

Keeping in Touch

February 2018



Mother Winefride Tyrrell, her legacy lives on

Sisters of the Sacred Hearts of Jesus and Mary

Front cover: Sister Scolastica (novice) with some of the Children of the Winefride Tyrrell Center, Mukono, at the opening ceremony.

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Editorial

Welcome to the first 2018 edition of Keeping in Touch and, as you can see, another special edition but this time of Uganda. Sister Mary returned to Chigwell full of wonder and praise at all the great things she witnessed in and around our projects. One of the highlights of the visitation was the reception of the four novices and how blessed we are with vocations—keep praying!

Both Sr. Barbara and Sr. Trinitor have sent us interesting articles on the care of creation, or it's destruction. We witness to hard work and commitment in our projects but we like to celebrate too, in our jubilees and a big birthdays. We celebrated also the life of dear Sr. Philomena who went to the Lord earlier this month. As we approach Easter we can take time to reflect on how we too can be co-creators and care for what we have received in our common home.

We would love to hear from more of you as to how you care and collaborate in the apostolic works of the congregation. KIT is only as good as you choose to make it. Share the Good News.

Love and prayers to you all.

Anne and Emma

Reception of Novices in Mukono 2nd of February 2018

The second of February, the Feast of the presentation of the Lord in the Temple, has always been for our Congregation a very special day and for many of us a day of profession of vows. This year is no exception, a day of great joy when Sister Mary Mangan, accompanied by Mary Ita, received four young women into the novitiate programme.



Sisters Mary Goreth, Scholastica, Christabel and Beatrice.

Sisters Christabel and Beatrice are Ugandan and Scholastica and Mary Goreth are Zambian. The four sisters will start with their apostolic experience before entering the spiritual year in Cebu. At present they have gone to visit their families then into the fray they go! We ask you all to keep them very much in prayer at this most important time of their formation.



Sister Esther Suico, novice director, travelled all the way from Cebu to receive the new intake and we know she will guide them wisely—we will pray for you Esther.



Sister Esther Soko appears more than happy to be handing on the sisters to the next stage of formation. Whether it is of joy or relief, we can only wait to find out!

The saying goes:
'God loves a cheerful giver'.

These novices must be very loved!

Renewal of vows, Cebu

Congratulations to Sister Luela as she renewed her vows in the presence of Basak and Banawa communities in Cebu, Philippines. The celebrant was Fr. Bonaventure, Missionary of Africa.



***Sr. Luela's Renewal of Vows
w/ Banawa & Basak
Communities and
Fr. Bonaventure, Mo. Afr.
Mass Celebrant***



Sr. Mervis leaving for El Salvador

Sr's Mervis and Clara who made their first profession of vows in September, in Zambia, arrived in Chigwell a couple of weeks ago. Clara is settling in to her new community in Chigwell and preparing to volunteer with CAFOD, starting this week, the first of March (we hope she will write something for the next edition of KIT).

Mervis was on a, necessary, stop-off on the way to El Salvador. As Zambia has no Salvadoran embassy, Mervis had to get an entry visa from the embassy here in London.



Sr Eileen McLoughlin had the privilege to go with Mervis to El Salvador and they set off early (4 a.m.) on the 22nd of February to an eagerly awaiting Sr. Dayssi who has spent some time without a permanent community member in Mariona although several sisters have given time to visit her. We pray that Mervis will enjoy El Salvador.

Sr Mary's Visitation to Uganda, February 2018

I returned from Uganda feeling a little tired but re-energised by all the wonderful experiences that Sister Mary Ita and myself had the privilege to participate in.

We were greeted by Sr. Jane Frances and the sisters, co-workers and beneficiaries of the projects with a great welcome and love.

