

Sisters of the Sacred Hearts of Jesus and Mary
Keeping in Touch

Reflections
Reflections



Summer 2016



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EDITORIAL

Hello to you all on this my first attempt to take on the editorial of Reflections. It is a bit of a challenge to present our keeping in touch magazine in a way that covers as many aspects of who and where we are as possible.

At present, here in Chigwell, we have the joy of meeting up with many of our sisters who travel here for meetings / gatherings as well as being a hub to come and go from. Today eleven of our newer members went off to participate in the Federation Meeting in Versailles and left behind them a very quiet house, we are looking forward to their return.

We share our moments of sadness with the loss of sisters Catherine Coughlan and Mary Marcellus Barry and we miss very much Theresa Helm whose shoes in this job I will never pretend to fill. There have been also many occasions of joy and celebration which I hope you will enjoy reading about here. There are many more things going on that we all want to read about so please let me or Emma know. I hope many of our senior sisters will be inspired or encouraged by Sr Margaret Healy's beautiful article, describing a little of who she is, to share who they are also so that we all get to know one another better. We can't all visit every house so make this your forum. Send us your pictures we love to get news of SHJM sisters, SHC and our many helpers and co-workers and projects. Let us know what you want please.

Anne

May the Sacred Hearts of Jesus and Mary be everywhere loved.

SISTER VILMA DIAZ, PERPETUAL PROFESSION

Congratulations to Vilma who has been with us now for many years and now fully committed is offering her all in a poor and dangerous area.

On Sunday 17th May 2016 there was a joyful gathering at the Parish of Our Lady of Guadalupe in El Salvador as Sister Vilma made her Perpetual Profession as a Sister of the Sacred Hearts of Jesus and Mary in the presence of Bishop Jose Elias Gutierrez, the sisters of the Congregation, her family and many friends.

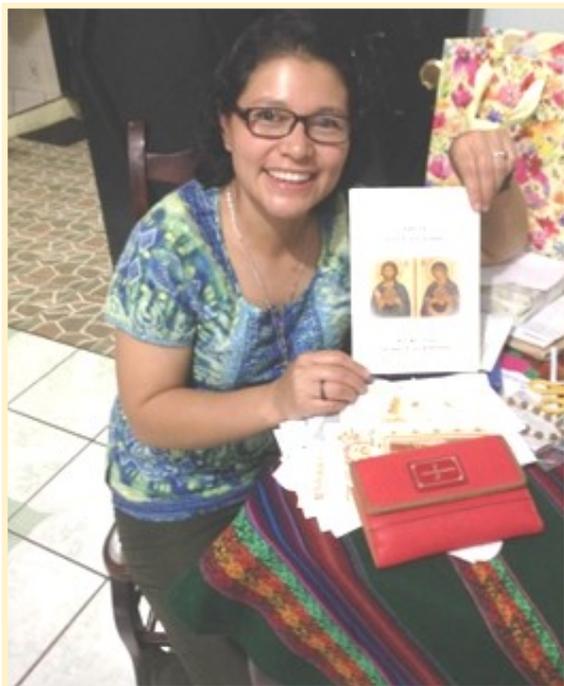
Sister Vilma met the Sisters when she went to a vocation meeting. She attended the meeting because she was drawn to the name of the Sacred Heart in the title of the Congregation. For Vilma the Sacred Heart means love and compassion and this was what drew her to our Congregation.

'When I started reading and writing I enjoyed writing 'God is Love' everywhere. I used to ask 'God what do you want of me?' said Vilma. 'In my childhood I found this friend, God, who closes windows and opens doors. The image I had of God is one of a father and mother, a merciful and loving God. A God of Life.

Now, as I come to the moment of my Consecration I know that God has always been with me and He will be there to support me in the future. When I think about all of this I just want to do one thing – to respond to that love that is burning within me'.

Sister Vilma is a physiotherapist / occupational Therapist, and together with Sister Dayssi Sanchez, who is a nurse, they use their gifts and skills to help improve the lives of the poorest people who are not able to afford these services.

Sisters Vilma and Dayssi are based in Sacred Heart Parish, Mariona, San Salvador.



SISTERS SHIELA AND MARISSA IN CEBU

Marissa Eyas Limalima and Shiela Lalaine Varquez made their First Profession of Religious Vows in Cebu, Philippines on 18th May 2016. Photos of the profession have already been sent out so we invited them both to share a little of who they are and how they came to our congregation.

Shiela's story;

I am 28 years old and come from Poblacion Daanbantayan, Cebu North. My parents are: Ricardo M. Varquez and Lucia A. Varquez.

I have seven siblings, 5 brothers and 2 sisters. My older brothers and sister have their own families. My younger brothers and sister are studying in college and elementary, one is working and the other one is in his second year in Theology (Rogationist).

