

# Keeping in Touch

SSHJM



June 2021

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*Front cover photo: John Mweembe aged six years with Sister Yvonne in Zambia.*

## Editorial

*Welcome to our June edition of KIT and to the news and views of the Congregation throughout the world.*

*These times of uncertainty are drawing on and we all look forward to something that we recognise as 'normal' but with a healthy respect for the unseen.*

*One thing is always sure in our little congregation; we keep on going and find ways to rejoice so we celebrate with three young sisters in Zambia who made their first profession of vows. We are inspired by the perseverance of Misheck from Sunsuntila, on his journey to graduating from university despite the many odds stacked against him. At this end of the world we wonder at the way the students and staff in Pield Heath school make a community where life is blooming especially in their garden and The Well café. As we continue to prepare for the Chapter Sr. Lorna reminds us that there is more than one way to look at the world. In Cebu the sisters continue to adapt to the sufferings around them while striving to grow in love in their community. Things always move on and Sisters Austin and Margaret Gallagher leave Harlow community for their new home in Cork. In these times of bereavement Sr Christine, in Cork, reached out to HM The Queen who responded in kindness, and we remember also that Zambia is in mourning on the death of their founding Father Kenneth Kaunda RIP. Many of our sisters had the privilege of meetings him over the years.*

*A little reminder; I would love some new photos for the next calendar please.*

*With love and prayers to you all*

*Anne*

# SSHJM Zambia Celebrates X 3



SISTERS OF THE SACRED  
HEARTS OF  
JESUS AND MARY



CONSTITUTIONS

2017

Sister Yvonne (Unit Leader Zambia) receives the Profession of Vows from (L to R) Sister Felistus Mulenga, Sister Fancy Kunda and Sister Comfort Mwenya in Lake Road Community Chapel, Lusaka, on the Feast of the Sacred Heart of Jesus, June 11 2021.

The three sisters also received their new missions; Sisters Felistus and Fancy are going to Mbala community and Sister Comfort to Nyumba Yanga community. The whole congregation joins in congratulating them on this great day for us all and thanking the many sisters who have accompanied them on their formation journey.



The following day, on the Feast of the Immaculate Heart the whole Congregation enjoyed the opportunity to join together on a virtual meeting and met the three newly professed sisters plus five sister novices and seven candidates. At first I thought that 15 individual presentations would be too much, but feedback once more proved me wrong! The in-between entertainments were very good also. A truly international event.

As well as the newly professed sisters we were introduced to; 2nd year novices; Mary and Flaviour. 1st year novices; Annie and Monica from Zambia and Joyce from Cebu.

Candidates; Rita, Paula, Clotilda and Florence from Uganda and Monicka, Agnes and Precious from Zambia.

Our Formation team is being kept extremely busy TG.



Receiving the Constitutions and Directory

My Heart  
Glorifies the  
Lord and  
my spirit  
rejoices in  
God, my  
Saviour.



Sisters Felistus, Comfort and Fancy enjoying the moment.



We can celebrate with a cup of tea or lemonade but if a cake is possible then we love to share our cake with others.

We pray that sisters Felistus, Comfort and Fancy will share many more cakes with us and those they are called to share with in ministry for many years to come.

**Alleluia.**



Above sister Yvonne, 1st left and Sister Trinitor at the end are gathering the young around them. It appears that Sister Trinitor is looking off into the future—Vocations, vocations, vocations.....



Lake Road Formation House, our gathering of committed young sisters



## Sunsuntila

### A journey from sadness to Success...

Hi!! My name is Misheck Botha, I am a citizen of Zambia and the last born in a family of eight, four boys and four girls. I was born and raised in a small town known as Mbala, located in the Northern Province of Zambia. I came to Sunsuntila Day Care Centre in early 2001.

When my father died, late in 2000, my Mum enrolled three of us at Sunsuntila Day Care Centre after being encouraged to do so by Sr. Frances, Sr. Mary and Mr. Mpuku of Mbala District. In the same year 2001, when I was between 7-8 years old, my dear Mother died. This was a huge storm for me that I found impossible to bear. However, Sister Frances with her companions visited us in St. Paul's, the village where we lived, and made sure we reported every day at the Sunsuntila centre. They even provided us with transport, clothes and food whenever circumstances allowed.

Every day at Sunsuntila started with cleaning the surrounding area, after which we ate breakfast and then started learning in pre-school classes which were within the same orphanage buildings. The classes were great because we had great teachers. They were; Sr. Muda, Sr. Margaret and Sr. Yvonne. At 12 pm we ate lunch after which we had 1-2 hours to play different games and by 3pm we started departing to our homes.

Engaging in all these activities every day for many years protected me, my siblings and other fellow orphans from being overwhelmed by bad thoughts and feelings of anxiety about the death of our loved ones.

