

## EXCHANGE for MAY 2013



### JUBILEES:

**Congratulations to the following Sisters  
celebrating their Jubilees:**

**75 years** Máire Bríd Mackey 21<sup>st</sup> May

#### **Diamond Jubilee**

Mary Lambie (17<sup>th</sup> June)  
Helen Courtney (23<sup>rd</sup> June)  
Esther McCarthy (23<sup>rd</sup> June)  
Margaret Mary Walsh (23<sup>rd</sup> June)

#### **Platinum Jubilee 6<sup>th</sup> July**

Philomène Huillet  
Françoise Thérèse Ringeval

#### **Golden Jubilee**

Cécile Pommier 8<sup>th</sup> June  
Bridget Hussey 22<sup>nd</sup> August  
Patrice Power 22<sup>nd</sup> August



## UPMINSTER

**We all join with Upminster Community  
on 22<sup>nd</sup> May as they celebrate  
the life and mission of RSHM in Upminster  
and the surrounding area.**

**We give thanks for all who have lived there  
since the house was opened in 1927  
and for all the lives that have been touched  
by their presence**

**Sacred Heart  
of Mary**

**'that all may have life'**





NEP PROVINCIAL CHAPTER 2013  
PEN CHAPITRE PROVINCIAL 2013

## HEARTS BURNING WITHIN US

“OUTREACH MOLDOVA”

*Dolores Carroll*

Some years back I saw an Ad in the Daily Mail looking for help for an orphanage in Moldova. Since I had never heard of such a place I was hesitant about getting involved but having discussed the matter with some of my sisters they dispelled my lingering doubts and “Outreach Moldova” was launched.

Replying to an Ad in the church bulletin, fourteen parishioners turned up and we decided to meet weekly. Over the years they knitted lovely caps, scarves, jumpers and blankets. They were very creative and since the Orphanage had 400 girls there was always something to fit someone.



On another level the meetings were a great success and they made me realise more clearly how lonely some people were. Most of them were widows living alone, their children having flown the nest. Often they felt isolated by our cultural obsession with youth. From thinking that they had nothing to contribute they realized that here was an opportunity to form a living community of friends, where they could share their stories and form friendships, and also feel that they were making a difference to the lives of the children in Moldova.



Over cups of tea they recalled incidents from childhood and from school, stories that were sometimes sad, sometimes hilarious. These meetings became a forum for them to discuss their problems before a sympathetic audience. When I look around and see all the work they've done and recall the fun and joy we've had, I feel this is one of life's most rewarding eras. I am reminded of the song:



***“If I can help somebody some day,  
Then my living will not be in vain.”***



## EXTENDED FAMILY

### Meeting of Provincial Council and Sisters of the Extended Family Core Group

This meeting took place on 3<sup>rd</sup> May for the council and the Sisters of the EF Core Group (Catherine Dolan, Aline Leonard, Moira Lever and Kathleen O'Donovan) to reflect on the growth and development of the Extended Family, the activities in different parts of the province and the challenges and ideas for the way ahead. We realised that the Extended Family groups take different forms in the places where they exist and are at different stages of development. We talked about groups where there is mutual sharing between RSHM and lay colleagues and friends, but they are not called Extended Family. We also talked about the gift of the Extended Family, as expressed at the Provincial Chapter by the SHMEF members as well as the mutual benefits from the sharing and working together and possibilities for the future.

### BEREAVEMENTS

Our sympathy and prayers have been with the Dunmurry Community on the death of **Sr Malachy Higgins** who died on 5<sup>th</sup> May at the age of 85 years and in the 55<sup>th</sup> year of her Religious Profession.

Please pray for the repose of the soul of **Michael Larrisey**, brother of Joan Larrisey, RIP, who died on 30<sup>th</sup> April.



### THANK YOU from SHARON

*I have been touched by, and I very much appreciate all the cards, emails and phone calls that I have received from Sisters to wish me well for the future. I have thoroughly enjoyed the last 8 years with the RSHM, and the memories of this time will remain very dear to me. I will keep in touch with the Ealing Sisters, and through them will be kept up to date with all your news.*

*With my sincere best wishes to you all,  
Sharon.*

### UPMINSTER CELEBRATION

Please let Kathleen O'Donovan know by 17<sup>th</sup> May if you are coming to the celebration, especially if you need to stay overnight.

