

Keeping in Touch

Spring 2017



Sisters of the Sacred Hearts of Jesus and Mary

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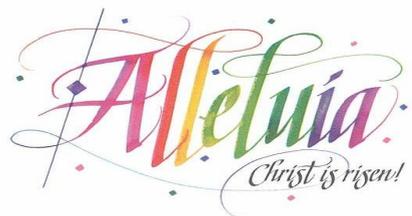
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Editorial

The Easter season is upon us and a great deal has happened since our last Keeping in Touch, thank you to all who sent in their news from Advent until now. Much of our news is in celebrating jubilees and professions, birthdays and Gatherings but sometimes we have to support one another at the tougher times, we are very much aware of the situation in Ireland with the Mother and Baby Inquiry and want to support our sisters, staff and friends there. See our article on the great things that happen in Bessborough, p20. There, as in most of our communities, we witness as an Easter people who give life and hope to those around us. News from around the world shows how the needs of today continue to call forth our charism and we see how Sr. Dayssi in El Salvador has an open house hive of activity p12. Another great example is Sr. Johanna Mary who celebrates her Diamond jubilee by cheerfully keeping on doing what she can in Liverpool p16. We are delighted to launch our Congregational Day, see opposite, an occasion to take time to learn and share a little more of the charism.

A very Happy and blessed Easter.

Anne and Emma



Congregational Day 18th May.

Father Victor Braun and Mother Winefride Tyrrell

*Co-Founders of the Sisters of the Sisters of the
Sacred Hearts of Jesus and Mary*



This year, on the 18th of May, we hope that we will celebrate our charism with all those who are a part of our SSHJM family; sisters, SHC's, staff, children, young people and all our friends near and far and we will link up with a video link! Through this medium there will be an opportunity for us all to learn a little more and develop the charism.

We will take a moment to pray and reflect and to share a cup of tea or coffee, to say thank you to one another and to communicate around the world wherever we are.

By setting up a video link, together, we can watch and listen to a prayer, a message and a little presentation from the leadership team and maybe have time for some of you to share your messages with the rest of us.

What you can do now to prepare

- Set the date & time in your diary; 2pm GMT 18/05/2017
- Invite in your local SSHJM family
- Make sure the sound system is working on the computer
- You will receive a communications link near to the date with instructions that you can easily follow to be a part of it all.

Sorry there will be an early start for the Americanas and a late night for the Filipinas - but you know it will be worth it.

Final Profession of Religious Vows
Sisters Margaret Katabwa and Judith Nankamba



A big congratulations to Sisters Judith and Margaret who celebrated their Perpetual Profession on December 10th at St. Mathias Parish,





The liturgy, meal and entertainment were organised by the students at Bauleni School where both Judith and Margaret work.

After the ceremony, Sisters, Family and Friends gathered for a reception in the school hall which was beautifully decorated by the Bauleni staff and our Sisters.

With his Zambian t-shirt this little boy just wanted to be a part of the celebrations, a splash of colour in a sea of blue.



Inter - Chapter Gathering, Lusaka

12th - 19th December 2016

The last but by no means the least of the Inter-Chapter Gatherings with Sisters from several countries, as well as those in the Zambian Unit. It was a unique, intercultural experience for all. Full of energy and enthusiasm and once again expertly facilitated by Sean Ruth. Thank you to everyone who contributed with openness and vision. You could truly say that everyone was fully hands on!



News from around the world

Uganda

The Mukono Community, welcomes four new Candidates, Scolastica Mungeza and Christabel Machisa (from Zambia), and Beatrice Akwero and Mary Gorreth Nanziri (from Uganda). Scholastica, Christabel, Beatrice and Gorreth joined the Candidacy Programme in Mukono, Uganda on 11th February 2017 under the guidance of Sr. Esther Soko and with the support of Sr's. Jane Frances and Teddy.



Please keep, Scholastica Beatrice, Christabel and Gorreth in your prayers as they begin their journey in SSHJM religious life.

Zambia



Visit of the Pontifical Commission for the Protection of Minors

On the morning of the Feast of St Francis de Sales, we had a visit from Members of the Pontifical Commission for the Protection of Minors or, more accurately, one of the actual Commission and two working full time with the Commission in supportive roles. Teresa Kettlekamp, on the left, used to work for the Conference of Bishops in America helping them deal with the issue of child abuse and is now appointed to Rome. Fiona Kilpatrick, on the right has worked in UK in relation to education and is now engaged with this commission to carry out research. In the middle is Sr Kayula Lesa, a Sister of Charity – who was educated at Lwitikila, a residential girls school run by us in the 1960's to 1980's and still going strong.

