

Keeping in Touch

SSHJM



Purity of Heart: Called to Serve

January 2023

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A Word from the Editor

We are now well into 2023 and this new year brings us hope of times of less restrictions in Covid thanks to the vaccination programmes which many of us have been fortunate to receive. In this edition of KIT we are so happy to show-off a little with photos of Sister Marissa's Final Vow ceremony in Cebu and graduations to prepare our Sisters to better minister to those most in need. A particular mention should be to the sisters prepared to minister in Formation and to offer our heartfelt prayers and support in every way possible. In the next edition we eagerly await sister Teddy's account of her course in Siavonga, Uganda.

The final part of the account of our own history during the second World War is toned down with the reality of a little article to address our care for the people of the Ukraine and the fact that so many wars are going on in the world right now. As I write this on Holocaust Memorial Day we are reminded that we as humans still have not learned from suffering and violence. But like Sister Kathleen, who writes on our 70 years of presence in California, we continue to respond to the needs around us and to witness to the love and compassion of Christ both in our communities and in our ministries.

Sister Angelo presents us with a thoughtful article on Safeguarding which guides us to respect and protect the rights of every child of God.

It is good to have some newsy articles from the UK and know that there is so much happening in St Augustine's Retreat Centre, Colwyn Bay.

We bade farewell 'for-now' to our sisters Marie Carmel and Catherine Lehane and rely on their prayers for us all here on earth.

With love and prayers to you all

Anne

Purity of Heart: Called to Serve

Sr. Marissa Limalima, SSHJM



Purity of heart is achieved when you desire nothing more than to be with the Father Almighty and serve him with your freewill and faith. The art of serving God is similar to pouring water into an empty glass, where the glass holds the water into shape. We say therefore that serving him can shape our lives into better and more fruitful ones.

One of the happiest moments in my life happened last December 8, 2022, and yes, it was my profession of Perpetual Vows. The day when I perpetually tied the knot with my Lord. The ceremony was presided by our Excellency Archbishop of Cebu, Jose S. Palma, DD. at the Sacred

Heart Parish Cebu City, Philippines, witnessed and received by our Congregational Leader Sr. Julie Rose and Cebu community together with co-celebrant priests; Fr. Joseph



My Beloved family



Archbishop Jose S. Palma, DD, Sr. Julie Rose and SSHJM Cebu

Kamwanga, M.Afr., Fr. Reynold Cue, MSP and Fr. John Vinney, together with my Family, Friends, Special Needs Learners, and PT/OT rehab patients.

That was the day when my heart filled with joy, peace and gratitude. I can't figure out the feeling. It seemed as if I was hugged by the Holy Spirit who made a sweet whisper into my ears. Thus, I was sworn to serve the Holy Spirit in all my heart with purity and love. Living life through serving God is a dream come true. When I was young, I dreamed of being His servant, however the bitterness of poverty hit us and thereby forced me to work to earn and help my siblings in their studies to fulfill their dreams until the time came that I was called to serve. There was a man in my dream who seemed to be calling my name, and I realized that God was calling me to be his servant.

Finally, my dream came true despite the challenges and obstacles I encountered in my journey. It was not a 'piece of cake', I was challenged by Him to test my trust and faith. In fact, I suffered from an illness for years and miraculously recovered through his power. My dedication and passion in being his servant shall remain forever and inspire me to keep going. I know and believe that

everything is according to his plans so I just trust the process. As the saying goes, “Trust in the LORD with all your heart and lean not on your own understanding.” Indeed, trusting him is the answer to all doubts, pains and sufferings. We shall not disobey him as he knows what is the best for us. Just do your part and he shall do the rest.



We all have various missions in life, but one thing is for sure; the only mission that can give us serenity and peace is to answer His call and serve him. And He shall cleanse our mind, heart and soul and we shall live with Him forever. As St. Francis de Sales said “By giving yourself to God, you not only receive Him in exchange, but eternal life as well.”

And now, it is my mission to serve him through the beloved and honored congregation of the Sacred Hearts of Jesus and Mary which is an instrument for me to fulfill my duties and responsibilities. And so, I hereby vow and swear in accordance with the Constitutions of the SSHJM to adhere to them and I shall always accept my duties and responsibilities with all my heart.

I WAS CALLED AND NOW I SERVE!



**SERAPH SISTERS in Maghaway
Talisay from left Sr. Leslie Ann,
Sr. Judith and Sr. Lourdes**



*Thanks to all the communities
for their prayers and good wishes on my Perpetual Vows.*

I am praying for you all. Take care and God Bless!



The aims of the guidance and counseling service are similar to the purposes of education in general—to assist students in fulfilling their basic physiological needs, self understanding and acceptance of others, developing associations with peers, balancing between permissiveness and control in the educational setting, realizing successful achievement, and providing opportunities to gain independence. These aims are also similar with our mission in our Youth Ministry.

The young people constitute a grand majority in our population, and are involved in various situations. They are to be given the highest priority, utmost attention and value, in the midst of this current situation where our young people become vulnerable to different sources of evil. We are invited to open our hearts, listen to them without judging and to be in touch with young people like Jesus who walks with the young. In our ministries, we listen, we advise but sometimes we do not know how to deal with it. Thus, in order to be better equipped in our ministry to help the young, I enrolled in Master of Arts in Education major in Guidance and Counseling in December of 2019.

