



All Saints Newsletter 2021

Greetings to you all

As All Saints-tide draws nearer we Sisters in Bungay, Norwich & Mull and our Postulant Jess in Doncaster send our greetings to all who have supported us through the past year. It is good to begin by expressing our gratitude to our Trustees for their guidance and expertise, and to the wider All Hallows family of Oblates, Associates, Contact Members and Friends, whose interest and prayers have encouraged and upheld us through all the changes of the past twelve months. Covid-19 has a lot to answer for! There are contributions later in this Newsletter from Sisters Pamela, Rachel, Margaret and Edith Margaret together with a bit of musical fun from Sr Sheila, so the following will mainly feature what has been happening in and around the CAH hub at Bungay.

After a warm and beautiful September which brightened the lovely colours of the changing leaves, Autumn is now well and truly with us. The temperature has dropped and we woke this morning to the sound of torrential rain. To our surprise and disappointment, it has penetrated in four places through the insulation we had done to our chapel roof earlier this year. However, despite the loud drumming of the rain we were still able to hear each other at Morning Prayer, which is an improvement on the unadorned conservatory roof, and we have really benefitted acoustically and from lower temperatures in the hot weather. We have yet to see if it will be better in the cold weather too.

The pounding of the heavy rain immediately took us back to the similar weather we had last year around Christmas when the River Waveney burst its banks and flooded a substantial part of Bungay near us on Christmas Eve. When the trees in our garden are bare we can see right across to the river flowing through Falcon Meadow and we were rather disconcerted to see the Meadow flooded and the water gradually getting nearer. Fortunately, our house is built at the top of a slope and the flood- water only came about a third of the way up it. We were so relieved on Christmas Day to see that the water had receded a bit. Many were the thanksgivings that day, and not just for our Saviour's birth! Sr Rachel came over for the 10.00 Eucharist at Holy



Trinity and spent the whole day with us, and our friends Diana and Ray Smith joined us for Midday Prayer, lunch and the Queen's Speech. After they had gone home the 3 of us went for a walk down the Staithe to see the extent of the flood and in addition to our prayers our hearts really went out to all the people whose houses had been badly affected. It was so moving to come across carpets, furniture and other possessions, even a bedraggled Christmas tree outside their front doors. It was heart-warming to see how the people of Bungay rise to the occasion whenever there is a crisis. It was just as evident in the days following the flood as it had been during the various phases of the pandemic, with people volunteering all kinds of help to those in need, and friendliness and kindness being the norm.

To retrace our steps a bit from the Christmas flood, the covid restrictions in November and December helped to make Advent a quieter more reflective time than usually happens when the worldly full steam ahead to Christmas begins long before then. We were unable to host our Advent Quiet Day last year, but all being well we have one planned for this year. Revd Paul Nelson will be leading that day for us on Saturday November 27th. We Sisters usually have our own 2-day retreat in the second week of Advent and because Sr Rachel was bubbled with us the 3 of us were able to have our retreat together here in Bungay and Sr Pamela joined us in spirit from Mull. Unfortunately, Sr Rachel was self-isolating around the time of our 2-day Lent retreat, so was unable to join us for that one but kept those 2 days with us in her flat. In August she drove the 2 of us up to Whitby and together with Sr Pamela we spent 8 days with the OHP Sisters in their new Priory and Guest accommodation. We had our Annual General Chapter first and then 4 ½ days in retreat followed by 2 day's holiday together. It was a time of real blessing and we've already booked for next year!

Moving on a bit from where we began in the liturgical year, Sr Rachel joined us again on Epiphany when we were able via zoom to join in with the licensing of Canon Jutta Brueck as the Dean of the new **With** Community by Bishop Graham Usher. It was an historic occasion in which we were thrilled to share even if covid-19 prevented our actually being physically present and we felt spiritually fed by both the sermon and the liturgy in the absence of a Eucharist to mark the Festival.