Mikala, the Head Teacher in Bauleni, explained our own policy document beautifully to them and how we train people regarding Child Safeguarding in all of our working situations, both within the project and in all the areas we cover through our outreach programme of Home-school Based Education for children with severe special needs.

Mikala also described some of the desperate situations we have come across, and some of the huge challenges there are, especially in bush areas near borders – bearing in mind that Zambia is a land-locked country.

Teresa and Fiona reacted very positively to our own policy document, as well as that of the Congregation, saying that they have rarely seen the clarity and amount of detail in other documents seen elsewhere. They both were pleased to see that our documents also addressed the needs of vulnerable adults and I noticed later that this is included in the Commission’s own Mission Statement, though not in its title.

Sr. Lynn Walker

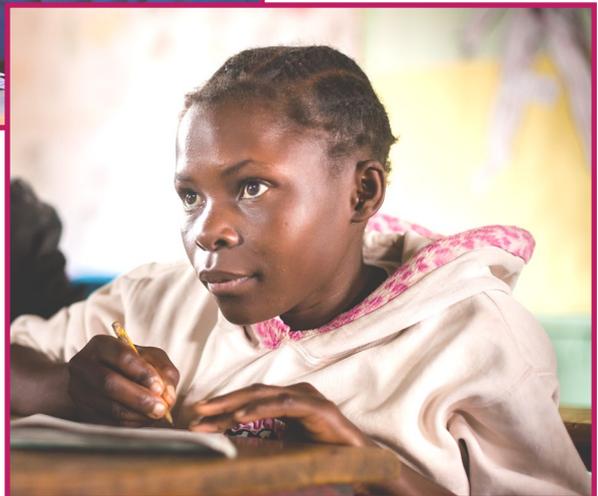


Bauleni

a place where there is a
love for learning,
Commitment to teaching,
A Centre of life and
wholeness.

*I came that they
may have life and
have it abundantly.*

Jn. 10; 10



El Salvador

Sr. Dayssi may be on her own in El Salvador but she has shown great initiative in seeking out the most vulnerable in the parish of Mariona and, as so often, she identified persons with special needs. So she has recently started a small club where these persons can come and enjoy the SSHJM hospitality, feel at home and develop their own feelings of self worth. Sr. Janet is with her these days and with very little Spanish manages to support Dayssi in her work. Sr. Janet who is not a first timer in the country is enjoying her stay in El Salvador, in 2001 she spent time supporting the community of Tamanique after the earthquake. Sr. Janet will be returning in April to her community in Pield Heath but she will be missed very much by the Mariona parish and by Sr. Dayssi.



The house in Mariona is a hive of activity with meetings of the SHC's (see p.30), a place where the women of the parish learn sewing skills and a learning space to receive English classes (given by Nubia who was formally a sister with us)

A group of ladies from the Parish gather in the Convent to attend sewing classes.



El Mozote

We continue to support the project in El Mozote, where the terrible massacre took place in 1981, to accompany the people there in their quest for truth and justice. Part of the Government's responsibility is to repair and compensate for some of the damage done so many years ago - as awarded by the ICHR. Here we see the opening of the Cultural Center in the village by the Secretary for Culture, Silvia Elena Regalado and somewhere in the background you might just be able to pick out the very white face of Sr. Anne Griffin



Ireland

Zambia Children's Appeal Group Carol Singing 2016 outside the GPO in O'Connell Street, Dublin



Over 40 people participated during the day – supporters came from Roscrea, Blessington, Limerick and many other places – some members from five different religious congregations also joined the Group – great fun was had by all



The youngest supporters of the Zambia Children's Appeal Group really enjoyed participating in their first carol singing event. Many thank to Mo - faithful organiser.

Christmas Party at St John's Rest and Care Centre, Knock Shrine



Sr. Catherine McLaughlin and friends, always have great fun at the parties.



United Kingdom

Sister Johanna Mary who lives in Liverpool helps in the Food Bank in St. Vincent's Church which also provide clothes and blankets for babies.



Launched on 14th February 2013 by the major city centre faith communities, Hope+ aims to provide an holistic approach for those living in food poverty in the shadow of the City's two Cathedrals.

