

**One of the many experiences I had in IRELAND
and my first week in ENGLAND.**



Philomina Nyamkor and Bridget Veale

Meeting each other
brought joy within us.



Philomina Nyamkor and Breda Foley

They were happy seeing the young around them. There was a sense of joy for the young tapping into the wisdom of our elders and for the elders tapping the energy of the young.

I was overwhelmed by my experience of meeting our older sisters in both Ireland and England. I had only heard of them from my other sisters or just read about them.



Philomina Nyamkor, Ita Sutherland, Victoria Lagya
and Constance Mhini

I felt motivated and encouraged when I listened to them share their life experiences. I was blessed to get a firsthand experience of their stories. I felt touched hearing some of them say "you remind me of my good old days".

Seeing that all that they laboured for is what I am enjoying today really challenged me to play my part. It was really wonderful to be together and share positive energies. That is the beauty of our congregation. I am privileged to receive this grace. Here are some few pictures of us.

Sharing by Sister Philomina Nyamkor
Temporary Professed Sister from Nigeria