We missed having our usual services on Candlemas and Ash Wednesday but were grateful that Rich Henderson, our Rural Dean, managed to provide us with priests from the Beccles area to preside at Eucharists on alternate Sundays during the interregnum. Our Lay Elders led us in Morning Prayer on the other Sundays. In contrast to last year's Holy Week when there was nothing in church, this year there were Eucharists with booklets and specially chosen recorded music provided for Palm Sunday, Maundy Thursday and Easter Sunday. On Good Friday morning there was a service very similar to the liturgy we used to have at Ditchingham between 2.00 and 3.00, also with its own booklet and appropriate music. Our Lay Elders had excelled themselves in producing the booklets and music, for which one of them has a real gift, and the visiting clergy gave us much to ponder in their homilies. To these services we added our own Maundy Thursday Watch, Stations of the Cross and Liturgy on Good Friday and Vigil with the lighting of the Paschal Candle on Holy Saturday. The whole week was another time when we felt very well fed spiritually. On Low Sunday we went to Holy Trinity expecting Morning Prayer, but we were pleased to find it was a memorial service for Prince Philip which was well presented and led. Songs of Praise was also a tribute to him that day. The following Saturday we watched a documentary about Prince Philip and Windsor in the morning and then his funeral in the afternoon. It was good to be able to join in the national mourning and pray for all deeply affected by his death, especially our Queen. We felt so sorry for that diminutive figure sitting alone far from the rest of her family in St George's Chapel.

We were very fortunate that the interregnum only lasted about 8 months and at the end of June we were delighted to welcome Revd Josh Bailey as our new priest, together with his wife Pippy and their 4 young children. He is very Jesus-centred and has already been a great blessing to the Benefice. It has been good to see new people, including some children, come to join us in worship. He is very keen to involve us in the parish, and especially values the prayerful contribution that our Offices afford. He has established a weekly rota for Morning Prayer using the 3 churches in the Benefice in turn and our chapel on Friday, with a 10.00 Eucharist on Wednesday at Holy Trinity as the centre-point. A fortnight ago we had a week of prayer for the Benefice using the 4 daily Offices, most of which we were able to attend, though we had our usual Meditation and Evening Prayer in our own chapel. Two of our Oblates, Ray Smith and Lynda Crook regularly come with us to the Wednesday Eucharist at Holy Trinity, and one week the contingent of All Hallows folk numbered 6!

Afterwards we usually have a time of coffee and fellowship in our sitting room. It is a great joy for us that Josh has welcomed the opportunity to celebrate a Eucharist for us in our chapel each month, mainly on Festivals. We were especially pleased that the first one was July 22nd, St Mary Magdalene's Day, so we were able to celebrate in spirit with Sr Pamela on her Profession Day.

It has been interesting to see a significant rise in the number of visitors we have had since the lockdown restrictions have ended. Some were old friends who were delighted to be back, several were for the first time, but hope to come again now they have found us. As always at All Hallows, the main thing they experience here is the Peace, especially in our chapel where Jesus is present in the tabernacle and from there spreads His Peace through the house and out into the garden. A new venture for us took place when we joined in the Bungay Open Garden scheme on Sunday June 27th. We opened our garden to the public from 10.00 – 4.00 and were really surprised and delighted to welcome well over 100 visitors, so lots of new contacts. Fortunately, we were blessed with a beautiful sunny day and when our



donations were added to those of the other 24 Open Gardens over £1000 had been raised for the Falcon Meadow Trust and the Bungay Library. This was the first time such an event had happened since we have lived here, but it would obviously be well worth doing again.

We are kept abreast of what is happening in Emmaus and **With** by the Leaders of the 2 communities, Cecile and Jutta, coming here to update us and by visits to them on significant occasions. As soon as lockdown ended we went

over to see Emmaus and were amazed at the transformation. They'd obviously worked very hard in that time and all the passages and rooms of our former Convent, were well set out, sparklingly clean, and looked really inviting. Some of Sr Daphne's banners of the Stations of the Cross were displayed in what used to be our library, with a bit of the history beautifully written alongside. They had also been very busy in Emmaus House, formerly St Mary's Lodge, to make a lovely unit of 3 rooms suitable for women Companions. We have been invited to their celebration of 10 years at Ditchingham on October 30th to be marked by the opening of their newly refurbished Café. We look forward to sampling some of their home-made cakes and perhaps bringing some home to share with friends in the All Saints Octave, along with the cake Sr Sheila plans to make for our special Festival. On September 7th we were invited to our former Convent chapel to share in a Eucharist of Welcome and Prayer to mark the beginning of the Residential Community at **With**. It was a beautiful service at which Bishop Graham presided, preached and commissioned Jutta and the new members. What a number of 'New beginnings' that chapel has seen!