This is an excerpt from Hope+ Advent newsletter which gives a flavour of the work carried out there.

"Our World in one Food Bank"

Our wonderful volunteers at Hope+ are drawn from denominations across the Christian faith, and likewise most denominations of Islam and other major faiths. As a result, when we stand together to pray together before the start of every pantry session, Ethiopian Orthodox may stand alongside Shi'a Muslim, Cathedral regular next to an Afghan Sikh, a nun next to a Hindu, and one of the Sepas Congregation next to a Sunni Muslim; and we pray together. Wherever our prayers lead us, we usually finish using a paraphrase of one of the verses above "Help us God to welcome the stranger to our table that we might entertain angels in your service."

Once again as we reach the gate of a new church year, we will celebrate this theme of one creation under God as the theme of our appeal that will run in the four weeks of Advent towards Christmas. This time last year we had been able to provide food for just over 24,000 people. As we approach the end of our third full calendar year, we have just experienced our two busiest ever months, with 1,390 people receiving food in September, and 1,230 in October.

Like our volunteers, our guests come from all over the city, and from all over the world. We have been able to launch our appeal with three incredibly generous donations; from the congregations of the church of Scotland and the Shrine of the Blessed Sacrament, together with a simply astonishing donation from Horseradish the catering company who are responsible for many of the most prestigious events at Liverpool Cathedral. But we really appreciate the generosity of



everyone who supports us, from school children to the more senior of our donors. It is wonderful that thanks to the generosity of the people of Liverpool we have been able to continue to do this; whether it is those who volunteer, who are regular donors, or who get behind one of our campaigns.

Sister Johanna Mary tirelessly working for the poor and marginalised and after celebrating her Diamond jubilee she doesn't have any intention of slowing down.

Go Jo, Go !!!



The Philippines

Sister Anne Healy

Visit to Vienna .

Sister Anne was invited by Missio, Austria, who help to fund some of our projects in Cebu, to visit and speak to the schools, parishes and youth groups in Austria. Maria and Jutta, two of the Missio workers had previously visited the Sisters in Cebu and were very impressed with the work there - particularly the work with the families and children in Ludo Cemetery and the Day-Care Centers in the slum areas. (If you remember Sister Mary Mangan also wrote a little on these projects after her visitation in 2016).



After flying from Cebu to Vienna in September Sister Anne's first presentation was to all of Missio's employees. We are pleased to say that those in the audience were amazed, supportive and impressed with all that is being done in Cebu.

There was a great deal of behind the scenes organisation to ensure that there were people to meet Sister Anne in each place, to take her to the many parish Masses and schools, to the youth groups and the children's groups. Interpreters were on hand, accompaniers, drivers and places to stay all arranged beautifully.

In some of the schools Sister Anne met with the children during the day and then with the teachers in the evening. Time was given to meet with Filipino groups in some of the parishes. There were special events and even a press conference plus many, many interviews.

Sister Anne spent over a month on her visits and everywhere she went was given a great welcome and shown gratitude for all the work that she and all the Sisters do in Cebu.

There was an opportunity to visit our (Federation) Convent in Vienna, she was very happy to meet the Sisters who greeted her warmly and showed her around their works and convent, "it is an amazing place". Anne was also able to share the PowerPoint presentation of our works with the sisters that by then she probably could say off-by-heart.

At a pilgrimage event in one of the parishes she met many young priests from Zambia and Uganda who were in Austria studying.

By the time the visit came to an end I'm sure that Anne was more than happy to get on the plane and have the chance to rest a little – a whole month, what a marathon!

Sister Anne visited many places and met many people – this is just a little flavour! She did express her gratitude for being given the opportunity to visit Austria and all the wonderful people there. WELL DONE SISTER ANNE !



Bessborough Services Interview with Mr. Thomas Quigley CEO

Today working in Bessborough is not easy with all the negative publicity that has arisen because of the Mother and Baby Homes Inquiry in Ireland.

In spite of all this, I was delighted to meet up with the Bessborough Services CEO, Thomas Quigley, who gave me a great welcome and proudly showed me around all the wonderful work that the services provide in our name.

Thomas runs the services and reports to the Leadership Team in Chigwell. Bessborough provides a wide range of family support services which aim to keep family needs at the heart of everything they do. Bessborough still provides residential care for very vulnerable and complex parents. Mothers, fathers and babies all live together while difficult issues are being worked on.

