

**NEWSLETTER
EXTRAORDINARY EDITION
VOLUME 9**



**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

The sun is still rising and I am still growing

Morgan Harper Nichols



The sun is still rising, the wind is still blowing and no matter the landscape I am growing.

You are still growing. Even when your mind is anxious and you feel lost.

I hope you can trust that the sun is still rising, even if you don't watch it rise each day. You have not missed out on what was meant for you, even when it seems that way. A life where even through brokenness, morning mercy, morning light shines through.

Things will change. Hour by hour, and day by day.

You will grieve what could have been and what is no longer the same, and you will shine on anyway.

SHORT PAUSE FOR THOUGHT

Jesus hangs out with people who live and struggle amid the daily wilderness of body and soul...He waits too for us to recognize these places in ourselves. He knows that if we haven't recognized the poverty within our own souls, the places of desert and desolation and emptiness, and if we haven't recognized how he dwells there, then it's hard for us to truly see him and serve him in others.

Christ calls us to those desert places to find what we can find only there. Yet what he knew, what the desert mothers and fathers knew, what the people of God have known for millennia, is this: the wilderness is the place where God provides manna. Wellsprings. Angels. Honey from the rock. *Jan L. Richardson*

REMEMBERING FRANCES WOOD (FORMERLY SISTER MARY FRANCIS)

Old Fishes and their parents from the 80s and before will remember Mary Francis who was Head at New Hall for 23 years! She died in September and four of us went to Belmont Abbey for her funeral in October.



An Old Fish, Rachel Kellett, is compiling a book of memories of her time as Head and teacher and would be pleased to hear from anyone who would be prepared to contribute.

rachelkellett@gmail.com

Frances had a lot to do with Christopher Walker when he was an aspiring church musician staying at New Hall from time to time in the early 80s. Their friendship lasted and he dedicated a piece of music to her when she died. It is called: 'The faithful shall abide with God in love'.

2020 – OUR WORLD REIMAGINED



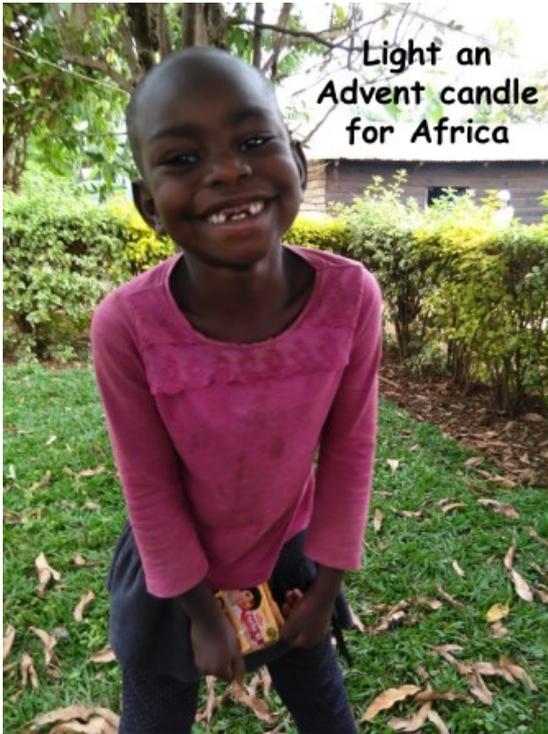
Our programme of reflection has continued, but this month has been via zoom only!! We considered the role of the media in how our views are shaped and a group of over 30 of us split into groups to discuss this thorny topic!

Next month we are looking at the church: crisis or time for creativity, and in the new year Tina Beattie will be sharing her thoughts on this topic in a specially written reflection for us.



BIRTHDAYS

In rather a more limited way than we would have liked, we celebrated the long and fruitful lives of our two nonagenarians, S. Mary Magdalene and S. Mary Stephen, as they reached that milestone within days of one another.



Light an Advent candle for Africa

Canonesses of the Holy Sepulchre



The Community will light a candle for Africa and pray for your intentions during Advent

Send to projects@canonesses.co.uk:

Your name:

Your email:

Intention/message:

Donation: use DONATE button on website or by cheque to 'Canonesses of the Holy Sepulchre'

send to 74, Howe Close, Colchester CO4 3XD

All donations will be a Christmas 'gift' for Africa – 100% of the proceeds go directly to our sisters in Rwanda and Democratic Republic of Congo

www.canonesses.co.uk



Charity no: 1167869

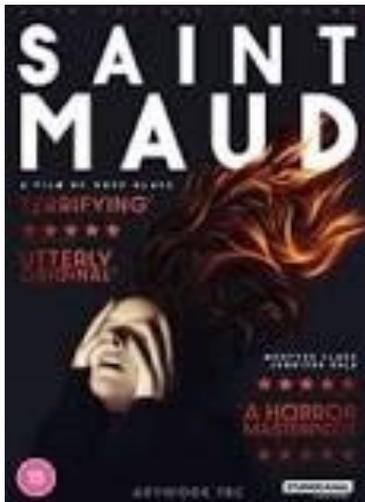
[Light an Advent Candle for Africa - Canonesses of the Holy Sepulchre](#)

St AUGUSTINE



"What does it avail me if this birth is always happening if it does not happen in me? That it should happen in me is what matters."

PLEASE JOIN OUR PRAYER INTENTIONS FOR AFRICA IN ANY WAY YOU CAN.



ROSE GLASS, SAINT MAUD

We have been very pleased and proud to read the positive reviews of the film written and directed by Rose Glass, one of our past pupils and also daughter of our friends Tim and Juliet. The Tablet wrote: "Saint Maud, writer-director Rose Glass's breathtakingly accomplished debut feature, employs several traditional horror tropes, not to create a Halloween frightfest, but to tell a touching story of how religious faith can slide into dangerously delusional territory".

REFLECTIVE SERVICE TO START ADVENT

Please join us for a short reflective service to start Advent together on Saturday 28th November at 5.30pm on zoom. We will light the first advent candle together and listen to some seasonal readings and music.

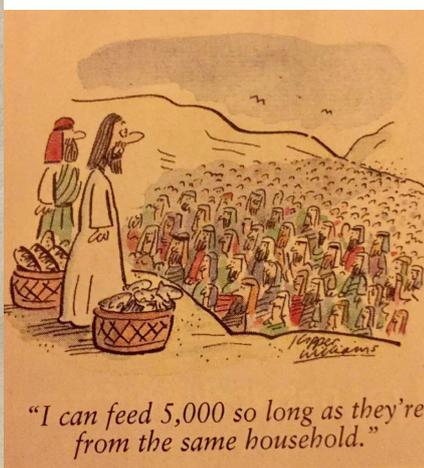
Please email projects@canonesses.co.uk if you would like to receive the zoom invitation.



SMILE!

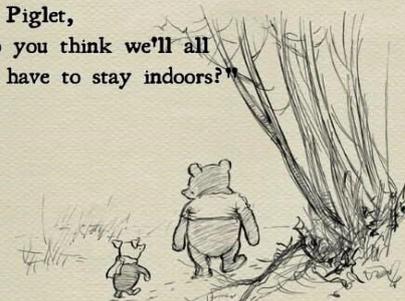


I'm not going to be caught out again by lockdown. I'm moving in with my hairdresser'



"I can feed 5,000 so long as they're from the same household."

"Winter is coming, Pooh" said Piglet, "Do you think we'll all still have to stay indoors?"



Pooh sighed... "Yes," he said wearily. "Let's just do as we're told one final time. At least we have each other and four toilet rolls."

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