Apart from July when Sr Rachel was 'pinged' we have been able to keep the first Wednesday of each month as a 'Community Day'. and met with her in our bubble, either in Norwich or in Bungay. Those days usually begin with Midday prayer together, we have lunch and then go out for a longish walk,



rewarding ourselves at the end of it by an ice cream or tea and cake! Jutta's licensing as Dean of **With** took place on one of our Community Days which was also Epiphany so a double cause for celebration and we made Candlemas, Sr Elizabeth's Profession Anniversary, our Community Day for February and celebrated it in our usual style.

Sadly, we heard that Captain Tom Moore, who had raised so much money for the NHS, died that day so we watched the tributes to him in the evening. On our

September Community Day Sr Rachel took us over to Homersfield to see our Oblate Rhoda who is more or less housebound now. We had coffee with her and then went to Diss where we ate our packed lunches, walked round the Mere and paid the Charity Shops a visit. The following month we went with Sr Rachel to see the Gaia exhibition in St Peter Mancroft Church in Norwich. It was quite moving to stand close to a huge suspended model of the earth or to walk the labyrinth beneath it and think and pray about what mankind has done and is doing to our wonderful but fragile planet.

Obviously during the lockdowns there were no special days programmed for our Oblates, Associates or Contact members. However, this Autumn we welcomed some associates for a very happy day on September 25th. It was warm and



sunny so we were able to have our packed lunches outside, sitting around the table together on the patio. We have another similar day scheduled for our Oblates on October 23rd and hope to welcome our Contact members again soon in the New Year.

We managed to keep our Spiritual Direction going through the various lockdowns, mainly by phone, but both we and our directees were pleased when the restrictions were lifted and we could meet again face to face. More people have asked for Spiritual Direction since the pandemic and that accounts for quite a lot of our time. When covid-19 has allowed, Sr Elizabeth has continued to visit Srs Edith Margaret and Violet, though the latter has usually been asleep. We did have one very happy time with her on May 1st when we celebrated St Philip & St James and her 67th Profession Anniversary. Because it was a special occasion we were allowed to visit her together, masked and having done the customary Lateral Flow Test beforehand. The staff brought her down to the Conservatory in a big wheeled armchair. She looked well and really pretty. She was dressed in pink which suited her. Sadly,



since then she has had a short time in the James Paget Hospital when a couple of small fractures were pinned and she was sent back to the Care Home for End of Life care. However, she is a fighter and is still with us! Unless it was a sunny day and we could meet in the garden, it was not as easy to visit Sr Margaret. We had to use the 'Pod' just inside a side door with a Perspex screen between us. It made it very difficult to hear each other so we decided to have a chat by phone and that has worked much better.

The Each charity shop obviously had to close during the lockdowns, but Sr Elizabeth has continued to work there on Friday afternoons each time it opened. A lot of people had obviously used the lockdown times to sort through their clothes and other belongings and the shop was inundated with donations. Good for business, but difficult for the staff and volunteers to keep on top of! However, we rejoice in the increasing amount we have been able to raise to support the charity, the children and their families who will benefit from the newly built Nook hospice in Poringland.

We end, as we began, with thanksgiving... this time to staff who unstintingly work so hard for us. We are so grateful to Beccy, our Administrator, who not only deals with all the day to day business of CAH and produces the Community and Associates' Newsletters, but also makes sure everything is as it should be legally and financially as a Charity. Thanks too, to Tracey, our cleaner, who does a brilliant job making sure the house is really deep-down clean and looks it! To them and to those this Letter began with, our heartfelt appreciation and gratitude and all praise be to our faithful God who has watched over and guided our Community through its 166 years to the CAH it is now,

Deo gratias!



**This year's Advent Quiet Day will be
held at Bungay Saturday 27th**

November 2021

10am -4pm

£12

A message from Mull....

Greetings from a bleak and barren terrain with its rugged beauty. My two tomato plants I nurtured in my kitchen are still only in flower. No sign of tomatoes and I noticed a blackberry bush still has red berries on it. I wonder whether they'll ripen before Michaelmas? I'm writing this on Holy Cross day and like many of you have fond memories of Holy Cross House (with of course Sr. Barbara calling in Barnabas)



Life is very different with all the Covid regulations (not always the same as England) but latterly I've been able to get to Iona for the Wednesday Eucharist at Bishops House and most Sundays at the Abbey- having to book for both.