About the staff, Thomas says that “they are doing really good work and they want to be identified more with the work that they do rather than with the negative publicity. It is the staff who go home at the end of the day and share within their social circle what they are actually doing here. Of course, some staff do not tell anybody that they work in Bessborough. They don’t want their friends to know that ‘mother and baby homes’ are still in existence because it is difficult to explain, that today parents and babies come to Bessborough to work on keeping their family unit together. However, the vast majority of the staff are very proud of Bessborough and the work that they are doing in preventing children going into foster care.

Why do so many professionals come to Bessborough for training?

Today the Services at Bessborough have developed a reputation for excellence in child protection and family welfare. According to Thomas the



strategy to circumvent the negative publicity about the past has been to open up Bessborough to a wide range of professionals to work in these areas and to provide them with 'state of the art' training and professional development opportunities. Besides delivering services to families, a key priority is the provision of internationally respected training, and conferences which deliver practical and advanced training to allied social care professionals. Once people come to Bessborough, experience the extensive learning and see the evidence based family support services at the Centre, they are impressed and, thankfully, they communicate their positive impressions to their peers.

Is it difficult to get staff to work here?

We do not find it difficult to recruit staff. The culture of learning together with the delivery of cutting edge services has attracted staff. They believe that to get a good solid training in Bessborough and to get hands-on experience has a positive effect on their careers. A huge attraction to The Centre is that we invests heavily in upskilling our staff.

Another attraction, is that the work we do is heavily psychologically informed which is quite a new development in these family support and treatment services. Psychology is an integral part of our service as is the integration of many different professionals in working with families. We are now well recognised as leaders in the field of comprehensive family support, we are good at it and it seems to attract more people. Holding onto highly skilled staff can be challenging. In the charity sector, generally the pay and conditions are not as favourable as in the public sector so some, particularly younger staff, move on after a couple of years onto a social services career in the public sector.

However, the work in Bessborough can also be emotionally demanding and challenging. Our work covers many aspects of child protection concerns, drug addicted parents and parents with mental health problems. Working with young babies with such vulnerable parents is particularly challenging. Staff, who constantly deal with these issues, often run the risk of burn out, they can only take it for a certain length of time and that's part of the reason they move on. For the problem of burn out we do have a support system where staff have continuous clinical supervision as well as work supervision.

Our staff team has senior psychotherapists, social workers, psychologists and social care professionals who can provide solid supervision and support to staff.

The staff are also well supported with an open-door management style. There is no strong hierarchy so people feel that they can go to a manager or team leader and discuss any case or difficulty at any time. Actually one of the more positive things that has helped with team building and providing mutual support is our canteen. In recent years, we introduced a common canteen and it has really transformed practice and staff interactions. Everybody knows everybody else now, something that can be difficult with a staff complement of 90 people. The whole staff mix well, they can talk about things at a less formal level, share ideas, see how we can work across different services and integrate services better. It provides a forum for sharing that never happened before where everyone was in their own area. This has confirmed our thinking on the importance of providing a social space in the work environment.

How do you reassure families that are referred to Bessborough Services?

There is in the psyche of the Cork people “that if you were a bad boy or girl then you would be sent to Bessborough, that you would be taken away from your family” This is what parents threatened their children with at times. Those fears persist in some people’s minds. Often the clients arriving here carry some of this legacy and are worried that their child will be taken from them in Bessborough. We, therefore, spend the first month of the family’s stay in our residential home working with them to build trust. When a family come’s into the residential home it is because they have major issues that cannot be dealt with in the community. They are referred to us because social workers have the unanswered question- “should these parents continue to have care of their baby or should the baby be taken into care”? Often the Child and Family Agency social workers don’t have enough information to make a decision so the family is referred to us in Bessborough where they can be observed more closely, receive assistance in parenting and help with drug addiction or mental health problems. More often than not parents leave Bessborough after their treatment with their baby.

What is the age range of the children in these families?

The families that come into our services have a child between the ages of one day to eighteen months. Babies were always at the heart of Bessborough and that is why we continue to work with babies and their parents. The service is an early intervention and prevention service and if support can be provided at this early stage in life then, hopefully situations can be prevented from escalating, getting worse and maltreatment of children is avoided. We have built this service on the history of Bessborough, mothers and babies, and now fathers, so now we call it a Parent and Baby Unit.

How many services do you provide in Bessborough?

We have The Parent and Baby Residential Unit which we have already talked about.

