

# Keeping in Touch

Autumn 2017



**Special Zambia Edition**

***Preview:***

***Mother Winefride Tyrrell Award Winner 2017: p 26***

Sisters of the Sacred Hearts of Jesus and Mary



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# Editorial

Welcome one and all to our Autumn edition of Keeping in Touch. As you can see by the cover this is a special edition focusing on Zambia, first profession of vows, the canonical visitation of Sr. Mary (to all four communities) and more. Sr. Lorna also shares her experiences in Zambia on a visit earlier in the year. All of this does not however ignore the many other activities that are going on around the congregation. In El Salvador we show how past projects come to fruition in Talchiga with the beautiful new chapel built by the villagers. St Anne's, Roscrea have set us all a great example in their project to support peoples in the developing world to improve their circumstances and live a healthier cleaner life themselves - a very good read - well done St. Anne's. Sr. Barbara follows up the friendly world theme and encourages all to get on board.

Our centre page spread is dedicated to the Mother Winefride Tyrrell award 2017 and well deserved it is too. Well done to you all who sent in nominations, Sr. Mary and the L. Team were burning the midnight oil trying to make a decision.

There's much more to read and see, we hope you like the photos.

Please feel free to write in and let us know if you would like any changes in the presentation.

Love and prayers to you all.

*Anne and Emma*

## First profession of Religious Vows 8th September 2017

A vocation to a particular way of life is a calling from God, a call which each one needs to respond to every day of our lives and It is my deepest desire to be in union with God the perfect community.



Sisters Ruth, Clara, Mervis, Sylvia, Natasha and Annet

I thank the  
almighty God for the wonder of my being and the great celebration we had for our first profession of vows on September 8<sup>th</sup> at Lake Road. The Holy Mass began with the procession into the Nsaka (garden summer house) led by us, six sisters making vows; Natasha, Clara, Ruth, Mervis, Annet and myself followed by our novice Directress, Sr. Mulenga, the other Sisters and Priests. Holy Mass was celebrated by Fr Thomas Zulu OFM. We had wonderful singing by our own sisters and Aspirants.

Fr Thomas in his homily emphasised the value of living out our Charism, the Constitutions and the Rule of St Augustine. He focused especially on community living, he said: "look first to the poor within your own community before you go out to look for the poor outside or in the

world. In that way you will truly understand what it means to be poor”.

After the Mass, the festivities continued in the garden which was beautifully decorated, the meal and entertainment were organised by the sisters, aspirants and staff. It was during the reception that the news which all we were waiting for broke out; where are we going?

I was the first one of the six to talk with our Congregational Leader, sister Mary, I was full of anxiety as to where I am to go and finally I found myself appointed to Kasama community. This is the community where I first met the Sacred Hearts Sisters, as an Aspirant. It was in this community where I said to myself seven years ago: “this is it, I have arrived home, because here I feel at peace within myself”.

My many thanks to the sisters, friends and family for their generosity and continued support, may God bless you all. May the Sacred Heart of Jesus be everywhere loved. Sister Sylvia Mulenga.



Farewell Party in Lake Road Community: Please keep the Sisters in your prayers as they move, in the New Year, to their new ministries.

Dear Sisters,

I would like to thank Sr. Mary Mangan, the Leadership Team and all the Sisters here in Zambia, Uganda, England, Ireland, Wales, Scotland, California, Philippines and El Salvador, for your support and prayers during our Profession. God bless you all.

Thank you

With love and prayers,

Mervis



Dear Sisters,

Greetings from Zambia. I would like to extend my gratitude for your love, prayers, generosity and support, that you have shown me. Thank you very much for the nice messages and cards I received from you all on my special day. I am very grateful to God and may the good Lord grant you all the blessings and graces you need at this time. Be assured of my prayers and please pray for me as I journey towards Christ.

With love,

Sylvia



Dear Sisters,

I would like to send my gratitude to all the Sisters who supported me during my time in the novitiate and all the sisters who sent me words of congratulation on my profession day. May God bless you and keep you. Please keep me in your prayers as I start my new ministry.