The year 2019 was Philippine Catholic Church's Year of the Youth and Pope Francis released an Apostolic Exhortation to the Young People. One important thing that the Pope emphasizes in this document is "care for the youth". He writes: "While they want their freedom to be respected, they need to be accompanied by adults." This need for accompaniment is what guidance counselors can provide. They are the "adults" the Pope refers to as the ones "who could accompany the youth while respecting their freedom". In general, counselors guide the youth, but they are to leave them free to decide for themselves.

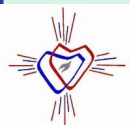
It is my goal as a Sister who aspires to become a guidance counselor to know how can I integrate spirituality into counseling so that I can better accompany the youth in the realization of the gifts God has given them, that is, their capacity for self-actualization, the full realization of their potentials, their capacity for self-transcendence or to go beyond themselves to others, to the world, and to God, and eventually their conversion and transformation into God as the outcome of their psycho-spiritual journey.

My profound gratitude and appreciation to my SSHJM family especially my Cebu community for your prayer, love, and support. For sending forth His spirit of wisdom, guidance, and strength in exceeding all the travails I experienced amidst the unprecedented challenges of this

*pandemic,
to GOD be
the GLORY!*



Sister Anne Healy, Sister Odette, Sister Joyce and friend



*We are so
proud of you*

MY EXPERIENCE AT KALUNDU INTERNATIONAL STUDY CENTRE



Kalundu Study Centre is run by the Zambia Association of Sisterhood with forty-five (45) member Congregations in Zambia of both local and international origin. The association was founded in 1958, and the aim, at the time of its foundation, was “To gain a deeper understanding of African girls to better understand their challenges for the betterment of their Apostolate.” The association has grown from its time of founding to date. Its vision is *“Prophetic women Religious at the Service of Transforming mission in the Church”* and the mission is, *“Inspired by the Gospel Values, Zambia Association of Sisterhood is committed to support Women Religious in their formation and evangelizing mission by offering relevant programs that meet their diverse spiritual and developmental needs.”* Among the courses offered is a Leadership and Formation course which looks at the stages of formation from Pre-Novitiate to On-going formation.

We looked at the many topics like Introduction to Religious Formation, Group Dynamics, Mariology, Healing of Memories, Meyers Briggs, Psychology of Vocation Growth, Prayer, Critical Thinking, Youth Ministry, Vowed Life, Human trafficking, Synodality, Moral Theology, Leadership and Diversity, Community Life, Canon Law, Charism for Mission, Counselling, Principles of Accompaniment, Personal Communal Discernment, Inter-Culturality, Christology, Communication Technology & Religious Life & its Implications, Ecclesiology of Vatican II, Resource Mobilization, Conflict and Communication in Communities and many more too many to mention.

I would say that being at Kalundu was one of the best experiences I have ever had because I became aware that it is not only for sisters to train as formators who go there but for one's own personal growth and human development at any stage of life. Not only perpetually professed Sisters are asked to go there but Sisters in temporal vows as well especially those in their eighth and ninth year in vows so that they are helped to discern before they are given permission to make perpetual vows.

The group consisted of 21 sisters from Malawi and Zambia with one Nigerian national. It was also a time to interact and learn about the different Charisms of other congregations during the sessions and out of class.

It was also a time for healing, forgiveness and personal growth through courses like human development, Myers Briggs, Healing of memories, conflict and



communication in communities, group dynamics, leadership and diversity, Charism for mission, principles of spiritual direction vowed Life, self-introspection (to mention only a few). In a deeper way from certain harsh and difficult times I may have caused others to go through, and vice-versa or gone through myself and as a religious sister.

Lastly, I would like to thank the previous leadership team for giving me the opportunity to attend the Leadership and Formation course at Kalundu and all the sisters for your prayers and support. I have moved to Mbala community where I am now teaching at a government school.



Sister Lucy, Sister Sylvia, and Sister Mulenga (all Formators) with sister Comfort—perhaps waiting in the wings for a future ‘call’!

May God bless you all.

Sr. Sylvia Miyanda Luundu.

News from Sister Elizabeth Buckley in WORKSOP



St. Jude's Worksop has had a Saint Vincent de Paul Conference for over 43 years. Since the establishment of the Conference, the leader and the longest serving member, is Mrs Margaret Allen. She has been the driving force behind this Conference.

She has been an inspiration to all who have had the privilege to work with her.

On the 28th of October she officially retired, after 43yrs, for most of which time she was President.

We held a tea party for Senior Members of the community. Fr Kirkman, retired PP of the parish, presented her with a certificate from the SVP Society, thanking her for her many years of service.

Bernard & Madeline Hannon (SVP Members)



The blitz destruction of the church of Our Lady Immaculate, The Convent and St. Pelagia's Home, 654 Rotherhithe Street, London SE 16

Part Four

Monday the 16th, We went to Farnham to do some more shopping for the girls. On our way back, a catholic lady took us up in her car. She talked about the war and air-raids and we told her our experience. She was very sorry for us. She said her home was not far distant and she insisted on our coming with her for tea, and to meet her friend. They were both Catholic Social Workers. The friend brought us home in the car, and, on the following Sunday, they brought us a lot of beautiful clothing for the girls. They told the parish priest of Farnham, and he came to "Great Holt" to see us and gave us a cheque for £5. The ladies from the Red Cross also sent us some useful clothing and shoes. The parish priest came back again, and gave us a further cheque for £5, contributed in donations by his parishioners. He asked if he could help in any other way by getting us beds etc. Thank God, we found everybody so very kind and helpful to us.

