

SSHJM

KEEPING IN TOUCH



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Editorial

Our Autumn edition is more of a pictorial trip down memory lane. Lots of Jubilees; Platinum, Diamond and of course the very special Golden which gets the double middle-page-spread. We do, though, go much further back into memories of sisters and houses long gone of 1908 and 1936 in North Hyde P. 28 and P. 30. Memories of Father Victor Braun in London P. 12. Searching collective memories and charism in the Federation Victor Braun meeting P. 16 and Memories of fifty years in Religious Life P. 38. We do present also more recent memories of Sr. Esther Soko on her sabbatical course here in U.K. and a most beautiful memory set in a poem by Sr. Odette who recalls her time in Colwyn Bay. The sisters in formation enthusiastically talk about their trip to The Victoria Falls in Zambia P. 4 – who wouldn't be enthusiastic about that? Sr. Sylvia Mulenga shares how she developed (with the guidance of Sr. Yvonne) a new ministry in Kasama. Other celebrations are Sr. Dominica's big 90th birthday on P. 43 and, at long last, Sr Mary gets to celebrate with Tea-on-the-lawn. We had a late addition to our KIT with a reflection and poem from Joyce , our aspirant in Cebu – now you can put a face on your prayers!

As we move towards 2020 we think of the Chapter year and the 150th anniversary of our arrival in the UK. Our new calendar needs to reflect something of that - could you send me, please, some photos (clear, colourful and good quality) that we could consider including. Think of; Charism, Ministry, History, Hope for the Future. Looking forward to receiving some great pics!

Love and prayers

Anne and Emma

Fruits of our Labour.



The first 'article' I received for this edition was a photo of a bag of 'spuds' via my email with nothing else except to say it was for KIT. So here it is - I presume that Sisters Johanna Mary and Pennie grew them in the garden and after our very successful webinar on the Environment wanted to show that they too are doing their bit for Mother Earth. I only wish that they had included an invitation to dinner so that we could share them in a big plate of stew or fish and chips or 'bangers' and mash. But still Liverpool only has a little house and it's a long journey so we will just have to be content with a photo and hope that the potatoes were as delicious on the plate as they look in the bag. Well done for all the effort sisters, we will ask Sr. Sarto to offer her opinion as she has so much experience in the topic of organic gardening.

Our Journey to Livingstone



Sisters Felistus, Comfort and Fancy

It is a privilege to be able to share with you our journey to Livingstone which brought back childhood, classroom memories. It was a dream come true because we all longed and wanted to visit the tourist capital of Zambia and moreover the mighty Victoria Falls, which is one of the Natural Wonders of the World.

Our journey to Livingstone began early morning as we boarded the Shalom bus. We were very excited about the adventure as it was also an opportunity to see other cities and towns that we had only heard about but never visited. Towns like Mazabuku, the ‘sweetest town in Zambia’, a name it earned from the sugar cane plantations. Other towns were Monze, Choma and Chirundu which appeared to be very different to our expectations. However, we really enjoyed the view.

We finally arrived in Livingstone and to the Convent of the Sisters of the Holy Cross where we spent the night. The following day, Joseph our driver collected us about 9.30am and we headed to the National Park. On our way, a huge baboon crossed the road in front of us which surprised us as we

were quite some distance away from the park!

As we headed to the National Park, baboons were all over the place. They welcomed people by grabbing their food even if it was in plastic bags. The baboons seemed to be very harmful but if you had nothing to attract them, they were very friendly. We really enjoyed our activity package. Then we saw the mighty Victoria Falls – popularly known as ‘Mosi-oa-Tunya – ‘The Smoke that Thunders’. We had great delight viewing one of the natural wonders of the world in our own land. You can access the falls from either Zambia or Zimbabwe, as it is part of the international border. So, after viewing it from Zambia we crossed over into Zimbabwe and it was indeed a dream come true for us. The whole experience was beyond our expectations.

We thank Almighty God the for the gift of creation – things so beautiful and beyond our imagination. We thank Sr. Mary, and the Leadership Team, Sr Yvonne, our Unit leader and Sr Esther Soko, our Formator for granting us this great opportunity. May God bless all our sisters.

