



# NEA NEWSLETTER



## DECEMBER NEWS 2021

*The Newsletter is now one year old! The first one was sent out on 1<sup>st</sup> December 2020. Thank you to all who have contributed in any way. Many thanks for your very positive responses and encouragement. It is good to know that it is serving a purpose in keeping a connection between us, especially during the past year when many felt quite isolated. There will be two more Newsletters before Christmas so if you would like to send your Christmas wishes to other communities please write them as soon as you can. I will include them in the two upcoming Newsletters.*

*Thank you, Mary*

### THE SAME STREAM OF LIFE

The same stream of life that runs  
through my veins night and day  
runs through the world  
and dances in rhythmic measures.

It is the same life that shoots in joy  
through the dust of the earth  
in numberless blades of grass  
and breaks into tumultuous waves  
of leaves and flowers.



it is the same life that is rocked  
in the ocean cradle of birth  
and of death, in ebb and flow.

I feel my limbs are made glorious  
by the touch of this world of life.

And my pride is from the life-throb  
of ages dancing in my blood  
at this moment.

Tagore



*Shared by Barbara*

Dá mbeadh mileoidean agamsa...’ From Anne Murphy

‘If I had a melodeon,  
Christ would not be  
without music tonight  
when going from his white heavenly house  
to the poor stable.

I would play music for him  
That would put happiness in his hearts

.....  
Music that would make the stars  
Dance in the night sky’

Happy Christmas to everyone and every blessing in 2022.

Keep safe and well,  
Love from Anne



## Invitation from the Novitiate Community



Dear Sisters,

Once again, we are in Advent and we look forward to the celebration of Christ’s coming at Christmas “With healing in His wings”!

We, at the novitiate would like to ask you to share with us in singing some Christmas Carols via Zoom

**English speaking Areas: 21st of December**

**Ireland/England-----6:30pm**

We will send you the link closer to that date.

We look forward to a joyful sing-along.

*Lidia, Asmina, Paulina, Maria Emilia, Rosemary and Kathleen*

# ADVENT WAITING



Life is all about waiting ... waiting,... waiting ...  
Sometimes in sadness and sometimes in joy.  
Sometimes there is fulfilment and satisfaction;  
sometimes not.  
When we wait for things, our character grows.  
When we wait, our strength grows.  
Ordinary people become extraordinary people  
when given the expectant hope of  
something greater.

The difference between a movie and the spiritual life is that God actually does show up.  
Although it can sometimes seem like God will never show up, he does.  
He always will.

My prayer is that we won't waste the waiting.  
Whatever it is that we're waiting on, let it be a time to grow.  
God makes us wait, but it is out of his mercy and for our good.  
Let us wait in hope.

# CHRISTMAS WISHES



Wishing each of our sisters a happy and holy Christmas and joyful New Year.  
“May the Child Jesus be born in your hearts, reign there  
and possess them in His holy love” P. Gailhac. Dec 1878.

*Breda, Kathleen and Dot (Manor Park).*

From the Mother House SHM I wish all of my sisters over the sea a  
blessed Christmas!

May the New year be grace filled and safe from the virus and  
be joyous and peaceful each day.

In union of prayers for our world and Church in this hard time.

*Thérèse-Marie rscm. BEZIERS.*

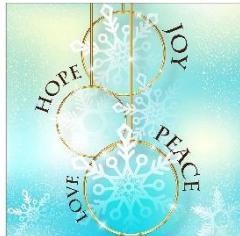


Joanna and I send our love to each one for a happy and healthy Christmas.  
Another year of uncertainty because of COVID cannot dampen our joy at  
being together and celebrating Christ's presence with us.  
Our card money is being donated to Joanna's parish Food Bank.

*Your sisters at The Park.*

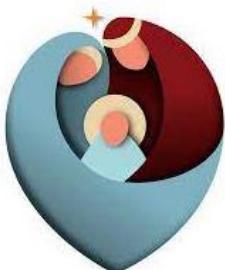
We wish you all the blessings of the season as we continue our ministry of prayer for all of you in the Area. May you, your family and your friends have a peaceful and safe Christmas and good health in the coming year. We will be supporting the local SVP Conference this year as usual in lieu of sending cards.

