

# NEWSLETTER



Fundação Obra Social  
das Religiosas Dominicanas Irlandesas

**WE PARTICIPATE AND WALK TOGETHER TOWARDS THE MISSION**

The Social Work Foundation of the Irish Dominican Sisters, through its centres (Colégio Bom Sucesso, Centro Sagrada Família and Casinha Nossa Senhora), wishes all its readers a good school year, with lots of joy and hope.

As we begin anew, I would like to highlight three themes that can help us reflect:

- Pope Francis' message on the Jubilee Year 2025, positioning us as "Pilgrims of Hope". In the midst of so many horrific wars, what can each of us, as a community, do as a sign of Peace and Hope?
- Pilgrimage to Fatima - The team from the Holy Family Centre (CSF) was in Fatima on 28 and 29 September. Do we always remember that we are never alone, even if the paths are very challenging?
- Families with a Soul' social project. How can I help and let my family and friends know about it?

I'll end with two recommendations for training / reflection:

- Course - Jesus Christ - History and Faith given by Friar José Nunes - [www.ista.pt](http://www.ista.pt)
- Weekly reflections written by Carla Correia, CSF Director - [www.iMissio.net](http://www.iMissio.net)

**JOÃO SALES LUÍS**

**Presidente do Conselho de Administração**

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VERITAS

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In these days of so much war, so much cruelty and violence against innocent children, women and men, and the devastation that these same bombs are causing on our planet, it's hard to have hope. We are afraid of the future, but Jesus said: 'Do not be afraid, I am with you always'. Every day we pray the Our Father, which is the prayer that Jesus taught us. Our Father, not mine or yours, but ours. The call to treat every person as my sister or brother we find difficult. The person begging at the supermarket door is my brother! The Palestinians, the Israelis too. What does that require of me? I like this version of the 'Our Father' that we used the other day in our community. 'God first, then live God's will and be God's kingdom. Be simple and ask for your bread, and make sure others have theirs too. Be forgiving and forgive. And stay on God's trail.



**SISTER BRIDGET**

**Congregação das  
Religiosas Dominicanas Irlandesas**

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das Religiosas Dominicanas Irmãs

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Another new (re)beginning. The new school year calls for willingness, boldness and commitment to new projects, both personal and communal: dedicating yourself more to studying, paying more attention to the poor and needy, praying a little more (talking to God, to Jesus...), committing yourself more to the human community and the Church, in short, may this new year be one of growth in every sense!



**FREI JOSÉ NUNES O.P**

**Capelão F.O.S.R.D.I.**

# PASTORAL WORK WITH DOMINICAN SPIRITUALITY

**POR COLÉGIO DO BOM SUCESSO**

For the second year running, the Bom Sucesso Pastoral organised a procession of Our Lady of Fatima to the Jerónimos Church. It was close to six in the evening when, in the church courtyard, Friar Zé Nunes reminded everyone who had gathered there of the purpose of our prayer. We were together to pray for peace in the world, to ask Our Lady to bring peace to people's hearts and for each of us to help contribute to peace among all!

With these intentions we prayed the five mysteries and at the end of the journey we entered the enormous Church of Bethlehem. It was moving to see teachers, parents, grandparents and students enter in silence with their candles lit, scattering the church with many symbolic and hopeful lights as they prayed the Hail Queen.... When the float passed from the shoulders of the parents to those of the teachers, they began to sing 'A13 de Mayo...' and as the image of Our Lady passed by, everyone waved their white handkerchiefs...

In the end, we felt moved and united around Our Lady, who, as our Mother, protects and guides us. Next year, in October, we will once again take Our Lady of Fatima to the Jerónimos and pray for PEACE between us.



# EDUCATION AND FAMILY

## POR CASINHA DE NOSSA SENHORA

Nowadays, the importance of nurseries in children's overall development is recognised, covering areas such as motor skills and language, which are interconnected. In addition to indoor activities, it is crucial to value contact with the outdoors.

At Casinha de Nossa Senhora, all the classrooms regularly organise outdoor outings, involving staff and families, given the need for more support as the children are still developing their autonomy. However, mobilising families for these outings is not always easy.

The crèche was looking for a solution that would facilitate these outings in a more independent way. After some research, we applied to the Dominican Fund established to support its mission by financing projects in which the Dominican Sisters are involved. The purchase of a bus that safely transports six babies and children was approved. This novelty simplifies trips to the garden and enhances contact with the outside world, promoting valuable learning.

We believe, as Professor Carlos Neto says, that 'it is urgent for children to play and be active in nature'. We are grateful for this support from the Sisters, which will benefit the whole community, especially our children.



# FAMILIES WITH SOUL

POR CENTRO SAGRADA FAMÍLIA



The Famílias com Alma Project initially arose from the need to respond to the needs of the most deprived population. In response to these needs, protocols and partnerships were developed to support users/families in need of food. Subsequently, when we realised that support doesn't stop at food, we came up with the idea of extending our support to other needs, such as health, hygiene/comfort, education and vocational training.

The team's day-to-day work encompasses a variety of tasks, from collecting surpluses at LIDL and Pingo Doce, which contribute greatly to the response capacity of our Social Grocery (33 families - 116 users) and Social Canteen (60 meals a day), as well as carrying out social consultations and participating in employability networks that allow us to refer users who are unemployed.

Our intervention strategy involves promoting personal and social skills, which is why we promote participation in all other activities that meet our main areas of activity, such as empowerment (education, training and employment) and promoting inclusion and reducing isolation.

"People's capacity for change is proportional to their capacity for choice." - Madeleine Albright

Every day we aim to continue working towards a more inclusive society, promoting, on the one hand, the reorganisation, autonomy, psychosocial well-being, training, empowerment and stability of the person/family and, on the other, the consolidation of support and partnership networks in the community.

