

Keeping in Touch

JUBILEES
ORDINATIONS
SHC'S CEBU

CLIMATE CHANGE
SOLIDARITY WITH
THE POOR



September 2018

Contents	Page No
Editorial	3
Golden Jubilee in Chigwell	4
More Jubilees	8
Ordination of Fathers Simeo and Denis	10
Sr. Clara with Cafod on Climate Change	12
Chigwell Coffee Morning for Climate change	15
Hundreds of Shoes/ Share the Journey	16
Chigwell Communities / Share the Journey	18
The Womb of Silence	20
Sacred Heart Companions, Cebu	22
Sacred Heart Companions, Worksop	27
News from Cork community	28
Ballykillageer Knitters	32
RIP Sr. Mary Basil	33
Thank you and dates to remember	35
Postscript for Pennie	36

Editorial

We are very much in a time of celebration and the ‘jewels of the Congregation are shining forth; we have golds, diamonds and platinum in abundance and it is a joy to celebrate with all our dear jubilarians. I often dream of where we shall all be when I celebrate my golden in 2030! We also accept as our own and celebrate the ordination of not one—but two of Sr. Teddy’s brothers in Uganda.

Apart from the celebrations we are constantly reminded of the world situation of injustice to one another and to creation as we try to give a little response to the threat of Climate Change. We join with Pope Francis in Sharing the Journey in solidarity with refugees throughout the world—so far everyone's small steps have circled the world 4.5 times (and growing).

Formation in life is so very important and in Cebu a very inspiring and enjoyable program is offered to our SHCs. The group in Worksop also shared their special moments with us. Even in times of sabbatical Sr. Alex’ managed to think of us and send us a lovely reflection.

We thought that the community members in Cork were retired but they seem to be up to all sorts of things as they describe in their report on page 26 - but some seem to be planning a break-out so I have included a community photo for remembrances. In county Wicklow the lady knitters are working to support the babies in Africa.

We said a fond farewell to Sr. Mary Basil at the end of June and we pray for our many sick sisters, relatives and friends

I miss Emma here in the office and we continue to pray for her recovery and return to us all soon.

Anne and Emma

Golden Jubilee



*Congratulations to Sisters Annie Mary,
Kathleen and Anne Healy*





The 4th of August was a great day for the three jubilarians. Sisters, family and friends gathered to help make the day one of joy and happy memories. The Holy Father sent his blessings, the Mass incorporated cultures and customs with everyone participating and making a joyful noise to The Lord.



Chigwell community, once more, ensured that everyone was welcomed and felt at home. Staff and sisters ensured the banquet truly was ever more sumptuous. And it was all to thank God for 150 years of vowed service (and a few more before).



Travellers came from the far distant isles (South Uist), Scotland, Ireland, The Netherlands, USA and there were a couple from England and Wales too. It was a joy for many of us to meet up with Marybell, Maureen, Agnes and

Margaret—who were sisters with us in the past and

still share
our charism.
We seemed
to have
plenty to
chat about
but it was
just being
together
that made it
a Jubilee for
all.



Congratulations



Alleluia
Enjoy your
year of
Jubilee

More Jubilees!!!!

In Chigwell we celebrated two very special jubilees on the 28th of August. You can see by the happy smiling faces that it was a joyous occasion. We kept things fairly low key but it was great to be able to relax and enjoy a community celebration. Sr.



Sister Mary Dominica

Platinum Jubilee

Dominica must have been a baby when she entered as she looks so young, imagine 70 years. It was good that she was well for the day.



Sister Barbara

Diamond Jubilee

Barbara also kept the flag flying and made sure every stick was in its place.

Barbara has completed a mere 60 years (I say that of course tongue in cheek). Congratulations and may God shower blessings on both of them.

Also on the 28th **Marian House** found another two platinum jubilarians shining brightly and basking in well deserved attention, 70 years.

