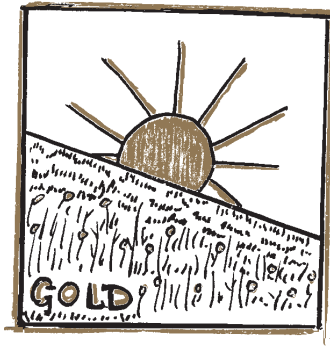


GOLD

Growing Older Living Deeper



Autumn 2008

A quarterly publication
on
Spirituality in Later Life

CONTACT INFORMATION

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GOLD

Vol. 5

Autumn 2008

No. 3

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Welcome to the Autumn edition of GOLD. This is really ‘our’ season, with the maturing of the foliage which has turned or is about to turn to the golden shades of Autumn. This gives us food for thought. Are we among those people who are, to quote Des Rushe, ‘rich in Autumn grace’? Des, a journalist familiar to many of us from the columns he wrote in our national newspapers some years ago, reflects on the serenity and strength that can grow with age. Have later years provided us with the ‘store of inner tranquillity’ to which he refers in his article? Harvesting is said to be one of the tasks of later life, gathering all the memories that give us a sense of gratitude.

Some years ago the actor Robin Williams starred in a film called *Dead Poet’s Society*. The main thrust of the film could be summed up in the Latin words *Carpe Diem* – ‘seize the day’. In her article entitled ‘It’s Never Too Late’, Mary Mallon IBVM draws us in to her wonderful adventure when she set out for Morocco at the age of eighty, to spend time as a Christian witness in a Muslim country. This is surely an example of somebody in the Autumn of life seizing the opportunity to do something quite unusual.

I am aware of the fact that not too many in their later years are comfortable with the computer, never mind the internet. For those who have a chance to access the internet, there is a wonderful ‘Thought for the Day’ website at www.2u.ie which is accompanied by beautiful photography. From time to time extracts are included in GOLD and we are very grateful to the author, Fr. James McSweeney, for such inspiring material.

In our last issue, some of the content of Rev. Dr. Albert Jewell’s presentations at the 2008 GOLD Conference was included. We have now asked a new member of the GOLD committee who has a background in psychology to write about the sources of resilience in later life and the resources Rev. Jewell mentions that help us to cope. We hope that this will take the form of a series of articles to be included in each issue of GOLD during 2009.

We are privileged to have a further article on meditation by the late Fr. Joe Lucey. His spiritual legacy is being welcomed by the many people who knew him in life and equally by those who have become familiar with him since his death.

Over the last couple years many issues have arisen for discussion. Often these issues relate to caring, and in the area of health and well-being this would include issues like informed consent and advanced directives, next of kin etc. As a way of making progress in some of these issues the committee felt that a half-day workshop might be an appropriate way to proceed. If this is to happen we would need some indication of the interest because feedback from our readers will determine where/how this might happen. Please let Sr. Sheila Cronin RSM at CORI Healthcare know if you would be interested in this. You will find her contact details at the front of this issue of GOLD. Her email address is healthcare@cori.ie

While preparing this issue of GOLD we were saddened to hear of the recent death of our former colleague Sr. Eilís Casey IJS who played a pivotal role in GOLD the organisation and GOLD the publication. We have included a short obituary to mark her death. May she rest in peace.

We always value letters, articles, poems etc and encourage our reader to share their gifts with us. Any material to be submitted to the Editorial Committee for the Winter 08 issue would need to be with us by the 1st November 2008.

The name of the outright winner of the last quiz can be found on p. 16 of this issue.

Mary Threadgold RSC
Editor

MEDITATION AND THE GAZE OF THE MASTER.

Joe Lucey S.D.B.

I often think of my late mother when I read the gospel story of Jesus' visit to the home of Martha and Mary. My mother sympathised with Martha, identified with her goodness in preparing a meal for Jesus, identified with Martha's frustration at the other one who planked herself at the Master's feet and did nothing. By seeming to honour Mary's sitting, over Martha's service, my mother felt Jesus gave Martha a raw deal. She wondered what the next visit to Bethany would be like and if Jesus would go hungry.

