



LOVE IS LIKE A PENDULUM

Love is the life of the heart, and like the pendulum of a clock which sets in motion all the other parts, love gives to the soul all the movement it has.

You are invited to celebrate

Te Rā Whānau o

Meri Hōhepa Suzanne Aubert

19 June 2023 | 188th Birthday

Love is like the pendulum of a clock

Be inspired by the life of a great woman in Aotearoa New Zealand

“ Love is the life of the heart, and like the pendulum of a clock which sets in motion all the other parts, love gives to the soul all the movement it has. ”

— Meri Hōhepa Suzanne Aubert

01 EXPLORE AND KNOW 02-08

- Meri Hōhepa Suzanne Aubert - her journey from France, and her work in Aotearoa New Zealand with people in need
- Meri Hōhepa Suzanne Aubert's ideas about love, prayer and action
- Clocks and pendulums: quizzes and activities

02 REFLECT AND UNDERSTAND 09-11

- The words of Meri Hōhepa Suzanne Aubert about love and clocks
- Thinking more deeply about time and love
- Brainstorming about Love-in-Attitude and Love-in-Action

03 CREATE AND DO 12-22

- Decorate, Colour and Display Birthday Clocks
- Make and Use a Love-in-Action Clock
- Please print activities on a single side

04 CELEBRATE AND SHARE 23

- Check our Facebook page for updates on Meri Hōhepa Suzanne Aubert's Birthday Celebrations
- Share your ideas and work with classmates, whānau and friends
- Share your work with the Home of Compassion. Send it to us by June 14th and we will display it at the Home of Compassion

If you would like to send us your artworks you can post or email them to us.

Postal address: Attn Education Coordinator, Home of Compassion, 2 Rhine Street, Island Bay, Wellington 6023

Email: schools@compassion.org.nz

Meri Hōhepa Suzanne Aubert

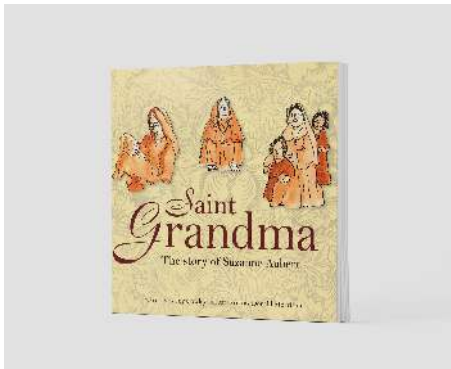
Be inspired by the life of a great woman in Aotearoa New Zealand.



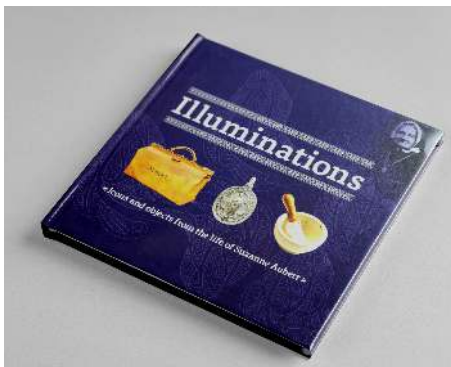
What do you already know about Meri Hōhepa Suzanne Aubert?



Resources



Find these books in your school or local library, or find them in our store: www.compassion.org.nz/shop



The Story Of Venerable Suzanne Aubert
<https://tinyurl.com/2fy4zwcy>

Suzanne Aubert - An Inspiration
<https://tinyurl.com/4462rtnb>

Meri Hōhepa Suzanne Aubert's Story in France

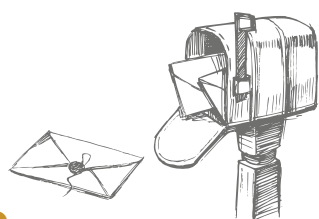
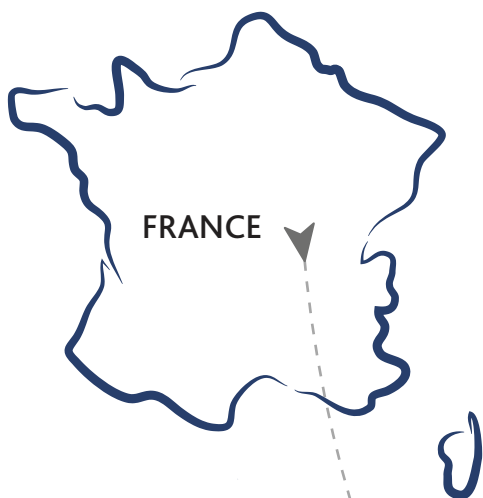
All through her life, Suzanne's heart grew with love for God and love for people.

1835

Meri Hōhepa Suzanne Aubert 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 disabled and blind temporarily. Her brother Louis had a physical disability and died young. These events gave Suzanne a life-long love for people with all kinds of disabilities.

Two churches in Lyon were sacred places for Meri Hōhepa Suzanne Aubert - 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 her love for God and for people grew too and she felt called to share God's love and care with other people.



1869

In 1869 when Father Poupinel was going to Lyon, Meri Hōhepa Suzanne Aubert 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."

1860

In 1860, Meri Hōhepa Suzanne Aubert stepped onto a whaling ship and travelled for almost four months across stormy seas to reach Aotearoa New Zealand.



**AOTEAROA
NEW ZEALAND**



Many holy people are connected to Lyon. Frédéric Ozanam, Claudine Thévenet, Pauline Jaricot, Jean-Baptiste Pompallier, Jean-Claude Colin, Euphrasie Barbier, Jean Vianney.

In the 1800s, many men and women from the Lyon Catholic Community travelled to Aotearoa inspired to share God's love.



Does your school, church, or other community groups have any links with some of these people from Lyon or France?

