



Te Rā Whānau o

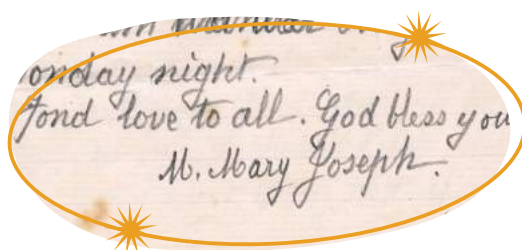
SUZANNE AUBERT MERI HŌHEPA!



*'Let us have a heart like an artichoke,
and such a big one that everybody can
have a leaf of it.'*

19 June 2022 is Suzanne Aubert's 187th Birthday

You are invited to join the celebration!



 **compassion** *te pūaroa*

www.compassion.org.nz/schools



A HEART LIKE AN ARTICHOKE

GROW YOUR HEART & GET READY TO CELEBRATE--HERE'S HOW!

1 EXPLORE

Find out more about Suzanne Aubert Meri Hōhepa, her attitude of love and... Artichokes!



2 REFLECT

How does Suzanne Meri's example inspire me to show love in the world? Write your own quote.



3 CREATE

Choose an artichoke art activity and get creative to wish Suzanne Meri Happy Birthday.



4 CELEBRATE

Share the celebration and your artwork with the Sisters of Compassion. Share a birthday celebration with your class, school, church, or community group.



SUZANNE AUBERT MERI HŌHEPA

BE INSPIRED BY THE LIFE OF A GREAT WOMAN OF AOTEAROA

WHAT DO YOU KNOW ABOUT
SUZANNE AUBERT MERI HŌHEPA?*Brainstorm or mind map things you already know:*

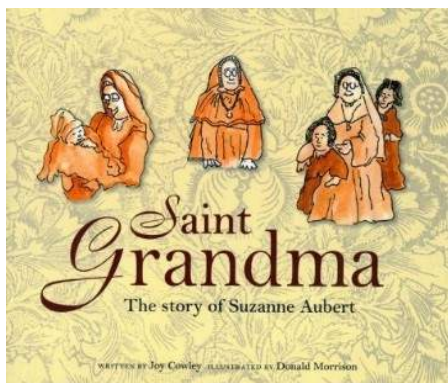
GO FURTHER!



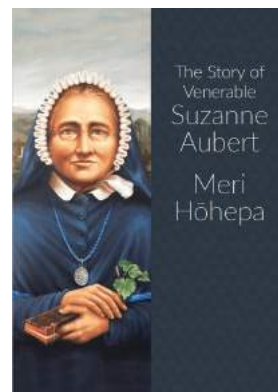
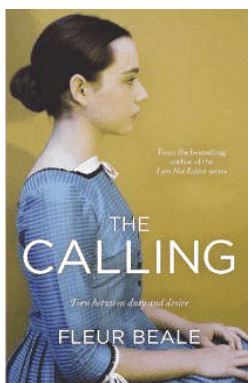
The Story Of Venerable Suzanne Aubert

<https://www.youtube.com/watch?v=fkV6ufsBtoY>

Suzanne Aubert--An Inspiration

https://youtu.be/kqfBz_r2-hw

Do you like reading fiction? Find 'Saint Grandma' by Joy Cowley or 'The Calling' by Fleur Beale in your school or local library



The Story of Venerable Suzanne Aubert

SUZANNE MERI'S HEART

ALL THROUGH HER LIFE, SUZANNE AUBERT'S HEART GREW WITH LOVE FOR GOD AND LOVE FOR PEOPLE



Suzanne Meri was born in Saint-Symphorien-de-Lay, near Lyon, in France in 1835.

When she was two, Suzanne fell through the surface of a frozen pond (she was chasing a pig!) and became crippled and blind temporarily. Suzanne's brother Louis had a disability and died young. These events gave Suzanne a life-long love for people with disabilities.



In 1869 when Father Poupinel was going to Lyon she wrote to him, "You'll see my father, mother and brother. I won't be seeing them again in this world; tell them everything your kind heart may prompt you to say--nothing can possibly be too loving."



Our Lady of Fourvière



St Nizier

Two churches in Lyon were sacred places for Suzanne--Our Lady of Fourvière on the hill above the city and Saint Nizier, her parish church. Suzanne helped her mother and grandmother in their work helping those in need in Lyon. As she grew older Suzanne's love for God and for people grew too and she felt called to become a missionary.