My family background is poor. At college I graduated with a degree in Bachelor of Science Hotel and Restaurant Management and worked as Administration Assistant for almost four years.

My father, Ricardo, worked with our Sisters and so I came to know the Congregation through him. At first I was hesitant and a bit reluctant to talk to Sr. Anne Healy but then, through meditation, I came to realise that I really had to talk to the Sisters about my desire. Later on Sr. Esther came to see me and after listening to her I decided to leave my job. Then I found myself in the convent for the "Come and See" experience.

I love to serve and help the poor especially the children. Through the Charism of the Congregation I was inspired to offer the rest of my life to serve God and His people. I was also inspired by the life of our founder, Victor Braun. He travelled a



Sheila with the Special Needs students at the Victor Braun Centre

lot even though he had poor health, with open arms, he recognised the needs around him and responded. I would like follow in the footsteps of Fr. Victor Braun.

Marissa's story;

I am 29 years of age and I come from San Antonio, Medellin, Cebu North. My mother and father are: Martiniana Eyac Limalima and Bonifacio Limalima. I have 13 siblings in the family: 8 brothers and 5 sisters but the 3 are already in heaven.

My family is very poor and, being the eldest of the girls, I had to go to work after High School so that I could help my parents support my younger brothers and sisters in their education. After I graduated from high school I first worked as a cook of Korean Cuisine in Mactan. There, my boss taught me how to prepare and cook Korean food. After that I worked in different shopping Malls in Cebu as a clerk and a sales promoter, later still I did some training and it was while I was assistant coordinator in a Jeans company that I decided to explore the idea of joining Religious life.

I first came to know the Congregation through a "Vocations Jamboree" in February 2012. While "booth hopping" I was drawn to the SSHJM booth (or stand). I put my name on their list for those who were interested in receiving more information. Later that evening I received a text from Sr. Esther Suico inviting me to join the SHJM 'Search-In' programme the following month. **I came and I joined!**

It's my passion to help the poor and through our Congregational Charism I want to offer my life to serve Jesus. In Him I see the needy: the trafficked women and street people.

Both Marissa and Shiela continue their studies at the university we wish them every blessing in all they do.



Marissa spent her apostolate in "Laray" with the 'Children at Risk'.

GETTING TO KNOW YOU

Now we have just met and congratulated our newer members but it is important that they, also, get the opportunity to get to know our more senior sisters. Our dear sister Margaret Healy is the first to share with us a little flavour of who she is. If you can be as happy and contented in life as Margaret you will be a true witness to our charism.



Sister Margaret Says;

I was born in County Cork, Ireland, a townland called 'Derry' on August 28th 1920. I was the youngest of seven children, one of whom died at three months. So half dozen of us lived – 3 boys and 3 girls.

I had a very happy home and family. We had great neighbours, one on either side of us. I could say that both those families helped to raise me! My dentist here in Cork is a grandson of one of the neighbours. When I first went to see him for treatment and offered to pay (his secretary was on holidays), he said "If I took money from you, my father would turn in his grave".

*I entered the convent February 26th 1940. Mother Augusta O'Flynn came and spoke to us about Chigwell Convent and the Sisters of the Sacred Heart of Jesus and Mary, when I was in my last year of school and doing my leaving certificate at the South Presentation Convent School and, as a result, I chose to enter Chigwell Convent. After the Novitiate I was sent to Teacher Training College in Endsleigh, Hull. My first teaching assignment was at St. Peter's in Dagenham and I was there for nine years. One day a Corkonian lady (that is a woman from Cork) came to my classroom with her son Terry, who was my student. She said "Sister, I'm here to tell you that the boys were playing in the street last night and they said that Tony used 'bad language' and they were going to tell you in the morning. He couldn't have because he didn't hear bad language from you or from me or from his father and **God damn it, it isn't fair to blame him!**"*

In 1954, Sisters were asked to volunteer to go to California to start a new mission abroad, which I did. I went there with the second group to Turlock. I

had 50 second graders in my class. Thank God for my Dagenham experience! One day a little boy asked me why I was wearing old lady's shoes - my beautiful shoes from Oxford Street, London. His aunt, who was an old lady, wore a pair like mine!

After ten years I was moved to St. Jerome, El Cerrito. There I was principal of the school and 8th grade teacher – the worst year of my life. The next year Sr. Laura Ryan took over the 8th grade and my sanity was restored. The year I had the class, there was a clique of very brazen girls but the boys were super. I was moved to St. Anne's in Sacramento in 1972. I took over Sr. Oliver's class when she was recalled to Chigwell to serve on the General Council and later as Congregational Leader.

I spent seventeen years in the school. The parents struggled to pay tuition fees but nobody was ever refused, all were welcome.