*Sisters Comfort,
Fancy and Felistus
(novices).*



SEEKING WHOLENESS RENEWAL COURSE

From 9th June to 27th July 2019, as a part of my semi-sabbatical, I participated on a renewal course of personal formation, seeking wholeness and Gospel leadership. In summary it is about self-healing, self-counselling and self-transformation.

We entered an integration process: GOD'S STORY, OUR STORY and MY STORY. We reflected on Biblical Persons, becoming aware of the perennial patterns of God which formed, shaped and prepared them for God's purpose and on the formation which took place through the events of their lives with all its ups and downs.

Seeing God's story in their lives, how God guided them to find their inner security and to find meaning in Him enabled them to recognise and own their inner-authority, or leadership, and taught them not to live from a false security that is built on possessions, prestige and power. As these persons confronted the different events of life, they became aware that the illusion *'that we can do everything alone'* is impossible and this led them to owning their personal dignity within.

MY STORY; as part of the 'Biblical people of God today, people chosen for our time'. I reflected on how God educated and formed me through the ups and downs in my life journey.

GOD'S, OUR and MY STORY were pulled together through reflecting on the lights and shades of the journey of Ruth, Orpha and Naomi, who in their pain and loss, took responsibility for reclaiming their lives. They took the initiative to find fulfilment. Like us they experienced transformation as they lived through their experiences and, by embracing change, found joy.

Connecting again with MY STORY, we visited our 'family of origin' – our first formation-ground, where we focused and became aware of our early

relationships, a mixture of negative, neutral and positive.

Transactional analysis helped heighten awareness of our inner parent, both nurturing and critical. The inner child both adaptive and free and the adult who allows us to lead from our inner truth, with inspiration, wisdom and self-care. We become more aware from which part we communicate, at times from the parent, from the child or from the adult. For example, the critical parent within us carries the negative voices from which we judge ourselves harshly and from which we can project these harsh voices on to others. In contrast our nurturing parents affirms us, enabling us to nurture and heal the inner wounded child. Nurturing in this way, we reclaim our lost spontaneity, own our autonomy and initiative to make healthier choices. The adult is then able to negotiate with her own voice in an assertive manner without aggression, thereby relating in a more life-giving way.

However, although most of us have had Good-Enough parenting, we do not come to adulthood with everything in order. As children we are like sponges, absorbing positive and negative feelings from early rearing and from our environment. This often results in wounds and the development of patterns which, unconsciously, are acted out in adult life.

Without awareness of the origin of these feelings, by putting ourselves down, trying harder to please and perfectionism, for example, we internalise our feelings or project our hurt and anger on to others. It is good to remember that as children we have not yet developed our inner adult or inner nurturing parent to heal these wounds, so we blame ourselves or try even harder to please. Being a nurturing parent to these feelings allows healthier communication, greater inner harmony and healthy self-esteem.

We also went on the 'HERO'S JOURNEY' as a methodology to heighten awareness of how the unconscious archetypes when made conscious,

offers us tools as well as powerful insights into what we are experiencing. For example, when I am fearful, feeling used by others (EXPLOITED VICTIM) and not able to trust, it is good to become aware of the inner script and its origin that dominates our thoughts and life.

We continued by looking at the SEEKER ARCHETYPE that longs for connection, searching to find meaning, searching for truth. Questions that often arise are; 'What am I'? 'What is life about'? 'Who is God for me'? etc.

To further aid the journey to our true self, PSYCHODRAMA played an important part throughout the programme, both in the group and with individual cultures.

We became more aware that we are all born into a CULTURE with its strengths and limitations. Knowing our own culture, we both grow in the understanding of the place culture has in our life and appreciate more our interactions with other cultures.

HUMAN INTIMACY – we are born for relationship, each of us needs to take the risk of knowing ourselves and allowing others to know us in the circle of intimacy.

LEADERSHIP – leading from within, the qualities and dysfunction of leadership.

GOSPEL LEADERSHIP, different aspects of discipleship described by the four evangelists.

CHRISTIAN LEADERSHIP - treat others as you like to be treated yourself.

COMMUNICATION SKILLS – listening with empathy, with an open mind, heart and will and understanding the relationship of the person, the system and the context.

SEXUAL ABUSE – supporting the victim and affirming the survivor.

LIVING WITH DIFFERENCE, awareness of prejudice, being aware of '*them and us*' attitudes.