Tuesday 17th I had to go to London, Sister Kevina and Emily accompanied me. We travelled by train to Wimbledon, the only route then available. From there to London Bridge, we travelled by Underground. We left early but it was noon before we reached London. I went to the Bank and Post Office, leaving Sister Kevina and Emily to do other messages. I arranged to meet them at the Bank. We got all done to time and then set out for the Needlework Firm. I sent them to the firm whilst I went to see a solicitor about the Wills of two girls, which had been destroyed in the fire. I was only in the office a few minutes before the "alert" sounded and I was advised to leave immediately. A clerk brought me to a large hall underneath a protestant church. This was being used as a shelter and it was one of the safest, I had yet been in. There I had to remain until my companions returned. The solicitor's office had closed in the meantime

and so we had to return to Great Holt.

For the next few days, I was busy replying to letters of condolence and to letters from relatives of the girls.

Saturday 21st, we made another attempt to see the solicitor. We found the office open but no one there to do business. As Mother Hilda was almost out of alter breads, we tried to procure some for her. We went to Washbournes but failed. We went next to Chelsea convent and found the sisters had evacuated. We then tried the Salesians, Battersea, but they had none to spare. We finally went to St. Mary's, Clapham – to the Redemptorists – and they very kindly made us a present of a very large box of breads. It was now time to make for our train. I left Emily with a friend so that she could visit one of the girls who was ill in hospital. We


arrived at Wimbledon Station about 5.30 p.m. just in time to hear the “alert”. We remained there for almost two hours and still our train had not arrived. In the meantime, crowds had gathered on the platform, trying to get away from London for the night. We finally decided to go to Guildford and boarded a train for there. As the raid was still in progress, and apparently a bad one, the train went at a very slow pace. I forget the number of changes we had, but on two occasions we were told to change, and when we had done so, we were told

to get back into the same train immediately. Before we reached Guildford, it was long past the “black-out” hour. We changed here for Farnham, but with much difficulty in finding a place in the train in utter darkness. The train simply crawled along, and an officer shouted, “all

**WHAT TO DO IN -
BLACKOUTS**

- ★ **HOUSEHOLDERS**
 1. Stay at home.
 2. Put out lights in rooms not blacked out.
 3. Use no matches or lights outdoors.
 4. Let no light escape from your house.
- ★ **PEDESTRIANS**
 1. Walk carefully, don't run.
 2. Keep close to buildings and away from curb.
 3. Don't smoke
 4. Use no matches or flashlights.
 5. Cross streets at intersections.
 6. Get under cover.
- ★ **MOTORISTS**
 1. Park at curb – at once.
 2. Put out all lights.
 3. Seek shelter.
- ★ **WARNING:**

Emergency blackouts will be enforced by the police, assisted by Air Raid Wardens. Carelessness in observing these precautions may invite disaster.



DON'T GIVE 'EM A TARGET !

lights out". I don't think I felt so much afraid as I did on that occasion. The utter darkness, the train crawling along, the deafening sound of 'planes overhead and the crashing of bombs: it was all so terrifying. We reached Farnham at 11 p.m. Deo Gratias. Here another difficulty presented itself. It was six miles to Great Holt. The one and only coach at the station was for the military and the only car was taken by the officers. To walk meant getting to the convent at a very late hour. To find our way in the dark, with the raid still in progress seemed beyond us. I sent Sister Kevina to the booking office to ask the clerk if he knew where we could get a car. He very kindly phoned for one and told us to come into the office in the meantime. Thank God we had not long to wait. We reached Great Holt at 11.45 p.m. I felt I did not want to go out again. Sister Bernadette and Sister Mary kindly remained up for us. A letter from Reverend mother General was awaiting me, kindly enquiring for us and asking me to go to Chigwell to see her. I was very glad to get Reverend Mother's letter but the thought of another journey through raids etc. was enough to give me an uncomfortable night. Mother Hilda 'phoned Mother General that the car was going to Lewisham on Tuesday morning and would take me as far as Bow Road, there I could get a bus for Chigwell. As we approached London, an air-raid was in progress. Hence nothing would induce me to go into a bus alone, I decided to go to St. Teresa's Lewisham. What a shock awaited us there! Every window in the convent and in the new building was gone, even the very frames of the windows were blown out. The windows in the Sisters Chapel were also blown out but, thank God, no other damage was done to the Chapel. The ceilings in every room were on the floor. Although the damage was great, the convent was still standing. On going down to the basement which we had to pass



Sister Kevina

through, the whole ceiling was lying on the very spot where Sister Mechtilde and some of the girls had taken shelter during the week we had spent there. I stood in amazement, the very chill of death all over me. Once again, I thanked God for having saved the lives of the sisters and girls. On the opposite side of the road, six houses were completely demolished.

The “all-clear” having sounded, we ‘phoned Dr. O’Boyle to take me to Chigwell, which she very kindly did. All along the way my thoughts kept returning to St. Teresa’s and how good God had been to us. I felt like one in a dream when I reached Chigwell. Reverend Mother General asked me what had delayed me, as she had expected me in the morning. I could scarcely answer her for weeping. I did not feel I wanted to talk to anyone. Everyone in Chigwell was extremely kind and Reverend Mother in particular. Mother General then gave me instructions to place out all the girls, and when I had done so, she said she saw sending me to Ireland. I thanked Mother General for the privilege of going to Ireland without having asked for it. It was the wiser thing to place out all the girls, but it was not an easy task.

After a little chat with the Sisters from Rotherhithe, Dr. O’Boyle took me back to St Teresa’s, where I got our own car for Great Holt. Thank God, we got back quickly and safely that evening.