Meri Hōhepa Suzanne Aubert in Aotearoa New Zealand

Meri Hōhepa Suzanne Aubert's heart was for everyone. She showed her love for people in her attitudes, actions and prayer.

1860

Meri Hōhepa Suzanne Aubert loved the Māori people. She liked to work alongside people in friendship and partnership.

In Auckland, Suzanne became friends with a woman named Hoki, who was related to the Ngāpuhi chief, Rewa. Hoki was also known as Peata and Suzanne became known as Meri. Peata taught Meri many things about tikanga, te reo and rongoā. Together they began a school for Māori girls.



1871

Meri Hōhepa Suzanne Aubert was grateful for the gifts and skills she had and used them to help others. She was a skillful nurse and combined her knowledge of rongoā, botany, and chemistry, to develop herbal remedies using local plants. When she was living in the Hawkes Bay, she combined good medicine with commonsense, laughter, friendship and love. This was a holistic view of life, health and spirituality. She was a talented linguist and wrote books translating between Māori and English and Māori and French to help people to build friendships.



1882

At Hiruhārama (Jerusalem) on the Te Awa Tupua (Whanganui River), Meri lived with the local iwi and formed a special relationship that continues today. The Sisters of Compassion are still considered an important part of Hiruhārama and the people of Ngāti Hau.

Meri Hōhepa Suzanne Aubert said to her Sisters of Our Lady of Compassion, "love the children". Suzanne and the sisters cared for many babies and children at Hiruhārama (Jerusalem). John McMahon, one of Suzanne's children from Hiruhārama, 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.



1899

In 1899, Meri Hōhepa Suzanne Aubert and three sisters arrived in Wellington and set to work providing the most needed social services. They soon established a much needed home for permanently disabled people, and a crèche for the young children of working parents (1903), as well as the Compassion Soup Kitchen (1901) and the Home of Compassion (1907). It was how Suzanne approached her work that made it different - seeing Christ in all and so always treating others with love, kindness, and gratitude.

Meri Hōhepa Suzanne Aubert nursed anyone in need - Māori and Pākehā, Catholic and non-Catholic. She was lead by God to manaaki (support, nurture, serve) all people she came into contact with. She believed in offering help to "all creeds and none".



Meri Hōhepa Suzanne Aubert on love, prayer and action

Meri Hōhepa Suzanne Aubert loved God and always thought about what God was asking her to do, even when that was not easy.

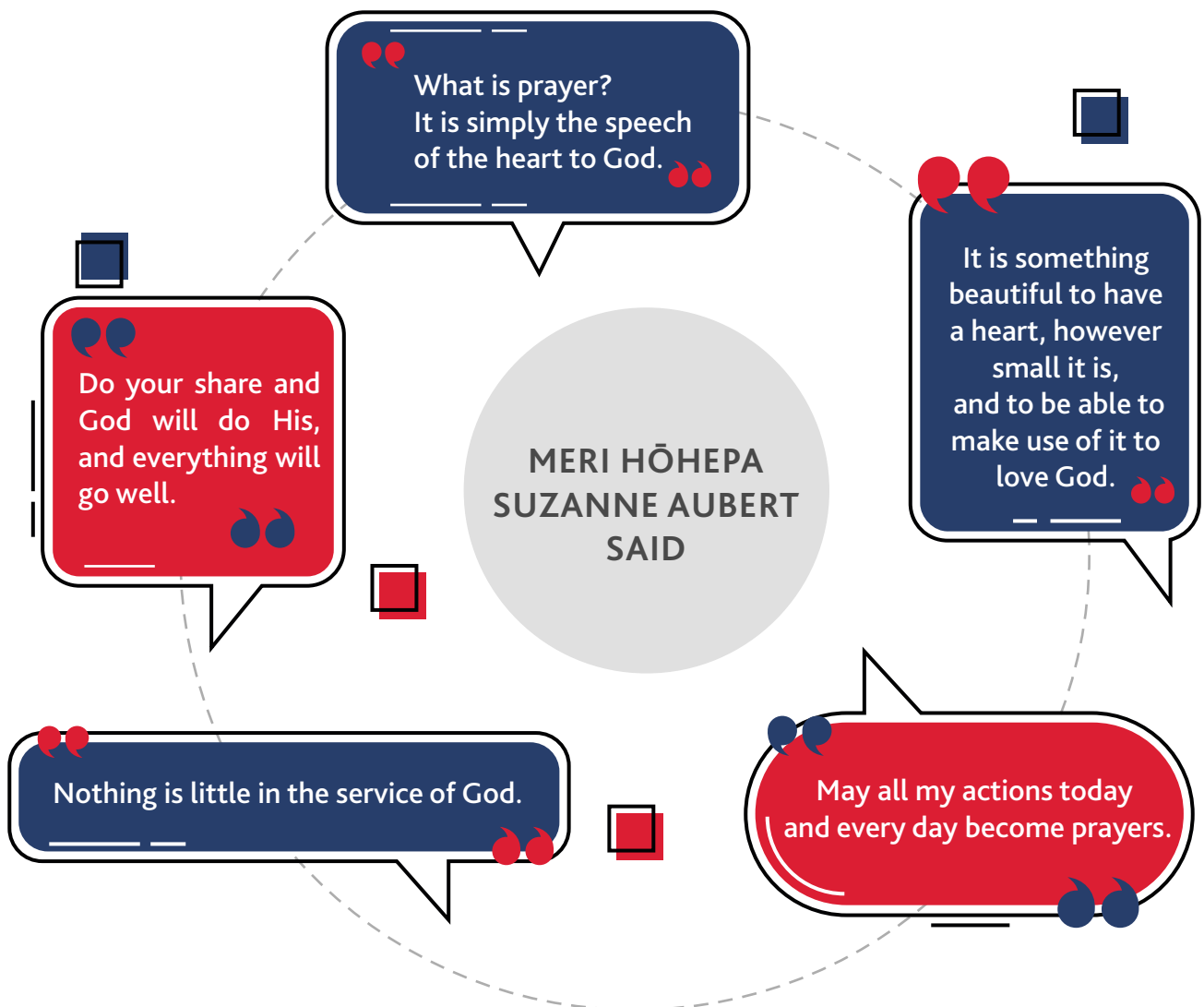
All through her life, Meri Hōhepa Suzanne Aubert knew God loved her. Her love for God grew and grew. She thought about what God was asking her to do, and took action even when it was not easy. Her life of love showed courage and determination.

