



Bungay

All Saints Newsletter 2018



Buinessan



Greetings to all from CAH on Mull and in Norwich and Bungay. It is difficult to know how to begin, it has been such a full year on so many fronts. The first word has to be THANKS! To all who have been and who still are there for us in terms of everything from sorting out legal/administrative niceties, through repair, transport, catering, cleaning and supporting us in so many ways both one-off and regularly. And without a huge volume of often palpable prayer support, it is certain that nothing would have happened for a very long time, and then without the ease and certainty that has marked so much of the transition process. However, "so much" does not mean "all". Something we have all had to face at some point or other, no matter how right a step this has been, has been the sense of loss on the part of so many of you; for some, the whole business, or parts of it, have been easier to process and to cope with than for others.

Similarly, each of us in CAH, has identified areas and features of the Ditchingham setup which we loved and which it may have grieved us to relinquish. Great or small, daft or profound! They are there, and we give thanks for them even as we regret their going. There has been an enormous amount given to us in every way by way of compensation – but we shouldn't be human if we weren't capable of the "BUT....!" That is no disgrace, and no reflection on anyone's commitment or love of CAH or of our settings past or present; but we hope you can rejoice, and occasionally laugh, with us over all the positives, some of which are recounted below.

It was lovely to hear from Sr.Pamela of the welcome she had had to Buessan, and the Ash Wednesday Eucharist they were able to celebrate in the little chapel there.



Sister Edith Margaret was installed at All Hallows Nursing Home by the end of Epiphanytide, and Sister Margaret followed soon after to Holmwood. Here again, we had so much help from the staff at both ends and, in Margaret's case, from the Emmaus Community "removals squad". Both of them have settled well and they – and we! –

feel fully integrated into the life of both establishments. Sister Violet is a long-term resident at the Nursing Home by now, and holding her own with good days, bad days, sleepy days and sharp-as-a-needle days.

We had a memorable "final" service, (like Commemoration Day but bigger) in the main Convent Chapel on 12th May. Liturgically, musically, in terms of Bishop Graham's sermon and of the general feel of the day, this was a real and joyful inspiration, both to us and to those able to be with us and present as we renewed our commitment to God within CAH.

A few days after this, we said goodbye to Julie Portland, who had been with us since just before Lent and who, with Carly Thompson (who arrived for three months in early May), did so much to ease the business of moving,

with the support - cheerful at that! - that comes from rather more experience than we had of removals. We cannot thank them enough for their prayerful presence and their practical help.

A short-lived farewell, too, to Sister Rachel, who was next off the St. Michael's House blocks, and who moved to her flat in Norwich. She had got things miraculously well organised during the preceding busy week, and she and the Emmaus team managed to get everything moved along miles of corridor to where she has now established what feels just like - and is - a lovely cell of CAH. She had already transferred the library from St. Michael's House to Bungay by dint of quite a lot of clearing out and sorting, and then returned to be part of the Open Day hosted at the Ditchingham site for a procession of interested parties who had signified a desire to be considered for taking on the site. Canon Andy Bryant (what a tower of strength he has been - thank you!) kept the day flowing in an orderly, not-too-official way, and we all enjoyed it as did our visitors!

June 12 was the day Sisters Sheila and Elizabeth, with Carly Thompson who was alongside with us, moved down the road and over the bridge into a new county. Our staff dropped everything to be of assistance on every front, transferring loads of non-furniture (furniture was Emmaus's province.....two or was it three trips)



to the house, supplying delicious soup for a midday lunch in what already felt like home , unpacking loads of kitchen stores and putting them SOMEWHERE. We cannot speak highly enough of them. They all had their own issues around this huge change, and their “beyond-the-call-of-duty” support was, and is, an inspiration and example to us all. By 5.30 the Chapel was in order with the Sacrament installed, and we said our first office with a sense of relaxed relief and jubilation and – yes – at-home-ness. Then we went out and bought fish and chips for our supper, and had an early night.

Before the move, there were lots of trips from Ditchingham to Bungay with bits and pieces great and small for the house. Since the move there have been lots of trips the other way round, - with bits and pieces great and small for the house. We are nearly there now! And it would be possible – just – to have a meal in the dining room; but we’ll wait until we’ve got the table up and all the stray pictures and boxes and other effects removed.

On the Thursday we did our first bit of hospitality – one of our long-term friends and Associates came over for lunch and very kindly gave us a hand wither....transferring some bits and bobs from Ditchingham. On the Friday we had two of our onetime kitchen staff to lunch, a look-round and a continuing welcome into the family. Since then, it has been a joy to have others find their way here and to realise that they,

too, feel that this is a CAH house and a home into the bargain.