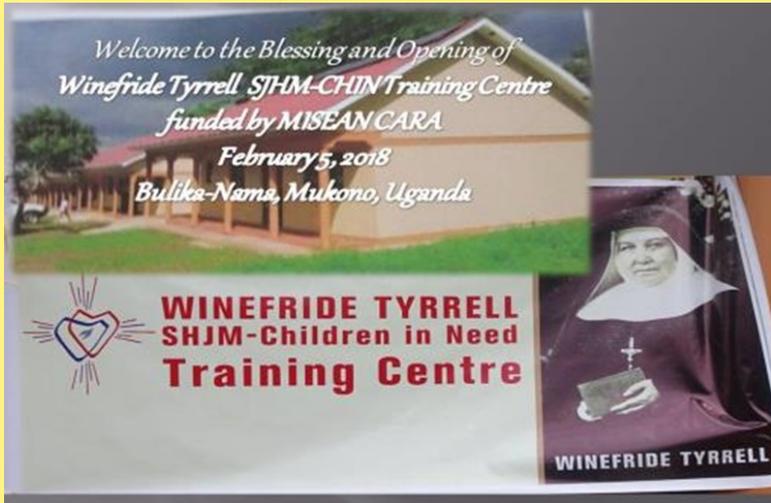
Sister Esther Soko and the community in Mukono had prepared the new group of four candidates (Beatrice, Christabel, Mary Goreth and Scholastica) to be received into the novitiate on the 2nd of February. It was a simple but beautiful service held in the community chapel. Our other Sr. Esther (Suico) had travelled all the way from Cebu to receive the novices as their director. The photos say more than I can of the joy and laughter.

On the 5th we were present at the opening of the new skills training centre named for M. Winefride Tyrrell. The sisters have many projects that can all now be coordinated under one roof and they are delighted with the new facilities.

Off to the north of the country to visit Sr's Mary Costello and Annet in Pabo where, again, we were amazed by the number of community based projects carried out in the name of the congregation. Ecology and sustainability (see the photos for a little flavour). Sr. Mary C. is now able to relax a little with the presence of Sr. Annet who is young and full of energy to do what she can, including milking the cow.

I wish you could all have had the opportunity to see everything at first hand. I thank God for the privilege and for all our sisters in Uganda.
Sr. Mary Mangan

Sisters of the Sacred Hearts of Jesus and Mary
OPENING OF SKILLS TRAINING CENTRE
CHILDREN IN NEED PROGRAMME,
MUKONO, UGANDA
5TH FEBRUARY 2018



Sr. Mary Mangan,
cutting the ribbon
with Sr. Jane Frances
Nalwanga, Unit
Leader and
Coordinator of the
projects and Sr. Teddy
Nakumbi, Education &
Health Coordinator.



All development project activities run by the SSHJM in Mukono are carried out through a locally registered Community Based Organization – Children in Need (CHIN). The activities have two main components - Economic and Food Security and Education and Training. Until October 2017 the training activities were carried out in scattered locations across many villages which was time consuming and costly in terms of travel. In order to minimise on time and resources and provide a more satisfactory service we applied to Misesan Cara and successfully secured funding for a training facility that would enable training to be carried out in one centre.



The Sisters with the Novices



Noreen host of the program

Ugandan youth & beneficiaries offered a dance...



Above. Sr. Mary presented Sr. Jane Frances with a copy of the icon of Fr. Victor Braun for the new centre.

Below Traditional music and dance groups played loudly with all their skill and danced with joy to the Lord.





One of the many projects of the Centre is supporting Children with special needs. Here they are learning how to grow plants and vegetables, with Sr Teddy.

The development approach is holistic and the programme tries to ensure that the basic needs of Livelihoods, Health Services, Education and Training & Protection of the people and planet are always addressed.

They are very proud of the piggery!!!



Many times we have seen photos of basic life skills, sewing, carpentry, agriculture etc. It cannot be emphasised enough how important these skills are to the poor and marginalised persons that we reach out to. One of these skills can mean the difference between feeding the family, paying school fees, dignity - or the misery of poverty and all that goes with it. The photos are new, the people are new, the life is New LIFE.
Thank God and thank you sisters for sharing the Love.



Pabo in the north of Uganda



After living alone for some time, Sr. Mary C. now enjoys having Sr. Annet to support the community and the projects in Pabo. It looks like Annet is ready, willing and able, and Mary can relax, put up her feet and know that the Lord has sent workers to the harvest.

Annet is a teacher but gets involved in many of the projects that are coordinated in Pabo, including community development, agriculture and fish ponds, to name but a few.





Meet Daisy, the cow, who produces enough milk (more than 3 litres) for the sisters in the house every day and any excess will be sold to provide income for the community. If you look closely you will see another product of Daisy in the background! Looks like the farmer is happy at her work.

This is one of the volunteers from the villages. He supervised by the project staff and trained in basic physiotherapy skills to help the disabled children who have no other help. The program for disabled children is another of the Congregations projects in Pabo.



