



NEWSLETTER EXTRAORDINARY EDITION VOLUME 3

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



May you travel in an awakened way,
Gathered wisely into your inner ground;
That you may not waste the invitations
Which wait along the way to transform you.

John O'Donohue, For the Traveler

Even in the darkest moments, love gives hope.

Love compels us to fight against coronavirus alongside our sisters and brothers living in poverty.

Love compels us to stand together in prayer with our neighbours near and far.

Love compels us to give and act as one.

Now, it is clear that our futures are bound together more tightly than ever before.

As we pray in our individual homes - around the nation and around the world - we are united as one family. So, let us pause and find a moment of peace, as we lift up our hearts together in prayer.

REFLECTION INSPIRED BY St AUGUSTINE

I have known the satisfaction of unrestrained action, and the joy of the contemplative life in the dazzling peace of the desert and I repeat again in St. Augustine's words:

"Love and do as you will."

Don't worry about what you ought to do. Worry about loving.

Don't interrogate heaven repeatedly and uselessly saying, "What course of action should I pursue?" Concentrate on loving instead. And by loving you will find out what is for you.

Loving, you will listen to the Voice. Loving, you will find peace.

Carlo Carretto from 'Letters from the Desert'

NEWS FROM OUR COMMUNITIES IN AFRICA



We have been surprised to hear that there have been far fewer reported deaths from Covid 19 in either DR Congo or Rwanda than we had imagined. (Current figures state 0 deaths in Rwanda and 32 deaths in the DR Congo) .

We have had news from Sisters in both countries telling us that the biggest threat at the moment is shortage of food as there are restrictions on travel and transport across both countries. One of our Sisters in DRC wrote: 'there isn't enough food or medical care; prices have tripled and children are visibly suffering from malnutrition'.

Reading news from the WHO as to why these numbers seem so low they state that:

There is far less global travel to and from these countries compared to European countries so it is likely that the spread of the infection would be slower initially.

The numbers are likely to be unrealistic as the rate of detection, reporting and treatment would be low.

They do state however that if Covid-19 is able to take hold in these countries, the consequences could be far more devastating than we've seen in Europe and the US.

The WHO says there are only around five intensive care beds available for every one million people in most African countries, compared with around 4,000 beds for every million people in Europe.

If you would like to read more about this please use the links:

<https://www.newscientist.com/article/2236760-we-dont-know-why-so-few-covid-19-cases-have-been-reported-in-africa/#ixzz6KQ55g9dC>

News reports on Africa and COVID 19:

<https://canonesses.co.uk/we-dont-know-why-so-few-cases-of-covid-19-have-been-reported-in-africa/>

COMMUNITY NEWS



We are staying in touch via Zoom both for meetings and simply to share life.

SOME SOURCES OF INSPIRATION

S. Angela reflects:

Praying at Home - Holy Week and Easter celebrations during lockdown

No access to our usual places of worship, no gathering with our Parish Community, no direct contact with our Parish Priest, except through virtual links. How were we to celebrate this most holy season of Holy Week and Easter? Read more: <https://canonesses.co.uk/praying-at-home-holy-week-and-easter-celebrations-during-lockdown/>

Some useful resources:

We have gathered resources which some of us are finding helpful during this time of isolation and we hope that you will also find them helpful.

Online retreats are available from:

<https://pray-as-you-go.org/retreat/pray-as-you-stay>

<https://www.sacredspace.ie/covid-19-isolation-retreat>

there are some good reflections, thoughts and prayers from:

www.hopegateway.com

<https://www.corrymeela.org/news/180/prayers-for-community-in-a>

<https://www.spiritualityandpractice.com/practices/features/view/28880/spiritual-resources-for-the-covid-19-pandemic>

INTERESTING FACT

Google searches for "prayer" have surged worldwide in step with the surge of emerging cases of Covid-19, according to a European researcher. The rising interest in seeking information about "prayer" on Google "skyrocketed during the month of March 2020 when Covid-19 went global".

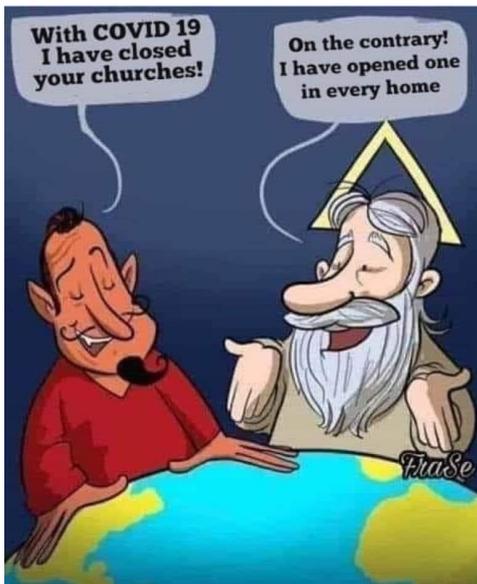
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**KEEP
CALM
AND
PRAY**

TALKING POINTS

Where you will find interesting and up to date articles and reflections on current questions:

<https://canonesses.co.uk/news-events/talking-points/>

AND FINALLY LET'S END WITH A SMILE!



Here's Sue. 31 years old, home schooling her kids for the last 5 days. Great job Sue. Keep it up.



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