

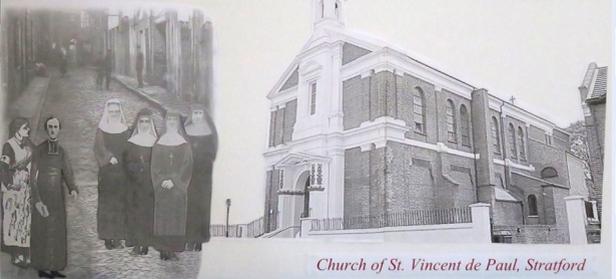
KEEPING IN TOUCH

SSHJM



1. Celebration

Arrival of the Servants of the Sacred Heart in England 1870



Church of St. Vincent de Paul, Stratford



3.



4. SSHJM



6. Formation



7. Community



8. Mission to the poor



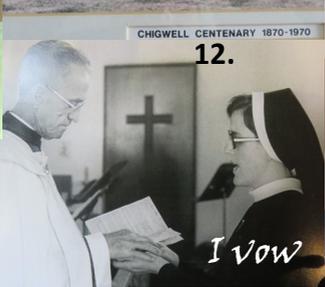
9. continuity



10. Renewal



Justice



12. CHIGWELL CENTENARY 1870-1970 I VOW



13. Handing-on



14. Federation V.B.



15. IS UPON ME... TO BRING GOOD NEWS TO THE POOR... Cebu

OCTOBER 2020

Front cover photos:-

1. 150 anniversary celebrations in Chigwell,
2. 1870 arrival of SSH in London,
3. Father Victor Braun,
4. Mother Winefride Tyrrell SSHJM,
5. Sister John Vincent Superior General,
6. Sister Lucy, Novice Mistress with reception group circa 1906,
7. Community with Sister Bernadette Flavin (future RMG),
8. Sister Philippa Carroll teacher in London's East End, 1924,
9. Centenary photo 1970 in Chigwell,
10. Sister Etheldreda RMG,
11. Sister Mary, Cong. Leader, on visitation to El Salvador,
12. Sister Kathleen Laverty California, Final Vow ceremony,
13. Sister Alexander in Zambia with Sister Cecilia first Zambian sister.
14. Federation Victor Braun
15. Sister Luella in Cebu, renewal of vows.

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IMPORTANT NOTICE

In responding to our Care of Creation we will continue to publish future issues of our Keeping in Touch magazine only on the website.

For those of you who would prefer a printed copy please write to me at the address on the back page either by email or by post and we will be happy to post it to you.

If you do not contact me it will be presumed that you will read the magazine on the website.

If you have access to the internet and have not tried our website the address is www.sacredheartsjm.org

Give it a go and you will find all sorts of interesting articles and maybe things you never knew about us.

Editorial

In our last issue of KIT we felt much pain and loss brought about by our very changed world. Today we quite clearly state that life goes on and our celebrations of life gives glory to God. In September we celebrated throughout the Congregation the arrival of Fr. Braun and the Sisters in England. They were refugees and traumatised by war. Now we look back at some of the history which brings us to reflect on who we are today. Sadly we still have some of the same problems of great poverty, injustice and Human Trafficking to address. This is carried out with commitment and dedication in many areas of the world. When we look back on the lives of our early sisters there is a sense of familiarity and continuity. Things have changed for us in many ways but we do seem to adapt and keep on.

Reflection and prayer is our foundation and our sustenance as our novices remind us in their personal reflections.

We congratulate our many sisters on reaching their jubilees 50, 60, 70 and more and we remember also Special prayers of thanksgiving for Sr Luella in Cebu as she makes her Perpetual Profession of Vows on the Feast of St. Margaret Mary.

As we move towards another year how would you like to be represented in our 2021 calendar? We need your photos as soon as possible please.

Love and prayers

Anne and Emma

A note from Sister Mary

I cannot let KIT pass me by without mentioning the Mass of Thanksgiving on the 26th October. My sincere thanks to the group of Sisters who prepared the liturgy, prayers of Intercession, flowers, the display in front of the Altar and the technology which enabled the whole congregation to join in thanking God for 150 glorious years mixed with joy, faith and courage taking us to where we are today. A familiar saying of Newton is 'We stand on the shoulders of those who have gone before us'. To remind us of our sisters gone before us we placed the beautiful *Book of Remembrance*, initially started by Sr Una, and brought to its conclusion by Sr. Anne and a group of sisters helping her – a truly wonderful record of acknowledgement to those sisters gone before us in the congregation, including dear Una who started this piece of work.

You will no doubt have gleaned at Pope Francis' 'Fratelli Tutti on Church, Creation and Community' – relationship with God, with Creation and with each other. He concluded with the following prayer and now we make this our prayer too.