Despite this very human response however, the key to the gospel story lies not in the duality between service and sitting, between activity and inactivity. The key lies in Jesus' reference to distraction. The problem for Martha is not that she was active or busy, but that she was distracted. It is because of her state of mind that things went wobbly for her. Mary, on the other hand wasn't distracted. That is why she chose the better part. Mary is not honoured because she sat there, apparently doing nothing. She is honoured because she was not distracted.

The gospel story from Luke 10: 38-42, unpacks further what this might mean. What does it mean to be distracted? What are our distractions like? Jesus says to Martha, "You are anxious and troubled about so many things". So many of our distractions come from the place of our deep anxieties, from wells of deep suffering and troubles which are stored in our hearts.

And what about Mary; how is her state of un-distractedness described: The gospel text tells us she was listening. Listening is an auricular image. A visual image of the same attentiveness is gazing. Mary was gazing at Jesus. She was paying attention to him. She was fully aware of him, fully mindful of him.

The way of life which we live, is often an extremely active life. But whether our life circumstances lead us to intense activity or to a more reduced pace of life, the important question seems to be the same for us all. How am I listening? How am I gazing? To whom am I paying attention? Of whom am I mindful? Where is my mind? What is the orientation of my heart? How can I live so as to keep my gaze on Jesus?

One of the most ancient methods or practices which can help us to become attentive to the present is the practice of being mindful of our breath. It seems very simple but can also be surprisingly challenging.

Breathing in, simply being aware that you are breathing in. Breathing out, simply being aware that you are breathing out.

It is known from ancient times that there is a deep intimacy between our breath and the present moment. In a very pure way, our breath leads us into the present. When we are aware of our breath, we are aware of now. My breath is here and my breath is now. If my breath is not happening right now, I am in big trouble.

Breath is also understood as something very sacred. In the ancient Hindu and Buddhist practices, meditation on the breath is often presented as the core meditation practice.

In the Judaic tradition of the Old Testament, the breath is used as the metaphor for the creative power of God. In the beginning, the breath – ruah – moved over the chaos and creation came into being. Later in Ezechiel, the prophecy of the new Israel, the re-birth of the nation was imaged in the breath moving over a valley of dry bones, and the breath entered the bones and they took flesh, and again the breath entered the flesh and the people lived.

But perhaps it is within Christianity that the imaging of the breath breaks into a whole new reality. On the Cross, we are told that Jesus

breathed his last. But one of the first acts of the Risen Lord, was to breathe on his disciples. This is the breath beyond breath, the breath which has conquered death, the breath which is the carrier of transformed, resurrected life. This breath is the basis for the later evolution of the doctrine of the Holy Breath, the Holy Spirit and the understanding of the Christian God as Trinity. The Holy Breath becomes one of the central metaphors for the explosion of God's grace at Pentecost.

Becoming mindful of your breathing then, need not be a shallow or a simplistic act, but can become a moment of sacred encounter with the divinity who is within you and around you. Becoming mindful of your breath, you are also becoming mindful of the Breath of God who is here with you, healing you, sustaining you, holding you in the loving gaze of the Master.

Today's smile!

This comes from a Catholic elementary school test in America. Children were asked questions about the Old and New Testaments. The following statements about the Bible were written by children. They have not been retouched nor the spelling corrected.

1. In the first book of the bible, Guinnessis. God got tired of creating the world so he took the sabbath off.
3. Lots wife was a pillar of salt during the day, but a ball of fire during the night.
5. Sampson was a strongman who let himself be led astray by a Jezebel like Delilah.

AUTUMN.

