

Keeping in Touch

SSHJM



April 2021

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The front cover icon by Hanna Cheriyan Varghese is reprinted with the permission of the artists family.

Editorial

We seem to be entering more and more into a season of hope as we celebrate both the new life of Easter and the awaited new life of *'coming out of lock-down'*. So many changes in what we thought was normal, glimpses of truth and goodness, outpourings of generosity to those in greater need than we are. The losses of the Pandemic are still painful but we remember them with love.

In this issue we celebrate so many things including new members from Africa and Asia, 500 years of Christianity in The Philippines, 200 years in St Patrick's Liverpool and an array of parties in Cork which really should be renamed as the 'Party House'! (with Mbala community not too far behind them). More seriously the shrine in Knock is elevated by Pope Francis to an International Marian and Eucharistic Shrine and the community there responds in kind.

The poets, Sisters Siobhan and Kathleen L. lift our hearts with their talents and we thank God for the many sisters who share with us inspiring Reflections for every feast-day. Photos of the past help to stimulate fond memories as Sr Christina D. shows us with friends from California.

This is the last edition that Emma will help us with as she moves on to pastures new. We thank her for her many years of service and wish her every blessing in the future.

Anne,

New Novices in Lake Road, Lusaka



Above; Sister Yvonne Mwila addressing the three new novices, Sister Joyce, Sister Annie and Sister Monica, during the reception ceremony in Lake Road on the Feast of Saint Joseph, March 19th 2021.



Left; Sister Rosemary Kasembe, from Nuyumba Yanga community participating in the welcome of the new novices in the chapel at Lake Road.



Above; Our 'old' novices and Sister Mulenga Bwalya join in welcoming the three new novices to the community as they start their Spiritual Year.

Below; Monica, Annie and Joyce share a cake and they will share much more in the novitiate in the next Year



Sister Sheraphine Joyce L. Asingua



I have chosen the jug as my symbol because it is my desire to be an instrument through which God can pour out His goodness to His people. The jug's image of pouring out water to the cups symbolizes to me the call to empty myself out to my community, the congregation, and the people whom I will be serving. At the same time, it



represents my dependence on God and His Providence; God is the source of all that I have and all I need comes from Him, and I do not own anything except that which God had given me, just as a jug cannot produce water by itself and must go to the source to be filled. I pray to God that He will give me the grace to be always selfless, and to turn to Him in prayer, for without God I can do nothing.

Sister Monica Mbao



I have chosen this flower to be my symbol, because a flower is considered by many to be the most beautiful among the plants. Almost each and every person loves a flower, for it is beautiful in the way it was created.

I therefore want to act as a flower in my Christian life, more especially in the community where I will try my best to attract and bring people to God. A flower will always be there to remind me of the



goodness that is in God and the goodness that God has put in me.

Sister Annie Chomba



I have chosen salt as my symbol. Salt gives taste to food, if food has no salt it is tasteless. It is the same in my Christian life I want to act like salt to give love to the people in community and also the people I meet in society, by showing them the love of God through my vocation and in my interaction with them. My presence has to be of benefit and life-giving to everyone.

I pray to God that He may give me the wisdom and courage to know how to give my best to people.



We remember, very much, to pray for our
up-coming Chapter

Dates August 21st to September 11th

A letter from our New Novices

Dear Sisters,

We hope that you are all well and fine, and that you have had a joyful celebration of St. Joseph's feast day. We certainly had a beautiful one here in Lake Road Community. Perhaps, it was made more special for the three of us because it was the day we were received into the Novitiate. We are very happy and thankful as everything was well prepared for us, courtesy of the Novices and Sister Mulenga, who decorated the chapel and the dining room beautifully. To Sister Judith who prepared the Evening Prayer for us but sadly could not be with us on the day, we send her our thanks. We also thank Sister Rosemary who led us through the programme and stood in on behalf of Sister Judith. We had a fun time listening to the finally professed Sisters as they reminisced their time as Novices. By the end of the evening, we were full, not just in the physical sense, but more so with happiness and we very much look forward to the future. We realize that this day would not have been possible without many people who supported us in different ways.