In 1860, Suzanne stepped onto a whaling ship and travelled almost four months across stormy seas to reach Aotearoa.

Many holy people are connected to Lyon and many men and women came from Lyon in the 1800s to Aotearoa inspired to share God's love. Do you recognise some of these names?

Frédéric Ozanam, Claudine Thévenet, Pauline Jaricot, Jean-Baptiste Pompallier, Jean-Claude Colin, Euphrasie Barbier

Does your school, church, or other community group have a connection with Lyon?



1 EXPLORE

SUZANNE MERI'S HEART

SUZANNE'S HEART WAS FOR EVERYONE. SHE SHOWED HER LOVE FOR PEOPLE IN ACTIONS AND PRAYER.



Suzanne loved the Māori people. Her approach was to always work alongside people in partnership. In Auckland, with Peata, she began a school for Māori girls. At Hiruhārama on the Whanganui River, she lived with the local iwi and formed a special relationship that continues to today. The Sisters of Compassion are still considered tangata whenua when they are on the awa.



Suzanne was grateful for the gifts she had and used them to help others. She was a skilful nurse and combined her knowledge of rongoā, botany, and chemistry, to develop herbal remedies. She combined good medicine with commonsense, laughter, friendship and love in a holistic view of life, health, and spirituality. Suzanne was a talented linguist and wrote books translating between Māori and English and Māori and French to help people to communicate.



In Hawke's Bay Suzanne nursed anyone in need-- Māori and Pākehā, Catholic and non-Catholic. She learned that without compromising her beliefs she could co-exist with everyone through friendship and tolerance.



Suzanne said to her Sisters, "love the children". Suzanne and the Sisters cared for many babies and children at Hiruhārama, and in Wellington through a crèche and at the Home of Compassion in Island Bay. John McMahon one of Suzanne's children from Jerusalem wrote "Mother had a great love for children who were under her care". She loved them all and kept in touch with them when they left the Home.



In 1899 Suzanne and three sisters arrived in Wellington and set to work providing services that were most needed. They established New Zealand's first home for permanently disabled people, and a crèche for the young children of working parents, as well as the Soup Kitchen. It was how Suzanne approached her work that made it different--always with love, kindness, and gratitude.

What ideas do you have about how Suzanne Meri showed her love for people?

SUZANNE MERI'S HEART

SUZANNE LOVED GOD AND ALWAYS THOUGHT ABOUT WHAT HE WAS ASKING HER TO DO, EVEN WHEN THAT WASN'T EASY.



Suzanne knew God loved her and throughout her life her love for God grew and grew.

Suzanne always carried her prayer books in her pockets and was always talking to God through prayer as she went about her mahi.

She called this "Contemplation on the Hop".

SUZANNE SAID:

- ♥ *It is something beautiful to have a heart, however small it is, and to be able to make use of it to love God.*
- ♥ *What is prayer? It is simply the speech of the heart to God.*
- ♥ *Do your share and God will do His, and everything will go well.*
- ♥ *Nothing is little in the service of God.*
- ♥ *May all my actions today and every day become prayers.*

SUZANNE SAW CHRIST IN EVERYONE

And so when she saw people in need, she felt compelled to take action.



AND PEOPLE LOVED SUZANNE



People from all parts of society saw that the work Suzanne was doing was good and supported her with their time, talent and donations.



Suzanne Aubert died in 1926 aged 91. Thousands of people lined the streets of Wellington as they showed their love and gratitude at the largest funeral held for a woman in Aotearoa.

THE GLOBE ARTICHOKE

CYNARA CARDUNCULUS VAR. SCOLYMUS

WHAT DO YOU KNOW ABOUT ARTICHOKEs?

Brainstorm or mind map things you already know;
What can you tell by looking at the pictures on this page?



1 EXPLORE

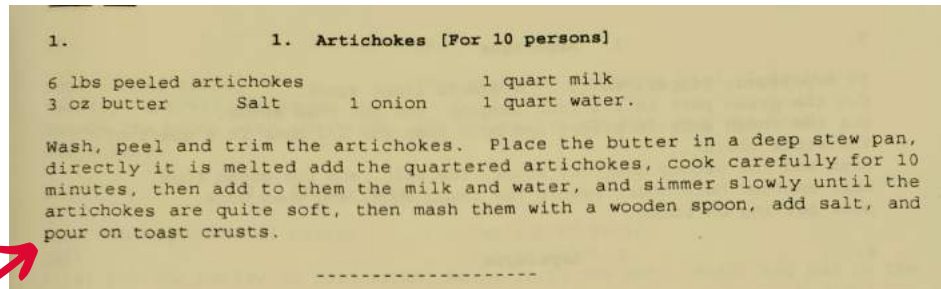
THE GLOBE ARTICHOKE

CYNARA CARDUNCULUS VAR. SCOLYMUS

Suzanne knew about artichokes. She would have eaten them when she lived in France.