She always carried her prayer books in one pocket (and food in the other!). She was always talking to God as she travelled and did her mahi.

She called this "Contemplation on the Hop". This habit helped her to pay attention to life around her all the time. As she saw opportunities to serve the needs of other people, she could put her love-in-attitude and love-in-action.



**Meri Hōhepa Suzanne Aubert's saw Christ in everyone
And so when she saw people in need, she wanted to take action.**



Just in Time!

"Love is... like the pendulum of a clock which sets in motion all the other parts".

A History of Clocks



Sundial



Hourglass



Pocket Watch



Pendulum Clock



Cuckoo Clock



Wrist Watch



Classic Clock



Astronomical Clock



Alarm Clock



Digital Watch



What do you know about Clocks?

Write down all the things you already know about clocks. Get more ideas by looking at the pictures above.

Fun Fact

Did you know that Meri Hōhepa Suzanne Aubert kept a watch in her pocket all the time?

See if you can find it the next time you visit the Home of Compassion, Island Bay, Wellington.



Meri Hōhepa Suzanne Aubert's pocket watch

Just in Time!



Find out more about clocks- Take the quiz

Easy

? What is another name for the shortest hand?

? How do clocks help people?

? How many minutes are in an hour?

? When the time is 8:30, where is the MINUTE hand pointing?

Going Deeper

? Which clocks use moving gears to move the hour pointing hand?

? What is a pendulum?

? How does a pendulum make a clock work?

? What is another name for a free-standing pendulum clock?



Can you label the parts of the pendulum clock?

Write these names on the diagram

Pendulum

Hour Hand

Chain

Clock Face

Body

Minute Hand

Weights



Fun Fact

Did you know that this pendulum clock still ticks at the heart of the Home of Compassion in Island Bay? See if you can find it the next time you visit.

Going Deeper: How Do Mechanical Clocks Work?



Are you interested in the mechanics behind how pendulum clocks work?

Watch: Time, Clocks and Gears (made by ScienceOnline in Canada)



Link: <https://tinyurl.com/5fpajbk3>



Looking for a construction challenge? Create your own pendulum!

- Watch: Give Me A Second! (made by The National Physical Laboratory in the UK)
- Follow the instructions on the video to construct your pendulum.
- Idea: Use a love heart for the 'bob' (or place a heart on the lego brick)!
- If you make a video of your pendulum, we would love to see it! Send it to schools@compassion.org.nz



Link: <https://tinyurl.com/5dyneasc>

Answers to the Just In Time! questions:

Easy

1. Hour Hand
2. Tell time
3. 60 minutes
4. On the number 6

Going Deeper

1. Mechanical clocks
2. A swinging weight
3. Swinging motion
4. Grandfather clock

Going Deeper: Thinking about Time

Fun Fact



Did you know there are different ideas about time?

For example, chronos and kairos time? Māori and Pakeha ideas about time?

Chronos is "tick-tock" time. Kairos is about special moments of opportunity.

Māori ideas about time can include events, people and whakapapa (geneology) and the past, present and the future, and can be circular. Pakeha ideas of time include measuring time-in-a-line with clocks and dates.

Research these ideas more



What new ideas did you learn about time ?



Which ideas about time do you like and make the most sense to you and your whānau?



Challenge: Draw up a timeline of Meri Hōhepa Suzanne Aubert's life of love using chronos and kairos time. (Idea: Use dates for chronos time and stars for kairos time).



Super Challenge: Create a diagram or make a piece of art or a short drama about Meri Hōhepa Suzanne Aubert's life of love using Māori ideas of time.

In the Words of Meri Hōhepa Suzanne Aubert

Love is the life of the heart, and like the pendulum of a clock which sets in motion all the other parts, love gives to the soul all the movement it has.

What do Meri Hōhepa's words mean to you?

You can discuss this with your class or in pairs. You can write the ideas in your own words, draw a picture, act it out or make a construction.



In the Bible in Matthew's Gospel 28: 35-36, Jesus says :

'For I was hungry and you gave me something to eat; I was thirsty and you gave me something to drink; I was a stranger and you welcomed me; I was naked and you clothed me; I was ill and you took care of me; I was in prison and you came to visit me....Whatever you did for one of the least of these brothers and sisters of mine, you did for me'.

Saluting Christ

Did you know that every day, Meri Hōhepa Suzanne Aubert (and the sisters after her) kissed the hand of the first baby she met?

Q: Why do you think she did this?

A: She called this "Saluting Christ". She did this to remind herself to see Christ in every person she was helping that day. That helped her to always be ready to serve the people she met with great love and care.



It's Always Time For Love

Meri Hōhepa Suzanne Aubert knew God loved her. She responded with a heart full of love for everyone. How do you, your whanau, or your community respond to God's love?



Brainstorm about love with your class, or in pairs.

Think about how you, your whanau or community can show love in your attitudes (eg. kindness, patience, courage) and in your actions. Get ideas from Meri Hōhepa Suzanne Aubert's life (eg. sharing food, caring for sick people). Write or draw your ideas in the boxes below.