Firstly, we would like to thank Sister Mary Mangan, the Congregational Leader, and the Leadership Team for the opportunity given to us and for the confidence you have in us in allowing us to continue discerning our vocation in the Congregation of the Sisters of the Sacred Hearts of Jesus and Mary. We would also like to thank you, Sr. Yvonne, for your constant guidance and support, for the encouraging words and for recommending us for entry to the Novitiate. To Sister Judith; please accept heartfelt gratitude for journeying with us throughout our Candidacy. We learned a lot from you that has inspired us so much and which we will keep with us as we continue. We also extend our gratitude to all the Sisters with whom we have lived and who supported us on our vocation journey since we started our discernment in the Congregation. Thanks also to all the Sisters in the Congregation around the world whose prayers helped us a lot. Most of all, we give thanks and praise to Almighty God, without whom nothing would be possible and who has given us our vocations.

We ask, Sisters, that you continue to pray for us as we now start a new stage in our discernment journey, and we promise to continue praying for you all.

With love and prayers



Annie Chomba



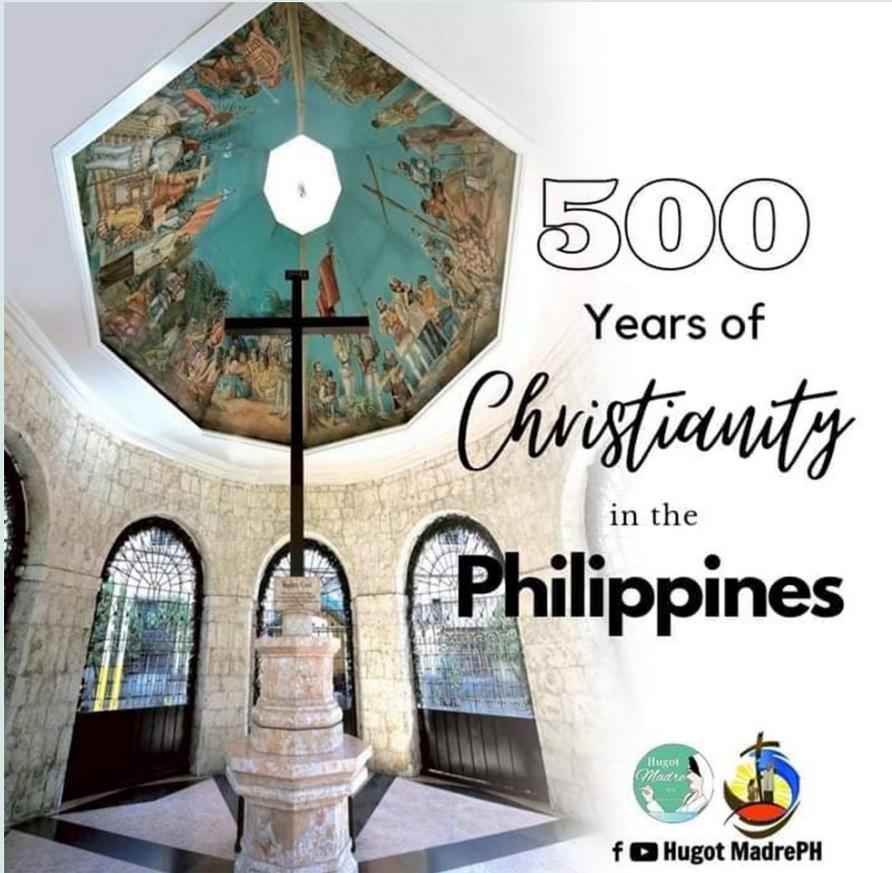
Joyce Asingua



Monica Mbaao

We wish our Sisters Annie, Joyce and Monica every blessing and send our promise of prayer to accompany them in their Spiritual Year.