Prayer to the Creator:

*Lord, Father of our human family,
You created all human beings equal in dignity:
Pour forth into our hearts a fraternal spirit
And inspire us a dream of renewed encounter,
Dialogue, justice, and peace.
Move us to create healthier societies
And a more dignified world,
A world without hunger, poverty, violence and war.
May our hearts be open
To all the peoples and nations of the earth.
May we recognise the goodness and beauty
That you have sown in each of us,
And thus, forge bonds of unity, common projects, and shared dreams.
Amen*

Stay well Sisters and look after each other in these uncertain times.
My love and prayer

Sister Mary

150 Anniversary CELEBRATIONS

ARRIVAL OF SSH REFUGEES FROM FRANCE

ESTABLISHED AS BEARERS OF THE LOVE OF THE SACRED HEART



Rt. Rev Bishop Alan Williams with the Leadership Team and Chigwell community after the celebration of the Eucharist on 26 September in Chigwell Convent



Sisters Barbara, Maria, Eileen, Bernadette and Gillian enjoying the spectacular candle at the cake cutting. The cakes were shared with our sisters in Marian House.

There was a sense of great sorrow that all three congregations of the Federation Victor Braun could not be present due to the pandemic restrictions. But we were pleased to be able to transmit the Mass via Zoom—even with the sound problems (*a link to the Mass recording is on the website*).

In preparation for this celebration, much investigation took place and lots of interesting little bits of information came to the fore.

The Tablet (catholic paper) dated May 18 1872:

Church of St Vincent de Paul, Stratford—last Sunday the Sisters of the Sacred Heart assembled to witness the taking of the Religious Habit by three postulants. The names of the novices are Mlle. Hélène Boost (Sister Pancracia), Mlle. Elénore Kar (Sister Augusta), and Miss Catherine Parker (Sister Stanilaus).

It is worth noting that Sister Stanislaus died a few short years later in 1879 and is buried in Leytonstone cemetery. Like many of our first sisters, who chose to live and work with the poor, they were susceptible to the same diseases and died at a very young age. We also recognise the lengths many of our sisters went to fund those early missions. In 1875 some of our sisters were arrested for ‘begging’ for funds to build a Home for orphans and destitute girls in Homerton. The case against them was dropped with the understanding that they ‘discontinue the begging’ (*The Tablet, Sept 4*). *The results, shown below, of the Homerton Orphanage in 1882 prove that it was worth the effort of begging or questing and even getting arrested by the police.*

In 1891 there were 50 sisters in Homerton, the eldest was 42yrs and the superior 32 yrs.

Over the page we read the eulogy for Mother Francis de Sales SSH Provincial in Homerton 1873 and then Superior General 1888-87. She returned to England after her term in office and continued her great work and example in the community.



A copy of the newspaper article is on the back page.



Came to England with 20 companions to Stratford, 1871

Mother Francis of Sales Requiem

“May the sacred Heart of Jesus be every where loved”

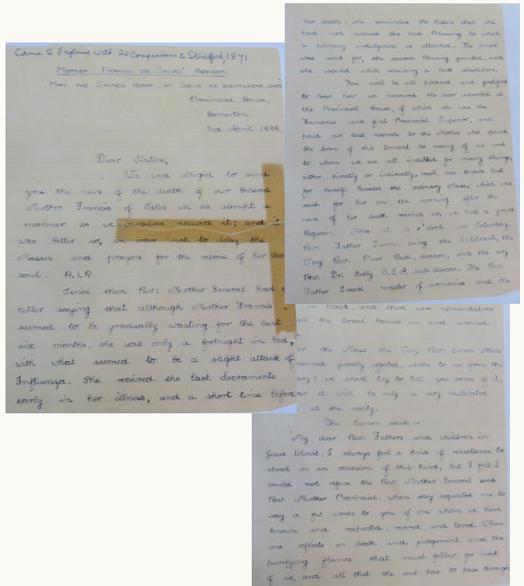
Provincial House, Homerton.

3rd April 1898

Dear Sisters,

We were obliged to send you the news of the death of our beloved Mother Francis of Sales in as abrupt a manner as we ourselves received it; and it was better so, in order not to delay the Masses and prayers for the repose of her dear soul. R.I.P.

Since then Rev: Mother General had a letter saying that although Mother Francis seemed to be gradually wasting for the last six months, she was only a fortnight in bed, with what seemed to be a slight attack of Influenza. She received the last sacraments early in her illness, and a



short time before her death: she reminded the sisters that she had not received the last Blessing to which a plenary indulgence is attached. The priest was sent for, the desired blessing granted, and she expired while receiving a last absolution.

You will be all pleased and gratified to hear how we honoured the dear departed at the Provincial House, of which she was the foundress and first Provincial Superior, and paid our last respects to the Mother who opened the doors of this convent to many of us and to whom we are all indebted for many things either directly or indirectly, each one knows best for herself. Besides the ordinary Mass, which was said for her on the morning after the news of her death reached us, we had a grand Requiem Mass at 11 o'clock on Saturday. Rev Father Dunn being the Celebrant, the very Rev. Prior Reid, deacon, and the very Rev. Dr. Kelly O.S.A. sub deacon. The Rev. Father Grosch master of ceremonies and the very Rev. Canon Akers and the very Rev. Dean Vere were in the Sanctuary. The altar was draped in black and there were representatives from all the Local Houses in and around London.

After the Mass the very Rev. Canon Akers who seemed greatly affected, spoke to us from the Sanctuary: we shall try to tell you some of it, but fear it will be only a very mutilated attempt at the reality.