Sisters Margaret and Bridget

Platinum Jubilee



Sisters Bridget and Margaret Mary were joined by their community, families and the ever faithful staff in Marian House. Sr Bridget is enjoying extra care these days, something that Sr. Margaret Mary and the other sisters in M. House enjoy every day. We thank them for all that they have done in loving service.

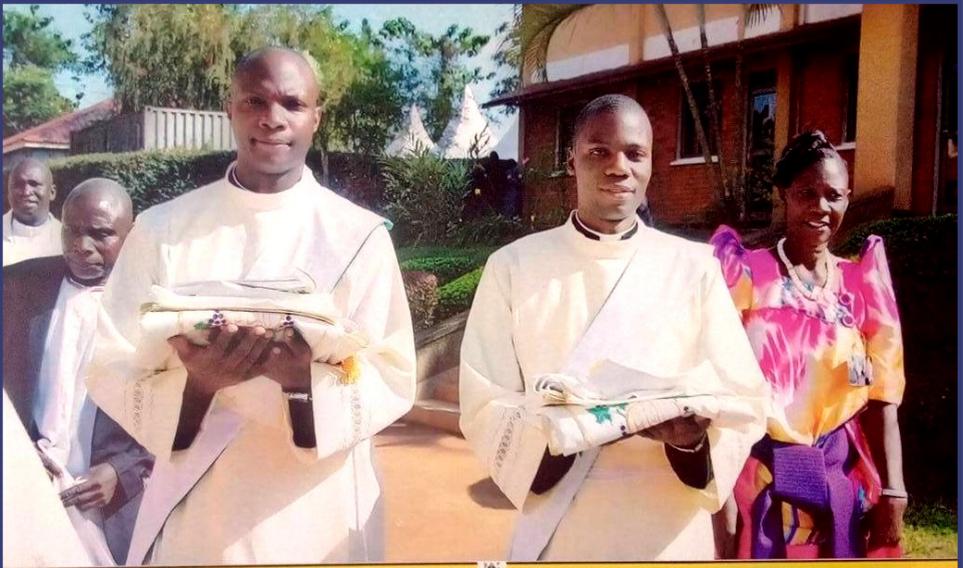
P.S. who can count up all the years of RL in these jubilee pages?





*Congratulations to Father
Simeo and
Father Denis and also to
our Sr. Teddy who
is sister to both.*

On the 28th of July two brothers, who just happen to be brothers to our very own Sr. Teddy, were ordained to the priesthood together. As he called the disciples two by two, Simon and his brother Andrew, James and John, so he call Simeo and Denis. "This is from the Lord and it is marvelous in our eyes." (Mk 12:11). Their journey to the priesthood was full of challenges but they were supported by family and friends. Many sacrifices helped make their childhood dream a reality. Sr Teddy requests that we continue to support them in their ministry with our prayers.



LUGAZI DIOCESAN ORDINATIONS

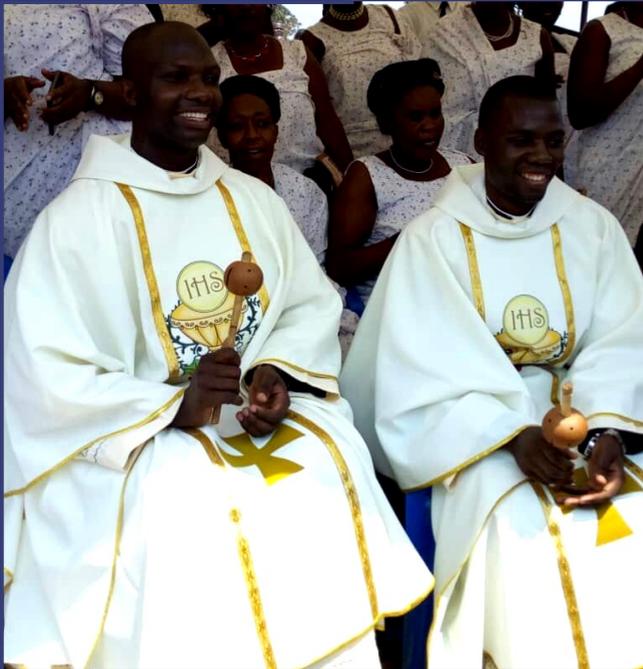
ON 28TH JULY, 2018

Photo by 0706 0263

Below Left: Proud Mum and Dad with their sons Fr. Simeo and Fr. Denis

Right: Sister Teddy with her brothers Fr. Simeo and Fr. Denis after the Ordination Mass.

