



The Holy Family of Bordeaux

in Britain and Ireland

Glory to God alone in Jesus Christ through Mary and Saint Joseph

February 2015

Volume 1 Issue 2

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Holy Family group at Magherafelt anniversary celebration

Editorial

OCCUPY THE IMAGINATION was the theme of this year's Afri (Aid from Ireland) Conference which is held in Kildare as part of the week-long series of events that mark the feast of St. Brigid (Féile Bríde) on 1 February.

Well known activists in the areas of peace, justice and related issues, invited participants to step outside the existing paradigms and imagine an alternative world, a world without war, a world of food for people and not for profit, a world where the stranger is welcome...

It was a call to imagine, but also to take the vital step of actually *occupying* our imagination, staying in the reality, then voicing the imagined and taking action to manifest it. Whether we do this in the small fields of activity we operate in every day or whether our activities embrace wider fields, the role of imagination in creating change is crucial.

Dreamers, people with a clear vision of another better world, are a force to be reckoned with. The list is long of revolutionaries who occupied their imagination and transformed lives and situations and inspired others to do the same. The Association of the Holy Family came about when Pierre Bienvenu Noailles imagined a world where "communion is possible" and communicated his dream to others.

Today, we continue to share this dream and 'occupy the imagination' to discover what changes we can help bring into being.



Message from Sr. Gemma (Unit Leader)

REMEMBER THAT YOU ARE STARDUST



We began our Lenten journey with Ash Wednesday, the imposition of ashes and the solemn message: "Remember that you are dust and unto dust you shall return". Ash Wednesday can seem like a pretty gloomy day if not down-right macabre with all that talk about returning to dust. Nobody wants to be reminded of death and on top of that we are exhorted to repent and do penance if we expect to go to Heaven when death finally comes.

So Lent sounds like a lot of hard work on our part - "giving up" things, struggling to root out our vices and renewing our efforts to live the Gospel in a more radical way. It doesn't seem like a joyful or happy time so no wonder we don't always look forward to Lent.

What if we allow the new awareness of our cosmic origins to enrich the meaning of this ritual? As we receive the ashes, we are reminded that we are made of the same stuff as the earth, that we are earthlings, that the elements that make up our being originated in the first flaring forth of the universe 13.7 billion years ago, that in fact we are stardust and that we are one with all that now is, that ever has been and all that shall ever be.

Lent is a call to enter into that oneness.

"Return to the Lord your God," Joel cries (Joel 2:12). "Be reconciled to God" says Paul, (2 Cor. 5:20), and in the Gospel we are exhorted to be joyful and to pray and fast "in secret so that your Father who sees in secret will reward you". Lent can be an opportunity for us to reflect on how we live this oneness which is fundamental to our Holy Family charism of communion.

Judy Cannato suggests that when we receive the ashes we repeat to ourselves: "Remember that you are connected and to connection you return". She continues: "What if during this Lent we claim that we are star dust – connected to all that is – having the capacity to recognise the connection, to reflect on and live out of it? Our prayer and our almsgiving will be informed by the desire to acknowledge and live out of the unity that is at the heart of all creation".

(Judy Cannato: *Quantum Grace*. 2003: p.21).

Happy Lent!



In his Lenten message for 2015 Pope Francis urges Catholics to resist the "selfish attitude of indifference that has taken on global proportions".

'Indifference'

When Jesus came to Birmingham
they simply passed him by.
They never hurt a hair of him
they simply let him die.
For men had grown more tender
and they would not give him pain.
They only just passed down the street
and left him in the rain.

Still Jesus cried, 'Forgive them, for they
know not what they do.'
And still it rained the wintry rain
that drenched him through and through.
The crowds went home and left the streets
without a soul to see.
And Jesus crouched against a wall
and cried for Calvary.

Studdart Kennedy

SOLIDARITY WITH THE DEMOCRATIC REPUBLIC of CONGO



Sr. Teresa joins Bradford Congo Campaign demonstration in support of Panzi Hospital in South Kivu Province, DRC

As one major conflict gives way to another on the global stage we tend to forget those that have previously occupied our minds and, if we have connections there, our hearts. The situation in the DRC is one that has gone under the radar of the international media.