Desmond Rushe

It was more than 60 years ago (June, 1945 to be exact), a time when people were more innocent and more gentle than they are today. Preparations for the Inter Cert, as it was then known, were complete and a 16 year old student received a holy picture from a 16 year old girl wishing him well in the coming exam. The picture showed a curly-headed, bare-footed Christ Child looking heavenwards and, on the reverse side was the message, “May your life be like the Autumn leaves, which grow more beautiful as they fade!” A sweet sentiment, and rather sanguine, but not one to seriously occupy the mind of someone in the springtime of life.

It was many years later when I (for I was that student) came to appreciate connotations of Autumn other than mists and mellow fruitfulness, sunset and evening star, ripened apples, twilight and evening bell, golden-eared wheat ready for reaping and so on. Roughly 300 years earlier, John Donne had written “No Spring, nor Summer beauty hath such grace / as I have seen in one Autumnal face”. Here was an aspect of Autumn worthy of deepest thought.

An extravagant proliferation of fading Autumn leaves in a great carpet colour reflects a bounty of nature which poets have rightly rhapsodised. But the spiritual bounty implicit in Donne’s elegy is infinitely more beautiful and particularly at a time when the human race is experiencing an unprecedented level of suffering and brokenness, when it needs the renewal that can create the sort of inner serenity which Donne recognised and celebrated. Nor can there be any doubt that such a renewal is possible.

There is a lady I know who is now in the Winter of her days – if being on the threshold of 80 can be said to be Winter – and who has

undergone more than a fair share of suffering. An early fall left her with a lifetime of painful back problems, her husband of 20 years suffered a brain tumour which left him an invalid for the remaining 28 years of his life, and, no blame to him, an increasingly difficult invalid; her eldest son died suddenly in his early 30's; her daughter's marriage broke up; nor does the litany of her disasters end there.

And yet, with every new sorrow, with every further stroke of misfortune, this lady's store of inner tranquillity seemed to increase. She now radiates a calming peace of mind, and is a glowing proof that one can enrich oneself from suffering. In Fr. John Woolley's inspirational and deeply comforting "I Am With You" there are some passages she seems to have known and taken to heart. "Pain is the raw material from which can be made a soul increasingly sensitive to my love's existence. Discipline yourself to see life against the background of my eternity, enabling you to endure (joyfully) the inevitable intrusions of darkness....remember that pain is never my will and that I am never remote from it....pain shared with me means the entrance of light".

Indeed this lady of whom I write is by no means unique in her joyful endurance of the intrusions of darkness. And she is one of a great many whose lives have grown in inner beauty as they enter the last stretch, like fading Autumn leaves growing in the splendour of their colours. These people rich in Autumn grace have nothing to fear on the relatively short trot to the source of eternal light.

"Strive to live content in the midst of those things that cause discontent. Free your mind from all that troubles you, God will take care of things. Trust in him, I beg you, and you will have the fulfilment of what your heart desires."

St. Vincent de Paul

IT'S NEVER TOO LATE

Mary Mallon IBVM

No one was more surprised than I to find myself in my eighty-first year, en route to Morocco to Mision Catolica in Asilah, a seaside town about 30 kms from Tangier.

About two years before I had remarked to our Superior General “Oh, I wish I were younger. I would love to have been part of those new missions you have been telling us about!”

Mary looked me straight in the face and replied, “Are you telling me you are too old or are you saying that you are willing to move?”

“Of course I’m too old, I laughed, but I am ready to move”.

However, an illness from which I made a complete recovery put paid to my dream of a missionary experience at that time.

Two years later Providence again stepped in. I met one of our Spanish Sisters from our mission in Morocco and asked, “Any hope you would take me on for a few months in your community in Asilah?” This was December 2005.

