



Rā Whānau **SUZANNE AUBERT!**

.....

'Kindness is what most resembles God'

19 June 2020 is Suzanne Aubert's 185th Birthday

You are invited to join the celebration!

Make a cupcake of compassion in time for Suzanne's birthday.

How will you follow in Suzanne Aubert's spirit of Compassion?

Compassion and kindness is needed in today's world as much as it was when Suzanne lived her life of heroic service and compassion.

 **compassion** *te pūaroha*

www.compassion.org.nz/schools



A COMPASSION CUPCAKE

1

EXPLORE

Suzanne Aubert's heroic life of compassion

- Read the 'Suzanne Aubert: a life of heroic service and compassion' pages
- Explore videos, books, and other resources at <http://compassion.org.nz/schools/suzanne-aubert/>
- Ponder on and then write your responses to the 'Reflect' prompts

2

MAKE your Compassion Cupcake

Choose from these activities to wish Suzanne Aubert Happy Birthday:

Write a recipe for a Compassion Cupcake

Create a cupcake artwork

Check out the 'Make' information pages for more instructions

Write your prayer for Compassion

Make & decorate some real Birthday Cupcakes!

3

SHARE the Celebration

Share your work with the Sisters of Compassion. Share a cupcake.

SUZANNE AUBERT

A LIFE OF HEROIC SERVICE AND COMPASSION

SUZANNE'S EARLY LIFE:

Experiences in Suzanne's early life influenced her. Suzanne grew up in France in a close-knit family.

When she was about two years old, Suzanne fell through the icy surface of a pond while trying to catch a little pig, and became temporarily crippled and blind. Louis, her brother who had a disability, died young. These experiences gave her an enduring feeling for people with disabilities.

Suzanne was also influenced by the social and charitable work of people in her community. Suzanne helped her grandmother Josephine P rier feed the hungry, her mother worked for church welfare organisations and Suzanne as a young woman nursed with the Sisters of Charity.

When she was 25, Suzanne journeyed half way round the world to Aotearoa.

REFLECT:

How have experiences in my life influenced me?

Where do I notice need in my community and the world?

SUZANNE'S FAITH:

Suzanne's faith was the foundation for everything she did.

Suzanne:

- trusted that if she did what she could, God would provide the help she needed for her mahi
- saw Christ in everyone and treated every person with dignity, accepting them as they were
- went to the margins of society and cared for people most in need and people of "all creeds and none"
- lived a life of action and prayer -- she always carried her prayer books in her pocket



REFLECT:

Sometimes it is hard to be kind to others, to treat everyone with dignity. When will I try to be kinder to others?

SUZANNE AUBERT

A LIFE OF HEROIC SERVICE AND COMPASSION

SUZANNE'S MAHI:

Everything Suzanne did was to help others. Suzanne:

- was bilcultural in her approach
- used all her gifts to help others--she taught, nursed, wrote books in English, Māori and French, developed herbal remedies using Māori rongoā and Pākehā science
- built churches, and places to care for the spiritual, physical and emotional needs of people
- founded the Sisters of Compassion, New Zealand's only religious order stayed true to her mission, and altered her course when it was needed



REFLECT:

What are my gifts?

How do I use my gifts to help others?

How will I use my gifts in the future?

Suzanne's achievements over the course of her life were immense. She knew that our small everyday actions and attitudes are important too.

GO FURTHER:

READ 'Suzanne's Wisdom'

SUZANNE'S ENDURING LEGACY:

Suzanne did not do her mahi alone. Other women joined her and people from all walks of life supported her. When she died in 1926 at the age of 91, Suzanne left strong foundations for her work of Compassion to continue.

The work of the Sisters spread throughout NZ, Australia, and the Pacific and has touched the lives of people across cultures and generations.

In 2020, the Sisters and their coworkers respond to need with their mahi in aged care, social housing, and pastoral care. The work of the Compassion Soup Kitchen has been needed since 1901.

Today we pray that Venerable Suzanne Aubert will be recognised as Aotearoa New Zealand's first Saint.

REFLECT:

What do I want to be remembered for?

Compassion is needed more than ever in our world. The examples of Suzanne Aubert and the Sisters of Compassion give us ideas for how we can live as people of Compassion in Aotearoa.

GO FURTHER:

READ 'Suzanne's Legacy' & 'Compassion in Action'

Suzanne Aubert is known for her many wise sayings. In 2017, the Sisters of Compassion chose a small selection of quotes to feature in the landscaped cloister at Our Lady's Home of Compassion in Island Bay, Wellington.

