



# NEA NEWS & VIEWS



SEPTEMBER 2025

## The Autumn Art of Letting Go: Lessons from Fall



As the days get shorter and the air turns cooler, there's something about autumn that makes us slow down and reflect. It's that time of year when nature gently reminds us to let go. The trees shed their leaves, making room for what's next, and maybe we should do the same. Autumn teaches us lessons that are very much a part of our own journeys.

### The Beauty of Letting Go:

Think about the falling leaves. Each one has its own story, just like us. Those leaves were once buds in the spring, grew strong in the summer, and now they're falling away. They don't cling to the branches, they let go. And in doing so, they make space for new life to grow in the spring.



We can learn from that. Sometimes, we hold onto things that no longer serve us—old beliefs, past hurts, or even relationships that drain us. Letting go doesn't mean we've failed; it means we're making room for something better.

Autumn teaches us that change is part of life's natural flow. We don't need to have all the answers right away. We just need to give ourselves permission to grow into the new versions of ourselves. This season is about accepting who we are becoming and trusting that, like the leaves, we're still beautiful even as we change.



### A Moment for Reflection and Gratitude:

**Pick one thing to let go of:** It could be a habit, an old belief, or even a physical object. Letting go doesn't have to be huge—sometimes, small steps make the biggest difference.

**Embrace change:** Remind yourself daily that change is natural and part of life.

**Practice gratitude:** As you let go, reflect on what you're grateful for. Change can feel unsettling, but it's also a chance to grow.

Remember, we're all works in progress, and that's a beautiful thing. Autumn is the perfect time to slow down, reflect, and allow ourselves to evolve.

*Adapted from S.A. Sterling*

## CHANGE OF LEADERSHIP

### PORTUGUESE AREA

A Thanksgiving Eucharist was celebrated for the outgoing Leadership Team (2019-2025) and the Blessing for the new Leadership Team 2025-2028.



### RSHM WESTERN AMERICAN AREA



Thank You Luncheon for Our Outgoing Area Co-Leaders.

On Tuesday, August 26, sisters and staff gathered for a special Thanksgiving luncheon in honour of the EAA outgoing Area Co-Leaders.

We extend our heartfelt gratitude to Sister Kathleen Keleman, who faithfully served as Area Leader from 2019 to 2022, and then as Co-Leader alongside Sister Cathy Minhoto from 2022 to 2025.

As they complete their term of service, we give thanks for their tireless leadership, wisdom, and guidance. Their dedication has been a blessing to our community, and we wish them continued peace and joy in the journey ahead. Pictured from left to right: Sisters Cathy Minhoto and Kathleen Keleman, RSHM.

Welcome, Sister Mary Genino RSHM, new Leader of the Religious of the Sacred Heart of Mary in the American West Area!  
We wish her many blessings for the Leadership and for the Area.



### September 1 to October 4



September 1 to October 4, the Feast of St. Francis of Assisi, we celebrate the Time of Creation. Scripture for this year is Isaiah 32,14-18. "The prophet Isaiah portrayed Creation desolate and without peace due to a lack of justice and the broken relationship between God and human beings. "

We are called to justice, unity, solidarity and peace.

During the month of September there were various posts on [RSCMRSHMFACEBOOK](https://www.rshmrshmfcebook.com) giving examples of ways in which the month of creation was celebrated.

### September 3

**CARING FOR THE CREATION IS: Meeting the needs of women and children.** We believe in creating caring spaces. RSHM try to meet this need in the RSHM Life Center (EAA) which was set up as a safe place for young immigrant women and children and has a range of programs to serve the entire community, from children to the elderly.

To learn more: <https://www.rshm-east.org/ministry/life-center/>





**September 5**

### **CARING FOR CREATION IS: Promoting Charity**

UT VITAM – A Casa Project, which opens its doors in Lisbon this September was founded to provide a direct response to the most vulnerable populations.

Teresa Garcia, Coordinator of the UT VITAM Project – speaks about love, charity, and the work that will be done in the project!

**September 8**

### **CARING FOR CREATION IS: Educating citizens for the world**

RSHM believe in education and commitment to justice, to ensure that our children and young people can participate in a more dignified society that promotes life in abundance. This is why we invite you to discover the Sister Saint Jean Life Project in Brazil. The social assistance unit, which opened seven months ago, welcomes 90 children after school, offering artistic, sports, cultural, and educational workshops, classes in robotics, jiu-jitsu, capoeira, and music, as well as meals and dental care.

To learn more: <https://www.rscmb.com.br/projeto-vida-isj-bh/>



**September 10**

### **CARING FOR CREATION IS: Keeping up to date on globally important topics.**

The Religious of the Sacred Heart of Mary became affiliated with the United Nations in 2006, raising the influence of the Institute's mission “that all may have life” to a global level.

We focus on education, participation, and advocacy, aiming to change unjust structures, assist girls, and promote sustainable development for all.

