



**Fiest
of
Saint
Madeleine
Sophie**

25-V-2021

**“ You will find everything in the Heart of Jesus
opened for us,
let us go to draw the strength and courage
we need”.**

(Sophie to Philippine, 25-VIII-1823)

. In the course of her long life, Sophia Barat experienced several waves of epidemics that profoundly affected communities and schools. Sophia Barat showed her creativity and mobility when confronted with epidemics, and her practical vision led her to make decisions quickly and efficiently.

Her most frequently expressed wish was that the superiors of communities and schools would take serious preventive measures to safeguard the health of communities and students.

She asked that the quality of food and adequate rest be carefully monitored, and specifically named the basic foodstuffs that should be of good quality and provided to the cooks in each kitchen. In this way, the sisters in the communities and the students in the schools could be protected from colds and fevers that would make them vulnerable to the impact of epidemics.

It also required that the opinion of licensed physicians be sought frequently.

However, many died and this caused her immense grief.