



## NEWSLETTER AUTUMN 2018

Never doubt that a small group of thoughtful committed citizens can change the world: indeed it's the only thing that ever does.  
*(Margaret Mead)*



God is present with us at all times, and autumn invites a new look inside to see where God stirs. As the leaves fall from the trees, we watch their slow descent to the ground, knowing that at other times, a burst of strong wind can blow off half the leaves from a tree in an instant. Let us look at the leaves painted gold and brown and yellow. Let us swish our feet among the crisp fallen leaves. Look up...look down...look all around. Listen... smell... touch... taste...reflect on the autumn movements in our own lives.

### PAUSE FOR THOUGHT



### FROM OUR ARCHIVES

In the Community Archive there is a collection of books called the 'Liège library'. The books belonged to our Community when they were living in Liège and were brought to England with the Community in 1794.

To read more about it and see some examples please click here:

<http://www.canonesses.co.uk/archives/the-liège-library/>



### St AUGUSTINE

"Christ's martyrs feared neither death nor pain. He triumphed in them who lived in them; and they, who lived not for themselves but for Him, found in death itself the way to life."

## SUMMER ACTIVITIES



S. Teresa was part of the Chaplaincy team for the Brentwood Diocesan Pilgrimage to Lourdes.



Thank you to the Clayton family who hosted this year's Annual Africa Fundraising Garden Party which raised over £2000.



Summer Fun (in Greenstead) and Fun Week (in Melbourne) took place as usual in August, and both weeks were hugely successful, offering hundreds of children purposeful and positive activities during the long Summer holidays.



S. Mary Magdalene's holiday took her near an Owl Sanctuary where she spent an enjoyable half hour befriending this owl.



S. Mary Gabriel was part of the 'Make Lunch' team which offered lunches to children for a week on the Greenstead Estate after the Summer Fun sessions.

## RWANDA VOLUNTEER PROGRAMME

We were very pleased to welcome Valerie Nazareth and her husband to join us in early September to share her experiences from her time in Rwanda earlier this year. Her full account was both informative and moving, and she clearly gained a lot herself from her time in Rwanda.



Our next volunteer, Valerie Francis, was present at this session and is herself now looking forward to going to Rwanda in January 2019.

## DUNKIRK REFUGEE PROJECT

In October, S. Angela, S. Moira and S. Teresa Ann are going to visit the Emmaus Refugee Project in Dunkirk where three of our African sisters are living and working. We will report on this visit in our next edition.

## OPPORTUNITIES FOR REFLECTION

On a beautiful Summer's day in July S. Moira and S. Margaret Mary led a day of reflection in Maldon on the writings of Julian of Norwich.



The June Quiet Day at Howe Close was equally blessed with sunshine. It took the theme 'Who do you say that I am?'

## CORRECTIONS TO SECRET CEMETERY BOOK

Since the publication of the 'Secret Cemetery', documents have come to light which date the first Cemetery wall. The document reads: "in 1818 a wall was built around the burying ground which cost £182", and a later entry says: "an enclosure wall was commenced in July 1845". A transcription of the full document can be read on our website:

<http://www.canonesses.co.uk/archives/the-secret-cemetery-book/>



## WISDOM NEWS

Some members of the Wisdom Group have been enjoying regular Yoga classes in Napier Court after the usual Monday morning session.

## DATES FOR YOUR DIARY

**Sunday 7th October:** Bishop Roger Morris leads reflection on the theme 'Who is my Neighbour?'

**Tuesday 23rd October:** Quiet Day at Clare Priory: 'Faith as green as a leaf': some thoughts on the poetry of R. S. Thomas led by S. Angela Morris.

**Wednesday 31st October and Friday 21st December:** Quiet Day at 74 Howe Close, Colchester, CO4 3XD, 10am-3pm.

**Saturday 3rd November:** Mass for the Dead at New Hall, 2pm.

All are welcome to any of the above - for details and booking please contact [crssuk@canonesses.co.uk](mailto:crssuk@canonesses.co.uk) or phone 01206 867296

## Contact us:-

74 Howe Close  
Colchester CO4 3XD  
01206 867296

43 Anderson Avenue  
Chelmsford CM1 2DA  
01245 604108

[www.canonesses.co.uk](http://www.canonesses.co.uk)  
Charity Registration No. 1167869



The Association website:  
[www.crss-worldwide.tk](http://www.crss-worldwide.tk)

71 Cundy Road  
Custom House  
London E16 3DJ  
020 7476 5490

Napier Court  
Chelmsford CM1 2ED  
01245 604128