As well, there has been the opportunity to sample various Bungay events, including the Duck Race, a couple of concerts and the Antiques Street Fair. We have had a lovely warm welcome from the clergy and congregation



at Holy Trinity Church, and it has proved comparatively easy to adjust to a style and content of worship which is not that different from what we know, but which is alternated with BCP

Eucharists, for instance, which keep us on our toes! While on the subject of things liturgical, we owe a big debt of gratitude to local, and not-so-local, clergy, who were able and willing and happy to celebrate the Eucharist on a fairly regular basis while we were still at Ditchingham. We were so grateful for this and sorry when it came to an end!! That being said, it has been a huge joy to have Father Brian with us to celebrate the Eucharist most Saturdays, and to welcome to that not a few of the old Ditchingham "Saturday Club" (goodness, that dates us. How long ago was it on air?)

On only one Sunday has there been no Eucharist available, and we decided to meet at 10.00 for a Service of the Word and Communion from the Reserved Sacrament. This went well and felt "right", although one

has to acknowledge that it would not have done so if there were any other options available. Thankfully, there usually are.

Volunteering has been part of Sister Elizabeth's witness and ministry, and we both continue to see those who came to us at Ditchingham for spiritual accompaniment. It is hoped to arrange a simple programme of quiet days of some kind or other over the next year, especially the standard "Lent" and "Advent" events. And we can see, from the daily log that Elizabeth is keeping, that the pattern of prayer and worship continues as the mainspring of the life.

We have enjoyed apples and pears from the trees in the



garden here, as well as a little soft fruit earlier on, although the bushes and canes are in a state of dilapidation and will need replacing. Some of the figs on the fig tree have decided to ripen, and we and a blackbird are going halves on the grapes on the vine in the patio area. The garden is mostly lawn, which is a good thing since once that is cut the whole place is

transformed! There is a good border along one side, a steep slope up to the patio at the top near the house, and scope for additional shrub planting. Some means of

navigating the gradient will probably be necessary, and it was an interesting experience going to the OHP centre at Sleights for our annual chapter and retreat and two days' holiday. They have the same kind of terrain....but on a bigger scale and with a bigger garden! That was a really blessed time, with four days of retreat once the chapter was over, and a chance to re-create in two days' corporate holiday before returning to Scotland/Norfolk/Suffolk. Jill and Mervyn Richards again kept house for us in Bungay; it appears that the biggest challenges were the neighbours' party at the weekend, and the Aga which is admittedly a very different proposition from the cooker at Lavinia House. But thanks to them both for surmounting these challenges and being such a reassuring presence and help with transport.

An obvious agenda item at chapter was the way we now conduct ourselves as a Dispersed Community. We are already grasping the nettles of accountability to one another at a distance, and of managing to continue as community. This is where online conversations can be such a blessing, and face-to-face encounters when we can. So it is that Rachel gets over to Bungay quite often and can visit us and our sisters in Holmwood and All Hallows. Elizabeth takes them Communion regularly, and we have managed so far to keep the first Wednesday of the month as a Community Day when we can actually "do something as a community."

Another nettle to be grasped is that of the retirement and departure of Bishop Graham James as Bishop of Norwich

and Visitor to our community. The Diocese will miss him; many, many diocesan-wide organisations will miss him; we shall miss him. He has been a huge source of support and wisdom, not without humour, over some very challenging times over his time in Norfolk. We cannot thank him enough, and the least we can do is to exercise some responsibility in our choice of a successor. It is a necessary post, and one over which we can afford to take time to find the right person for us at this moment in our history. We pray for Bishop Graham and for Julie as they withdraw and re-locate, as we do for the Diocese as heads are put together in the discernment of a right choice for a future Diocesan.

At the time of writing this, much work needs to be done around the whole area of recruitment, formation and support of newcomers. It is worth doing this work even if coming on stream as an aspirant is probably a bigger act of faith than it has ever been. We are taking things slowly (if you rush this kind of business, you only have to start all over again in the long run), but are optimistic. Not unnaturally, everybody is interested to know who will be taking on our part of the Ditchingham site. All we can say is that at this juncture, we do know but are not in a position to go public. A lot of prayer surrounded that day of interviews and discernment, and we were able to arrive at a unanimous and unambiguous decision which we feel is the right one. Once we can do so, we shall let everybody know as soon as we can. We are itching to let you know just as you are itching to know!

