

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



Reflections

REFLECTIONS



Spring 2016



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Dear Readers

Thank you Emma for compiling the Quarterly Reflections and having it out for this lovely season of Spring - the lead into Easter.

We as a congregation have experienced the 'Cross' in a particular way over the last few months but overcoming the pain, we know and have experienced true joy too. Our dear Sr. Cecilia Mulenga having gone through weeks of suffering after her horrendous accident on December 31st 2015 went to her eternal reward leaving us all heartbroken but with great memories. Cecilia was of very clear mind up to a few minutes before she died and when I visited her in February she wanted me to say to everyone one how much she appreciated the prayers and greetings that you all sent out to her - 'I feel loved and surrounded by prayer' were her words.

Sr. Anne Griffin's accident on February 4th 2016 united us all yet again in prayer. Anne wants to thank everyone for having Masses offered, for their prayers and good wishes. She wants you to know she is doing well but, yes, she has a long way to go to full recovery and is walking that road gently and slowly with the love and support from Chigwell Community.

Theresa (Helm) has managed to drop in for a few short meetings but she gets tired very easily and again your prayer, love and support and surround her. It was great she was able to celebrate Mother's Day not only with her two girls Lorna and Claire but with her own Mother too. We continue to hold Theresa in prayer.

Enjoy reading this Reflections and may each and every one experience Easter in its fullness knowing that nothing can truly separate us from God's Love - this is the true message of the Resurrection.

Let us continue to hold each other in prayer.
God Bless, Sr. Mary





God bless him who comes in the
name of the Lord!

(Mt. 21:9)

Closure of the Year of Consecrated Life Rome



Rome, the Eternal City, the birthplace of the ancient Roman Empire, this is a city where the past and the present converge in perfect harmony. It is a

magnificent ancient city rich in cultural and religious heritage and is filled with architectural and artistic jewels that have survived timelessly. It is like being in a gigantic open air museum - every stone has a story to tell.

Together with Srs. Anne Griffin and Vilma Diaz, I had the privilege to travel to Rome to attend the closing event for the Year of Consecrated Life – Consecrated Life in Unity (28th January – 2nd February 2016). I am very grateful and have a deep sense of gratitude to have had this wonderful opportunity.

The conference opened with a prayer vigil with adoration at St Peters on Thursday night. Archbishop José Rodríguez Carballo, O.F.M., Secretary of the Congregation for Religious (CICLSAL), gave a reflection on the centrality of joy for the consecrated person.

"The beatitudes," he said, "are, here and now, the path to a full and joyful life.

Joy is not a possibility but a responsibility for the consecrated person. If we believe that God can fill our hearts and make us happy;

if we believe that the brothers and sisters God has given us are gifts from him (...) then we cannot but share with the world the gift of our joy in Christ".

Upon arriving at St Peters the following morning we were greeted by a sea of consecrated women and men waiting to enter Paul VI Hall. The sea grew to over 5000 people living various forms of consecrated life from all over the world: a real reminder that we are part of the universal church! During our days together it was wonderful to be part of the combined energy of commitment and dynamism among so many, truly giving witness to living the present with passion and embracing the future with hope.

The Symposium on religious life presented many excellent speakers to the whole gathering along with smaller groups where speakers opened up for discussion specific topics such as:

How Religious Institutes and Societies of Apostolic Life are facing the inter-cultural situation.

Mercy as an inter-congregational mission. Vision, sharing, pathways.

Ongoing formation in Religious Institutes.

Religious Institutes and Societies of Apostolic Life: how do they relate to the New Foundations?

On 1st February, during the audience with Pope Francis, he gave a spontaneous speech saying that "The Year has ended, but our commitment to be faithful to the call received and to grow in love, in giving, and in creativity continues." The pope focused his reflection on three words: "prophecy", "proximity" and "hope."



The day concluded with an Oratorio with music and direction by Msgr. Marco Frisina – ‘On the Trails of Beauty’ which was beautifully crafted composition with music, Scripture, readings from the founders, ballet, images, choir, orchestra and soloists. It was a joyful end to our day and lifted our hearts to God through the arts.

The morning of 2nd February was a time of Pilgrimage for the Year of Mercy. For this we attended the Papal Basilica of St Mary Major. We also, during our time in Rome, had the opportunity to enter the Holy Doors of the Papal Basilica of St. John Lateran and St. Peter’s Basilica.

In the afternoon we joined the Eucharistic celebration for the Feast of the Presentation of the Lord which was presided over by Pope Francis in St. Peter’s Basilica.



This event officially closed the “Year of the Consecrated Life”.

During his homily the Pope used the Feast of the Presentation of the Lord to emphasise that it is essentially the feast of encounter and went on to say, “Consecrated men and women are called first and foremost to be men and women of encounter.” He also described the Year of Consecrated Life just ended as “a river, it is now flowing into the sea of mercy, in this immense mystery of love that we are experiencing with Extraordinary Jubilee.

There were many excellent talks and wonderful experiences during these days in Rome and so many thoughts have stayed with me.

Maybe the one word that I could use to capture some of these thoughts and experiences would be “*Encounter*”.

- * *Encounter* – again and again falling in love with Christ and meeting him in love and simplicity of Heart. Deepening my personal relationship with him and living life with Joy.
- * *Encounter* – being open to constant listening, learning and ongoing renewal, to be a guardian of astonishment.
- * *Encounter* – recognising every person as a unique word of God. Having respect and love each person, seeing in them the face of God.
- * *Encounter* – being present to the Word of God in every moment of each day.

With this I have a permanent challenge to live my life in a loving and compassionate way with ‘mercy’ at the heart of all that I seek to do.

Sister Maria Holly



Sisters Maria, Anne and Vilma meet friends from The Visitation

Update - Cebu, Philippines

Since before Christmas here in the Philippines you could say we have been on a bit of a roller coaster and now have to change gear as it were, as we come to the season of Lent which is a great contrast to what we have experienced over past weeks.

Let me explain. We hosted many parties for those in our mission and gave a lot of joy and happiness to so many. Our spiritual preparation for Christmas however began with a novena of Masses Celebrated at dawn each morning, here they are known as 'Misa de Gallo' and are indeed a beautiful experience, the sermons at each Mass were themed on the 'Year of Mercy' and linked to the Gospel of the day.



