



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



When we follow Jesus, the path is often through darkness to what looks to the world—to us—like failure and defeat. But when we ourselves carry the message of Jesus—when we live the life of Jesus here and now, when we, too, confront the world around us with the blessedness of those poor, those outcast, those foreigners, those women, those voiceless for whom Jesus gave his life—we carry within ourselves the promise of new life. We live the ongoing message of the Resurrection itself: What comes in the name of Jesus will not die. The darkness will not overcome it as long as we ourselves never blow out the light of Truth in our own hearts. Alleluia.

PRAYING FOR UKRAINE

As a Community we pray daily for peace in Ukraine, amongst ourselves and with our friends and parishes.

At times like these, as we watch the suffering of the people of Ukraine it's difficult to believe that grief and suffering will be turned into joy.



That's why we need to celebrate Easter continually. We need to recall and welcome the Easter story much more than just once a year. We celebrate Easter every time we look closely at the little surprises of joy in our lives. Each time we announce these joys to ourselves or to others, we are like the angels at the empty tomb announcing resurrection.

Risen Christ, lead me to my own Easter moments. Clear my mind and open my heart so I can see the surprising little joys that are waiting to greet me today.

OUR NEWS

We were joined at the Blessed Sacrament church by many friends and parishioners at a prayer vigil for peace.



S. Christina and S. Teresa Ann have moved to Colchester to join the Community living at Howe Close. Once they have settled in, they will find new connections and opportunities for ministry locally.

This move marks the end of a very long period of our presence in East London.

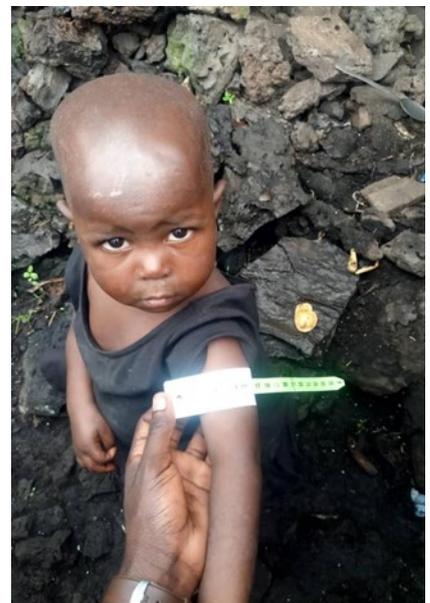
In mid-May we welcome two sisters from Belgium who are coming for a few days to conduct an Evaluation visit. This happens every six years following our own period of self-evaluation around the chosen theme which this time has been 'Adding Life to Life'.

NEWS FROM GOMA



Following an urgent appeal for funds, we sent money to Goma from our fundraising over the last year. The sisters working in the local hospital and health centre are struggling with insufficient resources at every level, particularly with a lack of vaccine.

The children in these photos are sitting on the black molten lava from the constantly erupting volcano which towers over Goma.



FUNDRAISING FOR AFRICA

We are grateful to the Blessed Sacrament parish in Melbourne who donated fifty percent of their weekly Lent Lunch proceeds to supporting our sisters in Africa.

The shared lunches were lovely occasions in themselves after so many months when we haven't been able to gather, and the money raised was a wonderful bonus. Thank you.

The next opportunity to support the work of our sisters in Africa will be the tea-boxes in July.



St AUGUSTINE

"Our faith is strengthened by the resurrection of Christ.
The passion of Christ represents the misery of our present life, while the resurrection of Christ gives us a brilliant glimpse of the happiness of the future life. Let us apply ourselves energetically in the present life, and hope in the future."

LIFE ON THE BREADLINE



We have followed the Lent course put together by Church Action on Poverty, examining the root causes of poverty in the UK.

We were joined by many friends as we journeyed through the six week course together and all felt challenged to be better informed and more pro-active in questioning the structural causes of poverty in our affluent society.

WISDOM OUTING

The Wisdom group in Melbourne were delighted to have their first full day's outing since the outbreak of covid. Thirty four of us enjoyed a carvery lunch on the seafront at Southend and then made our way to delight in an afternoon performance of 'Singin' in the Rain' at the Cliffs Pavilion.

The torrential downpours throughout the day didn't daunt our spirits and were strangely in keeping with the title of the show!



THE SYNODAL PATHWAY

As a Community we have reflected together on the challenges of the future of the church as laid out by Pope Francis. This has been an enriching and fruitful exercise for us. We have also participated when possible in our parish synodal journey and have been interested to read the summary from the Diocese which will be submitted to the Bishops' Conference.



MAUNDY MONEY

S. Diana and S. Teresa were delighted to go to Windsor Castle on Maundy Thursday as recipients of this year's Maundy money. Prince Charles was the main host and everything about the occasion was memorable and very special.

COMMUNITY THEME FOR THE YEAR

We have explored different aspects of this theme throughout the last eight months. In March our topic was 'Towards an Inclusive Community'. We discussed how, in order to build truly inclusive community, we need to embrace diversity and were challenged by our guest speakers who shared personal testimonies.

OLD PATHS AND NEW DIRECTIONS



Our April session focussed on loneliness - its challenges and dangers which we have experienced with particular poignancy over the last two years.

TRIDUUM

Thank you to everyone who joined us for our online Zooms through the Triduum weekend.

It was wonderful to share the journey from Maundy Thursday not only with our parishes 'in the real', but also with so many friends across the country via Zoom.

Thank you also to those who joined us at the Blessed Sacrament on Holy Saturday - our first reflection for three years. The deposition (see picture below) set in the context of the war in Ukraine was particularly poignant this year.



DATES FOR YOUR DIARY

SATURDAY JUNE 4TH: Celebrating the Queen's Jubilee in Melbourne Park 12-2pm. Please bring your own picnic - all welcome.

SATURDAY JULY 9TH AND SUNDAY JULY 10TH: Africa tea-boxes.

END WITH A SMILE!!



The best thing about being over 50?



We did all our stupid stuff before the invention of the internet, so there's no proof!

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