It will soon be All Saints' tide again. A year since our last November Commemoration Day; a year since we bade a regretful but grateful farewell to Father David Spicer and Mary (who, it is good to know, have settled well into their new home at Pakefield even if there is always *something* to be done to a house...) The one constant has been God and his loving care of us – and we've certainly experienced that, so often and so much. May he bless us all, and his saints and angels be our partners on the way as we wish you a blessed festival and kingdom season and land at the threshold of another year in his service. With our love and prayers.....

All of us in the Community of All Hallows

Dates for your diary

Lent Quiet Day

Saturday 13th April 2019

Bungay

Advent Quiet Day

Saturday 30th November 2019

Bungay

We continue to provide some quiet space for people to prepare and reflect at these important times in the Church's year. These quiet days run from 10am until 4.30pm and cost **£12**. You will need to bring a **packed lunch** when attending, but cakes and refreshments will be provided by the Community.

Places are limited to 12, so book early to avoid disappointment.

We do hope to hold more quiet days next year but as yet the dates are not confirmed.

Watch – this – space

Final Eucharist before the dispersal of the Community

Saturday 12th May 2018

Sermon by the Visitor, the Rt Revd Graham James, Bishop of Norwich

“The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong...” (Isaiah 58.11)

I shall return to these words from the prophet Isaiah a little later. They frame what I want to say today though it's tempting, I must admit, on this occasion simply to recount the achievements of this Community. CAH has brought many blessings to countless people from the days of Mother Lavinia through the redoubtable Mother Flora to Sisters Sheila and Elizabeth today. It's tempting to speak of this Community's work for the disadvantaged, for “fallen women” as they were called in its early years, though it was not the women who had fallen but the men who had mistreated them and the society which had discarded them. It's tempting to speak of this Community's great work in education – I still meet people deeply grateful for all they received from the school here. It's tempting to speak of the Community's work in All Hallows Hospital and the much more recent work at Adele House in the care of the elderly. It's tempting to recall the retreats which have been led, individuals guided, endless hospitality at All Hallows House in Norwich under Sister Pamela's care in recent years, and the earlier outreach work at Little Portion in Norwich a couple of decades ago. That's to say nothing of the chaplains to the Community over the years, the worship in the chapel, the congregations, and the talents of so many of the professed. One of my first tasks as your Visitor was to bless and dedicate the St Gabriel's conference centre, as it was then known. A fairly numerous community of sisters gathered that day. The last twenty years has seen great change and, in worldly terms, contraction of the professed and the core community. But the last

two decades has also seen the work of All Hallows Hospital and Adele House continuing positively, the day nursery on site still being valued, the conference centre developing as part of CCT, and, of course, Emmaus bringing a new ministry to this site but one much in keeping with its original intention. There has been no closing down of activity. This Ditchingham campus continues its Christian outreach and pastoral ministry. Over the course of each year thousands come here. They have included every single one of the more than 300 men and women I have ordained during nearly 19 years as Bishop of Norwich.

It's tempting to speak of all this and more. But this is not a time simply for looking back, full of gratitude though we are for what this Community has given our Diocese of Norwich, the wider eastern region and all within its care. This is not an obituary of the Community of All Hallows. The Community will continue, in Bungay and the Isle of Mull and other locations too. The ministry of this Ditchingham campus and its satellites will continue. Our Eucharist today marks a transition, not an ending. We celebrate the way Community of All Hallows has been willing to face the truth about its life and seek the guidance of the Holy Spirit for the future. In almost 19 years as Visitor to this Community I think I've come to know CAH fairly well. Successive visitations have focussed on what the future may hold. They have not been without pain. There's been the pain of bereavement as Sisters die but sometimes an even greater pain as Sisters leave the Community. Alongside the pain of realising things had to change there's been the liberation of knowing things must change and that this is what God has wanted. The way the Community has placed itself in God's hands and sought His guidance for the future has been impressive. "The Lord will guide you continually," the prophet Isaiah told the people of Israel in our first reading. But the people of Israel did not always want to be guided. They

wanted to do what they wanted rather than what God wanted for them. Here by contrast, the Community of All Hallows has invited the Holy Spirit to guide them in the best use of their resources, making an unprecedented offer for St Michael's House, Lavinia House, the Chapel and the chaplains' houses to be used in some imaginative way in Christian ministry. This offer has sparked 35 applications, some of which are being taken to the next stage. We pray God will guide us all in the decisions to be made later this year. In giving we receive. In opening ourselves to God's guidance we are rewarded. But we are not told we must no longer think for ourselves.