Love,

Annet



# Pictorial diary of Sr. Mary's visitation to Zambia, September 2017

Sisters Mary and Mary Ita in Mbala visiting grandmothers who are learning business skills to support for their orphaned grandchildren.



Visiting the Victor Braun



Skills Center Mbala where learning goes on year



round

to ensure that the disadvantaged are able to learn the skills they need to live with dignity, supporting themselves and their families.



One Women of the literacy group receives a new wrap from Sr. Mary. See over the whole group showing off their new wraps.



Mbala— has 14 centres in the district for adult literacy programmes and they are all eager to learn.



The Aspirants in Mbala preparing the supper, with Sr. Muda in charge, and it looks like Sr. Lucy is supervising!

Kasama, Sisters Mary and Mary Ita visiting the hermits with Sisters Trinitor and Lucky.



In Bauleni, Lusaka, Sr. Margaret looks on with Rachel our aspirant who is practicing her design and technology skills. They both live in Nyumba Yanga Community.



Sister Judith (and friends) visiting Lake Road Community. Judith is studying Formation at Kalundu Study Centre.....



Service of reconciliation at the Unit meeting in Lake Road.

“Lord teach us to learn how to forgive so that we can go forward freed from any thing that holds us back”



Sisters Ruth Sylvia and Natasha studying Spanish in their last month in the Novitiate.



Graduates of Spanish, Felicidades.

## Women's Literacy Class. Mbala, Zambia

On my last visit to Zambia one of the most moving visits for me was to go into a very remote village where there was a class for women and to teach them how to read and do sums.

There were grannies and young women, some with their babies with them. All were very eager to learn.



One woman said she wanted to be sure her children were attending school, before she could not tell if they showed her their books because she could not read, but now she can read

she can see if they are working or not. Another said she wanted to be sure she wasn't being cheated when she sold her

produce in the market, one lady wanted to be able to read her bible herself, it was very moving.

The teacher had been taught how to read and write and how to pass on her skills.



Some of the group who are now learning will later go on to other villages to teach other women, sharing their newly acquired skills.

The classroom was very basic, there were desks and exercise books for their work, but no text books. Every day the teacher had to write the Bemba (local language) alphabet on the board. The women then would be asked to write on the board what they had learnt.

I take my education for granted, as my right. The children I taught in school took their education as their right. For many people throughout the world education is a privilege that they will grasp eagerly when offered – a humbling thought.

*Sr Lorna*

Note Quality **education** is one of 17 Global Goals that make up the 2030 Agenda for Sustainable Development.

# MOTHER WINEFRIDE TYRRELL AWARD 2017

## SISTER KATHLEEN BUCKLEY

Sisters John Vincent RIP and Kathleen with Patty and her grandmother in San Patricio 1998



This years award winner is A truly inspiring woman who has done so much throughout her life for all those she was called to serve.

At the 1990 Chapter Sr Kathleen presented an invitation for us to go to El Salvador, a country in civil war. When the decision was made to go she was the first to volunteer. She went shortly after to learn Spanish and pioneer our presence in one of the most dangerous countries in the world.

Kathleen with her infectious enthusiasm, inspired Sr. Imelda Manning and Jackie Duncan, an Associate, to go with her and others in the congregation followed. The violence and disasters (earthquakes, tropical storms and hurricanes) never dissuaded her.

Kathleen loved and was loved by the poorest people and always had a steady stream of 'visitors' at the door. Her hero and inspiration was Blessed Oscar Romero - The Voice for the Voiceless.

Kathleen established a school in San Patricio (really for one little girl, Patty), who had special needs and needed washing and clothing daily to be accepted by the other children. It still thrives today with 400 students.

Kathleen had great confidence in the State Education system with their constant assurances of support which were seldom realised but no matter how many disappointments came her way she was always upbeat and respectful to the people who let her down.

Kathleen opened the door for Salvadoran candidates - many came and went but all would be richer for having been with us and with Kathleen in particular. Sr. Dayssi remains and has a great love for Kathleen.

In 2001 when we went to seek pastures new Kathleen was very excited at the thought that we could be in the same parish as El Mozote - the site of the terrible Massacre that took place there in 1981. (Where we continue to fight for justice).