"My dear Rev. Fathers and children in Jesus Christ, I always feel a kind of reluctance to speak on an occasion of this kind, but I felt I could not refuse the Rev. Mother General and Rev. Mother Provincial, when they requested me to say a few words to you of one whom we have known and respected, revered and loved. When one reflects on death and judgement and the purifying flames that must follow for most of us and all that the soul has to pass through and if one tries to enter into the feelings of that soul with its wishes and desires, one can almost feel that she would say:- Do not speak words of praise now; do not laud my poor

good works; but you, whom I have loved—you who lived with me, who knew my intentions, my desires, my poor virtues—and my failings too; Have pity on me, have pity on me, at least you my friends, for the hand of the Lord hath touched me. Yes touched me, not in anger, but in mercy: so Pray! Pray! Pray! Now we shall say a word in loving memory of her.

Mother Francis of Sales came to England in 1871, during the troublous times in France, and found a temporary refuge in Stratford, for herself and about twenty companions. There she began her good works in poverty, without a chair or even a bed to rest on, often not knowing where the next meal was to come from. About the beginning of 1873, I was inquiring where I should turn for some religious to come and help me to raise the standard of the Cross and manifest the Faith of Jesus Christ in this mission where I commenced with Low Mass in a little private house, which spot is now in your own possession. I was recommended to speak to Mother Francis of Sales and I met a ready and generous response. She threw herself into the work with a generosity and an earnestness all her own; and were it not for the help she gave me and that of the first sisters with her, I should not been able to persevere under the trials and difficulties of the time.

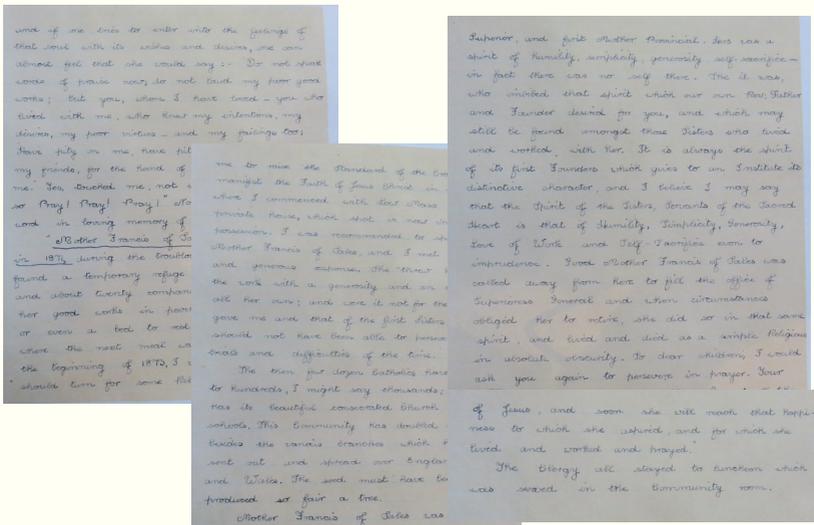
The then few dozen Catholics have now grown to hundreds, I might say thousands; the mission has its beautiful consecrated church and spacious schools. This Community has doubled in numbers, besides the various branches which have been sent out and spread over England, Scotland and Wales. The seed must have been good which produced so fair a tree.

Mother Francis of Sales was your first Superior, and first Mother Provincial. Hers was a spirit of humility, simplicity, generosity, self sacrifice—in fact there was no self there. She it was, who imbibed that

spirit which our own Rev. Father and Founder desired for you, and which may still be found amongst those sisters who have lived and worked with her. It is always the spirit of its first founders which gives to an Institute its distinctive character and I believe I may say that the spirit of the Sisters Servants of the Sacred Heart is that of Humility, Simplicity, Generosity, Love of work and Self-sacrifice even to imprudence. Good Mother Francis of Sales was called away from here to fill the office of Superioress General and when circumstances obliged her to retire, she did so in that same spirit, and lived and died as a simple religious in absolute obscurity. So dear children, I would ask you again to persevere in prayer. Your prayers, the prayers of the Sisters Servants of the Sacred Heart will prevail with the Sacred Heart of Jesus and soon she will reach that happiness to which she aspired and for which she lived and worked and prayed".

The clergy all stayed to luncheon in the community room.

Mother Francis of Sales was SSH English Provincial 1873 - 1881 and Superior General 1881 - 1887



Sister Antonina

(Catherine (Katie) Doran)

1894 ~ 1968

From Co. Wexford, Ireland

In June of this year we received an inquiry from the family of Sister Antonina (family trees are very popular these days). Anyway dear sister lived and died before my days but a call to the senior sisters in the Congregation revived memories and the story unfurled. The sisters who sent in information prefer to remain anonymous.

During the 1950's and 1960's Mother Antonine (as we called her) was in charge of the gardens at Chigwell which at that time were quite extensive and included



Pictured here with her brother Patrick and sister Anastacia probably after making her final vows in Cork in 1923.

large productive greenhouses, an orchard and tennis courts. She was also responsible for a number of staff who maintained the site which always looked well-kept and attractive.

Mother Antonine was very knowledgeable on flowers and vegetables. In her time the greenhouses were a hive of industry with flowers for all seasons. Tomatoes were a specialty and rows of these could be seen by the novices when they took the daily recreational walk in the area.

Mother Antonine seemed to have studied roses very carefully. During the summer months the gardens were alive with roses of many varieties and of every hue and colour. Inside the convent, especially in the chapel, her floral arrangements are still remembered. At Christmas and Easter and on other big occasions they were much admired and commented on by visitors.