After our celebration of Christmas we began preparation for 'Sinulog'. Some of



our Sisters were very faithful to the novena in preparation for this feast which is celebrated on the 3rd Sunday of January. As religious we had the opportunity to attend a Triduum of prayer and reflections just before Sinulog hosted by the Augustinian Fathers (OSA) and the Association of Women Religious (AWROC).



Again the themes were linked to the 'Year of Mercy', serving the poor and care of the earth. The triduum ended with us all taking part in the 'Fluvial Procession' which re-enacts the arrival of Senor Santo Nino being brought to Cebu from Spain by Ferdinand Magellan by boat.

There were about 170 Religious on a boat which sailed to Mactan Island and accompanied 'Santo Nino' into Cebu Harbour, we had Mass with Bishop Oscar Florencio , sang and some even danced as we sailed back to Cebu, a truly memorable occasion.

Immediately after Sinulog we were privileged to attend the 51st International Eucharistic Congress. This was a very grace filled time for all who took part and indeed for all in Cebu. To witness all the Masses and processions attended by millions of people was indescribable.



On Saturday 30th January, we had Mass where 5,000 children received their First Holy Communion. Among them were 500 children who are living on the streets.

Sr. Shiela's niece, Victoria Amaviele Varquez was one of the 5k children who received 1st Communion during IEC held at Cebu City Sports Complex

These children were prepared for their First Communion by volunteers who took them for regular instruction classes. All were well dressed for the occasion and so all the children looked the same. Many of



the children came from Blessed Sacrament Parish. What a privilege to be part of it all. We thank God for such vibrant faith in Cebu, a sure sign of hope!

The speakers who were chosen to address the delegates gave much food for thought and reflection. Well worth reading on the IEC Webpage!

We are only a small group of Sisters and Sacred Heart Companions ministering here and yet are a sign of hope to so many of our poor brothers and sisters, a sign that love is possible here in this world, we simply cannot ignore their plight!

In the Readings of today we are mandated to love our neighbour. (Lev 19; Matt 25) We have so many opportunities to do this here but I do believe that the success of our mission comes from our community life together and our life of prayer.

Since I have been here in Cebu I have been inspired by the rhythm of prayer in both Banawa and Basak Communities. Our prayer is vibrant and Sisters really take time to prepare the liturgy. Our times spent before the Blessed Sacrament I do believe transforms us and empowers us to go out into our mission. In turn I hope that we inspire others to have a deeper relationship with the Lord. We become a gift for others and we bear the gift of the Lord's presence to others often we do not realise the effect we have on others and how much we can inspire by our way of life.

By being united and supported by each other's prayer as Sisters and Sacred Heart Companions we can most certainly make God's presence very visible in our world today.

In the following days we shall share with you the various aspects of our Cebu Mission and how we minister to the poor in this 'Year of Mercy.'

During these coming days of sharing with you, we shall be united with you in prayer as we offer special daily prayer for you.

May the Lord be with you and bless you.

Cebu, Banawa and Basak Community

The 51st International Eucharistic Congress took place in Cebu, Philippines on 24th - 31st January 2016. The event was attended by the Sisters in Cebu as well as Companions and Support Workers.



The following is a bit of a taster about what the event meant to some of the people who attended.

A Glimpse of Heaven

The 51st International Eucharistic Congress held in my own place of birth Cebu City, which is the cradle of Christianity in Asia, was indeed for me a foretaste of heaven. Catholics from 73 countries convoked in one place and though we have different cultures, colours, languages and status in life, we are one in mind and heart most especially during the morning prayers and in the celebrations of the Holy Eucharist.

There was a strong sense of communion among the delegates during the 8 day event. There were neither foreigners nor strangers; everybody welcomed each other with a smile. People were courteous and polite in waiting their turn in the long queue whether in getting the food, in the bus lanes and in the restrooms. Everyone had a sunny disposition even though it was raining heavily for days. The sight of Cardinals and Bishops in procession before and after the mass was awesome and the presence of the many different religious congregations with their variety of habits and colours was inspiring and heart-warming.

It was a grace-filled time that I did not want to end. Like the disciples who did not want to go down from Mt. Tabor after seeing the glory of God. But then, now that the Lord has filled my cup full and running over, I must spill it over into the lives of others especially to the youth, who are the present and future of the Catholic Church. "Teaching the young is one of the greatest signs of hope" these words of Rev. Fr. Timothy Radcliffe ignited my passion to minister to the youth especially the abandoned and the lost. May I become a joyful and faithful witness of a loving and merciful God to them and allow myself to become bread broken and shared so that in turn they may encounter the Christ in themselves Our Hope of Glory.



*Odette Saldua
Candidate*

My IEC Reflection is about the Prayer for IEC (International Eucharistic Congress) 2016 because I really like the prayer very much: simple but deep.

“Lord Jesus Christ, our hope of glory / You are the fulfilment of the Father’s plan to save all humanity / You are the mystery hidden from the ages / and from generations past, now manifested to us. / You abide in your Church and in the most holy Sacrament of the Eucharist”.

“As we celebrate the Holy Eucharist and receive your Body and Blood, / grant us the awareness that your presence in us / urges us to continue your saving mission in the world”.

“Send us your Holy Spirit / that He may lead us to walk humbly / with the poor and the marginalized / in the company of Mary, Your most holy mother and ours / O Lord in the Most Blessed Sacrament / To you be all honour and glory and praise / in the unity of the Father and the Holy Spirit, One God, forever and ever. Amen”.

It’s a very beautiful prayer prepared for the big event- the International Eucharistic Congress (IEC) 2016. This prayer is highly recommended for all Christian Catholics as a way of deepening our spirituality, helping us to be aware of God’s loving presence around us, the meaning and purpose of our existence. We can still use this prayer everyday especially during adoration before the Blessed Sacrament to express our love, faith, and devotion to the Holy Eucharist. It is also useful instrument for Catechesis. We have to be more aware of the greatness of this divine gift and joy: the Eucharist who is Christ himself, the Son of God who became man and remains in us forever as He is forever “the Way, the Truth and the Life”. We cannot be without God, without Christ, without the Eucharist. If Christ is in us, everything will follow because He is here in us and for us until the end of time if we let Him. And when we have Christ in us, we surely have hope in the Holy Trinity and with Mother Mary, Jesus’ mother and ours.