We know it as a country with vast resources whose surface area spans the equivalent of two thirds of the European Union. With 80 million hectares of arable land and over 1,100 minerals and precious metals it has the potential to be one of the richest countries on the African continent.

But, it is racked by war and conflict with neighbours and international interests vying for control of its mineral resources.

We, Holy Family members, also know it as a country where Apostolic Sisters and Lay Associates work under very difficult conditions to sustain and empower people in their struggle to survive in difficult economic conditions and support and strengthen them in their faith journey.

Sr. Teresa Edwards of the Holy Family community in Bradford joined a small group from the Bradford Congo Campaign on 31 January in a demonstration:

“to raise awareness and show solidarity outside our local hospital in support of Panzi Hospital in the eastern Democratic Republic of Congo (DRC). This hospital is known worldwide for the work they do for survivors of rape and other forms of sexual violence. The Congolese Government is trying to shut it down, falsely accusing them of not paying their taxes.

(Up to now no hospital in DRC has had to pay taxes).

The local people believe it is because Dr. Mukwege, the medical director of Panzi Hospital, is not afraid to speak out about the atrocities that are taking place in that region. He has consistently highlighted that the pattern of violence he and his staff see on a daily basis is a kind of weapon of mass destruction deployed by armed groups to destroy the social fabric of the eastern DRC and control the region and its resources - oil, gold, diamonds, etc but especially coltan (for mobile phones, laptops, jet planes etc.).”



Wezesha: Swahili for ‘empower’, is an initiative of members of the African Diaspora community based in Ireland that works to support, promote and empower African women and children who have been affected, or are likely to be affected, by issues of conflict, violence and poverty. Currently, the organisation has two pilot programmes operating in the Democratic Republic of Congo (DRC) and Kenya, along with partnerships with several organisations in Ireland and Africa. To go to their website [click here...](#)

More about Panzi Hospital and Dr. Denis Mukwege

Panzi Hospital was founded in 1999 in Bukavu, the capital of the south Kivu province in the DRC. It specializes in treating survivors of violence, the large majority of whom have been sexually abused. After years of military rape in South Kivu, there is increased civilian adoption of sexual violence.

The Panzi Hospital is managed by CEPAC, the Pentecostal Churches in Central Africa. Director Dr. Denis Mukwege has been operating on survivors of sexual violence for over a decade, and is one of only two doctors qualified to perform the reconstructive surgery. He published an analysis of the sexual

violence crisis in eastern DRC in PLoS Medicine in Dec. 2009, based on his extensive, first-hand experience.

Dr. Mukwege is a tireless advocate for the rights of women in DRC. He has addressed the United Nations General Assembly on the matter and regularly travels abroad raising awareness of the situation in Eastern DRC.

He has been nominated twice for the Nobel Peace Prize.



Dr. Denis Mukwege and patients

More about Coltan



Child coltan miners in DRC

"It's possible that two children died so that you could have that mobile phone," says Jean-Bertin, a 34-year-old Congolese activist who wants to end the "absolute silence" around the crimes committed in his country to exploit strategic raw materials like coltan.

To link to site from which this information was taken, [click here...](#)

The DRC has at least 64% of worldwide reserves of coltan, the colloquial African name for a dull black ore composed of two minerals, columbite and tantalite.

Tantalum, the metal extracted from this ore, is a rare, hard, blue-gray, lustrous transition metal that is highly corrosion resistant. It is used in the production of capacitors for electronic equipment such as mobile phones, computers and tablets, as well as in earphones, prosthetics, implants and turbine blades, among many other products.



The extraction of coltan contributes to maintaining one of the bloodiest armed conflicts in Africa, which has led to more than five million deaths, massive displacements of the population, and the rape of 300,000 women in the last 15 years, according to human rights organisations.

The exploitation of coltan in dozens of informal mines, scattered throughout the jungle in the eastern DRC, is used for financing armed groups and the personal enrichment of military and government officials.

Artisanal mining, with no controls, is carried out in semi-slave labour conditions and causes significant damage to the environment and the health of workers, including children, according to the 2010 documentary film "Blood in the Mobile" by Danish director Frank Piasecki.