We invite you to follow the newsletter of the NGO of the Religious of the Sacred Heart of Mary at the UN (<https://www.rscm-rshm.org/pt-pt/comos-servimos/rscm-na-onu/>)

**September 15**

### **CARING FOR CREATION IS: Taking care of health**

The RSHM Centre Clinic serves the population of a vast area in Zimbabwe. It offers various services, such as prenatal care, maternity care, postpartum care, vaccinations, ambulatory care, pharmacy, health education, HIV testing, and counselling.

To learn more about the Clinic and the work in the Zambezi Area, follow @RSHMZambeziArea on Facebook.



**September 17**

### **CARING FOR CREATION IS: Taking care for those who have already done so much**

We give thanks to those who have taught and inspired us so much.  
*"The inexperience of the young needs the witness of the elderly in order to envision the future with wisdom." Pope Leo XIV*

September 21

### CARING FOR CREATION IS: Action for Peace

On September 21, the date established by the UN as the International Day of Peace, we make a united appeal for Peace, which is also the theme of this year's Season of Creation.

“Our hope: Creation will find peace when justice is restored. There is still hope and the expectation for a peaceful Earth.”



September 22

### CARING FOR CREATION IS: Perpetuating the legacy and inspiring us in our lives



With gratitude, we remember the Religious of the Sacred Heart of Mary who came before us, and, for 176 years, has been inspiring us to take action around the world, so that all may have life.

In the photo, we see Mother Joseph Butler and Mother Gerard Phelan visiting Los Angeles for the opening of the first Marymount School on 28th Street in 1923.

This September, we celebrate 102 years of presence in the Western Area of the United States!

Click the link below to learn more about our history in the Western American Area: <https://rshm.org/100th-anniversary/>

September 24

### CARING FOR CREATION: It's to spread the call to mission so that everyone may live

Our mission is "to know God and make God known, to love God and make God loved, and to proclaim that Jesus Christ came so that everyone may have life." ” (Constitutions of RSCM #7). This is expressed in various ministries, meeting the most urgent needs of our time.

We invite you to also follow the page [RSHM Zambezi Area](#) and learn more about our work in the Zambezi Area, where we have the Novitiate of the Religious of the Sacred Heart of Mary.



September 29



### CARING FOR CREATION IS: To be on mission

Today we conclude the series dedicated to the Season of Creation, and in October we begin a new series with testimonies from the Religious of the Sacred Heart of Mary on mission around the world.

May we, for creation, become Missionaries of Hope among peoples, as Pope Francis has invited us to be.

We are grateful for the interesting posts during September about Caring for Creation. They have given us some new, broader perspectives on what Caring for Creation means in our lives. We continue to re-use, recycle and protect our environment in so far as we can but these posts have reminded us that there are many ways in which we can care for the people and the world around us as we go about our daily lives so that all may have life, life in its fullness.

## VIDEOS ABOUT THE INSTITUTE IN THE WORLD TODAY

Camilla, our Institute Director of Communications, has been posting a new series of videos called “The Institute in the World Today” and she invites us all to find out more about the RSHM mission and life in the different Areas!



In these videos, recorded during the Chapter in Brazil, Area Leaders talk about our work around the world and the image that comes to their hearts when they think of the Institute today. The first video is with Sister Coltridah Mooya RSHM, Leader of the Zambezi Area, who will take over the leadership of the Institute in November!

You can listen to these presentations on youtube:

1. Sister Coltridah Mooya <https://youtu.be/e-8-Bs-hgp8>
2. Sister Kathleen Kelemen, Western America Area <https://youtu.be/KtmFzlbEiaE>
3. Sister Maria Teresa Nogueira, Portuguese Area <https://youtu.be/RqfPgs0hzeg>
4. Sister Maria Timoney, Eastern America Area [https://youtu.be/SfM4CBY\\_h40](https://youtu.be/SfM4CBY_h40)
5. Sister Valéria Erneio, Leader of Mozambique <https://youtu.be/vzv6R3iFMoA>
6. Sister Breda Byrne, Northern Europe Area <https://youtu.be/46NmDiySOVo>
7. Sister Maria Helena Morra, Area of Brazil <https://youtu.be/A6eqJ-H3NMc>

## RSHM ZAMBEZI AREA



The post-chapter assembly was held in Lusaka from September 1st-6th.

*Women of prophetic hope, walking together, risking the new, that all may have life*





Who is Fr. Gailhac according to the younger sisters

See what our younger Sisters have to say about Fr. Gailhac and Mere St Jean and follow news about our sisters in the Zambezi Area on -

**RSHM Zambezi Area**



M. St. Jean  
RSHM Co-Foundress

## NEWS FROM THE WEST AMERICAN AREA

Recently, Sister Miriam Tiburcio, RSHM, was honoured at a special luncheon for all the volunteers assisting travellers at Los Angeles International Airport. For many years, she faithfully served those in need, offering a welcoming presence and a helping hand. The theme of the celebration, "Planting the Seeds of Goodness," beautifully reflects Sister Miriam's spirit and dedication. She invited Sister Luisa Almendra, RSCM, visiting professor from Portugal who is teaching this year at Loyola Marymount University, to share in this joyous occasion.