In those days, we were less than 150 children in the Day Center. Between 2002-2003, I was enrolled in First grade at Mbala Open

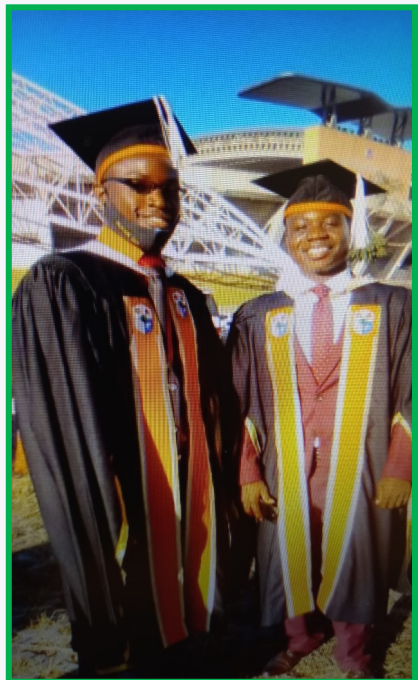


# Congratulations Misheck

Community School (MOCS) after attending pre-school for almost two years. In the year 2009 I sat my seventh grade exam and passed so was able to proceed to Eighth grade. In 2011 I sat Ninth grade exams and passed to proceed to Senior Secondary School at Lucheche High School also located in Mbala district. In the year 2014, I sat for my Twelfth grade final exams, which I passed so well that I was awarded a government sponsorship to study at the Copperbelt University. The second highest learning institution in Zambia, where I pursued a bachelor's degree of science in Mathematics with Education from 2016-2019 and graduated with a Merit. All the Years from pre-school to my 12th grade, Sunsuntila Day Care Centre Team paid all my school fees.

My Deepest appreciation goes to the Almighty Jehovah God who has always been there for me, and the great team of sisters, Well-wishers and donor's that started and spearheaded Sunsuntila Day Care Centre, not forgetting everyone who has lent-a-helping hand in ensuring the wellbeing of Sunsuntila day care centre orphans.

May the true God give you strength, courage and the power beyond what is normal. May he add more days to your lives so that you can see more good results from your kind deeds. May you all continue with the same spirit of hospitality! So that you can help many other children around the world to realise that: ***there is hope for everyone, only hard work is required.***



# Seeing Life Differently.

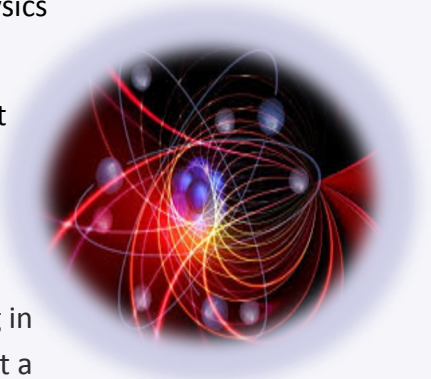
*‘We do not see God above in the heavens but in us, in the world and in the Universe. The New Science with emphasis on Quantum Physics has revealed a lot of new facts hitherto unknown to us. ‘*

*(Fr Selvam: Religious Life in the Future Part 1. Page 4)*

When I studied physics (a very long time ago!) everything was very clear. If you dropped an egg onto the floor, it broke. If you dropped a ball on the floor, it bounced. The different results were explained by the properties of each. The way the atoms were arranged in an egg was different from the way the atoms were arranged in a ball and that explained their different reactions to being dropped. Life was very secure because if you knew how the atoms were arranged, then you knew how everything would react.

We thought we knew everything about physics and how it described all things about the world – but Quantum Physics came along to prove us wrong.

Quantum physics is the study of things that are very, very small. Quantum Physics investigates the behaviour of matter and the activities happening **inside** atoms.



Quantum Physics shows us that everything in our world can be shown to be connected at a deeper level. This knowledge of the undivided wholeness of the universe provides a much more meaningful way of considering the presence of God in us, in the world and in the universe as Fr. Selvam has said.

Quantum Physics says everything is ‘Entangled’. This means that when things share an experience, they can still influence each other after the event. In quantum physics if two particles that were once in contact with each other are separated and one falls down, the other will too. I know it sounds crazy, but Quantum physics can prove this is true.

Quantum physics can predict very strange things about how matter works that are completely at odds with how things seem to work in the real world that we can see.

In quantum physics each particle responds to another in a never-ending link. A world of properties has been replaced by a world of relationships.

Our lives respond in the same way as in Quantum Physics. A change to one area or person affects others.

A change to a community affects all of its members – both old and new. A change of our understanding of God changes the way we see ourselves in creation and in relation to others. A change to our understanding of justice challenges the ways we live together and the causes we support.

