

# KEEPING IN TOUCH

## SSHJM



**Hope in times of  
Pandemic**

JULY 2020



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## Editorial

*Keeping in Touch in the time of the Pandemic Covid19 is a title I hope we never have to repeat. We are aware that our world is always changing but we have been shaken from such dread to great delight, from isolation and lockdown to learning new ways of communicating. Zoom is now a part of our everyday language and whereas before we talked of having meetings on-line it was only because of other commitments.*

*Now we have learnt the truth – that we can do many things without adding to our carbon footprint.*

*Many people have stepped out to help their brothers and sisters in need, we have seen famous people offer their names to raise money but also the elderly, young children, and people from every part of society – it has become obvious that we are not so different after all. It is little wonder that the ‘Black Lives Matter’ movement rose up and cries aloud for justice and equality.*

*A great outpouring of grief was felt throughout the congregation when so many of our dear sisters went to their rest and we had to find ways to allow sisters and families to mourn – once more we thank God for on-line services and video recordings.*

*And so we too move on to an online presentation of our KIT magazine which we hope in time will develop into something more dynamic and interesting for us all. We move also in the congregation, with a new community in Glasgow, maybe they will write something for us in the next issue. We would also love to know more of the new Chingola community.*

*In this issue we hear echoes from every country of the good and the bad times, how to keep smiling and supporting one another. We so want this pandemic to end and to be able to visit our sisters and families, for this we pray.*

*Love and prayers*

*Anne and Emma*



## **Oh CORONA**

By Brendan O' Regan

Band, beer, saint and virus,  
A shape of beauty, crown of thorns,  
Disaster sure, but still a chance  
Reset, rethink, re-normalise.

Preserve us from a plain return  
No lesson learned, no hope renewed;  
Let there be a surge of faith  
A second wave of love and kind.

Let us spread a peace contagious  
Intense, enthused, from faith cocoon;  
The best of values well worth shielding,  
Leave behind what does demean.

Let us breathe, in tune together,  
Airborne spirits, not locked down  
No curves to flatten, a peak of love  
No social distance in between.

## “FAITH IN THE MIDST OF PANDEMIC”

In this difficult situation that strikes us today we are challenged to be even more patient. We wait for God’s intervening mercy with hope holding our faith and compassion each day as we try to face this pandemic. This is a time of recognizing God’s love and mercy and in this very tragic situation we should be always grateful - even in this difficult situation in our world today. In the words of St. Francis de Sales;

“never be in a hurry; do everything quietly and in calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset” .

This loving quote reminds us of today’s challenges that we should stay calm believing that God is in control and there is a time for everything.



In the midst of these hardships, we tend to feel our prayers and cries to God aren’t being heard because we may not see an immediate change in our situations. This is a misconception of how our relationship with God actually should be. We need to put all our trust into God’s hands. After all;  
*“God is greater than our heart, and he knows everything.”*

*1 John 3:20.*

And just because we do not see an immediate change it doesn’t mean that God never heard you, because He has!

I remember during the presidential campaign that our President strongly put on

his presidential platform about the War on drugs! And he highlighted it with the pious determination of “CHANGE” “CHANGE”. Through that phrase that he was promoting for his fellow countrymen he never expected that this

pandemic would probably also be the part of that change. That nobody expected this to happen clearly says that our vision is different from God's vision. The way we look at things even in this tragic situation different in the wisdom of God. In the psalms we frequently pray; "Who can fathom the wisdom of God" Who will be his counselor"? These words are full of mystery that are hard for us to grasp. But what happens to us right now? I always believe, that everything happens for a greater purpose. Sometimes our human weakness strikes and it is very easy to compare ourselves to others as we see in the everyday reality here in Cebu. Some people want to know why they only received 10kg of rice from the government when others received 25kg. This simple scenario affects many and some people blame our government saying that they are biased and not accurate in serving the society in this reality of today. I remember the quote of Mother Teresa of Calcutta; "If you put your blame on others you have no time to love them" because only in loving can we have peace which will start from within and will be the CHANGE that enables us to see God in others. We need to understand, as well, that there is a purpose and a reason for everything – things that do not happen or do not change. I feel it is we Who need to be changing, starting with being patient, having faith and trust to God with preserving hearts. Because patience is the highest virtue.