In Jesus and Mary,



Sheila Laliane A Varquez
2nd year novice

My Personal Reflection about the International Eucharistic Congress 2016

Last January 24-31, 2016 thousands of Filipino pilgrims from 73 countries gathered here in Cebu, Philippines to witness, to celebrate, to pray together, to share love, friendship and life by the theme of our 51st International Eucharistic Congress 2016: **“Christ in you, our hope and glory”**.

It was a fruitful and wonderful experience for me being one of the delegates as it added to my understanding about the Eucharist, and helped me to grow and deepen my faith in God. Listening to the different testimonies inspired me a lot on how to live my life according to God’s design. Despite of their struggles and difficulties in life the good Lord raised them up and brought them back to life.

The Eucharist is the source of my strength, my hope, and my life. During that encounter I came to realise and discover that being together as one, praying and sharing the gifts of God we are actually partaking the real banquet of the Lord in the last supper when He said, “This is my body. This is my blood which will be given up for you”. We, though many, are but one body (1 Cor.10:17) and as one body, we need to be concerned with one another as we are called to love one another and we are challenged to live the Eucharist. “The Eucharist needs to go out of the Church...” according to Cardinal Emeritus Rosales of Manila.

It is all about the mission that we need to bring the Eucharist to the poor and the hopeless. I was challenged by Bishop Timothy Radcliffe when he said ‘don’t be afraid of crisis’ because God comes to us in moments of crisis. I was challenged because if I have crisis I easily react and question God, why? Because of that word I was enlightened. And now if I encounter crisis or any difficult situation I go back to that and reflect the sacrifice of Jesus how He obeyed the will of His father out of his love for us all.

The Eucharist made present in us as “our hope of glory” inspired me how to prepare myself in this Lenten season so I will be properly guided in my Lenten reflections, sacrifices, prayer, fasting and confession. God is gracious and merciful to those who will call on Him with repentant hearts.

May the merciful God bless us all.



Marissa Eyac Limalima
2nd Year Novice

*THE EUCHARIST IN THE CHURCH'S DIALOGUE
WITH THE YOUTH
(Pastoral Reflections for 51st IEC Cebu, Phil. 2016)*

For the Church, young people are not only the future of the world but are her present treasures. Youth of all backgrounds, urban and rural, poor and rich, educated and uneducated, employed and unemployed, the organised and unorganised are all being tossed about by the waves of contemporary culture. They should be among the present pastoral priorities of the Church. Suitable and adequate pastoral care should be extended to them, helping them to be a 'good soil' where the seed of God's word can spring up, take root, grow and bear fruit a hundred fold (Cf. Mt.13:1-8).

Youth pastoral care will mean accompanying them in their journey, which is not easy, on account of the rapid and drastic changes that are happening around them but also of the dramatic changes they are going through physically, emotionally, psychologically and spiritually at this stage of human development. Journeying with the youth means recognising the important role that they have in the Church now and as the future of the Church. It is to see the youth as resources and not as problems. It means listening to them and accompanying them in prayerful presence and guidance. It is to facilitate their learning from their experiences and not from ready-made answers, to involve them more in the decision-making process, and not only to ask them to implement the decisions taken by others. Only when the youth are recognised as agents and coworkers of the evangelizing mission of the Church will their full potential blossom forth.

We witness today the rise and growth of associations and movements mostly made up of young people. These can be seen as the work of the Holy Spirit, who blazes new trails to meet their expectation and their search for a deep spirituality and a more real sense of belonging. The Church's mission today includes directing young people toward the Eucharist for sustenance in the face of their many uncertainties and questions. For it is in the Eucharistic gathering that the Church can best engage the youth in a dialogue in which she proclaims to them the Gospel of Christ from which they get the unique and satisfying response to their most deep-seated aspirations. From their Eucharistic encounter with Christ in Word and Sacrament are offered enlightenment and guidance in their quest for meaning and purpose in life.

In the Eucharist, Jesus looks upon the youth with that special love that He showed to the young man in the Gospel and invites them to follow Him (Cf.Mt.10:21) in His loving relationship with the father and in His saving mission to humanity and to the world.

The Eucharist is the perfect school for the young where they can learn the values of presence that builds relationships and communities, of a sense of gratitude and responsibility for God’s creation, and of service and sacrifice that gives life, healing and wholeness to others. In the school of the Eucharist, young people will learn that communication is more than the exchange of ideas and of emotion but, at its most profound level, the giving of self in love. The Church should never get tired of telling the young that Christ instituted the EUCHARIST as ‘the most perfect and intimate form of communication between God and man’ which leads to “the deepest possible unity among men and women.” The Eucharist is where the deepest and transforming communication takes place—in response to the prayer of invocation, the Father through the Son sends the Holy Spirit so that the bread and the wine, and also the assembly, will become the Body of Christ



Giving IEC 2016 Input to the Youth Leaders in San Fernando, Cebu North

My Eucharist Experience working with the students of VBVTC ~ Joseph L. Bunghanoy, PTRP

It's been more than a week now since the Philippines in particular Cebu was so blessed and privileged to host the historic 51st International Eucharistic Congress. My participation in the said event was not as official delegate but I joined the Victor Braun Vocational Training Centre for Young Adult with Intellectual Disabilities (VBVTC) as one of the many exhibitors. Together with my good and dedicated colleagues we take turns in helping our booth run smoothly and effectively for two reasons first to raise funds for our students and second to promote the centre and the SSHJM mission. Printed shirts, mugs, bags and bead-products made by our students are just few stuff being displayed throughout the event.

While I was only able to participate some activities which are open to public however as an exhibitor it gave us the opportunity to meet and be with the delegates and thus IEC 2016 created a deep impression in my heart and made me see, and to many Filipinos, the great universality of the Church. There is a deepening of my faith to our Eucharistic Lord who is truly present body, soul and divinity of our beloved Jesus and it has brought me to a higher level of my Catholic understanding and appreciation. The experience I had brought me to my realization that the Eucharist and the face of God's Mercy Himself is Hope, my Hope, our Hope.

The Eucharist is Hope, My Hope, Our Hope

I come to understand that my experience working with the sick as a physiotherapist and caring, teaching with our students in VBVTC is for me a Eucharistic experience. I am able to listen to God's word through them, His daily message to me and accept Jesus in spiritual way by receiving and uniting myself to them. I am able to see and touch the real presence of Jesus in them, in the poor, in our students, in my patients like his Real Presence in the Eucharist.

