

## **TO BE AN ALUMNA ACCORDING TO THE HEART OF MADELEINE-SOPHIE BARAT**

*What have we done with the treasure received during our school years at Sacred Heart?*

*In order to enlighten the reflection of the Board of Directors, which met by zoom on 12 and 13 March 2021, its spiritual advisor, Sr Dolores Aleixandre, had imagined a questionnaire that St Sophie Barat would have sent to the alumnae to invite them to take stock of what they have become. In a few words, during this meeting, she explained the meaning of **this process to which all the alumnae are invited**. Here are a few extracts which will be followed by this famous questionnaire.*

**"** I think that the most important thing for the alumni, including myself, is to become aware that the education we have received is a seed.

In some groups, we sometimes consider that it is a treasure received, that we must preserve... whereas the richness of our educational charisma is valid regardless our age, and it can always put into action. From this root, each alumna is called to be like a tree that continues to grow and never stops.

So what are these seeds that we have received?

The charisma of the heart of Sophie Barat, which is different from that of St. Marguerite-Marie, is to live with an open heart until the end of the world. An open heart is the greatest gift we have received.

There is also self reflection.

Everyone nowadays is looking for silence, through meditation, spirituality courses...

For us, there are many ways to develop the seed of self reflection :

. through a solid intellectual formation. We must always be growing intellectually, wanting to learn and not being little girls who have not grown up!

. by our commitment to the Church and to Pope Francis. We need to enter the river of this movement. It is important to know "Laudato Si" and "Fratelli tutti" thoroughly. It is a model rooted in the Gospel that reaches the depths of our faith

. and finally by a certain discipline. When we think back on the education we received, we often reminded of the discipline. To live a simple life is our duty in this time.

This seed must lead us to be tolerant, flexible, open women, and we are called to make it grow to the end! "

Sr. Dolores Aleixandre



We have a letter  
from  
Madeleine-Sophie !



*My dear Daughters,*

*I am happy to know that you are part of this great family of the Sacred Heart that travels together, that carries within it the essence of its heritage and that wants to share its treasure with all travelers who need it.*

*You carry within you the powerful seed of the education you have received and this seed is destined to continue to grow and unfold in your lives to push you to be fully:*

*. Women willing to live with an "open heart", able to give and receive love, cordial and understanding, full of tenderness and compassion.*

- ✓ What would be the signs of these essential characteristics of someone who has been educated "at the school of the Heart of Christ"?
- ✓ Chapter 13 of St. Paul's first letter to the Corinthians will remind you what it means to live this way. And Pope Francis' encyclical *Fratelli Tutti* will help you extend that love to the measure of all humanity.

*. Women who have learned, with our Blessed Mother, to live an intense interior life to discover the presence of God and to live according to his will.*

- ✓ What spaces and times do you keep for this deep contact with the God within you? Share with each other the different ways that help you find this "treasure of calm and serenity", beyond the noise and the rush.
- ✓ What is your experience of prayer and contact with the Gospel "feeding" your faith?

...

*. Women who have received a solid intellectual formation and who now want to live open to new learning that will allow you to be coherent and free.*

- ✓ Are you still eager to continue "in formation"? What steps do you take to extend your horizon and to understand with an open mind the plural reality of our world?

*. Women of living faith and committed within the Church, aware of the problems of the world, motivated by the desire for justice, peace and concern for this "common home" that is the Earth.*

- ✓ Are you in phase with the horizon opened by the encyclical *Laudato Si*? Have you discovered the new keys to Christian commitment?
- ✓ Discuss the changes you have experienced in your faith life and the challenges of adjustment they have brought to you?

*. Women who have lived through a rigorous education and who discover that the discipline of that time allows them to live with sobriety, simplicity and freedom in a consumer society.*

- ✓ How has the motto "*Duty first, duty always*" evolved for each of you?
- ✓ How do you try to harmonize this "*duty*" with flexibility and tolerance?

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*I warmly bless your Assembly and invite you to listen to the words of Sister Barbara Dawson, Superior General, as if they were my own:*

*" I invite all of us in our Sacred Heart family to respond to God's call to live hope deeply in our lives, to strengthen our commitment to move forward as a community, to speak truth in love while we work together to fulfill God's dream for the lives of his people. Let us look at the world with God's love and compassion and search for new ways to be Hope makers in our broken and blessed world."*