

Message from the Community

Welcome to the **Eighth Edition** of our newsletter and with grateful thanks to Pauline McAlone who has put this together for us over many months.

Once again the Democratic Republic of Congo is in our news, largely thanks to some excellent reporting from William Edmundson. His Twitter feed is always interesting and current:

<https://twitter.com/willedmundson?lang=en>

Presidential elections are due in December and the violence and uncertainty around these elections and Kabila's reluctance to give up the reins of government are again destabilizing an already unstable country and having an impact on the most vulnerable people.

Our sisters live, pray and work at the heart of these vulnerable communities and once again we have reason to admire their courage and fidelity in such difficult circumstances.

Please continue to take an interest in their country and pray for them during these months ahead as the elections approach in December.

Such instability inevitably affects neighbouring Rwanda whose efforts towards development are compromised at the very least by events in the DRC,

especially in Goma which is always a hotbed of contention and unrest.

Thank you for taking the time to read this newsletter. We hope that you find it both informative and interesting.

We are again running our Christmas Giving scheme and we hope that you will be able to support that again this year.

With love and gratitude from the Community.



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PRIORESSES CONFERENCE March 2018

An important date in the calendar for the members of the Association is the Prioresses Conference. This year the Prioresses met in Belgium. The meeting provides an opportunity for the Prioresses to report on life and work in the various Communities.



The theme of the last General Chapter - 'Finding Hope in Fragile Places' – gave a context to those reports.

Amongst the news from the African Priors, S. Marie Rose gave an update on the progress of the new school in Masaka and also their new venture in Muhanga (more on that later), both in Rwanda. The Rwandan Priory gained autonomy in 2011 and as a Community they are growing, as is their outreach.

There were also updates from D R Congo and in particular the progress of building works in Kindu.

The Prioresses were joined for the day by S. Justine and S. Anuarite (two Congolese sisters) now working in Dunkirk. They shared what they termed "their experiences, their joy and their discoveries". Their main mission in Dunkirk, is to serve the migrants. Here is their update.

DUNKIRK

The sisters have been in Dunkirk since March 2017. When they arrived, they stayed with the Bernadine Community before moving into the parish of St Gilles.

They are happy in the neighbourhood and have been touched by the kindness and attention they have received.

Their main mission is to serve the migrants in Dunkirk and they continue to take food, clothes and other provisions to them. They work with the Emmaus Association there. The number of migrants varies. At the moment there are about 350, living in the woods surrounding Dunkirk. *"We are there to help them, to talk to them and if necessary we can intervene directly on their behalf"*.

They attended a National Convention last year, which had at its aim to bring together all those committed to the issues of welcoming exiles.

The sisters also have a pastoral role in the parish and despite being very busy, they are managing to maintain their usual rhythm of prayer.



D R CONGO REPORT

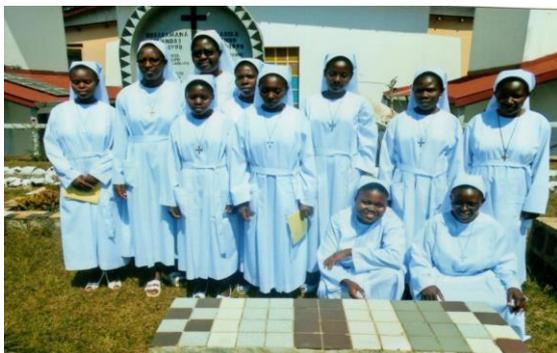


Some of you may remember S. Agnes who stayed with the Community for a few months in 2011/12. Agnes is now in the Mirhi Priory and this year has collated a report of the news from D R Congo.



With the backdrop of a country at war and the inevitable consequences, the sisters are a strong symbol of peace and unity.

Life in the Priory



There are currently 199 professed sisters in DR Congo with 13 novices and 13

postulants. S. Agnes reports that several of their sisters have chronic illnesses, so as well as caring for those around them, they are also looking after those who are sick within the Community.