As in the Gospel of Saint Mark: 6: 53-56 in Gennesaret Jesus heals when they disembarked from the boat the people immediately recognized Him. They recognized Jesus as one who had power to heal. They believed that even by touching the fringe of his garment, they will be made well. He can heal them. Jesus has ascended to heaven 2000 years ago but He is physically present up to this very day and has been with us through the Eucharist and through his beloved people especially the poor, the marginalized and the unwanted.

We can still touch Him in the Eucharist and in our prayer and in our work of mercy. I pray that all of us may become the Eucharist to our students and to those whom

God will entrust under our care to willingly allow ourselves to be offered, sacrificed, broken, distributed, and shared and become their nourishment so as to bring healing, comfort, love, hope and life. And at the same time touching them heals my wounds, my brokenness, my pride, my superiority and my



sinfulness and my prejudices toward others. They are my Eucharist too, they teach me life lessons, they listen to me and they are genuine and true to me and they bring love, joy and happiness. Through communion with them in the so called Eucharistic table in our Centre it brings transformation of my heart and it strengthen my relationship with myself, with others and to my God, who is my All.

After the IEC 2016 I am reminded of the message of Pope Francis for the conclusion of the congress it is time to go forth to bring the Good News, I cannot stay in my Mt. Tabor experience of the IEC event I have to go to my Jerusalem, to the market, back to my world. He asked as to reflect two gestures of Jesus at the last Supper. And he said: “Both to do with the missionary dimension of the Eucharist. They are table fellowship and the washing of the feet.” In the table fellowship Jesus listen others and their stories, appreciates their aspirations and hopes and speak to them the Father’s love the Pope continues he asks us to reach others in the spirit of respect and openness in order to share them the gifts we ourselves have received. And further states that the washing of the feet of His disciples is a signed of humble service, of the unconditional love with which He gave his life on the Cross for the salvation of the world. Lord may I be drawn to you in the Eucharist and thus becoming myself like you as a Eucharist to others serving you humbly with unconditional love to my brothers and sisters especially our students in the centre and to those you will bring to us as Pope Francis said once again the Eucharist is the school of humble service.

God’s Mercy is Hope, My Hope, Our Hope

Last December 8, 2015 Pope Francis officially starts the Jubilee Year of Mercy by opening in Vatican the Holy Door of Mercy. For me the Eucharist is the living presence of the Mercy of God.

Like the Eucharistic King he patiently listens to our concerns, our petitions, and patiently waiting for us to visit Him. He makes Himself always available for us.

Anyone who comes to the Eucharist He shows His mercy to us, the Eucharist is the living reality of His mercy for he did not abandon us. The Eucharist is the Emanuel. The Eucharist is the source of mercy.

And for anyone who comes near to his body, blood, soul and divinity of our Lord Jesus in the Eucharist



he dispenses all his grace of mercy, love and affections. He listens to us, he feels what we feel. He forgives us and accepts us. The mercy of God is our Hope. Through our corporal and spiritual work of mercy we bring hope. And by our authentic actions we will show God's mercy and bring about hope to the people especially those we served. In order for me to bring the mercy of God I need to communicate with others in a new way but the same language, the language of love, respect, compassion, forgiveness, openness and peace. To convey hope I have to bring the mercy of God by giving special care to the excluded and the marginalized members of the society, those who have special needs, especially our students, the sick and the poor and those who need our care and etc.

I have to end my reflection by sharing what I have read online about Peter and Judas: A Lesson in Mercy and Hope by Fr. Bernhard Springer and Jennifer Hartline. "In the Passion according to St. Mark we notice the parallel between Judas and Peter. Superficially, Peter and Judas have the same fate. Both betrayed Our Lord, both recognized their own guilt and felt remorse, both received Jesus' love even after the betrayal: A look. A kiss. Where is the difference? Why do we have such dramatically different endings given the seemingly equal fate of both apostles? The difference lies in this only: Peter trusted in God's mercy- Judas did not, he chose despair." When we distrust God's mercy, then we lose our hope. Receiving and allowing the mercy of God enter our lives until then Hope is ours. And when we will be able to bring God's mercy to others, then we will be able as well to give hope to others because the mercy of God is Hope, my Hope, our Hope.



“He poured some water into a basin and began to wash the disciples’ feet and dry them with the towel round his waist”

Jn. 13 5

Human Trafficking in the UK



Trafficking for sexual exploitation is still the most common abuse but labour exploitation is also rising.

Human trafficking involves recruiting, transporting or holding a person by use of threats, coercion or deception in order to exploit them. Essentially, it is the oppression and abuse of people motivated by financial or personal gain. It is often described as a form of modern day slavery.

Trafficking happens all over the world, across international borders and within countries. In the UK each year about 2,000 men, women and children are helped to escape from trafficking, but this is just the tip of the iceberg.

Victims of trafficking are often tricked into coming to the UK by false promises or because of threats against them or their family. People are trafficked into prostitution, pornography, agricultural and building labour, manufacturing, domestic servitude, forced begging, benefit fraud, petty criminality and organ removal. They are forced to work for little or no pay; they may have limited freedom and poor living conditions. Many experience physical or emotional abuse.

According to the latest report from the National Crime Agency (NCA) on the extent of modern slavery in the UK, although labour exploitation is rising (32%), sexual exploitation remains the most reported form of modern day slavery accounting for 34% of all potential victims.

Once again, the statistics reveal the disproportionate impact of human trafficking on women and girls accounting for 54% of all potential victims reported (61% of children).

It was most common for victims of sexual exploitation to be identified in brothels, but many had also been exploited in private homes, hotels and on the street.

Labour exploitation was reported in factories, car washes, in agriculture and food processing and in a variety of other settings such as nail bars, restaurants and the maritime industry.

It is also noteworthy that for potential victims of labour exploitation, where their nationality is known, the vast majority (82%) were EU/EEA nationals legally entitled to live and work in this country. Whilst some victims may be manipulated or coerced into exploitation because of an illegal immigration status, it is clear that this is by no means the case for all.

There is still much work to be done to increase awareness of trafficking so that more victims can be identified and supported and to deter and prosecute those who abuse them. We can expect this report to inform the work of all those seeking to raise awareness and improve action following the passing of new legislation around the UK in 2015.

Caroline Young, Deputy Director of the NCA's Organised Crime Command commented, said:

“Human trafficking is an insidious and complex crime where much of the exploitation is hidden from view. However, the 21% increase in reporting in this assessment, a very similar increase to the previous year, indicates that law enforcement and first responders are increasingly encountering and recognising examples of trafficking in our society, the first step in being able to assist the victims and tackle the criminality.

