
BEING THE BEST THAT I CAN

By **Lucinda Ryan**



My name is Lucinda Ryan. I was born on a farm in Ireland on 29th of November 1936 which makes me almost 87 years old. My parents were Fintan and Rita, who had eleven children, seven of whom survived. In my very early years I was cared for by my Grandmother Lucinda until we moved from the farm into the town. That is where I began to realise there was something a lot bigger than the life I lived on the farm. My faith. Even at that young age it was a part big of me. That has remained with me all my life. It is the first and most important part of me and my life.

I left Ireland in 1954 to train as a nurse and apart from a short time have remained here in England. I met my husband Bill first in 1966 when he was still in the Merchant Navy. I met him again in 1967 and we married and had five children. My eldest daughter died aged 43 and my son Niall's twin died before he was born. Bill died in 2019 from cancer. I nursed him to the end.

I don't know if there was one specific time when my faith played a significant role but I have always known and believed in God. There is not a time I can not remember how important my faith has been in my life, even as a small child. I have to say my Mother taught me so much, and I went to a convent school with the Sisters of the Presentation. There is so much I have to thank them for. They were patient with me because I was not the easiest child. I had a very strong will and determination even then.

I am not sure if I can recount any

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experiences that strengthened my connection with God or my community. I am sure there have been many. I can only say I believe in people and in treating them kindly and with respect, as I

would expect to be treated. Love God ,love your neighbour. Not always easy to love your neighbour.

There is one thing however. When my husband was in his last days and in pain and we knew he could no longer live, my one prayer to the Lord was that he have a peaceful end. The Lord granted him the gift of the most peaceful and gentle end to his days on earth. I will forever be grateful to my God for that.

I think prayer and the mass are so important and also trusting in the Lord our God. Hope too, because if you do not have hope you have nothing. If your days are very busy prayer does not have to be long drawn out. When you wake in the morning, offer your day to God and ask him to guide you through the day. He will.

At night too before you sleep ask the Lord to guide you safely through the night as he did through the day. The Rosary too is a very important prayer. Life in this present time can be harsh and cruel. Sadly it is not so just for the few but for the many and it is not always easy to pray but even one little prayer can lead to another and God hears it.

Photos by Fr Nico SVD

