

EXCHANGE MARCH 2013

FROM THE PROVINCIAL COUNCIL

ON THE ROAD TO EMMAUS



You will have received the material that the Formation Team has prepared to help us on our journey to the General Chapter. We hope that you will be able to watch the DVD of the General Council's presentation to the Provincial Chapter. Many of us felt that we would like to see and hear that again. It is available on the Generalate website (<http://www.rscm-gen.org>) which can also be reached through our own website (www.rshm-nep.org), but to make it easier to view, the formation team have prepared it on DVD. It reminds us of our journey over the last 6 years and helps us to focus on what we would hope for from the next chapter. The Formation Team has also sent a leaflet, based on the Provincial Chapter statement, to help us in our personal reflections and a letter with questions to help us with sharing in community or in area groups. If you are able to send in group responses at the beginning of May, these will be helpful to the General Chapter delegates. If you have any queries about the material do not hesitate to contact any member of the Formation team.

HEARTS BURNING WITHIN US

Myriam Bécourt:

A few months ago, Anna, a prisoner in the women's detention centre in Rennes, where I work as a chaplain, gave me the following text as a present. On her life's journey, marked by violence and despair, she experienced an encounter which changed her life and enabled her to make a fresh start. With her agreement I am sharing the text with you.

Statement

13 years ago, Lord, you called to yourself the person I loved most in the world. I was angry; I hated everybody. I lived a life of debauchery; I hurt innocent people.



I didn't hear you calling; I wanted only one thing: to meet again this person who is with you.

In 2009 I found myself in the coldest and most inhuman place possible. But you overlooked all that. I will always remember that day in 2009 when you came knocking at the door of my heart which was like the prison door. I looked through the spy hole and saw you, so pure and so holy. I opened the door to you and you came in, full of gentleness and infinite love. I was dead when you came but you raised me up to life again.

You taught me how to live like a child once more; you healed the wounds of my heart. Thank you, Lord, for your kindness and mercy. You took away the bars and barbed wire imprisoning me and let me experience once again the joy of love and sharing, of life by your side.

Today I am ready to face the world because you are there to guide me and to lift me up when I fall. You alone can move mountains and put what is in disorder back into order.

I am writing these few words to you, Lord, to open my heart to you and thank you for all the blessings you give your children day by day.

I will end by quoting these lines from Tim Guénard which are a testimony to love and hope.*

“The Big Boss isn’t waiting for us like a judge in court ready to pass sentence. When he comes into our hearts it’s not like the police swooping down on us. He waits for us like a father. No matter what his children have done he still loves them.”

Courage to all those who are imprisoned in the eyes of the world but free in the eyes of God.

* Tim Guénard is a former prisoner who has written books about his life’s journey.



UPMINSTER

The celebration of Thanksgiving for the presence of RSHM in Upminster and surrounding parishes will be on 22nd May. If anyone associated with Upminster would like to attend, please get in touch with Kathleen O’Donovan.

BEREAVEMENTS

Our sympathy and prayers are with:

Sr Regina King on the death for her brother, **Gerry King**, who died in America on 14th February.
Sr Breda Campion on the death of her sister, **Eileen Campion**, who died on 14th February.

The Sisters of the Eastern American Province on the deaths of:

Sr Bernadette Donaghy who died in Tarrytown on 22nd January at the age of 93 years and in the 65th year of her Religious Profession.

Sr Edna Lutton who died in Tarrytown on 24th January at the age of 94 years and in the 71st year of her Religious Profession.

The Sisters of the Western American Province on the death of **Sr Collette McManus** who died on 24th February at the age of 88 years and in the 69th year of her Religious Profession.



SUNFLOWER GROUP MEETING

4th -7th April – arriving on 4th and leaving on 7th (morning).
Please let Patrice know when you are arriving.

NEWS FROM THE PORTUGUESE PROVINCE

Two sisters from the Portuguese province, Teresa and Julia have already arrived in East Timor. They are preparing to go to Zumalai in the diocese of Maliana, where they will be joined by another two sisters, Maria Alice and Margarida. We keep them in our prayers.

INTERVIEW WITH PAT PINSENT -READING ALOUD TO THOSE WITH DEMENTIA

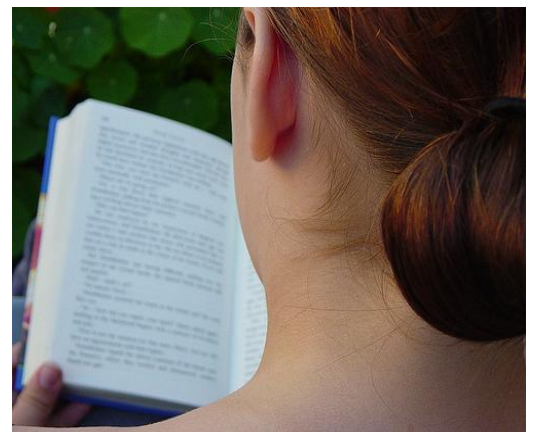
Pat and Henry Pinsent have been regular visitors to Noddfa, normally taking part in Catholic People's Weeks. This article, from 'Living with dementia' magazine, February 2013, offers us ideas for helping those we know who have dementia.

INTERVIEW WITH PAT PINSENT -READING ALOUD TO THOSE WITH DEMENTIA

Some people with dementia may struggle with reading and interpreting text. Fiona Madden speaks to a carer who discovered a shared passion for books by reading aloud to her husband.

One of the things that 79-year old Pat Pinsent noticed about her husband Henry after his dementia diagnosis was that over time he had decreased levels of concentration and clarity when it came to reading. Pat cares for Henry, also aged 79, at their Norwich home. She decided to try reading aloud to him in an effort to engage and stimulate him and she has found it to be enlightening and enjoyable for both of them.