We are very grateful for Sister Miriam's example of kindness and generosity.



*Pictured (left to right): Sisters Luisa and Miriam*

## EASTERN AMERICAN AREA

### 30th ANNIVERSARY OF THE RSHM LIFE RSHM LIFE Center

You can view the Mass commemorating the 30th anniversary of the RSHM LIFE Center

<https://www.rshm-east.org/join-us/mass/>

Congratulations to the RSHM LIFE Center and the entire team for the important work done with the community! Learn more: <https://www.rshm-east.org/>



## September 16 AREA OF MEXICO

Mexican Independence Day, September 16th, commemorates the historical moment when Mexico declared its freedom from Spain and its rights as a sovereign nation in 1811 under the banner of Our Lady of Guadalupe. The new Mexican government not only affirmed economic and social equality, but also abolished slavery, recognizing that freedom was a right to be enjoyed by all persons. However, it took eleven long years of war and the death of many to finally achieve independence in 1828 when Spain withdrew from Mexico and officially recognized its national autonomy.



Today, 16<sup>th</sup> September, we celebrate Mexico and its affirmation that no one is free until all are free - a country where all are responsible to ensure the rights of the other. May this day be one of rejoicing in the rich and diverse Mexican cultural heritage and in shaping a truly democratic government that protects and respects the dignity of every citizen, especially the most vulnerable and poor.

## September 19



Today we are sending you a special invitation! We invite you to follow the new Facebook page initiated by the sisters of the Sacred Heart of Mary in France. Get to know more about the RSCM religious sisters of France where the Congregation began.

Thank you sister [Aelita Otavia](#) and all the sisters of France for the work that brings us together! ❤️

## September 22 Heritage Day in Béziers

We share moments from our participation in the Heritage Day of Béziers at the weekend. It's always a joy to tell our story in the city where we were born.

Many thanks to the sisters and volunteers in France for the dedication and affection with which they prepared everything. 🍷



## September 25 Area of Portugal – Opening of the Ut Vitam Project – A CASA, in Lisbon.

Filled with Hope, we share the news of the opening of the Ut Vitam Project in Lisbon.

Together, we share the conviction that welcoming immigrants, empowering the "voiceless" and victims of the unjust systems of our society, is, above all, an evangelical requirement, an ecclesiastical concern and a commitment of our Institute.



## September 26 Area of Brazil –

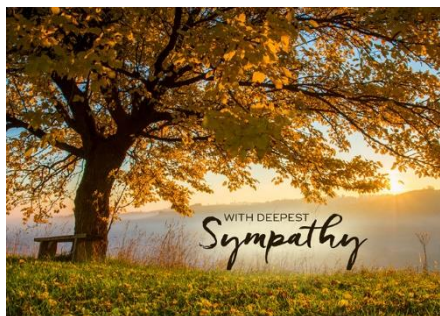
We congratulate Sister Maria Helena Morra RSHM on the launch of her book

*"By a Thread: Education, Civilization and Barbarism – six trafficked women".*

During the meeting followed by the debate, moderated by the Prof. Magali Kings and Prof Humberto Herrera, the author highlighted the potential of an education that promotes autonomy and empowerment. The expression "by a thread" encourages us to think about the urgency of the theme, also considering that our human condition is one of motion and transformation possibilities.



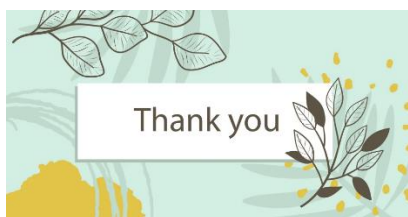
## BEREAVEMENTS



We offer our sympathy to the Sisters of the NEA and especially the Sisters in Madonna House, Ferrybank, on the death of **Sister Céline Murphy RSHM** on 4<sup>th</sup> September. Céline was 98 years of age and in the 78<sup>th</sup> year of her Religious Profession.

We offer our sympathy to the Sisters in France on the death of **Sister Marguerite Lyng RSHM** on 28<sup>th</sup> September. Marguerite was 84 years of age and in the 64<sup>th</sup> year of her Religious Profession.

**May Sisters Céline and Marguerite rest in peace.**



The McGrath family in Mooncoin, Co. Kilkenny, would like to thank you for all the prayers and messages of sympathy for my brother Davy during his short illness. Sadly, he died quite unexpectedly and we appreciated your presence in his house at the wake and at the church next day for his funeral mass. Many thanks to all of you. Mass will be offered for your intentions. *Sr Patricia McGrath*

## September's Last Breath

The air grows crisp, a cooler breeze takes hold,  
And summer's reign, like leaves, begins to fold.  
The birds depart, the buzzing insects cease,  
As days grow short and grant the earth its peace.  
A final warmth, then frost on morning ground,  
Where golden hues on weary trees are found.  
The year turns slow, with autumn's gentle hand,  
A farewell sigh across the changing land.