Since visitors have been allowed I've been quite busy. It has been good to welcome our Oblate Mary who has again booked for November. Those on Retreat have joined me for all the Offices which has been good and visiting clergy have celebrated the Eucharist. We have a new Bishop so watch this space!

It has been good that a lot of you have kept in touch with phone calls and emails and I look forward to welcoming any who can face the challenge of the journey which is a pilgrimage in itself.

Mattie continues to be a faithful companion though being 16 has slowed down considerably and has difficulty seeing and hearing. Our ecumenical prayer group has continued on line during Covid though reception is always questionable!

The refurbishment of the Abbey community buildings has been completed and Princess Anne came to open it. We saw the helicopter arrive across the water. Only VIPs were invited!

Looking forward to whatever the future will hold and looking forward to seeing some of you in the New Year.

Sr. Pamela

***So, What's happening at All Hallows House,
Norwich & the Julian Shrine??***

As this newsletter is printed and circulated, Sister Rachel is able to report that the Julian Partnership are in the process of taking over these properties, and a major refurbishment is currently being undertaken.

It will be possible to provide much more detail next year, when that site should be up and running.

Meanwhile - watch this space!

News from Sister Margaret ...

Not much has happened here at Holmwood during the past year because of Covid-19. We had to stay in our rooms most of the time, but I didn't mind that as I love my room. I am very happy in it and don't mind being on my own. I enjoy reading and watching the television - though physically both are quite difficult for me now as my head is bowed down and my chin is on my chest. I have to prop it up and hold it up to watch television. Fortunately, my television is quite low so that helps.



I enjoyed the Olympics and Paralympics recently and I like Strictly Come Dancing. I have a kindle so I read books on that. I can prop it up to read which is a good thing as my fingers go into spasm when I hold things or try to write. I feel well in myself but my body lets me down and I have to try to find ways round it. I have all my meals in my room because of my difficulties in feeding.

My sister and brother in law came to visit me a few weeks ago on their way to and from a holiday in Happisburgh. It was lovely to see them again as they haven't been able to visit for 2 years because of Covid.

I have recently been sitting with a man who is dying, which I can do despite my physical difficulties, and his family are very grateful. I feel that is one ministry I can offer, as well as my prayers, naturally.

Intercessions

PLEASE CONTINUE TO PRAY, WITH THANKS FOR YOUR SUPPORT HITHERTO.....

SUNDAY – All our Fellow-Religious; those living in new monastic and in other intentional Christian communities, especially those with some tie to CAH

MONDAY – Isle of Mull; Sr. Pamela at Roan Cottage Bunessan, with a varied ministry including hospitality; and the churches she is linked with on Iona and Mull.

TUESDAY – Bungay, Suffolk; Sr. Margaret at Holmwood Residential Home; Sisters Violet and Edith Margaret at All Hallows Care Home with Nursing; Sisters Elizabeth and Sheila living at 23 Trinity Street with room for two guests and those visiting during the day. All the local church and parish communities with which we have links.

Norwich; Sr Rachel living in Norwich and exercising a ministry of prayer and presence in the City.

Doncaster: Jess our Postulant in regular touch with the CAH hub in Bungay, and spending 2 months with us in December and January. We hope to clothe her as a Novice then.

WEDNESDAY – CAH Trustees and our other financial & legal advisors. None of this stage of CAH’s journey would be possible without their help. Give thanks for ongoing support from them and from our staff, and pray for them.

Julian Partnership Trustees; responsible for the care of the Julian Shrine & Centre, and All Hallows House; providing accommodation for the pilgrims to the site.

THURSDAY – Pray for the other organisations on the Ditchingham site: the Conference Centre, Day Nursery and Emmaus Norfolk and Waveney; the “With” Community now building a presence and ministry in the space vacated by C.A.H. For good relationships over the whole site.

FRIDAY – For those providing care which was previously the responsibility of All Hallows Healthcare Trust; for Norse at the All Hallows Care Home, for Oakleaf at the Hospital, for Empanda at Day Care. Pray for prisons and chaplaincies local to CAH’s various hubs.