The sisters grew and ate them.

This is a recipe from Suzanne's archives.



FIND OUT MORE ABOUT ARTICHOKE S



Explore some of these questions:

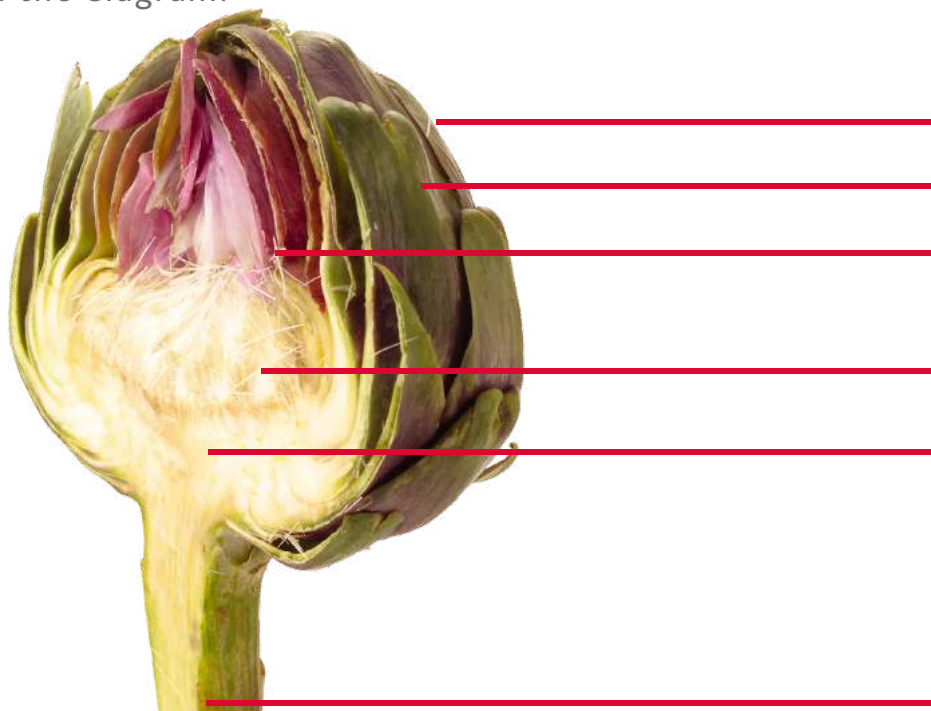
- When are artichokes in season in NZ?
- How would you grow artichokes where you live?
- Did you know an artichoke has a 'choke'. Why is it called this?
- Have you eaten an artichoke? If you have, describe what it was like. If you haven't eaten an artichoke would you like to try one? Why? Why not?
- Is there another plant that you have seen that the globe artichoke looks like? (Hint: people often call this plant a weed in New Zealand however in Scotland, it is a special flower.)

What else would you like to know about artichokes?

CAN YOU LABEL THE PARTS OF AN ARTICHOKE?

Write these names on the diagram:

- Thorns
- Outer leaves
- Inner leaves
- Choke
- Heart
- Stem



AN ARTICHOKE HEART

REFLECT ON SUZANNE MERI'S QUOTE

SUZANNE MERI'S QUOTE

'Let us have a heart like an artichoke, and such a big one that everybody can have a leaf of it.'

Suzanne used this quote to encourage the Sisters of Compassion to show love to everyone, especially in difficult situations when compassion was most needed.

Suzanne didn't make this quote up!

The expression "un cœur d'artichaut, une feuille pour tout le monde" dates from France in the 19th century, and Suzanne would have been familiar with it.

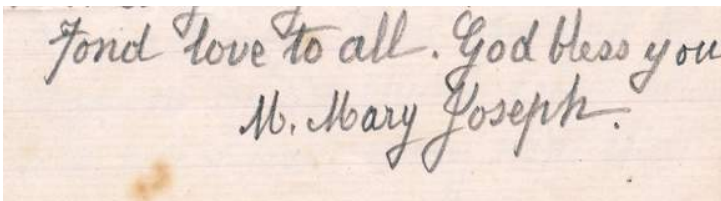
EXPLAIN WHAT THIS QUOTE MEANS IN YOUR OWN WORDS OR DRAW A PICTURE:

PLENTY LOVE

Suzanne Aubert knew God loved her.