"Love-in-Action"



"Love -in-Attitude"



Clocks to Celebrate!



Celebrate Meri Hōhepa Suzanne Aubert's Birthday by colouring and decorating a photocopy of one of the Celebration Clocks:

1. The Birthday Message Clock (Page 13)
2. It's Always Time to Love! Clock (Page 14)
3. Love is Like a Pendulum Clock (Page 15)

If you would like to, send us your best work to display at the Home of Compassion. We'd love to see your work!

Clocks to Create!



Create one of these Love-In-Action clocks to put on your fridge:

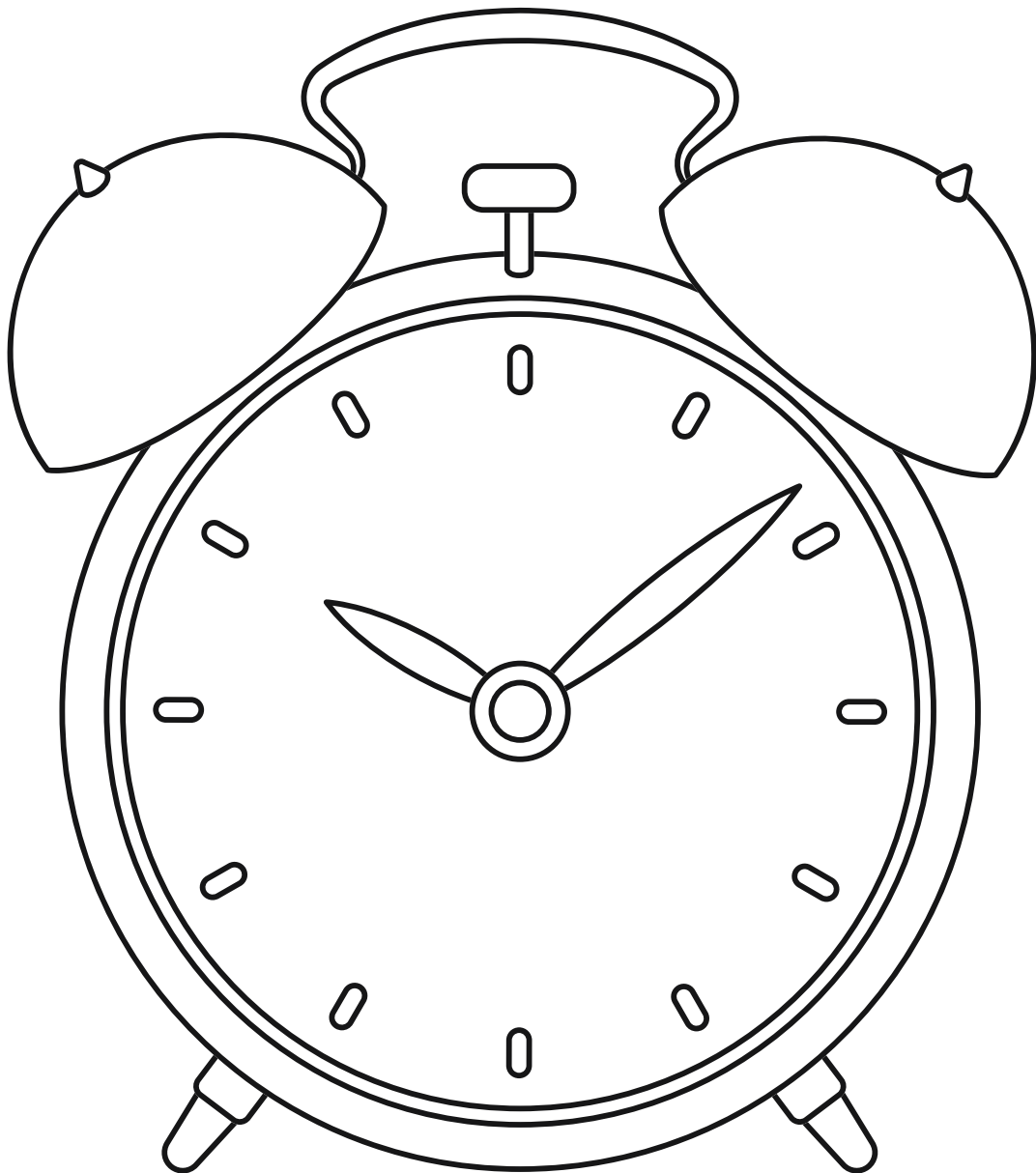
1. Colour, cut and paste: Love-In-Action Clock (Page 16-18)
2. Draw: Love-in-Action Clock (Page 19-20)
3. Word Combo: Love-In-Attitude and Love-In-Action Clock (Page 21-22)

Materials you will need:

- ✓ Split pins/Paper binders (available at Warehouse Stationery)
- ✓ Optional: Magnetic strip tape with adhesive
- ✓ One sided photocopies of the pages for your activity
- ✓ Your brainstorm of Love-In-Action and Love-in-Attitude (Page 11)
- ✓ Scissors
- ✓ Glue stick
- ✓ Felt pens
- ✓ Pencil or pen

The Birthday Message Clock

Colour the clock in your favourite birthday colours. Add your own designs. Add a message to celebrate Meri Hōhepa Suzanne Aubert's birthday.



By _____ Age _____ School _____

It's Always Time to Love! Clock

Colour and decorate the clock in your favourite birthday colours.