When St. Anne's closed in 1989, Sr. Catherine Murphy and I moved to St. Paul's Parish where she put to good use her degree in Paroral Counselling and Marriage Preparation. I set up First Communion classes, one on Sunday and one on a weekday. The latter were older students and tougher. Another teacher and I always had over 100 children for First Holy Communion. The Parish did not have it's own school.

I forgot to mention my 8 years in Kindergarten at St. Anne's – the cream of my 44 years at the job. I taught them their basic prayers and also explained to them that they could also pray by talking to God in their own words. It worked! One day a little cuddly Mexican boy said "Sister, I have to pray today". I reminded him it wasn't his turn. He said "I have to, I have to". So I let him. This was the fervent, eyes closed, prayer: "O God, please stop my grandpa from wearing his red shorts going to bed, they are driving my grandma mad. Amen."

I left St. Pauls in 2003 – the Parish priest moved so did we. I retired to Curry Avenue, until I returned to Cork 2009.

Sister Margaret Healy.



Happy 96th Birthday Margaret, we love you.

GETTING TO KNOW OUR NOVICES

from Zambia and Uganda.....

On the feast day of Fr. Victor Braun 18th May 2016 the Lake Road community came together to celebrate reception into the Spiritual Year of Sisters Annet, Clara, Mervis, Natasha, Ruth and Sylvia.



and in Cebu....

Sister Mary Mangan was delighted to welcome and receive Sister Odette Salua when she visited the Communities in June. Here she is signing the book of entry to the novitiate.

Congratulations to you all seven Sisters and we hope to get to you better soon. We will keep you all in prayer at this very special time.



NEWS FROM AROUND THE WORLD

Corpus Christi in Lusaka, Zambia



The Blessed Sacrament arrives, guided in by the Catholic Women Organisation, who sing and dance as they lead the way, assisted by the drummers.

Each year, our community at Lake Road is the first station along the way of the two-hour long Corpus Christi Procession from Mary Immaculate Church, around the parish and back to the church. Our garden is filled to capacity with parishioners.



Pabo - Affected by Violent Storm

On Wednesday, 27th April 2016 a violent storm took place in the Pabo area of Northern Uganda which affected the homes of many families. The Victor Braun Special Needs Unit, one of the Congregation's many project activities in Pabo was destroyed during the storm. Some iron roofing sheets on other nearby project buildings were also affected as were solar panels on the roof. Thankfully it was at night and nobody was injured. A total of 27 children attend the Special Needs Unit and a further 57 children attend the nearby Victor Braun Pre-school.



The site of the Special Needs Unit with Victor Arop, Programme Coordinator of Women and Children First Organisation

Repairs have now begun with funds raised from the Ladies Dublin
Mini-marathon!!

well done and a big thank you to the Ladies from Dublin.

Update on Pabo Women and Children First Organisation

Energy Saving Stoves and Briquettes: WACFO is committed to environmentally friendly livelihood initiatives and, to date has carried out training in five villages



on briquette and energy saving stove making– community members are now using briquettes for domestic fuel instead of cutting trees for charcoal. The initiative is also helping to provide a clean environment as waste material such as dried leaves, grass and other dry

waste material is used in the making of the briquettes.

Above: a group from Pamkba Village, now using the briquettes and stoves.

While groups were initially trained in using iron sheets to make the stoves, community members have now started to make stoves simply using local clay material – more sustainable and less costly.



Beneficiaries from Atek kilawak group have all year round vegetable production as a result of the underground water initiative - digging underground water wells during the dry season, low cost irrigation machines (manual treadle pumps and extension pipes) are used to draw water from the water well to irrigate the vegetable garden.



Update on



An extremely versatile Sr. Jane Frances shares her skills at a carpentry training workshop with the Youth with Disability Group at the new Centre in Nama, Mukono.



The sisters support children at the **Winifred Tyrell** Special Needs Unit, Mukono which we also own and run. Here we see Sr. Teddy obviously enjoying working with the children.

Solar panels – Another way to help save the worlds resources. With the successful livelihood initiatives, families can

now afford small solar panels for charging phones (so important for communicating in isolated rural areas) and also charges batteries for lamps.

The Youth with disability Group receive many skills workshops, including hairdressing classes, seen below. Yet another CHILDREN IN NEED initiative well underway is a pig farming income generating activity for the Youth group!



Confirmation Reflection - St. Anne's School, Roscrea

On 15th April 2016, Fr. Martin Delaney, attended the annual confirmation ceremony held at St. Anne's School, Roscrea. He was so moved by the ceremony that he wrote a reflection based on his personal experience at the event! The following is his reflection which was published in The Irish Catholic Newspaper dated 28th April 2016.



Fr. Martin with the confirmation candidates: Cian Mc Gee, Eoin Mc Gee, Caoimhe Campion, Ciaran Greene and Rachel Abbott.