SEXUAL ORIENTATION and pastoral response.

WOMEN MYSTICS - reclaiming the mystic within each of us.

BODY AWARENESS – to know our self as an embodied being through movement.

I thank the Leadership Team for the opportunity to participate in this renewal course of seeking wholeness and I thank all the Sisters for their prayers.



Sister Esther Soko.

In the Footsteps of Father Victor Braun In London

In preparation for our pilgrimage we looked carefully at Father Braun's Circular letter written on the evening of his arrival in London on September 19 1870. The letter traces the arduous journey which Sister Mary of Jesus (Josephine Gibson) had organised in order to escort to safety in England a third group of *Servants of the Sacred Heart* from the dangerous war zone in Cologne in Germany. When the Franco -Prussian war broke out suddenly in the summer of 1870, the German - born Sisters had to leave Paris. Father Braun was a German *national* so he had earlier returned to his home in St. Avold, a military town in the German - occupied French province of Lorraine.

Josephine Gibson (later Sr. M. of Jesus) was born in county Limerick in Ireland. She may have been working as a governess in Paris and joined the recently established Red Cross organisation there on the outbreak of the war. Members of the Red Cross have permission to cross enemy lines when a war is under way. Josephine did that on at least three occasions and was honoured by the King of Bavaria for her bravery.

Sister Mary of Jesus had a network of supportive contacts, including Cardinal Manning of Westminster. The day after their arrival in London Father Braun and the new novice were granted an interview with the Cardinal. He offered them a rented house next to the newly - built Catholic Church in Stratford in east London.

Our pilgrimage started at nine o'clock on May 11 when we were waved off by Sister Elizabeth Dawson. We took the U1 bus to West Ruislip, a half hour trip, and arrived at Stratford City underground station at 10 15am. We took

the short walk to the Franciscan Friary and were surprised to see a queue of young men by the front door. The young man we approached told us that every Saturday morning a free take-away and cup of tea /coffee is offered by the Friars for homeless young men of the area.

After short conversations with several of the men we turned the corner into Grove Crescent road, the site of the church, but the door was closed to us! Saturday



Mass times are 10 am and 6 pm. Always check before setting out, is a worthwhile rule of thumb! So, we quickly re-arranged our plans. We enjoyed a leisurely lunch in The Golden Grove, named after the famous Jesuit poet.

Gerard Manley Hopkins was born in Stratford. (His parents were married in Chigwell parish church) and the Golden Grove is named in his memory. Another connection with Hopkins dates to 1885, following the wreck of the Deutschland, in which five Franciscan Sisters lost their lives when the ship struck a rock off the Kent coast.

Queen Victoria requested that the bodies be taken to repose in the church at Stratford. The Servants of the

Sacred Heart were invited to prepare the deceased for burial in St. Patrick's cemetery. By then the community had moved to nearby Homerton but the Sisters still carried out their parish - visiting in Stratford.

From Stratford we boarded the No.25 bus to Adler Street in Whitechapel. This has been for many years the spiritual home of the German community in London. In his September letter Father Braun refers to the possibility of having a second foundation here. He writes;

The Director of the German mission has been instructed to accept me here. I am to hear Confessions and preach at Sunday Masses. I will also receive a stipend.

The church of St. Boniface was destroyed by German bombs in 1941 and re-built some twenty years later. The hostel next door serves German students and has recently been re-furbished.

From Adler Street we made our way back to Vallance Road to visit St. Anne's Church. It was here that Father Braun was offered hospitality by the French Marist Fathers, immediately after his arrival in London. This is a very large building enhanced by a magnificent rose window reminiscent of Notre Dame cathedral in Paris. It is now the spiritual home of the Brazilian community in and beyond London. St. Anne's Primary school is attended by many local Bangladeshi children, many of whose parents work long hours in the sweat-shops which abound in the side streets of the Whitechapel area.

It was late afternoon when we took the No. 25 back to Stratford. We were caught in a traffic-jam and though the local traffic had been light on our arrival (It was the

Muslim holy day) we were re-routed for an unknown reason. Fortunately, we arrived in time for the Vigil Mass of Sunday in St. Francis of Assisi in Stratford. We had another long, lingering look at the front of the Friary – the one-time

Convent of Our Lady of the Sacred Heart,
2 Eden Villas Stratford.