'Gratitude is the most beautiful ornament
of the human heart'

'Gratitude is the most beautiful ornament of the human heart'

~ Suzanne Aubert

Suzanne's words of wisdom are as relevant today as they were in her time.

'Kindness is what most resembles God'

'Silence is the most beautiful voice in the world. It is the guardian of Peace and Charity'

WHAT ARE THE SMALL ACTIONS I CAN TAKE AND ATTITUDES I CAN PRACTICE TO MAKE A DIFFERENCE IN MY COMMUNITIES?

'Let us cultivate hope, that small flower which we should always bring to those in need'

'Let us never lose courage on our journey'

'When people laugh at you, laugh with them, and tell them they are quite right'

SUZANNE'S LEGACY

COMPASSION IN AOTEAROA NEW ZEALAND

Compassion is a word we hear a lot today. What does it mean?

THE FOUNDING OF THE SISTERS OF COMPASSION:

Suzanne Aubert was appointed Mother Superior of a new home-grown religious order on 14 October 1892. Archbishop Redwood said to Suzanne, 'Since you are called to compassionate every form of human misery, your title must be "Daughters of Our Lady of Compassion".'

The definition of COMPASSION for the Sisters of Compassion is "suffering with".



The medal worn by the Sisters of Compassion was designed by Suzanne Aubert. On the front of the medal, we see Mary standing at the foot of the cross with the inscription "He died for us".



The Sisters always have a statue of the Pietà in their Homes. The Pietà depicts Mary holding Jesus' body in her arms. It is an image of suffering. Suzanne ordered this Pietà from Europe. It sits in the garden outside her Resting Place.

THE VALUES OF COMPASSION:

The Sisters continue to live by the enduring values of Suzanne Aubert. The values tell us something about how to live a life with Compassion.

Divine Providence

He manaakitanga atua tapu

We do our part and let God do His

Simplicity

He ngāwaritanga

We work in an open and simple manner

Action with the Poor

Ngā awhina ki ngā rawakore

Our primary concern is to support the most disadvantaged

Partnership

Te kotahitanga

We will develop and nurture partnerships

Justice

He tika o ngā tāngata ki ngā tāngata

We recognise the rights and intrinsic good of all

REFLECT:

What does 'Compassion' mean to me? (How would you explain Compassion to someone else?)

Where have I seen compassion in action recently?

The Compassion Soup Kitchen has been needed since 1901

BEGINNINGS:

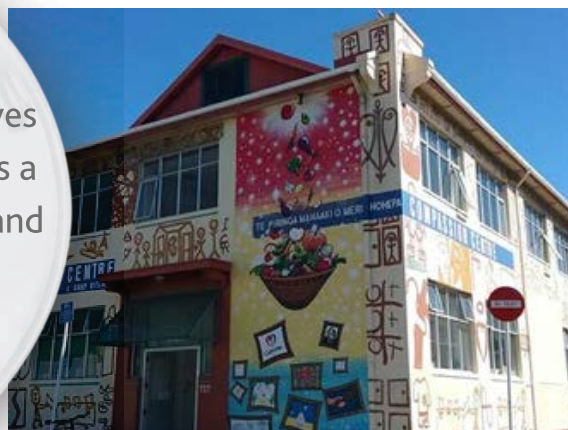


Suzanne Aubert and the sisters opened the Soup Kitchen soon after arriving in Wellington. They began serving soup to around 80 men each day out of a sliding window in the kitchen of St Joseph's Home for Incurables in Buckle St. Unemployment was rising as men came to the city in search of work.

The Sisters with their iconic 'begging pram' were a regular sight on the cobbled streets of Wellington for many years. Suzanne said that enough food was wasted to feed everyone in Wellington.



Today the Soup Kitchen serves breakfast and dinner six days a week. Everyone is welcome and treated with dignity and respect.



RESPONDING TO COVID-19:



During Alert Level 4, the Compassion Soup Kitchen was deemed an essential service. To keep everyone safe, the dining room was closed and the Soup Kitchen switched from serving two meals, to serving one larger takeaway meal seven days a week. The number of people needing food doubled from 70 to 150 meals a day and the Soup Kitchen also provided meals for women's and men's night shelters.

A COMPASSION CUPCAKE

ACTIVITIES TO CELEBRATE SUZANNE AUBERT'S 185TH BIRTHDAY



A Recipe has ingredients, and a method (instructions) for cooking food.

This recipe is a little different!

Imagine you are baking a cupcake.

It's not flavoured with vanilla or chocolate.

It's flavoured with Compassion.

What ingredients will you put in your cupcake so it is flavoured with Compassion through and through ?