Eco friendly Briquettes are compressed blocks of charcoal dust or other combustible biomass materials such as saw dust, maize cobs, rice husks and wood waste used for fuel. The production of briquettes is environmentally friendly as it uses only waste products. It is a desirable domestic fuel because it produces good heat, is smokeless, easy to light and produces no ash. Collecting the rubbish helps clean and sanitize the local areas, then it is transformed into cheap domestic fuel.



This community based project will hopefully develop into income generating. We congratulate the group for their care of the earth approach. The community encourages leadership and participation of all villagers in various projects. We have seen in past issues the fish ponds and agricultural products etc.



Sister Mary meeting up with the Chairperson of one of the villages. These leaders are vital in building and maintaining good relations so that the community works together and potentials are more easily achieved. Often the women make more effective leaders as they (we) relate or communicate with openness and like to talk.



Technology from the bush!

Try it.

If your looking to get a signal for your mobile phone find a bottle of water! Hanging high up in a tree is even better—technology from developing world countries is often simple but highly effective. It works well anywhere in the world and you don't have to climb a tree— if you're in an area where the signal is poor— carry a bottle of water , it really does help.

ZAMBIA APPEAL

The Zambia Appeal Group (ZAG) is a voluntary group founded and supported by Maureen O'Dwyer - all funds go directly to education, health and livelihood projects

SOME OF THE MANY ACTIVITIES SUPPORTED IN 2017



Above is the shelter over the borehole which the Zambia Appeal Group helped to build at **Bauleni Project** in Lusaka.

A total of 890 pupils are either in school or attending skills training at the project including 200 children/youth with disabilities. The project has several income generating activities such as a garden, bakery, chickens, piggery and fish ponds.

These help sustain the education side of the project and also help to provide a meal for the children each day.

The borehole supplies water to the school, hostels and garden and the shelter above has provided security to the pump and a chlorinator. The Group has also helped the



Students learning how to use a knitting machine.

project to maintain the equipment it needs for its income generation activities.

The Group is committed to supporting many orphans and vulnerable children/youth with school and college fees. We also continued with our support of two young students who have a rare visual impairment and are in a residential school.



At Sunsuntila Day Centre for Orphans, in Mbala, the Group funded the conversion of a store room for maize (above) to a meeting/training room for parents and staff as seen below



In 2017 the group were able to support up to 14 people (mainly children) who required life changing surgery or specialised medical treatment. These included a baby born with a cleft-lip who had successful reconstructive surgery and a child who had clubbed feet who is now able to walk properly.

Easter is the time to kill a man

Years ago I studied for a short time in California when the death penalty was just being re-introduced. The first execution for two decades was to take place in San Quentin Prison at Eastertide.

The Civil Liberties Organization arranged buses to take protesters to a huge playing field in San Francisco on Maundy Thursday, and so I joined people of all ages in what seemed to me a long journey on a blisteringly sunny day. All the passengers were very friendly and keen to talk about England. The lawyers knew that we no longer had the death penalty here, and everyone was interested to hear how it had been abolished.



When we arrived at our destination, we were each presented with a large gravestone cut out of a polystyrene block with the name and age of a prisoner and the date of his or her execution painted on it. There were

hundreds of those terrifying memorials, and my horror was compounded when I saw that I was carrying the memory of a 16 year-old boy with a foreign name who died in the electric chair during my life time.

We prayed, sang hymns and listened to passionate speakers, including Philip Berrigan, brother of Daniel, and himself a powerful Justice and Peace activist, while traffic passed on the highway and drivers either cheered with support or screamed abuse.

Finally we all lay on the grass and held up our gravestones, a living cemetery in the sunshine.

While I was in California the church I attended was a wonderful African-American congregation which was very friendly and loving and a Gospel

Choir which was magnificent. That evening they were all horrified at the sight of my sunburned face. Although I had worn a hat during the protest, my sunscreen had obviously not been strong enough for the Californian sun. When I told them where I had been, the whole congregation and choir promised to pray for the protest, particularly on Easter night when the judges would be making their final decision about the execution and we would be going to San Quentin to keep up the pressure.

The Easter Ceremonies were very powerful and beautiful and the congregation once more sent me away with prayers and blessings. On Sunday evening, Sisters Patricia Dorrity and Mary Gallagher took me out for supper and then I made my way to the pick-up point for the buses.