Sometimes we are all busy planning out our future, which can at times be good but often it is not. When we create a long-term plan in our hearts, we can quickly find ourselves disappointed and even lost. But if we confide in the Lord and let Him bring us to where we need to be, there



isn't any room for hurt feelings. The steps we took to get to these great moments in our lives are enjoyed throughout our journey. Ecclesiastes 3:1 *"There is a time for everything, and a season for every activity under the heavens"*

God never promised us that our life on earth would be easy, but He did say that there is a time and season for everything. During this pandemic there is the opportunity and time for us to reflect more on how God creates us in his own image and likeness. To reflect also on how we encounter God's favor in the time of pandemic. Are we like Zacchaeus longing to see Jesus in the crowd or are we like the disciple, Thomas, or Job holding on and finding faith in the turbulence of his life? What prophets or saints can we identify with in this trying times? Whom we are going to imitate so that we can continue on this lifelong journey on earth?

As baptized Christians we believe in the 'season of the times'. As the bible says there is a time for everything *"a time to be born and a time to die, a time to plant and a time to uproot, a time to be sick and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."*

Jeremiah 29:11-12



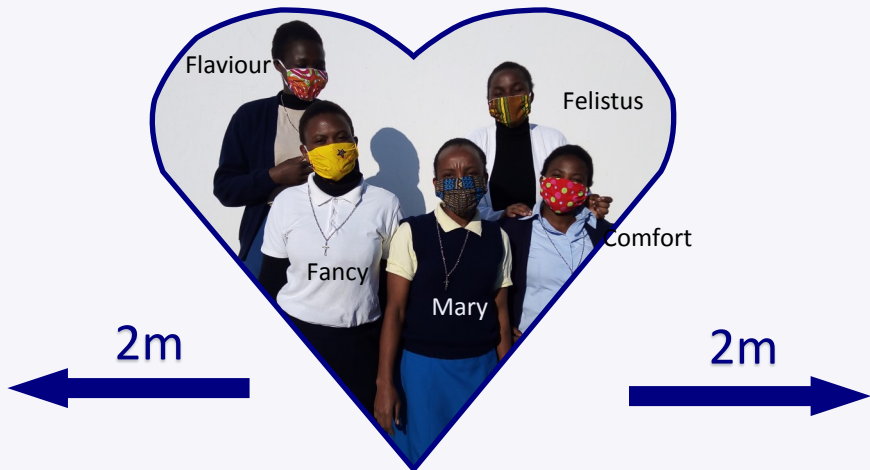
*"I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you."*

*In this trying time, we will continue to be hopeful and to recognize through faith and through prayer that this pandemic will end soon. Then, we will celebrate the fullness of life given to us by God with love and happiness.*

*For us here in Cebu Community we are in union with you in spirit through prayers and the daily online masses we attended.*



# Covid19 Lake Road. Lusaka. Zambia



The Pandemic Covid19 has brought changes that we could never have imagined in our wildest dreams not only here in Lusaka but worldwide.

We did not experience a complete Lock-down as many of you have experienced, but the message from the outset was the same, 'stay at home', 'frequent hand washing' and then added was 'wear a face mask when out of the house' and 'social distancing' of two meters".

For reasons not fully understood the spread of the Pandemic TG. here in Zambia has not been as rapid or widespread as expected up to now but fear is mounting now that with the cold season, deaths are increasing and the number of cases recorded is rising, but not in the same proportion as they did rise in many other countries. Sadly, the majority of recent deaths are recorded as BID cases (brought in dead). No official explanation has been given for this. It is well known that people have almost deserted the hospitals since the virus emerged which means they are frightened of catching the corona virus at the hospital. Statistics are not published as frequently as they were in the early stages and the last recorded deaths stood at 134. RIP.