The National Crime Agency is committed to continually disrupting this vicious criminal trade in human misery, which exploits the most vulnerable people, both here and abroad, for financial gain. Victims are being forced to work in private houses and in hospitality, farming, manufacturing and construction industries. In many cases, threats and violence are used to ensure compliance”

The NCA will continue to work closely with a range of partners to help eradicate this vile crime.”

As the NCA report recognises, the challenge of identifying victims, and the hidden and coercive nature of modern slavery mean that it is likely the true number of victims in the UK is much higher than the figures recorded.

Human trafficking denies people their God given dignity, future and hope. God calls on His Church to seek justice for those who are exploited. We, as part of TRAC (Trafficking Raising Awareness and Campaigning) raise awareness of human trafficking and work for changes in the law and Government policies across the UK Parliaments and Assemblies.

In a continued effort to highlight the issue of Human Trafficking TRAC, have recently produced the following post card. The cards are being distributed through Parish Groups, Schools, Police Service, in fact anywhere, where people are interested in this issue.

Human Trafficking Happens Here
 Thousands of People are bought and sold
 in the UK everyday



**Help break the chain...
 Stop Human Trafficking**

END SLAVERY
END EXPLOITATION
END HUMAN TRAFFICKING

Watch out for:



Any unusual behaviour in your neighbourhood and report to:

**24 HOUR NATIONAL HELPLINE
 FREEPHONE: 0800 0121 700** OR **CRIMESTOPPERS
 0800 555 111**

Pray for trafficked people
Pray for those working to end Human Trafficking
Pray for a change of heart on the part of the Traffickers

trac
 An Inter-Congregational Initiative
 working to end sex trafficking

Website: www.traconline.org.uk

If you would like to some Awareness Raising Postcards, please order through the TRAC Website: <http://www.traconline.org.uk> or phone 020 8506 0359

“He went out carrying his cross”

Jn.19:17



51: --

CHILONGA SCHOOLS OF NURSING AND MIDWIFERY CELEBRATES 50 YEARS

Indeed it was wonderful to be at Chilonga to celebrate 50 years of the Schools existence on 15th October 2015. Sr. Edith and I were there to represent Our Congregation as we (the Congregation) were the founders of that Mission.

I must mention that our Sisters were greatly appreciated for having started such a wonderful Mission in Chilonga – Mpika.



There were a lot of people who had turned up for the event, most interestingly, one of the first Students Mama Theresa Mukolwe was present and gave an overview of what the School was like at that time in 1966.

I am glad to mention that both Schools of Nursing, General Nursing and Midwifery are doing very well.

Over the past years, Chilonga has produced over 2000 quality nurses and midwives, who have been offering quality services throughout Zambia.

The day started with the procession from the main road at 9.00am, to Mass and later a reception was held at the School of Midwifery.

Many of the Sisters who taught in the school were mentioned by name with joy and gratitude. At the reception there were photos of all who serve in the schools now and of



Sr Kieran Marie; Sr Josephine the first tutor and Sr Celine. There was a space for Sr Angelo, but no photo!

It was a great joy to meet up with staff whom many of us know from our years at Chilonga: Mr Joseph Chapisha, Thomas who worked with Sr Aidan in theatre and Lazarus who also worked in the hospital. Many ancillary staff came forward to greet us and spoke of the Sisters with great affection.

I would like to thank all the Sisters who ever worked at Chilonga Mission, may the good Lord grant eternal life to those who have already gone before us and good health and great wisdom to those still with us.

God bless you all, Sister Trinitor Puto

A Song of Joy

Congratulations to Sister Mulenga Bwalya as she graduates after completing a Formation Course. The Graduation Ceremony and Mass, were held 7th Nov 2015.

Mulenga and three other Sisters sang the responsorial psalm and Mulenga and another graduate read the first lesson.



Sr Mulenga shows her certificate to Sr Judith



Bauleni Special Needs Project

Workshop on Deafblindness



A workshop was held at the Bauleni Special Needs Project to help them and others understand Deaf blindness. Sr Emma Kulombe who works at Chizombezi Deafblind Centre in Malawi, shared her experience of communicating and relating with young people who are deafblind.

Kenneth Verngaard, a Norwegian, who has worked with Signo Foundation for many years. He hopes to begin a project in Zambia soon, with Bauleni Special Needs Project as a key partner.



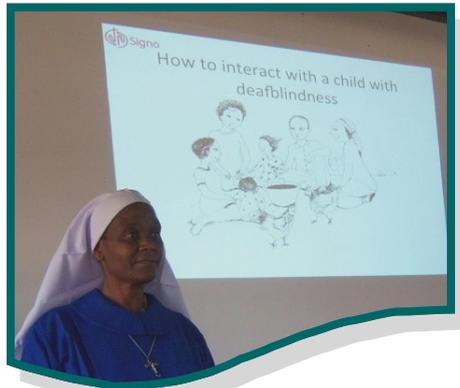
Luyando was born deafblind as an outcome of rubella during the pregnancy of her mother, who is a teacher.

She is an inquisitive child, and full of confidence when she feels safe. She loves to explore and decided



. . . . to explore outside in the warmth of the sun. She found the gate made a good swing. Kenneth's rather hairy arm felt quite different to that of her mother but, after some considerable thought, she decided it was 'safe'.

Sr Emma and Kenneth stressed over and over again that the only people communicating with the deafblind child in the pictures, and of whom she is aware in the group, are those who are actually touching her. She is completely unaware of anyone else being there.



The group really struggled to grasp the implications of being aware and able to communicate ONLY through the sense of touch. Role play helped participants begin to understand.



To help develop some understanding of being deafblind, we entrusted ourselves to a guide while walking outside with eyes tight closed. Many found the experience very frightening. Imagine being deaf as well as blind!





Participants were from Bauleni Special Needs Project, Beit Cure Hospital, Community Based Rehab., Deafblind Assoc. of Zambia, Zambia Instit. Of Spec. Educ., Sound Seekers, etc., etc.

After the workshop, Hellen, the mother of Luyando, wrote:

Dear all,

As a mother of a deafblind child, I wish to express my happiness after attending the Bauleni workshop. That workshop gave me hope for my child and I learnt a lot from it. I am happy that other teachers were able to see a child with congenital deafblindness.