A young Jewish man sat next to me and we agreed to stay together when we reached the prison. The buses had to wait quite a distance from our destination and so we all stumbled along in complete darkness until we finally rounded a corner where we were faced with blinding lights and the barrels of guns trained on us by a phalanx of uniformed men and women. Trying to walk tall and look courageous, we marched past silently and reached the huge prison yard which seemed like something out of Dante's Inferno.

Towering wire fences surrounded a huge space which teemed with hordes of shouting, cheering people carrying banners and baying for blood. To one side was a small temporary stage surrounded by powerful microphones where a crowd had gathered around an African American preacher with a wonderful voice who was preaching mercy and peace and leading prayers and hymns. From time to time he would receive electronic messages that there was a stay of execution because the Justices had still not come to a decision.

Reporters were interviewing people including a large crowd carrying banners proclaiming that they were Christians of Los Angeles who screamed that the prisoner should be fried immediately.

This was too much for my Jewish friend who pushed through the Christians from L.A. saying that their message was definitely not Christian and that there was an English nun here who certainly did not agree with what they were saying, and why wouldn't the reporters interview her? Of course they

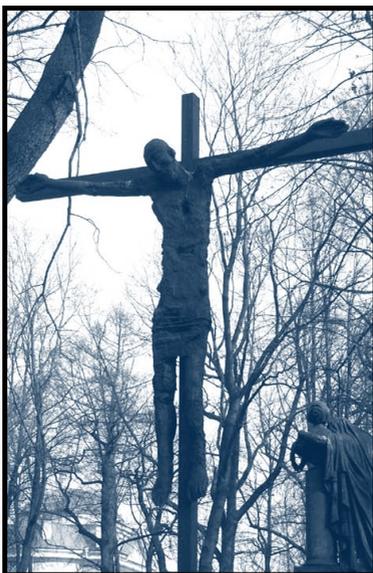
would, and the L.A. group behaved remarkably quietly. They told me that murdering two teenagers was a terrible wrong, something with which I totally agreed. Of course we were never going to agree about the execution, but at least our discussion had been recorded and we all shook hands.

The dreadful night seemed interminable, but at midnight the cries for vengeance reached a crescendo and we could no longer hear our preacher and so we began to sing the Beatle's song but with the words, All We Are Saying Is Give Life A Chance.

I don't know if everyone joined in, but the place certainly became calmer and then we received the message that there was a stay of execution until the next night when the Justices would decide on their verdict. Our preacher begged us to come back next evening and of course we agreed.

I thought that I would have to spend a few hours in the station awaiting the first train, but my Jewish friend had his car near the bus terminus and insisted on driving me to the convent.

Next morning I woke early and switched on the news to hear that the prisoner had already been executed. *Sister Barbara Dundon*



ECOLOGICAL CRISIS; SIN OF OUR TIME: INTEGRITY OF CREATION.



Scripture tells us that in the beginning, God made all creation and saw that it was very good. (Gen 1:31) Looking at the current state of mother Earth and all the creation she bears, can we still say 'it is very good'? He also created us to care for the Earth. In our quest for riches and for other selfish desires, we have forgotten our responsibility and thus, making our Lord fall again and again in His creation. We must keep in mind that nothing on Earth exists for its own good alone but for the good of others (interdependency). Everything that exists came into being through the WORD which was made fresh (Jn 1:3). When we make creation suffer because of unnecessary cutting of trees, pollution, miss handling of waste, we are not only being unjust to mother earth but also to ourselves because we depend on her for survival and thus, causing Our Lord to suffer again and again.

My indifference towards mother Earth has effects on health, the atmosphere, food security and economic development. What sin can be greater than causing mother Earth to collapse because of our failure to take responsibility?



Prayer

Dear Lord, we whom you put in charge of looking after mother Earth, admit that we have destroyed her. Because of our selfish desires, we have destroyed the forests, we have polluted the rivers and the atmosphere, we have caused diseases and drought, and we have made the poor person become even poorer. We have sinned Lord. We have forgotten that we are the voice of mother Earth and we are here to protect and defend her. We have crucified nature and crucified you. We have forgotten that mother Earth has a right to exist. We ask forgiveness from mother Earth and from you Lord.