Below: both brothers (or Fathers) participating in the music making. Amongst others, they were supported in the seminary by Fr. Colum Clerkin and received gifts of vestments from the congregation.



*YOU ARE
A CHOSEN
RACE, A
ROYAL
PRIESTHOOD,
A HOLY
NATION,*

'Be the change, Time's up Action now!'

Sr Clara goes camping with CAFOD For Climate Change! Belgium 2018



From the 1ST to the 5TH of July over 100 young people gathered from several European countries as well as New Zealand, DRC Congo and the Pacific Islands. They listened to world experts, discussed the many issues of climate change, how to reduce it's impact and how to work together with

local and national governments to address changes in attitude with practical responses and ideas. *'Be the change, Time's up Action now!'*

The activity took place in Belgium in the little village of Tielen, winner of Belgium's 'Greenest village'. It has many green spaces with projects to preserve and reintroduce endangered species.



The camp was organised by CIDSE which, like CAFOD, is part of CARITAS International.

An annual event, the camp this year celebrated it's 30th anniversary and CAFOD together with other NGO's were invited from Europe and beyond.



There was sharing of some success stories like the projects in Tielien that gained funding from the EU. Other project coordinators offered stories of

successes and challenges and gave talks about how their ideas can be adopted and adapted.



England Vs Colombia! Cheers everyone!

We enjoyed outings to local reservation areas and in-camp activities such as nature walks and games. And because the camp was held at the time when the world cup was taking place, we even had opportunities to watch a match or two!

The whole experience for me was very good. I got the opportunity to meet and make new friends.



Clara's out door activities: looks like a lot of fun learning was had by all.

It was also my very first camping trip and I must admit I was nervous about it but it ended up being such a good experience, I enjoyed the outdoor life and for 5 days I was a 'vegan' as the camp served no meat or dairy products! It is probably the healthiest I have ever eaten so I made the most of it!



Is this sharing Clara or just a dinner queue?

Chigwell Communities and Parish Coffee Morning on Climate Change

Sr. Clara does not leave her work in Cafod's London office—no she brings it back to the community and the parish to share and to promote the message that we are all responsible for climate change and we all have an important role to play. Apart from the tea and coffee our minds and hearts were fed and hopefully changed.



Hundreds of shoes laid outside Westminster Cathedral in support of refugees

Hundreds of shoes were displayed outside Westminster Cathedral on Wednesday to mark the thousands of miles walked by Catholics in England and Wales in solidarity with people forced from their homes elsewhere in the world.

The display, organised by CAFOD and the Catholic Social Action Network, highlighted a campaign launched by Pope Francis last year. The 'Share the Journey' campaign calls for world leaders at next month's UN General Assembly to back global agreements aimed at assisting refugees and



Cafod's Sister Clara, from Zambia, stands amongst the shoes left outside Westminster Cathedral to highlight the plight of refugees *Credit: "Thom Flint/CAFOD"*

(While we are delighted that Clara is working with Cafod she is still SSHJM)

migrants – most of whom live in poverty and are residing in poor countries.

More than 40,000 Catholics across England and Wales have undertaken walks in solidarity with people displaced from their homes as part of the campaign.

Samantha Aidoo from CAFOD's Campaigns Team said:

“We are calling on the UK government to demand that world leaders place human dignity at the heart of the global compact on refugees at next month's UN General Assembly.

