

# MMM

*'Rooted and founded in love'*



MEDICAL  
MISSIONARIES  
of MARY

Easter 2022

SUPPLEMENT TO HEALING & DEVELOPMENT - VOLUME 83

# Seeds of Hope



Image: Freepik

[www.mmmworldwide.org](http://www.mmmworldwide.org)



Medical Missionaries of Mary



[mmm\\_worldwide](https://www.instagram.com/mmm_worldwide)



# Welcome

This year we are celebrating Easter with a Seeds of Hope Appeal. In so many places where we work, our role is to empower people, especially the women, to improve their health and general wellbeing. This involved simple things like education, clean water, disease prevention, food security and safe childbirth. For those of you who have participated in the Steps for Hope walking challenge, thank you! For those who want to know more, read about it on the homepage of our website [www.mmmworldwide.org](http://www.mmmworldwide.org)



*Together we can bring “life and life in its fullness” Jn 10:10*

*Sister Sheila Campbell, MMM*

# Seeds of Hope 2022

- Water regeneration, nutrition and agriculture
- Holistic Health and education
- Community Health centres and outreach

Planting seeds of hope is a way of putting our faith into action. Since the Medical Missionaries of Mary (MMM) were founded in 1937 by Mother Mary Martin, we Sisters have been bringing hope to people in some of the poorest and most remote areas of the world. As MMMs, we bring our faith, skills and tenacity to the work that needs to be done despite the possible challenges of the place or situation. Over the years, the work of the MMM Sisters has changed, but the focus of bringing healing and the love of God to women and children in need has been constant.



Thank you to everyone that supported and participated with us on our **Steps for Hope** walking challenge 2022. Here are some photos from our participants!



Today, MMMs are actively planting seeds of hope for future and current generations – literally and metaphorically. This is done by working with the community to create a unique and important program in a wide array of services depending on what is needed:

- Counter Human trafficking, overcoming violence and social injustice
- Maternity safety and wellbeing for mothers and babies
- Economic enterprise and empowerment
- Pastoral care and counselling

The recent events in the world with the COVID-19 Virus has made the conditions for the world's poorest people even more challenging. We are in a situation where we need to share our resources and skills with those in most need and accelerate our efforts. While prayer is a major commitment of the spiritual work of our MMM Sisters, to provide so many services in East, Central and West Africa along with Brazil we must embrace, engage and expand our efforts to make the world better for all – not just those who are privileged.

***Take Steps to spread “Seeds of Hope” this Spring***



***South Sudan sack gardening beneficiary with green peppers***

# Looking for Water

**“Why are you late for school?”**

**“Why did you not come to the clinic?”**

Over time the Sisters in Nangwa, Tanzania, stopped asking these questions as they already knew the answer “We went to look for water”. Sr. Sekunda Kilmario, MMM, tells us this story.

The village of Matangarimo is very dry. Rains only come between March and May each year and with climate change, even this period of rain is uncertain. In their search for water, the villagers often had to walk more than ten kilometres.

School children would get up at 3:00am to search for water before going to class. Mothers would walk the same distance with babies on their backs looking for water rather than going to the clinic for a health check or vaccination. Sometimes the search for water is so acute they go out at night risking being attacked by hyenas and snakes.

Water is essential for life, so what can be done? Dams and boreholes have been tried without success.

Dr. Eamonn Brehony, an AMMM Associate based in Ngramtoni, Tanzania helped provide an answer.

## **Rainwater Harvesting**

This is one of the simplest and oldest methods of water supply for communities, with the collection and storage of rainwater in natural reservoirs or tanks. The villagers themselves asked to learn how to harvest the rainwater, especially using sand dams. They felt these were more appropriate and cheaper to set up and run than pumping schemes. So, a programme was set up for each of the five Matangarimo sub-villages to have a harvesting project – four for sand dams and one for rock catchment.

MMMs at Nangwa Health Centre implemented the Water Harvesting Programme together with the Diocesan Water Department, The District Council Water Department and the villagers.