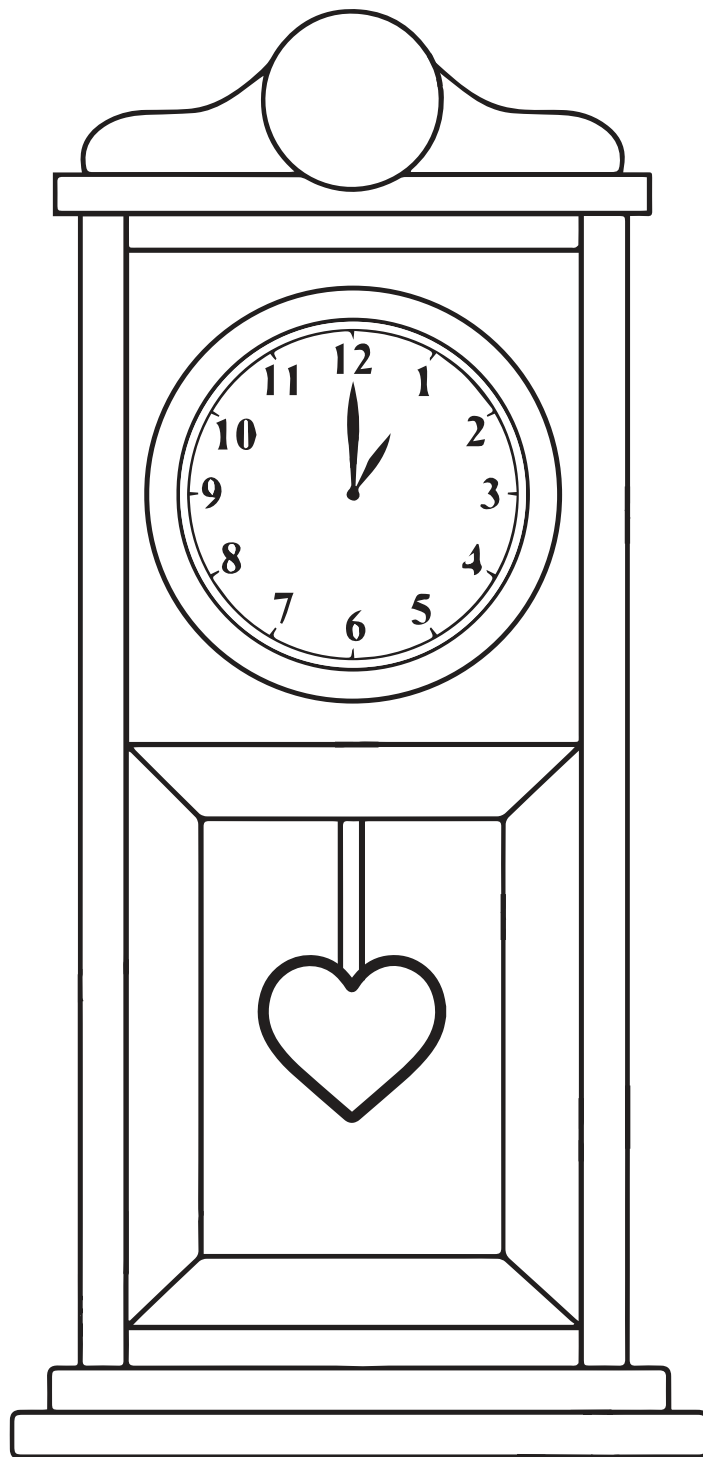
It's always time to love!



By _____ Age _____ School _____

Love is like a Pendulum! Clock

Colour and decorate the pendulum clock with your favourite birthday colours and designs.
Write a special message to celebrate Meri Hōhepa Suzanne Aubert's birthday.



By _____ Age _____ School _____

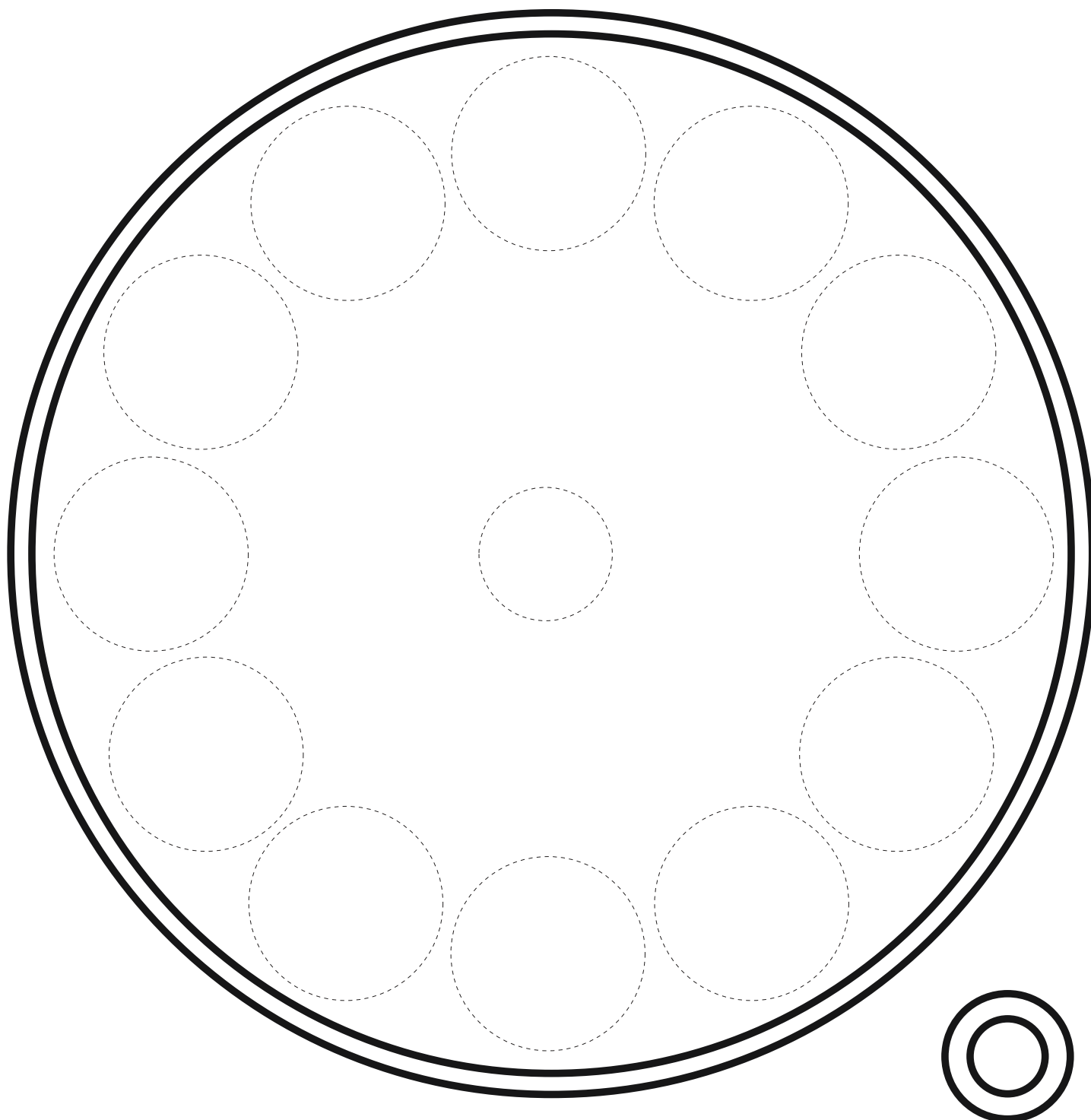
Colour, Cut and Paste: Love-In-Action Clock