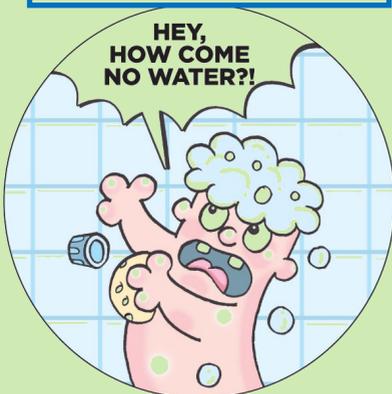
Give us wisdom to care for her as she continues proclaiming the Glory of the Lord (Psalm 19:1-4). AMEN.

Call for action: What action will I take as an individual to contribute to the integrity of creation during this Lent?

Sister Trinitor

Little Ideas.....??????

- ⇒ **Water is precious don't waste it**
- ⇒ **3 minute shower**
- ⇒ **a bath is a luxury.**



**Use your own shopping bags,
plastic bags destroy the earth**



- * Plant a tree,
- * care for your tree.
- * Share the love.



Avoid using disposable straws and cups—bring your own cup !



Bees are life, think about having a beehive in your garden??

Ten Ten Theatre Company in partnership with TRAC
(Trafficking - Raising Awareness and Campaigning) presents...



1.30pm, Tuesday 20 February 2018 Chigwell Convent
803 Chigwell Road, Woodford Bridge, IG8 8AU

One year ago, TRAC invited Martin O'Brien the director of *Ten:Ten Theatre*, to one of its meetings to discuss the possibility of staging a drama that would be an educational tool for schools, youth and parish groups to convey the issues related to human trafficking - the prevalence of pornography as a virtual step toward sexual exploitation – and communicate the dangers of grooming unsuspecting youngsters into sexual services in a real way. Little did the group think that Martin would write so vividly, clearly and cleverly the 'truth' stories of those caught in the web of sexual services and this drama would then be ably performed by Sarah, the actor. In truth, it exceeded all expectations of the group.

The drama was captivating. The performance was riveting. For 55 minutes the audience was spellbound. And the time didn't seem like that long. Granted, the audience was made up of adults, many of whom are exposed to various aspects of human trafficking and modern-day slavery for over 12 years, having contact with trafficked victims, as well as advocating and lobbying on their behalf. Nonetheless, this was story that was touching, moving some to tears.

TRAC members are all too familiar with the causes and consequences of human trafficking and the devastation that is caused to victims. This is why TRAC campaigns so vigorously for legislation to be enacted in

Parliament that stops demand for never-ending supply of victims by criminalising buyers, brothel owners and perpetrators.

The story of “Grace” is told by a character called Emilia who used to be Grace’s best friend. It begins when, at the age of 24, Emilia discovers Grace looking thin and malnourished in a dirty old café. The story of what happened to Grace is then told in non-chronological order.

I recommend ‘GRACE’ as a brilliant performance that covers many issues related to slavery and sexual exploitation. Issues such as the grooming of a 14-year-old girl by an older man; peer pressure to ‘please’ and be loved; friendships that can be positive or negative, pornography that is so easy to view, forced prostitution; police response; demand from clients ‘buying’ sex and demanding their money’s worth. On the positive side, the drama also shows ways in which young people can ‘watch out’ for each other, be confident that they can do something to assist a friend caught in the snare of traffickers and there is hope.

This is a drama for parents, teachers, social workers, politicians, law-enforcers, media persons, journalists, police and above all young people aged 14 and upwards!

It is an ideal ‘lesson’ for PHSE teachers and students. It is a useful tool for parents to open up discussion on the issues of human trafficking and exploitation with their children.

The belief that human trafficking is ‘out there’ happening elsewhere, either in ‘foreign’ countries or to ‘foreigners’ is a myth that is ‘busted’ with the performance of ‘Grace.’

Credit is due to Martin O’Brien, *TenTen Theatre* as creator/director and to Sarah for her excellent performance.

Patricia Mulhall – member of TRAC – an Inter-congregational coalition of Catholic religious, working to end demand for sex trafficking and exploitation and to promote the ‘Nordic Model’ of legislation.

For further information see:

www.tententheatre.co.uk and www.traconline.org.uk

Jubilees Diamond & Platinum

Sr's Genevieve, Mary Spain. Mary Zita, Mary Ignatius



First stop Chigwell where Genevieve enjoyed her celebrations with her 'community family' and a Franciscan or three!

Across the Irish Sea to Cork, where Sr's Zita and Mary Spain celebrated in style.





