



Sister Sheila



Sister Pamela



Sister Edith-Margaret

All Saints Newsletter 2020

Greetings to our whole wider All Hallows family

Following the “Seeing it Differently” event in Norwich Cathedral last year, Sister Elizabeth referred in her introduction to the Newsletter to the way we had been continuing to “DO it differently”. Nobody could have dreamed at that time just how different things would be a year later; how impacted all our lives would be by a tiny virus that jumped species in a wet market somewhere in China. The challenge is on to get through this letter without once using the well-known word “UNPRECEDENTED”. Those who have been watching any TV news or heard it on the radio should be able to understand why.

Shortly after the last letter was sent, we had what felt like a very busy All Saints Octave - we seemed to be here, there and everywhere, but it was all to the good. (One event was the enthronement of Bishop Graham Usher as Bishop of Norwich - a great occasion, beautifully managed from start to finish and including the refreshments at the end) and during that same period, we had the joy of joining the Ipswich-based Pilgrim Community of St. Thomas for worship, refreshments and a reflective sharing of community chat. We each remain grateful for the other's prayers!

Advent and Christmas followed very shortly after, or so it felt – and it was really lovely to have Carly and Jess with us over the festival. We opted to go to the Midnight Mass in Holy Trinity, and were glad we did. The day itself was full but not too full - and the relaxed routine of the Octave gave one of us, at any rate, the chance to see “Mary Poppins” AND “The Sound of Music” for The Very First Time.... As the year drew to a close we were at the beginning of a new year for the Community as well, as we thanked God for our foundation by Lavinia Crosse a few miles up the road at Ship meadow.

Due to obvious reasons(!) we have not arranged our Lent and Advent quiet days for next year. We will keep you posted if we feel we are able to hold these events nearer to the time.

Earlier on, I promised not to describe anything as Unprecedented.... but it is admittedly apt for what it was describing. Another apt word for the last few months is, Interconnection. Our connection with you through prayer and communication has been so important. This letter gives us the chance to thank you, from the bottom of our hearts for your prayers, good wishes and enquiries as to how we have all been, whether by phone, mail/email, social media or even face to face. You will know that you all have been - and still are - in our prayers, too, in and out of the context of the Divine Office which has continued to be prayed wherever we are.

Speaking for the two of us here in Bungay, it has been a good place in which to be locked down and otherwise restricted. Here, as elsewhere, there was a wealth of community involvement in ensuring nobody's needs were unattended to – and it was inspiring and moving to see how, for instance, local food shops and eateries, etc., pulled together to manage deliveries of food, drink, and to meet any other household needs that cropped up (as they always do).

One big gap in our day-to-day lives here was that of Tracey, who helps us with the cleaning. More than “helps with” - she does a marvellous job. We hope that the house never looked too bad even when we had the total responsibility for keeping it clean -



but the difference she makes is shiniingly noticeable. Beccy worked from home, but it was always possible to keep in touch and to make contact where needed from the office here. It is, however, VERY good to have her back! We were able to continue to offer some “garden hours” to Simon, to whom we are very grateful for keeping the grass mown and other superfluous growth trimmed back, while, importantly, respecting the wilder

patches for the things of beauty that they have been over the spring and summer. We have had a good variety of Things with Wings – insect and avian - on flowers and bird feeders - not to mention occasional muntjacks, one or two hedgehogs and - the two cats from next door who still keep an occasional eye on what was their territory. In their eyes it still is, of course.

Neither of us was not officially “vulnerable”, so we escaped having to shield and to stay at home. The queue at the local Co-op became a regular routine, and we missed it when we didn’t have to! We all gave thanks for the glorious weather, which did make a great difference, and like so many others, we delighted in the awakening and flourishing of the natural creation, untrammelled by a lot of the mechanical interference from road and air traffic, for instance. However, in a largely rural area it has been impossible not to be conscious of the effect of prolonged dry weather on harvests - or to know that, while fruit and barley crops have been good, harvesting them and finding a market for them has been an uphill struggle.