Love, Kindness, Courage, Friendship, Hope, Gratitude, Simplicity, Justice? What else?

How much of each?

A handful, a dash, a cup, a teaspoon?

What method is needed to make the cupcake?

Will you

measure, blend, mix, fold through, divide into portions?

How long will you cook your cupcakes for?

How many cupcakes will the recipe make?

How long will they keep for?

What else is important? Icing perhaps!



My Recipe Notes:



COMPASSION CUPCAKE

*for Suzanne Aubert's Birthday,
19 June 2020*

created by: _____

INGREDIENTS

METHOD

01

02

03

04

TIMES

A COMPASSION CUPCAKE

ACTIVITIES TO CELEBRATE SUZANNE AUBERT'S 185TH BIRTHDAY



Choose one of the cupcake templates



Print out the template.



On the cupcake wrapper write "Happy Birthday Suzanne Aubert" in your chosen language and with your favourite name for Suzanne. (See the "Happy Birthday" page.)



On the icing, write your favourite quote by Suzanne

Aubert. (See "Suzanne's Wisdom".) You can add your prayer for Compassion in the space around the candle.

Now colour in and decorate your cupcake.

Or create your own cupcake art your way

Use the blank template to draw your own cupcake, or use any blank piece of paper and create your own artwork. Use your imagination!



Speak to God as you do to your family and friends

Begin your prayer by addressing God, for example,

Dear God, O God, Dear Jesus

Next, what would you like to ask for? You might like to pray about Compassion or any of the values or qualities associated with living a life of Compassion--kindness,

courage, simplicity... You might like to pray for yourself, other people, the world. Or, your prayer may be a prayer of thanks and gratitude.

End your prayer with **Amen**



Suzanne Aubert said,

Prayer is Simply the Speech of the Heart to God

MY PRAYER FOR COMPASSION:

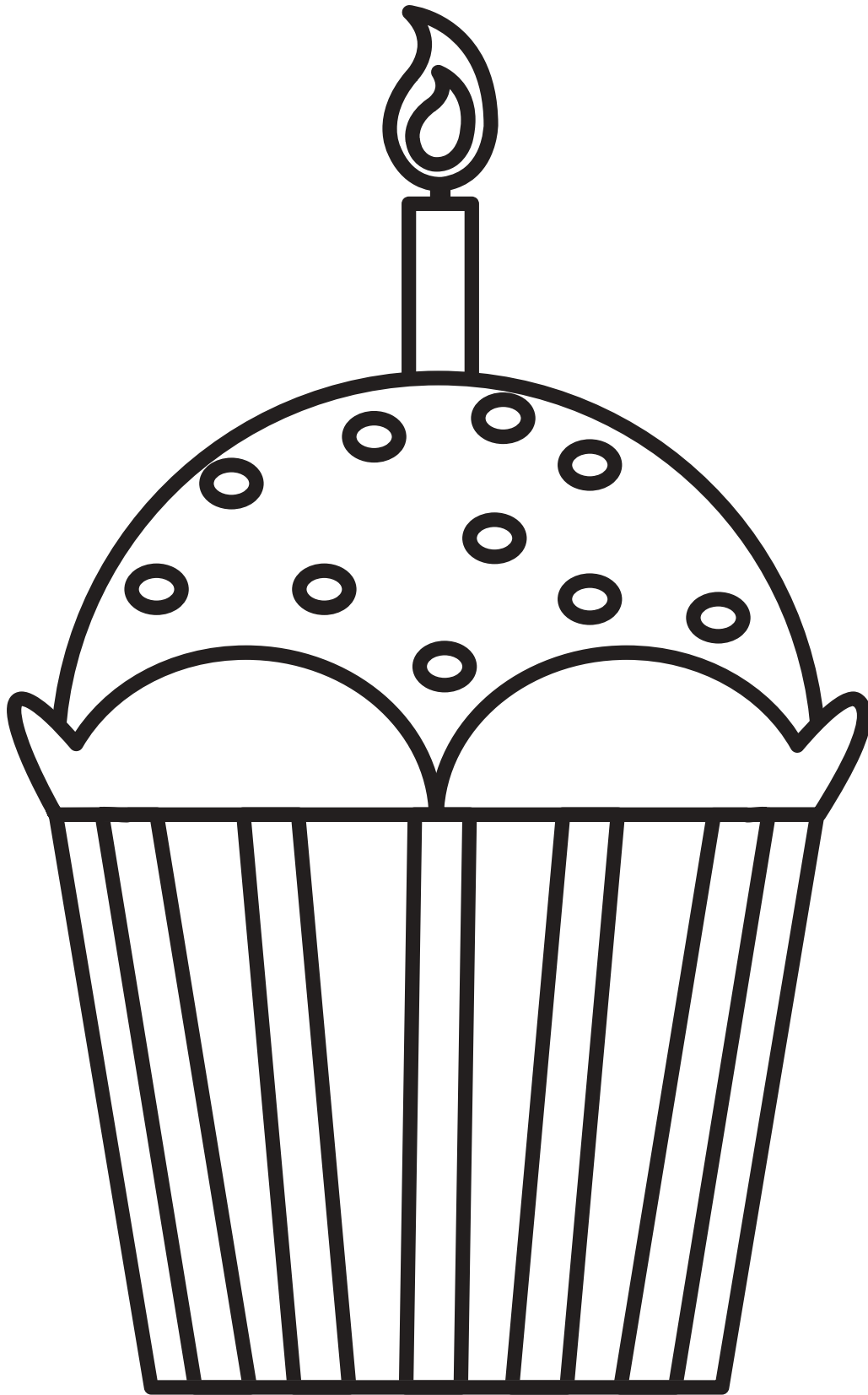
You can also write your prayer around the candle on your cupcake artwork.