*Madonna House Community*



May the miracle of Christmas fill your hearts with wonder and joy and stay with you throughout the coming year of 2022. Sending you blessings of good health.  
Money donation used to buy food vouchers for local families.

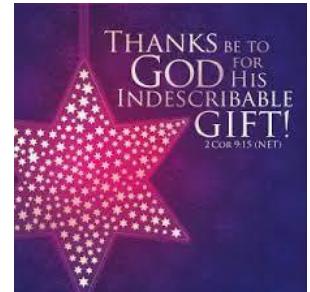
*With love from Anne and Kathleen, Fazakerley.*



*Maeve, Ursula and Mary* wish to send their warmest greetings to our RSHM sisters wishing all a very Happy Christmas and a very Peaceful New Year. Covid has managed to distance us a little but the Feast of Christmas is a good opportunity to draw us closer in spirit, in union with Emmanuel Our God with us. The St Vincent de Paul Society will be the recipient of our donation to those in need.

Dear Sisters,

Greetings and best wishes for a joyful and peaceful Christmas!  
May the grace of good health be yours throughout the New Year and may the love and light of Christmas dwell with you at all times.  
I take this opportunity to thank you once again for the support of your prayers for my recovery. Now I have started going uphill and feeling better as time goes on.  
With love and gratitude, *Brigitte*



May the peace, joy and hope of Christmas be with each one of you.  
We wish you all a very happy Christmas and a new year full of promise and many blessings. In lieu of Christmas cards a donation will be made to our local branch of the St. Vincent de Paul.

*Naomh Brid community Ferrybank*



To all our sisters in NEA  
Wishing each of you peace and joy  
as you celebrate Christmas  
and may 2022 be a year filled with  
Love, light and hope.

*Lelia and Pam in Zambezi.*

May the peace and joy of Christmas be with all of us at this time  
when we again welcome Christ into our homes and hearts,  
knowing that ***God is with us.***

Good wishes and prayers for the coming year too for all RSHM  
and our many companions on the journey.  
Our donations this year are to Cafod and for Asylum Seekers.

*With love from Moira, Margot and Catherine*



“The Magi left their palaces, their pleasures to take the road indicated by the star ...  
Full of confidence in God, nothing stops them, nothing frightens them: neither the  
length of the road, nor the dangers that they could meet, not even  
the disappearance of the star ... they saw the star which announced his birth  
and they came to worship him”

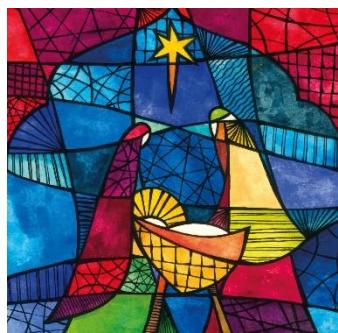
**Happy Christmas and Blessed New Year**

*From Bon Pasteur Community:  
Marie Jean, Marie Paule, Bernadette, Françoise, and Claudia*

**Come, come, come to the manger.**

We wish everyone a blessed and joyful Christmastide  
as we come together to the manger.

*Love from us all in Arrowsmith and Seafield*



Christmas Greetings from Grianán Community  
A very happy, peaceful and joyous Christmas to all our sisters  
in the NEP Area.  
With best wishes and remembrance in prayer,  
*Brigitte, Catherine, Clare and Kate*

May the God of little things  
be with you all this Christmas!  
(Zambian Crib)

*Eleanor*



# ST. PHILOMENA'S GOLDEN JUBILEE - FAZAKERLEY



On a cold December night St. Philomena's church, Fazakerley radiated warmth and welcome to Archbishop Malcolm, the priests who served in the parish and parishioners, to celebrate the Golden Jubilee of the church. Flowers, ribbons, lights and bunting decorated the church and community hall. Altar servers and the school choir played their part. Parish groups took responsibility for different aspects of the celebration.

