan passed away from an accidental overdose last April.

MARTY O'SHEA is a recently retired chef who has been a member of St. Jude's for 30 years and active in the Cursillo movement. He has been active in both parish and community activities, married for 42 years, and has 2 adult children. He has both alcohol and substance abuse in his immediate family, as well as best friends that have lost siblings and children to substance abuse.