Zita and Mary with
Anne (carer) and
Bernadette Byrne
(who used to be a
sister with us)

Sr. Mary Ignatius also celebrated a
great big Platinum jubilee.
We congratulate them all and pray
the Lord's continued blessings for
health and happiness.



My soul glorifies the Lord

Sister Mary Spain is very grateful for all the prayers, Masses and gifts received for her Diamond Jubilee. "We had a lovely day with the community, Roscrea community, my brother and two nephews. Holy Mass will be offered for all your intentions".

Sister Mary Zita would like to thank everyone for their prayerful support, Masses and gifts received. "I enjoyed the day very much with my community. I was delighted that my friend Bernadette Byrne was able to join me for the celebration. You are all remembered in my prayers".

Marian House Community

6th February 2018

Dear Sisters,

I would like to thank you for all your beautiful Birthday cards, Mass Cards, flowers and gifts that you sent me recently for my 90th Birthday.

Having been in the hospital for the previous 7 weeks I was delighted to be home two days before my birthday!

Unfortunately, the lift broke down and so Sr. Teresa and I could not attend Mass, however we were able to watch it on the TV and receive Holy Communion during the Mass.

After Mass we had a lovely lunch followed by the cutting of the cake upstairs! Pield Heath Community also joined us and we enjoyed a lovely afternoon together.

I would like to thank everyone for their kindness. Holy Mass will be offered for your intentions in gratitude for helping to make my 90th Birthday a very special day that I shall never forget!

With my love and prayer

Sr. Anne Therese x



Sister Mary Philomena RIP

Bridget Nuala O'Reilly (Sister Mary Philomena) was born on the 12 of May 1923, and would have been 95 years old in May of this year. She was one of five children, four girls and the youngest, a boy, Paddy, who was very special to all. The family was well known and respected in the Roscommon area.



Nuala (Philomena) entered Chigwell in July 1941 with her aunt, the late Sr. Gemma Rafferty, who was entering for a second time having, previously, left to attend the funeral of her mother.

Philomena trained as a general and a children's nurse in Hornchurch Hospital, London, England. She was renowned for her gentleness, compassion and sound common sense in every ministry that she undertook. She had a great love for the Congregation and the charism, and made religious life attractive for all who would wish to join.

For those of us who were close to Philomena in the final stages of her life (family, sisters and staff of Sacred Heart convent and the hospice), all were edified by her living and especially by her dying.

We will miss you, Philomena, but take comfort from knowing that you are now safely with your Lord whom you served so well.

Much more could be said but Philomena would protest saying we have already said too much. We respect her wishes.

Sr. Gabriel

With thanks

Sister Laura from Cork says;

“A big thank you to the many sisters who sent greetings for my 90th birthday. I truly felt graced and loved with all the beautiful cards and gifts.

Thank you, from Sr. Philomena's sister, Martina, family, friends, the sisters and staff thank everyone who visited Philomena in the hospital and Hospice, and who attended the funeral. A big thank you to the sisters who travelled some distance to be with her and attend the funeral. Holy Mass will be offered for all your intentions.

Used Postage Stamps!!

We are very grateful to all those good people who give us their used postage stamps, here in Chigwell.

The stamps are trimmed and taken to a dealer who sends them all over the world to philatelists, as stamps collecting is a great hobby for some people.

Many of you might remember Sister Esther Kinnarney, who started collecting used stamps through her bingo group. She sent the money raised to her nephew, Fr. P.J. who is a Redemptorist priest in Brazil, also to Sister Philippa's brother, Fr. Sean, who worked in the same community. We still honour this commitment.

The profit we make from our Bingo session and raffles goes to our own missions. *Sister Pierina*



A little reminder

Easter Webinar

Wednesday the 28th of March 1 .00 p.m. GMT (13.00)

An opportunity to meet up and greet one another across the world, Wednesday of Holy Week before the Tridium begins and we are all too busy. I will send out a link by email nearer the time.

Golden Jubilee (50 Years) ~ 4th August 2018

Sister Anne Healy
Sister Annie Mary Nally
Sister Kathleen Laverty

Diamond Jubilee (60 Years) ~ 28th August 2018

Sister Barbara Dundon

Platinum Jubilee (70 Years) ~ 28th August 2018

Sister Mary Dominica
Sister Bridget McCourt
Sister Margaret Mary McCullagh
Sister Margaret Gorman

Sisters ~ 90th Birthdays

30th October 2018

Sister Mary Romana

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