On a large scale we tend to ignore small changes. But quantum physics operates on a very small scale. On such a small scale that we can only see reactions with very accurate equipment. But because we don't see reactions, doesn't mean they are not happening.

I know prayer changes things, but I don't know why. There are times in prayer when I know my prayer is changing me more than my prayer is changing the situation I am raising up to God. There are times I am aware that God is in the situation because I am praying. But just because I don't understand something doesn't mean it is wrong - it still works.

Just as science is having to come to grips with a reality that isn't at all like the way we imagined it, so the church is wrestling with new implications of a new world view opening before our eyes.

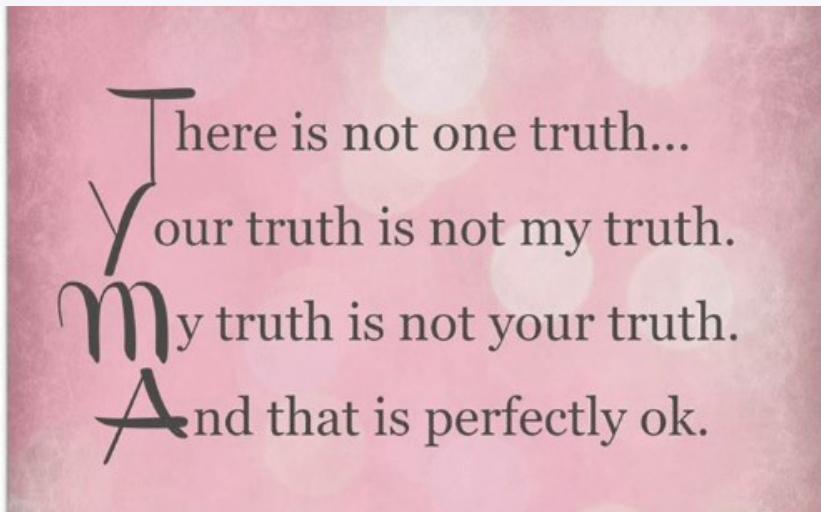
Quantum physics tells us that we can't divide things neatly into sections with just one right answer. This has immense implications in our lives. You may have a right answer to a situation which is different from my right answer. You can't deny my right answer just as I can't deny your right answer. This is disturbing because we all want a definite answer, a 'yes' or 'no', but life isn't that simple.

In relationships we want things to go smoothly and be straightforward. We don't like it when things begin to be unsettled. However, it's when our lives become entangled with others that we grow. The story of each one of us is a story of relationships, especially our relationship with God.

Jesus literally destroyed what people thought they understood by changing their relationship with God.

That is the parallel with science. Holiness is a word which equates with holistic. It is associated with wholeness which means no part of our life is left out. To be holy is to experience the impact of the divine in every dimension of our lives.

Quantum Physics tells me that to continue to grow in my relationship with God I need to 'see life differently'.



# Lusaka

## Home Based Schooling programme in Chiffewma, Chilambila and Kabweza



Sister Yvonne together with Sister Margaret Katabwa and Sister Sylvia Lundu reaching out to children and their families in villages where both education and health services are limited. This is a monitoring visit to children in the outlying villages. Parents



become teachers and therapists when the children are unable to attend local schools and clinics or to access the special education and care that they require. Local therapists are often trained to support the sisters.

# Field Heath

## Outside Space Update – May 2021

The Field Heath Student Gardeners have been extra busy this month preparing the grounds and planting their vegetables.

We can't wait to see what we can cook from our home grown produce this year!!!! All we need now is some sunshine .....





Thank you to Father Nicholas for a beautiful Mass this month. The students all visited Mary's Grotto to lay some beautiful flowers.



We were also really excited this month to re-open our Community Café, **The Well**. The student staff members were really excited to get back to work and treated all students and staff to a slice of cake to celebrate.



This half term has been filled with some exciting activities which have been glimpses of hope. Some of the highlights included a Number Day on 7th May to raise money for the NSPCC organised by our Maths Coordinator Beth Wright. Not only did the day help to raise £240 but the students had a great day taking part in loads of numeracy related activities which were really fun.



**On St George's Day** 3D Class Team did a beautiful drama. The students were dressed in costume and everyone played their special role. Well done to you all.



Tutor Group 2B. In English they have been reading stories, e.g. 'Little Bears Picnic,' and they wrote a list and went for a picnic.



Tutor Group PH+D This term students have been working very hard developing their life skills. They have been doing a range of different activities such as hoovering, mopping, washing up and selfcare.



**WELL DONE**

# To the Rescue.....!!

Recently (here in Colwyn) I was sitting quietly in my room studying some of the material that Sister Mary had asked us to look at in preparation for the Chapter. Suddenly the peace was interrupted by a flock of about thirty screaming seagulls on the road outside our house. They were all flying around and seemed to be dive bombing something on the road, but it was out of my view. Later I could see it was an injured gull and by now it had managed to crawl onto the



pavement.



