



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 - A LENTEN BLESSING

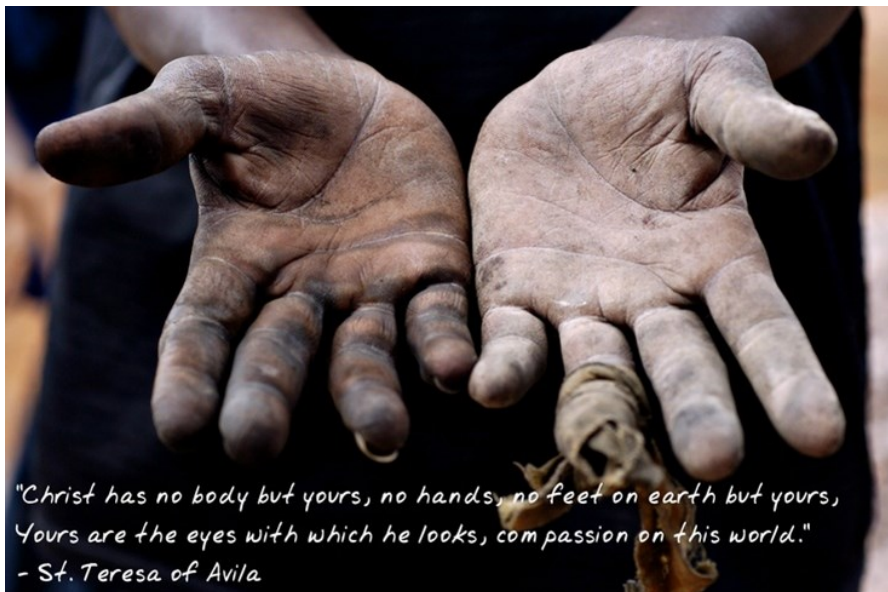
May the Gospel teachings about non-judgment resound in your thoughts of others.
May you listen closely to how God invites you to grow spiritually during this
Lenten season.

May you slow down and look more intently in order to find God's movement in your life.
May you carry your cross of difficulties with courage, trusting God's strength to
uphold you.

May your service be so intertwined with God that this love overflows from your heart.
May you keep turning your heart toward God and allow this love to be reflected in the
way you live your life.

May you welcome God's companionship and guidance as you travel the path of life.
Remember the Holy Spirit dwells in you.

Be at peace.



*"Christ has no body but yours, no hands, no feet on earth but yours,
Yours are the eyes with which he looks, compassion on this world."
- St. Teresa of Avila*

ST AUGUSTINE



"Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I may love only what is holy.
Strengthen me, O Holy Spirit, that I may defend all that is holy.
Guard me, O Holy Spirit, that I myself may always be holy.

- Augustine of Hippo

REMEMBERING HAPPY MOMENTS OVER CHRISTMAS BOTH WITHIN OUR COMMUNITY AND WITH OUR NEIGHBOURS



LIGHT A CANDLE FOR AFRICA



Thank you to so many of you who sent donations and prayer requests in response to our annual 'Light a Candle for Africa' appeal. Your donations amounted to a wonderful £1,442.50 which will go directly to the Sisters in the Congo and Rwanda to support their work with the poorest people in their countries. Your prayer intentions were a constant part of our daily prayers all through Advent and Christmastide.



THE BIG QUESTIONS

Our series of talks and discussions on today's challenging ethical and moral questions has continued with a session looking at the principles and practicalities of legitimate protest.

WHAT ARE THE LIMITS OF PROTEST AND DIRECT ACTION AS A LEGITIMATE EXPRESSION OF CHRISTIAN FAITH?

On Wednesday 31st January we welcomed Melanie Nazareth, of Christian Climate Action who led a conversation about protest and direct action as a legitimate expression of Christian Faith. We heard personal stories of people who have lived experience of taking part in public disruption. Although within the framework of climate action, the question had direct relevance to any context where people take a stand for what they believe.

If you missed the excellent session you can catch up via our website using this link:

[Protest & Direct Action: a legitimate expression of Christian faith? - Wed 31 January at 6.30pm - Canonesses of the Holy Sepulchre](#)

Our next session is around sharing the earth's resources (for details see Dates for your Diary) and the following one will ask the question: What are the ethical dilemmas posed by current global conflicts? This will take place after Easter and we will send full details when we have them.



You can access the previous talks through our website link:

[Big Questions - Canonesses of the Holy Sepulchre](#)

LENT COURSE

This year we are following the course entitled 'Act on Poverty' which has been created collaboratively by groups including Church Action on Poverty; The Trussell Trust and Christian Aid.

There will be four Monday evening sessions beginning on February 26th at 7pm.

If you would like to learn more or register please follow this link:

[LENT COURSE 2024 - ACT ON POVERTY - Canonesses of the Holy Sepulchre](#)

CELEBRATING THE COMMUNITY ARRIVAL AT NEW HALL IN 1799 AND THE FIRST MASS ON FEBRUARY 3RD OF THAT YEAR

The Community was delighted to be able to attend a special celebration at New Hall on February 3rd to mark the 225th year since the first Community Mass was celebrated at New Hall in 1799 - not in the chapel which hadn't yet been refurbished - but in one of the large upstairs rooms above the retro choir which some Old Fishes may remember as a room for secretarial studies.

This anniversary Mass began in that upstairs room with a moment of remembering that day 225 years ago and then continued in the chapel itself which was full of Old Fishes: parents of Old Fishes, old friends, parents, parishioners and current school members. The service was very moving and the music excellent, reminding us of so many of the school and Community 'old favourites' - Tell out my Soul; Make me an Instrument of your Peace; All are Welcome.

A very happy celebration tea followed, during which we once more congratulated S.M. Magdalene on her Platinum Jubilee!

225th Anniversary Mass link: <https://youtu.be/BWAAtky25gqY>



CELEBRATING S.M. MAGDALENE'S PLATINUM JUBILEE



S.M. Magdalene has always enjoyed a party so when her Platinum Jubilee was on the horizon, many plans became hatched to celebrate with the Community, friends, family, the parish, our employees and her carers.

Two full days of celebrations ensued at the end of January and Magdalene sailed through all the parties, never losing her characteristic smile. We think she is only the third member of the Community to reach a 70th anniversary since the Community began in 1642.



DATES FOR YOUR DIARY

In the Big Questions series: 'Our Earth's Resources: Just what is a 'fair' share'?
Christine Allen (CAFOD) - 6.30pm on **Wednesday 13th March**.

[Our Earth's Resources: Just what is a fair share? Wed 13th March at 6.30 - 7.30pm - Canonesses of the Holy Sepulchre](#)

ZOOM REFLECTIONS FOR ASH WEDNESDAY AND THE TRIDUUM

Please find the Zoom links on our website:

[LENT AND TRIDUUM 2024 - Programme and Zoom Links - Canonesses of the Holy Sepulchre](#)

14th February Ash Wednesday 7.30pm

28th March Maundy Thursday 5.30pm

29th March Good Friday 7pm

30th March Holy Saturday 10am

END WITH A SMILE!!!

HACKER: 'I have all your passwords'

ME: 'OMG thank you! What are they?'



IN ORDER TO MAKE AN APPOINTMENT, HE FIRST HAD TO UPDATE HIS OPERATING SYSTEM, DOWNLOAD AN APP, GET A USERNAME, CHOOSE A PASSWORD, LOG IN TO A HEALTH PORTAL, NAVIGATE TO MESSAGES AND WRITE HIS DOCTOR...BY THEN IT WAS TOO LATE.



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