2

MAKE

MY CUPCAKE

TO CELEBRATE SUZANNE AUBERT'S 185TH BIRTHDAY



2

MAKE

MY CUPCAKE

TO CELEBRATE SUZANNE AUBERT'S 185TH BIRTHDAY

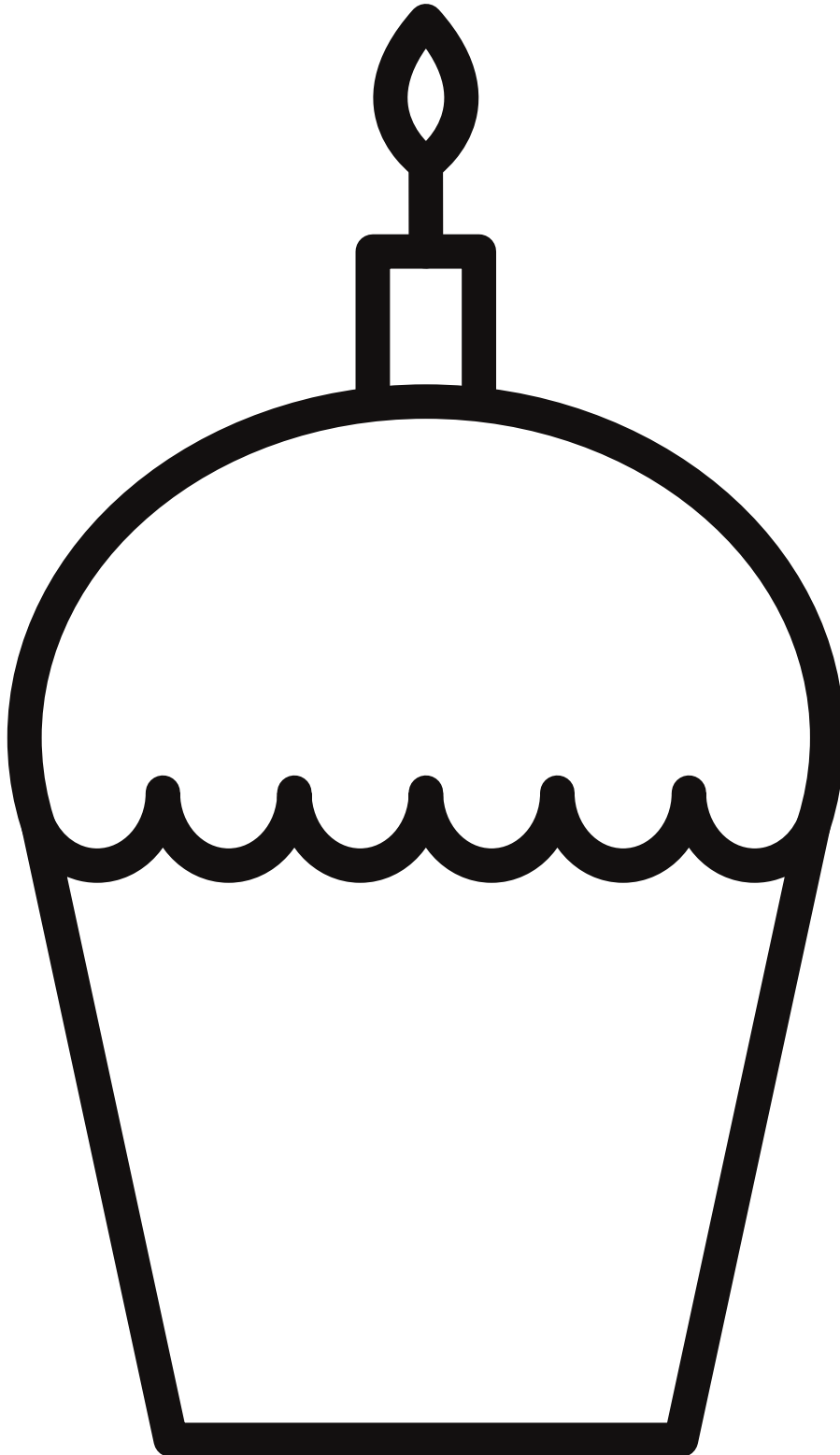


2

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TO CELEBRATE SUZANNE AUBERT'S 185TH BIRTHDAY



HAPPY BIRTHDAY

CHOOSE A LANGUAGE AND NAME TO SEND YOUR GREETINGS

WHICH LANGUAGE WILL YOU SAY HAPPY BIRTHDAY TO SUZANNE AUBERT IN?

What is your first language?

What are the first languages in your school, parish, local community?

What is a language you would like to learn?

Joyeux Anniversaire

Say it in French, the country of Suzanne's birth

Rā Whānau

Say it in Māori--Suzanne spoke Māori fluently

Happy Birthday

Say it in English

Or say it in your language!

WHICH NAME WILL YOU GREET SUZANNE WITH?

Suzanne Aubert

Suzanne's full name was
Marie Henriette Suzanne Aubert.

Sister Mary Joseph

Sister Mary Joseph was Suzanne's religious name. Mary and Joseph are special names because they are the names of Jesus' parents.



Meri Hōhepa

Even today, many people know Suzanne as Meri Hōhepa--her Māori name.

Grandma

Suzanne loved children and especially those who had no parents to look after them. Hundreds of children knew Suzanne by the name "Grandma".

Mother Aubert