She responded with a heart full of love for everyone.

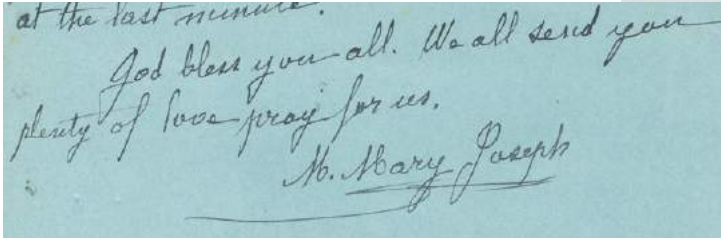
Suzanne often signed her letters with "Plenty love" and other words of affection.



Fond Love To all. God bless you
M. Mary Joseph.

LETTERS SIGNED BY SUZANNE AUBERT MERI HÔHEPA (WHEN SHE WAS KNOWN AS MOTHER MARY JOSEPH)

--FROM THE SISTERS OF COMPASSION ARCHIVES



at the last minute.
God bless you all. We all send you
plenty of love pray for us.
M. Mary Joseph



MY ARTICHOKE HEART

REFLECT ON HOW THIS QUOTE INSPIRES YOU

'Let us have a heart like an artichoke, and such a big one that everybody can have a leaf of it.'

WRITE OR DRAW YOUR IDEAS FOR HOW A HEART FULL OF LOVE CAN HELP YOU AND OTHERS IN 2022:

WHOSE NAMES WILL YOU PUT ON AN ARTICHOKE'S LEAVES?
WHO IS IT EASY LOVE? WHO IS IT HARDER TO LOVE? WHO NEEDS LOVE MOST IN THE WORLD RIGHT NOW ?

Remember there are a lot of leaves on an artichoke!

MY QUOTE

CREATE A QUOTE MODELLED ON SUZANNE'S:

*'Let us have a heart like _____
and such a _____
that everybody _____.'*

Get creative with an artichoke art activity !

Choose one or more of these art activities (instructions are on the following pages),
or create your own project:

- 1 A Birthday Artichoke Heart for Suzanne Aubert Meri Hōhepa
Print and colour an artichoke
Add your birthday greeting!
- 2 Fabulous White Pastel Artichoke on Coloured Paper
- 3 3D Multi-coloured Artichoke
- 4 Multi-coloured upside down Hanging Artichoke
- 5 Your project--what artichoke art will you create?

Decorate your space with your art and celebrate Suzanne's birthday

The Sisters of Compassion invite you to send some of your art to the Home of Compassion in time for
the Birthday Mass on 19th June (see page xx xx)



Thank you Sam Walker for
creating our artichoke art
www.samsarthouse.co.nz

HAPPY BIRTHDAY

CHOOSE A LANGUAGE AND NAME FOR YOUR GREETING

WHICH LANGUAGE WILL YOU SAY HAPPY BIRTHDAY TO SUZANNE AUBERT MERI HŌHEPA 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--Meri spoke Māori fluently

Happy Birthday

Say it in English



Or say it in your language!

WHICH NAME WILL YOU GREET SUZANNE MERI 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

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".

AN ARTWORK

A BIRTHDAY ARTICHOKE HEART FOR SUZANNE MERI

Write happy birthday to Suzanne around the artichoke using the greeting you chose (page 12); write the names of people you chose (page 10) on the leaves; Decorate your artichoke art!

Make it

*Wonderful
Beautiful
Amazing*

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compassion
te pūaroha

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Fabulous White Pastel Artichoke on Coloured Paper

- ① using A3 sized any coloured card or paper, pencil sketch an artichoke, flower, stem. No colouring or shading, just outline. Think about sections of the artichoke.