There have been a number of trading casualties and attendant closures... but it’s been good to see a few new “openings” as well. The Bungay Benefice made sure that those who were online had access to worship every Sunday, although no actual liturgy was live-streamed from any of the churches. In addition, there was



lots going on that could be accessed via – for example – Facebook - and the two of us “visited” a number of cathedrals and other places of worship on Sunday mornings thanks to BBC coverage!

Lent, Holy Week and Easter were very different from last year, but – with a little prayerful inventiveness and drawing on our treasury of liturgical material for the

season - we were able to walk with Christ through the time of His Passion and Resurrection, and to do so in company with many others doing the same, and with those shouldering the cross of physical and mental pain and grief. Of course, we kept in touch with each other via phone, text, WhatsApp and email, until it was possible for Rachel, at any rate, to come over here again.

It has been wonderful to get back into church for Morning Prayer and for the Eucharist - and there was a very good turnout for our Rector, Ian Byrne and Ann, his wife, as he celebrated his final service in Holy Trinity at the beginning of September. They will be a tremendous miss - even we have picked that up after only 2 years here - and we keep them in our prayers as they prepare to move to... darkest Norfolk (Wymondham, to be precise). When Lynn Chapman from the Brooke Benefice, was finally able to celebrate a Eucharist for us, it was a joyful day indeed. We celebrated that and the feast of St. Mary Magdalene, giving thanks and praying as we did so for Sister Pamela, celebrating her profession anniversary a few miles away up on the Isle of Mull. She (Lynn, not Pamela) then went out and bought fish and chips for the three of us, and we sat - impeccably distanced - and enjoyed the meal and sharing the holy gossip that had accumulated. We remain so thankful to her and to other clergy who have been able to come.

Among these, we have to number Father Brian Lee as the chiefest. (The spellcheck didn't like that word, but never mind). He came on Saturday 7th December to preside at what turned out to be his last Eucharist with us. It had become more of a struggle and he had had a few "episodes" at home which meant that he had to curtail activity and - finally - to move into sheltered accommodation in Loddon. He, and we, recognised the need for this and are glad that the need was met without a huge move out of area. But, however good the accommodation and the setting - it is never, ever, going to be the same. The fact that his moving day coincided almost exactly with the enforcement of the main lockdown didn't help - Father Brian hasn't been able to get out and about, and we haven't been able to visit. We are very grateful to the Chedgrave Benefice and others who have been able to keep

in touch face-to-face, and still hope that one day we shall be able to do the same ourselves rather than by phone.

Words cannot express our gratitude for what his supportive presence has meant to CAH, both at Ditchingham and since the move here - going far beyond what one might have expected, and given with a shrewd, sanctified, humorous common-sense and a no-nonsense brand of Catholic "churchmanship" which left us all enriched. Thank you, Father Brian..... and - thank you, John Laskey and Andy Malster, for everything you did, especially latterly, to ensure that he was cared for adequately and that we were kept in the loop. We are grateful beyond measure for that support, as was he.

We had ourselves already parted company with John and Andy as they moved over to become part of the WITH/Church Army workforce. We can't thank them enough for all they did to ensure we moved here in one piece, and, further, to see that everything continued to work as it should. Given the quirkiness of the Bungay house, this was no mean feat – and we continue to wish them well and to give thanks for their tremendous contribution to All Hallows.

One casualty of lockdown, and of the still restricted nature of our social interaction, has been the routine of regular visits to All Hallows Nursing Home and to Holmwood. These are now under way again - in All Hallows' case, they have been for a while, and one or two visits to Sr. Margaret will have taken place, we hope, by the time you read this. Strict protocols are in place in both establishments, which makes it not the same - but we are extremely grateful to all the staff for the work behind the scenes which has made it possible. Phone contact has continued, of course....and it has actually been reported that the All Hallows staff have managed to get Sister Violet into a chair (at her request) and down into one of the day rooms on more than one occasion!

We could not get away as a group this year to OHP's guesthouse at Whitby, but Jill and Mervyn Richards, who have hitherto been wonderful house-sitters during this time, still came for a week's break. This gave us a chance to practise COVID-secure hospitality. We all survived, and enjoyed the experience, as we have done

when Friends, Associates and Oblates have visited for the inside of a day. The slight relaxation of pandemic regulations meant that we were able to welcome a small congregation for a Eucharist in our Chapel when Wendy Howell became the newest of our Oblates, coincidentally making her initial oblation on the same day as she had been admitted as an associate!