Sometimes novices were sent to the gardens to help with weeding. This was certainly a learning experience for them since she would generously share her knowledge and expertise with them. In her personal life she was ascetical and could be described as contemplative. Her work was like a prayer giving glory to God. Many of the novices who worked alongside her were conscious of this from her attitude and the words she spoke.

In community she was outgoing and friendly, engaging in lively conversation at recreation. She had a passion for crosswords and often when anyone became “stuck” she would come to the rescue and solve the problem.

Mother Antonine’s death, after a short sudden illness, came as a shock to the Community at Chigwell. Her workplace was left spic and span and in good order and we wondered if she was aware that the Lord was soon to call her home. She was greatly missed by her Community and deeply mourned.

Another story is told of Mother Antonina and Mother Clare, who was the sacristan in Chigwell. She would send the novices for flowers to Mother Antonina and if there not enough the novice was sent back for more. “ Please tell Mother Clare that one daffodil gives as much glory to God as a hundred”. I’m not sure what Mother Clare's answer was but the rivalry was a source of delight to all (except the poor little messenger novice) ~ I am sure however that no hard feelings were harboured!

[It is at times like these that we begin to appreciate the importance of a written memory. So many of our sisters have gone and their memory remains only with God. Given the opportunity , we can continue to be inspired by the great example given by so many. It is also important to know that they also were human and had their trials and rivals.]



If Fr. Braun came to visit me today?



As we celebrate the 150th Anniversary of Father Victor Braun's arrival in England each one of us has the opportunity to reflect on its importance both as an individual sister of the Sisters of the Sacred Hearts of Jesus and Mary and also as a Congregation.

Perhaps it would be good to take a few moments to reflect on this special time.

Some question to reflect on;

- ◇ How would we feel being visited by our Father Founder?
- ◇ What do you think he would share with us?
- ◇ Or, given the opportunity to meet individually, what would we talk about?
- ◇ In what areas of my life would he affirm me?
- ◇ How would he challenge me?

Another question to think about is;

What impact would his visit have in my life and in our lives as Sisters today? Are his words in the 19th century as relevant today as they were then?

All these questions cloud my mind and as I reflect deeper on some of his words, I somehow feel that he might still say some similar words both of encouragement and of challenge. Let's reflect on some of his words of wisdom which still encourage and challenge me now.

"Be aware lest you depart from the poverty which has, up to now, been your strength and merit before God. Fear to hold off the divine blessing from your community by seeking after a little comfort."

As I read and reflect on these words, I know each one of us has learned of the humble beginnings of our Congregation. Some of our senior Sisters, that we have lived with and listened to, inspire and enrich us with their stories of the past, and they are to be treasured.

Perhaps we could ask ourselves what and how has our Congregation survived all these years? How does living the vows of poverty, chastity and obedience help me to be close to God as an individual Sister of my generation? Do I depend on God, others or on myself?

(Matthew 5:3) We hear Christ's beatitudes – "Blessed are the poor in spirit, for theirs is the kingdom of God." Do I do my best and leave everything to God? How generous am I with my time, talents, gifts, and my being? Am I looking for a little comfort somewhere else apart from God? If I do then maybe I need a little reminder on this 150th anniversary. Am I poor in spirit? What does poor in spirit mean to me?

"Do not forget that it was the promises of our Lord which gave birth to your Congregation, The Servants of the Sacred Heart of Jesus. Without this, the Congregation would have no reason to exist."

This is our foundation, our identity and our Mission and it is a rich and proud heritage which is anchored in the love of the Sacred Heart with all its promises and graces. As much as we are proud to belong to this rich heritage, it is also a challenge. It is also and therefore our responsibility to

pass it on to those who will come after us until God's love has been experienced by all humanity in all generations until we meet Christ and live with him in eternity.

This is also an opportunity to thank all our Senior Sisters who have worked so hard for the wellbeing, survival and relevance of this Congregation. Thank you to all of our Sisters, may God bless those still living, and grant eternal rest to those who have gone before us. It is a privilege knowing I am standing on their shoulders. I wonder if others will stand on my shoulders in generations to come.

We are meant to be repairers of the Sacred Heart of Jesus to make His Love known to the world. Maybe this is another chance to renew our commitment as Christ is asking us to share what we have in the same way that he asked of His disciples. (Matthew 14:16) This, then is also an appropriate moment to reflect on what we have, because we can only give what we have.

Prayer being the bedrock of our life, as our constitution reminds us, must help us to be connected to the Sacred Heart of Jesus. Our Father Founder would tell us on his visitation, even today, what he wrote to our early Sisters, "You do not go to the poor merely with a pot of broth or bread or a garment you have made with your own hands, you go with a heart united to the Heart of Jesus". Is my heart surely connected to the Heart of Jesus? Only when I am connected to him can my life have an impact in the community, in my place of work and in the world. Christ said "apart from me you cannot do anything". (John 15:5).