Things moved rapidly and by September 2006 I was on my way, slightly apprehensive that the small group of three Sisters there might be disappointed to have such an oldie join them. I needn’t have worried for age wasn’t an issue. I was fit and active. Besides I had been very encouraged by Cecilia, the Spanish Provincial leader, who told me that it was presence that mattered, a Christian presence in a Muslim country. I became more and more convinced of this when I read lives of Charles de Foucauld and especially of the late Bishop Claverie, of Oran, Algeria. He believed firmly in the apostleship of friendship and declared that one of his principal missions in Algeria was to establish, develop and enrich a relationship, always, everywhere and with everyone.

The three quarter hour drive from Tangier airport along the coast road to Asilah with vistas of golden beaches, blue skies and sea, fringed with

stately palm trees was delightful. A warm welcome awaited me from Piedad, and Maria Paz the two Spanish Sisters, from Liz Byrne an Irish Sister, and Enric the Parish priest who had met us at the airport. The convent adjoined the Church and the whole complex of Sisters quarters, classrooms, priest's house and garden was known locally as La Iglesia. I was impressed by the friendship and affection between the Sisters and the local Muslim community. From the beginning I was accepted and shared in this happy relationship with the Muslim and small Christian communities!

I was soon inserted into the daily life and work of the centre. My main task was to teach English to mixed groups of young men and women. The students were a delight to teach, keen to learn, friendly and courteous with a lovely sense of humour. From 10 am to 8.30 pm classes were provided in La Iglesia - dressmaking, computer studies, literacy, Spanish and English. Liz had also set up a small micro-credit unit in the neighbourhood which enabled many to set up their own small businesses. Piedad was very much involved in another project to help women, El Amal, which gave training in catering, embroidery, I.T. and literacy for older women.. Maria Paz was a member of Caritas which looked after the really poor, providing clothes and medicines. She also taught Spanish in one of the local shanty towns. I concentrated on my English classes spending hours preparing work and having it photo copied. I was also happy to share in the ordinary household chores. It was lucky for me that the other three spoke English as my Spanish was not very fluent and I had forgotten most of the French I had learned at school. I began Arabic and enjoyed the classes very much, not that I succeeded in speaking it but I did love the script and enjoyed short dictation exercises!

In my first year Maria Paz and I were invited to join induction weekends for new missionaries. It was a wonderful opportunity to see something of this beautiful country and to meet so many other

religious, to learn something of the wonderful work they were doing with the very deprived and disabled, as well as nursing, teaching and providing homes for Muslim girls and their babies rejected by their families. Listening to the news with daily depressing accounts of crime and violence it was heartening to ponder for a while on the scores of missionaries in Morocco, both men and women, who were dedicating their lives heroically to helping our suffering brothers and sisters. We also visited two contemplative monasteries, power houses of prayer giving strength to us all.

One of the highlights of the year was a celebration of our (Loreto) ten years presence in Asilah. At a special prayer service in the Church attended by Christians and Muslims the Vicar General, priests and Imam sat side by side. The previous day to a packed audience a Dominican from Spain gave a talk on Mary in the New Testament and this was followed by an inspiring input from a Muslim woman on Mary in the Koran.

At the end of two years I have rejoined my Coleraine community happy to be home but still a little lonely for beautiful Morocco with its sunshine, friendly people and my dear students and friends. I thank God every day for having had the privilege of living in another culture with people of a different faith and for all I have learned from that experience.

Who says life ends at 65, 75 or even 80??

“The response to poetry is like dropping a rose petal into the Grand Canyon and waiting for the echo.”

Don Marquis

PRAISING GOD IN NATURE

Hugh O'Donnell S.D.B.

Last Summer, I was lucky. I heard the corncrake and the cuckoo, two voices less and less common in Ireland. On Tory Island, the corncrake's creak-crek, creak-crek, though not melodious, was especially welcome as a sound I hadn't heard for years. The islanders have done well in offering a safe haven, a sanctuary, to this ground-nesting bird who was once a full citizen of our hay fields.