- 1 Look at the example clock below.
- 2 Colour in the Love-in-Action pictures with your favourite colours (Page 18)
- 3 Cut out the clock face and clock hands (Page 17) and pictures (Page 18)
- 4 Glue one picture on each circle of the clock face
- 5 Using a split pin, fix the big 'Te Pūaroa' hand and the little 'Compassion' hand onto the clock face. (If you don't have a split pin, just glue the clock hands on)
- 6 Optional: Attach a magnetic strip at the top of the back of your clock (so you can hang it on your fridge)
- 7 Through the day, pray and move the hands of Compassion and Te Pūaroa on your clock to show the Love-in-Action you want your hands to do!



EXAMPLE

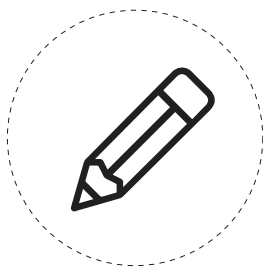
Colour, Cut and Paste: Love-In-Action Clock



Colour, Cut and Paste: Love-In-Action Clock



Give a gift



Share a pencil



Feed a pet



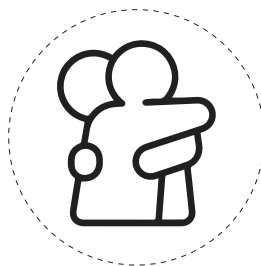
Play together



Do the dishes



Listen



Give a hug



Pick up rubbish



Help Others



Pray



Give flowers



Cleaning

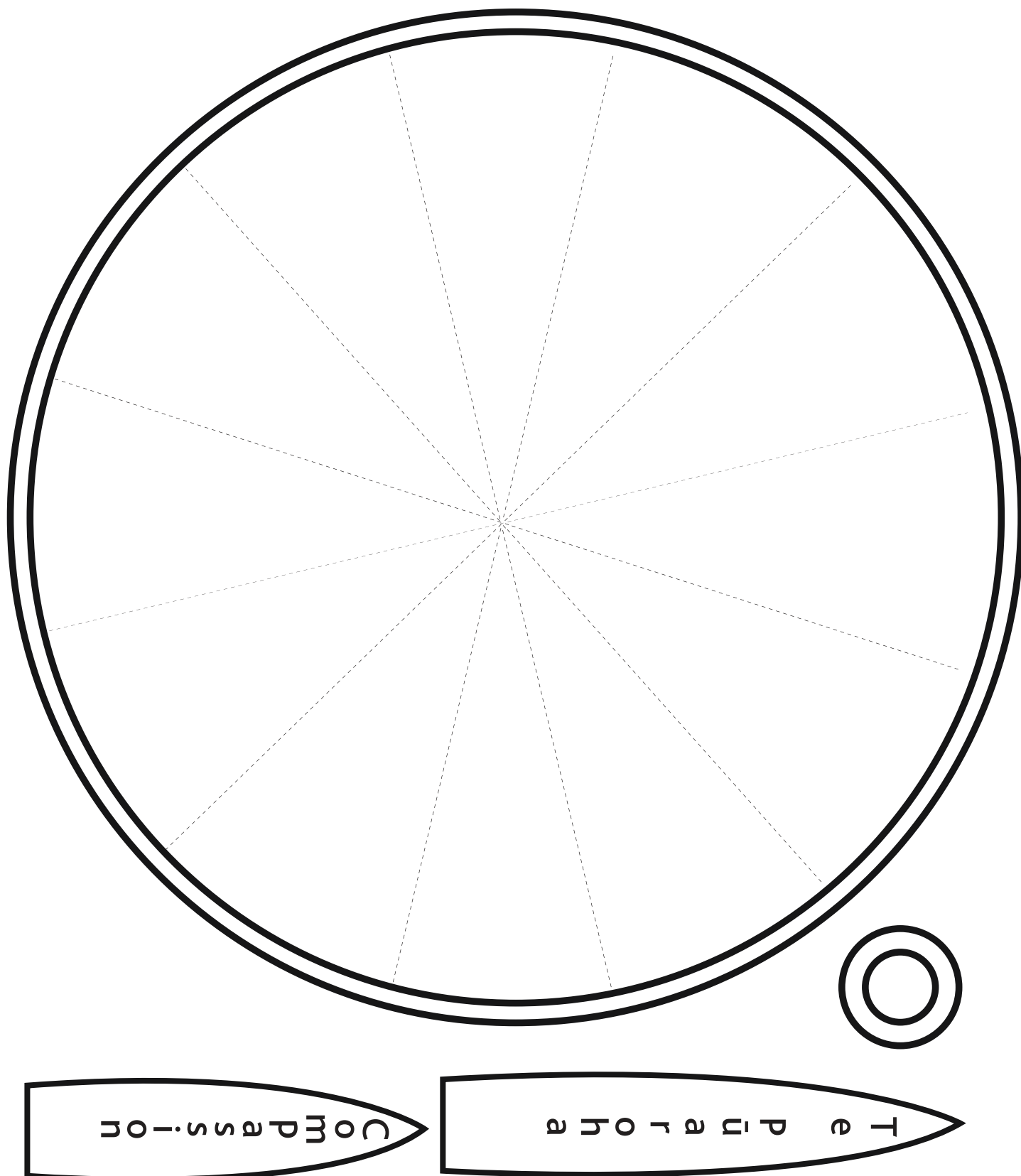
Draw: Love-In-Action Clock

- 1 Look at the example clock below. You will be drawing your own pictures
- 2 Look at your own original Love-in-Action ideas (Page 11), or brainstorm ideas in the space below
- 3 Draw 12 of your own Love-In-Action ideas onto the clock face (Page 20)
- 4 Cut out the clock face and clock hands (Page 20)
- 5 Using a split pin, fix the big 'Te Pūaroa' hand and the little 'Compassion' hand onto the clock face. (If you don't have a split pin, just glue the clock hands on)
- 6 Optional: Attach a magnetic strip at the top of the back of your clock (so you can hang it on your fridge)
- 7 Through the day, pray and move the hands of Compassion and Te Pūaroa on your clock to show the Love-in-Action you want your hands to do!



