

**NEWSLETTER
EXTRAORDINARY EDITION
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**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 TO REFLECT

I keep pulling it out -the old map of my inner path. I squint closely at it, trying to see some hidden road that maybe I've missed, but there's nothing there now except some well-travelled paths. They have seen my footsteps often, held my laughter, caught my tears. I keep going over the old map but now the roads lead nowhere, a meaningless wilderness where life is dull and futile.



"toss away the old map, "I tell myself "It's of no use where you're going."

"I have to have a map!" I cry, "even if it takes me nowhere. I can't be without direction,"

So there I am - tossing away the old map, sadly, fearfully, putting it behind me. "Whatever will I do?" wails my security. "Trust me" says my midlife soul. No map, no specific directions, no "this way ahead" or "take a left". How will I know where to go? How will I find my way? No map! But then my midlife soul whispers, "there was a time before maps when pilgrims travelled by the stars."

It is time for the pilgrim in each of us to travel in the dark, to learn to read the stars that shine in our soul. To walk deeper into the dark of my night. To wait for the stars; To trust their guidance and let their light be enough.

Adapted from 'Old maps no longer work' by Joyce Rupp, OSM

**MY SYMPHONY
BY
WILLIAM HENRY CHANNING**



To live content with small means.
To seek elegance rather than luxury,
and refinement rather than fashion.
To be worthy, not respectable,
and wealthy not rich.
To study hard, think quietly, talk gently,
act frankly.
To listen to stars and birds, and babes
and sages with open heart.
To bear all cheerfully, do all bravely,
await occasions, hurry never.
In a word, to let the spiritual,
unbidden and unconscious,
grow up through the common.
This is to be my symphony.

COMMUNITY NEWS



We have all been waiting patiently for the call to vaccination and now most of us have received the first jab. We have felt the poignancy of this as we hear of more and more people close to us who have been seriously ill or died from Covid.

We are now gathering names of people known to any of our extended community who have died of the virus and we will create some form of prayer tapestry to ensure that those people are remembered by name in our prayer week by week.

NEWS FROM OUR COMMUNITIES IN AFRICA

After a relatively low infection and death rate from Covid-19 in 2020, there is a spike in cases across Africa where they are talking about a 'second wave'. Current statistics record 198 deaths in Rwanda and 673 in DR Congo. There are questions about whether this spike is due to the mutant variant from South Africa.

Our sisters have had cases of Covid but no fatalities. They all speak of a very strict lockdown - of a dearth of trade and food circulation, and huge poverty amongst the people.

They also report a huge scepticism about the safety of the vaccine and a general refusal to have it when it becomes available.

We have sent money to our sisters in both Congo and Rwanda to help them support themselves and the people who depend on them so much over these critical months.



OUR LENT PROGRAMME 2021 ALL ON ZOOM

Ash Wednesday

A reflective moment to start Lent

Wednesday 17th February: 5.30pm for 20-30 minutes

Lent York Course - Caring for Creation

Mondays in Lent: 5.30 - 6.30pm

22nd February; 1st March; 8th March; 15th March; 22nd March

Christ in the Wilderness

Reflecting on the paintings of Stanley Spencer

Saturday 27th February: 2-3.30pm

Led by S. Angela

Reimagine

2021 - A Year of Opportunity? - Christine Allen (CAFOD)

Tuesday 9th March: 6pm

Bread Broken

Reflecting on Sister Mary Stephen's art and the Journey through the Cross

Tuesday 16th March and/or Tuesday 23rd March: 3-4pm

Led by S. M. Stephen

Stations of the Cross

Reflecting on Sieger Koder's Stations of the Cross, accompanied by music of Voces 8

Saturday 27th March: 2-4pm

Led by S. Moira

Journeying through the Triduum and beyond:

20-25 minute reflections - music word and visuals

Maundy Thursday: 5.30pm

Good Friday: 7pm

Holy Saturday: 11am

Easter Sunday: at 12 noon Do join us for a 10-15 minute drink and chat!

Sunday 11th April: 5.30pm Living the Resurrection

Please contact Pauline on projects@canonesses.co.uk
if you would like further information for any of these events.



St AUGUSTINE

"You never go away from us, yet we have difficulty in returning to You. Come, Lord, stir us up and call us back. Kindle and seize us. Be our fire and our sweetness. Let us love. Let us run."
— St. Augustine of Hippo.

**RESEARCH NOTES
FROM THE
COMMUNITY YEARS IN
LIÈGE 1642-1794
FROM OUR RESEARCHER
DR CORMAC BEGADON**

'The idea of cloistered nuns embracing the Enlightenment might seem to some a contradiction in terms. But that's exactly what took place with the Canonesses at Liège. They embraced these philosophical developments practically, for example, modernising their school, offering a progressive system of education in a school that had a truly international makeup'.

From the 1770s the convent at Liège experienced what Cormac describes as 'an explosion in new members'. His talk brings to light some of the reasons why the community became of the 'go to' convent of choice in the second half of the eighteenth century.

Cormac's research suggests that we should rethink how we perceive life in a convent in the eighteenth century. Far being insular, the community at Liège was a truly cosmopolitan setting, both in terms of the community's makeup and also in terms of visitors, for which there was a steady stream.

Portrait of Eleanor Darnall Carroll, who attended the school at Liège in the early 1700s. She came from Maryland, and was mother to John Carroll, the first Catholic bishop of Baltimore (and first Catholic bishop in America) and Daniel Carroll, one of America's 'Founding Fathers'.



**END WITH
A SMILE!!**

Cycled to the shop to buy a bottle of gin, but then I thought, what if I fall off my bike and the bottle gets broken? So cleverly, I drank it all outside the shop. Good thing I did too, I fell off my bike seven times on my way home



140 days in lockdown. I'M FINE. Thanks for asking.



Everyone who received the first smallpox vaccine in 1798 has died. Makes you think.



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