

Presentation Sisters eNews

September 2022



Welcome to the September issue of eNews. In this issue:

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Living Well in Missionary Communities

Submitted by: Novices Tatenda Kubeta and Limpo Situmbeko



Sr Anne Codd recently held two workshops in Tahiso Presentation Novitiate for Africa on the topic *Living Well in Missionary Communities*. The following two reflections on the workshops were written by Novices Tatenda Kubeta and Limpo Situmbeko.

L-R: Limpo, Marian RSC, Tatenda, Chidinma RSC, Anne, Yvonne RSC

Novice Tatenda Kubeta:

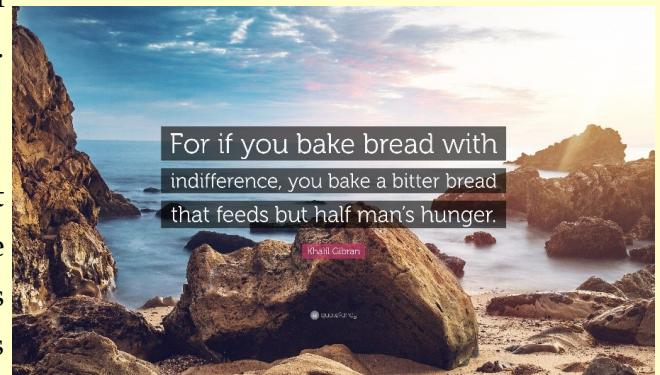
It was a great opportunity and a great blessing having Sr Anne Codd all the way from Ireland here in Zambia, Africa. Sr Anne shared with us that the workshop would be based on a 'Compassionate Systems Framework'. This is a programme she is following during her

sabbatical (<https://systemsawareness.org>).

I was very enlightened by the workshop. It was a great week of learnings and interaction as our novice friends also joined from the Religious Sisters of Charity (RSCs). To begin with, I learnt that when human beings are together, a lot of things happen. There is always power to give or destroy. According to Kahlil Gibran, *if you bake bread with indifference, you bake a bitter bread that feeds but half of man's hunger*. However, we all have power and express that power in all we do and this calls for **LIVING WELL IN A MISSIONARY COMMUNITY**.

For my wellbeing I need to live in the present, to have good connection with people I live with and a sense of belonging. Excluding others from connection can seriously damage my wellbeing. This calls me to be sensitive and aware.

Just turning up at a meeting destroys life, but joining gives life. There is a great difference between turning up and joining. Turning up is being part of the group whilst mind and soul is somewhere else. Joining is to be fully present without a wandering mind. The danger of turning up is when your contribution leads to conflicts and misunderstandings. That is when emotional challenges arise and that is not life-giving in a community.



It is always important to have self-knowledge, be able to know what triggers these emotions. The workshop awakened me to the power of emotions, which are not directly known to me. Sr Anne shared the emotional wheel during the workshop which includes anger and disgust to mention a few. It helped me to know what to do when they are likely to be driving my feelings and actions. I should be able to slow down and to manage emotions rather than ignoring them. Also, to visualise what others could be feeling and have a better understanding when emotions arise. If I manage to do this then I will be able to **LIVE WELL IN A MISSIONARY COMMUNITY**.

Each community member and each community is not a mechanical system but a living system, therefore changes are always expected, but let them be changes that build bridges and promote peace and that they please God. As Nelson Mandela said, *It is so easy to break and destroy, but the heroes are those who make peace and build*. Then it calls for forgiveness and reconciliation. This challenged me to always appreciate others and to always be aware of my behaviours and actions towards other members' actions and behaviours.

It is important to know that we are all unique and different, therefore our way of thinking and doing things might be different. What matters is WHY. All our differences, including HOW

we serve our one mission, should lead us to one purpose, which is to answer God's call following in the footsteps of Nano Nagle. I become what I practice. It is always important to ask myself what kind of a person I want to be **LIVING WELL IN A MISSIONARY COMMUNITY.**

Novice Limpo Situmbeko:

The workshop we had on Living Well in a Missionary Community taught me that it can only be possible if I join the community and not just turn up. When I join the community or any group, I find myself freely participating and have a feeling of belonging. This makes me part of my community, knowing that my being there calls for me to change and for them to change. I am happy to know that it has been scientifically proven that my brain if not static but can change due to the experiences I have and my choices of behaviour. Now I know that what I practice is what I become, therefore it is my responsibility of what I become because of what I choose to practice. I am a living system that can change and become a better person.