Magherafelt Parish celebrates 125 Years of Holy Family Presence

There was a large gathering of parishioners and invited guests at the Mass of Thanksgiving on 11 February 2015 to mark the 125 years of Holy Family presence in the parish of Magherafelt. Holy Family Sisters from Britain and Ireland were among those invited and these included four members of the Leadership Team, all of whom are past pupils of St. Mary's Grammar School, Magherafelt.

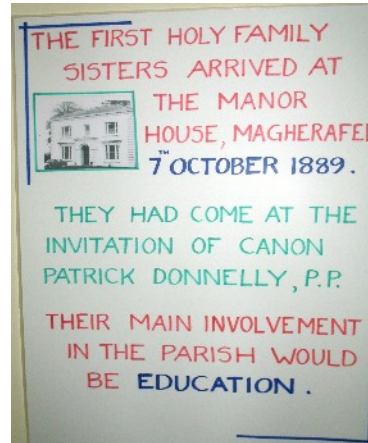
In the week before the Mass the story of displayed in poster form around the inside the Liturgy was to take place, thus giving appreciate the spirit and aim of the origins. The names of all the Sisters and Lay contribution within the parish since 1889 with gratitude in the prayers of the faithful.

Fr. John Gates, P.P. was the chief celebrant O'Byrne, Fr. Mc Anerney, Fr.B. Kavanagh Deacon Mr. Kevin Duffy. Fr. John Bradley

Fr. Gates spoke about the history of the outlined with gratitude the valuable made and continue to make, not only in the field of education but also in so many other ways, to the present day. Mr. S. Mc. Curdy, Chief Executive of the North Eastern Education and Library Board (NEELB) also addressed the congregation. His words were encouraging and also full of praise for the work that had been done in the field of Education by the Sisters. He spoke of his happiness to be present on this very special occasion, which he saw as a privilege and an opportunity to express the sincere gratitude of the Board for all that had been, and for the way in which the Sisters had touched and formed the lives of so many young people all over the years.



Sr. Gemma Corbett*, current Province Leader, and past pupil of St Mary's Grammar School, spoke with nostalgia of the impact the Sisters had had on her formative years. "In this the year of consecrated life it is truly fitting that we should celebrate," she said. And, quoting from the writings of Pope Francis, she went on to outline the place of Religious in the Church and in the world of the 21st century.



the Holy Family Association had been of the Church of the Assumption where everyone an opportunity to study and Association and something of its Associates who had made their were listed and all were remembered

at the Mass. He was assisted by Mgr.C. (H.F. Priest Associate) and married was also present for the occasion.

Holy Family's insertion in the parish and contribution which the Sisters had



The Liturgy was greatly enhanced by the singing of the choirs of Holy Family Primary School and St. Mary's Co-Ed. Grammar School. The instrumental music added richness and variety to the occasion and was greatly appreciated by the congregation.

*Sr. Gemma's [complete address](#) can be read on our website.



An artistic representation of Pierre Bienvenu Noailles's dream on display in a side chapel

After Mass light refreshments were served in the decorated Parish Centre. Mr Pat Bradley and the Staff and team of volunteers worked tirelessly to ensure that all were welcomed and invited to a variety of sandwiches, cocktail sausages and tray bakes with tea and coffee. There was a great atmosphere there - old friends meeting, some for the first time in many years so the chat continued into the wee small hours.

The occasion was truly memorable and in hindsight there is so very much to be Grateful for. The Sisters would like to take this opportunity to thank those who were involved in any way with the event, all those who joined them on the night, those who sent greetings, cards Mass Bouquets and gifts or remembered them in any way.

All such kindness has been greatly appreciated.



Catholic Schools: Called to Serve...

For the last five years 'Catholic Schools Week' has been celebrated in Ireland. This annual event calls on Catholic Schools to give expression in a special way to a particular aspect of Catholic education. The theme of Catholic Schools Week, 25 – 31 January 2015, was '*Catholic Schools: Called to serve*'.

It was a call for schools to examine what they understand by service and who it is our schools serve.

On Friday, 30 January, the staff of Holy Family Secondary School, Newbridge, took the opportunity to honour the service of Sr. Catherine Moran, the first Principal of the Secondary when it was recognised as such.