Celebrating 500 Years of Christianity in the Philippines



Magellan's Cross, Cebu City

On March 16, 1521, 500 years ago the gift of Christian faith arrived in Cebu when the Spanish expedition headed by the Portuguese explorer, Ferdinand Magellan landed in one of our beautiful shores.

For the past nine years, since 2012, the Catholic Church in the Philippines has been preparing for this day with each year assigned a specific theme and aspect of the Church and Christian life. The 88

million Filipino Catholics have been waiting for this day with great anticipation. It was supposed to be the grandest of all celebrations and we here in Cebu yearned for the visit of Pope Francis. Cebu City is the cradle of Christianity in Asia since the first baptism happened here and the image of Santo Niño was given to us as a gift and which until now, we adore and worship.

Yes COVID-19 succeeded in ruining our external celebrations but not our faith. On the contrary it has made it even stronger. A year ago, on March 16, 2020, we commenced a total lockdown when all public masses were prohibited. It lasted for 5 agonizing months. When finally the lockdown was lifted and public masses were allowed in the third week of August 2020, nothing could stop the Filipinos from attending mass not even COVID-19. I am amazed and moved by the strong faith of the elderly. No I would not say they are hard headed because they are really not allowed to be in church, but it is their faith which is greater than fear and they inspire and encourage me a lot. Everyday COVID cases are increasing here in Cebu and we are not certain when we will get the vaccine and/or until our immune system can fight this virus. But there is one thing I am certain of... our enduring faith.

“Gifted to Give” is the theme in this year’s 500 anniversary celebration. We are gifted with this enduring faith in God that has helped us to survive all the tribulations that life can bring; typhoons, earthquakes, poverty, wars, and pandemics. As our dear Cardinal Antonio Luis Tagle said, *“The gift must continue being a gift. It must be shared. If it is kept for oneself, it ceases to be a gift. By God’s mysterious design, the gift of faith we have received is now being shared by the millions of Christian Filipino migrants in different parts of the world.”* There are more than 10 million Filipino migrants living in almost one hundred countries in the world and they keep the church alive. When I was in Colwyn Bay, the Filipino Choir in St. Joseph’s Parish was greatly loved by the people who always gave them a resounding applause after the recessional hymn was sung.

Meanwhile, in our little but mighty community here in Cebu, we continue to give our 'YES' to the mission here in the midst of this pandemic. We have our feeding program for the children on Fridays, our pre-schools continue to give Christian education to our children through modular classes, we give food to the poor and homeless who knock at our door every day, we have a newly refurbished Children's Rehabilitation and Wellness Center, and we the sisters have thrived in our studies to better equip us in our ministry. We have received gifts upon gifts and this year and the best gift for our community is the 'Yes' of our dear Joyce to continue her journey to the religious life as a novice on March 19, 2021, the Feast of St. Joseph. We thank the Lord for her generous self-giving and we lovingly share her giftedness and faith with our sisters in Zambia and with the whole congregation.

Sister Odette



Children's Feeding Program on Fridays



Blessing of our newly refurbished Children's Rehabilitation and Wellness Centre



Pilgrimage to the Archdiocesan Shrine of Our Lady of Lourdes with our Sacred Heart Companions

200 Year Mass of Celebrations at St. Patricks, Liverpool



On the 17th March this year a Mass of Celebration was held at St Patricks Church, Liverpool. Before the Mass the Church was made ready for the celebration, a number of women (including Sr Pennie) and men helped to clean and decorate the Church inside and outside, it was lovely experience getting to know more about the Church.

There were a number of displays on show, including one when our Sisters came



to "West Dingle" 1897 and then to "House of Providence "Kelton 1910 and now in Mill Street. St Patrick's School also had one.

The Polish Community also had display as they celebrate Mass at St Patrick's every Sunday, There was also one from St Patrick's, Adelaide.