Teaching



Primary school children

The sisters teach at primary and secondary level. Times are lean and difficult and many of the children come from very poor families who cannot afford to pay for school. The sisters know they have to keep the schools going and find ways to manage; the young people are the future of the country so the sisters have to see their way through.

Parish

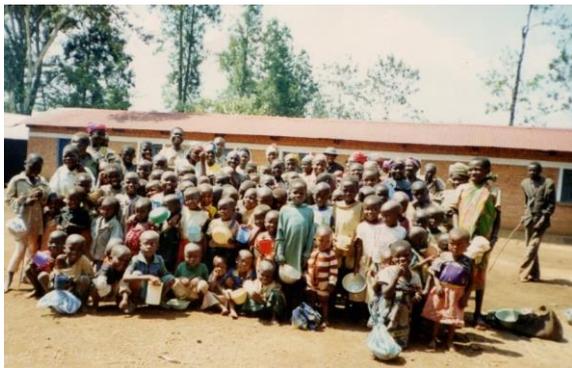


The sisters work in pastoral care, alongside priests, in the Parishes. They also prepare children and adults to receive the Sacraments. They help those in need, including making home and prison visits.

Medical care and Nutrition

The sisters work in hospitals, they also work alongside doctors and nurses in the local communities. They are well liked and in particular by pregnant women and new mothers, who feel safe in their care and trust them with their new-borns.

Problems associated with childbirth and care of the new-born are common in DR Congo. Free healthcare does not exist and so approximately three quarters of women, who have no means of paying for maternity care, therefore give birth at home and that brings with it risk of fatalities.



With regard to nutrition, the sisters have been treating 60 children, aged one week to 9 years old. Half have recovered, some do not come back for more treatment but as far as the sisters can be aware, there have been no fatalities. Malnutrition persists in certain rural areas, because of the lack of small plots of land to cultivate.

Training

Many people need skills training and the sisters devote a lot of time teaching them trades with the aim that eventually they can take care of themselves. To that end, they have created a centre called *Centre de Résurrection*, where they welcome anyone who wants to learn a skill – the

sisters teach sewing, cookery, home economics and at the end of a two year course, the trainees can receive an official Certificate.



The sisters do struggle though, due to lack of materials: sewing machines, thread, fabrics and cramped conditions which means there is not enough space for all those who want to learn.

Our country

What is portrayed about the D R Congo in the media bears no resemblance to the reality the sisters experience 'on the ground'. At the moment the political situation is quite complicated because the President wants to change the Constitutions so as not to have Elections, but the people are not in agreement. That is what creates tension. The Church is trying to support people who are already living in enough misery. The sisters say, *'It is a struggle which isn't easy, it demands courage to eventually achieve a good outcome.'*

The sisters thank you with all their heart for your concerns and your help and they recognise that life elsewhere has also become more challenging.

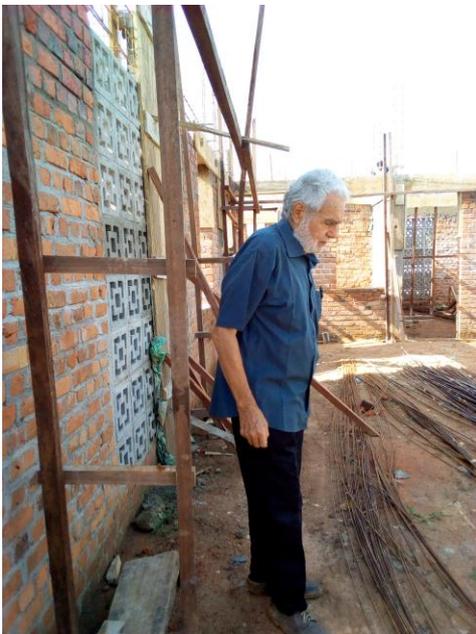
PROGRESS IN KINDU, DRC



Aerial shot of Kindu – located top right along the Congo river

We reported, in the last newsletter, on the progress made by the Community in Kindu. A lot has been happening and we are pleased to give you a further update.

You may remember that there are two building projects which are on-going. The first is the building of the new Priory, called '*Emmanuel*', in Kindu.