The second service is an Outreach Family Support Service, that works in the community with families that are on the verge of splitting up and with possible risks to children's safety. There are often several children in a referred family who appear to have been neglected or a parent unable to cope because of a mental health issue or a learning difficulty. Social Services are under quite some strain and pressure so they would refer the family to us in Bessborough. We aim to support the family in a more intensive way. Our team will visit the family and assess their needs over several weeks, prepare a plan of action and inform Social Services. The plan often involves us continuing in our support of the family and linking them with other support services within the community. We could visit a family up to 4 times per week depending on their needs. On site, evening parenting classes and support groups augment the work of the Outreach Team. Without these interventions, the children would be taken into care.

Another Service is the provision of Supervised Access Arrangements for children who are already in care for reasons of abuse or neglect but who have a right to visit their birth family. It is the Courts who decide if parents are given visiting rights and these visits must be supervised. We try to do this in a therapeutic way, to build the relationship between the children and family members. Bessborough provides a child friendly and

welcoming atmosphere in order to protect the child. We provide this service to about 50 children every week. It is the only accredited Supervised Access Service of this type in Ireland.

The Community Crèche, (very like the one in Dagenham), is a very important service that we provide and which provides day care for about 120 children from the ages of 4 months up to 5 years. The service is open from 8 am to 6 pm and the children come in for the hours that the parents require. The Crèche service is also used by service users from other Bessborough services particularly by parents who are attending our college. Some of the children, about 20%, receive grants from the State because they cannot afford private child care.



Crèche little-person carrier, room for six! Great work-out for the staff.

The Bessborough College provides a ‘second chance’ education for adults who want to complete their secondary education or who need to upskill so that they can move into the jobs market. The college is part of our social inclusion project where we try to equip, socially and economically, disadvantaged people with opportunities. Adult students can complete their Leaving Certificate in one year at Bessborough and go onto further education or seek employment locally. For persons who have been unemployed for a long time we provide upskilling in horticulture. In keeping with the tradition of Bessborough’s market gardening reputation we have an accredited course in horticulture and gardening for 15 participants. Our college is small, as education for these vulnerable students is, by necessity, relationally based. We also have a part time employment scheme where individuals who are long term unemployed can participate in skills development and training to prepare them for the job market. This Community Employment programme is particularly aimed at long term unemployed fathers. The programme provides the person with dignified work and job experience. Bessborough benefits greatly from

the participants in the student help to maintain the grounds and do some light maintenance on the buildings as well as janitorial work for our conference facilities.

When we examine the range of services at Bessborough we can see that it covers the life span from infancy to adulthood. The only service that we don't have is elderly care. The staff very much like this life-span support, young psychologists or social workers can see that Bessborough has a wide range of support services that can be tapped into, which would be difficult to access in the community. The referring agencies also like the comprehensive range of services at Bessborough and of course this guarantees our funding.

All of our current services are a development from what Sister Sarto started back in the 1980s with her forward thinking and, as we know, the work goes all the way back to 1922.

The new development to meet current needs, is the emphasis on children protection, family support and outreach work within the community.

All the work that is undertaken on the Bessborough campus is still in the area of family support.



An old plough in the grounds

SPECIAL ANNOUNCEMENT from THOMAS

Bessborough has recently received two national awards for its services.

The training Initiative in Horticulture won the coveted National STAR Award for Adult Learning Initiatives, acknowledging the positive contribution that this program has made to individual adult learners and the local community.

Secondly, our Crèche won the National Inspired Practice Award for Wellbeing celebrating the quality of work and the good practices it has in childcare and education.

Congratulations to all in Bessborough



END SLAVERY

END EXPLOITATION

END HUMAN TRAFFICKING

TRAC, the anti-trafficking initiative which the congregation is a part of, applauds Ireland for the ground-breaking Law Targeting Buyers of Sex.

(The following article appeared in the ICN News, 27th February)

TRAC UK (Trafficking, Raising Awareness and Campaigning to end sex trafficking) has welcomed the news from the Republic of Ireland and applauded the government for the passage of the Criminal Law Bill (Sexual Offences) which decriminalises prostituted people and penalises the purchase of sex. Years of lobbying and campaigning by various bodies in Ireland has been successful as the Bill passed Ireland's Lower House, Dáil Eireann, on 7 February and approved by the Upper House, Seanad Eireann on 14 February, 2017.