SATURDAY – Pray for our Associates, Oblates and Contact members, and for all connected to us through prayer and friendship. For all the new contacts being forged now.

Wondrous the sight!
The moon raising slowly behind the bare trees;
Little by little revealing her splendour.

Majestic the sight!
Orion in glory rising to meet her.

Grace filled the sight!
Spread out on high
Above the bright shining, snow covered ground.

Gentle moon:
Lighting up the frozen ground.

Motherly moon:
Watching over the rabbits at play.

Generous moon:
Sharing the sky with the stars.

Powerful moon:
Ruling the tides of the seas.

A poem by Jean Rowe

RIP December 2020



Greetings from the With Community in Ditchingham from Canon Jutta Brueck, Community Dean

I started my ministry as 'Dean' of the With Community in January 2021 on the Feast of the Epiphany, at the beginning of yet another lockdown. The licensing service with the Bishop of Norwich, the Rt Revd Graham Usher, was moved onto ZOOM at short notice rather than take place in All Hallows Chapel. It meant that more friends of With could be present, and we were able to record the service. My role is to recruit and develop the residential community with a rhythm of prayer and rule of life. It's open to anyone aged 20-60, who is passionate about praying for and being with young people. At this stage, we have space for six community members in Lavinia House.

Prior to joining With, I was a parish priest in Ipswich where I had formed a new monastic community in the parish of St Thomas. We had developed relationships with the sisters of CAH and had visited them in their house in Bungay in 2019. I am still amazed that I am now living and praying on the convent site.

The With leadership team consists of the two youth workers, James Fawcett and Jamie Cutteridge, now With directors, and myself. They had the original vision for the site, to create a bespoke ecumenical place of prayer and retreat for young people and Christians who work with them. Jamie is based in Luton and deals with fundraising, marketing, all administrative matters, staff management; James moved from London to Ditchingham in October 2020 and oversees the project development on site. A site manager, Mark, joined John and Andy in March 2020 to work on the refurbishment of the buildings, a process considerably slowed down by COVID.



(Photo: James, Beth, Andy, Sarah, Jutta, James)

When I moved on site at the start of Lent, I was delighted to find the All Hallows Chapel well cared for and still regularly prayed in by Lynda, the CAH oblate, who lives in the gatehouse. She and a few others joined me for the daily offices with prayer for children and young people, which I started as soon as I arrived. Observing the Triduum and celebrating the first Eucharist of Easter in a dawn service, with a small congregation including companions from Emmaus, felt very special.

In July the first community member, Sarah, joined me in Lavinia House, and we started to welcome guests as well as our first retreatants. Beth, in her early twenties, joined us in September. Bishop Graham visited With for the first time and led a service of welcome and prayer for the three community members at which Srs Sheila and Elizabeth were present. We are praying to recruit more people during the year and ask for your prayers for our small community and for others to join us.

St Edmunds House was completed at the end of July, sleeping 16 guests in five bedrooms. We were thrilled to welcome our first group of young people with their leaders from South London in the first week of August. They loved their time at With – the spaciousness and peace; picking vegetables in the garden Mark has created and cooking them for their dinner; evenings round a bonfire with worship and having fun together. Some of them joined us for the daily offices, and the group led evening prayer while with us. We have since hosted retreats for youth work staff teams from London and Norwich as well as a retreat of families. The With vision of creating a place of prayer for young people and Christians, who work with them feels, so necessary, given the impact of COVID and the many pressures on young people at this time. We are also praying regularly with and for the Young Christian Climate Network, who are raising awareness of the urgent need for climate justice and are going to be present at COP26 in Glasgow.

Developing a concept for the refurbishment of St Michaels and sustainability for the site as well as raising the funds to realise this are priorities for the year ahead, alongside the growth of the community and the hospitality to young

people and those who work with them. Please, pray for us, tell people about With and support us in any way you can. Visit our website www.bewith.community for more information.