At the end of Mass Fr. John said Kathleen had persuaded him to say a few words. After thanking all who came he thanked Kathleen for her dedication and sense of fun and he said "revenge is sweet" as he called her out to mark 22 yrs of continued service in the parish in the year of her Diamond Jubilee. He then presented her with gifts. Kathleen was invited to speak and she used the opportunity to thank all the people involved in the parish. She remarked on their generosity donating time, food and money filling and distributing over fifty hampers to the needy and vulnerable for Christmas.

Hot food and many memories were shared in the community room afterwards. I was very happy to celebrate with Kathleen.

*Eleanor*

**CONGRATULATIONS** to you Kathleen for your service and witness as an RSHM.

## I LIGHT A CANDLE by Rev Ruth Patterson

### I LIGHT A CANDLE

And suddenly the world about me changes,  
I am reminded yet again  
That one small flame is all it takes  
To let the darkness know it cannot win.

### I LIGHT A CANDLE

And I see the shadows of the centuries flee  
The fear, suspicion and mistrust,  
The lack of love, the hatred and holding on to hurts  
So terrible and deep  
It seems as if no way of hope can penetrate.

### I LIGHT A CANDLE

And instantly it becomes a living thing  
That in the stillness speaks of welcome  
And acceptance and hospitality and room enough for all.

### I LIGHT A CANDLE

And I know that fighting against the dark is not the answer  
But rather to lay down all the efforts to hold it back,  
To choose to enter the heart of it  
And surrender to the light of one small flame.





## FOR UNTO US A CHILD IS BORN

God's candle in the dark  
And suddenly, quietly and everlastinglly  
The world is changed.



## LORD HELP ME TO BE A CANDLE IN THE DARK

A tiny flame that draws its life from you  
and bravely burns,  
Knowing that however dark it seems  
The light still shines  
And no darkness will ever put it out.  
And so I light a candle  
And I know that Jesus Christ,  
Light of the world,  
Is present with me now. **AMEN**

## GIVING WITH THE HEART IN LOVE – a little story

Sometime ago there was an American missionary living in a very tiny village. The young woman was a teacher who laboured alongside the native people. One night, a boy from the missionary's class brought her a crudely wrapped gift. The teacher was surprised as this little boy was very poor. What could he possibly give?

The teacher unwrapped the present and inside found an exquisite seashell. Knowing the only place to find the shell was many rugged miles away, she expressed enthusiastic appreciation. "My goodness," she told him "you've travelled so far to bring me such a wonderful present."



At first the boy appeared surprised by her reaction, but his eyes quickly brightened and a wide smile crept across his small face; "Oh, teacher," he explained, "the long walk is part of the gift."



## A WORD OF GRATITUDE FOR OUR CARERS IN MADONNA HOUSE

Last Christmas I was in isolation in Madonna House following surgery so I was not fully aware of the care and concern lavished on all of us by the staff. Celebrating the Feast of St John today 27 December I reflect on the love shown to our sick and elderly sisters here. I feel our

Founder and Foundress would be very happy. The carers gave so much time away from their families, bought suitable presents for each one (showing how well they have come to know us), decorated the house and Chapel- buying flowers, plants and decorations to create a festive atmosphere. We had beautiful food and a few drinks of course!! In this time of COVID the care given was especially evident as we are not having visitors. We are very lucky to have this care in our fragility and I want to acknowledge the gift of this place and the women who give generously of their presence and time to make our lives as comfortable and happy as possible.

