

NEWSLETTER
EXTRAORDINARY EDITION
VOLUME 2



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

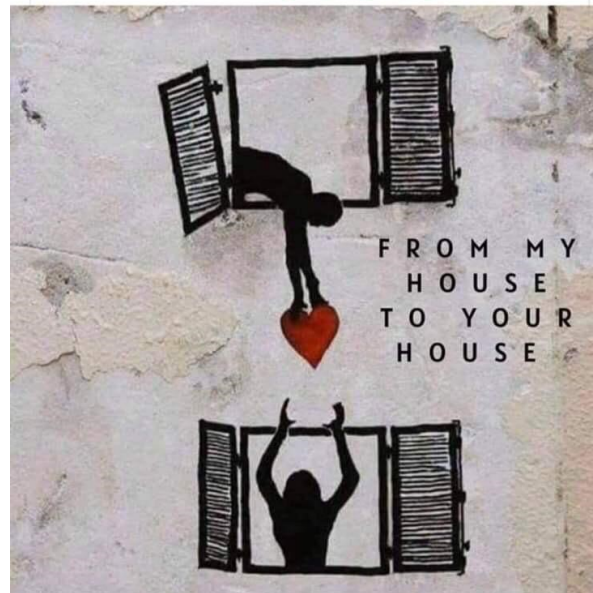
"It is a time of planetary disruption and great change. The future is uncertain, and our present moment is filled with the potential for great suffering-but also great love. The global spread of the coronavirus has revealed to all the true nature of humanity's interconnectedness; even as we isolate ourselves from each other, we do so in loving solidarity for the protection of society's most vulnerable people. There's a sense that we're all in this together-every continent, country, class, religion, race, age, or gender. We're all subject to this crisis. Suffering has an ability to pull you into oneness."
Richard Rohr



"Thanks to music, streamed live, bringing together millions of clasped hands everywhere in the world, we will hug this wounded Earth's pulsing heart."

Andrea Bocelli

Let's pass this around so everyone gets a little love today ❤️❤️❤️❤️❤️



COMMUNITY NEWS

Thank you for so many messages of love and support over these last weeks.

We have all found new ways of being in touch and realising how much we need one another.

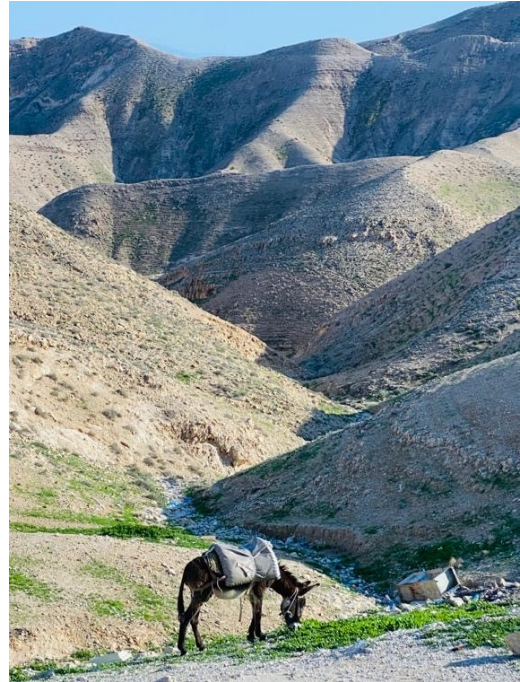
Along with the rest of you, we have been adapting, coping, being creative, struggling, hoping - all in unequal measure.

We lived through Holy Week in new ways - live streaming; radio; broadcasts; Zooming together; adapting the liturgies to suit the moment; realising afresh our need for community to celebrate and reflect together.

The Paschal Mystery is at the heart of our spirituality and we have lived it afresh this year in an Easter unlike any other we have ever known. Like the first followers of Jesus after the crucifixion, we have lived with the confusion, doubt, fear and even despair of these days at the height of the Covid-19 infection.

We too have dealt with the loneliness and grief that the disciples experienced, shared their fear as to what might happen next.

We have clung to our faith and hope that, as on that first Easter Sunday morning, life can be transformed; that we can get through these times of waiting and anxiety believing that this time will pass and that hope and goodness will prevail.



St AUGUSTINE

"Hope has two beautiful daughters; their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are."

**KATHLEEN O' MEARA'S POEM,
'And People Stayed Home,'
written in 1869, after the famine**

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people who lived in ignorant ways,
dangerous, meaningless and heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves

**NOT EVERYTHING
IS CANCELLED**

SUN IS NOT CANCELLED
SPRING IS NOT CANCELLED
RELATIONSHIPS ARE NOT CANCELLED
LOVE IS NOT CANCELLED
READING IS NOT CANCELLED
DEVOTION IS NOT CANCELLED
MUSIC IS NOT CANCELLED
IMAGINATION IS NOT CANCELLED
KINDNESS IS NOT CANCELLED
CONVERSATIONS ARE NOT CANCELLED
HOPE IS NOT CANCELLED



Please join us daily for Evening Prayer via our website:

<https://canonesses.co.uk/being-church/pray-with-us/>

AND FINALLY...!

YOUR HOROSCOPE THIS WEEK

 ARIES You'll be spending time in your home	 LIBRA You'll be spending time in your home
 TAURUS You'll be spending time in your home	 SCORPIO You'll be spending time in your home
 GEMINI You'll be spending time in your home	 SAGITTARIUS You'll be spending time in your home
 CANCER You'll be spending time in your home	 CAPRICORN You'll be spending time in your home
 LEO You'll be spending time in your home	 AQUARIUS You'll be spending time in your home
 VIRGO You'll be spending time in your home	 PISCES You'll be spending time in your home



Contact us:-

43 Anderson Avenue
Chelmsford CM1 2DA
01245 604108

74 Howe Close
Colchester CO4 3XD
01206 867296

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

www.canonesses.co.uk
Charity Registration No. 1167869



The Association website:
www.crss-worldwide.tk