I went quickly downstairs and as I passed the office, I called to Sharon, our Administrator, that an injured seagull was causing all the disturbance outside. Sharon said, 'I'll come with you' and as she grabbed a towel, I took a pair of gardening gloves with me. We went over to it and as I attempted to pick it up, the seagull grabbed my finger!! It was just as well that

I had gloves on!! While the gull was intent on attacking me, Sharon threw the towel over it and was able to pick it up, still hanging on to my finger!! I was able to open its beak with my other hand and release my finger!! By now the other gulls had given up their disturbance.

We brought the gull over to the garden and set it down on the grass. We could see that its right wing was very badly damaged and thought it had been hit by a car. Later we learned that it was a Great Black-



backed gull which was, in fact an intruder to the flock of our local Herring gulls, hence they had attacked it. It was obviously in a very bad state and probably not likely to survive, so Sister Mary Cathie and Sharon took it to the local vet who agreed that the kindest thing to do was to put it to sleep!!

The whole event had provided an interesting interlude, to my Chapter preparation!! Fortunately, Sister Mary Cathie happened to be at another upstairs window and saw all the drama

as it unfolded!! With her camera always at the ready the events were recorded for posterity.

That evening, on Spring Watch on BBC 1, we learned that the Black-backed gulls are predators on other birds' nests. Hence the local, Colwyn Bay gulls were protecting their own young and attempting to frighten off the intruder!

The incident reminded me of a time, some 40+ years ago, when Sister Lorna and I nursed an exhausted young gull back to health in the lab in Dagenham!!!

*Sr. Margaret D.*

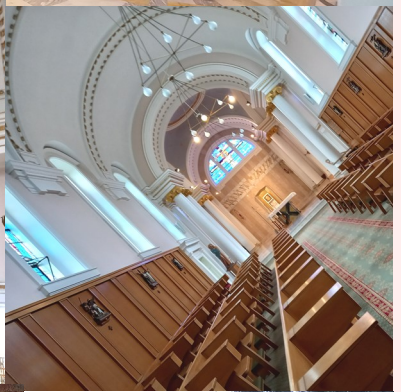
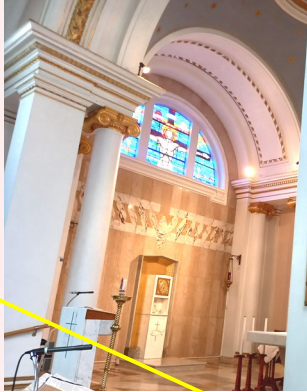
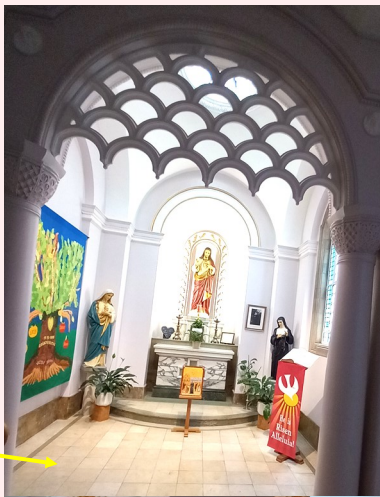
I am sure they deserve a badge for that!



# Chigwell Convent Chapel

## Dedicated to the Sacred Heart of Jesus and the Immaculate Heart of Mary.

- 1896 The Manor House Chigwell was bought by the sisters at the cost of £5,000 sterling. Within a year it became an ophthalmic school/home for boys – the first Catholic Special school of its kind in England.
- 1902 Chigwell began to play an important role in the life of the Congregation when the sisters separated from the Sisters Servants of the Sacred Heart. There was at that time no chapel in the convent except a small oratory, but Cardinal Vaughan assured the sisters that they would get one. At that time there was a modest sum of £269 in the bank, and so the sisters were allowed to collect alms in the West End of London and the western suburbs.
- 1908 Chigwell was designated as the Mother House of the Congregation.
- 1910 On the 18<sup>th</sup> of October, the foundation stone was laid by Monsignor Canon Surmont, who was Vicar General for Religious in the Diocese of Westminster.  
*(During the building of the chapel the bricklayers used to wait for the return of the sisters from questing to receive their wages).*
- 1911 On the Feast of Saint Augustine, 28<sup>th</sup> of August, the long-awaited opening of the Convent Chapel took place. His Eminence, Cardinal Bourne, blessed the new building and celebrated the first Solemn High Mass.
- 1925 On November 5<sup>th</sup> the Chapel was dedicated to the Sacred Heart of Jesus and the Immaculate Heart of Mary by His Lordship, Bishop Doubleday of the Diocese of Brentwood in whose diocese the Chapel and Chigwell belong.  
*(The Diocese of Brentwood was formed in the County of Essex on the 22 March 1917, being a division of the Westminster Diocese).*
- 1970 July 14, when the work of extending and updating the Chapel was completed, in accordance with Vatican II, the new altar was dedicated by Bishop Casey. The altar-stone contains the relics of Saint Casta and Saint Laura.