The story of St Patrick's begins in 1816 when a group of Liverpool businessmen formed the Society of St Patrick, the purpose of which was to raise money and to construct a large new church to cater for the needs of the rapidly growing Catholic population of south Liverpool.

As many of these Catholics were of Irish descent, the new church would be dedicated to St Patrick . Funds were raised, a plot of land was purchased from the Earl of Sefton.

John Slater was commissioned to design the new church and the foundation stone was laid in 1821. The completed building was dedicated by Bishop Penswick, who celebrated Mass on 22 August 1827.

The Society of St Patrick owned the freehold and agreed to lease the church and the land for a term of 5,000 years to Dr. Penswick and his associates on the condition that they and their successors should keep in good repair the entire building, the ground floor of which should, in perpetuity, be freely accessible to the poor at no charge, with a plaque to the effect publicly displayed for ever on the outside wall of the church.

Fr Francis Murphy (1827-1837) was the first Rector of St Patrick's. On



his departure he volunteered to go to Australia where he became the first Bishop of Adelaide, a diocese with which St Patrick's has established close connections.

It was a beautiful evening on 17th and everyone was so excited as we were allowed to have a larger Congregation for this special occasion. Even though Social distancing was strictly adhered to it was lovely to see so many people gathered.



Bishop Tom Williams was the main celebrant and also present were Fr Silviu Climent the Parish Priest, Fr Terry Madden MAfr and Fr Grzegorz Kosinski from the Polish Community, not forgetting Peter, the altar server.

In his homily Bishop Tom told us he was so happy to be asked to celebrate this Special Mass and he talked about the history of the church and how it came to be. He stressed that the church is just a building and that we are the Church. We are to reach out to encourage and welcome back former members into the life of the Church, so that in another 200 years people will be looking back on those who carried on the great work, just as we are doing now. He

concluded by Congratulating each one of us for being present and to carry on the Lords work.

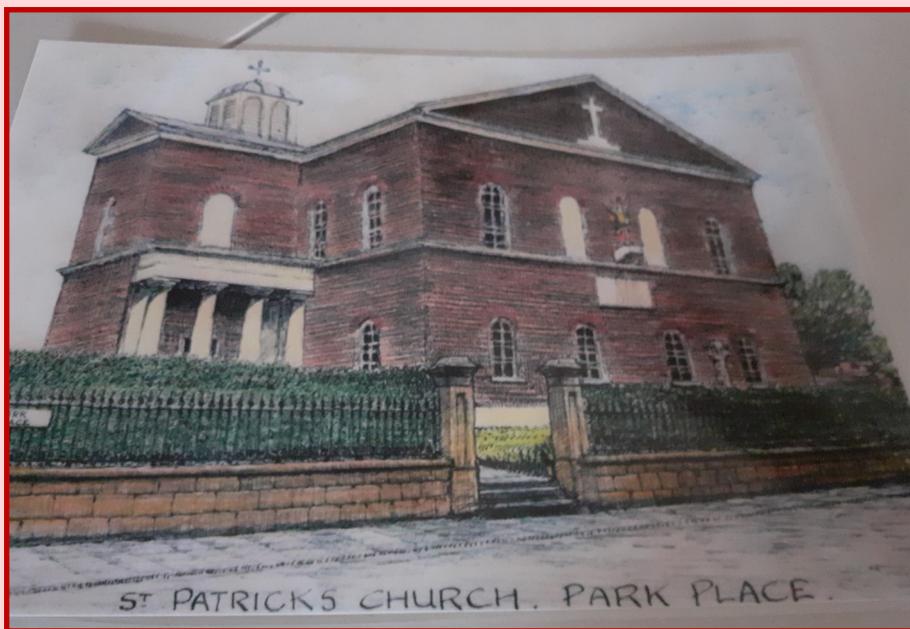
Fr Sliviu thanked Bishop Tom for coming to celebrate Mass with us along with Frs Terry and Grzegorz. He also thanked the Parishioners for all the hard work that was done for this great occasion and for being present,

It was not possible to have any celebration such as food and drinks under the circumstances but he said once the pandemic is over we can celebrate because we have Six years—as it took Six years to complete the Church.