In the middle of all today's trials, challenges, and the corona virus, what is his message to us? What is our mission in this world torn apart? Maybe Fr. Braun would repeat this prayer, "May Mary obtain for you the grace to understand the sublimity of your mission among the poor". Let us listen to Our Lords words, "Come to me all who labour and are heavy laden and I will give you rest. Take my yoke upon you and learn from me,

for I am gentle and lowly in heart and you will find rest for your Souls. For my yoke is easy and my burden light” (Matthew 11:28 – 30). Be our consolation, Lord, and help us to hear your voice of peace in this moment of trial when we do not know what to do.

Father Braun, in 1870 at a time of trial asked; “What is going to happen tomorrow? Nothing but that what God wills. He will not ask for anything but what is to his greater glory.” As long as we work for Gods glory, we will remain relevant in the Church and the world.

We ask Father Victor Braun, together with all our Sisters gone before us, to pray for us. May the Sacred Heart of Jesus be everywhere Loved, Immaculate Heart of Mary Pray for us. Amen.

Sister Cecilia Nachilima



Novices Experiences during Lockdown.



During the lockdown my experience was very different, a lot of things changed. It was very hard for me not receiving the Holy Eucharist which keeps me going. Also not going to our apostolates made me feel sad because it was my mission to work with people. This was the will of God. Who am I to say no to God’s plans? God said, “Do not be afraid, for I have redeemed you, I called you by name you are mine. I shall be with you even during this time of pandemic”.

A lot of people have lost their loved ones, families and jobs and many more people are affected by this virus every day. It is not easy for all these families and for me also it is sad but who am I to say no? All I can do is keep on praying for the whole world to a God who never fails and allow his will to be done. Our plans are not God’s plans, we don’t know what tomorrow will bring but there is a season for everything.



Who ever thought of thousands of people perishing in a few months, without their loved ones at their sides to console them? Who knew that church gatherings and meetings would stop? And who had any idea that one day the entire world would stand still, no air travel, no handshakes and no hugs? Everything stopped because of the virus called covid-19. Indeed no one knows the mind and plans of God!

My prayer in this time of the pandemic is to surrender everything in the hands of the Creator, because everything happens according to God's plans, God will never allow his children to suffer, But he allows certain things to happen to us so that we can see how omnipotent and powerful He is. Because everything was put to hold, only prayer was left for each individual. I feel God wants me to learn something special, that is; Loving Him alone and always clinging to His divine Mercy. I thank God for this experience because it was His plan and it has given me more time for reflection and prayer.



Living in this situation of Corona virus it has become really a huge story to tell. Having recently been received into novitiate and in our Spiritual Year, we had an inter-congregational programme to enjoy but unfortunately in March all inter-novitiate courses were cancelled. When the first new cases were recorded in Lusaka there was a feeling of anxiety in the people because the virus was unpredictable and no one knew what would happen.



The good part was that we were lucky and when the 'new normal' came, when we felt the situation had settled down a bit, we were taught in our own novitiate community. Following the MOH guidelines, the sisters invited speakers to continue the topics that we were supposed to cover during inter-novitiate programme. May we continue seeing God at work even in these difficult times!

My experience during covid-19 has been challenging as well as a time of learning.

As a novice I am invited to embed myself deeply into the vine of God's love and make my home in Him, as He makes His home in me (John 15:4). I thank the Lord because when the churches closed I had the opportunity to experience God's love through listening to Fr. Tony's Mass, and his homilies. I also had time to watch Pope Francis' Mass on television. I believe that everything that happens to me is a lesson. The secret is to learn. I have learnt more about community life, personal prayer and I have come to realize that God's time is the best time for me and that God will never let us down. As a novice I am called to reach out to the poor through serving them but covid-19 has taught me that I should be charitable also to the people I am living with because I draw life from the community.



Comfort Mwenya



Fancy Kunda



What I have learned during this lockdown is that my community life has deepened, and the voice of prayer was never silent. These lessons will help me to live who I am tomorrow. The virus has proven to be a teacher and a guide. It has taught me that I need to think of others more than myself. The most important thing I have learnt is that life is today. With all our privileges, our plans, our positivity, our fears, our opportunities, our failures, our dreams, our heartbreaks, that we make and remake every day of our lives, is never in our control, God is our only provider.

Keeping social distance has helped many of us to avoid catching the virus, I thank the health workers and the worlds governments for working so tirelessly to ensure the safety of all citizens.



Glasgow - from Drumchapel to Pollock

This is our flat in Pollock showing our garden and Prayer Room. Two flats made into one were offered to the Sisters Handmaids of the Sacred Heart when they worked in the parish in the 1980's. We inherited the front garden which has been enhanced by Sister Edith. The flat is spacious and comfortable, convenient to churches, shops and buses, and not too far from Sister Patricia McKenna. We are further away from Sister Sheila but that does not prevent us from meeting up with her.



Due to Covid 19 we are unable to take up any ministry apart from contacts made at church and neighbours. Two sisters are involved in " phone ministry," one requested by Alzheimer Scotland and the other from our previous parish.

We appreciate time for reading, reflection and sharing together which enhances our community living. We are grateful for all Zoom meetings, congregational letters and various congregational contacts which keeps us united as a congregation.



Sister Alexander

The Value Of Old Age Or so we are told by Sr. Nora

Remember, old folks are worth a fortune.

With silver in their hair, gold in their teeth,
stones in their kidneys and gas in their stomachs.

I have become a little older since I last wrote to you
and changes have come into my life.