HIVIN'S ECCLESIE  
SS. CORDIBVS JESV ET MARIE  
DICATE  
LAPIS PRIMARIVS POSITVS EST  
DIE VIII OCTOBRIIS AD MDCCCX



## First Mission to California, 1953



Excerpts from the diary of Sister Anne Savage (top right).

*Although they might feel a little anxiety they had no need to fear. They were carrying out the Lord's instructions to teach all nations. The sisters approached the Altar rails and received His Lordship Bishop Beck's blessings. He also gave them the Pope's blessing.*

On the morning of the 5th September after an early Mass, all the Sisters, Novices and Postulants assembled at the front door to wave a last goodbye. The sisters bravely got into two cars accompanied by Rev. Mother General and Mother Bernadette and set off for Euston where the special boat train left for Liverpool. They were met at the Dock by Mother Hilda and Mother Edith, as they arrived late they hurried on to the boat with Mother General who had special permission to go on board to see their quarters and then hurry off.

As the clock chimed three the "S.S. Media" turned around and sailed down the Mersey.

The cabins on board are really lovely, very compact. My chief difficulty was how I should climb into bed as there seemed to be no ladder and Sr. M. Dominic's worry was what if the ship rolled and I fell on top of her! In case I forget to tell you later, we found the ladder, and

although the ship has done more than her fair share of rolling I have not fallen out yet.

We went to one of the lounges and tried to move the furniture so that we could all sit together but found it all fixed to the floor. We heard the great news that there was a priest on board, we thought there were two but one turned out to be Church of England, together with his wife and children.

That night we ran into a patch of fog and the foghorn was making a good deal of noise. The boat rocked a good deal and we slept rather fitfully . At 6 a.m. we were all quite pleased to get up and went for morning prayers and said the Office together, doing all the prescribed bows, standing , sitting, etc. No don't start to praise us yet– I want you to mark well we did say our prayers together once! Mass was celebrated at 7.30 a.m. and none of us appreciated the Mass so much as then as we had been so sure we would be without it for the week.

Now comes the sad part of the story, I was depending on Lourdes water- the others had taken Kwells. By the end of the day, which I spent mostly in bed, I was wishing I was the dead man being carried out of Naim and hoping fervently that I would not be recalled to life!

On Monday morning we all got up, at least. Sr. M. Dominic went back after about 10 minutes. Sr. Gerard followed. Mother went as far as the library for Mass but retreated before it began. Sister Oliver asked me not to tell you that she answered Mass sitting in an armchair. I too sat and neither of us could receive. We did not go to the dining room for breakfast or lunch neither did two thirds of the passengers.

By day 5 we had all recovered and were up at Mass and knelt without swaying and went on to breakfast. We have fresh linen serviettes for every meal and two clean towels! We still prefer Chigwell. Can you believe we've left Chigwell. I wonder when we will see them again?

We spent a long session learning to convert £s and shillings to dollars and cents. How we are looking forward to our first sight of land!

September Saturday 12th

We were awake early and up by 6am and at 6.30 we were on deck feeling excited to see land today. Father came to tell us he would offer

Mass for our intentions and the success of the California mission. We thought of the sisters who celebrate their feast today but we tend to change the subject abruptly when Chigwell is mentioned. We were held up in port as another ship arrived before we did. At 3pm Sr Dominic came down to say land has been sighted.

(Tuesday outside Denver station. Saw our first cowboy at a big cattle round up about 10 minutes ago—horses, ten gallon hats, kerchiefs, revolvers complete.)

So much has happened since Saturday that I'll have to give you glimpses here and there. The most thrilling part was when we came on deck - along side of the Hudson we could see green trees and banks, and cars running on an elevated highroad. Then ahead the skyscrapers of New York in the distance looking like the domes and pinnacles of one great cathedral. Looking back at our stay in New York my feeling is one of rather overwhelming immensity.

We docked about 6.30 pm and saw an excited group waving at us, all were relations of the sisters, Mrs McGratten could never be repaid for her kindness to us. We were taken off to the hotel in 3 cars, it took a long time to get the cases and trunks passed through the Customs officials.

We were driven through Times Square—it was breath taking, lights, colour, noise and this at 9 pm! I think none of us enjoyed the hotel—it was luxury at its peak and we were lost in carpets, waiters, lights etc. We were in two apartments on the 9th floor. It is one of the largest in a city of large hotels with 3,000 apartments, ballrooms, cinemas, shops, restaurants and show rooms. To look back on it now it seems like a dream or perhaps a nightmare.