Sr Siobhan joined us for the Mass and it was great to be involved for such a great event.

May the Parish flourish for the next 200 years and more.

Sister Pennie MacInnis



Update on Pield Heath House—School Garden March 2021

Since coming back from the Christmas break, Pield Heath School Student Gardeners have been very busy getting ready for the Spring.

They took a delivery of compost at the start of January and have not wasted any time, transferring it to the beds around The Well, ready for the delivery of plants. Even the snow did not stop them.



They have trimmed the Willow in The Den and are creating a mini maze at the back in the trees - will update you with pics as it comes along.

The garden is looking pretty empty at the moment - empty but waiting for the students to get cracking.

They are deciding what veggies to grow both inside the poly-tunnel and out in the allotment. Watch this space!!



Pield Heath School celebrate the Feast of St Joseph

Fr Nicholas Schofield, Parish Priest
Our Lady of Lourdes & St Michael
said the Mass in the Chapel

All classes attended and Staff &
Governors followed online.
St John's School, Chigwell also
joined them for the Mass on line
The RE Ambassadors supported.



During the Mass the Statue of Joseph
was unveiled.

Fr Nicholas & Angela shared the story
about Sleeping St Joseph and how we
can take all our worries to St Joseph
and he will take care of them



Yash played the role of St Joseph in his carpenters workshop and Mason as Jesus lost in the Temple



The Prayer Intentions Book for all those who have asked for prayers was on display



They remembered Pope Francis as he marked his 8th Anniversary on 13th March 2021



Group photo at the end of Mass in the Chapel

First Mission to California, 1953



Sister Christina Doona and I were having dinner together one evening. I usually never check my phone, but for some reason I did. I had gotten a text from Kathy Saca Jansen along with a picture of six Sisters and a Bishop. She also sent the text to my sister, Barbara. Kathy wanted to know if we knew the names of the sisters in the picture.

This was so coincidental because Sr. Christina was right there and I knew she would know. I told Kathy we'd get back to her. Sr. Christina and I started studying the picture and we enjoyed it so much! Starting from the left, Sister knew Mother Antonia and we knew Sr. Gerard, Sr. Oliver, and Sr. Anne. We weren't sure about the next sister, but I texted the picture to my sister, Moogie (used to be Sr. Mary Jo), and she said it was Sr. Winifred. The last Sister is Mother Leontia. Moogie

enjoyed helping and texted each Sister's name, starting on the left'.

Mother Antonia (Mother General)

Sr. Gerard Majella Dooher

Sr. Oliver Kinane

Sr. Anne Savage

Sr. Winifred Stordy

Mother Leontia (First Superior in Atwater)

Greg Olzack had seen the picture at St. Anthony's Hall and texted it to Kathy. They recognised quite a few of the sisters but wanted to know all of their names. They thought the Bishop in the picture was Bishop Willinger (Bishop of Monterey-Fresno Diocese 1953-1967), but Sr. Christina said it was Bishop George Andrew Beck. He was the bishop, at that time, in the Brentwood diocese in England. She said that the Sisters always took a picture together the morning they were leaving.

The picture, taken in 1953, is of the first group of Sisters of the Sacred Hearts of Jesus and Mary who went to the United States. They were leaving for Atwater, California, to open St. Anthony's School. St. Anthony's Parish was very blessed to have a wonderful order of Sisters teaching at their parish school. Many lives were touched by the Sisters as they taught and ministered to the people in California.

by Patricia Trindade Miller

Sent in by Sister Christina Doona (Cork)