From this address Father Braun wrote several Circular letters to the communities in Paris. It seems appropriate to include a quotation from one which announced the forth-coming First Profession of Vows on January 29 1872. The Mass in St. Francis of Assisi was the highlight of our pilgrimage. We remembered all our Sisters in the three Congregations. Afterwards we met Fathers Brian and Francis who told us they had seen us earlier in the day - in the Golden Grove, while they were having lunch also! After Mass we made our way back to the underground station.

We arrived back in Uxbridge safely and made our way home to Pield Heath and then to Marian House at 9pm, where a light supper awaited us along with a warm welcome home from Sister Elizabeth Dawson.

Sister Esther Soko. June 2 2019.

Pilgrimage to Stratford



FEDERATION 2019.

This year's meeting took place in Chigwell with about 40 sisters from all three Congregations in attendance. The meeting had the theme 'Pilgrimage, A moment of Grace' with a sub-theme of 'New Wine, New wine Skins'. The idea was that, as a federation, we would prayerfully reflect on our journey together thus far and to review where we have come from and what we have achieved and now to look at where we are going and how to get there.

Expectations for this meeting were very high as more young sisters who had no previous experience of being at a federation meeting were the participants; this complimented the sub-theme of new wine, new wine skins. It was hoped that the meeting would focus on the future of the federation; how previous experiences and the knowledge gained could be passed on to the younger generation of sisters and how, equipped with this knowledge, they could carry on the work with their fresh talents/gifts.

When the meeting commenced we were reminded of why we were brought together in this manner. All three Congregations share a desire to remain connected (hence the sharing of the federation house in St Avold). Even though we each bring our own cultures, personalities and our individual uniqueness we are united by our founder, Fr Victor Braun.

In our Federation we share the culture of religious life and in many ways we are the same but at the same time very different. Our federation is based on a Trinitarian model that is hopefully built on love. We are distinct Congregations and yet we are one, we have the same root, our founder. We share the same charism of loving Jesus Christ and the poor and the apostolates that each Congregation is involved in mirror this.

With a strong desire to share the charism of Fr Victor Braun, the English Congregation established the Sacred Heart companions formerly known as Auxiliaries in 1990. The goal was to spread our charism by inviting lay people to share our spirituality through participation in our life of prayer and our apostolates. During the meeting we learned that our sisters in France and Austria also have similar groups. The Austrian sisters shared that they have people who have been with them for a long time who work with them even though most of the groups are not as formally established as ours. In France and Mali the groups are called Associates and these help them in their apostolates as well as accompanying them in prayer.

With the intention of focusing on our common roots a pilgrimage to Stratford was made; there was a visit to the church where the first sisters of the Congregation made their first vows; Stratford is where Fr Victor Braun stayed when he came to England. During the celebration of Mass we all renewed our vows.

When the meeting ended, some of the sisters who have attended previous federation meetings commented that this year's meeting had a different feel to it, and there were open and honest contributions made. The hope is that the fruits of this meeting will be clear, concise and concrete. This in turn will lead to a clear definition of the direction in which the federation is moving.



*Parting is such sweet sorrow: “Adios hermana Lucy” -
“Shalenipo ba sista Dayssi”*

A brief history of Kasama Skills Centre - My Apostolate



Sister Sylvia with a little friend

Being a part of the Kasama Community has been a wonderful experience for me. In April 2018 I was asked to carry out a needs assessment of persons with Special Needs in the village of Chiba. The assessment was carried out with the help of a local lady, Mary, from the parish of St James in Chiba. Within a week we identified about twenty children and young adults with various special needs. Most of them have never been to school. Some

wanted help in developing life skills and others wanted the opportunity to go to or return to school.

When I gave the feedback of the assessment to Sister Yvonne, she advised me to have a workshop for the young adults, their parents and guardians on the causes of disability. We wanted to educate them so that they could understand a the situation a little better and not discriminate. Secondly to change the thinking that they have been cursed for the sins committed by their parents of forefathers - as many of them firmly believe. Some also say that their children are a curse on the family, especially those who live in extreme poverty.

On the 5th – 7th May 2018 we held a very successful three-day workshop which about thirty people attended. During the workshop I could feel just how much families of children with special needs

suffer in their communities because of stigma, lack of acceptance and ignorance about the impairments of their children.