Schools closed in early March and teachers were encouraged to prepare on-line lessons but not all children here in Lusaka much less in the remote areas can access these on-line lessons. Last month children in examination classes returned to school after the school was visited by the Department of Health to ensure all measures to prevent the spread of the virus were in place. Observing social distancing is a big problem as schools here tend to be over crowded and the number of teachers to have only a manageable number in each class is inadequate at any time. If the virus continues the Ministry of Education will have an enormous task to ensure that the school environment is safe for all children to return. Most businesses either closed or have a reduced the number of present staff at any given time, so delivery of services was slow. This also meant that the roads were almost deserted for weeks. But today traffic is back with a bang especially in the mornings and evenings.

For us as a community not going to daily Mass was a big void in our day but we were blessed in that we at first were able tune into Mass on the radio from the local stations mostly at 10.00 hours. Once we discovered the Mass from St Peter's Rome each day at 07.00 hours celebrated by Pope Francis, we were very happy to tune in. The Pope's homily each day was most inspiring. Once the Churches opened in Italy, we were blessed in that we were able to have mass via Facebook by Fr Tony. This we truly appreciated as his Mass was a very prayerful liturgy. He obviously prepared well for the Mass and his music was wonderful. He added a really extra dimension each day by naming an intention and of course he gave the Feast of the Sacred Heart special prominence for us. Thank you, Father Tony.

We, like all religious communities, are blessed in having the Blessed Sacrament in the house filling the void a little which the many parishioners who attend daily mass do not have.

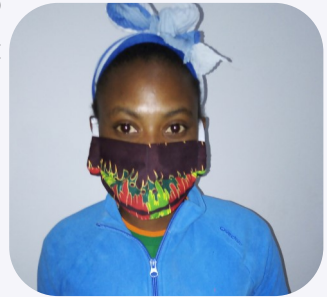
For six weeks we only went shopping for essentials and nobody came into the house which gave extra quiet and time for extra prayer. Each day we met at 15.00 hours to recite the Divine Mercy Chaplet and had a Holy hour from 17.00 – 18.00 hours. As the whole situation seemed very threatening prayer was our only source of action to help. We rejoiced once the churches opened on 29<sup>th</sup> June with all the necessary precautions in place to prevent the spread of the virus. Extra Masses have been put on to avoid crowding and, in fact, here in the cold season the numbers can be much reduced at morning Mass.

For the past three weeks we are almost back to normal living but strictly observing the recommended precautions from the Ministry of Health. Predictions were that the pandemic would peak end of July so worse may be to come for Zambia. Sadly people seem to have become indifferent to the important messages from the MOH; as mask-wearing is not as noticeable in the community as it was and social distancing is not very well observed. In the main shopping areas mask wearing is mandatory, on entering, your temperature is taken and you must wash your hands or use a sanitizer. All Government offices etc. record your name, address and mobile number and that in itself is an issue because if anyone in the office at the same time is diagnosed as Covid positive you can be required to self-isolate for 14 days. Air travel still remains a very big question as we hear that in many countries new cases are imported by people who have entered the country by air travel. Air conditioning is one factor in spreading the virus and we surely can not imagine the flights without air-conditioning.

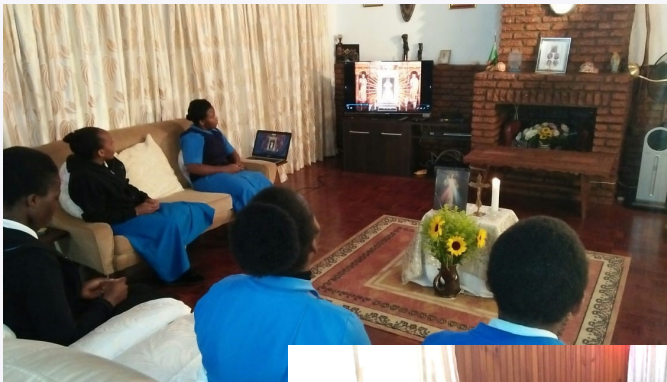
One big lesson Covid19 has taught us is that nothing in this life is certain or within our power. The effects of Covid19 could never have been envisaged and agreed upon by the great powers even if for the good of “Our Common Home”. God’s ways are not our ways so the need for fervent, constant prayer to stay close to Him, seeking His will each day is