When Suzanne began the Daughters of Our Lady of Compassion, she was known as Mother Aubert because she was the Mother Superior (the head sister). Many simply called her "Mother".

2

MAKE

A COMPASSION CUPCAKE

ACTIVITIES TO CELEBRATE SUZANNE AUBERT'S 185TH BIRTHDAY

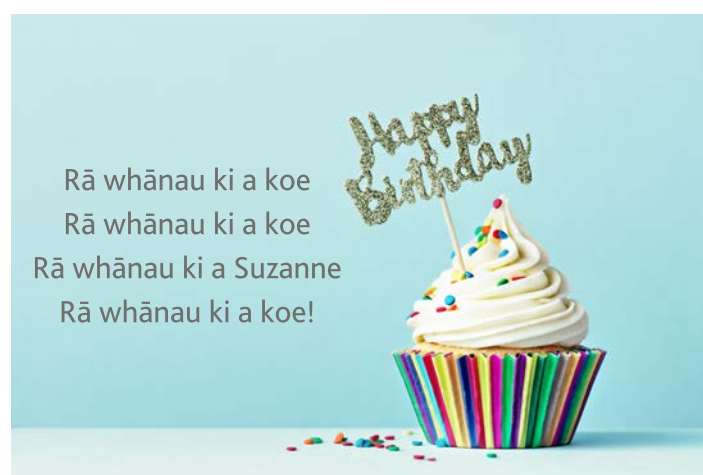


Make & decorate some
real Birthday Cupcakes!

Bake a batch of Birthday Cupcakes

Google "cupcake recipe nz" or ask your family and friends to recommend a recipe. Ask an adult for permission to use the kitchen or ask them to help you bake and ice a batch of cupcakes. Share them with some special people and let them know they are for Suzanne's birthday.

YOU MIGHT LIKE TO SING
HAPPY BIRTHDAY!



3

SHARE

THE CELEBRATION

WITH THE SISTERS OF COMPASSION



Send a photo, scan or electronic copy of your recipe, artwork, or real cupcakes to the Sisters of Compassion by 19 June 2020.

We will decorate the Suzanne Aubert Heritage Centre at Our Lady's Home of Compassion in Wellington with your artwork.

We will also share your work on our Facebook or Instagram pages.

Send your work along with permission to use your work and also the details of your first name, age, or school that we have permission to use to

Deirdre Meskill, the Visitor Experience Manager at schools@compassion.org.nz

If you are in years 0 to 8, ask your teacher, parent or guardian to send your work in with their permission.