I made out a list of all the girls and then arranged the different places for them. Mother Hilda took three. Mother Albina took two for Mount Olivet. I found I required more clothes for the remaining girls, so I took Emily with me to Aldershot on Saturday 28th. Just as we reach the town the “alert” went. There were five air-raids in succession. It was only with great difficulty that we were able to get our work done.

Monday the 30th, I sent four more girls to the Good Shepherd Convent, Windlesham, and on Tuesday, I sent two to Mark Cross College.

I was anxious about Cassie McCullagh, the patient in the hospital. As she was much improved, she wanted to be back with us. I had not the heart to go away and leave her there with no one in London who knew her to go to visit her. Moreover, she had been removed from the Rotherhithe hospital to a country hospital, where she would not have the same facilities of going to the sacraments. I therefore wrote to Mother Juliana, superior of our Home in Barrhead, asking her to take Cassie and two others. We got them off safely on Wednesday, 2nd October.

Friday 4th, Emily took ten girls to London to meet sister Paula at Euston Station at 4 p.m. They reached London in the usual air-raid and had some narrow escapes. On reaching Victoria they had to go to a shelter at Westminster Cathedral. At 4 p.m. the raid was still going on so they could not venture out. Whilst there, they were able to assist at Benediction, which was a grand preparation for their perilous journey.

They got to Euston at 5 p.m. and found Sister Paula awaiting them. The train was due to leave at 9. 15 p.m. but as a train had been bombed in the station that evening, they did not get away until 10 p.m. they reached Barrhead next afternoon in safety, thank God.



War time train evacuating children from London

Seven went with Sister Paula. Three remained with Emily. They had to spend the whole night in a shelter, but thank God, got off the next day – two to Caernarvon and one to Colwyn Bay. I had only three girls on my hands now: One went to her brother in Sittingbourne, the other two were taken in Chigwell. Exactly one moth from the date of our terrible disaster, all the girls were placed, thank God.

I owe very great thanks to Mother Hilda and her Sisters for receiving us

so kindly and keeping us during those trying weeks. Few would have taken such trouble or have gone to such expense in catering for so many, especially in war time.



Sister Valeria, aunt
of Sr Elizabeth M.



Sister Finian

I am also exceedingly grateful to Sisters Kevina, Valeria and Finian for speeding up the outfits and helping to get the girls ready so quickly.

To Emily Sadler I owe much thanks; only for her great courage in taking the girls to their various destinations, and this often through air-raids, I should never have been able to accomplish the work in such a short space of time.

Sisters Kevina, Valeria and Finian were left on the staff at Great Holt.

On Monday 7th, I had a letter from Reverend Mother General, enclosing the forms for my passport to Ireland. I went as soon as possible to the Irish Passport Office. When they discovered that I had been so many years in London, they said that I was a British Subject and would therefore have to go to the British Passport Office. They assured me I would have no difficulty in getting my passport. I went immediately to the British Passport Office and got my passport without any difficulty. I 'phoned Mother General and told her I had got my passport. She was agreeably surprised and asked me to come to Chigwell to say "goodbye" before leaving for Ireland.

Sister Mary of the Angels and I arrived in Castlepollard on October the 18th after some very trying experiences. Mother Leontia and the Sisters received us very kindly and made us feel very welcome.

After a good rest in Castlepollard, I availed myself of the permission given me by Reverend Mother General to visit my own home. I enjoyed the

privilege of having Holy Mass celebrated by my brother, Father Patrick, C.S.S.R.

When I was due to return to Castlepollard, sickness had broken out there, so with Reverend Mother Generals permission, I came to our convent in Roscrea, Sean Ross Abbey. Here Mother Rosemonde and the Sisters have made me extremely happy, and have showered upon me every possible kindness.

This account of our experiences I have written at the request of Mother Rosalie. Thanks to Reverend Mother General for her extreme kindness in granting me time to do it in the peace and quietness of Sean Ross Abbey.

If this detailed account has wearied anyone, I most humbly ask pardon.

Sister Adelaide

1st February 1941: Feast of St Brigid of Ireland.

[Sister Adelaide \(Cassie Devine\) died on the 27th of April 1965](#)

Nationality: Northern Irish

Date of Birth: 1887

Place of Birth: Strabane, Co Tyrone

Entered: 17 October 1905

First Profession: 2 February 1908

Final Profession: 2 February 1914

Convents lived in: Rotherhithe, Castlepollard, Roscrea, Barrhead

Remembered for: Sr. Adelaide was superior of Rotherhithe Community in 1933~1940. She also did questing.

Died in: London Hospital

Place of burial: Leytonstone Cemetery, A13 Section 2 270

Help for the Ukraine

We continue responding to the sufferings caused by war but today our focus is on the Ukraine.

Recently Father Tony Cornforth, who is a great supporter of our missions and who spent time in Zambia, donated a few 'thousand' T-shirts to Sister Elizabeth Dawson. These are new but due to the pandemic of the last two years, could not be used for the project they were made for.

Sister Elizabeth did send a few hundred to Cebu but the cost of sending is making things very expensive.

We chatted to our friends in the Rotary Club who put us in contact with one of their groups who are sending refurbished ambulances out to the Ukraine. They were more than happy to take our T-shirts (which happen to be the colour of the Ukraine's flag, and fill up the ambulance.



Here are pictured our Friends from the Rotary Club with Sister Elizabeth and Martin who works with us here in Chigwell.



