



WELCOME to our summer/autumn edition of the Loreto Spirituality Centre News.

In this edition we will introduce you to some of the staff you will meet on a daily basis, and tell you something about the activities in our garden and kitchen! We will remind you of some of our events in the near future and share a little about Teresa Ball whose bicentenary we are celebrating this year.

Gardening with Goats!



All aspects of the garden are now coming into bloom. Vaughan, our gardener-cum-maintenance man is busy keeping on top of the grass cutting and the flower beds - luckily the goats have left the plants alone for the last few weeks and have found plentiful food on the Orme.

We are trying a new venture this year and have introduced a small patch of wild flowers on one of the lawns. We are hoping, if this is successful, to expand this area next year with a view to attracting and supporting the bees.

Our other project has been buying and erecting a shed for Chris (our Chef) to use for potting up. We have managed to find a small area of garden that we have 'goat proofed', or so we think!

So far Chris has planted, lettuce, tomatoes, cucumbers and peppers. We hope to have as much success as last year.



Gardening Tips from Chris

If growing lettuce, especially in a small space, try growing in containers that allow for numerous plants. When ready to eat, don't harvest the whole plant, just take a few leaves from each. This will allow each plant to continue to grow and keep you in lettuce all summer.

If you live near a beach then Seaweed is an excellent soil fertiliser. It is free to harvest and will increase your yield.

We will keep you updated on the garden and hope you found the tips useful.



Queen's Platinum Jubilee celebrations

The whole country has been busy celebrating the Queen's Platinum Jubilee and we had an enjoyable garden party organised by Loreto House, where the Sisters live. This was attended by many Loreto Sisters who came from different parts of the country, as well as the Llandudno Community and all the staff from the Centre and Loreto House. The sun shone brightly and everyone enjoyed the delicious food and a variety of entertainment throughout the afternoon.

The Staff - We would like to introduce you to some members now familiar to regular visitors!

Annette Jones

It wasn't only the Queen who was celebrating a Jubilee this year, but also Annette Jones, our housekeeper, celebrated 25 years of working at Loreto Centre in May. Annette has seen many developments at the Centre over the years, both in personnel and buildings. She has taken all this in her stride and continues to make sure that all guests are welcomed and the house runs smoothly. We held a small celebration to mark this achievement and it was fitting that her first employer, Sister Brigid Kenny, made the presentation. Annette greatly appreciated this and was able to reminisce about times past. She enjoyed her favourite dessert, Sherry Trifle, courtesy of Chris our Chef, and believe me there was plenty of Sherry in that Trifle! Annette's association with the Loreto Community is not just restricted to her working life as she also attended the former Loreto school here.



Vaughan Carlton-Hughes

Vaughan is our gardener-cum-handyman. He looks after the gardens and contends with the goats which, during the winter and early spring, spend most of their time eating our plants!

Vaughan is also always happy to fix any problems we may have with the day to day maintenance of the building. You will often see him busy in the grounds tending to the plants.

Chris Walker

I first started cooking in school, at the age of 12 and haven't stopped since! On leaving school I attended Kelsterton Catering College for 2 years and qualified as a chef. I then went straight into the catering industry and have worked in many local hotels as a head chef. These include: The Maenon Abbey; The Rhos Abbey; The Gogarth Abbey. Sadly, many of these have now closed. I left the hotel industry 18 years ago and came to work at the Loreto Centre. All in all I have spent 46 years as a chef and it has been 46 years of a passion for cooking. I still like to try out new recipes and watch some of the celebrity chef shows to give me new ideas. I recently tried out a recipe from Nadia - this went down well with our guests.

My other two loves are growing fruit and veg for guests at the Centre and angling. On my days off I am often found on one of the local beaches fishing for Bass.



Liz Pugh

My name is Liz and I am the Office Administrator here at the Loreto Spirituality Centre. I live in Llandudno with my partner and two teenage children. I ensure that the Centre runs smoothly and efficiently, from taking bookings and payments to handling any issues that may arise when you are here. Often I am the first person you speak to when contacting us and I will do my utmost to make sure that your stay with us is a peaceful and pleasant experience!

