



My name is **Sister Hanna** Amante. I am a lucky Ethiopian woman. I was born in Ethiopia in the countryside of Wollega. It is a very beautiful place where my parents own their farm. I grew up on a farm raising cattle and poultry. I am the second youngest of 14 siblings. We were all educated and had different kinds of gifts to give and receive. When I was eight years old, I moved to the city to attend school by entering the Franciscan Missionaries of Our Lady boarding school.

I always hear the voice of God through friends, dreams, and through other channels. The first time when God called me was through one of the Franciscan missionary sisters, I was playing volleyball. This sister asked me if I want to be a nun and my immediate answer was NO! The second time when God called me was through the same sister. I was playing tennis when I said yes to that sister. After six years of being in boarding school with 100 girls, I wanted to become a nun. This is when I started my new life.

I responded to the call of God and the Gift of the Holy Spirit by joining the Franciscan Missionaries of our Lady in Ethiopia when I was 14 years old. I had a burning desire in my heart to serve God through people especially the poor and the needy as did my Franciscan founder living in me in from another day and age. My spirituality is that of the Franciscan family living the gospel of our Lord Jesus Christ in the manner of St. Francis of Assisi.



After I entered the convent, I finished high school and pursued my teaching degree. After college, I obtained my Education Director's certificate and started working as a Director and Teacher for an elementary school for 10 years. I loved the experience of doing both. I also taught scriptures and song to the students on weekends.

I moved to the United States in 1996. I was 31 years old. I lived with my brother until 1997 and then moved in with a couple for two years until I found a congregation. These three people were the reasons that I am here today.

In 2000, I joined the Sacred Heart Province Sisters of St. Francis of Penance and Christian Charity. The sisters welcomed me as a candidate into their congregation. I started this journey with my community who were living at that time in Queen of Peace. I went to school part time to learn English and I worked part time at Serenity and Harmony, Marycrest assisted living residences. In 2001, I moved to Oakland, California to study spiritual life. While I was there, I volunteered at an elementary school and went to a Franciscan school. In 2002, I moved to New Jersey to continue my spiritual studies.



After one year, I came back to Denver to Queen of Peace community. In 2003, I took my first vow of religious life.

I knew my calling was to be a teacher and so that year I also applied for college grants and scholarship to go the Community College of Denver for an Associate Degree in Early Childhood Education. I got the scholarship and continued my studies from 2003 to 2006.

In 2004, I became a United States on Citizen.

By 2006, I earned an Associate Degree for Early Childhood Education and the certificates of ECE GL-Preschool and ECE Director so that I could continue my teaching here in the United States. That year to the present, my active ministry includes educating low-income family children at [Warren Village](#). I enjoy working with children.

While I was working at Warren Village, I realized many families in poverty struggle with weight, stress, and disease. Immigrants new to our community also deal with these issues as they have little resources and struggle to adjust to a different culture of food. Many new immigrants, refugees, and socially disadvantaged families do not understand the importance of nutrition for the prevention of diseases.



In 2013, I enrolled at the Nutrition Therapy Institute in Denver, Colorado. This school teaches Holistic Nutrition which is my deepest desire because Holistic nutrition focuses on a natural approach to a healthy diet and considers the individual, including all aspects of his or her lifestyle. This natural approach incorporates emotional, spiritual, and physical health to create a state of well-being for optimum health.



I graduated from this school in 2017 as a Master Nutrition Therapist. This is a perfect way to help both adults and children. I still serve children and their families at Warren Village and I have my own business, [Its Natural Healing, LLC](#).

I feel I was also called to help immigrants to be free from the anxiety and low self-esteem they often feel when adjusting to the US culture. I work to empower the most pressured people in society to have the knowledge and self-confidence to hold to their nutritional native foods and to prepare and eat healthy new foods through sharing my experiences, namely my challenges with food, language, and the weather adjustment. I serve as a support to guide, heal and transform immigrants into the new culture.

I am enjoying both jobs. Most of the time my clients are from my teaching and church where I help and counsel them on their situation and lifestyle.

I volunteer after work at Warren Village and at church by offering free counseling and helping children with their homework. I also help my community in various ways. My favorite hobbies are gardening, dancing, cooking, and helping people when they need help.

I believe the most important of my life is being compassionate to myself and to others. Deep listening and understanding the suffering of others and transforming their suffering to peace, joy, and finally healing and love. This is how I serve compassionately all as sisters and brothers.