TRAC has been campaigning for over a decade on the issue of DEMAND as the engine driving sexual exploitation. The new Irish law will help efforts to end demand by holding sex buyers accountable and will also ensure that prostituted individuals and survivors can access comprehensive support services. In addition, it strengthens laws against sexual grooming, child pornography and sexual harassment in the Republic of Ireland.

Rachel Moran, founder and executive director of SPACE International (Survivors of Prostitution-Abuse Calling for Enlightenment), was a key Irish abolitionist activist who advocated for the law as part of the

Turn Off the Red Light campaign, a coalition of direct service providers, survivor-led groups, women's rights organizations, labour unions, medical providers and other groups in Ireland.

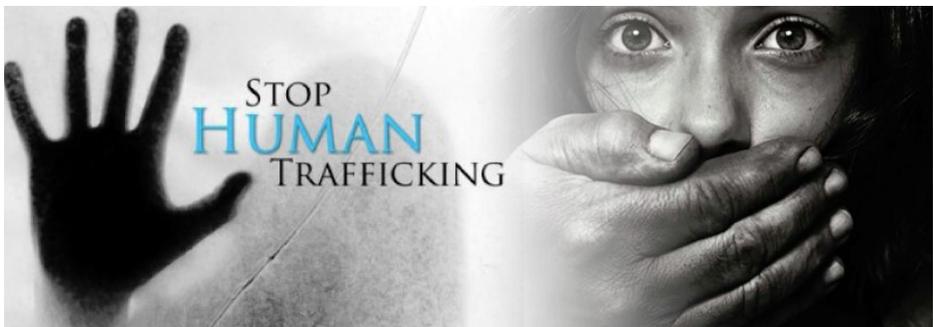
"It's been six years almost to the day since I first spoke publicly in Dublin about the harm and damage of prostitution and the need for our government to do something about it," she said.

"Ireland is now a hostile territory for pimps and traffickers, and a place where men can no longer legally use women's desperation to buy their way inside our bodies. This is a historic day that sends a message of hope."

The Republic of Ireland follows the example of Sweden, the first country, almost 20 years ago, in 1999, to legally recognise prostitution as a form of violence and discrimination against women. Norway and Iceland followed in 2009, and Canada (with exceptions), Northern Ireland 2015 and, most recently, France. All have enacted demand-focused, abolitionist laws to combat the multi-billion dollar sex trade and its economic engine, sex trafficking. This legal framework is known as the 'Swedish' or 'Nordic' model.

Members of TRAC UK will continue to advocate and campaign with the UK Government to adopt a similar law that will follow Ireland's lead in criminalising buyers of sex.

For more information on the work of TRAC please visit their website:
<http://www.traconline.org.uk>



Sacred Heart Companions

Year of Renewal

Recently I was appointed as the Coordinator of the Sacred Heart Companions. As you know, this post was previously held by Theresa Helm RIP.

Theresa did a wonderful job in bringing the Sacred Heart Companions movement forward and with the help of Emma Shaw produced some very beautiful materials for us to use to deepen our prayer life and our understanding of the Charism of our Congregation. Now it is time to build on the firm foundation she and many other sisters laid for us!

From the 21st – 23rd February we had a very grace filled meeting in Marian House to look at a way forward for our Sacred Heart Companions. Those who attended were Sisters Maria Goretti, Patricia McKenna, Pennie MacInnes, Mary Cathie MacInnes, Kathleen Lavery and Elizabeth Dawson, Mary Selfridge SHC who has worked tirelessly with our Companions in Scotland also joined us.

As the Sisters in Marian House are our prayer partners, we began with a shared Holy Hour with them to ask for God's blessing on our endeavours! As we began we acknowledged the tremendous support we receive from our Sacred Heart Companions in Uganda, The Philippines and El Salvador. We were sorry not to have representatives from these countries, however we dream of having an international group meeting with one Sister and one Companion from each area represented, where they would share the life of a Companion and how it is in their home area. Please God, this meeting will take place in the spring of 2018!. Joined in prayer and discernment we would formulate a plan of how to move forward as an international group.

We would like to call this coming year a **'Year of Renewal'**. A year when we review and look at the direction we shall take in the future. As part of this special year we have planned events in Chigwell, Carfin in Scotland and we hope to arrange a meeting in Ireland too.

Soon I shall be writing to each group of Sacred Heart Companions to give them a more detailed sharing of the 'Core Group Meeting' and of our proposed programme.