It seemed a very long time since January, when we had received Jess Leeming as a Postulant in CAH. She is flying the flag for the Community up in Doncaster, and hoping (so do we) that she can visit for Christmas. She keeps in touch with us via WhatsApp and Facebook. That kind of contact in itself is an act of Christian witness CAH-style - social media does have its enormous benefits. Please continue to pray for both Jess and Wendy, as also for others currently exploring the possibility of a closer link with us in some way.

Some glorious fruit blossom earlier in the year promised riches to come, and we have not been disappointed. There are a good many apples and pears for which to give thanks, along with some ancient bushes of gooseberries earlier on, even if the plums came to nothing. On a whim, we bought a single blackcurrant plant and raspberry cane – just to see what would happen. Although the currants didn't amount to much this time round (unlike their neglected, unpruned cousins in the old fruit cage area), the raspberries really took off – so we'll invest in a couple more of both.

Meanwhile, Sister Elizabeth purchased three tomato plants from a driveway stall down in Staithe Road, and they did exceptionally well - thanks to Elizabeth's care of them and the miraculous feeding power of home-made comfrey-based plant food. We also have a



couple of hazel trees and a sweet chestnut.... but our friends the squirrels usually get there first. That kind of tree rat obviously wasn't around at the time of Julian of Norwich, otherwise the little round object in the palm of her hand would have had to be "the quantity of" something else.

Speaking of Julian - some of you may have wondered what is happening to All Hallows House and the Centre. It is safe and true to say that things are moving slowly but surely forward on that front, which is very heartening. Likewise, with our other "ex-CAH" works; WITH, supported by the Church Army, continue to develop the project on what was our own bit of the site and Emmaus are doing wonderful work in both their buildings and section of the grounds and have just opened a biggish shop in the Castle Quarter (formerly the Castle Mall) in Norwich. Things continue to be difficult for all involved in hospitality, not least Centres like Belsey Bridge. Bookings have necessarily been few and far between, but they are "still there". Meanwhile, All Hallows Healthcare Trust was dissolved earlier in the year. It was a sad day for everyone, but it is really good to report that we were able to hand all the different departments of the work over to different providers. That includes the Hospital which is open again, and up and running in very much the same areas as it was doing latterly before we relinquished it. We are so thankful for all these new areas of growth, and continue to support them in every way we can.

We for our part are supported by the Board of CAH Trustee Limited, of which two of us are actually members. We should like to place on record here our deep gratitude and indebtedness to them all, for the variety of expertise and insight they bring to keeping All Hallows on the road. Running a Registered Charity is sometimes not unlike tiptoeing through a minefield, and it is thanks to them that, to date, there have been no explosions and that the likelihood of such things is as minimal as it can be. In particular, we owe a huge debt to Colin Pordham who finally retired as a Trustee after years of service to the Community. Life does not seem the same without him - but nobody deserves to take a lasting breather more than he does, and it is good that we still have the informal contact of friendship and prayer. THANK you, Colin.

Finally - it has been, and continues to be, a dark, tough, heavy time for so many. Probably not one of us, known to us or unknown, has remained unaffected by COVID and the effects it has had on every aspect of life, particularly as restrictions begin to be re-imposed, with no lightening, lengthening days to alleviate the advent of another dose of the virus and whatever other sicknesses and trials are around. Our life described above may sound comparatively carefree; but we have been in touch, each and all of us, with heartache



and anxiety, on behalf of others and on our own account. To do so may not have been easy, but it is something to which we are all called, as well as remaining grateful for all with which we have been blessed, and praying to respond with gratitude and openness to God and his creation. Above all, we continue to give thanks for his vocation to us to be All Hallows, his sustenance of us all as we continue to try to respond, and for all of you who keep us in your thoughts and prayers.

Life will continue to be far from The Same As It Was Before – and possibly it can never be so; but we continue to count our blessings and to ask for the grace to be made a blessing to others in whatever way we are called and shown.