After the workshop we started meeting with the young people three days a week. They learn knitting, sewing and how to make doormats. Most of them learned the skills very quickly. The doormats which have a simple design have a good market and sell well. The other two days (that I am not in the workshop), Hellen, a teacher, and I do home-based-care.

This year 2019, (due to the renovations carried out in our house which we vacated for some time), our meetings were held at the home of one of our clients. We were careful to choose a house that would be central for all the other students/clients.

This wonderful experience has helped shape who I am today. The parents, children and guardians share their stories of having a child with special needs or being disabled themselves. They usually tell me; “Sister, disability is not inability; we can change our community’s attitudes on what they think about us”. They have really appreciated the initiative of the Sisters in starting the Skills Centre for young people of aged sixteen plus.

We are now looking for a more permanent place where we can meet and carry out our activities.

I thank Almighty God for the grace, strength and courage that I receive every day in order to serve His people in a very special way. I thank also all our sisters who have been very supportive.

Sister Sylvia Mulenga.



Sister Lorna with Tony her (nearly) brother-in-law, Ruan her niece and Ann her sister-in-law

Congratulations
Sr. Lorna
On your
Golden Jubilee



Sisters Margaret, Angelo, Maria, Bernadette and Janet



Bridget Cullen (gensec) and her husband, Nicola (finance) and Janette (Marian House manager)



Sister Eileen McL and Mary Selfridge



Sisters Teddy, Barbara and Lucky



Sisters Eileen, Lorna, Mary, Mary Ita and Angelo

Happiness in the Simplest things

Sometimes, we forget to pause and to breathe, to gaze around us. Our mind is full things that we think are necessary, that we think make us important. Our lives can become complicated, too structured and too engrossed in things that make us look better in the eyes of others. When I felt I was going in that direction I decided to search for a greater purpose in life.



When I felt that God was calling me to leave the mundanity that I called life, I had nowhere to go. I had no idea what I wanted to do, how to be a servant of the Lord. What I knew was; I wanted to become a servant of God, or to be specific, to serve Him as a religious sister, and with that I let Him lead the way. That's when I met the congregation through Sr. Esther Suico. At first, nothing much impressed me, except that the sisters were steadfast in their mission with the poor. I witnessed this in the Day Care Centres and in the parish. In the second week of my Come and See, I visited the Victor Braun Training Centre. Truthfully, I was afraid of this kind of person. I had an uncle, who had Down Syndrome, whom I avoided like the plague, though I was sympathetic, and treated him like a human being with wants and thoughts, though not as rational as mine.

I found out, after some brief interactions with them, they were not so bad after all. I was impressed by the Kairos Program, its mission, goal and its dedication to creating opportunities for persons with special needs.

For months now, as I stay and get to know these people, I begin to learn their worth as persons and individuals and how they are undervalued in

the society that I live in. They are like children, and I don't mean to demean them by saying that. They are like children in the sense that they are simple-minded, innocent, pure, open and down-to-earth; they are also like children in the way that can't defend themselves when someone wants to hurt them. I finally see how poverty is not limited to material things. These special people are divested of life, of freedom, of charity, and of their rights.

Yet, they care nothing of these. Instead they continue to live in their own world. A world we can't hope to recreate in ourselves; a world of happiness and peace that we all long for. More than anything, they influenced my deepening of my interior life, my values and principles in ways I could never fathom. Perhaps it's in the happiness that I feel when being with them (yet tinged with sadness at the thought of their insecure future), the way they greet me so cheerfully, as if they've never seen me for weeks, how there's never a thought of malice in their minds, how they can express vividly what they feel, so open and so honest, and that childlike trust of the people they depend on. Oh, how I long to trust like that! to trust with all that I am, never minding the cost, just being obedient to the will of God, loving Him with a faithful heart and coming to Him without any intentions but simply to gaze at His beauty, even in the smallest and simplest things of creation.