Both herself and Sister John Vincent chose Arambala as our new mission and Sr. JV was disappointed that our house was not in El Mozote but more central just two kilometres away in Arambala!

When Kathleen left El Salvador she went on to Uganda where she once again showed her Gospel values and love for the poor.

She is loved in every place she lived - there are too many to mention them all. Her faith shines through several times a day in her favourite saying; "Thank you Jesus".

*We say; Thank you Jesus for Kathleen.*

*The award photos will go on the website after the 20th of November.*

# News from around the world .....

## El Salvador

Earlier this year I received a scanned handwritten letter from the people of Talchiga, a little mountain top village in El Salvador. The note was a plea for help as their village Chapel was falling down (photo included). “We



are not asking for money, just send us the materials” they said!



This is a small group who we have worked with over several years, we taught them how to build a small school from adobe (mud bricks) in 2005, then in 2010 two young Irish Associates, Ronan and Eric, came out to work help us

carry out the house building project where all the 10 families worked in two teams to build seismic resistant homes from local materials. We also sent some of the young boys to a residential school where they learned a practical trade alongside their academic studies, one returned

a carpenter and his brother is an electrician.

With all these combined skills they formed a committee to build a new chapel. The Congregation's Trustees generously gave a grant of £4,000. The committee had already started work; making adobe bricks etc and soliciting help from other groups. No other group gave them money but they did receive floor tiles and two loads of sand with transport. Because the village is so isolated the builders could not work on the chapel part time and go out to work so they tried to work for two weeks and build the chapel for two weeks alternately (pay is given on a daily or two weekly basis). Some of our funding went into buying basic food materials like maize for tortillas, beans, oil, rice.

I was delighted that with so little the community built a beautiful chapel, dedicated to Our Lady of Fatima. Modesto our carpenter made all the doors, windows, roofing beams and benches from locally sought wood. The chapel is plastered and painted and even has electrical installation by Simeon the electrician and the other men and women made bricks and did all the design and building themselves.

Well done to my friends in Talchiga - you make me proud.

In 2002, when I first arrived, there was only a foot path access, no school, the families lived in shacks with no electricity. Now the people have worked to



improve their lives and the future of their children.

*Our Lady of Fatima – pray for them.*

# Ireland

## Congratulations to the students of St. Anne's Special School, Roscrea

Children and staff from Classes 4 and 9 were proudly awarded an Irish Aid Award, from the Irish Department of Foreign Affairs and Trade, in recognition of their achievement for global awareness. The aim of the award programme was to help pupils explore the links between their lives and the lives of children in developing countries. Irish Aid is Ireland's official programme of overseas development assistance and it works in 8 partner countries in Africa and Asia to tackle hunger, poverty, climate change and inequality, and to support human rights. By participating in the Awards our children were helped to



consider what they, as children, could do for people and planet. The children's response was to select a topic based on the following statement:

***Our planet,  
Make it, or break it,  
Your responsibility!***

Having chosen this topic the children and staff set the following challenges and responses/activities for each other:

### How can we improve our environment?

- ◆ Establish a Green Team to collect rubbish on the school grounds.
- ◆ Maintain a school noticeboard providing practical tips and information on how we can save energy and water in school.
- ◆ Establish a home /school 'Energy Saving Pledge'.

- ◆ Grow our own vegetables, fruit and potatoes in school.

### How can we look after the planet earth?

- ◆ List practical examples of how we can take care of people, animals, plants, air and water.
- ◆ Promote the good practice of Reducing, Reusing and Recycling.
- ◆ Raise money for Trócaire as they work for a just world.
- ◆ Raise money for local charities.
- ◆ Submit an application for our 7th Green Flag Award: Global Citizenship- Energy!
- ◆ Develop a new Green Code Statement:  
‘All aboard our energy train,  
To save our planet is our aim.  
So flick a switch, or save some rain,  
Sustaining energy is our game!’