All this leads me back to my text. "The Lord will guide you continually".

When we pray for God's guidance what do we mean by it? We often say Amen to prayers for God's guidance in church but I'm not sure we always recognise how God may guide us.

Many years ago I read a sermon by the late Alec Vidler. It's now very late since he died 27 years ago at the age of 92. It was a sermon about the guidance of God, probably preached in the 1950s when he was a Canon of Windsor. Much of the sermon was about Montanism. Now you probably didn't come to this service expecting a lecture on a second century heresy. But Montanists are worth thinking about today. The Montanists were so called because they followed Montanus. He was a Christian convert who was so full of the Holy Spirit that he believed every Christian should be open to God's guidance in every decision to be made in life, the little ones as well as the big ones. You can hardly argue with that. It's what being filled with the Holy Spirit is all about. It's the spirit of Pentecost. Gradually, though, Montanus and his followers began to believe they were the only

ones open to the Spirit's guidance, and that they knew precisely what God willed. They believed themselves so attuned to Him in their life of prayer that there was no doubt that what they did and said was willed by Christ. Guidance became certainty. They took a truth and exaggerated it. In doing so, dangers lurk. The Montanists began to condemn other Christians who questioned whether God had truly guided them. They began to despise those who did not agree with them. Bitter words were said. Go online nowadays and look at a few blogs or comment columns and you will see that the spirit of Montanism is still alive. Pacifists and vegans, socialists and conservative Christians – and a host of others – possess a fantastic capacity to condemn those with whom they disagree. They believe they are the ones who alone have been guided aright.

So how does the Community of All Hallows know that it has been guided aright in the decisions made about its future?

When we ask God to inspire and guide us we're not asking him to override our natural powers of thinking and deciding. This Community has not asked God to save itself the trouble of thinking through its situation or facing difficulties. But this Community has prayed that the Holy Spirit will enable it to think clearly and to decide rightly. Being open to God helps us to think honestly about the future. It would have been easy for the Sisters to ensure a very comfortable but isolated future for themselves, but they have sought to do new things too. Because this is a religious community, praying daily, seeking God's guidance is woven into life. An answer to prayer is the ability to think straight, and to imagine a different future.

That question "what should I do in life?" sometimes becomes clear only gradually. Frequently those who pray regularly realise

that they must not simply play for safety or security or a soft life but be prepared to do something that's risky and even eccentric if that seems the right thing. That's what this Community has done. It's not gone for the soft option. It's not asked God to reveal a short cut to a decision about the future. This Community has not asked to be saved the trouble of wrestling with the discovery of its vocation for the future.

And why has that been natural for a religious community? Because it is a praying community. Those who pray and open themselves to the presence and spirit of God day by day as a discipline, a habit, a routine, are doing something very significant. They are opening themselves to the Holy Spirit. That's what prayer is about. The Holy Spirit may prevent us from following the first idea that comes into our heads. It may prevent us trusting too much in our first impressions and from jumping to conclusions. The Holy Spirit may help us to be reasonable when we are unreasonable, and to move beyond reason when reason seems too comfortable. The Holy Spirit gives us a sense of proportion. And you will know what people with a sense of proportion possess. A sense of humour. I remember my old boss, Archbishop Robert Runcie, frequently saying that people without a sense of humour should not be put in charge of anything. As I grow older I recognise he was right because he believed that people without a sense of humour did not have a sense of proportion. There is no record that the Montanists of the second century told many jokes. They had no capacity to laugh at themselves. And that is a terrible spiritual weakness.

I do not know whether Mother Lavinia told many jokes. She may not have thought it very appropriate for a holy nun. But I'm sure she had a sense of proportion, and a sense of humour. And so has CAH today. It possesses a sense of proportion guided by

prayer and the inspiration of the Holy Spirit. It's a sense of proportion which prevents conviction becoming certainty and which enables risks to be taken and God's surprises to be embraced. What we celebrate today is another chapter in the history of the surprises of God. His surprises are inspired by the Holy Spirit. They are discovered by those who are in daily contact with him but whose reason remains and whose responsibility for their actions is not displaced. Dear Sisters of the Community of All Hallows, we know what we owe you, we bless you and thank you. We pledge ourselves to travel with you into the future which God has prepared. "May the Lord guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail."

PAX days!