I have learned the four pillars of living well namely **awareness**, meaning being present in

The four pillars of a healthy Mind



what I do and this I can achieve through meditation. Secondly, the **connection** I have with others. Thirdly, **insight**, where I take charge of my own stories and retell them in a different way so that they no longer trigger my emotions or influence my behaviours. Fourthly, my **purpose**, which applies to my everyday tasks. With this, I know that I have a part to play to make the world what it is becoming and that any choice I make big or small, makes a difference.

Furthermore, to live well in a missionary community it calls for my openness of mind and heart to be able to stand strong together with my community and have a common passion – a deep meaning of com-passion – while also giving each other space. This is a challenge to me to let others have their space, not looking at how it should be done but why it is being done as long as it is for the common good and for mission.

As a community we come from different backgrounds, countries and cultures. This should not make me use the labels of **US AND THEM**. This for me is a culture that is to be thrown away, there should be no gap no matter the differences because it is from these differences that we can learn from each other and make our world a better place. We are all created in the image of God therefore we are one family.

When I practice all this, then I become free. However for me to be free I need a personal vision. There are three tips I have learnt to become free. Firstly, I must tap into the deep well of what I hope for. I have a personal vision where I see myself as being of service to my neighbour whenever needed. Secondly, desire to serve something greater than myself, which is God, the creator of the whole universe. Lastly, I am to look closely at current realities, being aware of what is happening in my community, country and the whole world without being discouraged. Therefore the voice of freedom is when I am willing and able to say *I know what I ought to do and I have accepted that I must create it by practising it.*

Sacred Heart Girls High School 1st Alumni Gathering

Submitted by: Sr Lilly Dominic

The first Alumni meeting in the history of Sacred Heart Girls High School was organised on 15 August 2022. The main aim of the Alumni meeting was to unite the maximum number of former pupils and register them in the Alumni family. Nearly one hundred students turned out for the meeting. The program was held in the presence of correspondent Sr Lilly, Head Mistress Mrs A Jackulin Glory, Sr Vimala, the teaching and non-teaching staff and retired teachers. A welcome address was given by Miss Lilly Pushpam. All the delegates were honoured with a flower as a token of love. Our Head Mistress, Mrs Jackulin Glory welcomed the past pupils for the election of fresh committee members and spoke about the purpose of the Alumni meeting on completion of elections.



The elected members were as follows:

President	Ms Srimathi
Secretary	Ms Regina
Treasurer	Ms Reshma



The elected members introduced themselves and shared their happy memories of their time in school. They were enthusiastic and energetic. They too promised to serve the school and their availability for the poor. The meeting concluded with a vote of thanks rendered by Mrs John Veronica Mary and ended with the school song. We thank God for a memorable event.



Reflection on the Inter-Unit Virtual Novitiate

Submitted by: Sr Fostina Moonga, Africa Unit



Being given an opportunity for the Inter-Unit Virtual Novitiate program was one of the joys and graced time of my Novitiate life. It gave me a deep sense of being in an international and intercultural Congregation. I felt it came at the right time for we could no longer have joint programs here in Zambia with novices from other Congregations due to the Covid-19 pandemic.

The day we launched this program I was excited because I realised I was embarking not on a mere journey, but a lifelong journey that would determine the person I would be and indeed it has contributed to what I have become today. Meeting Sisters and novices from different countries, backgrounds, cultures, race etc. was a blessing to me. I imagined how Nano would have felt if she were here today as it was her wish as expressed in her saying, *If I could be of any service in serving souls in any part of the world, I would willingly do all in my power.*

I felt the introduction was well done as it helped me to know my novice companions at a different level through the sharing of our family backgrounds, cultures, prayer, faith and

vocation stories. I was touched by the uniqueness and giftedness of each one of us. The sessions were excellent, reflective and so much pointed to the charism of Nano Nagle. Coming together as novices made me realise that as a human I grow and live life by relating to myself and others and that is the main essence of our life, as said in one of the writings of Nano, *There is no greater happiness in the world than to be in union*. A life without others is not fully lived, instead it is avoided.