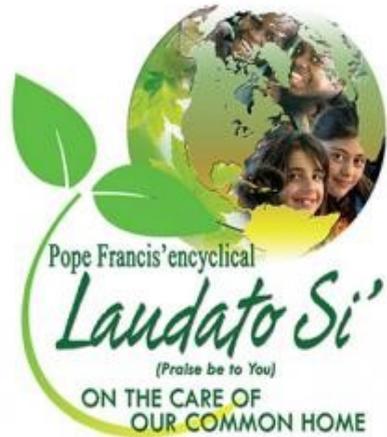
### How is life not the same for everyone worldwide?

- ◆ Engage with the national ‘Crocus Project’ which encourages schools to plant yellow crocus bulbs in autumn in memory of one and a half million children who perished in the Holocaust and thousands of other children who were victims of Nazi atrocities. As the bulbs blossom in early Spring the children can explain what they represent as they raise awareness about the dangers of racism and intolerance.
- ◆ Research and compare the differences between our school and a school in Zambia.
- ◆ Research and compare how we access clean water as opposed to children in poorer regions of Africa.

Upon completion of achieving our set goals the children believed that they had communicated what they learned to the rest of the school and to all their family members at home. Additionally, they had experienced in a practical manner the interdependent nature of our world, and the connections between people, animals, and the environment, in places near and far.

# Laudato Si

This encyclical is such a huge and deep document that perhaps there's a danger that it may frighten us off. This addition to, and amplification of, Catholic Social Teaching is, however, addressed to all of us and if we explore it slowly and prayerfully we may be able to accept it as both gift and call to action. Pope Francis reminds us "we ourselves are dust of the earth; our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters. [Paragraph 2]



Because we have forgotten this, "the earth herself, burdened and laid waste. is among the most abandoned and maltreated of our poor, [ Paragraph 2] When the universe was created it was, so to say, made of the DNA of its Creator and, as most scientists now accept, all that exists is made up in some degree of the stuff of the stars. To contemplate this is to understand a little better, the deep relationship between ourselves and the rest of creation. But while we can rejoice in this incredible gift, we must acknowledge that our careless and greedy treatment of it and the heart-breaking consequences surely call for action. As members of a Congregation for whose founder only two things mattered: "Jesus Christ and the poor [Letters page 9] our charism surely calls us to a love of, and responsibility for, our mother earth and all who depend on her and are therefore suffering because of her degradation. The obvious question is, "What can I do about it?" The answer is in fact "Actually quite a bit!" That should cheer us up somewhat!

Admittedly we are facing overwhelming problems but each of us has

an important contribution to make. After all, the movement of a very small stone can cause a landslide! Pope Francis himself assures us that the goal of the information in the encyclical is "to become painfully aware, to dare to turn what is happening to the world into our own personal suffering and thus to discover what each of us can do about it, {Paragraph 19] Such an imposing and painful task calls for constant and focused prayer, something which is very dear to our hearts. But if we continue to examine the problems in even a superficial way we may also see simple, practical things from which each of us can choose to contribute to the wellbeing of our common home. In all of these activities, encouraging a group to work with us will help to make the encyclical better known and studied.

For now, let us consider just one great problem which must be addressed. Our over-use of fossil fuels greatly contributes to the worsening effects of Climate Change, whatever some public figures, large businesses and financial interests would have us believe. To make matters worse we are adding to the acceleration of the problem by the wanton destruction of forests, the lungs of the earth. By losing thousands of trees which are able to absorb carbon dioxide, we are hampering the dispersion of pollutants above the planet and so adding to the earth's over-heating. We can at least make our voices heard by signing petitions to the UN and writing to our own governments asking them to rein in the multinationals responsible for the devastation which converts productive woodland into arid desert. A further positive step is to sponsor tree planting, which is a relatively cheap and simple practical step to improve the life of our suffering planet and the people whose poverty is increasing because of the greed which destroys creation in search of yet more astronomical amounts of money. We are hoping to form a "Sponsor a Tree Group" here, and if you would like to join us you are very welcome! Better still, start a group of your own! Questions, suggestions, advice etc. are all very welcome.

Thank you for reading this, if you did.