We ate a meal in a huge room. Enormous helpings of everything are served—sufficient for two men. Sweet things are served on the same dish as meat. For breakfast we ate scrambled egg served with toast and jam.

In the rooms there were buttons, switches and phones everywhere—I half expected to see the Genii from Aladdin's lamp appear. It was about 11.30 before we got to bed. By 7am we were in the magnificent church of St Francis.



We went in three groups to see New York, we saw the Empire State Building, walked through Radio City, drove through Fifth Avenue and then went to 11.30 am Mass at St Patricks Cathedral. It would need a book to describe the beauty of it. The sermon was on teaching in Catholic schools, most appropriate!

On Sunday we left New York for our train journey to California. On Tuesday we crossed the beautiful Mississippi. On Wednesday we woke early and went to the observation car, the views were magnificent as you could see for miles ahead and at the sides as the whole car is glass . After Denver we could see the Rockies. Oh it's impossible to describe the loveliness and beauty we saw that day and the thrills we experienced. At times it was quite terrifying : it seemed as if the tiniest movement would tip the train over a sheer drop into chasms below.

That evening we went through Utah, strange, mysterious country. It was weird travelling through hundreds of miles of desert, no signs of life, only huge rocks, sand and here and there a dry grey scrub.

The next day we came to California! We had been right through the States, we had seen sights more lovely than any picture but the most breath taking was the Feather River Canyon, California. The sheer beauty of the mountains, river, spruce and fir, the glorious colours of the sky and the clear beautiful air and sunshine. We were traveling through miles of vineyard, peach orchards and tomato farms.

The announcer called for all passengers alighting at Stockton to be ready to alight in 5 minutes. Out to the corridor we went and it was a study to look at the expressions during the last few minutes. The train drew up and our porter got down and put out a stool for us to step on (it's a great drop from the train to the ground—no platform) and we had arrived! A long way up the station a group began to race towards us, Sr Gerard Magella's brother, her two sisters and husbands etc. and Father Scanlan. What a welcome we had! Then another crowd came slowly along— a deputation of parishioners to welcome us. They all wanted to take a sister in their car. We were divided up. It was fascinating to see Spanish/Mexican looking towns, the palm trees, cactus and semi-tropical plants.

Guess our feelings as we passed through Turlock (lovely place) and then through Merced and then Atwater! It is lovely—white houses, palm trees,

beautiful avenues, stores, oh , so many new and strange things. We passed St Anthony's and the Convent. It is a Spanish style completely surrounded at present by sand, sand, sand! The door was opened and we were welcomed by another group of parishioners.

A big dinner was prepared with all sorts of Californian dishes and ending with the cutting of the Welcome to California cake. When everybody had gone we went round and inspected the whole place. We had been hoping the Blessed Sacrament would be there but the Chapel could not be used. You can guess what a convent is like furnished by a man! Well now you know how many essentials were missing and how many unnecessary things were there, like the huge triple mirror at the end of one corridor. Oh, how good it was to go to bed that night without having to climb a ladder. But for many nights the bed seemed to rock backwards and forwards to the rhythm of the train. The next day we were taken to Mass at Merced and to breakfast with the Immaculate Heart nuns. What a welcome they gave us with ribbons on the table. Unfortunately they too, fry bacon and eggs with little sweet iced cakes.

We were delighted with the school. After going all over it with Sister Peter, the very charming principal, we each settled down in the Grade we are teaching. The children are really lovely and so very friendly.

We have learned since coming here that it is one of the hottest parts of California. We finish school at 3 pm but from 2—3 seems a very long hour.

We have almost every nationality under the sun; crowds of Portuguese, Spaniards, many Italians, Lithuanians, Russians.

One Monday after school we were taken to Fresno to meet the Bishop, who was very friendly and gave us his blessing. He hopes we go into white before next summer as its so hot in the valley.

The day school opened, one of my children arrived after we went in. He has only met me on the Friday—into class he marched and stood looking all around. Then “Hi-ya, Sister, Hi-ya, Ricky. Hi-ya, Greg. Sounds like you talk a foreign language, Sister”. It's amazing how many word we have had to change as the children just don't know our English equivalents for example; pram—baby-buggy, boys wear long pants, not trousers, we

don't mark or tick books—we give a check. A tick is a most unpleasant 'bug', all insects are 'bugs'. "Please sister, I got a bug in my eye."

One Sunday we had an open day in the convent and all the people of the neighbourhood and more came. They just went from room to room to see everything. Of course they paid for the convent and this "Reception for the Sisters" is the usual thing throughout the States. We received many gifts that day—a standard lamp (not in keeping with convent style), sheets, towels, dishes, cutlery, glasses and oh so many other things.