“The thousands of people who have taken part in the Share the Journey campaign have shown an overwhelming response to Pope Francis's call for us to embrace those forced from their homes by persecution and poverty.”

Add your name to the Pope's call at cafod.org.uk/sharethejourney



Chigwell Communities sharing the Journey



On the 27th August, the community of Chigwell set off to walk around the garden as a gesture of solidarity with the **65.5 million** people who are

driven from their homes or country.

The initiative came from the Pope himself, but CAFOD put the stories and facts together so that we could make of our walk a sort of pilgrimage.

It was a very moving experience.

This number of internally displaced people is 40 million. Of the 25.5 millions who are refugees, more than half are under 18 years of age. Every minute 20 people are forced from their home.

As we walked we stopped to read stories of some of these people and to pray for them.

At the end of our walk we signed cards that CAFOD will take to the Prime Minister as she heads to the UN General Assembly in September. UNHCR has formulated a Global Compact on Refugees (GCR)



whereby countries will be asked to share the burden and responsibility for refugees.

As we reflected on the situation we were made aware of the tremendous contribution that poorer developing countries made by opening their doors to those seeking shelter



whereas richer countries seem more preoccupied with putting up obstacles to access.
NO WELCOME HERE.



Around the garden we had 8 stations for reflection.

← Signing a petition for the UK parliament .



← Reflecting on the Lampedusa Cross (made of wood from a shipwrecked boat of refugees).



'The Womb of Silence'

Our response to the invitation, 'Be still and know that I am God', is beautifully summed up in the following reflection by an unknown writer. Extracted from 'Finding Your Hidden Treasure': Benignus O'Rourke OSA

**Not in the whirlwind,
not in the lightning,
not in the strife of tongues,
or in the jangling of subtle reasoning
is He to be found,
but in the still small voice
speaking in the womb of silence.
Therefore be silent.**

**Let the past be silent.
Let there be no vain regrets,
no brooding on past failures,
no bitterness,
no judgment of oneself
or of others.
Let all be silent.**

*Be still and know,
be still and look.*

*Let the eyes of the mind be closed,
that you may hear
what otherwise you would not hear,
that you may know
what otherwise you would not know.*

*Abandon yourself to Him
in longing love, simply,
holding on to nothing but Him.*

*So you may enter the silence of eternity
and know the union of yourself with Him.*

*And if in the silence he does not answer,
he is still there.*

His silence is the silence of love.

*Wait then in patience
and in submission.*

*It is good to wait in silence
for His coming.*

Thank you Sr. Alexander for sharing this with us. We all pray that you are enjoying your well earned sabbatical.

SACRED HEART COMPANIONS-CEBU

SPIRITUAL FORMATION

RATIONALE AND OBJECTIVE:

The purpose of the SEMINAR was to introduce the SHCs to the four Pillars of the Federation of the Sacred Heart Congregations founded by Fr. Victor Braun, their Charism, Spirituality, and Mission, To have a greater understanding of Fr. Victor Braun's spirituality, and above all to have a personal encounter with the Sacred Heart of Jesus. A second reason is to develop right relationships with one another in order to be able to make a firm commitment to follow God in the service of poor and marginalized people in the spirit of Fr. Victor Braun.

The seminar was an entry step for those who are interested in becoming Sacred Heart Companions and a refresher spiritual formation for those who are already members.

Day 1- July 14, 2018 (Saturday)

Sisters: Marissa, Ruth, Natasha and myself (Joseph) arrived in the port of Ozamis City at 6: 00 am in the morning and were picked- up by Sr. Esther and her brother Ronald. We went for breakfast then straight on to the seminar venue.

On our arrival the participants were there already waiting for us, they were very excited to see us and looking forward to the day's activity.

After the 'welcoming' activities, Sr. Marissa gave input on "*Encountering Love*". She included some very relevant video clips' to help us reflect on the love of God for each of us and the challenges on how to love Him and others in return.

Sr. Marissa shared some of her own personal experiences related to the topic to help us understand .