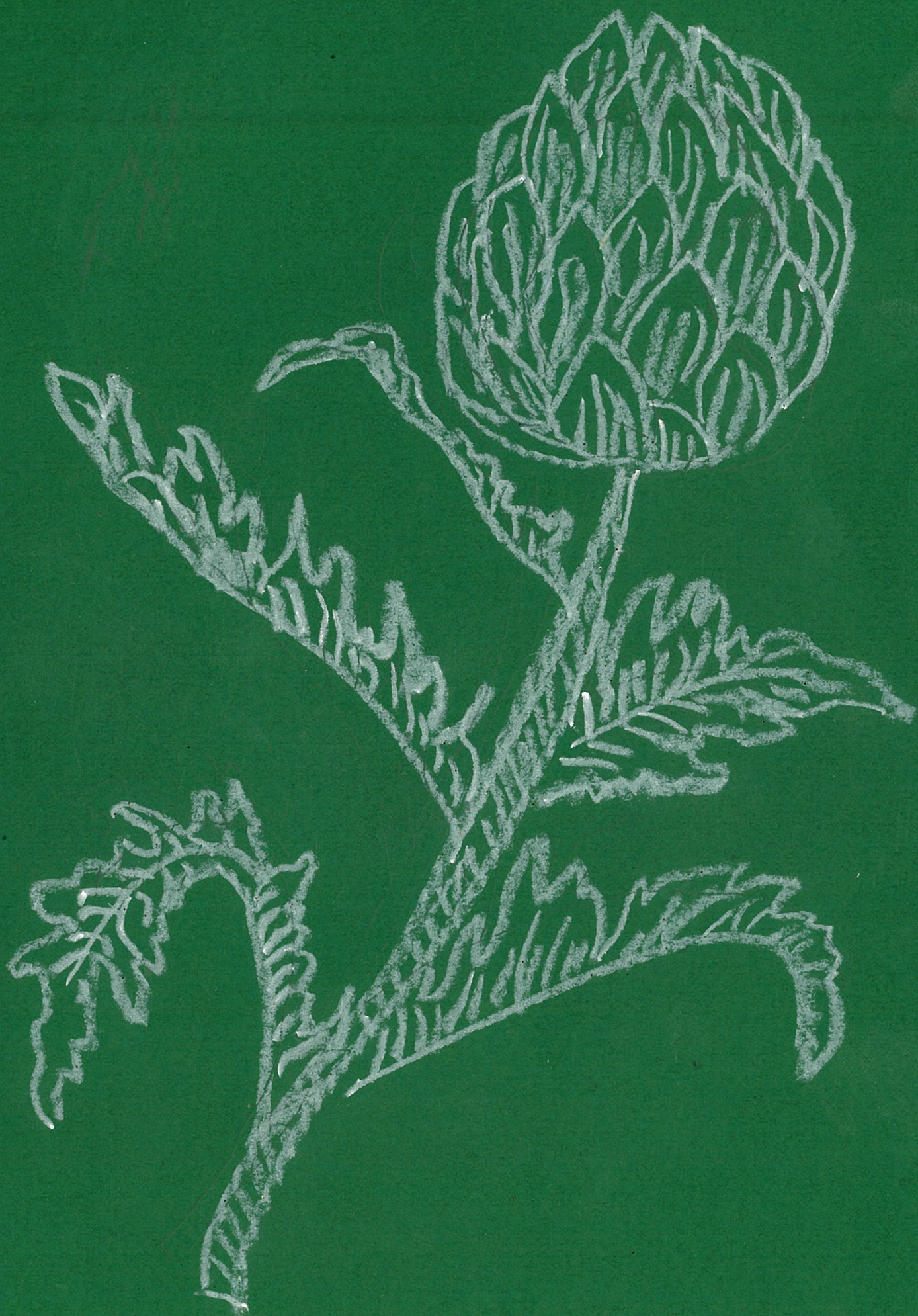


- ② using white pastel, pressing heavy over pencil, create a stunning silhouette of a beautiful artichoke.

- ③ can leave as is or using coloured pastels, colour in the pastel lines of your artichoke silhouette. once finished colouring in go over white pastel again.



- ④ cut out if you want to.





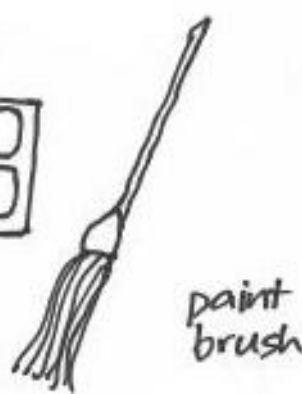
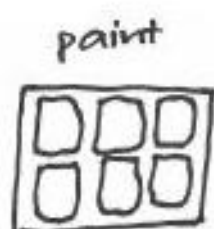
3D MULTI-COLOURLED Artichoke