In the coming months . . .

Individually Guided Retreats

There are still spaces available on the following silent, individually guided retreats:

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|---------------------|---------------|
| 25 July - 3 August | 8 Day Retreat |
| 16 - 25 August | 8 Day Retreat |
| 26 Sept - 5 October | 8 Day Retreat |
| 7 - 16 November | 8 Day Retreat |

Preached Retreat

8 - 15 August Monsignor Pat Kilgariff

Film Retreat

23 - 25 September

Community Church: Una Coogan IBVM

Praying with Scripture

14 - 16 October

With Jesus and the Beloved Disciple: Praying the Gospel of John
Jim Crampsey SJ

Advent Triduum

28 November - 2 December

From Darkness to Dawn: Tom McGuinness SJ and Magdalen Lawler SND

For more information, and events in the early months of 2023, please see our website or contact the Centre for a programme.

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Registered Charity 250607

We need your help . . .

These are difficult times for many and all of us have been badly affected by Covid and the financial crisis. We would like to welcome everyone to Loreto Centre including those who cannot afford the full cost of an event. We have a small bursary fund and would like to add to this so that those who need can avail of it. Any donation towards this fund, however small, will be gratefully received. You can do this by cheque or bank transfer and if you are a tax payer you can gift aid your donation. If you would like to make a donation towards the upkeep of the Centre that would also be very welcome.

Cheques should be made payable to **Loreto Centre** and the details for a bank transfer are as follows:

Cooperative Bank, PO Box 101, 1 Balloon Street, Manchester M60 4EP

Account Name: Loreto Sisters-Loreto Centre

Account No. 65498136

Sort Code: 08 90 00

International Bank a/c number

GB34 CPBK 0890 0065 4981 36

Bank Identification Code

CPBK GB22

Frances Teresa Ball

In our last newsletter, we introduced you to Mary Ward, the foundress of our religious order and a woman who inspired numerous others by her vision and way of life. In the current edition, we would like to share a little about a 19th Century Irish Woman, Frances Teresa Ball, who played a vital role in the history of the Institute.



Frances came from a family that valued education, not only for boys, but also for their daughters. She was sent to school in the Bar Convent, York which was run by the Institute founded by Mary Ward. Having completed her education, she returned to Dublin, and joined a movement who believed that women could make a difference in society. They spent their lives making a difference socially and responding to the needs of the poor.

Frances became deeply moved when at a dance, she heard the words 'Seek first the Kingdom of God' spoken to her, and felt drawn to the religious life. Wondering about the next steps, she consulted the Archbishop, who was at the time very concerned for the poor of the city, and keen to establish education and health care for all. He encouraged her to return to the Bar Convent to make her novitiate, after which she would found a school in Dublin with the same mission and ethos as that in York. As a religious sister, she took the name Teresa.

In 1821, the first Loreto School was opened in Ireland. Others were to follow, and many women joined Teresa in her mission. In the spirit of Mary Ward, whenever she opened a fee paying school for the wealthy, she also opened a free school for the poor. Many of these schools thrive to this day. After her death an article in a Dublin newspaper said '... during the last 40 years the education of a great portion of the female youth of Ireland both rich and poor, has been conducted under her guidance'.

Teresa was a born leader, and also a good friend. Her skills included architecture and she designed the buildings for her convents and schools, taking care to ensure their suitability for the sisters and pupils in her care.

From Ireland, Teresa Ball responded to the needs and invitations where the sisters could make a difference and where the poor were to be served. She opened houses in India, England, Canada, Mauritius, Australia, Spain and East and South Africa. In more recent decades there have been foundations in many other countries across the globe.

The gift of Teresa Ball to us is her great missionary zeal, which took the vision and mission of Mary Ward far and wide. In the 19th Century, this was no small task!

"The mercies of the Lord I will sing forever."

"Go set the world on fire with the love of God."