We pray for peace in our world

70 Years flying the flag in California

It is the year 2023 when the Sisters of the Sacred Hearts of Jesus and Mary will mark seventy years of presence in California. I remain the only Sister here since 2014.

My involvements in ministry are varied:

As a member of Our Lady of Lourdes parish, Oakland I provide several services. I sing alto in choir, prepare the intercessory prayers of the parish for Sundays and Holy Days, am on the schedule as reader/lector of the scripture for Sundays/Holy Days, and participate in Lectio Divina via Zoom on Saturday mornings. When Karen, another choir member, is ill or away I wash the church linens in her place and I bring Holy communion to a young parishioner who suffered a stroke (though lately she has needed me less often as Henrietta brings the Eucharist to her).

At St. Jerome parish I am called upon to be the celebrant of Communion Services when the pastor is away and I join the parish renew group every Monday morning on Zoom. See the photo over which includes most of our members. For several years I brought Communion to Maria who passed away in September. It was a special privilege for me to bring her the Eucharist every week as our Sisters had taught all of Maria's children and there was a special bond between us. Two of the photos you see here are of a group round the table





celebrating parish volunteers to which Fr. Michael Pham, invited me. He is Vietnamese and to thank us he made a massive pot of delicious vegetable soup. The people in the photos are well known to any of our Sisters who spent time

in the Oakland / El Cerrito area.

The next photo series is a day in the life of the Order of Malta Clinic where I work as



a Registered Nurse three days a week. Most of the staff are volunteer



A few St Jerome parishioners at an appreciation dinner.

doctors, nurses and clerical staff. There is a core group of paid staff which includes me. It is a blessing to be able to contribute to the congregation financially and, as a Nurse, to represent the many years and many Sisters who have served the sick in many parts of the world. In this clinic the majority of our patients are from abroad. I have cared for patients from Philippines, Samoa, Fiji, Mongolia, Nepal, India, Peru,

At the computer with Jun Arsenio, Nurse Practitioner who is a volunteer.



Colombia, Mexico, Venezuela, Eritrea, Ethiopia, Tanzania, Gabon, Nigeria, Romania, Yemen, Bahamas ... well I could go on but you get the picture. It is a special experience to work among people of many nations who come

through our doors. None of our patients have medical insurance. Through fundraising the Order of Malta is able to pay for all tests, labs, scans and X-rays so patients do not have to worry. They never receive a bill. Special surgical procedures are done by Operation Access which is an organization of surgeons who volunteer their time and services to patients for free.



Thanksgiving Day, after Mass at Our Lady of Lourdes Church, with Sister Punam Rai (who lives with me)

I continue also to be the Nurse in the Kairos Psychology Group which does assessments of Clergy and Religious in Crisis. Our assessments lead to referrals, we do not provide care. Since Covid all our assessments are done online with no limit to distance. These are interesting times.

A Patient's Story – I was Hungry

By Anne Brussok, DM
Order of Malta Clinic, Oakland

Francisco came for his first appointment on a day when most businesses were closed for the holiday. However, the Order of Malta Clinic was open to see patients. And it was a good thing our doors were open that day.

Arriving here several months ago as a refugee from one of the poorest countries in Central America, after spending time in an immigration center and with no resources, Francisco went to live at his brother's house. It seemed like a good solution to be able to stay with family. However, it was very difficult as there was much discord over this living situation, especially between Francisco and his sister-in-law. Even though he found work at a factory in the Oakland area, pay was poor and working conditions were dismal and stressful. Things came to a head on Christmas Eve and Francisco left his brother's house to sleep outside in the park.

Over the course of the past couple of months, Francisco lost almost 100 lbs. Since living with his brother he had been getting by on one meal a day, eaten late at night, and feeling increasingly weak and unwell with blurred vision and, more recently, a loss of taste and smell. In addition, Francisco developed Thrush, a Fungal infection in the mouth, as well as numerous esophageal lesions. Yeast Infections are sometimes a complication of an uncontrolled medical condition and so it was in Francisco's case for he was found to have Diabetes Mellitus Type II.

Francisco was sent for lab testing paid for by our clinic and the results were alarming with elevated blood glucose level, HgbA1c of 14% (normal is 5.4) and ketones in his urine. Other values were also elevated and immediate measures were necessary. In particular he

needed Insulin and was given a Tresiba Insulin Pen. One of our Diabetes Nurse Educators came to the clinic immediately, though it was not her day to volunteer, when she learned of Francisco's plight. Oh, yes, I should mention here that our Doctors and Nurses are almost entirely volunteers. This Nurse specialist taught Francisco how to test his own blood sugar using a Freestyle Libre 2 Monitor and sensor applied to his upper arm for continuous monitoring. This is the latest technology for real time glucose data and monitoring without finger sticks.

In addition we sensed his despair in regards to his experience of hunger and gave him a couple of \$50 grocery gift cards. When he returned to clinic ten days later we were appalled to discover he had not picked up his anti-fungal medication as he had lost his job at the factory for taking time off to come to the clinic when he was so ill. As a result, instead of using the money given to him for medication he bought food because he was starving. By the time of his next visit, however, his mouth was healing and he had gained five lbs. More grocery cards were issued to him along with information on various support programs in the community, public dining rooms, food banks and other free services.