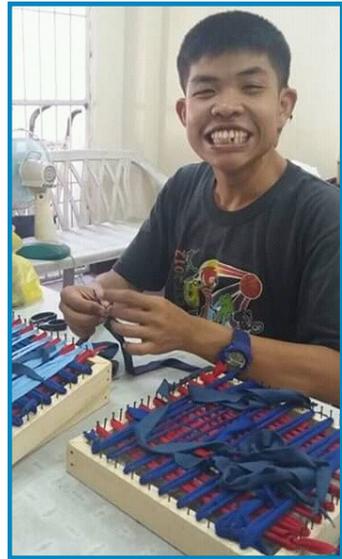
Don't we all need that? Our hearts become so tired, full of distrust, full of dissatisfaction, of indifference that we often fail to step back to look and appreciate the small things. Even God, who reminded St. Augustine that his understanding of the Trinity is like the innocence of a small child trying to pour the ocean into a hole in the sand. God manifested Himself as an infant, so vulnerable and small. Isn't it so wonderful to reflect upon God's immense love for us? It is so immense that He willingly humbled Himself for us to save us for eternal life.

This is how I came to appreciate the simplest things in my life, to be always grateful for the smallest things and for the small sacrifices I need to endure because in that way I too can share in the Passion of Christ. That is also how I came to appreciate my brothers and sisters here in VBTC. Following is a poem I dedicate to them. God bless.

Joyce Asingua (aspirant)

Happiness in the Simplest things

How sweetly they laugh,
How cheerful their play is,
Joy shines through their eyes,
They are a picture of untouched radiance.
Ethereal they seem to be,
A beauty, outwardly unseen
Instead is felt, and is shining.
Easy it is to put smiles on their lips
For all things seem to be fun.
A hundred times brighter
Is the world in their sight.
Their pure and clear gazes
Reflect nothing of the worldly.
With them, life is lighter
The cross is easier to bear.
Work though tiring, has meaning.
Special is unique for them
Though the world may mock,
Tease and bully them



Nothing could ever taint
The pureness that is within.
When life seem to press
Heavy yokes on my shoulders
I only need to see them
And all becomes lighter
They always remind me,
In unusual and childlike ways
That happiness is in
The simplest things.



Victor Braun Training Centre Cebu



NORTH HYDE 1908

Top row; Srs Frances Donoghue, Etheldreda, M. Ursula, Josepha Fraser.

Middle; Srs. Mechtilde, Calista Quilty, Atracta, Benedict, Malachy, Imelda Kelly, Ita.

Srs. Rosalie Dunn, Germaine, Rev. M Laurence, Aloysius, Bonaventure, M. de Pazzi Potter
Fr. Melloy,

I came across this wonderful old photo recently in our archives so wanted to share it with you all. Some thoughtful sister wrote the names at the top of the frame, some were difficult to read but we managed. The search was on to seek out more details and that was a challenge as some of these sisters were registered in registers of the Servants of the Sacred Heart, including Rev. M. Laurence who went on to be our Superior General in 1927. Sr. Rosalie was the aunt to Sr. Rosalie Dunn that many of us knew and loved, Sr Mechtilde went out to Australia as superior. North Hyde was a residential industrial school for boys. It was not too far from Pield Health and had up to 600 boys who as well as receiving formal education also learned a trade. There were carpenters, tailors, shoemakers, gardeners and more. Some of the boys, whose average age was between 11 and 16, went on to the priesthood and many joined the army or navy and sent back letters to the sisters of their adventures in India and other exotic places. Some of the boys were as young as five years (these were know as Sr. Ita's babies, inset above Rt.). The youngest of the group is Sr. Imelda (inset above Lt) who was professed in 1910 and died in Cranleigh in 1974. And lastly, no, the poor old dog is not even mentioned.

The NORTHYDIAN

This is the name of the school magazine of St Mary's North Hyde, which was near to our houses in Hillingdon, Middlesex.

I came across this old magazine written in 1936 by the resident children, old boys and staff of St. Mary's. It is full of interesting articles that tell us a lot about the life of the children in the 1930's.

As I read I realised that the activity which I want to write about took place 83 years ago today on the feast of St. Bernard.

What follows are a few excerpts from the article

A DAY AT LITTLEHAMPTON

Occurring as it did during the summer holidays when freedom reigned supreme and enjoyment was at its height, one is inclined to ask: what more could boys want? Well Rev. Mother promised them a day at the sea before school reopened and Littlehampton was chosen as the favoured spot.