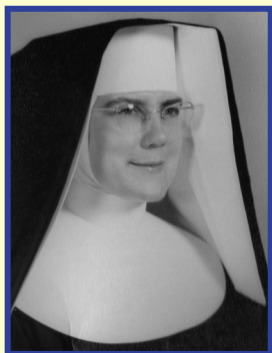
If you could meet our Rev. Pastor! He is priceless—very generous and with the best will in the world. Everything will happen "tomorrow Sister, sure tomorrow." So many good stories for recreation that will have to wait until we meet. When we meet—I wonder when?

The Bishop came to visit us. His comment on the chapel was "Isn't it cute?"

Before school each day the children have assembly, the flag is held by a top-grade boy and we all place our hand on heart and say the Pledge to the Flag prayer. Then we sing the Star Spangled Banner.

The parishes are huge here, the priests and sisters few and the schools many miles apart. This diocese is 44,000 square miles. The whole of Ireland is only 32,000 square miles. The harvest could be great were there more to work here. We are eagerly waiting, already, the next group of sisters as many as can be spared. The people from Turlock yesterday asked us if they were getting 8 sisters for certain next year! We could do with more here already.

*Sister Anne Savage*



## Renewal of Vows

What a tremendous gift that God bestowed on us, servants of Christ's love, as with hearts rejoicing renewed our total commitment to our Lord reminding us of God's infinite love and mercy.



*L to R; Sr. Anne, Sr. Odette, Fr. Ryan Colina, Sr. Shiela and Sr. Marissa*

We had Mass presided by Fr. Ryan Colina, M.Afri. (white Fathers) and after which we enjoyed a nice pancake breakfast prepared by Sisters Anne and Luella. It was simple and memorable but of course our celebration here wouldn't be complete without having a Karaoke. Karaoke is an essential element of Filipino celebrations, the singing and music adds much pleasure and vibrancy and makes it more meaningful for us.

In the midst of the pandemic, we thank God for the gift of life, only with His sustaining grace we are still alive and keep on spreading the love of God by reaching out the poor and marginalized. During these days of the Pandemic the number of poor and homeless people in Cebu is increasing.

We try every day to live out our charism; 'Jesus Christ and the poor', making it the centre of our 'being'. As members of the SSHJM, we here

in Cebu continue to encourage and inspire others with our joyful spirits and strive to share our positive vibes with the people we encounter every day. Mental health problems are also on the increase and there are many cases of suicide reported. Just this month of May a young lad working in one of the big shopping malls here in Cebu near to Blessed Sacrament Parish jumped from the building.

Encouraging one another, spending time in each other's company is essential and of course prayer is the most essential of all. As our Lord Jesus pray to his Father; ***“Holy Father, protect them in Your name that you have given me, so that they may be one, as we are one”***. Jesus is praying for me, for us, asking the Father to protect us. Elsewhere in the Gospels Jesus says that not even a leaf falls without the Father knowing, and that all the hairs on our head are counted. I thank God for his loving and provident care of each one of us and of our loved ones.

Each of us may have different struggles in life and maybe even in knowing God. We find it difficult especially when we are in the torments of our life struggles. It is here where God says; ***“All those who are entrusted to Him will have life eternal”***. To know God is to have a deeper understanding of our true self. And we cannot easily say we understand God. Saint Augustine wrote: ***“Understanding is the reward of faith***. Therefore, do not seek to understand in order to believe, but believe that you may understand”. Our goal in life should be as a missionary seeker, to seek God through every means, and to remain a God-seeker until the day when he reveals himself to you and me face to face.

Hope and pray that our God of hope and mercy will give us faithful and preserving hearts until the end of our pilgrim journey here on earth.

In our religious journey, we are so grateful for all the prayers, wishes and loving support on our feast day. Even though we are far, you are all close to our hearts, it is the most precious gift that God bind us together as one community, remembering each of you in our prayers.

We also thank God for our community here in Cebu for their selfless and loving support specially for organizing the Holy Mass on our feast day and for all the preparation.



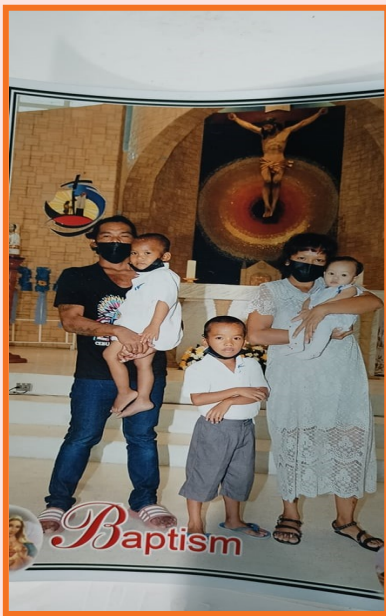
*Sisters Marissa, Shiela and Odette*

### ***Cebu updates:***

This year we celebrate the 21<sup>st</sup> anniversary of our presence here in Cebu Mission and correspondingly the Covid restrictions are slowly lifting. On the 9<sup>th</sup> of June our PT/OT Rehabilitation Centre of our Child Care program will be open. At this present moment we only cater for elderly patients.