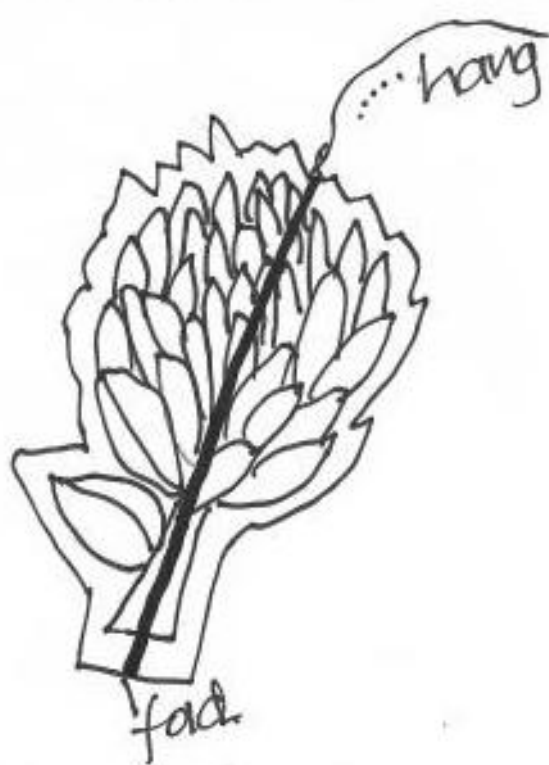
- ① sketch or trace out 2 Artichokes on 2 white A4 card/paper - one larger, one smaller.



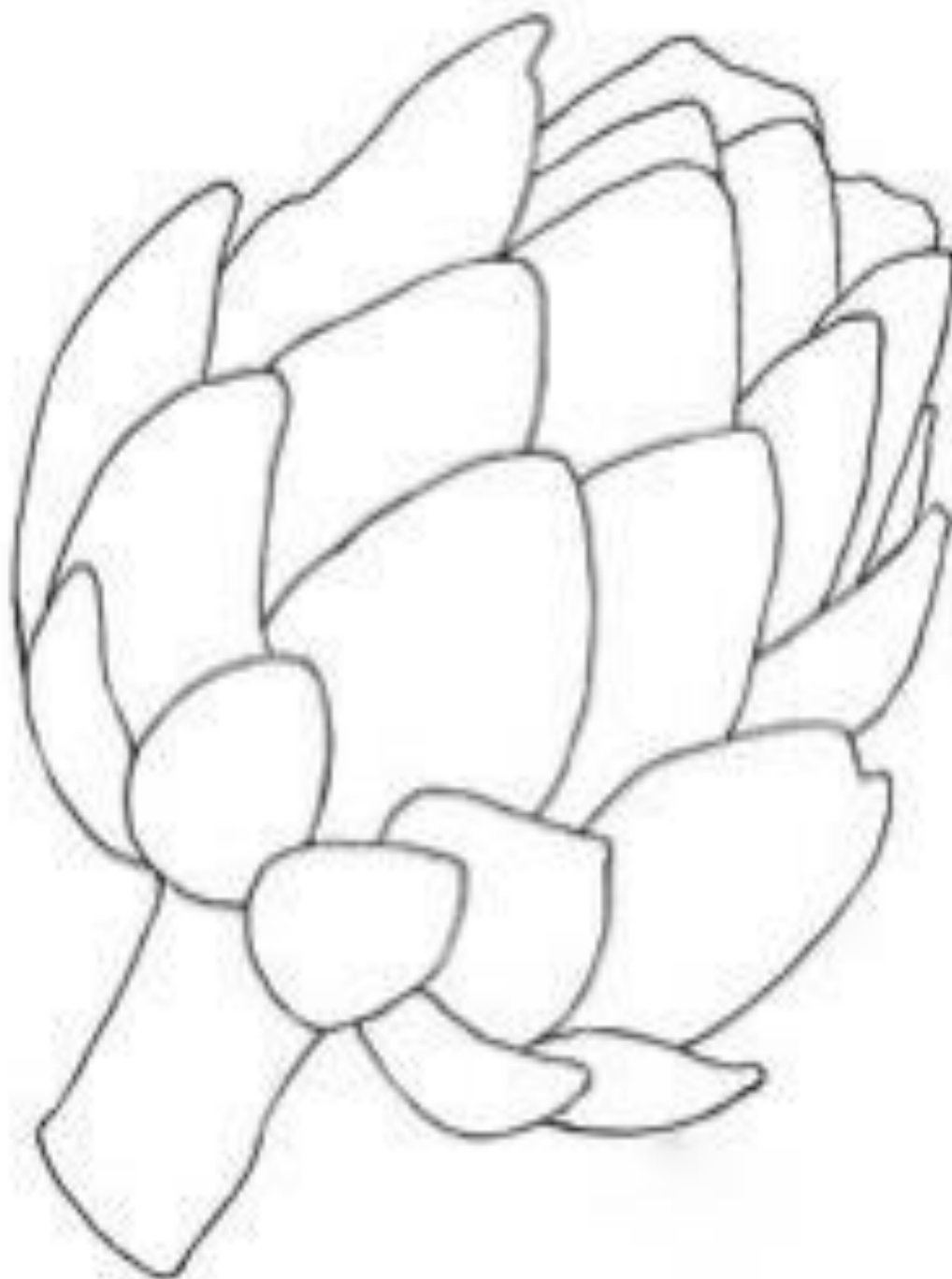
- ② use black sharpie over pencil sketch.



