



# NEA NEWSLETTER



## SEPTEMBER NEWS

### Walk Don't Run

Walk, don't run.  
That's it.  
Walk, don't run.

Slow down, breathe deeply,  
and open your eyes because there's  
a whole world right here within this one.  
The bush doesn't suddenly catch on fire,  
it's been burning the whole time.



Moses is simply moving  
slowly enough to see it. And when he does,  
he takes off his sandals.

Not because  
the ground has suddenly become holy,  
but because he's just now becoming aware that  
the ground has been holy the whole time.

Efficiency is not God's highest goal for your life,  
neither is busyness,  
or how many things you can get done in one day,  
or speed, or even success.

But walking,  
which leads to seeing,  
now that's something.

That's the invitation for every one of us today,  
and every day, in every conversation, interaction,  
event, and moment: to walk, not run. And in doing so,  
to see a whole world right here within this one.



*Rob Bell, 1970–  
(contributed by Dominique)*



Sr Anne Curran would like to thank all who sent her good wishes, cards and masses for her diamond jubilee.

*'I had a wonderful celebration here with Lelia and then another when I was in Lourdes for the actual day. Mass will be offered for all your intentions. Many thanks.'*

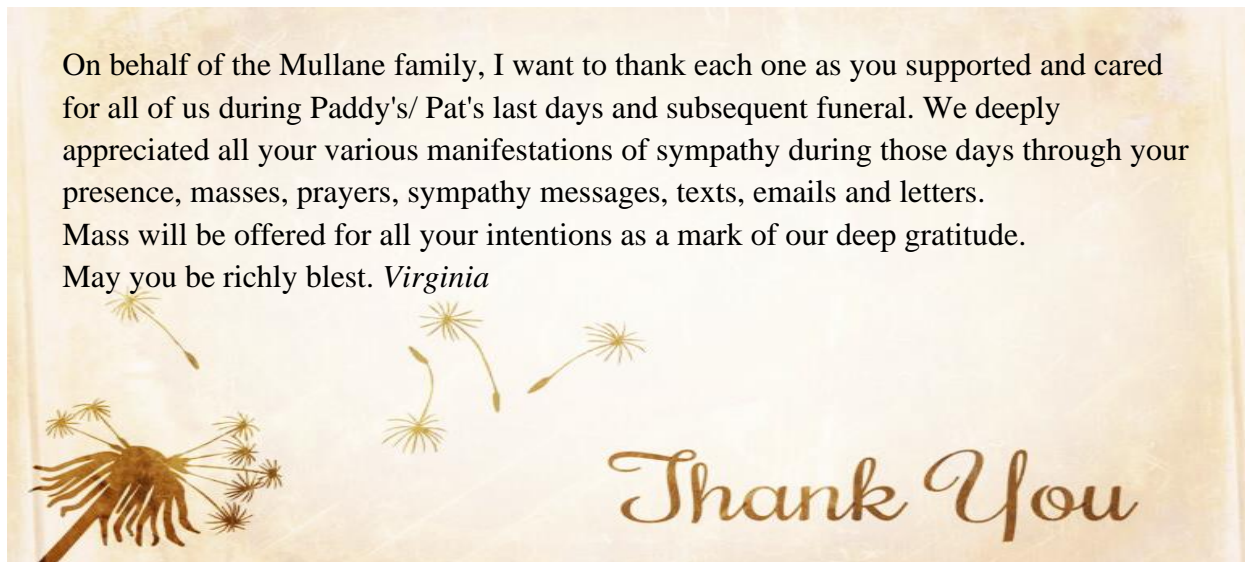
Myself and Lelia  
about to cut the cake.



On behalf of the Mullane family, I want to thank each one as you supported and cared for all of us during Paddy's/ Pat's last days and subsequent funeral. We deeply appreciated all your various manifestations of sympathy during those days through your presence, masses, prayers, sympathy messages, texts, emails and letters.

Mass will be offered for all your intentions as a mark of our deep gratitude.

May you be richly blest. *Virginia*



### **MOTHER HOUSE**

You can view the recent ceremonies at the Mother House by simply going into YOU TUBE and putting in SAP OF LIFE in search. There are also some short interviews with a number of Sisters reflecting on what the Mother House meant to them and the future of the Institute. Well worth a browse! Barbara



You may be interested to know that an Afghan family – parents and nine children – are in the process of moving into 21 /22 Castle Oaks in Ferrybank, Waterford. We hope that they will feel safe, happy and become integrated into the local community very quickly.



## Positive Ageing Week. (25<sup>th</sup> September to 1 October).



This year marks 20 years of Age Action's Positive Ageing Week and we are asking people to reframe how they think, feel and act towards ageing and older people.

Events are taking place around the country and there is great support from regional media with many local newspapers running Positive Ageing Week features.

RTÉ Nationwide will broadcast a special programme for Positive Ageing Week which you can watch on RTÉ One on the RTÉ Player).

You can find out more about events taking place on [positiveageingweek.com](http://positiveageingweek.com) and your local press

### TO PONDER...

#### The True Meaning of Life

By Pat A. Fleming

The Years have passed by,  
In the blink of an eye,  
Moments of sadness,  
And joy have flown by.

People I loved,  
Have come and have gone,  
But the world never stopped,  
And we all carried on.

Life wasn't easy,  
And the struggles were there,  
Filled with times that it mattered,  
Times I just didn't care.

I stood on my own,  
And I still found my way,  
Through some nights filled with tears,  
And the dawn of new days.

And now with old age,  
It's become very clear,  
Things I once found important,  
Were not why I was here.

And how many things,  
That I managed to buy,  
Were never what made me,  
Feel better inside.

And the worries and fears,  
That plagued me each day,  
In the end of it all,  
Would just fade away.

But how much I reached out,  
To others when needed,  
Would be the true measure,  
Of how I succeeded.

And how much I shared,  
Of my soul and my heart,  
Would ultimately be,  
What set me apart.

And what's really important,  
Is my opinion of me,  
And whether or not,  
I'm the best I can be.

And how much more kindness,  
And love I can show,  
Before the Lord tells me,  
It's my time to go.