In 2013, when the movie *Philomena* was released, worldwide attention was focused briefly on *Seán Ross Abbey near Roscrea, Co. Tipperary*. *Seán Ross* was the mother and baby home where *Philomena Lee* had given birth to her baby boy and then forced to give him up for adoption.

The rights and wrongs of mother and baby homes and the culture and society which led to their establishment have been well ventilated in recent years. I don't wish to continue that discussion here, except to say that when the Sisters of The Sacred Hearts of Jesus came to Roscrea in 1932 they did so to respond to a

perceived need in Irish society at that time. In 1971, the ministry of the sisters evolved into care for children with special needs and St Anne's Special School came into existence.

Like many other similar establishments founded by religious congregations St Anne's is now in partnership with the Health Service Executive (HSE) and other State bodies.

Recently, I visited St Anne's to participate in a celebration of the Sacrament of Confirmation. Caoimhe, a beautiful young girl from our parish, was one of the five Confirmandi.

Sometimes very pious and simplistic language is used when talking about children with special needs. When parents welcome a special needs child into the world I have no doubt that they do so generously and lovingly but with a huge mixture of feelings and fears. "What will the future be like for our child, for us and for the other members of our family?"

Despite our best efforts we all come from a 'mainstream' mind-set. As I participated in the Confirmation Mass in St Anne's, I could feel myself being coaxed gently and joyfully out of my mainstream preconceptions of what a ritual like this should be. ...Comfortable

One boy who was to be confirmed clearly did not feel comfortable in the suit which he was wearing. He proceeded to remove it item by item. I was reminded of the young boy explaining to his teacher the phrase "he came to himself" in the story of the Prodigal Son. He graphically described how the prodigal first of all took off his coat, then his jacket and then his shirt. He next took off his vest and at last, "he came to himself".

As I witnessed this young man's formal suit being replaced by much more casual comfortable clothes I thought; now he is himself and God loves him just as he is. When it came to the prayers of intercession the children were invited to respond not with the expected verbal response, which some would have been unable to do, but with the ringing of bells and the waving of flowers which they all joined in.

Everything about that celebration was just that, a celebration of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, inclusion.

The Spirit of God was present in St Anne's at Seán Ross that day as She/He is every day. Driving out the avenue I wondered "Was this the most real Confirmation I've ever been to?"

[Fr. Martin Delaney - The Irish Catholic Newspaper - 28th April 2016](#)

Staff Retreat at the Sacred Heart Convent, Cork

Recently Father Tom Sinnett, who is the Chaplain at Portlaoise Prison, came to give a retreat to the staff at the Sacred Heart Convent in Cork. The staff found Fr. Tom to be inspirational, delivering profound truths about life. He asked us to read God's Word and to pick a line that meant something to us.

I chose the line "Come away to a quiet place, all by yourself and rest for a while". I felt that summed up our day. The retreat allowed us to leave the burdens of life at the door and to escape to a place of peace and tranquillity that allowed us to reflect and contemplate - something we rarely do in our busy day to day lives.

Another member of staff chose the line "I have carried you all along the road you have travelled on your way to this place". She will be retiring soon and she said that she is on her own path which will change as she moves into retirement. It will be a different life and she is apprehensive of the future but she knows God will be there to guide her.



Father shared many stories with us. One member of staff became upset as one of his stories touched her on a very personal level. Another member of the staff stretched out her hand and held hers. She said nothing. But no words needed to be spoken. The silent gesture spoke for itself. I was touched by the unity that I felt in the room at that moment.



We finished with the hymn, "The Prayer." Father told us that the first time he heard the hymn it was sung by Andrea Bocelli. It was much later that he learnt that Bocelli was blind. But his disability did not prevent him from becoming one of the world's greatest opera singers. With God all is possible.

The staff are most grateful to the Sisters for allowing us the time and the opportunity to have the retreat. Also many thanks to Fr. Tom for giving us his time.

Breda Grealish

Workshop; My experience by

Sister Esther Suico

After the spirit-filled, Inter-Chapter meeting in Chigwell I went with Sisters Elizabeth Buckley and Margaret Shanahan to Workshop and had a very fruitful experience for few days witnessing how they generously share their time helping in St. Mary's and St. Joseph the Worker Parish. There, Elizabeth and Margaret are involved in 'Pastoral Care' which for me is "a ministry of immense love" - bringing Christ to the sick, elderly and homebound. As well as praying and sharing communion with the sisters take time to listen to each persons' stories and present struggles, this is truly life-giving. It is very inspiring to reflect and think that while we are serving the poor in the Philippines, our Sisters in Workshop and in other mission areas are also doing their part offering their whole lives to serve people in need - all for the glory of God.