Just as the Creator finds a different expression in every living being, so a light of God's presence goes out when a species becomes extinct. If all the birdsong stopped, we would be lonely, not only for blackbird and robin as for old neighbours, but deeply lonely in our spirit

The Christian tradition of facing east when we pray and celebrate Eucharist is sadly no longer observed. Sadly, because for Christians to face east is also to face our rising sun, Jesus, the light of the world. It is in the way a pilgrim prays, going out to meet and greet Christ. When we face east, we recognise that the cosmos is praying with us. As Pope Benedict says: "the cosmos is speaking of Christ".

In other words, the corncrake and cuckoo are speaking of Christ in their acclamation of creation. We are misled when we think it is a good thing to withdraw from creation in order to praise God. Rather, it is comforting to know that we are not alone when we pray. The birds have well finished their morning prayer by the time we get up to face the rising sun.

NEARING THE TOP.

Angela MacNamara

Old age is time for celebration,
The trauma can be moved aside.
Allow the soul lift in elation,
Soon in peace with God abide.

The summit of the hill near reached,
Recalls the ultimate reality.
Not merely now a sermon preached,
But soon to be grasped in its totality.

Life's pilgrimage is almost done;
I've grappled with the journey's mystery.
I've felt the Spirit, sensed the Son, known
Presence and absence of God in history.

And here I am, but a short time more,
The peak of the hill lies just above.
God knows me to my very core,
In spite of faults gives wondrous love.

Prayer now a feeble hand stretched out,
Vain worldly worries fall in tatters.
To sense a special hand so close,
Allows soul soar that's all that matters.

"I AM" is about to be revealed,
Let joy and hope translate to prayer.
One's earthly self will soon be healed
And age becomes uncanny fair.

ANSWERS TO SUMMER QUIZ.

1. Daniel O'Connell.
2. W.B. Yeats
3. Ballybeg.
4. He would be blinded.
5. Roscommon
6. Joshua Dawson.
7. God of Literature
8. Cork
9. Wildlife Park
10. Sean O'Casey
11. Poddle
12. Dargle
13. Nelson Pillar
14. Christmas Day. Good Friday
15. Boycott
16. Padraig Pearse
17. Cong
18. Eamon de Valera
19. 60 Million
20. Forty (40)
21. Powerscourt
22. Two
23. Galore
24. Ireland forever
25. Messiah
26. Protestants
27. The Vikings
28. U.S.A
29. Ronald Reagan.
30. The Boomtown rats.

AUTUMN QUIZ

Answers to Lucy Bruton. 206 Gracepark Road, Drumcondra. Dublin. 9 by 1st November, 2008,

1. Who was the first Irishman to climb Mount Everest? (7.6)
2. How many presidents of the U.S.A. were assassinated? (4)
3. What did Percy Shaw invent to help motorists? (4.4)
4. What is the largest organ in the human body? (5)
5. Which word in the English language can have the last 4 letters taken away and still be pronounced the same way? (5)
6. Who discovered Penicillin, the first Antibiotic. (4,7)
7. Julius Caesar is supposed to have said. Veni, Vidi, Vici; what does it mean. (1,4 1,3 1,9)
8. What kind of pastry is used in making éclairs and profiteroles. (5)
9. Animals which are active at night are said to be nocturnal. What is the word for animals which are active at twilight or just before dawn. (7)
10. Who was the first man to run a mile in 4 minutes? (5.9)
11. Who founded the Legion of Mary? (5.4)
12. What natural medicine is used to heal bruising? (6)
13. What did Dublin celebrate in 1988 ? (10)
14. How many spikes are there around the Statue of Liberty. (5)
15. What are the Roman Numerals for the figure 400? (2)
16. Who was killed on November 22nd, 1963? (4.10.7)
17. What word links a lake in Northern Italy with the Irish Police? (5)
18. His feast is on September 28th; he was murdered by his brother and we hear of him around Christmas? (10)
19. What type of dance takes its name from the Spanish for sauce. (5)
20. What word links a type of footwear, a tree and a term in playing cards. (6)
21. On which holy day did the Battle of Clontarf take place. (4.6)