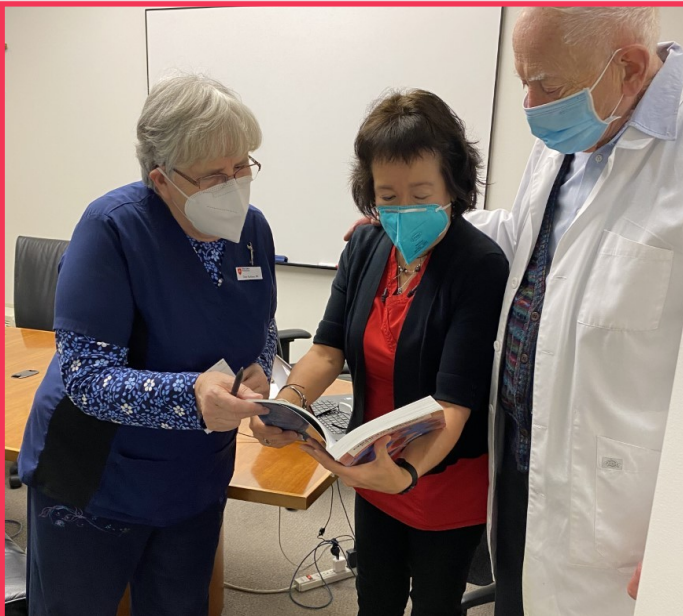
Francisco could have ended up in the emergency room, possibly facing a mountain of bills. Had the situation continued he surely could have lost his life. The clinic will continue to provide care for Francisco until he can get some type of health care coverage. And we will also see and treat his wife, Maria. Their story is complex and requires more time and clinic resources. This is just one of many situations of the mainly working poor whom we serve at the little clinic on the corner of Harrison and 21st Street in Oakland, beside the Chancery and across the street from Lake Merritt.



*'For I was hungry and you gave me something to eat
I was sick and you looked after me.'* Matthew 25:35-36

Note from Sister Kathleen Laverty to accompany this account:

The above article was primarily written by Anne, our clinic manager (see photo bellow). I work at this clinic three days a week as a Registered Nurse. I am also called upon to act as Spanish translator for our patients and so I had the opportunity to get to know this patient. His situation was truly one of desperation. I believe that is why Anne was moved to write this article about him.



Taken in Order of Malta clinic; Sr Kathleen, with Anne Brussok, clinic manager and dame of Order of Malta and Dr Thomas Wallace, Interim Medical director, Neurologist and Knight of the Order.

Sister Kathleen Laverty, El Cerrito, California

Congratulations to all our sisters who over the past 70 years have witnessed to the love and compassion of the Sacred Heart in California.

Streets2Home wins the Community Award for 2022.

Since arriving in Harlow I have been privileged to volunteer at Streets2Homes three days a week. Streets2Homes is a Harlow-based charity which benefits the local community and homeless adults in Harlow. The service involves 'outreach' and 'in reach'. Outreach means going out and talking to people that are sleeping on the streets, in reach is where the homeless come to the Centre for help

The aim is to avoid the 'revolving door' – where people come and then end up back on the streets. One person's story illustrates the work done by the Centre.

I've been a resident here for 6 weeks. I had been living in Church Langley in Harlow and lost my home when I couldn't keep up with the rent.

I used to be a carpenter, but I'd injured my back and couldn't work. I spent a lot of time isolating myself – hiding away. When I couldn't keep up with the rent, I got evicted and became homeless

The staff are really helpful and supportive – they can help you deal with bills, doctors, appointments and other things. I wouldn't be in a good frame of mind without this place. At the moment, the staff help me on a day-to-day basis – taking each day as it comes. I wouldn't have gone to



a doctor or a counsellor for help, as I thought that's not what men are supposed to do. However, the support workers give me a gentle push and I'm so grateful for that.

As a volunteer I am not involved in helping the people find homes etc. I spend my time in the day room talking and – more importantly – listening to them. I get food or clothing for them as they need it and serve them lunch. I can't take any credit in the award, but it is good to know the work done is recognised as excellent and already I know the



award is well deserved.

Lorna





Safeguarding

What are your reactions when you hear this term ?

For some, no interest, for others curiosity, and for many a secret fear and dread. It conjures up images and questions of all kinds; could I, a member of my family, my Congregation, one of our associates or volunteers be named by one of these commissions set up to investigate abuse? If that happens, how do I respond; denial, defensiveness, attempt to protect the "good name" of the person, institution or Congregation, or willingly and humbly accept what the evidence shows and commit wholeheartedly to do better? These are questions that all of us, as Members of the Universal Church, local Church and Religious Congregations, need to seriously ponder. Where do we stand on this whole issue of Safeguarding? Where do I as an individual stand? Am I wholly committed to Safeguarding and proactively trying to raise the profile of Safeguarding in our Congregation?

A Sacred Gospel Value

What do we think the term "Safeguarding" means?

For most people it means protection from sexual abuse, especially in the context of Safeguarding in the Church today, due to the high profile given to the many cases of sexual abuse in religious institutions in recent years. Therefore it is understandable that we think of Safeguarding exclusively as protecting children and vulnerable adults from sexual abuse. But the term “Safeguarding” is much broader than that. Surely for us as Religious it is a sacred Gospel value:

“Anyone who harms one of these little ones, it would be better that a millstone be put around their necks and they drown in the depths of the sea.” (Mark: 9: 42)

“Treat others as you would like them to treat you.” (Matthew 7: 12)

“We are all made in the image and likeness of God, female and male, therefore, respect each person.” (Genesis 1:26)

In a letter written to the People of God, Pope Francis’ total empathy with those who have suffered abuse is clear and unequivocal, as is the direction he sets out for the Church going forward:

“If one member suffers, all suffer together with it” (1 Corinthians 12: 26). These words of Saint Paul forcefully echo in my heart as I acknowledge once more the suffering endured by many due to; sexual abuse, the abuse of power and the abuse of conscience, perpetrated by a significant number of clerics and consecrated persons. Crimes that inflict deep wounds of pain and powerlessness, primarily among the victim , but also their families and the larger community of believers and non-believers alike .