Photo of picture by Annie Tunstan



Staff instrumental group

They gathered in the Convent chapel in the early afternoon for a service of music and speechmaking. Interspersed with music items, tributes were paid to Catherine for her great work in building up the school in every way, achieving high academic standards, inculcating sound religious and moral principles strongly imbued with the Holy Family spirit and spirituality. From all that was said, it was obvious that the school personnel, staff and students, remain inspired by the ideal 'to be and to build family' and are determined to live by it.

It is some time now since any Holy Family sisters have been teaching in the school but the presence of Sr. Kate Cuskelly, who is officially the chaplain, is greatly valued and doubly appreciated. She provides pastoral care and keeps the Holy Family ethos alive.

The high point of the event was the unveiling of a picture of Sr. Catherine in the school's main hall. So, over to the school everyone went for the ceremony. It was both a solemn and light-hearted moment when Catherine unveiled the picture of herself in presence of staff and as many sisters from the convent who were able to be there.

Nothing remained then but to close what was a beautiful, enjoyable afternoon with a cup of tea in the staffroom.



Sr. Catherine with Principal and Deputy





Year of Consecrated Life

Aberdare Holy Family community address congregations in Quex Road Church for the Year of Consecrated Life

During this year the Pope is inviting us to think about and pray especially for those men and women who have taken public vows to live the Evangelical counsels of poverty, chastity and obedience.

The community in Aberdare Gardens was invited to speak at all Masses on the Feast of the Holy Family in honour of the year of consecrated life.

“In our address to the parishioners, we emphasised that all Christians are consecrated by virtue of their Baptism. Religious men and women are not more consecrated than the majority of Christians; they have simply been called to follow Jesus in a different way; to live as he did and to give their whole lives to the building up of God’s reign on earth. Our way is not a better way – just different.

We also stressed the fact that poverty, chastity and obedience are values that are to be lived by ALL followers of Christ. All Christians as well as priests, sisters, bishops... are called to live poorly, chastely and obediently. The only difference is that we make public vows to do that...”

For the full summary account by Sr. Gemma posted on our website, [click here...](#)

Evening Prayer led by Religious during the Year of Consecrated Life

CORI (Conference of Religious Ireland) has asked that different religious congregations of women and men lead the Evening Prayer in the Carmelite Church, Clarendon Street, Dublin every Thursday. It is intended to give religious congregations an opportunity to highlight their particular charisms and spirituality.

APT (Act to Prevent Trafficking), an organisation composed of religious women and men from over 20 religious congregations, undertook to do this on 8 January. The intention was to illustrate how people in consecrated life can be prophetic in drawing attention to issues that are not being addressed by the state and who have the freedom of spirit to act.



This was expressed in the opening prayer:

***L**oving and compassionate God, Source of all being, Creator of all that is,
you called us in baptism to follow you in “radical evangelical living” (Pope Francis), each in a particular way.*

As consecrated women and men, you call us to follow Christ “in a prophetic way” (Pope Francis), to be at the cutting edge in a world where human rights and human dignity are trampled upon, where children, women and men are treated as commodities to be bought and sold for profit.

Give us a listening heart to hear their cries; grant us the discerning wisdom to know what to do and the courage of love to act, so that a new Epiphany star will light up the world and all humankind will experience the joy of the Gospel.

This we ask through Jesus, your Son, by the power of the Holy Spirit. Amen

RISE OF THE ROSES

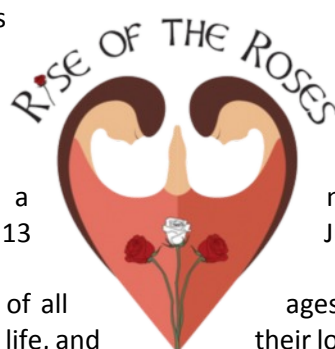
“WAKE UP THE WORLD!”, Pope Francis urged Religious when he called for this Year of Consecrated Life.