Many thanks goes to Mr Simate for introducing me and my child to the workshop. Kenneth, thanks once again for the transport money. Very many thanks to Sr Emma from Malawi Chisombezi and to Sr Lynn. Thanks . Hellen.



Mission Experience in Zambia

Sister Dayssi who comes from El Salvador and is part of our mission there. has recently returned after spending two months on mission experience in Zambia. She writes....

“My experience in Zambia was very good and helped me very much because I felt secure in a culture and language different from my own.. I was also full of sadness for Cecilia. But I thanked God for being in Zambia at that time because I was able to share with her those last moments and I will always remember her as a great, strong fighter and wonderful friend.

Mbala is a very big place and I think that El Salvador would easily fit into it. Imagine! But it's very beautiful with lovely green mountains, terrible roads and, at that time, thick mud everywhere. There is great poverty which can be seen in the people. But in spite of the poverty they are wonderfully welcoming and their families are very united.



Going from one place to another took a very long time and I remember going to visit a school with Sister Muda and a driver. It was a very long way and the pouring rain made the road so muddy that the car seemed to be skating. At first I was afraid, but then I felt secure with my companions. Really It was a good experience.

All the works that the sisters do are very interesting and are a great help to the most needy people. Most of my time there I shared with children with special needs.

We spread mats on the floor and played games and did exercises. I was delighted to share with them and I learned a great deal from them.

In the community I was very happy with my sisters. It was a very happy and interesting community with much life and enthusiasm. I am extremely glad and grateful for the wonderful experience which was my visit to our mission in Zambia”.

Sister Dayssi Sanchez



“...Pilate told Joseph he could have the body. Joseph bought a linen sheet, took the body down, wrapped it in the sheet and placed it in the tomb which had been dug out of solid rock.



Then he rolled a large stone across the entrance to the tomb.”

Call the Gardener!

We usually regard Lent as solely a time of prayer, penance and fasting. This can become a rather joyless, negative approach if we don't concentrate a little more on the rest of God's message. We hear constantly in the readings of this time God calling us to come back because the new heavens and the new earth is waiting for us. The glorious promise of the prophets is the coming of a wonderful well-watered Easter garden full of healthy trees, beautiful plants and fragrant flowers where friendly animals live together without posing any threat. All these things are part, not only of the garden, but of us too.. All creation shares the same DNA. Animals, plants and humans are all made of the stuff of the stars.. in fact God's DNA.



Unfortunately, as "Laudato Si" clearly calls us to bear witness, humankind seems determined to destroy this, our wonderful common home, and, in our bewilderment, we often feel overwhelmed and useless in the face of the tragedy. But humankind was placed in the garden to "dominate" the creation, and as Bishop Katherine, an Episcopalian bishop from the U.S.A pointed out in a recent talk in London, the verb "to dominate" has been totally misunderstood. It comes from the same root as "domus", a house. We are to be the householders, the ones who nurture and care for all the inhabitants, our close relatives, who dwell in our common home.

But how do we try to repair all the damage our "domineering" has done? Well it will certainly be a long, difficult and costly project but we can all do some very small and valuable tasks, and certainly many of us are doing sterling work in this are already and have brilliant ideas that could be shared with us. I should be delighted to receive your suggestions to pass on to all the Sisters.

1. To begin I mention one big important task which is also a great joy and something that we are probably all doing, at least unconsciously. Gaze each day with joy and wonder at the beauties of this magnificent world. Sometimes we live in surroundings which have been damaged or destroyed by our careless or wilful domination and many of us can no longer see the stars. But we can still look up at the clouds, the moon and the rising and setting of the sun.

2. A very small and seemingly unimportant thing. Don't let the tap continue running while cleaning teeth or waiting for warm water to flow. It seems trivial but when we think of the dreadful situation of millions of people and animals who die from lack of clean water, we can see how important even this little step is.

3. Unplug every electrical gadget when it is not being used. Saving electricity helps, not only to cut down the bills but also the damage to our lovely earth.

4. Challenge, complain, lobby, petition and demonstrate against any group which is damaging our "common home" and its inhabitants.

These are 4 simple suggestions which many of us we are already doing faithfully and I look forward, with your help, to mentioning many more in the future.

Now for an important suggestion from Bishop Katherine. Remember how on Easter morning Mary thought that Jesus was the gardener? Of course she was right. Several artists have painted the scene with Jesus wearing a gardener's hat and holding gardening implements. The last important suggestion is just "Call the Gardener!"

I wish you all every blessing for Easter.

Tons of love and prayer, Barbara





A Big thank you to all who attended the annual Table Quiz of the Zambia Children's Appeal Group in Dublin on 30th January. A total of 30 teams (including individuals) came along. They helped to raise over 4,500 euros which will go directly to projects that the Group supports in mainly Zambia but also some in Uganda.

Thanks to all of who brought along spot prizes and raffle prizes which all added to the night's fun. Almost a €1,000 was raised in the raffle which was outstanding - well done to all the raffle ticket sellers, you did a great job!

One of the highlights of the night was to have Committee Member, Richard Harrahill, back in his usual position of question setter and quizmaster. Richard's spirit and determination following his stroke during the year, has been an inspiration.

A big thank you also to Mary Harrahill who acted as Score keeper, typed up the questions and helped with many other tasks. Colm Nolan, Mary O'Hare, Michael Falvey who were correctors. A special word of thanks to Seamus Scally (our MC who turned 80 since the last Quiz) and to Sean Farrell who spent hours on the phone recruiting many of the individuals and teams who were present.

Mó Dwyer

Lorna's Laughter Lines



Fasting for Lent does not mean eating fast food!!

Award for Sister Eileen

On Thursday the 10th of March, at the usual meeting of the Leytonstone and Woodford Rotary Club here in Chigwell, I was greatly surprised to receive a Paul Harris Fellowship Award.



In 1905 Paul Harris formed a Club in association with 3 other businessmen, he named the new club "Rotary" because members met in rotation in their places of business. Club membership grew rapidly and soon he became convinced that the Rotary Club could be developed into an important service movement and from those first ideals Rotary now extends to every part of the Globe.