Do you ever feel you'd like to get away from it all, even if only for a few hours? Now is your chance! Many people have already commented on the Peace they find in our new home, just as at Ditchingham, so we'd like to offer the opportunity to others to come and share it for the inside of a day – and to do whatever they feel would be of most benefit to them – read, pray, relax, sleep....whatever. As well as the chapel, a room will be made available for that use....and in the summer, the garden too.

If this strikes a chord with you, phone us on 01986 895749 and we will try to accommodate you on a day that you can be free. Any day except Thursdays should be fine for us.



Sr. Elizabeth and Sr. Sheila

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 – Bunessan, Isle of Mull; Sr Pamela at Roan Cottage, with a retreatant/guest room for bed and breakfast; the church communities on Mull and on Iona

TUESDAY – Bungay, Suffolk; Sr. Margaret at Holmwood Residential Home; Sisters Violet and Edith Margaret at All Hallows Nursing Home; 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 for the time being, volunteering as a Cathedral Welcomer and exploring the future as her journey continues to unfold

WEDNESDAY – CAH Trustees and other professional support teams. None of this new stage of CAH's journey would have been possible without the help of our Trustees and the Finance and Property Committee, or of their financial and legal advisors. Please give thanks and pray for them all.

THURSDAY – Pray for the other organisations on the Ditchingham site: the Conference Centre, Day Nursery and Emmaus Norwich and Waveney; and for All Hallows Healthcare Trust in Ditchingham and Bungay. Remember, too, those living in CAH tenanted properties on the site.

FRIDAY – St Michael's House, Lavinia House and the other houses in that part of the site, for those taking the land and the buildings on. Pray, for good relationships over all the site. Please pray, too, for All Hallows House, Norwich, for wise decisions over whoever might take it on, and for its future direction. 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. Remember the CAH staff, all of whom have either lost or changed jobs; for all missing what they have received from CAH in the past; for all the new contacts being forged now.

News from Sister Rachel

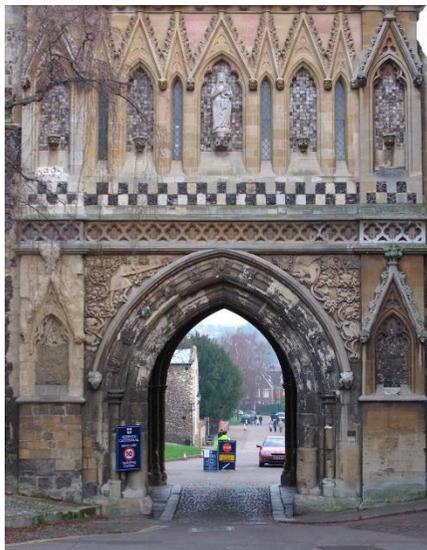
We have spent a lot of time over my 21 years with the Community 'discerning the future'; the decision to disperse does feel like one that has been coming for a long time, and certainly for myself I welcomed it. While I appreciate the sadness many people feel, I was ready to move on, not away from the Community, but to explore a different life within it. What that exactly entailed was more difficult; I did know I needed to leave Ditchingham before that could become clear. The idea that I needed 'something to do' was difficult, as I felt pinned down by it, identified by what I did whereas what I needed was a more general time to be me, to find out what life was like as a member of the Community, but living on my own. I have appreciated the space given to me which has allowed a life style and a 'what next' to evolve.

It is our prayer, rather than where we live, that has under laid our life for the past 160 years or so. Wherever we were, we prayed the daily Office and had individual prayer time; a Chapel in each house for Communal worship was important and those of you who have known the Community for some time will be aware of the wide variety of Chapels that have existed in various houses. I am currently in a one bedroom flat, with no room for a Chapel; it is the right size for me, and I am quite happy with it.

In order to continue the pattern of prayer, I have created some prayer spaces for myself, and took one of the

smaller prayer desks from St Michael's to say Offices at. I join the Cathedral each morning for Morning Prayer and the Eucharist, and the rest of the Offices I say by myself in tune with the Community. That structures my day.

I am enjoying walking or just 'being' in the city, praying for it and the people around me; I want to make sure I



have extra time for intercessory prayer as part of my daily life. I also noticed at the Cathedral that they were appealing for more welcomers, who are in the Hostry welcoming visitors as they enter. My first thought was 'I can't do that'; but then wondered if it might not be positive to do something beyond my comfort zone. So I have joined the welcoming

team, doing one session a week, and find I am enjoying it. It is good to meet the wide variety of people who come to the Cathedral, and the other welcomers I have met are friendly. I do want to spend more time praying, but I do not want to become a hermit, as I'm aware I need people contact, while at the moment I'm enjoying living on my own. It does mean that if I have a cooking disaster I'm the only one who has to eat it!