I would like to thank Sr. Elizabeth and Sr. Margaret for inviting me to visit and for the warm welcome I received not only by them but also from the very friendly parishioners. The Ramos Family from the Philippines invited me to share a lovely Filipino dinner at their home.

Pastoral Care Ministry.....



...a ministry of immense love

Pield Heath School

Pield Heath Home School had their annual fundraising Summer Fayre on 18th June. It was opened by the Mayor of Hillingdon, John Hensley and his wife Diane Hensley the Mayoress. Although the weather wasn't wonderful - the day was a great success. Well done to all involved!



Leaver's Celebration Evening



On Monday the 11th July, fourteen of Pield Heath students were joined by their Parents, Friends, Govenors, Teachers and staff members, Sisters from Marian House and Pield Heath, Father Michael the Parish Priest, the Lord Mayor and his



wife, Lady Mayoress to their Leavers Celebration. The evening began with dinner and was followed by a student concert in the School Hall.

Sister Julie Rose welcomed everyone and thanked them for joining the students on this Special Day. The Head Teacher, Eryl de Souza, gave a wonderful report of the past year, her theme was centred on "Opening Doors" and wishing them well for the future. She also made reference to Pope Francis' Year of Mercy and what this means for all of us. Sister Julie gave out the records of achievement calling each student by NAME and inviting the Lord Mayor to hand the Certificate of Achievements to each student in turn. Each Student was also given a surprise gift. The Lord Mayor praised the Students for their hard work on receiving their Certificates of Achievements and thanked those who helped them over many years in school. The Lord Mayor also said it was a privilege for him to be there and observe all the good work that goes on in this school.



INTER-CHAPTER GATHERINGS

We are exactly two years from our last Chapter and so we (who are able) gather to reflect a little on how we are getting on. The first of our Gatherings has taken place in Chigwell in July and as a 'looker on' I can report that it was mostly a joyful time but not without it's challenges.

Sean Ruth guided the group skilfully through topics on leadership and living in community to bring out the best in one another.

Everyone seemed to participate fully in the activities of listening and sharing and both morning and afternoon sessions commenced with a prayerful reflection. The Franciscan friars from the parish joined us every evening to complete the day with the Eucharist.

During these days we were very aware of the prayers of the congregation and we hope that in both Cork and in Lusaka there will be a similar feeling of support.

Watch this space !



Sean Ruth enjoying the lunch time break with Janet.



This lovely picture was taken on the last day and everybody is smiling. Missing are Sr's. Elizabeth Tobin and Maureen Gavin. Can you name everyone?

ECOLOGY

*"Be praised, my Lord, through all Your creatures,
Especially through my lord Brother Sun,
Who brings the day: and You give light through him.
And he is beautiful and radiant in all his splendour!
Of You, Most High, he bears the likeness."*

(Canticle of the Creatures. St. Francis of Assisi)



How St. Francis must have loved the sun! That "Brother Sun," bearing the likeness of God, is called "my lord" would have been understood by all the ancient peoples who revered or even worshipped the star that we know as our sun. But we, while we are impressed by the orientation of ancient temples and shrines which permit the light of the sun to enter only at a particular moment of each year, are rather more prosaic about our "Brother."

Of course our attitudes vary depending on where we live on the planet. The appearance of the sun lightens, not just our surroundings but our mood and outlook. But imagine the plight of people who live in a place where there is no daylight for half of the year! Think also of those who live in tropical lands where creation flourished in glory until our demand for affluence destroyed mountains, trees, water courses and anything that offered shelter, so that the sun has become a torment instead of a bountiful brother.

We have much to do, working with and for the poor, both people and the wider creation but always rejoicing with Francis in the praise of God through "Brother Sun."

A gentle reminder; Apparently most of us in the part of the world where I live are starved of Vitamin D which, I believe, is necessary for healthy bones. So, while praising God with Brother Sun, perhaps we could walk or sit a little in its beneficent warmth always, of course, being careful not to indulge in too high a dosage!. **Barbara**



Protecting Children Everywhere

New e-learning course: Trafficking, Exploitation & Modern Slavery



ECPAT UK has launched a new e-learning course for all professionals who may come into contact with children, young people or adults who have been trafficked.

Designed in partnership with award winning e-content provider Virtual College, the course supports frontline staff to meet their professional safeguarding responsibilities and recognise the rights of child and adult victims of trafficking.

Learners will be taken on an interactive journey to examine and understand different types of exploitation, how individuals become victims to abuse and what actions professionals should take to identify victims and help them. To register for the course go to the following website:

<http://ecpat.virtual-college.co.uk/>

Content for the course has been developed in partnership with experts from West Yorkshire Police, Newport City Council, Lincolnshire Safeguarding Children Board and Lincolnshire Safeguarding Adults Board.

