



NEWSLETTER FEBRUARY 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)



During Lent let us ask God to:

'Increase my awareness of the false judgments and unfair expectations that crowd out kindness and compassion for self and others.

Lessen unrestrained fears keeping me imprisoned in turmoil and confusion.

Soften any hardness of heart that I have toward another.

Strengthen my ability to love.

Help me topple the walls that prevent my being a forgiving person.

Expand my perception of the good things that life holds.

Decrease fear of not having enough, being enough, doing enough, growing enough.'

PAUSE FOR THOUGHT

(Joyce Rupp)



IN THANKSGIVING



Instead of gifts for her Golden Jubilee, S. Teresa Ann asked for donations to the Notre Dame Refugee Centre where she is a volunteer.

Sarah Hughes director of NDRC writes in thanks: 'Your response has been way beyond my expectations. This money will help sustain the Centre's regular services which try to cater quite comprehensively for our many visitors' needs'.

December 2017 S. Teresa Ann was surprised and thrilled to receive a Papal blessing from Fr. Dan Mason who was the main celebrant at her Jubilee Mass at New Hall.

ST AUGUSTINE



"Fasting without kindness and mercy is worth nothing to the one who's fasting. Let us always fast from hatred, always feed on love."



RWANDA VOLUNTEER PROGRAMME

Our Volunteer Programme teaching English in Rwanda is continuing in to its 3rd Year.



Our current volunteer, Valerie Nazareth arrived last month in Rwanda and she writes:

"I arrived to the warmest of welcomes and since the moment I arrived I have been incredibly well looked after. It took a few days to begin to feel more at home and settle into the routine of daily prayer and communal meals. I am enjoying spending time with the primary school children and I find the afternoon sessions with the sisters and novices very rewarding. In almost every respect, my life here is different from my life in London. I feel very lucky to be having this experience."

BUILDING PROGRESS IN KINDU



Health Centre

We are pleased to be receiving regular updates and photographs from our Sisters in Kindu, DRC. Progress on this new foundation is good, despite its isolated position on the edge of the equatorial forest. The Health Centre is being funded entirely by our fundraising efforts over the last two years, and will serve the most vulnerable people in the area especially pregnant mothers and young children.



New Main Building

THANK YOU!



Before Easter we will be bidding a fond farewell to Jo Thompson who has looked after the Community's finances for the last 12 years. Jo's financial skills and professional expertise have always been at the service of the Community and she has taken the greatest care of the Community's needs and long term interests. We wish her well as she leaves to devote more time to her family and her many interests.

FROM THE ARCHIVES



Above left - shell shaped incense bowl

Following a recent ancestry enquiry, we were able to provide details of five relatives (Hildesleys) who were all members of our Community who were professed and died in Liège.

The family were also benefactors; paying for a window in the convent chapel in Liège (no longer in existence) and also gifting a silver shell-shaped incense bowl which we still have in the Community archive.

FINDING HOPE IN FRAGILE PLACES

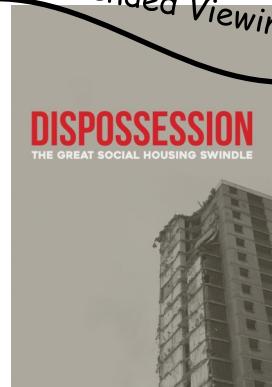
The Community, Companions and friends have continued to reflect together on the theme of 'Finding Hope in Fragile Places'. In Advent we reflected on our own vulnerabilities.



In January we watched together the film 'Dispossession' (The Great Social Housing Swindle) which looks at the vulnerabilities of poorer people due to the long-term failures that stemmed from a chronic shortage of social housing in the United Kingdom, after the big sell off of Council housing in the 1980's.



Recommended Viewing!



On the first Sunday of Lent, we welcomed Dr Lea Verstricht, a Belgian theologian to Melbourne, where she looked at our theme from a Biblical perspective. We were pleased to welcome so many old and new friends to this afternoon's session.

BEGINNING LENT

The Community and friends at Howe Close enjoyed pancakes thanks to expert cooks from across the world.



The Community in Melbourne hosted a Lent Lunch in aid of CAFOD on Ash Wednesday and were pleased to welcome parishioners and friends to their home. The event raised £155.

DATES FOR YOUR DIARY

Tuesday 27th February: S. Angela Morris at Clare Priory, leading a Quiet Day for Lent; Journeying with poets through Lent 9.30am to 3.30pm. Apply to Kathy Reddick at clarepriory@clarepriory.net

Wednesday 7th March: S. Moira: 'Praying with Scripture', All Saints Church, Maldon, 10.30am to 12 noon.

Wednesday 21st March: Quiet Day at 74 Howe Close, Colchester, CO4 3XD, 10am-3pm.

Monday 26th March: 74 Howe Close, Colchester, CO4 3XD at 7.30pm: the film 'The Way' - following the Camino.

Holy Saturday 31st March: 11am, Time of Reflection preceded by coffee at 10.45am, at 74 Howe Close, Colchester, CO4 3XD.

Holy Saturday 31st March: 11.30am, Blessed Sacrament Church, Melbourne Avenue, CM1 2DU, Liturgical Reflection.

Sunday 15th July: Fundraising lunch for our projects in Africa. Boreham.

All are welcome to any of the above - for details and booking please contact 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

Charity Registration No. 1167869



The Association website:
www.crss-worldwide.tk

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

Napier Court
Chelmsford CM1 2ED
01245 604128