In 1957 the Paul Harris Fellowship was established in honour of the Founder of Rotary to express appreciation and recognition of a contribution of US\$1,000 or in whose name the amount is contributed. Paul Harris recognition is not limited to Rotarians. A Paul Harris Fellow receives a special certificate and a gold pin. The award can be given not only for a large financial contribution to Rotary ((we have received from this club much more than we gave going back over many years) but also for service done with the support of Rotary. So this award is for all of us, who, with the ongoing support and care of the Rotarians who have their club meetings here in Chigwell, have been able to extend a helping hand to those most in need.

Sr. Eileen

A big Congratulation to:

Sister Sophia Law as she celebrated her golden jubilee in Chigwell Chapel
2 February 2016



Sister Sophia wrote: I want to thank the Congregation for all my years of service as a Sister of the Sisters of the Sacred Heart of Jesus and Mary. I would also like to thank my family who made it possible for me to be where I am today because of their devotion to the Sacred Heart of Jesus and Mary. I thank my present community for their love, friendship and prayer life. It was a real joy to be joined by Bishop Alan and the Religious of Brentwood Diocese at my celebration. Mass will be offered in thanksgiving for all the blessings and support I have received through my 50 years service as part of this congregation.

While Sister Sophia was celebrating in Chigwell

Sister Margaret Mary from The Visitations, was celebrated her Golden Jubilee while at the Vatican, Rome for the closure of the year of Consecrated Life.

She was joined by Sisters Anne, Maria and Vilma from Chigwell!



Sister Cecilia Mulenga RIP

(1972 - 2016)

Sr. Cecilia Mulenga Kasolo was born on the 29th December 1972 in Kitwe. Both her parents have passed away, RIP. She has 4 brothers and 4 sisters, some have also gone before us.



She joined the Congregation of the Sisters of the Sacred Hearts of Jesus and Mary on the 11th February, 1993.

Sr. Cecilia was the first Zambian young woman to join the SSHJM. When Cecilia shared with a certain sister from another Congregation of her intention to join the SSHJM, the sister said to her 'are you aware you will be a pioneer in the Congregation you are thinking of joining?' she told the sister that it doesn't matter anyway, I am already a pioneer. Cecilia was referring to the Pioneer lay group. She referred to that incident many times during her life and she would laugh so much about it, saying little did I know what I was putting myself into. Anyway that is how God wanted it to be and I am glad God has His own way of calling us'.

Sister Cecilia made her 1st Profession on the 1st February, 1997 at Chilonga Mission our first Mission in Zambia. Cecilia made her final Commitment or Perpetual Vows on 8th December, 2001 in Chingola at Sts. Peter and Paul Parish. Sister Cecilia went to School at Mporokoso Primary and her secondary education also in Mporokoso at Mporokoso Secondary School.

She trained as a pre-school teacher in Zambia. She continued to study early childhood education when she was missioned to England where she did a Diploma in Nursery Nursing. Later Cecilia was missioned to The Philippines and trained as a Formator – she was now able to help girls who wanted to join our congregation or supported them if our congregation was not the right place for them. When she returned to Zambia she did a counselling course and later obtained a Bachelor's Degree in Psychology. I think her profession speaks for itself as to what kind of a person Cecilia was.

In between those long courses she did a lot of short courses. Her thirty Days retreat last year brought her to a special place in her spiritual life.

Communities Lived

Sr. Cecilia lived in a number of Communities, she started in Zambia, then England, The Philippines, back to England and finally back to Zambia. When she was missioned to Zambia she lived at Lake Road community and then went to Mbala where she started her early years in religious life and where she concluded her journey here on earth.

Ministry and Mission

The Congregational Leaders recognised in Cecilia the gifts she had to work in formation and walking with young people throughout the Congregation. Apart from working with children Cecilia had a soft spot for young people searching for a different way of life and she did this through vocation promotion and supporting young people as candidates. She was their Directress. This was the work that she was doing up to when she died. Cecilia has helped many young sisters in our Congregation. She did this not only in Zambia but also in the Philippines. She promoted the first vocations in The Philippines and our first Philippino sisters were accompanied by her.

Sr. Cecilia had a very strong devotion to the Sacred Heart and during a community conversation one day she said, 'when I die, put him (Sacred Heart) in the coffin with me' and we have carried out her wish. Cecilia also had a great devotion to our Founder Father Peter Victor Braun. Her great desire was to spread the Charism, the spirit of our Congregation and Peter Victor Braun's words – the most important thing in life is 'Jesus Christ and the Poor'. We are an international multicultural Congregation, which meant so much for Cecilia. She always spoke of being very proud in belonging to an international and multicultural Congregation. She saw this as being a great witness to the divided world.

When I was appointed as Unit Leader for Zambia, I was dreading to tell Cecilia. I wondered how she would take it, being the 'bakalamba' the first Zambian to join the Congregation!!!

I remember the evening I broke the news to her, coming out of evening prayer. She took me by surprise, when she gave me a big hug. She expressed great happiness and told me that she was very happy that it was me to do this service for now. She then went on and assured me of her support and added some words of wisdom that we all may learn from. 'mulamu, you need to realise that in life God has gifted each one with unique gifts. What you can do I cannot do, what I can do you cannot do. If we can it is not the same anyway. As if she was reading my mind, she went on, its not about being the first Zambian, older, no its about what gifts do we have to offer. So I am very happy that its you and I promise to support you. Sr. Cecilia was a great example, she taught me so much in my role. She never did anything without asking or consulting with me which at times I would say to her no need and she would say banyina!! It's your role mwaunfwa we are in it together. The evening of my appointment she prepared a beautiful evening prayer and gave me a candle as a symbol of Christ to be used in my ministry.

On the 31st December, 2015, life in our Congregation and in the Congregation of the Child Jesus Sisters and the Mulenga Family changed. We learnt of the fatal road accident where our sisters were involved. Sr. Mary Frances SCJ auntie to both Abigail and Sr. Cecilia died on the spot and Abigail died later the same day on the way to the hospital.

Sr. Cecilia survived but was badly injured. She had injuries to the spine which would leave her to be paralysed. Sister was hospitalised in UTH, transferred to Fairview Hospital where she had surgery and later at St. John Paul 2nd formally called Italian Orthopaedics run by Franciscan Sisters of Assisi.

I want to thank the Sisters and all the medical team for the first class treatment Cecilia received. She was really cared for and was very happy to be there. Cecilia was very cooperative, and that was said by everyone who took part in caring for her. She bore her suffering with great courage and patience. She certainly was the Cecilia we all new, still the Formator! She continued being the Formator on her bed of pain, I think my sisters here will agree that we were instructed what to do and each day we came from the hospital we had a story to tell and laugh about.