Building work here is advancing, despite atrocious weather conditions and flooded roads which have hampered the transport of building materials. The other issue has

been the rising costs of materials, no doubt linked to the difficulties of transportation.

The building of *Emmanuel* is being led by a Xaverian father (see picture). He is ensuring full compliance both building and financially. It is hoped that all will be finished by Christmas this year.



Sisters visiting the construction site

The second building is the Health Centre in Katako, desperately needed in the area.



Visit by Sisters Noella and Véronique to view progress of Health Centre

The building is entirely funded by our campaigns in the UK. The roof was erected in March this year and the Centre should soon be ready to serve the local population.

Once it is completed and stocked with medical supplies, the sisters will be able to provide primary care to the local people. Sister Jeanne Françoise will soon be freed up to run the Health Centre.

If you would like more information on how you can help with fundraising please contact projects@canonesses.co.uk

The advent of Whatsapp has facilitated the flow of news. S. Anne Marie, in Kindu, is a good communicator and sends us photos and messages (in French) from time-to-time.

The sisters are already doing what they can for the local people. These are some of the children they have been helping.



Virginie and Madeleine

The little girl on the left has liver disease. She has made improvements since the sisters have begun to treat her and the

Health Centre will enable them to provide better care.

The sisters encounter many orphan children – some traumatised and unable to communicate, others suffering from malnutrition.



The nutrition of children is always a concern for the sisters. The health centre will provide a place for the sisters to take care of the malnourished; those suffering from mental health issues and other conditions. S. Jeanne Françoise has also told us about the importance of maternity care for the local women.



Education – Kindu



S. Léa outside the school

The local school in Kindu has 180 pupils (97 boys, 83 girls) aged between 5 and 11. The students, S. Léa reports, come from very poor families but in DR Congo everyone has to pay for education. This means that at least half the pupils drop out during the school year as their parents do not have the means to pay school fees.



Kibangala, Kindu – primary level classroom

In addition, the school building is in a terrible state of repair; there are holes in the roof so when it rains the children have to go home because there is no shelter.



Kibangala, Kindu primary school

The situation is tragic, as the school itself is generally well thought of in the area and the students are serious about their studies.

S. Léa visits other schools in the area, to do inspections. The picture below gives you an idea of the local roads, and when the rains come they can be completely flooded.



Léa travels by motorbike and canoe to get around. She was very touched to hear about our fundraising for education and managed to get these photographs to us so we can see a little of what life is like for children in D R Congo (and the sisters).



*S. Léa on school visits –
by motorbike and dug-out*

RWANDA REPORT

Our Rwanda report this year is compiled by two visitors to the Rwandan Community - Pauline McAlone (your Editor) and Valerie Nazareth (volunteer).

Pauline's Visit to Rwanda

In April this year, I visited the Community in Rwanda. The main purpose of the trip was to assess the sisters' ongoing needs with regard to English language learning.

In 2015 the UK Community began sending volunteers to help the sisters improve their English. We have sent 5 volunteers so far with another due to go at the end of this year. The project has gone well and we are now looking at ways to adapt the programme to suit their current needs.

My trip to Rwanda was hugely valuable in other ways too. I was able to see at first hand much of the work the sisters are involved in, including a new venture in Muhanga – a centre for the disabled.

As it was the rainy season, I witnessed the additional struggle the sisters have coping with flooded mud roads and all the consequences (our potholes are *nothing* in comparison); their valiant efforts to get the school bus out to collect the children; teaching without the aid of books (and all the teaching now required to be in English); younger sisters juggling work with weekend university courses, long journeys to get there and whilst still maintaining their rhythm of prayer; buildings needing repairs but no funds available.

My visit coincided with the last few days of the annual two-week mourning period for those killed in the genocide. As we

travelled between the Community's houses, we saw many gatherings (I was told they were outdoor memorial services) and people walking with banners - "remember unite renew" – promoting reconciliation 24 years after the horrific events in 1994.

Masaka

The Community's main house is in Masaka, which is about a 50-minute drive from Kigali, though it is hard to give a precise time as it depended on how many stops we made on the way!