Sr. Anne is organizing feeding programs in different areas around Blessed Sacrament parish and a proposed **“Community Pantry/Community Pantry Shop”** means that those parishioners who have something to share can donate to the parish and share their blessings. This will then be distributed to the poor and the needy. It’s a way of reaching out to those in need specially in these trying times. This program, facilitated by Blessed Sacrament Parish and SSHJM, will be officially started soon .

Sr Anne also helped the 3 children in the photo (*over*) who were baptized on May 15, 2021 and whose parents are both intellectually challenged.



Left; This photo was taken after the baptism of the 3 Children together with their Parents



Above and below; Sisters Anne and Shiela are helping our mothers in the parish, making rugs for our income generating project.



Sr. Luella is profiling and revising the list of drop-in beneficiaries here in Basak, the majority of them are 'scavengers', jobless and homeless. Sisters Odette and Marissa are still doing their studies and also helping in the distribution of goods to the poor and helping with household chores in their spare time.

Sister Odette is on holiday!



Compassionate Condolences



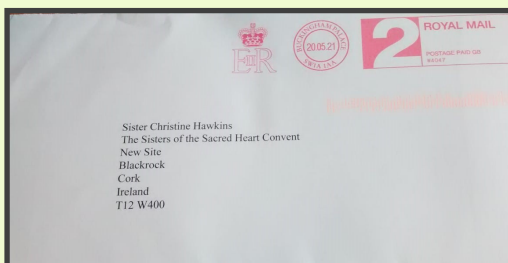
Kindness Rewarded

The Sisters in Cork sent a message of condolence to Queen Elizabeth on behalf of Sister Christine Hawkins on the death of Prince Philip RIP. He would have been 100 this June. Sister Christine is herself looking forward to her big 100th birthday on the 22nd of December. Above Sister Christine is holding the personal response she received from Her Majesty. The card reads:

**Buckingham Palace**

*I send you my sincere thanks for your kind words  
on the death of my husband.*

*Elizabeth R*





# Good bye Harlow



Above: Sisters Austin and Margaret at their farewell

lunch in Chigwell on the Feast of Sacred Heart (with centre: Sr Mary Mangan)

Below: Sr Austin with some of the Chigwell community and Annetta their helper.

Sisters Austin and Margaret Gallagher are leaving their little house in Harlow in Essex UK and flying back to their native home in Ireland to retire to our most popular community in Cork. The two sisters worked for many years supporting many who came to their door, often via the parish. They accompanied refugees, prepared many people to receive the sacraments and were staunch advocates of care for the earth which many of us enjoyed in the honey produced from their own bees in the small garden.



# Hello Cork.

**Zambia's founding father  
President Kenneth Kaunda  
dies aged 97. RIP**



Pictured here in 1987 outside State House in Lusaka with Sister Oliver, Superior General, Sister Philomena, Counsellor and behind; Sister Aiden, superior in Chilonga and Sister John Vincent, Regional Superior.

The president of Zambia from 1964 to 1991, Kenneth Kaunda, who has died aged 97, stood out as one of the most humane and idealistic African leaders in the post-independence age.

***"Stand and sing of Zambia proud and free!  
Land of work and joy and unity"***

On the eve of Independence Day, teachers and students (in Lwitikila) listened to the radio, despite the muffled reception, to hear President Kaunda address the new nation. He urged everyone to work hard to develop their country's resources, describing Zambia as "a Land of Promise". P. 82

The President was well-known to the Sisters. He came from Chinsali in the Northern Province. Some of his family had been educated at Lwitikila Secondary School and his mother had been a patient at Chilonga on two occasions. Sister Celine remembered her "being cared for in the convent for privacy while her daughter stayed to cook and care for her." In gratitude, the President presented the Matron, Sister John Baptist Kennedy, with a copy of his book, Kaunda on Violence, on which he inscribed:

*"Love and service to God is always rewarded with genuine happiness. For your part we shall always be grateful. Keep it up and remember to do so while smiling. God bless. KD." P. 124*

*Quotations from the book Sunsuntula by Sister Austin Gallaher*

Note: *Sister Celine de Jesu and Sister Austin Gallagher are now both retired in Cork community. Sister John Baptist RIP died 09/01/2002 buried In Chigwell.*

**We send our sympathy to all our sisters and friends in  
Zambia.**

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