Rise of the Roses was born out of this call. It was launched as part of a special Mass for the Year of Consecrated Life in Armagh Cathedral on Sunday 1 February, St. Brigid’s Day. This how they describe themselves and their mission:

“We are a group of young girls about the Year of Consecrated great joy and anticipation to what God

Their mission is to celebrate and promote For this the team are embarking on a convents on consecutive Saturdays from 13

At each convent they will invite people of all meet the sisters, learn about their way of life, and say the Rosary, hold an hour of Eucharistic adoration is interested in joining them:



based in Co Tyrone. We are excited Life and are looking forward with has in store for this special year.”

consecrated religious life in Ireland. nationwide summer tour visiting 10 June to 15 August.

ages, particularly girls, to join them as they their love for God, sing, have a ‘wee tea party’ and plant a rose. The dates are below if anyone

13 June:	Poor Clares, Faughart, Co Louth
20 June:	Sisters of Adoration and Reparation, Belfast
27 June:	Redemptoristine Sisters, Dublin
4 July:	Drogheda: Dominican Contemplative Nuns, Franciscan Sisters of the Renewal
11 th July:	Sisters of the Divine Master, Athlone
18 th July:	Carmelite Sisters, New Ross, Co Wexford
25 th July	Cistercian Sisters, Glencairn, Waterford
1 st ^h August:	Salesian Sisters, Limerick
8 th August	Poor Clares, Galway
15 th August	Knock Shrine, all day.

Read more about the Rise of the Roses on www.riseoftheroses.org, and follow them on Facebook www.facebook.com/riseoftheroses and Twitter @ riseoftheroses.

Extracted from INTERCOM, February 2015, page 15 and submitted
by Sr. Bernadette Deegan

AN EXODUS STORY FROM BRADFORD!

Recently we got a Good News Phone call from a Sri Lankan Muslim Family who we had befriended in Bradford 7 years ago. THEY HAD RECEIVED THEIR PAPERS TO STAY IN THE UK and they wanted us to be the first to know!

We got to know Faleel and Fathma and their 2 children through BRADFORD ACTION FOR REFUGEES and the WOMENS' CLUB.

Over the past year or so they were helping us to cook for the refugees and homeless once a month at BIASAN. People enjoyed their spicy food and it was a help to us too.

When we went round to their house to rejoice with them, we had to duck to miss a bucket which was hanging in the doorway to catch the flowing water from the ceiling! The floor was covered with saturated cardboard and newspapers, but no sign of the landlord!!

(This was Home Office accommodation!)

On the eve of the day they were to move to their new accommodation in Leicester they got a phone call saying they shouldn't come yet as there was a gas leak which had to be fixed first! (Maria had already secured a van for them with the help of some generous parishioners).

Then 2 days later the Home Office told them they had to move that day! They had to pack quickly, arrange new transport and set out in the dark on a cold winter's night.

Maria and Celine went over straight away to say goodbye. There were many sobs and tears as they were leaving.

This little family with their 2 small children are just one of thousands who are living under such conditions. We couldn't help thinking of Mary and Joseph and the Flight into EGYPT!

Srs. Maria, Celine, Nasreen Teresa
(Bradford Community)



Bradford Action for Refugees has been supporting asylum seekers and refugees since 1992. Our vision is that all refugees and asylum seekers in West Yorkshire should receive just and respectful treatment and support appropriate to their needs. Our team offers advice and support to individuals and families throughout the region through our various services, groups and support networks.

Feeding local people in crisis

Cambridge city foodbank began in 2010. It was the initiative of three churches under the auspices of Trussel Trust, a national charity.

By 2012, it was necessary to open more centres. Today in Cambridge there is one open every day of the week, Monday to Friday. With 7 centres now, some days have two sessions.

Everyone is a volunteer, those in charge of the administration, warehouse staff, managers of the distribution centres and the Trustees.

All the food is donated. When it reaches the warehouse it is weighed in and shelved. Then, boxes and crates are packed for a single person, couple or small family. There is also a 2-crate pack for a large family. Each box has its weight and 'use by' date on it. The crates are often very heavy.

I work in St. Paul's Church of England. We open Monday evening and Friday afternoon. We order a number of boxes and crates for each session. The drivers deliver what we need.



Sr. Evelyne Hanley and volunteers

We have plenty of food and, for Christmas, people were over generous but they did manage to store and distribute it all.

I often meet people who are hungry, who have had no food for several days, some trying to pay the bills on a very low wage, others who have been made redundant, who have got work but will not be paid for six weeks... The list goes on. It is a real challenge for me to see people hungry and desperate. Families are also meeting hard time. We direct them to other agencies who can help them in different ways. We try to take time with each one in need.

