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# THE HEALING TOUCH

The Newsletter of the Medical Missionaries of Mary  
*'Rooted and founded in love'*

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

*A warm welcome to all our new online subscribers!*

We are delighted that you signed up recently and we hope you will enjoy our "news and views" every two months – feel part of the great MMM family.



## News from MMM Areas



### **KENYA:**

**Nairobi:** The MMM Leadership Teams are meeting in Nairobi this month. As well as taking some important decisions and planning for the future, they will also be renewing friendship ties and gathering information on happenings in the world of health. When MMMs meet, there are always letters to be carried, and exchanged. Bulging suitcases! Good luck with the travels.

### **Nigeria:**

Ten young women (five Nigerians, two Ugandans; one Kenyan and two Tanzanians) are

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Sisters (three from Nigeria and one from Uganda) have completed the Novitiate programme and now are assigned on mission.

### Students:

Many young women are qualified professionally on joining MMM. But modern times call for continual updating. Two Sisters have just finished their postgraduate studies and are returning to mission in Angola and Kenya. Five more are beginning University courses, four in Nursing and one in Surgery. We wish all our students well.

## Rebuilding Hope



*By Sr. Odette Nahayo MMM*

One day I was facilitating a programme for the needy elderly people in our community in Wau, South Sudan, and a young woman, whose name I came to know later as Fatima, came in and sat in the corner.

She had a child on her lap. My first reaction was to ask her to leave because she was obviously not one of the present group. However, I felt I should first listen to her story before making any decision. I asked her to wait a little, promising that I would attend to her when I finish the session with the group, which normally takes only 30 minutes. ([Read More](#)).

## Bread for Breakfast - Café de Manha



*Sr. Jacinta Ugonma Mahakwe MMM*

The Medical Missionaries of Mary live and work in Salvador - Bahia, Brazil. Since 2000, we have been working in a lower income, peripheral area of the city. It has a predominantly Afro-Brazilian descendant population with more than 90% black/persons of colour. The neighbourhood is marked by violence and a high incidence of substance abuse. Sr. Jacinta tells the story of a meeting with a small boy. ([read more](#)).



## Celebrating 1952



This year we celebrated the

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a good time to look back at 1952 in the MMM world and see what was happening then. ([read more](#)).



## Sack Gardening and Food Security



Torugbene mission in southern Nigeria has helped us to discover new and creative ways to live and survive in the climate of this mission. Growing plants and vegetables in sacks is one of them. When we MMMs arrived, we had great difficulty in finding a particular kind of green leaves we were used to. In fact we discovered the local people ate very few fresh vegetables. The long search in Torugbene to find fresh vegetables spurred us into action to start growing through sack gardening. ([Read More](#)).

## Meet the Sisters



### Sr. Bernadette Heneghan

Bernadette, known more colloquially as “Bernie”, comes across as quiet and shy at times, but underneath she has a bubbly and warm personality. She enjoys a good joke, can see the fun in situations and adores being with children.

Bernie was born in Claremorris, Co. Mayo, the second eldest in a family of five. Although she lived in the town, her grandparents lived in a rural area so Bernie feels she had the advantages of both environments. She was educated at the local Mercy convent schools. From an early age she knew she had a religious vocation, but knew it was not for the Mercy Sisters. She was influenced by an elderly great aunt who was a Nursing Sister in Texas and heard family stories about her. ([Read More](#)).



## Inspiration



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***"I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good."***

- Maya Angelou



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