Celebrations Galore in Cork Convent



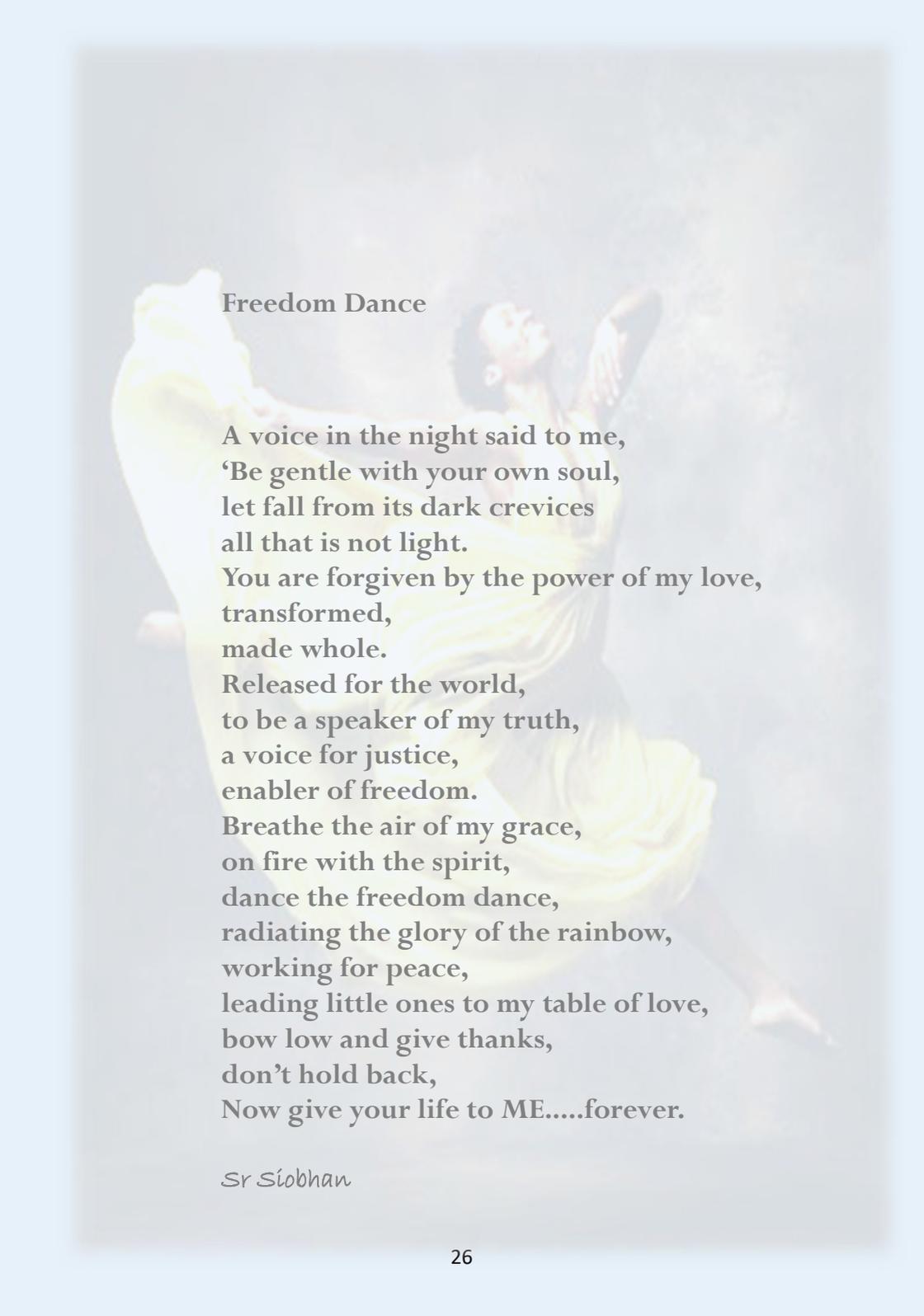
Happy Feast day celebrations for Srs Simeon, Brigid F, Mary Spain and Mary Jo and Happy Birthday to Breda, our Secretary and 'go-to' woman.