She particularly mentioned the two Great Commandments

Love God with all your heart, mind, and soul...

Love your neighbor as you love yourself.

Sr. Marissa clearly conveyed to us the message of the Commandments and helped us to reflect on the loving and merciful Heart of Jesus. She helped us to understand that in loving God in the Church we have to actively and consciously carry out His will by serving His people.

The second topic: **“Glorifying God”** was given by Sr. Ruth.



Focusing on the headings:

How to live for God’s Glory

Glorifying God by our lives

Glorifying God by caring for His creation

We started by singing the Gloria in Cebuano, **“Himaya sa Dios”**. Sr. Ruth gave a dynamic presentation, including videos, with a lot of group participation and discussions.

We were reminded of our responsibility of how to be good stewards of all creation. She ended her sharing with a beautiful hymn.



Sr. Natasha facilitated the third session with the theme:

“Gratitude is the heart’s memory”. Focusing on:

An attitude and spirit of Gratitude

Gratitude; the heart of thanksgiving

Thanksgiving leads us into action

“A grateful heart is impelled to serve the Lord and find expression in a life of commitment to our work. Once we come to realize how much God has given us, a life of self-sacrifice, of working for Him and for others, becomes a privileged way of responding to His great love.”
– by Pope Francis

Sr. Natasha started by distributing a piece of paper to everyone. She wanted to see how each one would respond when offered something, and interestingly, only two participants said “thank you”.

A second reflection focused on what we actually see, how others see us and how we see ourselves. We spent some time in group work meditating on the parable of the 10 lepers.

The last topic of the day was given by Sr. Esther Suico, with the theme: ***“Repairing what has been broken in the Body of Christ”***. Sr. Esther’s input covered the following points:

Making up what is lacking in the Body of Christ

Repairing/making peace or reconciliation with the self, others and God.

Conversion of heart

Sr. Esther shared her own personal experiences explaining that 'Reparation or Reconciliation' is very difficult.



We were asked to share on: experiences of being hurt, wounded etc. in our personal lives, family lives, in society and in the Church. It was very moving listening to the sharing, how we have all been wounded and long for healing. A realisation of the need to be reconciled with self, others and God dawned on us all. Another great need is to be reconciled with nature and Mother earth, which has been damaged through our carelessness and selfishness.

Before the day ended, groups formed to share and reflect on the day and on significant learning from the four themes. Feedback was creatively given through drama, dancing, singing, etc. There were two youth groups and two adult groups .

We ended the day's session with the song of "Saint Francis for Peace" and a closing prayer.



The next day the workshop/ seminar continued and we will include that report in the next issue of Keeping in touch.

Well done to the sisters and SHCs in Cebu for their inspiring work and dedication.



Sacred Heart Companions, Worksop

Sister Elizabeth sent us these lovely photos from the SHCs. After all the hard work of praying—into the community for a cuppa! Looks like our prayer

support network is going strong, thank you all.

Below is a photo of Minnie—one of the parishioners that Sr. Elizabeth visits, she is a sweet 102 years young. There must be something in the water in Worksop.



NEWS FROM CORK

Greetings from Cork / the cream of Ireland!! We are known as a "Retiring Community" but we are far from that saying!! It's a very busy house indeed.

Sadly, earlier this year we lost four sisters; Philomena, Mary Roddy, Ambrose and Camillus and each sister had a wonderful send off to Heaven. There were so many friends and family saying goodbye. They served God so well and are now reaping their reward. That leaves us to pick up the pieces and start joyfully on our journey again.

We had a wonderful few days on retreat—so prayerful and silent. Then we had to say goodbye to our wonderful Sr. Alex and we joyfully welcomed Sr. Annie Mary.

Meetings of all sorts are a regular occurrence and sisters arriving from Chigwell. Of course we had our Area meeting with sisters from Knock, Belfast and Roscrea. We had our visitation with Srs. Mary Mangan and Mary Ita which was a pleasant and enriching time.