## TRIBUTES TO SR BRENDAN O'DONOGHUE 1914-2013

### *From Norah Boylan [Skipton]*

“When Sister Brendan came to Skipton it was the beginning of her retirement from schoolwork. Her great friend was Sister Ita and they both came and added a genteel presence to our ageing Convent congregation.

Sister Brendan loved people! She soon joined ‘Churches Together’ and breathed new life into our group. She asked me to join her at the monthly meetings – and at that very first meeting, there was the annual election of officers and Sister Brendan proposed me for the Vice-President of ‘Churches Together’ for the next year and I was elected! As a result a year later I became President for the next year and had to give a talk at the Annual Service, which was in the Methodist Church.

Both Sister Brendan and I worked for ‘Churches Together’ for about twenty years and in that time it was a thriving and much respected group. Like many other groups it is no longer the active flourishing group it was.

Sister Brendan always had an appropriate hymn for each meeting and it was a great asset. Her great joy was when she got a copy of ‘Memories’ from the musical ‘Cats’. All of us here today will remember the joy of hearing her sing this song.



Sister Brendan was a very cultured lady – her teaching of art, her love of colour and textures, her love of music and culture were evident in all she did.

She was everyone’s friend and much beloved by Skipton people. I am sure she is teaching the singing in heaven today! And please God we will all be joining her.”

### *From Catherine Leigh [Skipton]*

“I have just heard the sad news that Sr Brendan has died to day. What a lovely lady and character she was. She will be missed by your community I am sure, but a great blessing for her. Her peace is now with God.

I have been looking at some photos I have of her, Sr Ita and Sr Joyce at my parents’ Golden Wedding celebration at my home in July 1993. Sr Brendan is dancing merrily with my Dad. What a lovely night we all had. If I remember rightly it was one of the few times she didn’t bring her accordion with her to play. It always seemed to appear quite miraculously out of nowhere whenever there was a celebration of any kind going on. She took part so fully in parish life: the choir, which she loved dearly, the Walsingham prayer group, the annual pilgrimage to Walsingham, visiting the older parishioners and talking to the many seasonal visitors we have at St Stephens. She could also often be found in the High Street, talking to the stall holders and always seemed to be able to get the best bargain of the day. I once remember her asking me in very shocked tones if I was actually wearing lipstick! (I was only in my mid forties at the time). How times change! She will be missed by you all but what a wealth of memories she leaves behind.”

## TRIBUTE TO JOSEPHA O'SULLIVAN 1936 – 2013 Patsy Butler

When I was asked to speak about Josepha I turned to her and said "Well what will I say about you?" I could hear her reply "Don't you dare say too much about me"

The scripture passage that came to mind was "Who shall find a valiant woman?" I think the word valiant encapsulates the thoughts and gifts read in the 1st and 2nd readings today. (Jeremiah 1:4-8 " You shall go to all to whom I send you. Do not be afraid of them..." and, 1 Cor Chapter 13 "Love is patient, love is kind..."



Josepha went wherever she was sent...Béziers, College, Roslyn, Zambia, Ferrybank, Ealing, Morecambe, Upminster and Dublin. Her love was all embracing and no task was too menial for her.

When Chivuna needed a night watch man she chose George. If you or I were choosing a night watch man we would pick a strong, agile and forceful fellow but George was so thin, frail and hungry looking that a puff of air would blow him away. But he needed money for food etc so he was chosen. One day when Bishop Corboy was in Chivuna and we were chatting together, he noticed George doing another little job for Josepha and he said to me "Only Sr Josepha would employ someone like George!"

When I think of love I remember a scene from an African play, "The Imprisonment of Obatala". When Obatala was in prison, his friend from years before was thinking of visiting the prison, even though Obatala had been unfaithful to him. When his wife objected to the visit, the friend said "Can a friend's face change so much that one would cease to love him?" That is the faithful love of God. Josepha had it.

But she was not afraid...(as we heard in Jeremiah..). When Bishop Corboy asked her to be on the Diocesan Consult to which a few selected priests were invited, she spoke freely. One priest told me they were discussing a particular issue and all the priests spoke...either saying they hadn't any opinion or said something they thought the bishop might want said...Josepha said, "All anyone working in the diocese wants from you is your SUPPORT! Everyone knows what is needed in their particular job." Josepha was a favourite with people. Not popularity, as I think that can be hyper, but someone is chosen as a favourite because of their quality of character or gifts.