The celebrations continued with Birthday greetings for Srs Bridget McC, Eileen and, Margaret and Feast Day celebrations for Srs Gabriel, Celine de Jesu and Laurentia ... and finally Sr. Margaret leads the way with St Patrick's Day celebrations.



A woman in a bright yellow, flowing dress is captured in a dynamic dance pose. Her arms are raised, and her head is tilted back, looking upwards. The background is a soft, ethereal glow of light, suggesting a stage or a dreamlike atmosphere. The overall mood is one of joy, freedom, and spiritual expression.

Freedom Dance

A voice in the night said to me,
'Be gentle with your own soul,
let fall from its dark crevices
all that is not light.
You are forgiven by the power of my love,
transformed,
made whole.
Released for the world,
to be a speaker of my truth,
a voice for justice,
enabler of freedom.
Breathe the air of my grace,
on fire with the spirit,
dance the freedom dance,
radiating the glory of the rainbow,
working for peace,
leading little ones to my table of love,
bow low and give thanks,
don't hold back,
Now give your life to ME.....forever.

Sr Siobhan

Easter Promise

The days of Spring begin!

*Winter fades, yet will return
once again.*

And every blossom

*will then still be
there,
beneath bare
branches.*



Although no longer seen,

still, nothing will be missing.

Prophetic buds proclaim

the time of blossom

is not far away,

reminders of eternity,

of promised Resurrection.

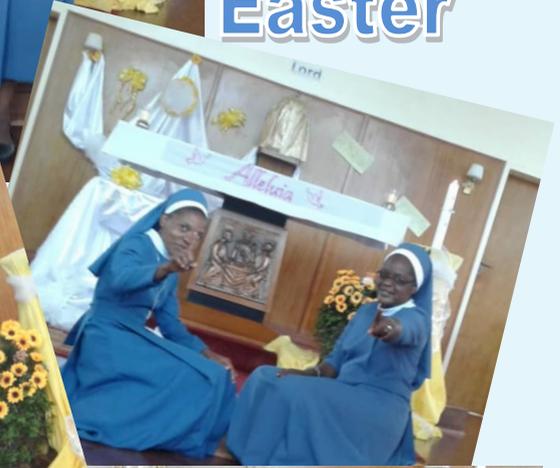
Cedar Meal in Kalundu with Sr Lucy



Holy Week Celebrations in Zambia



Mbala Community celebrates Easter



Knock an International Ma



The designation was made by Pope Francis, during a special address by video link from the Vatican on the Feast of St. Joseph last month.

The Community of Knock, by their own request, is to be a Praying Community for the intentions of each of the communities of the Congregation.

The rationale is that the sisters recognise that Knock is a Holy place of pilgrimage for thousands of people each year. *“Therefore we consider it appropriate that living in this place we would pray specifically for our own congregation”.*

- Each day the names of the sisters of the named communities will be placed in front of the Tabernacle.

The communities being prayed for be encouraged to pray for themselves on that day.

The prayer format will be:

Daily Mass, Prayer of the Church, Holy Hour and Rosary. The sisters will also offer whatever they are doing each day for the named communities.

“We look forward to being part of your life and ministry though our prayerful support.

With our love and prayers from your sisters in Knock”.



Marian and Eucharistic Shrine

ALOCATED DAYS:



MONDAY	Leadership Team
TUESDAY	Cork, Basak, Mukono, Nyumba Yanga, Crosby, Worksop
WEDNESDAY	Pield Heath, Marian House, Lusaka, California, Colwyn Bay, Toxteth
THURSDAY	Chingola, El Salvador, Greenock, Barrhead, Mbala, Herne Bay
FRIDAY	Chigwell, Knock, Pabo, Glasgow, Kasama, Lewisham.

Below: Sisters M. Gerald, Catherine, M. Majella, and Genevieve at prayer before the Blessed sacrament.

There is always a warm welcome and a cup of tea and cake (maybe Barmbrack) for all who drop in for a day or longer. The shrine is only a five minute stroll down the road. The sisters even get the car out for special visitors.



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