Giving back reflections at the end of each topic has actually helped me today to look back at events of my everyday life. Again, as said by one of the philosophers, *an unreflective life is not with living*. This has become one of my values and I would say the Divine presence hardly goes unnoticed.

I felt the facilitators were excellent and the learning is that for me to be an authentic Presentation Sister, I need to have an open mind and heart. This has changed the way I perceive life a lot more.

I for one would like to express my sincere thanks to everyone who came up with this initiative and all who have been part of this remarkable journey. Blessings in abundance.

Poetry from India

Submitted by: Sr Rosamma Thomas, India North Unit and Sr Sebastiana Luis, India South Unit

One Day Within Your Courts is Better Than a Thousand Elsewhere

– Sr Rosamma Thomas

Sitting at the feet of my Guru and teacher Jesus,
I learnt that love is to obey His commandments in good as well as bad times,
Through forgiving, suffering and self-giving.
Remembering to hold back the offering at the altar of sacrifice,
If any of my brothers or sisters have a grudge against me
And get reconciled before I offer the sacrifice of love
As a commandment to be obeyed.

To be perfect as my heavenly Father is perfect
I am called to sacrifice my self-righteous attitudes to be be-attitudes,
To bless those who judge me harshly or defame me falsely
And to uphold the spirit of overcoming evil with good
As a standard of behaviour come what may.

Standing up for the golden rule of doing to others,
What I want them to do for me as my measuring scale.
I am possessed with a willingness to walk the extra mile
And open to lend all the possessions I own
For the benefit of common good without seeking self-glory.

Make conscious efforts to end haughty words to build relationships and connectedness,
I am called to choose noble thoughts and make conscious decisions
To act from the higher realms of the Spirit
That brings harmony all around by raising the standard of my behaviour
To that of Jesus who loved us to the end costing Him His very life.

Being the beloved of God, goodness and kindness flow through my life situations
Being the light of the world and the salt of the earth
I am called to be a blessing,
For people to witness that those who obey God's command of love
Are enabled to do greater things in life for the greater glory of God.

Earnestly spending precious moments of communion
With the Lord at the foot of the cross,
I learn the lessons from the one who obeyed the Father to the last,
Praying for blessings on the ones who inflicted suffering and keeping no grudge
And promising the good thief a place assured in heaven.

Being made in the likeness of God, making the character of Jesus mine,
The challenge is to deny the world and world popularity to glorify God in repentance,
Acknowledging the sacrificial victim as my Saviour and Lord
Who in obedience took up the cross to redeem all evil,
And welcomed each sinner to redemption.

Jesus on the cross allure me to become more like Him
By surrendering all bitterness and hatred in all its forms
To be washed in the precious blood that is poured out
And the sacred bread that is broken for us every day.
Filled with immense love I strive to be a new creation
Glorifying the Lord in and through my life and witnessing
To His sanctifying love as the good news for the world today.

Supreme

- Sr Sebastiana Luis

Who can separate?

No one can rate

Only one is above

Cent per cent can love

The air in motion

With full of salvation

Whom to fear

Since there is tear

In situation, one may be lost

Have to pay the cost

Only God is in search

There is no other research

How will anyone peep?

You alone seek so deep

You allow one to rue

You and you only are true

Great works you have done

Without you I am none

I find in you solitude

I express my gratitude.

Friends of Nano (Fargo, ND) - Remembrance and Healing

Submitted by: Kathy Hogan

In July 2021, the Indigenous Association asked the Interfaith Group and the Presentation Social Justice Collaborative, *where are the Churches?*, in response to the Native American Boarding School crisis. Over the Summer, forty people (eighteen Presentation Sisters/Associates/FoN) participated in listening sessions. Each lesson began with the traditional native practice of blessing – smudging. Native American individuals shared their personal stories of their Boarding Schools experience and the impact on them as individuals, as a family and on their tribes.

These sessions were a powerful source of embedding the newly formed informal

Remembrance and Healing Group of the pain and tragedy of history. These sessions were hard for everyone, but the group listened and began to grasp the depth of destruction caused by the government's/churches' policies of genocide.



