



heart to heart

NAZARETH HOUSE

CAPE TOWN

A newsletter for friends of Nazareth House

Our Summer 2011

You were 'present' at our family Christmas



As the Summer school holidays begin, a few weeks before Christmas, the excitement starts building up, as our children – like any others - look forward to Christmas day.

Our elderly residents, and Hospice patients also join in, but in a quieter way – enjoying the carols, thinking back to happy memories, and feeling surrounded by care and kindness.

Christmas trees are put up and decorated; the children's drawings reflect scenes of the Nativity; and each child carries a special wish for a gift marked with their name on Christmas morning.

Dressing up for mass and a celebratory lunch is all part of this special day. And this

Christmas past was no different because of your love and generosity.

Thank you for being part of our family over the festive season, and into this new year.

Because Christmas is, really all about family.



Thanks to the caring kindness of friends like you, our children young and old each had brightly wrapped gifts to open. Father Christmas delivered the presents personally, amid shrieks of delight, broad smiles and much excitement.



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Little Lola is coming on in leaps and bounds

Since her 'new beginning' at Nazareth House when she began to respond like a shy Spring flower testing the weather, little Lola is now really blossoming. Her development has really leapt forward.

Although she still talks in two word sentences her vocabulary bank has increased. And she's soon due for assessment to see whether she's ready for pre-school.

Lola's favourite activity at the moment is jumping on the trampoline – a new and exciting skill for her. Plus she loves learning and singing new songs, and pointing to things in her environment to have them named.

She's also quite the 'little mother'

with the other children, repeating 'No' with a wagging finger in imitation of a carer discouraging bad behaviour, and she's always the one to go back to fetch a peer lagging behind on the way to the lunch table.

It's incredible how much can be achieved in a small child's life with love and attention. Thank you for adding your love and attention to ours.



Message from Sister Veronica



It's been such a pleasure sharing the core values of Nazareth House with you over the last few years – and the final value is patience – a word that can be interpreted in many ways but attributed to few.

I always think of patience as a calming word, a word of deep meaning and thought. Here at Nazareth House, patience is a critical part of our everyday life. It reaches from caring for our much-loved elderly whose mobility has dwindled or whose mind has become forgetful, to struggling terribly to reunite a child back into the loving arms of family when you have no idea where they live, and more sadly to providing prayer and love during the last days of someone's life.

Ralph Marston once write: 'The keys to patience are acceptance and faith. Accept things as they are, and look realistically at the world around you. Have faith in yourself, and in the direction you have chosen'.

As Sisters of Nazareth, we have chosen a path to care for those less fortunate, to give dignity back to those who may have lost their fight to live, to embrace the traumatized child in the moonlight hours, and most importantly, to celebrate the Lord's work.

For some of us, to see another year ended is a reminder that we are getting older, and somehow each year seems to go by much faster. It is also a joyful reflection of good work to humanity in partnership with you, to add to our history of caring.

Our ministries were received with appreciation during last year, and our vision was reaffirmed. With hearts filled with love and gratitude, I thank and treasure you for touching the many lives in which we've been privileged to make a difference. Please join me in embracing 2011 knowing that while we sleep God will be awake to watch over us; and while we work, His providence will provide for us.

God bless you,
Sister Veronica



Sister Anna Mercy joins our team

Sister Anna Mercy first read about the Sisters of Nazareth during her schooldays in Zimbabwe, and says that she knew for nine years that she had a vocation to religious life.

After school she gained three years of experience in caring for children in a boarding school environment. This included some children with disabilities. Then in the year 2000 she chose to join the Sisters of Nazareth to do the will of God through caring for the poor, sick, elderly and children.

Over the years Sister Anna Mercy has gone from candidate to postulant to novice and her first profession of her religious vows. Her final profession will be made later this year.



As she assists Sister Margaret in caring for our children, Sister Anna Mercy believes that

After the children, Sister Anna Mercy's second love is her vegetable garden where the children love to work alongside her.

by listening to the disabled children with her heart she learns much from them.

Her greatest joy is seeing how our mentally challenged little ones respond to being taught how to do things for themselves, and how much they have to offer in return – never forgetting a hurt or a kindness.

There couldn't be a better heart and hands through which your kindnesses pass to every child in our care.

*"For Nayla to grow, she needs lots of love."
(Sister Anna Mercy)*



In addition to being a Foetal Alcohol baby, Nayla also has Turner's Syndrome resulting in slow growth and developmental delays. Since the day she came to us, completely unable to move, Nayla is now able to turn herself – the result of lots of love, and more.

How your role in the hospice team was part of Zuki beating the odds

At the outset, Zuki was blessed in having an employer who cared about her. Noticing the deterioration of her health as she struggled with TB, he took Zuki to his own doctor who immediately admitted her to our St Michael's Hospice.

Zuki was so frail that she could barely stand or speak. She weighed only 86lbs (39kgs). She only had a 20% chance of survival.

In the journey that followed, we used a team approach – a loving group of dedicated people and an intensive nutrition programme.

We're delighted to tell you that eight weeks later, Zuki

danced out of St Michael's 13lbs (6kgs) heavier, in good health and committed to her future wellbeing.

Zuki defied the odds against her and it was a privilege for us to help her. We thank you for being part of her new lease of life.



The biggest disease today is not leprosy, AIDS or TB, but rather the feeling of being unwanted, uncared for and deserted by everyone.

(Mother Teresa)



A Day in the Life



'Washday' for our baby cots – drying out in the summer sunshine.

One of our recent additions receiving comfort from Sister Mura.



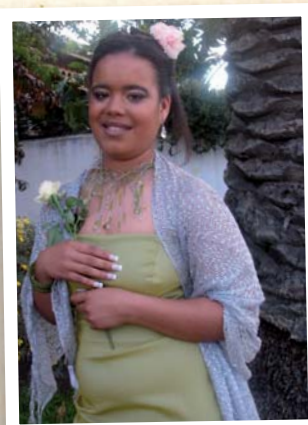
It's long over now, but our children didn't miss out on all the excitement and festivity of the 2010 Soccer World Cup.

Daily nap time for our littlies.



Vuyo, who is hearing impaired, reaches out to touch the angel on one of our Nazareth House Christmas trees – his first Christmas tree ever.

Erika ready to go to her farewell dance, before she left our care to start a new future with her family.



130 Years of caring

2011 celebrates 130 years of caring for young and old alike, with the recent inclusion of those suffering from HIV/Aids and other terminal illnesses.

Since 1881, more than 6 500 children have found a safe haven with the Sisters. Some have stayed for only a short but essential period. But for others, Nazareth House has been and still is 'home' forever.

Along the way, many hands have helped us in caring for the poor and vulnerable – not the least yours. So whether you're an established or recent supporter and friend of Nazareth House, this is your milestone too.

We hope that you will join us in celebrating this anniversary with a sense of joy and achievement.

You'll be wondering about Zuma and Zelli

Sadly, we're still no closer to being in touch with Zuma and Zelli's family, but the boys have settled well.

Zuma starts Grade 1 at school this year, whilst Zelli will continue to enjoy his pre-primary activities.



With a bad dose of chicken pox behind them both boys were able to enjoy our Nazareth House family Christmas – a time when you were lovingly held in our thoughts.

Have you visited our website?

Along with our letters and newsletters, our website is a valuable source of information about Nazareth House.

If you're a regular 'visitor' we hope that you enjoy being kept up to date on our 'happenings' on a regular basis.

If you haven't yet explored our website, we invite you to do so soon, on www.nazhouse.co.za

It's just another way of keeping in touch, and seeing your donations at work.