In Masaka the Community opened a Primary school last year and they also have a Nursery school. The surrounding area is poor, but the vegetation was lush – it was, of course, the rainy season.



Young girl collecting firewood

The Community grow a lot of their own food: fruit, vegetables and beans are the staple and they also rear pigs, rabbits, chickens and have two goats and a cow.



*S. Angélique, S. Bernadette, S. Epiphanie
pictured here with Valerie Nazareth*

The main activities in Masaka are centred around the school (and of course, the running of the household). Some of the sisters work in the school but they also employ lay teachers, who teach in English. The Community are situated in a poor area which is not easily accessible. The government now require all teaching to be in English so recruiting teachers has not been without its problems. Some of the younger sisters are currently studying to become teachers.



The children at the school were delightful. I had my own personal 'assembly'! The children sang – in English and Kinyarwanda - and danced to welcome me. That doesn't happen every day! I can still hear their voices.



S. Thérèse at the knitting machine

All the uniforms for the school children are made by three of the sisters in Masaka, on one knitting machine and three manual sewing machines. They even make P.E.

shorts complete with double stripes along the side. It is all hands on deck in the sewing room at the beginning of term!

At 10.30 each school day, S. Epiphanie prepares 'porridge' for the children which they eat with a bread roll, baked on the premises. This is all the children eat until they go home mid-afternoon.



S. Epiphanie adding sorghum to the pot

The sisters are continuously on the go. They rise at 5am for Lauds and still manage, in between their work and studies, to maintain their full rhythm of prayer ending with Compline at 9pm.

Busasamana

S. Marie Rose (Prioress) took me to visit the Community in Busasamana which is where the postulants (pre-novice stage) begin their training.

It was a long journey and there was a lot of heavy rain. We dropped S. Caritas off at the border with DR Congo, as she was attending her brother's wedding in Goma and then also delivered Fr. Jean-Marie back to his parish in Gisenyi, before continuing on to the Community in Busasamana.



*Fr Jean-Marie, S. Caritas,
Pauline, S. Marie Rose*

Fr. Jean-Marie had been visiting to celebrate the Eucharist with them over the Easter period.

Whilst Fr. Jean-Marie was in Masaka, he had asked for my help in producing a booklet which would record the details of the terrible occurrences in 1998 in Busasamana, when 7 sisters were attacked with machetes in the night, killing 6 of them. The area was known at the time to be very dangerous but the sisters had insisted on staying, to be close to the local people. As those with living memory of the attacks get older, S. Marie Rose and Fr. Jean-Marie are conscious of the need to write down an account of what happened, in memory of the sisters who died there. The booklet gives a description of the life of that Community from their first arrival in Busasamana until the night of 7 January 1998.

Another treacherous mud road, children running after the minibus, waving and smiling and a rapturous welcome from the postulants as we arrived.



Postulants in Busasamana

Busasamana is an amazing place, with a very particular atmosphere. The surrounding area is very poor but the rich volcanic soil means that the sisters are able to grow the most wonderful fruit and vegetables: avocados, papaya, mango, bananas, sugar cane and a field of what they call “Irish” potatoes (as opposed to sweet potatoes, which are often on the menu).



Banana groves leading to the potato field

The sisters also rear rabbits, chickens, pigs and now have four cows. The dung from the cows is fermented and used to produce “bio-gas”, filtered through a system designed by one of the sisters.



Patrick demonstrates the bio-gas system

Their four cows produce enough energy to power a small stove!



Godelieve showing us the outlet pipe and cooking facilities

There are two groups of postulants – first and second year. After 1 year and 9 months the postulants who decide to become novices move to Masaka for their noviciateship. Apart from the young women postulants there are two sisters, the novice mistress S. Annunciata and S. Godelieve who looks after the animals, the vegetable gardens and fruit growing.

The sisters are present to help the local people in whatever way they can; some of the local people work with the sisters in the fields every day they feed a group of orphans. I was sorry not to have had more time to experience life there.