our mission. Economies have been weakened, much of what was considered real development has been halted by Covid19, so only seeing all in God's plan will bring us through this present situation. Sadly, the poor may be suffering and they need our prayer and support where possible most of all. So, our Charism is as relevant to day as it was when Fr Victor Braun founded the Congregation

It is said every cloud has a silver lining so Covid19 gave Bauleni Special Needs Project an opportunity to embark on an additional Income Generating Activity of mask-making. Here is a picture of Sister Fancy wearing a mask. They are washable and so can be used many times when washed after every use.



*We turn to You, O' Lord, and pray.*



## "THE KINGDOM TWINS of CORK" THE SAME BUT DIFFERENT!

Hello Everybody, We thought you would enjoy a couple of laughs during the Pandemic Times

"They went down the road together.  
The sky was studded with stars.  
They reached the gate in silence  
and he unlocked the bars.

She neither spoke nor thanked him  
for she knew not how  
FOR....He was only a farmer's Boy  
and SHE A KERRY COW!"



The Kerry farmer was out one evening looking for his lost cow. As he was walking along the road, he could hear voices behind the hedge. The words he heard were -  
"How beautiful you are. What beautiful eyes you have,  
and I can see the stars in your eyes."  
Then the farmer's voice piped up "By any chance  
CAN YOU SEE MY MISSING COW IN YOUR EYE?"



And now on a very different note:-

*Thornton Wilder once said -  
"We can only be said to be alive in those moments  
when our hearts are conscious of our treasures"*

Here in Cork we experienced the very sad time of saying Goodbye to dear Sisters Una and Margaret Gorman both of whom left us so suddenly and left us with such fond memories RIP. Each of us has had plenty of time to be silent in our rooms, in the garden or in the Chapel, to reflect, read, meditate and pray.

We owe a great debt of gratitude to Sr. Annie Mary for ensuring that we have Mass each day on the T V and for arranging a special meal with the Sisters and Staff which was a Time of great JOY. Also, we thank our Staff who took care of us Night and Day. We appreciate the time to have conversations with our families who are so good to us. But especially both Sister Marian and I have been spending time with each other - sharing times, re-connecting and catching up - most especially appreciating our different personalities and stories.

And now to conclude

Life is full of surprises and unexpected opportunities and Haruki Murakami sums up the Time of Pandemic very well when he says;

*"And once the storm is over you won't remember how you made it through - How you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm you won't be the same person who walked in. That's what the storm is all about".*

*Sisters Nora and Marian Hogan*



## Some Experiences in Harlow during Lock Down.

We will all have noticed the great silence that descended upon us and our surroundings during the “Lock Down” period. We will have been affected by it in our own different ways. Many people have commented on being able to hear bird- song more clearly, there being less noise from the road traffic and especially from the skies with fewer planes in the air. As our



small Convent in Harlow is quite close to Stansted Airport, we experienced this silence in a remarkable way. On the morning of May 6<sup>th</sup> at 4.30am we looked across at the mini

forest opposite the Convent and were greeted with the heavenly sound of the Dawn Chorus. Breaking through the stillness of that



early hour came the gentle sound of bird- song, impossible to differentiate between robins and blackbirds, between thrushes and



sparrows. In the same neighbourhood, our friends reported hearing the Cuckoo for the first time in many years. They were awakened at 5am

by its “two fold sound”. Many people ask the question: Is Nature reclaiming what it was before Man polluted it with noise, smoke, and smog. What might the birds be telling us?