Looking back to the past, no effort to beg pardon and to seek to repair the harm done will ever be sufficient. Looking ahead to the future, no effort must be spared to create a culture able to prevent such situations from happening, but also to prevent the possibility of their being covered up and perpetuated. The pain of the victims and their families is also our pain and so it is urgent that we once more reaffirm our commitment to ensure the protection of minors and of vulnerable adults. “

Pope Francis clearly states that there must be ZERO tolerance of any kind of abuse in our Church.

Structures within the Church

Rome: Pope Francis has set up a Safeguarding Commission at the Gregorian University in Rome. It is headed by a Jesuit Priest, with mainly lay men and women experts comprising its membership. They advise the Holy Father on Safeguarding issues in the Church.

Universal Church: Pope Francis - “*Vos estis lux mundi, You are the light of the world.*” (Matthew C. 5 Verse 14)

Pope Francis in 2019 required every diocese in the world to set up, by 2020, “one or more public, stable and easily accessible systems for submissions of reports. The ruling does not specify what these ‘systems’ consist of, because it leaves operational choices to the diocese and these may differ according to various cultures and local conditions .

Are you aware of the ‘system’ in your diocese - what it entails and how it works?

Our Congregation: We have been blessed in that several Sisters have worked on producing Safeguarding policies over the years. We thank them for their efforts in this sensitive and

difficult field. Now we need to continue and build on their work.

Closing questions

Are you familiar with our Safeguarding policies wherever you are located in the world ?

Do you help to put them into practice in our communities, homes, schools and projects ?

The first Standard set in most Safeguarding policies is, “Creating and Maintaining Safe Environments”

Our communities, homes, schools, projects - are they places where people feel safe?

“Safe” is a broad term when it comes to Safeguarding, it covers personal, emotional, physical, sexual, financial and the environment in which we operate .

Our implementation of Safeguarding must be practical and visible, not just a matter of ticking boxes! It is our means of keeping those in our care safe from harm, so it must be afforded the attention and priority needed to ensure it achieves that purpose.



Let us all work together to create such environments, so that we are free to fulfil our Mission of Service to the people of God .

Sister Angelo Roncalli

Sister Marie Carmel Jones RIP



Died 24th October 2022

It's sometimes said that the place where we were born helps to shape our human development. I think that Sister Marie Carmel (Catherine Patricia Jones) would fit this remark. She was born in that historic, picturesque place in north-west Cork, Mounse Abbey, famous for its magnificent abbey ruins, a site which catches the eye from the Cork/Limerick road (A60). The view gives the impression of a timeless location where people have lived for hundreds of years. The abbey ruin itself is a reminder of a spiritual centre where God was praised by the local people, and by the community of monks living there who sang God's praises and cultivated the rich farming land surrounding the monastery. No surprise then that Sister Marie Carmel (Patricia) responded to the call to live a life committed to serving God while she spent her formative years in such a spiritual environment.

Alongside the call to serve God and to devote her life to Him

came the attraction to a life of service. For Carmel this was to be the nursing profession which was admirably suited to her caring nature and her natural ability. Following intensive training for a number of years she applied herself diligently to nursing the sick throughout her long life. She was particularly devoted to terminally ill patients. She held several posts of responsibility, wherever she was in charge there was an atmosphere of exceptional care, good order and kindness. Towards the end of her nursing career she was in charge of a small care-home for retired ladies in Old Colwyn, North Wales. Here the ladies enjoyed their final days in peace and happiness. No wonder this was a much sought-after retirement place.

The ten years that Carmel spent here at Sacred Heart Convent were happy ones. With our exceptionally caring staff she came alive whenever they wheeled her into the garden where she enjoyed watching the small birds, the robins, the finches, the wrens, not to mention her love for the brightly coloured flowers. I wonder if she felt she was back in her childhood days in Mourne Abbey again!!

As we bid goodbye to our dear Sister, we send our deep sympathy to her large and close-knit family, especially Sister Mary Joseph who will be missing her very much. We, the Sisters of the Sacred Hearts of Jesus and Mary, say thank you for gifting us with such a wonderful Sister. May she rest in peace.

Written by Sister Austin Callaher

Sister Catherine Philomena Lehane RIP



Catherine was born on January 13th 1935, the second child of Ellen and Daniel Lehane. She had two brothers and two sisters. Her sister, Sheila and brothers Dan and Joe have already gone home to God. It is to you, Eileen, the last surviving member of this generation of the Lehane/Riordan family that, on behalf of Sister Julie Rose, our Congregational Leader and all the members of our Congregation, we offer our condolences as you mourn the loss of your beloved sister Phil.

To you also, the extended families of Dan, Joe and Sheila, we offer our condolences and thank you for your warm presence among us for which Catherine surely rejoices.