We met four of the orphan boys and one of them, Patrick escorted us when Godelieve showed us the vegetable gardens, banana grove and potato field.



Olivier, Patrick, Remy and Bonheur with S. Godelieve

As evening approached, we said our goodbyes and made our way back, on flooded roads, then through some thick fog, stopping the night at the Community's house in Kimihurura, Kigali. Even at 11.30 at night there are people walking from place to place and whatever the weather.

Kimihurura

Kimihurura is a district of Kigali, the capital city of Rwanda. The Community runs a small nursery there and the house also serves as a transit location for those travelling and studying. A Community continually 'on the move'.



S. Virginie at the front gate

There were 8 sisters living there when I visited: some helping to run the crèche, another teaching locally and several sisters who are studying.



The local area where the house is situated is fairly affluent and therefore, the atmosphere very different to the other Community houses I visited.

I was told that the strange noises on my roof at night, were probably monkeys! Unfortunately it was too dark to see.



We returned to Masaka early evening. The roads were the worse I had seen them, after storms the day before. One of the young sisters who was travelling with us said “The roads, they make us dance!”

Muhanga

Two days later we were back on the road, this time by public bus. S. Marie Rose and I travelled to a place called Muhanga, with Mme Léoncie who set up a Centre for the Disabled some years ago.

Léoncie’s story is one of remarkable courage and compassion. At the time of the genocide she was a physiotherapist, working in a hospital close to the border with DR Congo. Aid workers were bringing children to the hospital who had been found in the forest and along the roads. Some were subsequently reunited with the families, others not.

Léoncie and her husband began to adopt some of the children, those who had nowhere else to go. They adopted 14 boys in that initial period who are now young men. I met 6 or 7 of them and for the duration of our visit, I did not hear any of them speak, though they communicated through actions and laughter; Léoncie mentioned that they had autism but I wondered if there were other undiagnosed conditions.



Léoncie with 2 of her adopted sons and S. Pélagie

I thoroughly enjoyed meeting Léoncie's 'boys'. They live in one of two houses a short distance from the school. She has done an incredible job bringing them up and has managed to find work for a few of them. Each of them also had a role within the household, be it fetching water, or buying milk for the younger ones, tidying shelves or planting. They appeared content and settled.

Léoncie is continually searching for what to do next to keep them occupied and is hoping to get them a few animals to tend and they already grow herbs and vegetables – the house has some land around it and a couple sheds which could facilitate some small animals, possibly pigs.

Léoncie has a dream that one day her young men will be able to make sausages to sell! She laughed and the twinkle in her eye meant, I think, she will give it a go!

Since her earlier adoptions post 1994 genocide, Léoncie has also taken on several seriously disabled children, who have been abandoned or whose parents have not been able to cope. They live in the second ('girls') house. Léoncie is also involved in work for the disabled at a national level.

Léoncie alternates her time between the two houses and has live-in helpers when she is not there.

When the boys were younger, Léoncie started a school and centre for the disabled. The school now takes local children with and without disabilities and some special needs children also board there.

As Léoncie is getting older and also has had health issues, she wanted to find someone to carry on the management of school and centre and has been in discussion with the Community for several years about getting involved. Earlier this year the wheels were set in motion.

In April this year, three members of the Community moved into a small house next door to the school. They are getting involved in the management of the Centre for the Disabled. This involves managing the school and the care of special needs children – most of whom have been orphaned or abandoned by their parents.

The school operates on the principle of inclusive learning. I saw several examples of this in practice - local children learning alongside children with special needs – and was very impressed. All the teachers use sign language as well as verbal.



The boy with the balloon in the photo had just arrived at the school



Young girl signing her times tables



Making 'marks', a first stage to being able to write



Cosette, age 33, who has Downs Syndrome, takes part in Primary 3 lessons

The living conditions in the boarding area at the school are poor. The kitchen is in dire need of work – they cook on stone fires inside the building and there did not seem to be adequate sanitation – toilets, sinks etc. The bedrooms are dormitories with several double bunks and no other furniture.