Garden birds too seem to recognise the change. In our small garden we had unusual visitors, such as the Great Spotted Woodpecker and the Nuthatch, timidly drinking from the water pots. Bees in our hive seem to be excessively active, increasing and multiplying at a rapid rate. Who knows if the Lock Down experience is also benefiting their life style?



For all of us, celebrating the Eucharist has been a different and profound experience. We have been blessed by the variety of ways that modern technology has enabled us to participate in daily Mass, mostly by live streaming from many parts of the world. This reminds me, that on the morning we experienced the Dawn Chorus, we went into our television set



and joined Pope Francis celebrating Mass at 6am in his Chapel at Santa Martha, Rome. Many people, including Her Majesty the Queen, have talked about the fact that the Lock Down period gave them space for prayer, meditation and reflection.

We were all deeply moved by the deaths and farewell services to the Sisters who died during this sad time. In his prayer for the easing of the pandemic Pope Francis asked Our Lady: “to comfort those who mourn their loved ones who have died and at times, are buried in a way that grieves them deeply.”

As we move into the next phase of the Pandemic perhaps we could reflect on what message Covid-19 might have for us all . The experience may help us to move into an environmentally safer world, or perhaps there is a much deeper question: Are we going the wrong way? Does humanity need to have a good look at the way it treats fellow human beings and the Planet. With Pope Francis we ask Our Lady,

*“to stir our consciences so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future”*



*Gathered in the Hearts of Jesus and Mary.*



Sister Una



Sister Margaret



Sister Geraldine



Sister Margaret Mary



Sister Romana



Sister Sophia



Sister Veronica



Sister Thérèse



Sister Anne Therese





## **Living in Joyful Hope.....**

*Hold on to Hope, her hands are safe and warm,  
They'll cultivate the fallow ground of fear  
and seed a garden in your heart forlorn  
Where peace will grow and flourish.*

*Let hope steer you over sorrows, doubt filled heavy seas  
to faith's haven and 'neath a calming sky of care you'll feel God's  
own eternal breeze.*



*In hope there is a life that will not die.  
Her breath is all that you need to be  
as swallows dipping on a summers eve  
oblivious threat of winter free,  
to fly, to seek, to find and then to leave.  
Hold onto hope her hands are warm and true  
and with my hands I pray in hope for you.*

On the 17th of March the day of Sr Anne Therese's funeral we went into lockdown. It was the last time we saw our Sisters from Pield Heath, sadly we have not seen them since! I would have to say we really do miss having them here especially for Sunday lunch!!

As we write this we begin week two in lockdown due to a second wave of COVID-19. The reason for this is that Sr Elizabeth Tobin tested

positive. Thank God she is not showing any symptoms and it would appear that she is asymptomatic so we thank God that she is okay, although it is still very challenging for her as she is in solitary confinement and cannot go out of her room!

We do have a lot to thank God for, we are well looked after by our very caring staff, they are doing all they can to protect us and keep us safe and cater for all our needs. We have daily 'Mass' on-line, Fr Tony feeds us spiritually every day! To him we are also most grateful. We also receive Holy Communion daily.

As we go forward in hope, what are we hoping for? On a practical level, we look forward to having a bit of normality, having our hair cut,  enjoying visitors and the ability to go out! These will be the hopes of many in the congregation we imagine! 

Perhaps it's good to remember that life has changed not ended! We have adapted very well to our new way of life..... surprisingly the time seems to go very quickly! Spending more time in our rooms is not all negative, it gives us the opportunity for silent prayer and reflection. Being in lockdown has made us much more aware. We have a heightened awareness of others and perhaps we have more of an appreciation of what we have.

One of the challenges is that we have to be 'socially distanced' and during lunchtime this can be very challenging as some sisters are deaf and find it difficult to hear each other! Having so many restrictions can create a sense of fear, we wonder will it be me next to get sick?