Cecilia would always say thank you for whatever you did for her. She was very gracious in her sickness, a woman of great faith, patience, acceptance and very much part of the happenings.

Thank you all for journeying with us in different ways during Sr. Cecilia's sickness. I want to mention in particular, Fr. Thomas Zulu who visited Cecilia every day and brought Jesus to her something that was very important to her. I went to see her one day in ICU and I took her a small picture of the Sacred Heart and she said, mulamu thank you, I think things will change now, because, today Fr. Zulu brought me Jesus and you have him also. Put Him where I can see Him and I am not afraid anymore. The Sisters and your hospital team!! What words can one use to thank you. You made her feel very special, thank you.

I want to end by thanking Sr. Cecilia's family for giving us (SSHJM) such a wonderful woman to share the charism and spirit of our founder. Thank you! Twatotela.

*May the soul of Sr. Cecilia Mutale Mulenga Kasolo rest in eternal peace.
Ba Ceci, we will miss you, please continue to intercede for us.*

Sr Mary Mangan, Congregational Leader spoke the following words:-

'I shall never forget the shock and the numbness that came over me as I heard

of the terrible accident on December 31st 2015 and the deep sadness later to hear the Sr. Mary Francis and Abigail died. Over the following weeks, we waited to hear news of our dear Sr. Cecilia until she drew her last breath on February 19th surrounded by our sisters and the Franciscan Sisters of Assisi who cared for her during her last weeks.

Sr Yvonne has given us a lovely picture of Cecilia and we all have our own great memories of her.

Her passion for life, for people, for the poor and for the congregation were utmost

Her tremendous gift in being with people and being interested in each one as a person was special

Personally, I experienced her great capacity to 'forgive and move on'

*Her great faith, courtesy and courage in her suffering was tangible
Many tributes have come in and all speak of her simplicity, her rootedness in her faith, her life and in the congregation.*

We thank God for the gift of Cecilia herself and the great example she has left us. May she now rest in peace.

Sr. Mary went on to thank Archbishop Mpundu, family, friends, priests, choir, sisters from different congregations, small Christian communities, the SHJM staff and many more who have been with us throughout these days and who supported the sisters throughout the past eight weeks.

Our sister here in Zambia who took such great care of Cecilia over the past weeks - they no doubt received as much as they gave and they gave of themselves tirelessly.

Thank you one and all.

Following the Requiem Mass in Mary Immaculate Church, Lusaka the Sisters, family and friends took Sr Cecilia Mulenga's body to rest in Kasisi Cemetery, Lusaka. May she now rest in peace and intercede for those of us she loved and left behind with great memories. R.I.P

Sister Yvonne Mwila



A tribute to Sister Cecilia from Cebu, Philippines

Sr. Cecilia came to Mindanao, Philippines in October, 2003 to promote vocations and it was there that I met her and brought me to where I am now: the first Filipina Perpetually Professed SHJM Sister.

If not because of her love and dedication to promote the Congregation in the Philippine Archipelago, of course with God's grace, I would never become a religious and this reality made Sr. Cecilia so special in my life.

I was so lucky to have her as my companion and formator during the early stages of religious life. She was so dedicated in her job thus making her my model and good example in my present ministry.

Her seven happy years in Cebu mission also inspired me on how to spend the rest of my life joyfully to the Lord as a missionary as she was so simple, loving and very friendly to the people especially the poor that's why when her Cebuano friends heard about her untimely death they were so shocked, cried and missed her and above all prayed for her.

My dear Sister, a big THANK YOU for coming to see me in Mindanao, for all the help, prayers and support, and for the trust you have for me. Thank you for the love you gave for Cebu Mission. You left us at 44, so young but we believe you will continue to love and pray for us all and help us promote good vocations for The Philippines and for the whole Congregation.

Sister, Thank You Very Much... We Will Forever Remember You And Love You.
DAGHANG SALAMAT.....

SR. ESTHER G. SUICO, SSHJM (Cebu, Philippines)



Jesus Christ
Is Risen!



Alleluia!!

With Thanks...

On behalf of my family I would like to thank you all for the prayers, Masses, emails and phone calls we received on the death of my dear nephew Lee. Also our sincere gratitude to the sisters who attended his funeral. Thank you also for the support shown by all for my sister Angela who has almost completed most of her treatment and is starting to feel a little better.. Mass has been offered for your intentions. God Bless you all

love **Maureen Seasman**

On behalf of the O'Keeffe family, Sister Siobhan would like to express sincere gratitude to all who have remembered her brother Cathal and family in prayer following the unexpected death of Elaine on 6th October 2015. We are most grateful for all Masses offered; letters and cards of sympathy and support received. The presence of Sister Una, Sister Alex and Sister Marie Carmel at funeral liturgies was a source of great comfort to me. The kindness of my own communities and staff have helped me through a very difficult experience and I am most grateful. The support of the Leadership team and wider congregation is much appreciated. The Holy sacrifice of the Mass has been offered for you all.

God bless, Sister Siobhan

I would like to thank all, the Sisters, family and friends for their cards, gifts, prayers and Holy Masses received on the occasion of my 90th Birthday. Thanks to the community st Blackrock and to Sister Alexander for making the so memorable. Holy Mass will be offered for all your intentions.

Sister Margaret Gorman



2016

Golden Jubilees 1965 - 2015 (50 Years)

February 2nd	Sister Sophie Law
August 28th	Sister Catherine Collins
August 28th	Sister Pierina Richardson
August 28th	Sister Janet Finnegan
August 28th	Sister Una Bridget Mulvey



Diamond Jubilees 1955 - 2015 (60 Years)

February 2nd	Sister Mary Gerald Hardiman
August 28th	Sister Rosemary Clerkin
August 28th	Sister Marian Hogan
August 28th	Sister Eileen Hennebry
August 28th	Sister Margaret Shanahan
August 28th	Sister Elizabeth Tobin
August 28th	Sister Patricia McKenna



Platinum Jubilee 1945 - 2015 (70 Years)

August 28th	Sister Christine Hawkins
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90th Birthday 2015

April 4th	Sister Mary Ignatius McManus
September 9th	Sister Celine de Jesu O'Keeffe



**Please send the community Log Book to
the Secretary in Chigwell by December 2015.
Thank you.**



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