The cooking area for the boarders

The school itself has no dining facilities or proper outdoor facilities, just classrooms.

Léoncie has done an amazing job all round, but I was rather shocked at the minimum level of supervision and intervention, given the level of disability of some of the children in the girl's house.



Léoncie's girls are the lucky ones. She clearly cares deeply for each and every one of them and the sisters are following suit, but I was greatly saddened to think how they could benefit from better facilities and trained staff to look after them.

They are struggling, I am told, even to find enough money to provide adequate nourishment for the children, let alone 'proper' medical care, as we would know and understand it.

Another goodbye and Marie Rose urging us to get on our way. The rain was getting heavier, a long steamy bus journey, then Epiphanie late picking us up in the chaos of Kigali coach station and slip-slide back to the convent on the red mud road.

We were late back but the sisters had waited for us. A celebratory dinner for the end of my visit and some beautiful Rwandan dancing and accompanying drums.

RWANDA VOLUNTEER PROGRAMME **Report by Valerie Nazareth**

How to capture the flavour of my experience in Rwanda? To begin with everything was so different: the language, food, climate, my job, the daily prayer, the people I lived with and even how I was addressed (not as “Valerie” but as “Teacher” a sign of respect that I never quite felt entitled to).



All this could have been quite daunting but I was met with such kindness from the moment I arrived that it didn't take long before I settled in and began to enjoy myself.

I missed my family more than I expected to, but two to three weeks after arriving I had managed to get an internet connection (albeit limited) which together with the phone that one of the sisters kindly loaned me, made a huge difference (and also enabled me to keep in close touch with the English Community).

The day began early, although morning prayer was too early for me. However, if there was mass in the Convent chapel I often attended that before breakfast. I am sure my family would have been astonished to see me up so early.

My time in Rwanda was different from previous volunteers in that I spent all my time in Masaka and rather than just teaching the sisters, I also worked in the community's primary school. Every morning I taught English to Year 3 (mainly 8 year olds).

After life in London, it was a pleasure not to have to commute: I was able to get from my room to the school in two minutes. I had not worked with children before and the school had few of the resources a teacher in the UK would expect. There was simply a blackboard and chalk.

The children had no textbooks: the teachers had to teach the Government curriculum from a children's book. I have always had a great deal of respect for teachers, but I have even more for the Rwandan teachers who work with so much less than we take for granted in the UK. The children were enthusiastic and happy and like children the world over, keener to learn a new song than to do a grammar lesson! I learned so much, I hope the children did too.



I am pleased that together with friends in the UK we have managed to buy some textbooks for the children which I hope will make life easier for them and their teachers (as well as for future volunteers).

At 12.20 unless I was still at the school I would go to midday prayers before we went to lunch. Each afternoon I taught the sisters and novices English for 2 hours. Teaching adults came more easily to me and I had a lot of fun with my students, I hope they did too. Class ended at 5.00 and we would go straight to Vespers. I enjoyed the rhythm these regular prayers brought to my day.

When I wasn't teaching, I would prepare lessons, keep up with correspondence and occasionally help the sisters prepare the vegetables for the communal meals. I had a go at preparing a number of things I had not come across before like pumpkin leaves and cassava. I even learned what to do with the flower buds which were used to make a delicious juice.



If I had time after Vespers, and it wasn't raining (it very often was!) I would go for a walk. The surrounding fields were interesting and afforded lovely views. On these walks, I found I could barely go a few metres before there was someone to greet. The Rwandans are incredibly polite compared to Londoners. Sometimes S. Thérèse would take me to visit some of our neighbours, a very interesting experience for me.



Supper was around 7.15 and I would try to practice English with some of the sisters.

Washing up after supper also provided similar opportunities. The day ended with Compline at 9 p.m. which I loved, but at times I had already fallen asleep under my mosquito net by the time it started.



Weekends were my own and in addition to lesson prep I would clean my room and do my laundry by hand.

Occasionally I would get the opportunity to go into Kigali which was always interesting. All in, I was much busier than I had expected and some of the books I took with me remained unopened.

