



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

Blessed are you, gracious season of Summer,
You surprise us with a variety of gifts from the earth.
We, too, gaze into the earth of ourselves,
Beholding gifts waiting to be honoured.

Blessed are you, nurturing season of Summer,
Your fruits and vegetables appear on our tables,
Changing them into altars.
Tasting of your life, we are made strong.
Blessed are you, Summer, host of a star that shines
with passion.
Sun-soaked, we reach for your energy that drives us
upward and outward.

Blessed are you, sacrament of Summer,
Nature's green season, sweet echo of Spring.
You speak to us in living colour as you renew the earth
With symbols of life for our bodies and souls.

Blessed are you, Summer, and your firefly
evenings

Joyce Rupp



JOIN US ON FOUNDATION DAY AT NEW HALL

As part of our series 'Big Questions', we welcome Prof Tina Beattie to tackle the challenging question of gender.

The talk, followed by discussion, will take place at New Hall School on Foundation Day 8th October at 7pm. Refreshments will be served. You can register a place following the link below, or find on our website under Events.

<https://canonesses.co.uk/event/we-need-to-talk-about-gender/>



FROM LIEGE

Did you miss?

An article in the Telegraph about the excavations and findings from the Community's last house in Liège prior to return to England in 1794.

Sacred Mysteries: A lost ring from centuries of exile Christopher Howse

Excavations in Liège connect exile nuns from five centuries ago with their successors back in England today.



If you didn't read it then please click on this link to access it from our website:

[A lost ring from centuries of exile - Canonesses of the Holy Sepulchre](#)

COMMUNITY CELEBRATIONS

S. Stephanie was delighted to celebrate her 90th Birthday with the Community, some family members and some close friends.

We shared a delicious lunch which lasted for some hours on a delightfully warm August day.



ST AUGUSTINE

"God loves each one of us as if there were only one of us to love."

SPIRITUALITY DAYS IN RWANDA

We were pleased to be able to participate both 'in the real' and virtually in the Conference held in Kigali run by our Association of Canonesses of the Holy Sepulchre and Daughters of the Resurrection.

The theme of the days was:

SYNODALITY: MOVING FORWARD TOGETHER IN OUR CONCERN FOR THE WORLD

We were led in our reflections by a Congolese Pallottine Father - Benjamin - who is both knowledgeable and experienced in promoting the Synodal vision and experience of Being Church.



This was the first such Conference held in Rwanda, led by African sisters with European sisters and Lay people being participants rather than leaders!!

The talks were interspersed with powerful liturgies and social evenings which cemented the bonds between us across the continents.



SPIRITUALITY DAYS IN RWANDA CONTINUED

There were some interesting conversations around the theme of ecological conversion with rich exchanges from countries of such contrasting resources.

Katherine Jeffrey (Principal of New Hall School) accompanied us on the trip to further understand the Community's spiritual legacy at New Hall and is now hoping to build a relationship between New Hall and the Community and school in Rwanda



The Conference attendees



The school in Rwanda

You may be interested in the '13 commandments' for true cooperation proposed by Joseph Böckenhoff, which featured as a tool on the Synodal Pathway.

- 1) Plan and dream with your partner. Don't have ready-made plans. The other has good ideas.
- 2) Encourage co-responsibility. Don't meddle in other people's affairs, but help them with their tasks.
- 3) Clearly define everyone's tasks. Don't think you have to do everything, but respect the principle of subsidiarity.
- 4) Inform as much as possible. Don't scorn other people's "stupid" questions, but be curious.
- 5) Give the other person credit for trust. Don't believe suspicious words, but give feedback.
- 6) Be authentic. Don't try to manipulate others, but be open to reality.
- 7) Accept differences. Don't see them as obstacles, but as complementarity and richness.
- 8) Look more at people than at structures. Don't look for uniformity, but unity.
- 9) Have the patience to arrive at a common conviction. Don't make false compromises; don't compete, but patiently create new solutions.
- 10) Be realistic. Don't expect perfection from yourself or the other person, but concentrate your efforts on the best you can.
- 11) Act like a mature person. Don't overestimate independence or dependence.
- 12) Stay calm. Don't put yourself or others under stress or fear, but rejoice in freedom and serenity.
- 13) Don't run after the faults of others, but create positive experiences and live from them.

FUN WEEK

This was the 20th Fun Week held in Melbourne since the Community moved to the estate in 2003.

As usual a fabulous team of 'yellowshirt' helpers animated and encouraged the children through a range of activities including musical theatre - sport - cookery - swimming - Lego construction - disco dancing.

The weather was kind and the children very happy - as were their parents!!



The Yellowshirt Team



Dance Workshop

THERE ARE STILL A FEW PLACES AVAILABLE ON OUR IRELAND PILGRIMAGE

We are planning another pilgrimage from 22nd-27th April 2025, journeying along the newly-established St Patrick's Way in the North of Ireland. The pilgrimage is open to all faiths and none and is aimed at being accessible to everyone - walkers and non-walkers.

Click here for further information:

[PILGRIMAGE - ST PATRICK'S WAY - APRIL 2025 - Canonesses of the Holy Sepulchre](#)

DATES FOR YOUR DIARY

TUESDAY OCTOBER 8TH at 7pm: We need to talk about gender—Prof Tina Beattie

SATURDAY NOVEMBER 2ND: Mass for the Dead, 2pm at New Hall. All are welcome.

DATE TBC: Why do people no longer go to church? - Rev Dr Liam Hayes on ZOOM

APRIL 22ND-27TH 2025: Pilgrimage along St Patrick's Way (see above)

The adult version of
"head, shoulders,
knees and toes" is
"wallet, glasses, keys
and phone"

END WITH
A SMILE!!!



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