The group transitioned to finding ways to share this story throughout the community. Six community events were held:

- ◆ Doctrine of Discover session
- ◆ Role of the Tribal Historic Preservation Office
- ◆ Remembrance and Healing Walk
- ◆ Indigenous People's Day events
- ◆ Bitter Tears Webinar
- ◆ *Where are the Churches* Webinar

Presentation Associates/FoN have been involved in planning or participating in these events. The local paper has written six major stories on this issue.

Seven Presentation Associates/FoN continue to serve on the core committee. The Presentation Prayer Centre is leading an effort to host a retreat in 2022 on the Doctrine of Discovery. The local Catholic Diocese established a working group to review their response to the Boarding School crisis in April.



Remembrance and Healing Walk

Welcoming the Immigrants

Submitted by: Sr Sharon Altendorf

Sr Sharon Altendorf was recently a panellist in two webinars on welcoming immigrants. She tells of her experiences below.

The first was with the Incarnate Word Sisters in an international event with the other panellists from Mexico and Peru.



Advocacy Webinars: Building the Future with Migrants and Refugees A future that reveals our love: How can we advocate for hospitable communities?

https://www.amormeus.org/en/blog/webinar-a-future-that-reveals-our-love-video/?fbclid=IwAR0V4GN_eVSan5RgbtC9lOCIzySdhWqbyVy2DC09G_r0kaAp2RoppANRSu0

USCCB Justice for Immigrants
Providing Welcome at the Southern Border

What I shared in this webinar was that San Antonio, Texas, a city with a **CHARTER OF COMPASSION**, collaborating and responding daily on accompanying and orientating migrants flowing through our hub/heart city. Last month we had the tragedy of the death of fifty-six migrants smuggled in an unrefrigerated eighteen-wheeler, with temperatures of over one hundred degrees. Immediately there was a prayer vigil on the main plaza. The next night SA Stands, an advocacy group to which I belong, led a session to ask for systematic change. San Antonio Archbishop Gustavo Garcia-Siller M.Sp.S, then presided over a Mass in the Cathedral with interfaith participation. At the month's mind date the people of the area where this happened offered another special prayer memorial.



Below is a vision of the collaboration efforts in San Antonio:

Partnering Organisations:

- ◆ Interfaith Welcome Coalition (IWC) welcoming migrants daily at the bus station and airport. (IWC was established in 2014. I have been a Board member until recently and now continue as a volunteer).
- ◆ City of San Antonio (welcoming at the airport, Migrant Resource Centre and hotel services)<https://sanantonioreport.org/behind-san-antonios-decision-to-open-a-migrant-resource-center/>
- ◆ Catholic Charities (managing hotel services and so much more)
- ◆ Plaza de Paz (respite care sponsored by the Episcopal Church and LIRS)
- ◆ SA Mennonite Church Respite Center & Casa Maria y Marta
- ◆ Mobile Loaves and Fishes
- ◆ San Antonio Food Bank
- ◆ LDS church – volunteers and support with food

Celebrating First Profession in Ireland North East Unit

Taken from Ireland NE Newsletter Update

August 27 was a very special day for our Province Community as we gathered in St Agnes' Church in Crumlin to celebrate the final profession of Marion O' Raw. Hearing Marion



proclaim her commitment to serve as a Presentation Sister for the rest of her life was a sacred moment of renewal for all of us present and all those who were watching on the webcam.

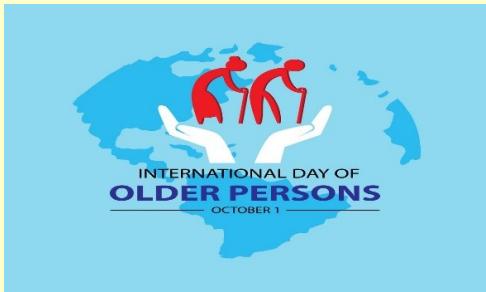
We congratulate Marion (pictured left with Sr Mary Hanrahan) on reaching this wonderful stage of her Presentation journey and we rejoice that the Lord continues to call women to religious life.