The journey by coach afforded the greatest ease with a half-way break allowing for the disposing of loose cash (which Rev. Mother kindly provided for the less fortunate) on ice-cream, sweets, drinks etc.

On arrival the boys partook of a very appetising luncheon and then were free until tea time. Fairs, shows and the beach held attractions with donkey rides, boating, Punch and Judy, and more.

I feel certain that it will give great pleasure to the Old Boys to learn that the same chivalrous spirit lives on in the present generation, for Mother Bernard, whose feast day it was and who accompanied the boys along with Rev. Mother and several sisters was the recipient of many and very varied Feast Day gifts—no doubt selected from among their many trophies of the afternoon! Now do not pass critical judgement or laugh too loudly at the wisely-chosen presents— one or two exceptional ones. A very fascinating case containing powder puff and other toilet requisites on one side and a cigarette outfit on the other was presented, with no little pride, by one lad and of course graciously accepted with much appreciation . Another with all the gallantry of an ancient knight, offered a delightful donkey ride! Alas Mother Bernard's

programme was already too full. However she heartily expressed her appreciation of the kind thought and no doubt loudly deplored the hard fate which deprived her of such a novel thrill! Tea was thoroughly enjoyed as healthy appetites were sharpened by the sea air and again the boys were free until 7 pm when the coaches made their appearance. All voted that the day at Littlehampton afforded more pleasure than a whole fortnights camping.

This is probably the only surviving photo of North Hyde, taken on the Coronation year 1911. The popular band and boys are on parade with lots of flags and bunting. You can just make out the sisters in the background



A Remembering, Grateful, and Hopeful Heart

A poem of gratitude by Sister Odette

As my wonderful time in the U.K is coming to an end;
I think with nostalgia of those days that I spent;
Beautiful people, breathtaking places,
and all the graces I recalled;
My heart with joy and thanksgiving is overflowing.

I think of the life I lived for eight months in St. Augustine's
The love and support that my sisters to me had given;
The joys of solitude in the chapel and the fun we had in the garden;
Ah! What a marvelous and blessed life it has been.



I think of the well-applauded Filipino Choir in Colwyn Bay;
How I looked forward to singing with them on Saturday;
Though they are tired from work they are always happy and gay;
They were good in driving my homesickness away.

I think of my experiences in the Spirituality Centre of St. Beuno;
That helped make my prayer life and discernment to grow;
One lovely day I went to its Rock Chapel on the hill with another
Filipino;
Together we sang the Magnificat both in Tagalog and in Cebuano.



I think of all the beloved sisters I had the privilege to meet here;
Most of them already celebrated their glorious jubilee year;
Their great fidelity and love of the Sacred Heart they hold most dear;
Touched me so deeply and will inspire and move me forever.

Now, as I go back to our community in Cebu mission;
My heart is full of gratitude, hope, and passion;
To spread Jesus' unconditional love, mercy, and compassion;
May I truly live I pray...Fr. Victor Braun's spirit and vision.

Jubilees



Sr Laura in Bessborough, Cork leads in with 70 Platinum years and still going strong. You were young and beautiful back then, Laura, but you suit the lilac better than the black.



Also in Cork, Sister
Celine de Jesu
celebrated 60 years
of vows and with
sister Marie
Majella who joined

the swelling ranks of
our 'Diamonds'.

We are indeed rich with
the many blessings they
bring us.





Sister Marie Carmel is of course another shining diamond in Cork. All four sisters were joined by friends and family to thank God for all that they have and are.

THANK YOU

Sr Mary Laura would like to thank everyone who sent Masses, prayers and gifts for her Platinum celebration which was attended by 6 of her family and shared with three Diamond jubilarians. Sisters M. Carmel, Celine de Jesu and M. Majella who also thank everyone. Sr. Una's choice of hymns was 'spot on'. Sisters Catherine and Thérèse from Pield Heath and Marian House send their thanks to all who helped make the day so very special for them in every way.

Sisters Thérèse and Catherine shared their Diamond celebrations in Pield Heath and Marian House with sisters, friends and family from near and far. Even 'Charlie' came down from Colwyn Bay to congratulate (woof, woof) her dear friend!



Sr. Thérèse with her sister,
Sister Bernadette

50 years of memories.



