



## NEWSLETTER March 2015

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)*



### PAUSE FOR THOUGHT

"One great idea of the biblical revelation is that God is manifest in the ordinary, in the actual, in the daily, in the now, in the concrete incarnations of life, and not through purity codes and moral achievement contests, which are seldom achieved anyway... Lent is about transformation and we do not think ourselves into new ways of living, we live ourselves into new ways of thinking... The most courageous thing we will ever do is to bear humbly the mystery of our own reality." Richard Rohr



### PLEASE JOIN US

#### BISHOP STEPHEN COTTRELL'S TALK - 11 APRIL 2015 'SOCIAL INEQUALITY'

We have invited Bishop Stephen Cottrell to come and talk to us on Saturday 11 April, as part of an Association event, and we are opening up the talk for day visitors. You are invited to join us at New Hall School on Saturday 11 April 2015. Doors open at 09:00am. Morning Prayer at 09:30am. Lecture begins at 10:00am and ends at 12:15pm. The Bishop will be talking on the theme of Social Inequality. You can book places by telephone or via: <http://www.canonesses.co.uk/event-bookings/> Places are limited and booking is essential.



### ST AUGUSTINE



Breathe in me, O Holy Spirit, that my thoughts may all be holy.  
Act in me, O Holy Spirit, that my work, too, may be holy.  
Draw my heart, O Holy Spirit, that I may love only what is holy.  
Strengthen me, O Holy Spirit, that I may defend all that is holy.  
Guard me, O Holy Spirit, that I myself may always be holy.

## COOKERY

A new Cookery Project led by some of the Community in Colchester began after Christmas. The emphasis is on healthy living and family cooking on a budget.



In Melbourne also there have been cookery sessions for the Wisdom Group, young Mums and Children.

## OUR SISTERS IN AFRICA

Thank you for your continued prayer, interest and support of our Sisters in Rwanda and DR Congo. Particular thanks to the Knights of St Columba and the Blessed Sacrament Justice and Peace Group who have made the Sisters their chief beneficiary this year.

Visas permitting, we will be welcoming 5 Sisters from Africa to England in the early Summer, and we will let you know of the opportunities there will be to meet them.

## REMARKABLE REBIRTH IN CHINA

At Christmas we heard the news of the long-awaited birth last summer of a new Augustinian monastery in China, the first and only one to appear there in the past sixty-five years! The foundress S. Mary Niu had been in England for a few years before to learn about living religious life in community and she had spent some time with us at New Hall, later sending her niece Martha to our school as a student. S. Mary returned to northeast China in 2008 to start her new life, forming a fledgling contemplative community, currently five, and plans for building a monastery, now officially opened.



Read more about this on our News and Events page:

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

## FROM OUR ARCHIVES

*With the blessing and help of S. M. Magdalene, our Archivist, we are delighted to begin a new feature in the Community Newsletter, where we share with you gems from our Archives. We hope you will enjoy!*

**In May 1940, 75 years ago this year, the Community and their school were evacuated to Newnham Paddox near Rugby. S. M. Magdalene, together with S. M. Thérèse, S. Catherine, S. Mary Stephen, S. Stephanie and S. Angela were all at school at this time. For most of the Community at that time it was to be their first trip outside of New Hall, so it was a real adventure. To read more:**

<http://www.canonesses.co.uk/archives/from-our-archives/>



## RESEARCH BLOG

Hannah Thomas, our Post Doctoral Research student has begun to share the fruits of her research in our Archives and Cemetery on her newly established Blog at: <http://www.canonesses.co.uk/research-blog/>  
Hannah is working with us for 21 months in partnership with Durham University Centre for Catholic Studies, and in the Autumn she will be giving some talks about her research.

## COMPANIONS



In January we were pleased to welcome 5 new people to our group of Companions. After some social time together the Companions made their commitment during Evening Prayer at the Blessed Sacrament Church. Since then there have been further social and reflective times shared by the Community and the Companions both in Colchester and Melbourne.

## COMMUNITY NEWS



S. Margaret Mary was invited as a guest to the Catholic Independent Schools' Conference celebration of their 25th Anniversary. As one of the co-founders of CISC, she was asked to cut the Anniversary cake by Chris Cleugh, current Chair of CISC.

In February, S. Angela led workshops on prayer with Bishop Roger Morris (the new Bishop of Colchester) at the Colchester Anglican Deanery Conference held at St John's Church in Colchester.



A new sewing project, inspired by television 'Sewing Bee' has been started in the Scout Hut by the Community in Melbourne. If you have any unwanted threads, wools, needles etc the Community would be very happy to receive them.



## DATES FOR YOUR DIARY

Mondays in Lent 7:30pm **Praying in different ways** 74 Howe Close, Colchester, CO4 3XD.  
18 March from 10:00am **Quiet Day** 74 Howe Close, Colchester, CO4 3XD.  
18 March 12:00pm **Lent Lunch** for our Sisters in Africa 43 Anderson Avenue, CM1 2DA.  
4 April **Holy Saturday** at 74 Howe Close arrivals from 10:30am reflection at 11:00am.  
4 April **Holy Saturday Reflection** at Blessed Sacrament Church, CM1 2DU 11:30am.  
11 April **Bishop Stephen Cottrell** at New Hall, doors open at 09:00am. Morning Prayer at 09:30am. Lecture begins at 10:00am and ends at 12:15pm - see page 1.  
17 July from 10:00am **Quiet Day** 74 Howe Close, Colchester, CO4 3XD.

*All 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*

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