News from Sister Rachel

Did you know that a juvenile Tyrannosaurus Rex has longer arms compared to its body size than an adult, and was slimmer? It is thought that they used their arms more than adults, but the adults did use their arms, as they were muscled, although no-one is quite sure what for; the options are currently eating, mating and/or getting up from lying down. These facts are the result of my winter lockdown. Having extra time on my hands, I thought I would use some of it preparing for the visit of Dippy [the Natural History Museum's Diplodocus skeleton cast] to Norwich Cathedral by browsing the dinosaur section of the NHM website, which is full of fascinating information. But why, you may ask, was I preparing for the visit of a Diplodocus, which lived around 145-155 million years ago, by researching T Rex behaviour, which lived only around 68-66 million years ago? Well, Norwich has gone slightly dinosaur mad this summer, and painted T Rex's have been appearing in the streets of Norwich for a Summer trail, so I thought I should know a little bit about them also. I have been repeatedly amazed at how much can be discovered by experts from fossils.

Dippy's visit to Norwich is largely staffed by volunteers, of whom I am one, all of whom have had to be flexible from learning and imparting Dinosaur facts, greeting visitors and enabling them to reflect on what they have seen. As you arrive in the Cathedral grounds, you are greeted by life-size Dinosaur footprints which will lead you to the Cloisters, where you will enter the exhibition. Many people respond initially to the magnificence of the cloisters, before entering the time tunnel, which has been prepared by local schools and will take you back 155 million years to the time when the Diplodocus roamed the land (or, more precisely, roamed what is now western USA, where the fossils have been found).

Continue through the cloisters, into the Hostry where there are a few local fossils: none of them Dinosaurs, which haven't been found locally, but there are many others, including a huge partial mammoth molar, and a copy of one of the earliest human footprints to be found in the UK (at Happisburgh and Pakefield).



You are then greeted by a tunnel of fish: Your Waves Go Over Me, a modern sculpture by Mark Reed. You walk through the fish, past the plastic pollution of our times, and back to the earlier eras, where ammonites are found. It really cannot be described in words, but the more time I spend with it, the more it moves me. You are walking through the fish, as though under the waves, surrounded by evidence of our effect on the seas, and the creatures in them.

After that, past the information desk, and you glimpse the Nave, and your first sight of Dippy. This huge cast of the Diplodocus skeleton found in the USA, and made 116 years ago for the Natural History Museum, is amazing in many senses. Not just the size of the creature, but its' small head compared to the huge body; many also remark on the long neck, and the length food had to go to reach the stomach. and the long tail, ending whip thin. The teeth always amaze me; Dippy's teeth are long and thin, but so much smaller than the Mammoth molar in the Hostry. Apparently, Diplodocus pulled leaves off the trees, but didn't chew them at all, and the teeth were regularly renewed.

To spend time in the Nave with Dippy is a privilege, after which you move on to the reflection zone. The cause of the Dinosaurs' eventual disappearance was a climate change event, initiated by an asteroid impact and volcanos erupting, both causing dust to block out the sun, although this was long after the Diplodocus had disappeared.

Nowadays we are undergoing our own climate change event, this one caused by us. The Reflection Zone encourages visitors to ponder this and write a pledge on a leaf, to place on a tree of hope, saying what they can do to help our planet. My personal pledge was to think about my use of the car. I do not need to drive as regularly as I did before the Pandemic, and most weeks I am taking the car out just to keep the battery alive. It does not make much sense, either financially or ecologically, so I have been exploring other options, which would enable me to use a car only when I need to. There are many pledges on the 'tree of hope', which will be given to Christian Aid to use at the Climate Change conference in November. Visitors then continue on to past the peace globe, where they may light a candle, before exiting once again into the Cloisters.

Some then continue through the south door to the east End of the Cathedral, which has been kept separate from the Dippy exhibition, and is open for those wishing to visit the Cathedral, to spend time on prayer or light a candle. Our regular round of worship has been taking place there as well; the presence of a dinosaur has not prevented the Cathedral's purpose as a house of prayer from continuing! For myself, while I have been busier this summer, I have made it a priority to continue prayer walking, although I have needed to be fairly flexible as to when and where. But I feel this is the bedrock of what I do, and that continues however much the rest of my week changes.

Prayer has been the underlying focus of all that has happened in the Cathedral this Summer, however little it may feel so, and however much people are, or are not, formally praying. But the God of creation, who was there when Dinosaurs roamed the land, is still present here and now, and works through all we have to offer. The Cathedral building, with its tangible sense of peace,

is part of that offering, and the presence of a dinosaur in the nave has somehow, for me, deepened that sense of God's presence.