Living in community was a very important part of the experience for me and one I really enjoyed. I liked the structured day in which everyone has their work to do, which is punctuated by prayer and

communal meals. I saw how much of a family the community was, the sisters helped each other, cared for each other, prayed and worked together, often singing and laughing. I was really struck by how much joy there was despite how hard everyone worked. It was a privilege to be welcomed into this family.

Standout memories include Easter which, after the rigours of Lent, was celebrated with real joy; travelling around the country with my husband and daughter who came to visit me; and a pilgrimage with the Sisters to Kibeho the site of Marian apparitions. I must also mention the wonderful dancing the sisters did on special occasions.

So what have I brought back with me? I have returned with different forms of prayer (including Compline and the Magnificat) which I am trying to incorporate into my life. I have more gratitude for and appreciation of my family and the life we have here in the UK as well as an intention to be more mindful about how I use the earth's precious resources. The sisters were an example to me of a community living the Gospel message of love for God and love for neighbour and I try to remember this when I think of them. I am delighted to be able to keep a link with the community through a fundraising project for one of the homes for disabled in Muhanga. I really hope it won't be too long before I see 'mes soeurs' in Rwanda again!

IN THE NEWS

Think you can't live without plastic bags?

Did you know that non-biodegradable plastic bags are banned in Rwanda? They have been banned since 2008.

Whilst we were considering a tax on single-use plastic bags, Rwanda decided to ban them completely! Arriving in Rwanda, you are struck by how clean it appears everywhere and very little litter on the roadsides. A good example of what can be achieved when there is the political drive to do so.

Kidnapping in the National Park

Media coverage of the situation in D R Congo is sparse to say the least. However, in May this year, a story hit the headlines when we heard of the kidnapping, then release, of two Britons in the Virunga National Park. The couple were about to begin a gorilla trekking holiday. After they were released, they were taken over the border in Goma to Rwanda to return to the UK. Tragically a 25-year-old female ranger was shot dead whilst she tried to protect the tourists.

Ebola

The other big headline this year concerning D R Congo was the outbreak of Ebola. The D R Congo epidemic was declared on 8th May this year, the 9th recorded outbreak in the country.

There were confirmed cases of Ebola in four separate locations in DRC, including a populated area with river connections.

Local teams worked tirelessly to contain the virus. Three quarters of the people deployed to respond were from the region and together with international aid, the virus was contained. The end of the outbreak was declared on 24th July 2018.

However, we have since had worrying news of another outbreak in North Kivu, in eastern DRC.

See www.who.int for more information.

FUNDRAISING

GREAT THANKS to all those who give regularly by direct debit and other donations. Also to those who organise fundraising events.



*Garden party hosted by the Everett family
which raised £2,300*

THE GIVING MACHINE

Don't forget about the **Giving Machine** when you are internet shopping throughout the year. It costs you nothing and is simple to use, see the guide on our website:

<http://www.canonesses.co.uk/news-events/africa-newsletters/>

Alternatively you can donate directly via our website:

[http://www.canonesses.co.uk/shop-\(plusdonate\)/](http://www.canonesses.co.uk/shop-(plusdonate)/)

Contact us:
crssuk@canonesses.co.uk
www.canonesses.co.uk
Charity No: 1167869

CHRISTMAS GIFT GIVING

Sincere thanks to all who bought gift certificates or gave donations last year. We are pleased to report that we raised £870.



We hope you will consider buying Gift Certificates for Africa this year. For more details please see:

<http://www.canonesses.co.uk/news-events/africa-fundraising/>

100% of the proceeds raised from this initiative goes directly to the sisters in D R Congo and Rwanda for the work they are involved in, and as reported on in our Newsletter.

To purchase any of the 'gift' certificates go to our website SHOP:

[http://www.canonesses.co.uk/shop-\(plusdonate\)/](http://www.canonesses.co.uk/shop-(plusdonate)/)

Select and pay for the item you want, then we will send you the Gift Certificate in the post. We have left a space on the Certificate for you to fill in who the gift is to and then you can give it or post it to them.

THANK YOU!