Perhaps the greatest challenge and one we have to come to terms with is the death of so many of our community in such a short space of time. It was difficult for us not to be able to say goodbye to the Sisters when they were dying and when they died we didn't have a funeral and so there really was not any closure. We are planning to have some

bereavement counselling in September. When we can we will also have a celebration of their lives. We certainly felt an outpouring of love on us from our Congregation, we were so grateful for this, we certainly felt that we were not alone.

At present the greatest contribution we can make to the congregation is our prayer, we are very conscious of the plight of our sisters in Cork, our overseas missions, indeed of us all!! We pray for our congregation daily that our sisters keep safe and well and also our relatives, our loved ones, our SHCompanions and all our staff worldwide.

We have to ask what is God saying to us at this time?

It may be time for us to stop and reflect on what is really important in our lives, in our relationship with God and more importantly our relationship with each other. There is an opportunity for us to 'fine tune', to have the courage to let go of what is no longer helpful and to move forward in hope to a future that will serve the Lord and the people of God in a very beautiful and meaningful way. We will have a Congregation that is being energized through suffering and accepting God's will for us at this time.

We conclude with Sr Maureen's very perceptive insights

*'This is a time of opportunities, of practicing humility, coping with frustration. The image of God hovering over the earth, He is in charge, He is with us always.*

*It is as if I came into Corona like a caterpillar and maybe I will go out like a butterfly free and with a new mission.*

*'Nothing in life is to be feared' it is only to be understood. Now is the time to understand more so that we may fear less'. Maire Curie'*

*'We hold on to hope and we pray in hope for you all.'*

To end, we remember ...

*'The plans I have for you are for peace not disaster, to give you a future full of hope' Jeremiah 29:11*



## A joint account by Marian House Community!

### UNDER THE CARE OF THE SACRED HEART



Sister Dorothea



Sister Dominica



A Happy day with Sisters Sylvester, Jane, Dominica and Mary and our devoted staff enjoying tea in the garden.

## PABO COMMUNITY EXPERIENCE OF COVID-19.

Our experience was of highs and lows, enjoying the isolation and trying to escape from it. The three of us enjoyed the extra time that we could spend in the garden planting, weeding and enjoying its fruits.



There was also the spiritual value of sharing the fruits and vegetables with others.

We also enjoyed peaceful moments and times of prayer and sharing the scriptures from our chapel, we are able to

watch and hear the increased number of species of birds now left to enjoy undisturbed by the constant activity of children who are now confined to their homes and have moved further into the rural areas. Covid-19 has a good side too.







Regarding our project activities full use was made of the lockdown to develop the demonstration of sustainable agriculture at our Winifred Tyrrell site (about 1km away). This was a bee hive of activity from the Victor Braun teachers, the Sacred Heart Companions, the agriculture specialists and Disabled youth. They are combining their skills with carpentry and tailoring. Sister Beatrice is the supervisor of the programme.



But the lock-down period had another side. Land has become more precious than ever. Many professionals have realized that, in a crisis like this, food and clean water are more precious than money. Land wrangles become intensified. The Pabo community had firsthand experience of this when the road to our convent was about to be pulled out from under our feet!!

Sister Mary emerged in full fighting mode to claim

LONG STANDING RIGHTS of the SSHJM.



In summary we would all say that the period of Covid-19 was a wonderful space where our thinking was remolded into something very different. We discovered our strengths, weakness and

our total dependence on God and His mother Mary.

Each day we pray to Our Lady of Guadalupe asking her to protect us from the virus and she is not letting us down.



# Barrhead once More—Hooray!

Sister Patricia McKenna, who is a member of the Glasgow community, has been in her own little house in Barrhead since March. This gives her the opportunity to visit her brother daily. As you can see from the bottom photo she is fully engaged with the SHC group. I am sure they were delighted to have her back.