As we continue on our own journeys, we are strengthened by the promise in the words of the gospel from the profession Mass, *As the Father has loved me, so I have loved you.* (Jn 15:9)

Significant International Dates in October

There are many dates throughout the month of October that hold both humanitarian and ecumenical importance. Read about them here.

1 October – International Day of Older Persons



The theme for 2022 – The Resilience and Contributions of Older Women. The Covid-19 pandemic has exacerbated inequalities, with the past three years intensifying the socioeconomic environmental, health and climate related impacts on the lives of older persons, especially older women who constitute the majority of older persons. While older women continue to meaningfully contribute to their political, civil, economic, social and cultural lives, their contributions and experiences remain largely invisible and disregarded, limited by gendered disadvantages accumulated throughout the life course.

<https://www.un.org/en/observances/older-persons-day>

2 October – International Day of Non-Violence



The International Day of Non-Violence is observed on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence. According to General Assembly resolution A/RES/61/271 of 15 June 2007, which established the commemoration, the International Day is an occasion to disseminate the message of non-violence, including through education and public awareness. The resolution reaffirms the universal relevance of the principle of non-violence and the desire to secure a culture of peace,

tolerance, understanding and non-violence.

<https://www.un.org/en/observances/non-violence-day>

4 October – Feast Day of St Francis of Assisi



Many Catholics worldwide celebrate the Feast of St Francis of Assisi on 4 October each year. The feast commemorates the life of St Francis, who was born in the 12th century and is the patron saint of animals and the environment. He is remembered for his generosity to the poor and his willingness to minister to lepers. St Francis died at

Portiuncula, Italy on 4 October 1226. This day also sees the close of the Season of Creation, which begins on 1 September, the World Day of Prayer for Creation. This year we are invited and challenged to *Listen to the Voice of Creation*.

11 October – International Day of the Girl Child



In 2022, we commemorate the 10th anniversary of the International Day of the Girl Child (IDG). In these last 10 years, there has been increased attention on issues that matter to girls amongst governments, policymakers and the general public and more opportunities for girls to have their voices heard on the global stage. Yet, investments in girls' rights remain limited and

girls continue to confront a myriad of challenges to fulfilling their potential; made worse by concurrent crises of climate change, Covid-19 and humanitarian conflict. Girls around the world continue to face unprecedented challenges to their education, their physical and mental awareness and the protections needed for a life without violence. Covid-19 has worsened existing burdens on girls around the world and worn away important gains made over the last decade. With adversity, however, comes resourcefulness, creativity, tenacity and resilience. The world's 600 million adolescent girls have shown time and time again that given the skills and the opportunities, they can be the changemakers driving progress in their communities, building back stronger for all, including women, boys and men.

<https://www.un.org/en/observances/girl-child-day>

15 October – International Day of Rural Women



Achieving gender equality and empowering women is not only the right thing to do but it is a critical ingredient in the fight against extreme poverty, hunger and malnutrition. On average, women make up more than 40 percent of the agricultural labour force in developing countries, ranging

from 20 percent in Latin America to 50 percent or more in parts of Africa and Asia. Yet they face significant discrimination when it comes to land and livestock ownership, equal pay, participation in decision-making entities and access to resources, credit and market for their farms to flourish. Improving the lives of rural women is key to fighting poverty and hunger. Giving women the same opportunities as men could rise agricultural production by 2.5 to 4 percent in the poorest regions and the number of malnourished people could be reduced by 12 to 17 percent.

<https://www.un.org/en/observances/rural-women-day>

17 October – International Day for the Eradication of Poverty



The Covid-19 pandemic that gripped the world during the past year has resulted in reversing decades of progress in the fight against poverty and extreme poverty. According to the World Bank, between 88 and 115 million people are being pushed into poverty as a result of the crisis, with the majority of the new extreme poor being found in South Asian and Sub-Saharan countries where poverty rates are already high. In 2021, this number is expected to have risen to between 143 and 163 million. These 'new poor' will join the ranks of the 1.3 billion people already living in multidimensional and persistent poverty who saw their pre-existing deprivations aggravated during the global pandemic.

<https://www.un.org/en/observances/day-for-eradicating-poverty>

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communications@pbvm.org

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