I am quite a frivolous old girl now
and I am seeing five gentlemen each day.

As soon as I wake up Will Power helps me out of bed.

Then I visit Lou.

Next it's time for Mr Quaker to give me my oats.

They leave, and Arthur Ritis shows up
and stays with me for the rest of the day.

He doesn't stay in one place, he takes me from joint to joint.

After such a busy day, I am ready for bed with Johnny Walker.

What a life! And oh yes, I have started flirting with Al Zymer.

The Priest came the other day and said

"At your age you should be thinking of the hereafter."

I told him "I do, no matter where I am, in the lounge or in the
bedroom, in the kitchen or in the cellar,

I ask myself - now what am I in here after?"

And also from the same sister who celebrated this great milestone in September:-

Today, Dear Lord, I'm 90, and there's much I haven't done.
I hope, Dear Lord, you'll let me live until I'm 91.
But then, if I haven't finished all I want to do,
Would you please let me stay awhile? Until I'm 92?

So many places I want to go, so very much to see
Do you think that you could manage to make it 93?
The world is changing very fast, there is so much in store
I'd like it very much to live until I'm 94.

And if by then I'm still alive, I'd like to stay 'til 95.
More rockets and jets will be up in the air, so around I'd like to stick
and see what happens to the world, when I'm 96.
I know, Dear Lord, it's much to ask, and it must be nice in heaven
but really Lord, I would like to stay until I'm 97.

I know, by then, I won't be fast, and sometimes, will be late.
But, it would be so pleasant to be around until I'm 98.
I will have seen so many things, and had a wonderful time,
So, I'm not so sure that I'll be willing to leave at 99.

I'm 100, Lord, my mind is sound, I like it here...
I can still walk around.
My time is limited, this I know and someday, I will have to go.
I'm not real greedy or guided by fears,
but I want to see what happens in the next few years.
I'm sure you've heard this plea before
But, I promise to be packed at 104.....
maybe.....

Congratulations Sister Nora

**Don't GOOGLE – Go ECOSIA,
the search engine that plants trees.**



For most of us today when we want to look some information we go to Google. Google will tell us the weather, the name of that plant, directions to where we want to go and much, much more.

However, Ecosia will do all of this with one big difference – they use their profits to plant trees where they are needed most to help the environment and local economies.

In December 2009 Ecosia began after its founder took a trip around the world which helped him understand the problems of de-forestation. By June 2019 60 million trees had been planted!

Ecosia also built its own solar energy plant to power every search, so they energy neutral and produce no carbon dioxide to provide their energy.

I downloaded Ecosia and use it all the time now. It is just as efficient as Google and I know I am doing the planet some good every time I search for something.

Let's plant some trees!

**Make Ecosia your search engine
and plant trees for free.**

**It's a Win-Win situation for us and
our Planet.**

Sr. Lorna.



The following story was sent to us by Sister Kathleen Lavery and sets the scene of the social situation in California in the 1950's when the sisters first arrived. We heard similar stories from our sisters in Zambia pre independence and although we don't like to compare too much it seems that Zambia moved into a situation much calmer and more tolerant.



FIRST DAY OF SCHOOL INTEGRATION

BY Maudie Noyd

In 1953 the Arizona State Supreme Court struck down the school segregation law. Phoenix was the last major city in the west to end school segregation. In 1954 the black high school was partially closed and the first partially integrated class was held in the white high school. Furthermore, the U.S. Supreme Court arbitrated *Brown vs Topeka, Kansas*, and it ruled separate public schools for black and white students was unconstitutional. Nineteen fifty-five was the first fully integrated school year, and the black high school was permanently closed. My freshman class was the first fully integrated school year at Phoenix Union High School. I was part of that anxious change.

One of my most memorable school experiences was my first day of full high school integration in Phoenix, Arizona. It was frightening. I was unprepared for this awesome life transition and probably most black and white students felt the same. I lived in a deeply embedded segregated community. Rules of discrimination behavior were taught as long as I can remember. The rules were to teach and to protect us, "know your place," in a white ruled world.

My first day was survival mode. I did not know what to expect from my new classmates. Because I was taught to avoid whites at all cost, I was confused.

Interaction with white students was against everything I was taught. However, by lunchtime I felt more at ease and less frightened. Some of us started to exchange short greetings. As we passed each other in the hall when as we changed classes we would mention where we had seen each other earlier.

Perhaps we got along because we had only classroom contact. Because of the disquiet, each racial group segregated themselves outside of the classroom. For instance, the black students gathered by the bookstore, white students gathered by the boys' gym, Latino students gathered in the quad, and Asian students gathered by the cafeteria. Fortunately, our integration that first day was much smoother than some schools throughout the United States. By the end of the day my world had forever changed.

Notes to connect this story to our Congregation and current issues.

1. Our Sisters arrived in Atwater in 1953 the year segregation was declared illegal and opened our first school: St Anthony's.
2. The following year Sacred Heart School was opened in Turlock serving mostly a farming community a large percentage of whom were immigrants from Portugal.
3. Mexican farm workers' children would eventually be served mainly at St Jude's, Livingston located between the cities of Atwater and Turlock.
4. In 1955, the year of Maudie's story, the third group of our Sisters to arrive in the USA opened a new school in California. It was St. Jerome's in El Cerrito.
5. The experience of sit-in-demonstrations and the whole Civil Rights movement was well under way by the time St. Anne's School was opened in a poor neighborhood of mixed races in South Sacramento. Today that neighborhood is mostly Vietnamese and Mexican immigrants.