Catherine's family home was in Cullen a short distance from her hometown Millstreet, which lies between Killarney and Mallow. Catherine attended the local national school and then completed her education in the Presentation convent school. Shortly afterwards she travelled to the USA in the hope of finding her life-vocation there. Not finding her niche in the land of the free, she returned home. While visiting her devoted aunt Margaret she was introduced to a well-known Redemptorist missionary who guided her to our religious Congregation, which she joined in August 1956. She made her First Profession in Chigwell convent in Essex on August 28th 1959. Afterwards Catherine served in our communities in parts of England, Wales and Scotland. She trained as an RN nurse in Broadgreen hospital in Liverpool in 1979 and from that time onwards spent over fifteen years on the staff of Hillingdon Teaching hospital, just walking distance from Pield Heath convent near Uxbridge. During those years she was a prominent

member of the Association of Nursing Religious. Brother Mark (St. John of God Order) who came to know her well wrote to Sister Julie a few days ago recalling how it was her dedication to a life of prayer in God's service and her compassionate care for others that drew him to her. Catherine was a founding member of the House of Prayer, our Retreat centre in Colwyn Bay in north Wales, where she led the hospitality team, prior to joining the Pembroke Dock community. She spent her retirement years with us in Pield Heath before moving across to Marian House when her health deteriorated. This is no more than a fleeting glimpse – a *taster* you might say - of Catherine's long and fruit-filled service, with all the ups-and-downs, struggles and challenges that accompany each one of us on our journey of faith.

What springs to mind when reflecting on C.P.'s life today is simply: LOVING KINDNESS. Catherine was a perfectionist in all she set out to do. Everything was made to match! Woe-betide you if you moved a spoon or missed a serviette! Eileen, you explained to me that Catherine was her mother's daughter when it came to flair and care; out in the open countryside she enjoyed being her beloved father's willing helper in all weathers. She happily recalled those days until very recently. C.P. was the SSHJM official photographer at community and Pield Heath School events. You didn't just get one photo from her; afterwards you received an album dated, signed and sometimes in honour of a special life - event a video followed in the post.

All of us here are familiar with the saying - *those little unremembered deeds of kindness speak of love*. That's how we who shared her life remember Catherine. In her turn, she formed life-long friends who stayed the course through thick and lean times. They were there for her when she needed comfort and support, always ready to forgive and heal what needed reconciling. Kindness enriches the giver and the receiver. Catherine was the receiver of loving kindness throughout her final illness, both from her own community and the dedicated Marian House staff who cared for her so tenderly and professionally. What a blessing God had in store for her on the morning of December 29th 2022, when, surrounded by her loving Eileen, Bernadette, her faithful sisters in community and devoted care-givers, she peacefully went home to be forever with the God she loved so well.

Sister Rosemary Clerkin



**St Augustine's Priory, House of Prayer, Cliff Rd, Old Colwyn, Conwy
N. Wales LL299RW**

CONTEMPLATIVE RETREATS

in the Way of Franz Jalics SJ, also known as the Gries Path

These Contemplative Retreats, with individual daily guidance, are for those seeking to pray and live in a more contemplative way.

Franz Jalics says, 'There are many paths to contemplation. I show you one of them. I'm conscious of the fact that God leads many people to contemplation without any external help. Frequently he uses natural circumstances. A simple life of love, some years on a sickbed, a brush with death, the leaving of one's homeland in order to live among the poor, and other events can lead to contemplation. I do not want to exalt my way above others. On the contrary I am very happy that they exist and I appreciate them. I myself have walked the way I describe: should it help someone else to find his or her way I am

The Team, experienced in facilitating this particular Contemplative Way of Praying and Living, is offering the following Contemplative Retreats in 2023:

- **21st - 30th June and 16th - 25th October** at the above address N. Wales
- **08th - 16th May** at **St Rita's Retreat Centre, Honiton, Devon**
- **16th - 25th August** at **Loreto Spirituality Centre, Llandudno**

This particular Way's 'Retreat Team' work through St Augustine's House of Prayer, therefore participants are to apply, in the first instance, for an Application Form available on request from: The Administrator at: enquiries@houseofprayer.org.uk or Telephone:01492 514223

Also being offered is:

'School of Meditation' in the Way of Franz Jalics SJ

This 'School of Meditation' will provide a step by step introduction to the Gries Path of Prayer over 7 consecutive Sunday afternoons

Starting 15th October - 26th November 2023 - 2pm-4pm via zoom.
Enquiries as given above.

DURING JANUARY, FEBRUARY, MARCH, APRIL, MAY & SEPTEMBER 2023

There are no set Retreats during these months but we are open for Private Retreats and Quiet Breaks

JUNE 2023

Sunday 4th—Sunday 11th:

6 Day Individually Guided Retreat

Led by Bishop John Crowley & Sr. Annette Borgmann

Arrive 4th after 3pm. Depart 11th after lunch.

JULY 2023

Monday 24th—Sunday 30th:

Icon Painting led by Christopher Perrins

For beginners— experienced participants also welcome.

Arrive 24th after 3pm. Depart 30th after lunch

AUGUST 2023

Monday 7th—Monday 14th:

Our Blue Planet

Led by Christine Dodd & Mildred Butterworth

This Retreat will offer the chance to reflect on the Spiritual dimensions of earth, air, water, and fire. Individuals can meet daily with one of the leaders if they wish

Arrive 7th after 3pm. Depart 14th after breakfast.

NOVEMBER 2023

Monday 13th—Monday 20th:

6 Day Individually Guided Retreat

Led by Sr Louise Swanston SSMN

Arrive 13th after 3pm. Depart 20th after breakfast .

DECEMBER 2023

Friday 1st—Sunday 3rd:

Advent Retreat with Bishop Peter Brignall

Arrive 1st after 3pm. Depart 3rd after lunch.



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