Pat says, 'I have a degree in English literature but my recent expertise has been in children's literature. I thought he'd enjoy many of the books and so was something worth doing, and I know reading is healthy for the mind.'



Past connections

Care was taken in choosing the first book as Pat wanted to pick something that not only kept Henry engaged but also related to some of his past experiences. She says, 'I got hold of this book called 'Hopping' by Melanie McGrath. I thought it would interest Henry because he kept on talking

about going on annual hop-picking visits to Kent when he was a child. 'Henry responded really well. He was born in the East End so he would remember places and that specific book brought experiences back to him. He offered comment on things like being evacuated. Sometimes I had to stop him to continue when he got carried away with talking, as he does!' Pat, who has been reading to Henry for the best part of a year, then selected children's books about the Second World War as her next two choices. This tied in with his experiences, especially of wartime child evacuation. She says Henry enjoyed both books thoroughly and was once again able to relate to the characters and empathise with their stories.

Remembering stories



Pat says that Henry found it much easier to follow storylines when each chapter was episodic and so didn't require him to remember the plot from day to day. 'I read to him every morning before breakfast, for the duration of a reasonable section of the book, usually a chapter or half a chapter. I start off by encouraging him to remember where we got to last time and reinforce that.' Pat comments that although he doesn't recall everything they have covered he has remembered some quite complicated information. For example, when she was reading him a book about a Viking

girl in 11th century Constantinople he always remembered that the Vikings had called the city Miklagard whenever they came back to the story. Henry, who was diagnosed with Alzheimer's three years ago, also enjoys attending the Society's local 'Singing for the Brain group'.

Shared experience

Although Henry still has the ability to read he struggles with certain aspects and with retaining information when doing it himself. Pat believes he may have had problems with reading even before the dementia diagnosis. She adds, 'He reads perfectly fluently now. He annoys me as we drive along by reading out all the names of the roads and the car number plates in front! 'He reads perfectly well on a decoding level but not necessarily on a deeper level of assimilating what he's read into his knowledge or remembering it. He'll read the newspaper and come back to the same story and comment on it several times to me.' Pat has found that the experience of reading aloud to Henry has benefited them both and he has offered input as to what kind of books he would like to hear next. She says that she is not optimistic that he recalls many details about the stories but believes the shared experience is valuable.



Pat says, 'I do believe it's absolutely essential to choose a book that you both find interesting. To read something you don't like would be self-defeating.'

A GOOD READ: "Still Alice" by Lisa Genova, is a novel that deals with Alzheimer's disease.
FILM: The French film "Amour" by Michael Haneke sensitively portrays issues relating to Alzheimer's.



ECO Tips

The JPIC Team would like to recommend the following "tips" that have come to our attention to adopt an eco approach to all aspects of their lives. Their website is www.ecocongregationireland.com.

1. Turn your thermostat down by two degrees.
2. Ensure your walls, roof and water tanks are well insulated.
3. Run dishwasher and washing machine on full load only.
4. Dry clothes outdoors (weather permitting)!
5. Shower instead of bath. Use a low showerhead.
6. Turn off TV, computer, lights etc when not in use.

We will provide some more of those "tips" in Exchange over the next few months.

JPIC Team.

Earth Hour 2013 - 8.30.pm on 23rd March. Let's all join in again this year, by turning off the lights and electrical equipment for an hour!

The Earth Hour has grown from a one city initiative in 2007 to the world's largest campaign for the planet, uniting hundreds of millions of people around the world.

TRAC - Trafficking Raising Awareness Campaign (England and Wales)

Patsy Butler

The following are extracts from a letter sent from TRAC to all member congregations:

... " Announcing that we are still on TRAC working to end Sex Trafficking.

We are re-launching TRAC as an independent, inter-congregational initiative (and not part of the Medaille Trust) TRAC is eager to continue to educate, raise awareness and campaign more effectively on the issue of sex-trafficking and on demand: the engine driving this international criminal practice. We are motivated by Isaiah's vision: 58:6 "To release the bonds of wickedness..." and by the mission of Jesus...Luke 4:18 "The Spirit of the Lord is upon me..."

We ask for your ongoing prayers as we re-launch our group to continue this important work."

We continue with our commitment to pray weekly on a chosen day for trafficked persons. We are included in the TRAC Rota which has nine congregations and many individual communities.

OUR RSHM PROVINCE DAY FOR PRAYING IS *TUESDAY*.

Kathleen O'Donovan, Dorothy Ward and I are members of TRAC.

Extract from the SPECTATOR: 2nd February 2013

“Why even Amsterdam doesn't want legal brothels. The Dutch experiment in legalised prostitution has been a disaster.

Twelve years ago the idea in Holland was to make prostitution a job like any other....Once the women were liberated from the underworld, the crooks, drug dealers and people traffickers would drift away. Twelve years on...we can see the result of this experiment. Rather than afford better protection for the women, it has simply increased the market.

Pimps under legislation have been reclassified as managers and businessmen....Whether a town/city wanted brothels or not by legislation they HAD to have at least one; not doing so is contrary to the basic federal right to work.....

Nowhere in the world is street prostitution legal...because people do not want it in plain sight. The day after the Amsterdam zone opened, over 100 residents from nearby neighbourhoods took to the streets in protest. It took six years for the mayor to admit in public that the experiment had been a disaster, a magnet for trafficked women, drug dealers and underage girls. Zones in Rotterdam, The Hague and Heerlen have shut down in similar circumstances. The way ahead: Legislation will be repealed....."

EASTER GREETING



*Alleluia! Alleluia!
We wish everyone
all the blessings of
Eastertide.*