Racism is still a huge issue here in the USA and these past months have seen numerous demonstrations. The unrest continues; recently Trump sent in Federal troops, an unwelcome and inflammatory action in the midst of pandemic.

Fly your kite

It was a glorious summer's day. Sister Pennie joined me for a walk in an area of great natural beauty that she had not visited before. Over previous months, COVID 19 had confined many to their homes, children were now on their summer holidays and families were out celebrating being together. Small family groups were enjoying picnics on the grass and a large river flowed gently in the background. Family pets lazed in the sunshine and majestic clouds danced in a crystal clear blue sky. A warm wind blew gently, it felt good to be alive. A number of small planes made their way to the local airport and we wondered how they stayed up...we did not think too deeply about this as we knew that we would never understand aviation processes and still wished to continue to fly home to be with our families and loved ones.

We chatted as we walked along; it was then that I noticed a man preparing a very large kite to release into the sky. A little girl waited patiently for him to release the kite and as I have never owned or played with a kite, I stopped to see what would happen next. I was captivated by the mystery of it all as I silently looked on. With great sensitivity and skill, the man guided the kite as it rose higher and higher; when it reached a certain height he would gently tug on the ropes and redirect its course and in so doing many lovely patterns were born. It danced and bounced across the sky for quite a long time, occasionally kissing the earth and rising again in a new direction. There appeared to be no limits to the designs that were on offer and the little girl and these two 'older girls' watched in awed silence. When the show was over, the kite came gently to rest and the little girl ran to her dad and chatted excitedly with him.

As I reflected more deeply on this summer gift, I thought of our life journey to God. God calls us upward unto Himself every moment of every day.

From the beginning of time, He has marked out our life journey and each step has been carefully guided by His loving hand. (Jeremiah 1:5) Like the man holding the kites' ropes, the Lord guides each movement and asks us to be led by Him. (Psalm 25:4) Our journey may take many different turns and all forms of shapes are born, some joyful, some sorrowful but all are held in His embrace. I was conscious of some of the times when my dreams and desires have come crashing to the ground, when I have felt that I have had 'mud on my face' and tasted the bitter earth. These may have been occasions of sin or human frailty and weakness. At these moments I have needed and been grateful for the kindness and support of others who have helped to raise me up and helped me to discern if the dream that I was following was God's dream or my dream, which kite was I flying and why had it gone off course? What did I need to do to stay on course or follow a new and often un-expected direction?

As a community palliative care nurse, I accompany people of all ages whose lives are drawing to a close. The kite of their lives has unfolded over their allocated time on earth and many paths have been trod. Many speak with me of their times of greatest joy or times of deep sadness and regret. Most wish to draw the threads of their lives together and lay down their kite in peace. I entrust each one to God knowing that the Lord of all creation holds each one in the palm of His hands and gently, sensitively folds up their kite and draws them home to Himself.



BE MY HERO.....

In April this year I was given an opportunity to attend a trainee of trainers workshop organized by the International Organization for vulnerable child migrants. This initiative came about when a need was recognized to raise awareness on human trafficking especially during these difficult times of the Covid 19 pandemic when most young people are vulnerable in so many ways. In coordination with an international organization, the anti-trafficking inter-ministerial committee jointly funded and launched an awareness campaign in the seven districts, in Zambia, most vulnerable to trafficking. The campaign educated the public on the methods and means traffickers use to fraudulently recruit victims, how to report potential trafficking cases, protective services available to victims, and the economic and social consequences of trafficking in their communities.

Lubasi is a young Zambian girl aged 16 in her 8th grade and staying with her single mother in Mbala. She is a baptized and confirmed catholic. Before the outbreak of the Covid 19 pandemic Lubasi's mother was going round town selling vegetables which was their only source of income. When the government declared a complete lock down for the whole country, the impact was just unbearable for Lubasi, her mother and six other siblings whose dependency was the mother's vegetable business which had now come to a complete hold due to the lock down pronouncement. Their poverty level was just too high, and hence it was seen as great relief for Labasi's family when she was approached by a Muslim business man who wanted to marry her and was ready to support her family. She agreed and went to live with the man. News came to our ears about this same man and how he was using the economic situation in Mbala for his personal gain as it was later discovered that it was his wish to marry these young women and use them for child bearing to increase the Muslim population in Zambia. With the help of the board which was created as a result of the

IOM work shop to help vulnerable children, the Parish priest and other stakeholders I was filled with great joy last Sunday when I saw Lubasi back in the Catholic faith and determined to sensitize and help many other young girls who are going through the same situation.

The Human Trafficking evil is very real and very much alive and sadly the traffickers are identifying new means and ways to keep it going. Who knows? It might be happening right under our noses, in our neighbourhood. Often all it takes is for you and me just to speak a word of caution to save that precious life. Let's be good ambassadors of Christ wherever we are based and help STOP this inhuman act.



Be that child's hero..... She's counting on you.

"Dare to enter the darkness to bring another into light"

Tony Kirwan.

"Defend the cause of the weak and fatherless; maintain the rights of the poor." Psalm 82:3.