Barrhead

SHC





It was a personal request of Sister Anne Therese Maunsel that she did not have a eulogy. This we respect but we do remember her with love. For Sister Anne and for all our sisters who have gone to the Lord we pray:

*Hail, holy Queen,  
Mother of mercy,  
hail, our life, our sweetness and our hope.  
To thee do we cry,  
poor banished children of Eve:  
to thee do we send up our sighs,  
mourning and weeping in this vale of tears.*

*Turn then, most gracious Advocate,  
thine eyes of mercy toward us,  
and after this our exile,  
show unto us  
the blessed fruit of thy womb, Jesus,  
O merciful, O loving,  
O sweet Virgin Mary! Amen.*



Sister Sophia was a Glasgow woman who was very proud of her roots and very close always to her family. She was 54 years professed and spent most of her professional life teaching and caring for children with special educational needs. In community she had a great sense of humour was always sensitive to the needs of those around her and was generous to a fault.

Sophia was known as the 'go to person' when there were problems with tuning in the telly, setting up mobile phones and other techy bits and pieces—if she didn't know how to sort it she went out to a shop to find someone who did know and everyone, including herself, was happy. She loved shopping and bought loads, returning most of them the next day. Supporting the charity shops was very important to her and she was known personally in many of them. In her later years her health limited her greatly but she had a ministry and gift of talking to many lonely people on the busses, in the shops and many who came to Mass here in Chigwell sought her out for a chat and to ask for prayers. Sophia loved poetry and was a romantic always.



Sister Roman was without doubt a sister loved by all – professed in 1957 she trained as a nurse and midwife and spent over 40 years in Zambia. She made her final vows in Mbala community, possibly the first of our sisters to make final vows in Zambia (others came along later).

She worked with the poorest of the poor in Mbala hospital and in outreach clinics. When Romana retired from the hospital she moved to Chingola where she was fully involved in 'Home Based Care' for people suffering from AIDS.

Her compassion was as great as her wit was dry. A Dublin woman whose dedication in the missions was recognised and awarded by the President of Ireland just last year. When things got tough in the community (as it does for us all from time to time), she said the Rosary and made a 'few auld buns' as her profession before entering religious life was as a confectioner. Her companionship, patience and hospitality were renowned.

Romana's family were delighted with the video of the funeral as they like most of us were unable to attend.

*Sr Angelo*



Sister Geraldine was a woman from the north of England a true Georgie lass but lived most of her life down in London and spent many years teaching in the East End. For many years she was headteacher. She was a committed member of the Neo-catechumenate community.

On retiring from school she travelled a bit thanks to the generosity of the staff and pupils of the school. When she arrived in Zambia really loved the people and culture. She was appointed there after her sabbatical and spent time with the pre-novitiate sisters.

Long after she celebrated her Golden jubilee she went white-water rafting down in the Victoria falls; this sums up much of who she was – a great adventurer.

Her family , especially her nephew Stephen, were disappointed that they were unable to come to the funeral but Stephen's daughter Eleanor and his wife attended at a safe distance.





Sister Veronica will always be remembered as a very accomplished, grounded, warm-hearted, no nonsense woman - a seriously committed Consecrated Religious who was very proud of her Congregation. She will be remembered her, too, for her compassion and gentle understanding of those in her charge - especially her care for those less gifted and vulnerable. Veronica was a good listener and because of her gentle understanding many people sought her help and counsel. Although she was very happy in her own skin she was not afraid to speak out if she felt something was not quite right! Her Irish charm and smile could be quite disarming.

Many people will have gratitude in their hearts for her and the way she touched their lives - often in quiet and unobtrusive ways - but the Lord who knows everything that is done in secret will reward her abundantly. In Marian House she received the best care possible in her final years from her Sisters and a very generous gracious, caring staff. She shall be missed but given her last few years she was ready to go and see her Lord and Saviour face to face whom she loved so dearly in life .... indeed she had been the human face of Christ to so many people who needed to see and experience it in her years as a Sister of the Sacred Hearts of Jesus & Mary.

*Fr Jim Hurly*



Sister Margaret Mary was a very private woman with a gentle smile. Deeply committed to her life of prayer, she offered words of wisdom and encouragement to many on their life journey revealing to them the compassionate heart of God.