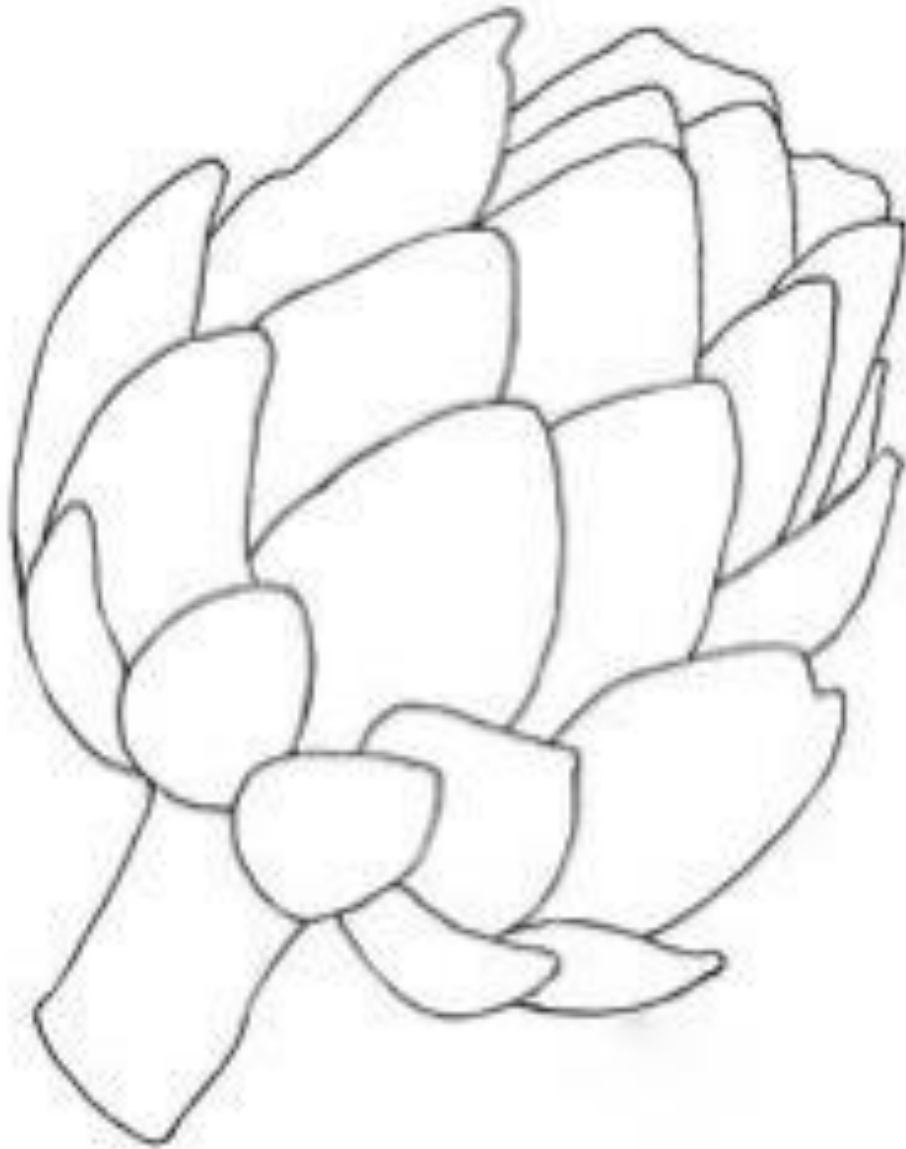
- ③ using 3 or 4 funky colours paint in both Artichokes.



- ④ cut out both Artichokes. Gently bend both down centre - top to both, front to front. Using hot glue along front fold of larger Artichoke, stick smaller artichoke back to front of larger artichoke creating a double layered artichoke.