Sr. Evelyne Hanley

In the UK...

13 million people live in poverty.
Of these 54% are in working households.

2.1 million children live in poverty.
Of these 61% live in working homes.

(Joseph Rowntree Foundation 2012)

In Cambridge...

12% of the population live in poverty
13,122 claim two or more benefits

17% of children are living in poverty

(Campaign against Child Poverty 2013)

Lay Associate News

Commitment Celebrations

Stalybridge

Saturday 7th February 2015 was a special day for Sylvia James. This was the day she chose to make her Commitment as an Associate member of the Holy Family of Bordeaux in St. Peter's Church in Stalybridge. Sylvia spent a few years in formation and her preparation included a pilgrimage in 2014 to La Solitude in Martillac, near Bordeaux. The tomb of our Founder, P. B. Noailles, is there and it is there that the monstrance used during the Miraculous Benediction that took place on 3 February 1822 in Mazarin Street, Bordeaux, is preserved in the chapel of the Contemplative Community.

Sylvia now felt ready to officially accept the spirit and aims of the Association.

We had Exposition of the Blessed Sacrament for half an hour before the celebration of Mass. Bert and May Suffield had travelled all the way from Wallasey for the occasion. Sylvia made her Commitment after the Gospel in the presence of May Suffield and Anne Lawton, our group leader. Fr. Philip Atkinson presided at the Mass.



Afterwards, Sylvia was congratulated by Fr. Philip, May, Bert and the Stalybridge Associates. We all enjoyed refreshments in the presbytery prepared by Margaret Taylor and Winifrid Edwards. It was a wonderful occasion for all of us. We said our goodbyes and thanked Bert and May for joining us on this great occasion.

Mary Bergin
Lay Associate, Stalybridge

Wrexham

On the 3rd February, a group of Lay Associates gathered in the Holy Family Convent in Wrexham for the Commitment Ceremony for our new Associate, Maureen Jones, from Llangollen. Maureen had been coming regularly to our meetings for some time and last Summer she went to Martillac for a week. On her return she became aware that she was ready to make her commitment as a Holy Family Associate.



Maureen's Parish Priest, Father Moses, celebrated Mass for eighteen of us including Associates, Sisters and May and Bert Suffield who joined us for the occasion. After the homily, May, as a member of the National Committee, led Maureen through her Commitment. We all renewed our commitment and thanked God for our founder, Pierre Bienvenu Noailles.

After Mass our celebration continued in the Holy Family tradition with a shared table. There was a lot of chat and laughter until everyone left to go their separate ways after a very special evening.

Elizabeth Roberts.
(Lay Associate, Wrexham)

Sacramental Journey - A programme of Sacramental Preparation

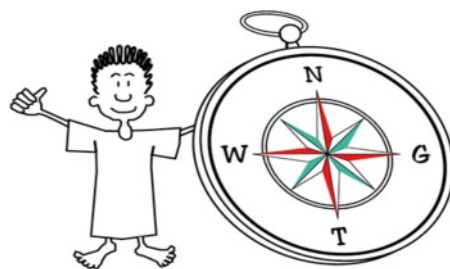
from Audrey Newton (St Andrew's and Peter's Lay Associates, Livingston, Scotland)

Two Catholic teachers, Audrey Newton and Moira Claase, with extensive experience of preparing children and adults to receive the Sacraments realised that teachers were looking for comprehensive guidance and that families needed support to become completely involved in the sacramental preparation of their children.

Having spoken to their school chaplain and to teaching colleagues they decided that they needed to be proactive. As a result they have produced a practical and accessible programme of Sacramental Preparation - *New Way to Go* - which encourages Home, School and Parish to work together in the Faith Formation of children. There are 4 sets of booklets available: *Reconciliation*, *First Communion*, *Confirmation for Children* (because in some dioceses in Scotland children are confirmed aged 8) and *Confirmation for Young People* aimed at young people aged 11 and older.