21. On which holy day did the Battle of Clontarf take place. (4.6)
 22. What would you be afraid of if you suffered from acrophobia? (7)
 23. What trees are cricket bats made out of (6)
 24. What is a leveret? (5.4)
 25. Who is the man who broke the bank at Monte Carlo. (6.6)
 26. What is the pivotal point of a lever called. (7)
 27. What composer married twice and had 20 children? (4)
 28. What did Marconi invent? (5)
 29. How many colours are there in the rainbow? (5)
 30. What European city is near Eurodisney Land? (5)
-

The winner of the summer quiz is:

**Sr. Bridie Rogers,
Convent of Mercy,
6 Belmore Street.
Enniskillen.
BT 74 6AA.
Co. Fermanagh.**

The first winner from the North of Ireland.
Congratulations Sr. Bridie.

A REFLECTION ON FRAILITY IN OUR SOCIETY

Francis Reidy RSC

God's love comes to us through the people with whom we live and work. God's care is mediated to us through them so that when we are giving most, we are receiving most. This is particularly true when we are relating to the frail and elderly members of our society. Very often in our dealings with them we are presented with a very special opportunity of observing the development in the growth in grace and maturity which they now enjoy. It is a completeness, as it were, and a new understanding of all the trials and tribulations through which they have lived and loved. As Jean Vanier said in "Community and Growth" "They have integrated their years of function and so can live without being attached to power. Their freedom of heart and their acceptance of their limitations and weaknesses make them people whose radiance illuminates the whole community".

There is a great vulnerability in being old, frail or handicapped in some way. When we are less physically fit, we are more defenceless; our defences are down! Consequently we are more sensitive. This is a great challenge to us to be aware of and respect their dignity in every situation. A grandmother told me this story that bears out this fact. Once, when her grandchildren were visiting her in her home, she fell and hurt her leg badly. The ambulance had to be called and they all went to the hospital together. The children were aged 6,7 and 8. As soon as they arrived and the nurse appeared she asked "How old are you?" The grandmother had always been '47' to her grandchildren; now she had to reply by saying 71. She heard the gasp from the children! Later she said to me "What had my age got to do with my case? Hadn't the nurse got her eye-sight? She realised it was just hospital routine and didn't blame the nurse. But was it necessary?"

When we are caring for our more frail brothers and sisters, do we take the human situation into account? Is our attitude one of loving interest? Do they feel 'at home' in our presence? Do we treat them as equals, or talk down to them? Or do we isolate them by treating them as helpless pensioners, or people of no account? Do we say "Aren't you great?" in a tone which infers 'for one so ancient/ or handicapped/or

sick it puzzles me how you go one living'. During the year of the disabled, the crie de coeur from each person of any age who was interviewed was "Don't patronise me, treat me as an equal"? We would all do well to examine ourselves on any of the above questions.

Many older people live alone. This can be a very lonely situation, especially if the person is not able to be independent and go out to meet their friends and do the things they like to do. There is great credit due to housing associations, who try to create friendly neighbourhoods, where people living alone, can meet daily with their friends and neighbours and have a normal social life. They get great joy out of reminiscence about the hard times of the past and comparing the then with the now. Some people have no contacts; they live alone with no visitors and no one to care. It is a great indictment of our society. We need to do a great deal more to create friendly neighbourhoods and take care of those unable to be part of the social scene. If we can't visit there are telephones and letters. In these days of swift and easy communication it is really easy given the goodwill, to make sure no one is left isolated.

The above are random thoughts gleaned from my own experience in meeting with older and frailer members of our society. The major thing I am convinced of is that the most joyful things in life is to feel "cared about" and not so much "cared for". If people are treated with respect and compassion they are able to give of themselves; of that wisdom that Jean Vanier spoke about which enriches all they come in contact with. We will indeed receive from them more than we give. We can learn from their experiences and their acceptance and tolerance.