The course fee is £30 + VAT, however discounts are available for multiple purchases.

Virtual College is donating 10% of all sales of this course to ECPAT UK to help in the fight against child trafficking.

For more information go to:

<http://www.safeguardingchildren.co.uk/trafficking-exploitation-and-modern-slavery-online-training/>

HEALTHY LIVING

As well as all her other parish work Sister Elizabeth Buckley likes to keep healthy and has shared this 'good for your heart' recipe.

Pallas Porridge Bread Recipe

Ingredients:

- 1 Large Tub (500ml) Natural Yogurt
- 2 Eggs
- 300g (12oz) Porridge Oats *(This is the equivalent of 2 of the yogurt tubs 1000ml)*
- 2 teaspoons Bread Soda
- 1 ounce of any Mixed Seeds (Chia, linseed, pumpkin, Sunflower)
- 1 teaspoon Treacle.
- 1 teaspoon Honey
- ½ teaspoon Salt.

Method:

1. Place yogurt, eggs, honey and treacle in a mixing bowl and whisk well. (1 Bowl)
2. Mix the porridge oats, bread soda, seeds & salt in a separate bowl, add to the yogurt mixture and mix thoroughly (2nd Bowl)
3. Combine the dry ingredients with the wet mix and stir well.
4. Place in a greased or parchment lined 1kg loaf tin or use 2 x 500gm tins, sprinkle with seeds and bake at 180C/350F/Gas Mark 4 for 30 mins.
5. Lower temperature to 150C/300F/Gas Mark 2 and cook for a further 30 mins.

Enjoy!



SACRED HEART COMPANIONS

Firstly we would like to ask your prayers for Aber Julia, one of our Companions in Pabo, Uganda, who sadly passed away on Tuesday 5th July. May She Rest in Peace



Sister Patricia has had a busy time recently visiting different Sacred Heart Companion Groups!! It started in May with a visit to the group in Barrhead, Scotland. There with help from the group promoter, Martha Brock they commissioned two new members. We welcome Margaret Cassidy and Anne Marie Johnston.



While she was there, the group took to opportunity of celebrating her 80th birthday with a beautiful birthday cake and afternoon tea!

Following her trip to Scotland, and on the Feast of the Sacred Heart, Sr. Patricia, hosted a Holy Hour and afterwards tea and cakes for the local Sacred Heart Companion Groups. There, with the help of Sister Mary Ita, she commissioned six new member into her group here in Chigwell. Welcome to Gail Hewitt, Theresa Tueji, Margaret Baldwin, Patricia O'Connell, Lynne Tabies and Betty Hanley.



Next she was off to visit the Harlow Companions and with the help of Noreen Wright, the group's promotor, she commission three new members, Betty Rambarran, Jane Ateli and Bernadette McGuckin (photos opposite).

CHIGWELL
Newly
commissioned
Sacred Heart
Companions; Gail
Hewit, Theresa
Tueji, Margaret
Baldwin, Patricia
O'Connell, Lynne
Tabies.



HARLOW
Sr Patricia with
Betty Rambarran,
Jane Ateli and
Bernadette
McGurkin.

Lorna's laughter lines.....



*Yes the disciples follow Jesus
- but not on Twitter!*

WORLD YOUTH DAY

Sisters Yvonne Mwila and Maria Holly represented us at this great event in Krakow from the 25th to the 31st of July. Yvonne sent us a flavour of the events.

On arrival in Poland we received a big welcome from our sisters of the Federation. On Monday 25th we set off to Krakow to a flat that was generously loaned to us by Sr. Dorota's cousin.

At the vocations stand we met people from all corners of the world inquiring about our three Congregations. We were blessed that on our 'team' we had many languages (including English, French, Germany, Spanish, Czech, Polish) and this enabled us to communicate with the majority of visitors. It was so nice to interact with many different nationalities.

I would like to share one of the many challenging messages that Pope Francis shared with us. I liked it because I like a little bit of challenge here and there.

The Pope talked to us on our witnessing to the world. Some of his questions were; How are we witnessing and practising our faith in today's world? How do we live with each other? How do we respond to violence or any situations? We will be discussing these same questions during our Federation meeting in Versailles for newer members from our three Congregations on the theme 'prophetic witnessing in our world today'.

Another thing I enjoyed was the way of the cross which was done in relation to our world and its realities today. The youth (and all of us) were challenged also by our



Holy Father 'not to grow old before your time' to 'be active and respond to the challenges of the world'. We prayed for you all very specially. With love.

150TH CENTENARY



Sisters Pauline and Esther cutting the 150th Centenary cake.

During the Inter-chapter Gathering we took the opportunity to celebrate the 150th centenary of the foundation of the Congregation in 1866.