Contemplative Reflection on the Subject Matter of the last Associates' Gathering

(based on a Certain Song from "Sound of Music")

Hilda and Benedict,
John and Augustine;
Peter, Theresa, Cecilia and Andrew;
Margaret, Dominic,
Fursey and Luke,
These are a few of my favourite saints

**No excuses.... whatsoever...
For the lack of rhyme;
Heavenly things
Ain't the tidiest of things
And get loopier a-a-a-ll the time!**

Sr Shhhhhh!!!

2022 Quiet Days

10am – 4pm £12

Lent Quiet day: Saturday 9th April

Advent Quiet Day: Saturday 26th November

Please email or phone Bungay office to book

An update on Emmaus Norfolk & Waveney

It's an exciting time for Emmaus Norfolk & Waveney as this year it celebrates 10 years of supporting people to rebuild their lives after homelessness. The charity provides a home for as long as is needed, meaningful work opportunities, support and training for up to 32 formerly homeless people. All those supported by the charity, known as companions, work within the Emmaus Norfolk & Waveney social enterprises, which includes its charity shops and popular house clearance service. Living in a stable environment with the opportunity to gain new skills helps people to regain lost self-esteem and confidence, helping them to can get back on their feet and create a new future for themselves.

Over the last year the charity has grown and is now able to support even more people. At the end of 2020 it opened ten new bedrooms, including a female-friendly area with private toilet and bathroom facilities, designed to help women who are homeless or insecurely housed in Norfolk. Many women facing homelessness have experienced physical or sexual abuse so female only facilities are an essential resource.

Emmaus Norfolk & Waveney has also opened a fantastic new shop in Norwich's Castle Quarter Shopping Centre. All the shop fittings have been created by the companions living at Emmaus Norfolk & Waveney, using upcycled or recycled materials, and sells a great selection of pre-loved clothing, books, furniture, homewares and more. The shop first opened in September 2020 but was quickly forced to close again due to COVID-19 restrictions. Following it's reopening in April 2021 has been incredibly popular with shoppers.

The Norwich shop was not the only Emmaus shop hit by COVID-19 restrictions. Its shop in Ditchingham reopened in April following a year-long closure. As the shop is situated on the same site as the living area for the Emmaus companions, the charity decided to remain closed until the safety of his companions could be guaranteed. The charity made great use of this

closure to completely redecorate and revamp the interior of the former All Hallows Convent where the shop is located. The onsite café, The Old Orchard Café, reopens October 2021

Emmaus Norfolk & Waveney is always looking for new opportunities for its companions, and at the end of 2020 opened its Orchard Forge where companions can unleash their creativity while upcycling some of the items donated to the charity. They have worked with leading metalwork sculptor Leigh Dyer to create a sculpture that was displayed at this year's Raveningham Sculpture Trail.

In June 2021, the charity was incredibly excited to be featured in an episode of BBC Countryfile. Presenter Matt Baker visited the community to talk to Emmaus Norfolk & Waveney's CEO Cecile Roberts about the work of the charity and how it supports formerly homeless people to rebuild their lives. Matt and the Countryfile team had a go in the Orchard Forge, helped in the community garden and spoke to some of companions about how the charity has transformed their lives. This episode is available to watch on BBC iPlayer until June 2022.

Emmaus Norfolk & Waveney has achieved a great deal in the last ten years, and has plans to help even more people over the upcoming years. To enable it to do this, the charity is looking to recruit more volunteers to help with its work. If you can volunteer a few hours a week to work in the charity's shops, to help drive the van, to sort donations or to train and support companions with a new skill, please get in touch by emailing volunteer@emmausnorfolkandwaveney.org



Sr Edith Margaret's Birthday



My Birthday is in the middle of August and this year it was during the time that the Sisters were away at Whitby. I was a bit disappointed that I wouldn't get any visitors but I had a lovely surprise.

I was in the Day Room when the Activities lady and Emma, a Carer, came in with a plate of little buns. The middle one had a lighted candle on it and

they sang 'Happy Birthday....' as I blew it out.

I had a nice card from all the Staff at the Home and they gave me a present of some toiletries that will be very useful. It was really kind of them and made my day!



The Community of All Hallows

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