



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



A SUMMER PRAYER



May you breathe in the beauty of summer
with its power of transformation.

May this beauty permeate all that feels
un-beautiful in you.

May you seek and find spaces of repose during
these summer months.

May these moments refresh and restore the
tired places within you.

May you feel energy of summer rains
penetrating thirsty gardens, golf courses,
lawns and farmlands.

May these rains remind you that your inner
thirst needs quenching.

May your inner self be refreshed, restored,
and renewed.

*May the God of summer give us what we need
for healing.*

COMMUNITY NEWS

We have been pleased to celebrate
two 'significant' Jubilees with
Community, family and friends.
S. Stephanie celebrated her Diamond
Jubilee (sixty years of profession)
and S. Mary Stephen celebrated her
Platinum Jubilee (seventy years).
Our research tells us that
S. Mary Stephen is one of the few
members of the Community to have
achieved this momentous milestone
since Foundation in 1642.



S. Stephanie



S. Mary Stephen



ST AUGUSTINE

"Beauty is indeed a good gift of God; but that the good may not
think it a great good, God dispenses it even to the wicked."

NEWS FROM LIÈGE

We heard some exciting news from archaeologists and historians working to excavate some land prior to development on the site where the Community lived immediately prior to fleeing back to England in 1794.

The artefacts were found buried in what was probably a trench of what we would now call landfill.

S. Diana, S. Moira, Dr Cormac Begadon (our researcher) and Pauline McAloone spent two days looking at the site and examining the intriguing finds.



GENERAL CHAPTER XII



We are preparing for the six yearly General Chapter of our Association which will take place near Bruges in the first half of August.

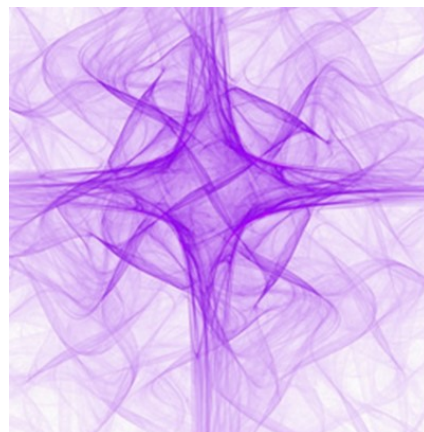
The theme is a very fruitful one - Women of the dawn - at the crossroads of time - embracing the world with hope.

We have been using the picture and accompanying texts for the last few months.

LENT COURSE 2023

We were joined by about twenty other people every Monday evening in Lent to follow the Lent course prepared by Churches Together in Britain and Ireland which focussed on opening up our senses to a greater awareness of God in the world - Sense making Faith.

Each session was led by different people and was a very fruitful coming together.



LISTENING TO GOD WITH BISHOP GULI FRANCIS-DEHQANI



We were thrilled to have Bishop Guli Francis-Dehqani (Anglican Bishop of Chelmsford) as part of our year's theme of 'Listening'.

Her focus was on prayer and listening with all our God-given capacities to God's word in us and through us.

Her very human and humble presentation rooted in her rich experience was relatable and inspiring.

If you haven't caught up on the talk, we strongly advise you to listen in via this link:

<https://canonesses.co.uk/listening-to-god-tuesday-21-march-at-6-30pm/>

WAY OF LIGHT



We had two evening sessions reflecting on the Stations of the Resurrection using S. Mary Stephen's paintings and the reflections in her book 'Way of Light'.

[Recording: WAY OF LIGHT - Part 2 - Canonesses of the Holy Sepulchre](#)

If you would like to buy a copy, there are some still available on our website:

<https://canonesses.co.uk/product/way-of-light/>

LENT LUNCHES

Thank you to Blessed Sacrament Justice and Peace group whose weekly parish lunches and raffle in Melbourne Chelmsford raised over £1600.

The money raised will be equally divided between CAFOD and our sisters' work in Goma in the Congo.

If you didn't read the recent article in the Sunday Times about the situation around Goma then please do via this link:

<https://www.thetimes.co.uk/article/machetes-and-the-ghosts-of-genocide-hover-over-congo-wnbptdqsj>

DATES FOR YOUR DIARY

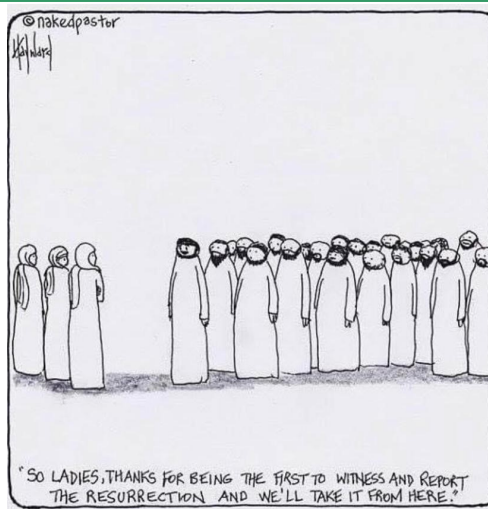
MONDAY 15TH MAY: On Zoom 'Listening to Creation' with Paolo Foglizzo. More details and to register:

[Do You Hear What I Hear? LISTENING TO CREATION - Canonesses of the Holy Sepulchre](#)

SUNDAY 11TH JUNE: End of 'Listening' theme. Tea and liturgy which will be held at Anderson Avenue - further details to follow.

PAUSE FOR THOUGHT

I realized that
I don't have to be perfect,
all I have to do is show up
and enjoy the messy,
imperfect, and beautiful
journey of life.



END WITH A SMILE!!!



"After watching the news, I'm curious as to why humans are higher up on the food chain than us."

a Pennsylvania man is suing Smart Water for not making him smart, I would like to formally announce my lawsuit against Thin Mints...



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