Sister Ruth Matembo

Congratulations Sr Luela on you final Vows



Sister Luela and Sister Anne Healy pictured here in Blessed Sacrament Parish with Rt. Rev. Archbishop José Palma, Father Kent Reynold Cue, Monsignor Tupas from Holy Cross in Bassak Pardo, White Fathers; Father Paul and two friends, Father Bobby and five priest companions from the parish. Father Fiel Suico is beside sister Anne.





Sister Luella with family and friends; beside her is her uncle Pedro, also are her sisters Loida, Maribell, and Merlinda and her brother Cristobal, nephew Reyamar and many cousins and in-laws. Unfortunately Luella's parents were unable to be there due to restrictions in travel and her father's poor health. We hold him in our prayer. After Mass she had a personal chat with the Archbishop and then on to the party, all with social distancing.

And of course there is no party without a cake!

Sister Luella's message to us; My heartfelt gratitude for all the Masses, prayers and greetings on the occasion of my Perpetual Profession of Vows. Mass will be offered for all your intentions.



Congratulations Sister Catherine and Sister Mary Ita



50



Golden Jubilee

70



Sisters Jane de Chantal and Sylvester in Marian House and Sister Nora Hogan in Cork have blessed us with 210 years between them. Congratulations and may the Lord bless you with many more years.





60

Right; Sister Mary Costello was unable to celebrate in August but is planning to celebrate with both Pabo and Mukonko Communities in December—we await the photos.



Below ; Sister Margaret Dobbin writes; The 28th August, 2020 was a most memorable day for me as I celebrated my Diamond Jubilee. Sisters Mary and Mary Cathie pulled out all the stops and made it a wonderful occasion. While adhering strictly to the covid19 restrictions and the government's regulations, my brother, Vin, his wife, Dot and their daughter Helen were able to come for the weekend. Our Parish Priest, Fr. Frank Ryan, celebrated a very special and personal Mass here in the chapel and we remembered the other Jubilarians in Chigwell, Marian House, Cork and Uganda.

Thank you Sisters for the many cards, Masses and other gifts which you kindly sent me. I feel very humbled to be the centre of so much love and prayer.



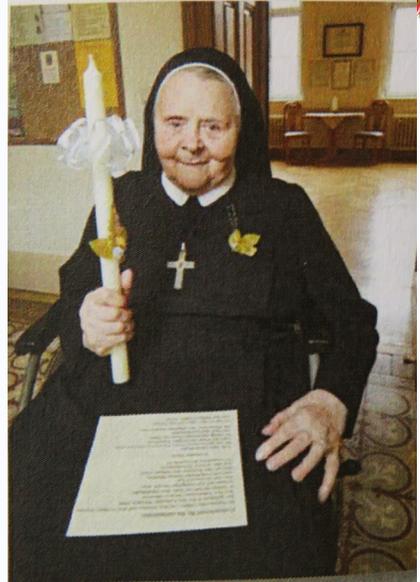


Over in the Mother House of the sisters in Versailles, Austria there were similar celebrations:

We send our Congratulations to Sr. M. Mechtilde on her Diamond Jubilee celebrated on Saturday, July 18, 2020 with Mass. Sister's two brothers, sister and her niece joined the community in celebrating with her.

And below there are many familiar faces who are celebrating with Sr. Klara who celebrated her Silver Jubilee (youngster). We send our love, prayers and congratulations.

Now the question is;
Who can name all the sisters
(without cheating)? One clue, Sr.
Adeline is seated 2nd Rt.



Happy Birthday / feastday Sisters

Sister Mary Jo, Rt. reached the great age of 90, pictured with her sister Mary Carmel. Below; Sister Nora as we already know is 90 and is here with her sister Marian. Cork just seems to be one big party



house!



Right; Feast days galore and Sister Bridget is only a youngster at 80 years of age but she has lots more love to share and receive as we see with all the cards and flowers.



Meditation Garden in Cork

Sister Mary Sarto is leading the way once more. Always inspired by Pope Francis' Laudato Sí she is in the process of creating a Meditation Garden in the convent in Cork. Below she is with Sr. Mary Ignatius showing off the inspirational pillar with symbols of creation, a comfy seated area to enjoy and meditate on all things bright and beautiful and a garden of flowers.

It is not yet complete so we look forward with anticipation... **Congratulations Sarto**



THE TABLET.

[Saturday, September 4, 1875.

THE
HOMERTON
NUNS AT
DERBY.

We regret to see that the good Sisters of the Sacred heart at Homerton, who have been personally collecting subscriptions for the Home for Orphan and Destitute Girls which they have established, have got into trouble at Derby with the police and borough magistrates. The authorities in that town are, it appears, more particular than others elsewhere in enforcing the Act of Parliament against vagrancy. It could not, of course, be contended that the object of these ladies in asking for alms was blameable, but the Bench decided that the case came within the purview of the Act. The matter was allowed to drop on the understanding that the proceedings complained of—the begging from house to house—should be discontinued. There is, therefore, all the more reason that Catholics should come forward spontaneously to assist this good work of providing a home in which friendless girls can be rescued from misery and temptation. The Sisters want £1,800 for the purchase of their house, and £1,020 more for the purchase of additional ground necessary for building.



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