Margaret Mary spent many years teaching in California where she was greatly loved. Here a very young Kathleen Lavery met her through mutual family friend from the North of Ireland. She encouraged Kathleen to discern her vocation to the religious life—and the rest is history (more than 50 years of it).

In her ministry in St. Peter's Parish, Dagenham she completed the Parish Census on foot and invited all to participate in the life of the local church. She expressed her great love of nature through her daily paintings, a beauty to be shared by all. She was by no means a vain woman but she was a great lover of high heels.

Sr Siobhan (and others)



Sister Margaret Gorman, from Fethard in County Tipperary, Ireland.

She entered Chigwell in 1946 and went on to qualify as a nurse/ midwife. Sr Margaret spent some time in both Highgate and Cork, both Mother and Baby Homes but spent most of her apostolic years in Pembroke Dock as a district midwife.

In her later years she became hard of hearing and had failing eyesight, however she always knew what was going on around her. Often those speaking to her would write in her note book which she really appreciated especially when Sr Nora wrote-up the notes of community meetings for her. She often kissed the hands of those who helped her.

Margaret was a very prayerful person and was grateful to be able to attend daily Mass.

Her family were very important to her and she was always delighted to get news of the nephew, nieces and grandnieces.



Sister Una Bridget Mulvey from Dublin, Ireland entered the convent when she was only sixteen years of age. She was 53 years professed and throughout that time was a most enthusiastic and generous sister.

Una was a nurse midwife and later trained to work in youth ministries. She spent time in ministries in UK, Ireland, Zambia, USA and Cebu.

Una had a vivid imagination and a positive attitude to life and this kept her close to people. She would be the life and soul of every party and nothing gave her greater pleasure than to compose songs to well known tunes for feast days and other celebrations. She loved acting and telling stories with great embellishment. Una used her gifts to encourage others, she was also a poet and composer of hymns.

In the latter years Una interviewed many of our sisters and wrote their vocation stories and, reflecting on her own vocation she took the words of St. John of the Cross—"In the end we will be judged on love alone." Una loved with a passion her family and her congregation and her experience of God's loving mercy inspired her most genuine and loving service to so many throughout the years.



Sr. Therese Cooney who was born in Edgeware, Middlesex, was a trained teacher when she entered our Congregation. She continued her studies in Cork where she gained her Degree. She taught in Lewisham before moving to Dagenham where she became the Headteacher in Sacred Heart School. Upon her retirement Sr. Therese became the General Bursar for the Congregation. A post she fulfilled with the same enthusiastic commitment she applied to all her ministries.

Sr. Therese was a very talented person who enjoyed many crafts throughout her life. She was particularly adept at quilling and made many beautiful cards which she would share with everyone. She was also able to create beautiful designs and even 3D scenes from eggs which would rival Faberge in their appearance – apart from the fact that her jewels were glass not real diamonds!

When our Convent in Dagenham closed Sr. Therese moved to Marian House where she enjoyed some quiet, peaceful years before she passed on to heaven.

*Srs. Lorna and Barbara*

## Thank you

Thank you for a myriad of prayers offered in these difficult times, for the many masses offered for the repose of the souls of our dearly departed Sisters and family members.

Sisters Angela and Maria Burke send special thanks to all who prayed for and had Masses offered for the repose of the soul of their nephew, Matthew, who died suddenly.

Sister Anne Griffin also sends grateful thanks for all the loving support received on the death of her Mother Mary.

## Reminder

28th August

60 Years - Diamond Jubilee

Sister Margaret Dobbin

Sister Mary Costello

70 Years - Platinum Jubilee

Sister Nora Hogan

Sister Sylvester

Sister Jane de Chantal



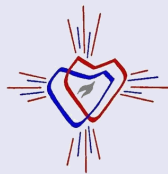
### The Golden Jubilarians:



Sister Maureen Gavin, Sister Catherine Burns and Sister Mary Ita have postponed their celebrations until next year 2021.

The date will be announced once confirmed

**150 years Anniversary of the Arrival of Father Victor Braun to UK**



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