Our garden was given a new look, all the hedges had to be removed as they were causing problems with the drainage. Now we have had a complete garden 'make over' - new plants and flowers planted giving a look of youth and beauty. (So sorry we ourselves could not merit this challenge)! Adding to the beauty of the garden, Martin, Breda's husband, gave us a fountain which has been given pride of place.

As Breda has quite a responsibility for driving to hospitals and

taking sisters on trips, it was felt that she needed some help and so now she has an assistant, Leslie Ann. She is a cheerful person like our dear Breda.

This year we celebrated 80 and 90 birthday girls and our young 98 year old wants to live to 100 so that she can receive a 'jackpot' from the Government –Where is her vow of Poverty?!!

We also had two special "Jubilee Celebrities" - Fr. Colin, our parish priest, celebrate the silver Jubilee of his ordination to the Priesthood—we were guests of his and then Sr. Annie Mary invited him to a great celebration here with his mum and Breda's mum. Of course we have another Special celebration with our dear Sr. Annie Mary celebrating her Golden Jubilee in Chigwell—and a special treat awaits her here in Cork. What a busy house we are, two more sisters joining us, and we gave them a very warm welcome. Sr. Mary Jo from Liverpool and Sr. Margaret Shanahan from Marian House, both happily settling in.

Enjoy our short news from cork and love to everyone.

Note; this may be the last we ever hear from our dear sisters in cork as they included the postscript on the next page!!!





There will be no nursing home in my future. When I get old and feeble, I am going to get on a Cruise Ship. The average cost for a nursing home is €200 per day. I have checked reservations and I can get a long term discount and senior discount price of €135 per day. That leaves €65 a day for:

1. Gratuities which will only be €10 per day.
2. I will have as many as 10 meals a day (of fantastic food, not institutional food) if I can waddle to the restaurant, or I can have room service (which means I can have breakfast in bed every day of the week).
3. The liners have as many as three swimming pools, a workout room, free washers and dryers, and shows every night.
4. They have free toothpaste, free soap and shampoo.
5. They will even treat you like a customer, not a patient. An extra €5 worth of tips will have the entire staff scrambling to help you.
6. I will get to meet new people every 7 or 14 days!
7. TV broken? Light bulb need changing? Need to have the mattress replaced? No problem! They will fix everything and apologize for your inconvenience.
8. Clean sheets and towels every day, and you don't even have to ask for them.
9. If you fall in the nursing home and break a hip you are on Medicare insurance; if you fall and break a hip on the ship they will upgrade you to a suite for the rest of your life.
10. Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name where you want to go? So don't look for me in a nursing home, just call shore to ship. *PS: And don't forget, when you die, they just dump you over the side at no charge!!*



Cork Community 2018

L to R Back: Sisters Myra Brennan, Marian Hogan, Catherine Kennedy, Mary Joseph, Nora Hogan, Annie Mary, Christina Doona, Celine de Jesu, Sarto Harney, Laurentia, Gabriel Dunne, Una Bridget, Bridget Ryan. Front:. Sisters, Mary Carmel, Catherine Murphy, Laura Ryan, Margaret Shanahan, Christine Hawkins, Margaret Healy, Mary Spain, Michael, Mary Ignatius, Zita, Margaret Gorman, Mary Alphonsus



Ballikillageer knitting for babies in Africa.

In a beautiful part of Wicklow, Ireland, is a little place I have never heard of but somehow Mary Condren there found out that we are always looking for little knits for the babies in Zambia and Uganda. They sent us a wonderful collection which will go out with Srs Yvonne and Jane Frances when they come over for meetings in

October. We will be looking forward to sending these lovely ladies some photos of the babies who receive their kindness. Thank you Mary and your 'knitters' !!!



Sister Mary Basil Maguire

Before we go our separate ways, and with sadness, prepare to bid our last farewell to our dear departed Sister Basil, I offer this short reflection on her life and mission as a Chigwell Sister.