## **Building Sand Dams**

A sand dam is a wall built across a seasonal sand river with a solid rock foundation. When it rains, the sand dam captures soil-laden water behind it. The sand sinks to the bottom and silt remains suspended in the water. Some rainwater is retained behind the dam and the overflow continues to flow towards the sea. Eventually the dam fills with sand, with water stored between the particles. As more



*Tanzania sand dams local terrain*

water is stored, it seeps out of the sand. Then a well is built so people can access the water. Sand storage dams also have several important advantages over other surface water sources.

They:

- Protect the water source against evaporation since the water is stored below ground in the sand aquifer
- Reduce contamination of the water source by livestock and other animals, since the water is not accessible to them at the surface
- Provide for natural filtration of water flowing through the riverbed sand (disinfection)
- Provide a source of water that is protected from the breeding of mosquitoes and other insects
- Are inexpensive structures that encourage a high level of community involvement

### **Rock Catchment**

With this technique, flat rocks are cemented around the edge of a large, sloping rock and rainwater is directed into a catchment tank. In Matangarimo, a large rocky outcrop was identified and the villagers built a holding wall around the edge of the rock to direct the rainwater via a large pipe into a tank.

This tank can hold 125,000 litres. The rock and the tank are about a 15-minute walk up a steep hill, so the people ran a pipe to a smaller tank in the village itself. By the end of 2018 the first rock catchment tank was complete. With the building of two more of these tanks the village was able to collect enough water for all the villages for the whole year.

### **Looking into the Future**

Sister Sekunda says that the water catchment project has changed the lives of the Matangarimo people.

- Students are punctual at school
- Women can attend clinics regularly
- People can plant vegetables, increasing the amount of food available
- Personal hygiene has improved

Sekunda told us about one woman who had been so frustrated by the lack of water that she wanted to run away. “Now that there is water”, the woman said, “I will build my house here.”

More water catchment projects are needed in all of East Africa. Sr. Maria Borda is currently involved in a project for boreholes in the area of Tanzania where she lives. These are life-giving projects to support.



*Tanzania sand dams, great community participation*

# What do I leave behind?

As we age, we find our memories improve. Maybe not our day-to-day memory, but our past becomes a treasure trove into which we can dip and enjoy our happiest moments. Seamus Heaney, an Irish poet, talked about memory as a waterwheel dipping into the past and bringing up stuff from the deep.

So, as we age, we also ask ourselves “What do we leave behind?” Many have children and grandchildren, of course. But what goodness have we sown that will reap a rich harvest in the future?

One way of sowing for the future is to leave a legacy in your will for the work of the Medical Missionaries of Mary. You may do this in memory of a loved one or just to help us plan our future work. If you wish, you can say where and how this gift will be used. The wording to be used includes “The Congregational Leader, for the time being, of the Medical Missionaries of Mary.”

**We thank you in anticipation for those that take up this suggestion.**



## Seeds of Hope

### Word Search

Medical	Kenya
Seed	Carry
Hoe	Plough
Nigeria	Crop
Water	Soil
Health	Grist

B	R	A	S	M	N	I	P
M	K	E	F	Y	I	A	R
D	E	S	G	R	G	H	P
D	N	D	E	R	E	O	L
C	Y	T	I	A	R	E	O
L	A	S	L	C	I	T	U
W	T	T	N	E	A	B	G
S	H	E	S	O	I	L	H

# Obituaries – Entering into the Fullness of Life



## **Sr. Catherine Therese Onyeugo, MMM**

Sr. Catherine Therese died peacefully in Abakaliki, Nigeria on 26th December. Sr. Catherine Therese was the second African

Sister to join MMM in 1954. A nurse and midwife, she spent most of her life in Nigeria. She was Matron of several of our hospitals, Anua, Afikpo and Ibadan. She was a woman of deep faith. She is buried in the MMM burial plot in Benin City.



## **Sr. Mary Teresa Reilly, MMM**

Sr. Mary Teresa Reilly died peacefully on 30th January in our Nursing Home, Aras Mhuire in Beechgrove, Drogheda.

Sr. Mary Teresa was a gifted

hospital administrator both in Drogheda in the International Missionary Training Hospital and in Kitovu, Uganda. She also served the Congregation as Congregational Secretary for many years.



## **Sr. Mairead Carroll, MMM**

Sr. Mairead Carroll, died on 9th February in Our Lady of Lourdes Hospital. Sr. Mairead was a pharmacist and worked mostly in the Lourdes Hospital in Drogheda,

Spain, Tanzania and Uganda. In later years, she retrained as a hospital chaplain and served both in Drogheda and Dublin. Since 2017 she has been a resident in Aras Mhuire Nursing Home.