All three Sacramental Preparation Programmes provide:

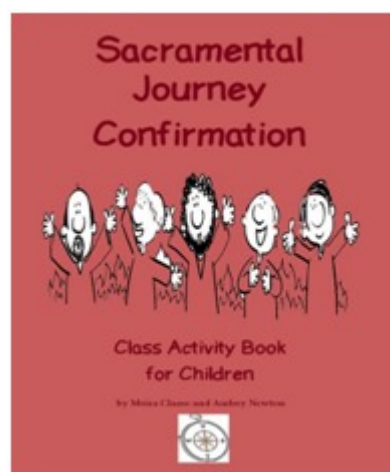
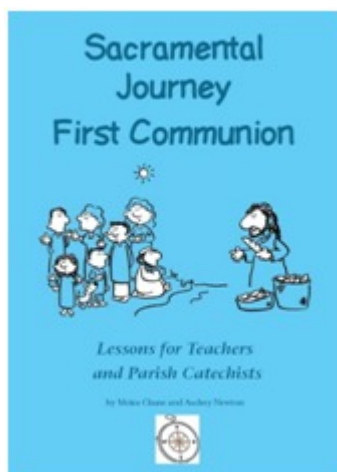
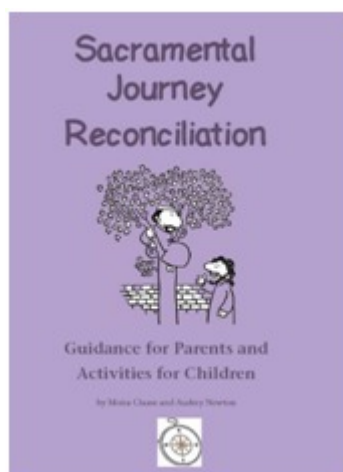
- Detailed *Lessons* for Teachers and Catechists
- *Children's Activities linked to each lesson*
- *Guidance for Families with Home Activities* which support parents and carers to work confidently with their children as they play their part in this important journey.



This Sacramental Preparation Programme - '*Sacramental Journey*' - was granted a Nihil Obstat and Imprimatur in 2013. The Programmes of Preparation cover the catechetical elements of each sacrament. After every lesson there is a related follow-up class activity and Home Session. Many parents have already given feedback that they have enjoyed working with their children and feel that they know them so much better by the end of the period of preparation.

From experience, Moira and Audrey know that children can sometimes have difficulty remembering the prayers which they should be able to recite in class and individually. They have suggested that each child is given a Prayer Partner so that they can listen to one another as they practise the prayers in each programme. They also practise the prayers at home and can mark off their successes on the Prayer Sheet which is included in each pack

A pilot of the complete programme was carried out in 15 Roman Catholic schools in their Archdiocese and the feedback they have received from teachers and head teachers has been wholly positive and enthusiastic.



If you would like more information please visit the website: www.newwaytogo.co.uk or email either audreyanewton@talktalk.net or moiraclaase1@gmail.com

UPCOMING EVENTS - March 2015

- | | |
|----|--|
| 1 | St. David's Day
Zero Discrimination Day (UNAIDS) |
| 3 | World Wildlife Day |
| 6 | World Day of Prayer
Prepared by the women of the Bahamas on the theme:
<i>"Do you know what I have done to you?"</i> |
| 8 | International Women's Day |
| 17 | St. Patrick's Day |
| 19 | Feast of St. Joseph |
| 21 | International Day for the Elimination of Racial Discrimination |
| 22 | World Water Day |

Thank you!

Sr. Lucia McGuckin says a sincere 'thank you' to all for the expressions of sympathy and Mass offerings on the occasion of the death of her father. She and her family were also comforted by the presence of Holy Family Sisters, Lay Associates and HF friends at the funeral Mass on 11 February.

Did you know?

We know that, as early as the mid-fourth century, Christians have observed a time of preparation before the Easter celebration that English speakers call "Lent".

But did you know that "Lent" was originally the English name for the season between winter and summer? In German, "Lenz" is the poetic word for "spring". In Dutch, the word "lente" never changed its meaning. It is still the name of the season between winter and summer.

As the church's observance of the time before Easter took place during the season of lent, in England "Lent" eventually came to mean the observance rather than the season, leaving the season without a name. So, English people invented the word "spring." Today, instead of calling the seasons winter, lent, and summer, they are called winter, spring, and summer. "Lent" is used to refer to the liturgical season.

The Irish word for Lent, *an Carghas*, means *abnegation or self-denial* and, of course, the four seasons have their own particular words with Celtic folklore connotations.