There is a lot of voluntary work I could do in Norwich, and I'm aware of the danger of signing up to do things

that need to be done for the sake of it; I don't want to end up too busy, so that prayer is left out; I also want to give myself space to find what I can do. Those of you who are involved in the Julian Centre may realize I have been conspicuous by my absence; I have been purposely avoiding that; I know I'm not meant to follow in Sr Pamela's footsteps, and also know I couldn't. So I have created a deliberate space there, to avoid any misconceptions.

I can remember reading in a book somewhere – I've forgotten which one, and it may well be copyright – that the author was attending a conference or group where everyone had to introduce themselves. So people were saying 'I'm Jack and I'm a banker, I'm Helena and I'm a bookshop assistant' etc. The author felt like saying 'I'm X and I'm a beloved child of God'. We can get caught up in identifying ourselves and others by what they 'do'; and the doing is important, and can naturally become a large part of our identity. But beneath all that, we are all beloved children of God. I think at the moment I need to rest in that belovedness, both for me and those around me.

***"WHERE THERE IS AN EBULLIENT SENSE OF HUMOUR, THE
HOLY SPIRIT CANNOT BE FAR AWAY"***

Source: Martin Israel

News from Sister Margaret Holmwood residential Care Home

I arrived here at the end of January and was made to feel at home straightaway. Everyone from the manager to the ladies who do the cleaning welcomed me. I was in a small bedroom at first which overlooked Emmanuel Church, then after about 6 weeks a larger room, with en-suite, was available. From the corner of this room I was able to see the cross on the front of Emmanuel Church. I go there every Sunday (as I am able) and was also made to feel very welcome there. I already knew one or two of the congregation. Gwen (one of the residents here) goes with her daughter and I go with them.



We have quite a lot of activities, such as: Armchair exercises and Pilates, Knit & Natter (except I'm doing crocheting), there are various people come in to sing, a clown and a lovely lady who plays the harp. We've been on outings along the river and to Southwold where the house has its own beach hut. The library ladies come every fortnight and change the books.

There are 32 residents and we mostly get along well, even though most of them have dementia in one form or another. The carers are very kind and considerate, and nothing is too much trouble for them. They give me a jug of squash every day in my room and I have a fruit bowl and a box of 'nibbles' which they fill when they are empty. All the staff know I take my prayer time between 8am – 9am and they don't come into my room and disturb me during this time.



I love it here. I am very happy.

News from Sister Pamela on the Isle of Mull

My journey here very much led into the unknown. I did know Iona but had only passed through Mull. Folk tend to have a romantic picture of the Celts and the Scottish islands which fortunately I didn't have! Where I am, is bleak and barren with the garden consisting of bog and rock! I really miss the lush green deciduous trees and roses of Norwich.

Life here is challenging and the nearest shop a mile away (and expensive) but there is a certain village life which I'm sure existed in England 50 years ago. On the fun side, during the 'gala week' there were 40 scarecrows dotted round the village to which I contributed though was worried mine would get blown away. One doesn't need to wash cars here as the wind and rain provide an adequate car wash!

At least twice a week I drive the four miles to the ferry and go over to Iona. On a Wednesday we have an ecumenical prayer meeting at the House of Prayer (RC) then I go to Bishop's House for the 5pm Eucharist. On a Sunday I go to the main service in the Abbey.

The summer has been busy with visitors and I've given various talks and Quiet Days. I've even preached in the Abbey which was very daunting. This Sunday I'm taking the service (for the 2nd. time) for the Baptists in Buessan.

The Chapel is the heart of my home here and people can share in the Office and I've had several clergy celebrate the Eucharist here. Joyce Watson (on Iona) is a wonderful support and encouragement.

I had thought there might be an outlet for my paintings and craft work but have discovered the Ross of Mull is saturated with artists of all kinds. There is a real plethora of talent here.

I still have what I call 'a telephone ministry' with people around the country who phone regularly with their various problems and prayer requests.

I came across this quote yesterday, "Everything He gives you to do, you must do as well as ever you can. That is the best preparation for what He may want you to do next. If we do what we have to, then we find ourselves ready for what comes next" !!



Sister Pamela has arranged a number of quiet days on the Ross of Mull. If you are interested in attending any of these, or wish to spend a few retreat days in Bunessan, please contact her on 01681 700535



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