## **Sr. Breege Breslin, MMM**

Sr. Breege Breslin died peacefully in Aras Mhuire Nursing Home on Saturday, 12th February 2022.

Her blood sister, Sr. Gemma Breslin, was also in MMM. Sr.

Breege spent almost forty years of her active

missionary life in Kenya, working as a nurse and midwife. She returned to Ireland in 2006 and was an active member of the Motherhouse community for many years before moving to Aras Mhuire in 2016.



## **Sr. M. Trinitas McMullan, MMM**

Sr. M. Trinitas McMullan died peacefully in Aras Mhuire Nursing Home on 22nd February 2022, aged 88. Originally from Belfast, Sr. M. Trinitas was a

nurse and midwife. She spent most of her active life in Nigeria. She was the Matron at several of our hospitals, Ikot Ene, Ogoja, Eleta and Itam. On her return to Ireland, she cared for our sick and elderly Sisters in the Motherhouse in Drogheda for over ten years.



## **Sr. Patricia Byrne, MMM**

Sr. Patricia Byrne passed away peacefully in Aras Mhuire Nursing Home on 27th February. Sr. Patricia worked in the hospital in Drogheda

for many years and for almost thirty years was administrator in our hospitals in Tanzania. She returned to Ireland following a serious traffic accident in 2000 and made a good recovery.



## **Sr. Úna Ní Riain, MMM**

Sr. Úna died unexpectedly but peacefully in the early hours of 11th March, in Aras Mhuire. A native Irish speaker, Úna was a Nurse Tutor and worked for

many years in Nigeria, Malawi and Ethiopia. She was best known for her gentle, out-going personality. She had a beautiful singing voice and quietly showed her concern and interest in the needs of the other Sisters, patients and staff.

*“Hope is being able to see that there is light despite all of the darkness.” – Desmond Tutu*



## **Work with us!**

- Pray with us  
We remember you each day.
- Make a donation by mail or online at [www.mmmworldwide.org](http://www.mmmworldwide.org)
- Join us as members of MMM.
- Share our charism as an MMM Associate.

Donations specified for a country or special need (e.g. palliative care), are sent to the country or need. We allocate other donations to the most urgent needs overseas or to our General Mission Fund.

### **Privacy**

We respect your privacy. Any information that you provide to us will only be used for the purpose for which it is given, and will be processed in compliance with the Irish Data Protection Legislation. It will not be shared with any other organisation, unless required by law, or requested by you, such as for the processing of a tax claim.

Our policy is to keep your contact details on our database for the purposes that you indicate. At any time, you may request us to remove your details by contacting MMM Communications by post or phone at the address below.

### **Our Addresses:**

#### **Please mail your donations to:**

MMM Communications,  
Beechgrove, Hardman's Gardens,  
Drogheda, Co. Louth,  
Ireland A92 XKX0

Tel: +353 1 288 7180

Email: [mmmcomm37@gmail.com](mailto:mmmcomm37@gmail.com)

#### **OR** Mission Development Office,

179 Highland Ave  
Somerville, MA 02143-1515 USA

Tel: + 1 857 523 9983

Email: [mdommm2014@gmail.com](mailto:mdommm2014@gmail.com)

#### **OR** Send direct to our bank account:

Medical Missionaries of Mary,  
Bank of Ireland, Ballsbridge,  
Dublin 4

IBAN IE88 BOFI 9012 1262 835417

BIC (Swift) BOFIE2D

#### **OR**

Medical Missionaries of Mary,  
Bank of Ireland, Trevor Hill,  
Newry, Co. Down.

IBAN GB10 BOFI 9023 3812 3180

32 BIC (Swift) BOFIGB2B

***N.B. Please ask your bank to include your name with your transfer OR Send online through our website.***

Charity Reg. Nos. Ireland: CHY 7150. In the USA, we are a Tax Exempt 501 (c) (3) Non-Profit Organisation.

If you have donated to MMM recently, thank you for your generosity

**Come visit us at: [www.mmmworldwide.org](http://www.mmmworldwide.org)**