I would ask you to remember in prayer the new group of Companions that is being started and supported by Sister Kathleen in El Cerrito, California, we wish this new group every blessing and encouragement for its future development.

Our Sacred Heart Companions in the Philippines are very active and have recently formed new groups in both Cebu and Mindanao; We are blest to have Sister Esther Suico and Jospheh Bunghanoy facilitating these groups, thank you for your great enthusiasm and hard work.

Sacred Heart Companions are very much part of our Congregation and we are very blessed to have them walking with us and sharing our life, they are a real gift. As a Congregation we would like to thank you for the great support you give to us through you prayer and good works and I ask the Lord to bless you all.

Sister Elizabeth Danson.



Sister Elizabeth with the Chigwell, Loughton and Harlow groups.

Sacred Heart Companions – El Salvador

Sacred Heart Companions celebrating the Feast of Francis de Sales, in the our house in Mariona, San Salvador.





We are very grateful to Nubia Alfaro for sending us the above photos of the Sacred Heart Companion Group in Mariona Parish, San Salvador, El Salvador and for once more being part of our SSHJM family.

The group was set up about 4 years ago when the Sisters moved from Tamanique to the capital city, San Salvador. They come together in the Convent with Sister Dayssi every Wednesday evening to pray, talk, share and listen, which is very important to them.



Diamond Jubilee Celebrations – 2nd February

Sisters Teresa Maunsell, Mary Romana, and Mary Rooney with the Chigwell, Marian House, Mile End and Pield Heath communities.



Sister Mary Roddy with, Sisters Marian, Annie Mary, Mary Ignatius, Philomena and Sarto, with the rest of the 30 strong Cork community looking on.



Birthday Celebrations

A big congratulations to Sister Mary Sylvester who celebrated her 90th birthday with the Marian House Community, on the 17th January.



AND...
Congratulations to Sister Sophia who celebrated her 80th Birthday on the 28th of January with the Chigwell Community.

With Thanks

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



*In Loving Memory
of*

**Sr. Mary Rose (Nora)
O'Meara**

Born 14th October 1929

Limerick Street,
Roscrea.

Professed 68 years

**Called to eternal life
10th September 2016**

Sacred Heart Convent,
Cork.



On behalf of Rose's family I would like to thank all the Sisters for the prayers and care received throughout her illness. We also appreciate the prayers for the family with her passing. We really miss her but know she is in a better place. On a personal note, Liz and I really appreciate the decision to allow Rose to be based in Roscrea when mam became ill and we looked forward to her weekends with us and the chance she had to get to know the grandnieces and grandnephews.

I am enclosing a memorial card and if some of the Sisters wish to have one, I can send some more. Rose loved her visits to Knock. She had a very special one with Mam before she passed away. It meant so much to the two of them, with only 11 months between them, they were very close. Her love of Knock brought me to select the prayer to Our Lady of Knock for her memorial card.

I would be grateful if you keep us in your prayers.

*God Bless, **Margaret Coffey** (Rose's niece)*

I would like to express my sincere thanks to each Sister for all Holy Masses, prayers, flowers and gifts for my 90th birthday. It is very much appreciated. Holy Mass has been offered with gratitude, for all your intentions.

Sister M Sylvester

Sister Romana Hennessy would like to express her sincere gratitude for all the Holy Masses, lovely cards, gifts and messages received for her Diamond Jubilee. Holy Mass of thanksgiving has been offered for all your intentions.

Josie and the Wogan family would like to thank the Sisters for all their prayers and Mass offerings received for their brother, Vincent Wogan, during his illness. Vincent sadly passed away 17 August last year and is still a great loss. Apologies for the delay in thanking you all. I had a 6 week visit to Australia (a retirement treat) and then moved to Sudbury in January.

Josie Monk

Sister Mary Spain has just celebrated her 90th birthday and would like to thank all those who sent cards, masses and good wishes, may God bless you all.

Some Little Reminders.....

- ◇ **May 7th** **World Day of Prayer for Vocations**

- ◇ **May 8th** **Sr. Catherine Murphy 90 today**

- ◇ **May 18th** **CONGREGATIONAL FEAST DAY
and video link at 14.00 GMT**

- ◇ **June 24th** **Sr. Dorothea 90 today**

- ◇ **July and August we would like some photos
designs for our congregational Christmas Card—
this year we hope to only send it on line to help to
save our trees.**

- ◇ **Always looking for something to share in Keeping
in Touch so please let us have you photos and
articles.**

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