Larger Silhouette

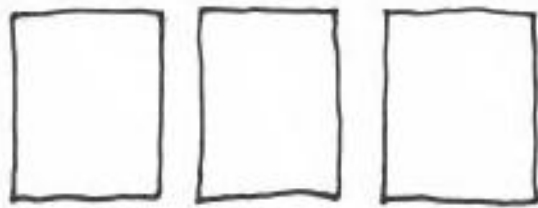


Smaller Silhouette

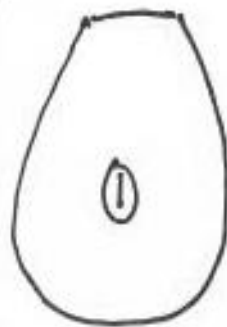
multi-coloured upside down Hanging Artichoke



- ① paint 3x A3 sheets of paper in funky colours - let dry



- ② using the painted paper cut out 3 different sizes of artichoke petals - cut out heaps

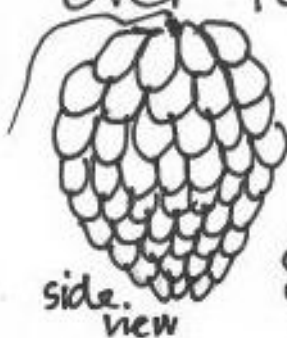


- ③ scrunch up newsprint into a ball shape approx 10cms in diameter.

Tape over to make secure - tape a length of twine to top to hang.



- ④ start from bottom with smallest petals - hot glue straight edge of petal on to ball all round base creating a circle of petals - start layering over top with larger petals gradually using largest petals at top.



side view



bottom view

THE BIRTHDAY MASS

BE PART OF THE CELEBRATIONS

The Sisters of Compassion, along with schools and people, all over Aotearoa have celebrated Suzanne Aubert Meri Hōhepa's birthday in a special way for over ten years. Each year Cardinal John Dew leads the Birthday Mass. Young people from all over the country send art to represent their schools and communities.



In the eyes of our loving God – we are very important! So it is very worthwhile celebrating the day of our birth!

We love celebrating the birthday of Meri Hōhepa because she continues to love us and inspire us to do God's mahi.

Birthdays are important because everyone's got one so everyone should celebrate it. Let's help each other to celebrate!

Birthdays are important because you only stay one age for that year so you should celebrate..

Birthdays are important because when celebrating your birthday you can be like the artichoke, and share each segment, and show and give, your aroha.

Enjoy your birthday by going out and spending times with friends and family and doing fun stuff.

Share a meal together, chat and have fun!

Meri Hōhepa encouraged the Sisters to stop still, and celebrate!

The day of your birth changed the world! Celebrate!

From Sr Sue and her trusty team, James and Niamh Scott

It is amazing how every year the readings and Gospel for 19 June have been relevant for Suzanne's Birthday celebration!

Read the Gospel for this year: Lk 9:11b-17, the story of the Loaves and Fishes--an example of God's abundant love in plentiful action.



At the Compassion Soup Kitchen, with the support of the community, there is always enough food to feed people who are hungry. The Soup Kitchen has been operating since Suzanne Aubert founded it in 1901.

THE CELEBRATION

CELEBRATE SUZANNE MERI'S 187TH BIRTHDAY TOGETHER

Get together with your class, school, church, or community group



Share some cake or kai.

Share what you have learned about

Suzanne Aubert Meri Hōhepa and her attitude of love

SING
HAPPY BIRTHDAY!

Rā whānau ki a koe

Rā whānau ki a koe

Rā whānau ki a Suzanne Meri

Rā whānau ki a koe!



Share your artwork and celebrations with the Sisters of Compassion

EVERYONE IS INVITED!

The Sisters of Compassion invite everyone to
Miha at the Home of Compassion in Wellington
at 11am on 19 June 2022

to celebrate Suzanne Aubert Meri Hōhepa's 187th Birthday

Hospitality and Birthday Cake to follow!

Post your artwork or send a photo, scan, or electronic copy of your artichokes to the
Sisters of Compassion by 17 June 2022.



The Sisters at the 182nd Birthday celebration

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 pages.

Send your work, along with permission to use it, and any details you would like us to credit your artwork with
(name of artists/class/school, age/year group etc) to:

Deirdre Meskill at schools@compassion.org.nz

Our Lady's Home of Compassion, 2 Rhine Street, Island Bay 6023, Wellington

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



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