**"Support"**

Even as a teenager Josepha was a favourite of the teenage boys in Ferrybank. So much so, that when she was entering they gave her a gift of a Lourdes Grotto. One evening when she was showing this to her friends in the Novitiate, Sr Annunciata, who was in charge, came in and hearing the Ave being played said "Who gave you this lovely gift?" Josepha said "the boys" to which came the reply " Wasn't it very thoughtful of your brothers to think of that".



We read of many gifts in Paul's letter to the Corinthians. Those gifts are present when the Spirit is present...we just have to use them. Josepha had great devotion to the Holy Spirit and lived many of those gifts.

*Let us listen to some quotations from e-mails sent from past pupils and Sr Virginia in Zambia*

**Rosemary Mudala wrote:**

*"She carried each one of us in her heart and knew when to let go so that we could grow and find our own feet to encounter Christ. Most of us are what we are because of her example of utter dedication to her mission, determination to make things work and deep faith in the Lord Jesus as the one in control.*

*It is amazing how these attributes have remained the guiding principles of the girls who went through St Joseph`s School during Josepha`s tour of duty in Chivuna. Over 90% of us have remained faithful to the Faith, most girls have been high achievers, thanks to the mentoring we got from St. Joseph`s".*

**Sr. Virginia wrote:**

*While "Josepha and I were not together in Zambia, I have always been very conscious that we have been building on the firm foundations laid by Josepha and the other founding Sisters here in Zambia. Many of the Holy Spirit Sisters knew and greatly appreciated the giftedness of Josepha. Her spirit of peace has certainly lived on."*

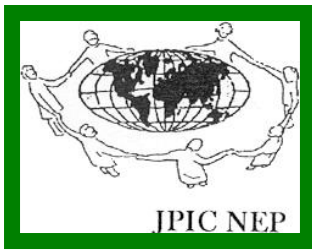
Josepha is going to the place prepared for her as we read in the Gospel today, "I am going to prepare a place for you...." John O'Donoghue said in one of his books that the spirit of a loved one may be present among us for some time after the death. So where does that leave us? What have we to say?

I am reminded of a scene from the film Gandhi, where Gandhi is sitting and his friend an English Pastor is with him. The Pastor has been recalled to England and is trying to think of something meaningful to say. Gandhi says, "There is no need for words between us. Wherever you are I will carry you in my heart." We carry Josepha in our hearts.

As she goes to her resting place, each of us can say to her the words of St Thomas More: "Pray for me dear friend, as I do you, that we may merrily meet in Heaven".

And we will. Rest in Peace, dear friend.

*Rest In Peace*



## ECO Tips

- Use a fuel-efficient car, check tyre pressure regularly and get your car serviced regularly.
- Fly less often. When you do fly, offset your air travel by investing in renewable energy projects.
- Pick up a piece of litter everyday.
- Ask for ethical/charity gifts for birthdays and other occasions.
- Support charity and eco shops.
- Buy eco-friendly cleaning materials. Most supermarkets sell a good range, including soap, washing up liquid, washing powder, toilet and general cleaners.
- Better still, clean the old fashioned way, using household basics. You can clean almost anything with lemon, baking soda and vinegar.

Work out your carbon footprint at [www.change.ie](http://www.change.ie) ..... then work at cutting it down!

### For the attention of the Sisters in England and Wales – the IF Campaign

On 15<sup>th</sup> May religious will join with priests and ministers of different Christian denominations, to lobby their MPs with the message: “It’s time to act on Global Hunger”



On Saturday 8<sup>th</sup> June, following an Ecumenical Service at 11.30am, in Westminster Central Hall, there is a walk together with CAFOD Campaigners from across England and Wales to Hyde Park for a rally calling on the G8 Leaders to unite to end global hunger.

### SOCIAL PROTECTION – THE BRAZILIAN CASE

[Extract from: **News from the UN #45: RSHM at the UN**]

“Brazil’s social program to attain *“Brazil without Extreme Poverty”* has lifted 22 million people out of extreme poverty since 2003. In March the World Bank and the **United Nations Development Program (UNDP)** announced a commitment to turn *Bolsa Familia* into an international model of social inclusion. The national cash transfer program guarantees a basic monthly income to more than 13 million poor families. Information is being compiled to share with other countries seeking to develop their own social inclusion policies. It was one of the successful programs shared at the March Seminar offered to Embassy Missions and NGOs on the theme of **Social Protection Floor** in which we participated.”