Let us care about each other and try to make the lives of all those in our circle or neighbourhood full of joy, compassion and love.

"Death 'takes your breath away' and when you cross over,
God is waiting and the first thing he asks is:
"Have you got your breath back yet?"

Author Unknown

GOD'S MESSENGERS

Courtesy of Bible Alive

We believe in angels. Their existence is a truth or article of our faith. 'Angel' is the name of their office, not their nature; their nature is pure spirit. They are servants and messengers of God and are always in the divine presence beholding him face to face in the beatific vision.

They are spiritual creatures possessing personhood, intelligence and will as well as holiness, beauty and perfection. They are Christ's angels; they exist through him and for him and belong to him. They belong to him because he created them to be messengers of his plan of redemption.

Angels have been present since the creation of the world and will herald the return of Christ. They have played a major role in the history of our salvation; they closed the earthly paradise; protected Lot; saved Hagar and her child; stayed Abraham's hand; communicated the law by their ministry; led the people of God; announced births and callings and assisted the prophets. The Archangel Gabriel announced the birth of the Saviour.

Since the birth of Jesus, the angels' song has resounded in the hearts of all believers; "Glory to God in the highest". Their mission was focussed on Jesus; to protect him in his infancy, serve him in the desert and strengthen him in his agony in the garden. From the moment of the Incarnation to the Ascension, Jesus' life was surrounded by the adoration and service of angels.

HOWLERS FROM CHILDREN'S SCIENCE EXAM.

Q. What is a fibula?

A. A small lie.

Q. How can you delay milk turning sour?

A. Keep it in the cow.

Q. Name the four seasons.

A. Salt, pepper, mustard and vinegar.

IN LOVING MEMORY OF

EILIS CASEY. I.J.S.

It is with sadness that we announce the death of Sr. Eilis Casey, I.J.S. who died in July.

Eilis was one of the founder members of GOLD and also one of the Editorial Team of the GOLD Magazine until she retired to Cork, her native place to live out her last few years.

Eilis entered in 1938 in Drishane, but in fact spent all of her missionary years from 1946 in Malaysia, teaching and in administration. She has documented her life in her own story "A Missionary Remembers" and it makes fascinating reading. When she returned home to Ireland in 1990 she was asked to become involved in organising activities for the older sisters and this is how she became involved with GOLD. She was deeply interested in GOLD and always ready to help in whatever way she could. She had plenty to contribute and was never shy about making her contribution!

In her spare time Eilis was involved with the Archives of her Order, and this deepened her appreciation of history and the contribution of each individual sister no matter her age or physical situation. She was an example to us all in her enthusiasm, her intelligence and her generosity. Ar dheis De go raibh a ainm.

Lucy Bruton OLC

GOLD

GOLD began in 1998 as a voluntary intercongregational group with a special interest in helping to meet the spiritual needs of older people.

The Group comprises:-

A CHAIRPERSON who is elected from among the group for one year, renewable for three years.

A COMMITTEE: A group of voluntary people who commit themselves for two years at a time.

The average number of meetings is four in any year.

At present the main work of the group is the production of "GOLD" Magazine, which has a readership of approximately 500. For this we have an editorial committee of three. Whereas this is adequate for the time being it is necessary to consider the future and "succession" for the future. Further expertise in this field is needed immediately, particularly in the area of promotion and marketing. There is an openness here for someone who may not be a member of a religious order. We have also begun again to hold our annual conferences on spirituality and related topics.

We are actively seeking new members as it is the opinion of the present committee that with a new energetic thrust, perhaps other services could be provided. We believe that new members, religious or lay, could bring a new vision, energy and enthusiasm to the group as well as new ideas as regards how to meet the spiritual needs of older people.

We appreciate your support and we welcome all enquiries to:

GOLD, c/o Sheila Cronin, CORI, Avila, Bloomfield Avenue,
Donnybrook, Dublin 4. Email: healthcare@cori.ie