Not the whole day but the afternoon started off with a beautiful liturgy in which everyone participated with music and art. Afternoon tea was the cake cutting moment and then we celebrated the Eucharist which was led by Father Ian Wilson from Clare Priory. His sermon has already been shared with you all.

*More celebration photos from Cork, and Versailles in the next edition—
Lusaka still later, and where else are you celebrating?*

We called for a 'cluster' but everybody wanted to be in the photo—sorry to the missing few.



Sister Catherine Coughlan RIP

(1938 ~ 2016)

Sister Catherine was born in County Cork and lived in Boreenmanna during her young life with her parents Jeremiah and Bridget. She had two sisters and one brother.



Catherine was educated with the Presentation Sisters in Douglas Street Cork. From an early age she was very interested in the flowers in the Convent Garden in Cork and used to visit Sister Sebastian. It was through Sr. Sebastian that she joined our Congregation here in Chigwell on the 25th January 1959.

As a novice she became known as Sister Mary Fachanan. She made her first Profession of Vows on the 28th August 1961 and her Final Profession in August 1967.

Catherine's first assignment was to Upholland College in Lancashire where she helped to look after the students preparing for the priesthood. She then attended a course in Child Care and on qualifying she was assigned to Allerton Priory School for girls with special needs.

In 1971 she was appointed as group leader in Lewisham where she had a great relationship with the children and she was loved by them, even when she left Lewisham, some of the young people still kept in touch with her.

In 1992 Catherine joined our mission in Zambia. She supported the work being done in Chilonga Hospital for five years before returning to England work in child care in Pontville School and subsequently as superior. She was kind to the sisters, staff and children alike. She was a popular in the parish, people would come to visit her and Catherine always offered a listening ear and a cup of tea!

In 2002 Catherine joined the Limerick Community— Myross convent was in the middle of a housing estate where many children lived. Catherine soon got to know many of them and she was in fact a bit like the pied piper surrounded by children in the street and in the Convent much to the satisfaction of their parents.

Back to England to Herne Bay where she was the superior, it was during that time her health began to deteriorate and she became so ill that she was moved to Marian House. She was often very unwell but never complained and was very interested in what was happening in the Congregation. She was a very prayerful person and you could set your clock by her time of going to the chapel, the Eucharist and the Rosary also played a great part in her life.

Sister Mary Marcellus Barry RIP

(1935 ~ 2016)

Sister Marcellus was born in Wallasey on the 2nd August 1935. She was the fourth in a family of five children .

After leaving school Marcellus worked in Bibbys in Liverpool until she entered our Congregation at the age of twenty four.



During the period of her study in Chigwell, it was suggested that she went to Cork University to study medicine so she could go to our mission in Zambia. Unfortunately before she completed her studies as a Surgeon, she was asked to go to Cardiff. This was a big disappointment, but Marcellus had a keen sense of obedience to the will of God manifested through her superiors.

In one of the Geriatric long- stay hospitals in Cardiff there was no spiritual support, so Marcellus decided to go each Sunday to do a little service and give Holy Communion to the Catholic patients. Later a priest offered to go and say Mass but one woman objected saying there was no need as Dr. Barry said Mass for them every Sunday!

In her early days in Cardiff she met an actress (Billie) who at about the age of 28 was crippled with arthritis so that she had to give up her career. When Marcellus met her she was already bedridden and, as she had no family, Marcellus adopted her! Billie was very particular about her appearance so Marcellus had a crash course in putting on makeup and became quite professional!

Marcellus loved organising trips, both day and residential, for the sick and elderly. This was how she spent her holidays. Many afternoons were spent in Penarth, eating Ice cream by the sea and trips to Liverpool, Cornwall and Lourdes were much enjoyed by the participants who would not have had the chance to travel without these opportunities.

Marcellus was 20 years in care and unable to communicate verbally. But for those who cared for her and knew her, she communicated in many other ways. It may have appeared to the outsider that she was unaware of anything, but for those of us there to see how she received Holy Communion it was amazing and a privilege.



Theresa Szántai (Helm) RIP

(1955 ~ 2016)



There is so much that I could say about my mum, her character and her achievements. When reflecting on her life, and speaking to others, it quickly became clear that she is as loved by so many, as she is by me.

She was born to Tony and Molly Baird and was the eldest of three, with two younger brothers, Billy and Stuart. She went to St. Angela's secondary school in Forest Gate and grew up in Essex. Despite living in Essex all her life, if asked, she would proudly announce that she was Scottish. She loved the mountains and lochs and every time we crossed the border into Scotland she would make us all let out a big cheer.

Mum started work at the Chigwell Convent as a Development Worker in 1997. She had found a job she was so passionate about. And her job played to her strengths. It connected her faith to what she was good at.

The Sisters have told me that she was a wonderful resource to them. That she was always at the end of the phone to discuss, advise, and support. That she was so much part of the congregation that she was often referred to as Sister Theresa!