Mary was born in Gortin, county Fermanagh, in the north of Ireland. One part of the home parish is situated in county Monaghan but the Maguire family home lies in Fermanagh. She was baptised in the Church of the Sacred Heart some hours after her birth. Travel arrangements were complicated in those days of the *hard border* and all that went with it. Mary had two brothers and two sisters, all of whom pre-deceased her.

Mary joined our congregation in Chigwell in 1952 and as Sister Mary Basil made her Final Profession of vows on the 28th of August 1960. She spent nearly twenty years in two of our residential homes for women with Special Needs, in Leyton and in Carlisle. In 1977 Sr Basil began her nurse training in Preston, Lancashire. During that period she suffered a sudden serious illness and was admitted to hospital in Liverpool.

From then on her fragility limited her capacity for a fuller life. Sister Basil spent time in our houses in Pontville, Herne Bay and then Chigwell. Over two years ago it was obvious that she required a level of nursing care in a residential setting, which we sisters are unable to provide. Sister Basil was accepted as a resident in Forest Nursing Home. There she was fortunate to receive care and protection (and ongoing support from her sisters). At all times Sister Basil's dignity and wellbeing were safe-guarded and respected in tough times as well as in heart-breaking times that left no room for negotiation.

The whole congregation offers sincere gratitude to the Manager and members of staff of the Forest Nursing Home for all they did to make Sister Basil's last two years comfortable.

On our last encounter, a few days before she departed this life, Sister Basil held my hand as we said goodbye. I was very aware that she had been showered with God's grace and blessing. This was evident in her affectionate remembrances of our earlier days in our way of life and living. Gone forever were any traces of words or actions that had been a familiar pattern and a cause of torment for herself and those who shared day-to-day living with her. We both agreed that our choice of life vocation wasn't an easy ride; it was hard at times, very hard. We had both experienced the darkness and pain of illness under different guises, which God, in mercy, changed into moments of grace. Then in a whispered tone and obvious weariness, Sister Mary Maguire changed the whole tone when she spoke to add

But the reward will be great as Our Lord promised.

This up-beat witness of faith in God's promise has stayed with me, *making all the difference*. May it be so for each of us as we pray for the light of God to remain in our sister forever. I would like to finish with the last sentence from that age-old spiritual treasure

The Cloud of Unknowing

*For it is not what we are or what we have been
that God sees with all-merciful eyes
but what we would like to be.*

Rosemary Clerkin SSHJM
August 2018

Thank you

Sisters Jane, Sylvester and the Conway family would like to thank all who sent Masses, messages of sympathy and who attended the funeral of Sr. M Camillus RIP. Mass will be offered for all your intentions.

Sister Dominica would like to say thank you for all the 'Get-well, Feast Day and Platinum Jubilee wishes and gifts. Mass will be offered for all your intentions.

Sister Barbara send thanks to all who sent her good wishes and prayers for her Diamond Jubilee.

"The three Golden Jubilarians, Sisters Anne, Annie Mary and Kathleen, are profoundly grateful to all who have accompanied us on our life journey up to this point" (taken from Jubilee booklet). Also for the many prayers, Masses and good wishes that we received.

A little reminder:

Webinar for the congregation

October the 23rd at 1pm BST

—try to be there or have at least one representative from each community. Will be sending the link for registration soon.

What Pennie gets up to when no one is looking

Fishing for What?

Sr. Pennie, on holiday in Scotland, was delighted on landing this great catch when she was at home—and the whole family thoroughly enjoyed sharing it with her. Wouldn't we all just love to tuck into it with a big plate of chips and a lovely 'wee dram' to wash it down with.

(when in ~~Rome~~ Scotland)



Editorial Team:

Sister Anne Griffin & Emma Shaw

Chigwell Convent,

803 Chigwell Road, Woodford Bridge IG8 8AU

Tel/Fax: 020 8506 0359

Email: communications@sacredheartsjm.org

For private circulation only