*Barbara.*

# Human Trafficking

## Modern Day Slaves

‘Oppressing the poor in order to enrich oneself, and giving to the rich, will lead only to loss.’ (Proverbs 22:16)

## Reflection

One of the greatest tragedies and social sins of our world today is human trafficking. Men, women and children are trafficked across the world to be condemned to a life of misery and degradation. ‘In the UK an estimated 13,000 people are working as slaves in agriculture, hospitality, fishing, private homes, brothels, nail bars and cannabis farms.

The isolation, fear and humiliation suffered by these innocent people is beyond comprehension. Their human rights are exploited by people who ruthlessly strip them of all dignity and use them to meet their own selfish needs. They have been brought into the country under false pretences; the promise of ‘a brighter future’ security, good living conditions and the promise of being able to support struggling families at home traps the most vulnerable into a social and psychological prison from which it is almost impossible to escape. Passports are confiscated and the victims are forced to live in the most inhumane conditions, working extremely long hours for a pittance of a wage, malnourished, and at risk of all forms of violence. These actions contravene basic human rights. Anti-slavery legislation and good government policies attempt to address these ills but much more needs to be done so that the human rights of all are upheld. Employers are reminded about their obligation to respect all in their employment, ‘Stop threatening them, for you know that both of you have the same Master in heaven, and with him there is no partiality.’ (Ephesians 6:9)

The Medaille Trust and TRAC, are inter-congregational initiatives which work with victims and to raise awareness & campaigning to end trafficking. RENATE, Religious in Europe Networking against trafficking and exploitation and Ruhama in Ireland live out the prayer of Isaiah:

*'The spirit of the Lord God is upon me,  
because the Lord has anointed me;  
he has sent me to bring good news to the oppressed,  
to bind up the broken hearted,  
to proclaim liberty to captives,  
and release to the prisoners;  
to proclaim the year of the Lord's favour,  
and the day of vengeance of our God;  
to comfort all who mourn.'* (Isaiah 61:1-3)

TRAC meetings are held regularly in Chigwell. Our Sisters keep close contact with and are members of RENATE

### Thought to take away

Trafficked people may be living next door to you or working beside you. What actions do you need to take to address this crime?

*Sister Siobhán O'Keeffe*



<https://www.theguardian.com/sustainable-business/2015/dec/14/modern-slavery-act-explained-business-responsibility-supply-chain>

The Human Rights of Article 4 "No one shall be held in slavery or servitude" Human beings must not be owned, bought or sold. No one has the right to enslave anyone else. Slavery is a crime.

<http://www.legislation.gov.uk/ukpga/2015/30/contents/enacted>

<http://www.medaille-trust.org.uk/what-we-do>

<http://www.traconline.org.uk/http://www.renate-europe.net/:/www.ruhama.ie/>

## What Do You See?

*(A poem found among the possessions of an old lady who died in a geriatric ward of a hospital in Scotland.)*

What do you see, nurses, what do you see,  
what are you thinking when you're looking at me?

A crabby old woman, not very wise,  
uncertain of habit, with faraway eyes.

Who dribbles her food and makes no reply  
when you say in a loud voice, "I do wish you'd try!"

Who seems not to notice the things that you do,  
and forever is losing a stocking or shoe.

Who, resisting or not, lets you do as you will  
with bathing and feeding, the long day to fill.

Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse; you're not looking at me.

I'll tell you who I am as I sit here so still,  
as I move at your bidding, as I eat at your will.  
I'm a small child of ten with a father and mother,  
brothers and sisters, who love one another.

A young girl of sixteen, with wings on her feet,  
dreaming that soon now a lover she'll meet.

A bride soon at twenty - my heart gives a leap,  
remembering the vows that I promised to keep.

At twenty-five now, I have young of my own  
who need me to guide and a secure happy home.

A woman of thirty, my young now grown fast,  
bound to each other with ties that should last.

At forty my young sons have grown and are gone,

but my man's beside me to see I don't mourn.  
At fifty once more babies play round my knee,  
again we know children, my loved one and me.