During her time at Chigwell there were two issues that stuck out in importance and that she spoke about often; The Drop the Debt Campaign and the issue of human trafficking.

In recent years she was particularly moved by the transportation of women, young men and children into slavery around the world and was intrinsic to the work of TRAC, an initiative aimed at ending sex trafficking. This work led her to re-write the Stations of the Cross to highlight and raise awareness of the issue. 'The Way of the Cross' is written from the perspective of a young women being trafficked. It has also been translated into French and Spanish and has been distributed all over the world.

Many of the Sisters my mum has worked with over the years have sent messages here to Chigwell - they describe my mum as inspirational, compassionate, generous, a woman with vision, bright and cheerful, with a great sense of humour, her big smile and her zest for life equal to her zest for justice for others. But one of my favourite comments was this:

'Her creativity and spirituality have been outstanding and always with generosity and a wonderful sense of humour. Her tinkling laugh will never be forgotten. May she continue to be an inspiration to those of us who are left to fill her unfillable shoes - and how much she just LOVED her shoes!!'

But one of the most striking things about her, is that her capacity to love those around her had no bounds. The amount of love she had was not finite. She was a loving daughter, sister, wife, mother, auntie, Nanny and friend to many people.

My mum and Alex have been together for 18 years and as many of you know they got married here late last year. It really was such a special day and to see the love they had for one another- they truly were best friends.

But another chapter of their life began when they became grandparents. I am sure many of you here haven't managed to escape her showing off photos of Ted, Ellie Mae, Maya and Isabella.

She was also an incredible friend. Her close friends described her as immensely funny, wise, intelligent, honest, and inspirational. They said part of her charm was that she didn't know her own worth or the impact that she had on others. That she was unassuming and humble. People were drawn to her. That she had the quality to make you feel special and that you could be unashamedly you. That she would always love you for the person you were, no matter what had happened. The hospital was no different to Tesco's, and she'd often chat away to people. On several occasions other patients would tell me how brave she was, what a strong person she must be. To be able to make people feel safe when they are scared and to give them reassurance and hope, showed just what kind of person she was.

At 60, it is far too early to be losing her and I speak for us all, when I say how deeply she will be missed. But over the last year I have spent a lot of time talking with her and she reflected on her life and said to me 'I am one of the lucky ones. I have been very fortunate to have such a full and happy life.' And today that is how we should remember the strong, amazing and inspirational woman that she was.

Claire Helm (daughter)

WITH THANKS

Sister Mary Bernadette Ward would like to thank you all for the prayers and Masses offered for her sister, Agnes who died on April 15th, 2016. Mass will be offered in thanksgiving for all your intentions.

I would like to thank all who sent Masses and messages of sympathy on the death of my sister-in-law, Rhoda Walsh. Holy Mass will be offered for all your intentions. **Sister Lorna Walsh**

The family of Theresa Szántai (Helm) would very much like to thank all those who sent Mass cards, messages of sympathy and flowers on their recent sad bereavement. They are deeply grateful for all those who attended the funeral Mass here in Chigwell Convent and at the Cemetery. **Alex, Lorna and Claire**

Jo and all the family of **Sister Catherine Coughlan** are most grateful for the care and kindness shown to Catherine and for all the hospitality and welcome, the masses and sympathy cards received.

Brenda Barry, **Sister Marcellus** niece thanks “everyone for their kindness, welcome and generosity at Aunty Brenda’s funeral”, she also sends her thoughts and prayers and hopes to visit us in the future.

Thank you all for your many, masses, prayers, cards and flowers from all over the world when I was in great need after the accident I had in February. They were a wonderful support and certainly helped in the healing process. It was so good to feel the power of prayer in me. **Sister Anne Griffin**

Novices Annet, Sylvia, Mervis, Natasha, Clara and Ruth (also Odette) would like to thank everyone for all the good wishes and prayers and ask for your continued prayer during this special year.

SOME LITTLE REMINDERS

Now just in case you have misplaced your lists of important dates we would like to remind you of the sisters celebrating if you want to send them greetings;

⇒ Golden Jubilee on the 28th of August ;

Catherine Collins,

Una Bridget Mulvey,

Mary Pierina

Janet Finnegan

Sophia Law

⇒ We make a special welcome on the 28th to Sister Jane Margaret (Margaret Mary) who is also a golden jubilarian!

⇒ Big Birthdays; Sister Celine de Jesu O'Keefe will be 90 on the 10th of September.

⇒ Inter-chapter Gathering in Cork, Ireland 21st to 28th of September.

⇒ The Novitiate feast, St. Margaret Mary; 16th of October.

⇒ Do check you calendars as both The Philippines and Zambia celebrate their Patron Saints in September.

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

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