The most repeated memory I have is how often my plans did not fit in with God's plans! Yet I look back and remember how blessed I was and how much I loved each of the challenges that God called me to.

I trained as a teacher for 4 to 7 year olds because I wanted to teach 'children' not a subject. As a novice I did teach this age group in Homerton and loved it. Homerton held special memories of Fr. Victor Braun because he had visited there and the room where he had stayed was still 'special' and held many memories of him. I had a unique experience of our Charism during my time there.

However, God's plans soon sent me to St. Dominic's school, Mount Olivet, where I ended up teaching 14 to 16 year old boys. I found to my surprise that I thoroughly enjoyed them. St. Dominic's was a small, all boys residential school situated in the lovely countryside of Surrey in the south of England. Just as I was settling in and enjoying both the boys and the countryside God called me to a new challenge.

I went to Dagenham to teach in our secondary school. This was a major change from a small, all boys school in the country to a large all girls school in a very poor built-up area just outside London. I confess that it did take me a while to adjust to this change. However, with the support of other sisters and so many other people in Dagenham, I soon found that, contrary to all my expectations, I was actually enjoying teaching a subject – and I was still teaching children!

The next challenge God called me to was to be part of the General Council during Sr. John Vincent's first term of office. This was a BIG learning curve! It was a very privileged time visiting our communities all over the world – this was actually the very first time I was in an aeroplane which sounds amazing today when flying has become such a part of life.

After the Council I went to California for what I considered then to be the biggest challenge God had called me to. I was to work in a housing scheme run by the Government but managed by the Sisters of Mercy. I was a teacher – of children - I had never worked with adults, let alone adults who were homeless, just out of prison and had mental health issues! This was a totally impossible challenge; “Sorry God I can't do it!”. However, God seemed deaf to my protests and I just had to get on with it. Now I look back at my time with these people as one of the happiest and most fulfilling times of my life.

I returned to England in 2014 expecting to 'retire'. I had explored options for working with the homeless here, planning two or three days of voluntary work. Well God had other ideas as you all know!

Just in case anyone should think the past 50 years have been one long period of joy and happiness, I hasten to say there have been times

when I felt it was 'all too much', times of unhappiness and frustration, tears of anger and sadness. Yet looking back now the times of joy and happiness are what stand out for me, and I am so glad I had the grace to say 'Yes' when God called me all those years ago.

Thank you from Sister Lorna.

Growing up in Liverpool I would not in a thousand years have thought I would ever be celebrating 50 years in Religious Life. But I have and it was an amazing celebration. I am totally overwhelmed by all the cards, prayers, masses and gifts that I have received. 'Thank you' seems so inadequate to express how I feel. You will all be included in a Mass to ask God's blessings on you all and to make my inadequate words echo in heaven.

Sister Mary's Feast day

Sr Mary also celebrated her feast day on the 23rd of August and, at long last, was able to celebrate by having her 'Tea-on-the-lawn'. It has always been a dream of hers but due to the unreliable weather here in England has never succeeded until now. Hope you all celebrated too in your communities.



Sr. Dominica reaches 90!



Sister Dominica joined the ranks of the 90s on the last day of August and she celebrated in style in Marian House.

Three of her nieces, Margaret, Mary and Nora travelled from Ireland to join with her on the big day. Some old friends who were sisters with us in the past; Maura who was Sr. Anne Line and Eileen who was Sr. Mary Celestine, were both very happy to be invited to the party.

Sr Dominica wishes to thank everyone for all the cards, gifts Masses and good wishes that she received and special thanks to her community and the staff in Marian House.

Sacred Heart Companions

Bringing the love of the Sacred Heart to the whole world



We were eagerly awaiting the start of the international gathering of the Sacred Heart Companions to capture the moment for you before we went to print. So here you have some photos of the opening session. We were so sorry that our SHCs from Uganda were, at the last minute, refused their travel visas. In the procession of candles for each country Sr. Muda generously carried the light of Uganda to include Mary and Victor with us here in Chigwell and of course we include all our SHCs throughout the world. At the introductory session Sister Mary spent time re-acquainting herself with all those she has met on her many visitations and getting



each one to express their reasons for joining the SHC movement. Great thanks to Sr. Elizabeth Dawson for all the organisation and Sr. Maria Holly and Chigwell community for hosting the event.



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