Dark days are upon me, my husband is dead;  
I look at the future, I shudder with dread.  
I'm now an old woman and nature is cruel;  
'tis jest to make old age look like a fool.  
But inside this old carcass a young girl still dwells,  
and now and again my battered heart swells.  
I remember the joys, I remember the pain,  
and I'm loving and living life over again.

I think of the years - all too few, gone too fast -  
and accept the stark fact that nothing can last.  
So open your eyes, nurses, open and see,  
not a crabby old woman; look closer - see ME!!

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## Looking back in Gratitude – Sister Janet

It is now five months since my return from my grace-filled time in El Salvador.

Some of the events have faded from my memory, mostly due to the alternative life style we live in the western world. What will never fade is the deep gratitude I hold in my heart for the love and support I received from the day of my arrival until I said my good byes on that April evening!

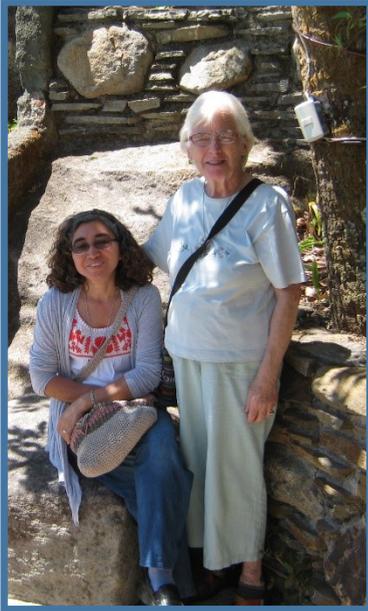
Sisters Dayssi and Vilma came to my mind immediately. Both of them gave me a warm welcome right from the start which continued throughout my stay, their acceptance of me with my little Spanish meant a great deal to me. I include Sister Dayssi's extended family in this thank you.

Luz, our housekeeper/cook put herself out to make my day to day living comfortable in a way that brightened my life as weeks and months went by.

Fr. Pio, the parish priest and parishioners helped me to feel part of the parish, by their welcome and acknowledgement of my presence at special liturgies.



Fr. Marvin and the Sacred Heart students from their local formation house, regularly attended parish liturgies. Sister Dayssi and I were invited to their



birthday celebrations which were thoroughly enjoyable. On these occasions, I was able to give a little by way of return by interacting with some of the students in my own language – this was hilarious!! I was really struck by the easy rapport and banter between students and staff.

The Companions in Prayer added to the variety and quality of my experience. Nubia and her extended family never failed to give me their love and support in ways I will always remember.

For the volunteers from the special needs group who were very grateful for all my interest in their wellbeing.

For Reina and the members of the sewing class who also supported me.

Last but not least, the number of Sisters who remember me with texts and messages during my stay and especially my own community and dear family too.

All my memories are “Gratitude”

*Sister Janet*



## With thanks .....

**Sister Mary Claire Ryan** would like to thank all those who send Mass cards and messages of sympathy on the death of her sister, Una. Holy Mass will be offered for all your intention.

**Sister Pauline McCullagh** wishes to express her sincere thanks to all who sent messages of sympathy, prayers and Masses on the sad occasion of her sister Veronica's death RIP. Mass has been offered for all your intentions.

**Sister Angelo Roncalli** would like to thank everyone who sent greetings, prayers, gifts and Mass intentions on the occasion of her Golden Jubilee.

**Sister Elizabeth Dawson** is very, very grateful to all those who sent her cards, Masses, prayers and gifts for her Golden Jubilee.

**Sister Margaret O'Leary** would like to thank you all for Masses, Gifts, Cards and all Good Wishes received on her Golden Jubilee. Mass will be offered for all your intentions.

## A little reminder .....

- ⇒ Advent is nearly upon us - have you been invited to offer a reflection? Could you offer? Write to me.
- ⇒ Mother Winefride Tyrrell feast 20th November - remember to thank God for all those who continue to live the charism.
- ⇒ Sr. Laura Ryan's 90 birthday on the 16th Dec!
- ⇒ This year the Leadership Team will send their Christmas greeting on an e-card so if you would like to receive a card send your e-mail address to [communications@sacredheartsjm.org](mailto:communications@sacredheartsjm.org)



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