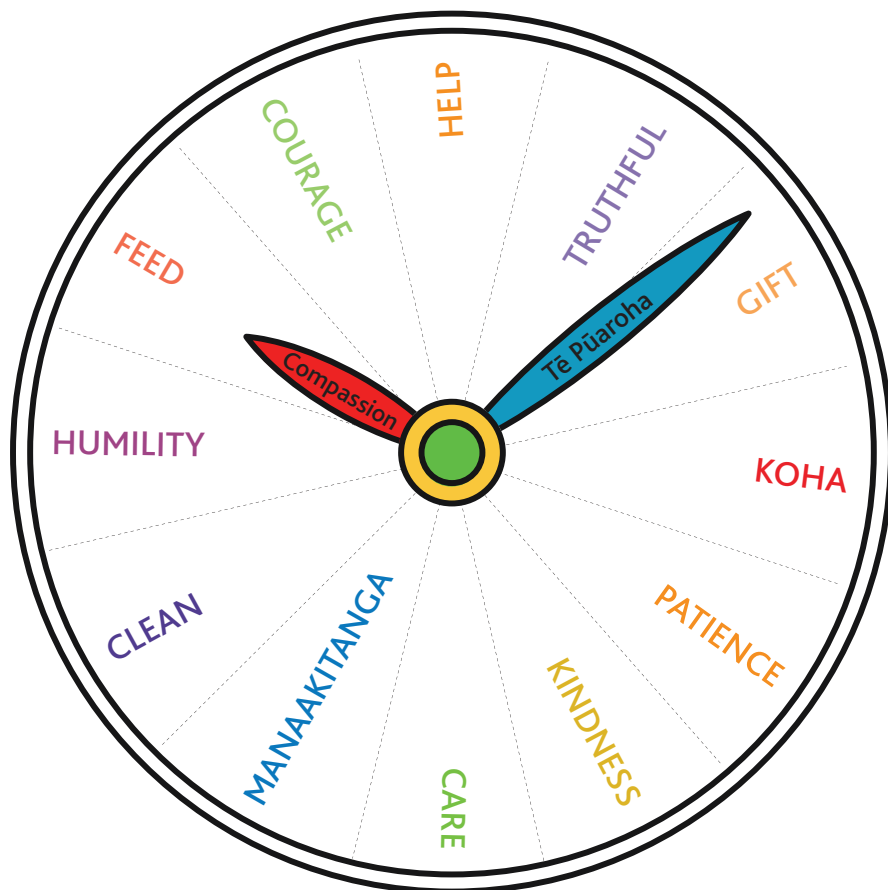
EXAMPLE

Draw: Love-In-Action Clock



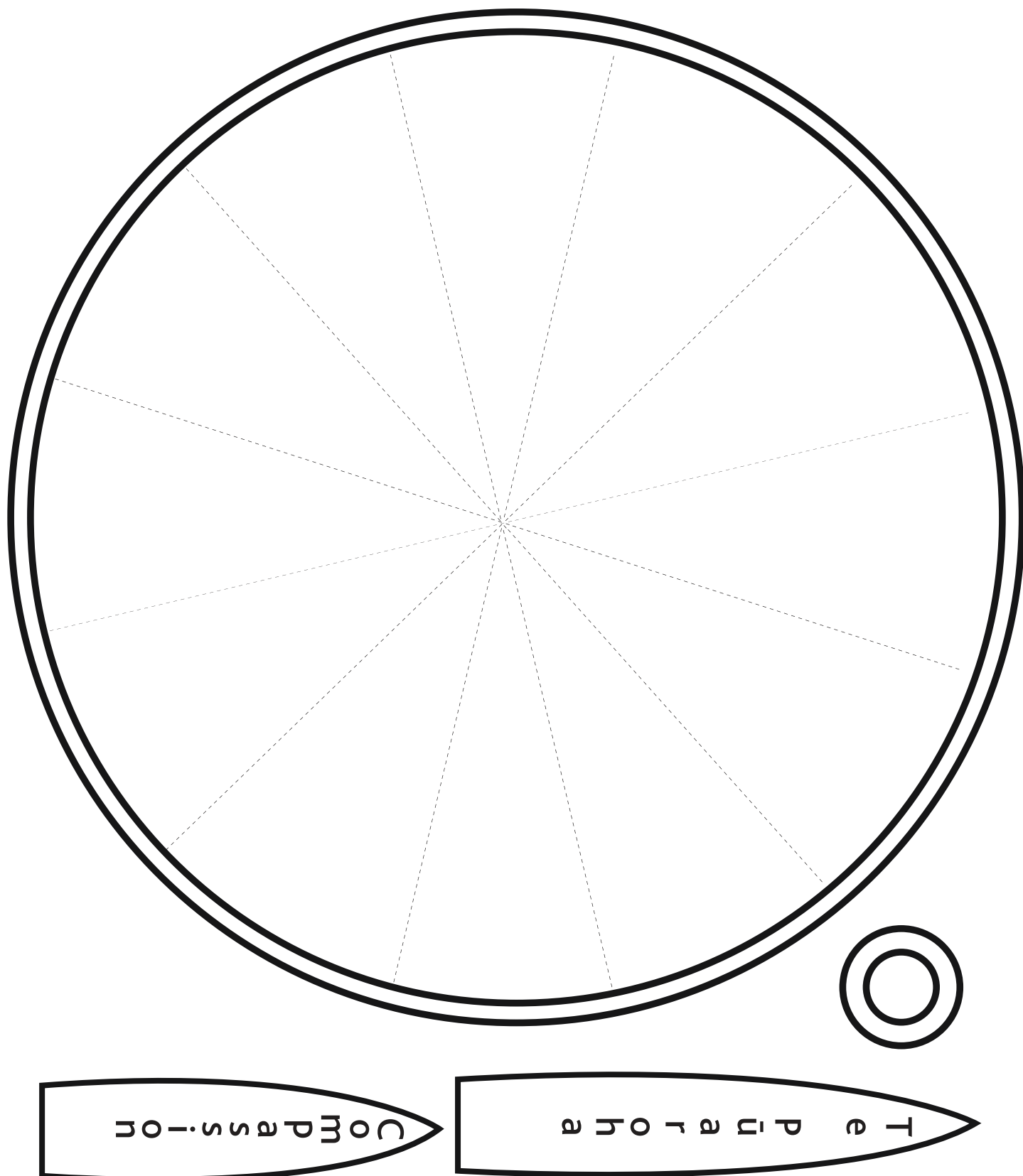
Word Combo: Love-in-Attitude and Love-in-Action Clock

- 1 Look at the example below. You will be writing in your own words.
- 2 Look at your own original Love-in-Action and Love-in-Attitudes ideas (Page 11), or brainstorm ideas in the space below.
- 3 On the clock face (Page 22), write words that describe Love-in-Action and Love-in-Attitude. Try to get a mixture of both attitudes and actions.
- 4 Cut out the clock face and clock hands (Page 22)
- 5 Using a split pin, fix the big 'Te Pūaroa' hand and the little 'Compassion' hand onto the clock face.
- 6 Optional: Attach a magnetic strip at the top of the back of your clock (so you can hang it on your fridge).
- 7 Through the day, pray, and as opportunities happen around you (kairos time), stop and think what combination of words (love-in-attitude and love-in-action) would be good right now? Eg. If someone is hungry: Kindness & Feed
- 8 Move the hands of Compassion and Te Pūaroa to a combination of words on your clock.... and then do it!!



EXAMPLE

Word Combo: Love-in-Attitude and Love-in-Action Clock



Celebrate

At School:

Decorate your spaces with your birthday art and projects for all to see

Challenge:

Sing Happy Birthday in three of the languages Meri Suzanne could sing in: Te Reo, English and French.

Near Wellington?