Thank you too for all your prayers and good wishes. *Catherine Gough*

## A CHRISTMAS STORY

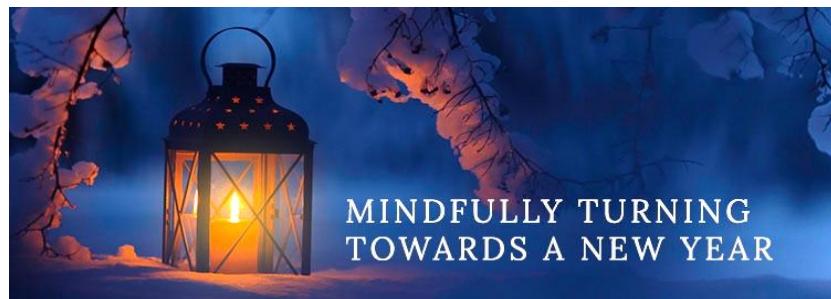
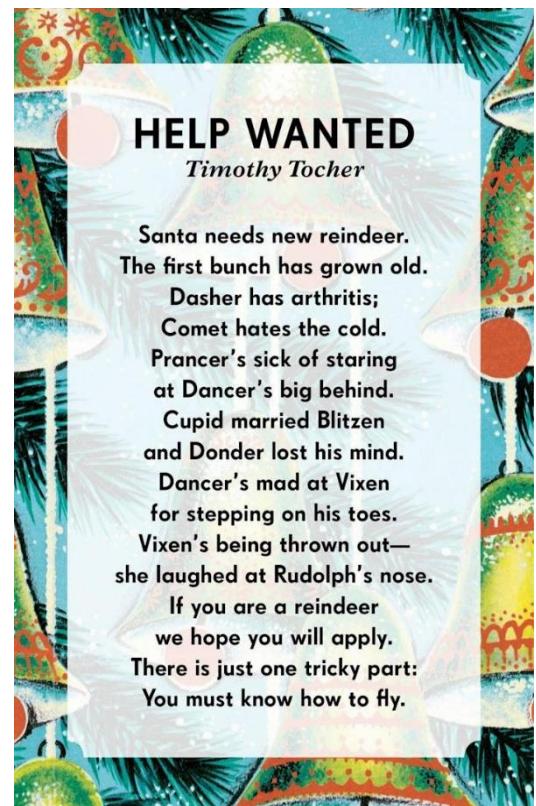
A few weeks before Christmas a postmaster in a small town received a letter addressed to Santa Claus. He opened it and was touched by its unusually pathetic message.

It read: "Dear Santa, do you think you could give me \$50 for a bike? It's not for myself, but my mother is a widow with 5 children and we have hit hard times. The bike would help me deliver newspapers and get some money for young Johnny's medicine..."

The postmaster was so touched that he took it along to his church that night and read it aloud. It prompted a quick collection which raised \$48. The post master slipped the money into a church envelope, addressed it to the boy and posted it.

The following week he noticed another letter to Santa in the same lad's handwriting. He slipped the unopened envelope in his pocket and at the appropriate time stood up at church and read it aloud.

It said: "Dear Santa, thank you for sending the money for the new bike, only next time you do this sort of thing be sure not to send it through the church as the so-and-sos took a \$2 commission."



A few quotations

to inspire!

"Cheers to a new year and another chance for us to get it right."  
Oprah Winfrey

"Don't live the same year 75 times and call it a life."  
Robin Sharma

"New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours."  
Alex Morritt

"The first step towards getting somewhere is to decide you're not going to stay where you are." J.P. Morgan

All you  
need is tea  
&  
warm socks

"If you're brave enough to say goodbye, life will reward you with a new hello."  
Paulo Coehlo

"What the new year brings to you will depend a great deal on what you bring to the new year."  
Vern McLellan

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." Carl Bard

"We all get the exact same 365 days. The only difference is what we do with them."

Hillary DePiano



"Life is change.  
Growth is optional.  
Choose wisely."  
Karen Kaiser Clark

"You do not become good by trying to be good, but by finding the goodness that is already within you."

Eckhart Tolle

### The Best Memory System

Author Unknown

Forget the kindness that you do, as soon as you have done it;  
Forget the praise that falls on you, the moment you have won it.  
Forget the slander that you hear, before you can repeat it;  
Forget each slight, each spite, each sneer, wherever you may meet it.

Remember every kindness done, to you, whate'er its measure;  
Remember praise by others won, and pass it on with pleasure.  
Remember every promise made, and keep it to the letter;  
Remember those who lend you aid, and be a grateful debtor.

Remember all the happiness that comes your way in living;  
Forget each worry and distress, be hopeful and forgiving.  
Remember good, remember truth, remember heaven's above you.  
And you will find through age and youth, true joy and hearts to love you!



### 12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

"Be the change you wish to see in the world."

Ghandi

Dear Future,  
**I  
AM  
READY**