Join us for Meri Hōhepa Suzanne Aubert's 187th Birthday Celebration and celebrate the birthday of this compassionate, thoughtful, and big-hearted woman! Liturgy will be held at St Anne's School, Newtown at 2:00 pm on 19th June followed by hot drinks and birthday cake.

Keep an eye out for more details on our Facebook Page. You are welcome to join us. Email us if you anticipate bringing a group so we can make room for you.

- Put your Love-Into-Attitude and Love-Into-Action! With whanau, friends and community
- Get your Love-In-Action clocks onto a fridge near you
- Share your work with us – we'd love to see it and learn with you! And put it on display at the Home of Compassion or on our Facebook page.

Colouring-in: The Sisters love to see your work. If it arrives by June 14th, we can have it on display for the Birthday Celebrations.

Creative work: Send us a video of your Pendulum challenge, or a photo of your timeline, or diagrams or artworks.

Birthday Present

We'd like to give a birthday present that celebrates the life of Meri Hōhepa Suzanne Auberts to the first 10 schools who send us in some of their work.

If you would like to send us your artworks you can post or email them to us.

Postal address: Attn Education Coordinator, Home of Compassion, 2 Rhine Street, Island Bay, Wellington 6023

Email: schools@compassion.org.nz

Remember to include the information and permissions below:

Teacher's Name:

Class Name:

Email:

School Name:

Address:

☐ Permission to post artwork or pendulum video on social media eg. Facebook