With our love and our prayers

Sister Sheila

on behalf of all the sisters

News from Holmwood Residential Home

The Home was under lockdown like everywhere else earlier on. It was a long time before it was possible to have visitors here, other than the necessary ones which were connected with the care of the residents. Now they have managed to make an inside space in the house, so that relatives and friends can visit without getting wet or cold.

Sister Sheila has visited once and is hoping to come again when it can be managed. We had used up our twenty-minute visiting time well before we had run out of things to talk about! My sister and brother in law were able to come earlier on, although Janet had the official timeslot and Peter looked in at the end. They were well, and are training a new puppy. They live in the Midlands, and the puppy had never seen the sea or been on the beach before they went to North Norfolk on this visit! They said he made up for lost time.

The staff have been wonderful. They have managed to keep the Home totally COVID-free and to meet all our care needs. The doctors from the Surgery do their official 'visit' online, so there is really no chance to talk face to face about any health issues. It is probably the best they can do at the moment. I was having difficulty with my neck and with keeping my head up properly, but I have been provided with a collar which helps a lot, although I get a bit of chafing round the back of my neck.

Although I am still able to say the Office, etc., there has not been much spiritual input from outside and it is a pity that Holy Trinity and Sister Elizabeth are still not allowed to bring us Communion. It is a good thing that the services, etc., on television and radio have not been discontinued, and there has always been something you could tune into regularly, even in the early lockdown. That has been very helpful.

I am still happy to be here, and grateful to all the staff for the care that they give - nothing is ever too much trouble

Sister Margaret

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.

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

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, at the Nursing Home, Hospital and Day Care sites. Give thanks for the work of the AHHT trustees and pray for all whose lives have been affected by these changes. All Hallows House, Norwich; for continuing discernment over its future use and direction. Pray for prisons and chaplaincies local to CAH's various hubs

SATURDAY – Pray for our Alongsiders, Associates, Oblates and Contact members, and for all connected to us through prayer and friendship. CAH staff who have lost or changed jobs; all still missing what they have received from CAH in the past; for all the new contacts being forged now.

Message from Mull....

We have all probably been saying “What a year!” – all so unexpected.

The highlight last year on the 4th December was Bishop Kevin’s visit and dedication of our Chapel here. The dedication we chose was “St. Michaels and all Angels.” Marg, Heinz and Joyce came from Iona, Valerie and Jeff from Fionphort and Jan from Bunessan so we had quite a full Chapel with a lovely service the Bishop had printed out.

(Bishop Kevin has since been translated to Glasgow so we are without a Bishop at present) I provided a sit down meal for everyone but since it was a longer service than expected the food was overcooked but that didn’t stop the Bishop and Marg having 3rd. helpings! (Thought I’d have enough chicken left for two more meals!)



I had planned house groups for Advent but because so much was on there were not many takers. Again I was invited to spend Christmas with Joyce on Iona which was quiet but beautiful returning Boxing Day after an unfortunate incident falling in quicksand. Sensible Mattie had ran on ahead and missed what looked solid sand!

The New Year began with horrendous winds, cancelled ferries and power cuts. Visitors booked, future events were planned and then Covid struck. I was looking forward to leading a Lent quiet day in Oban Cathedral which had to be cancelled. Then one by one visitors cancelled their bookings and my plans were also unfortunately cancelled.

It was difficult with ferries not allowed to take anybody but for essential travel. Food was still available in the village shop but expensive. However, Erica had a freezer full of food for the large groups she was expecting and started providing 'meals on wheels' with which I was able to help a couple of times.

It was difficult not having access to services here or on Iona. However, there was a plethora of services on line and of course the Chapel in the house.

As I write this now more restrictions are in place but services on Iona have resumed with the Abbey just being opened for worship only – of course socially distanced and with masks! We also have had a lovely Harvest Eucharist in Bishops House Chapel, with

the same restrictions, and only 10 people allowed so one has to book!

The garden here continues to be a challenge and Mattie and I have continued with our various walks. It is uncertain what All Saints and Christmas will be like this year. I've already had a few enquiries for bookings next year but nothing firmed up as all is still very much in flux.

This time has certainly been one of living in the present moment or as Eliot says in Little Gidding "the stillness between two waves of the sea." Yet we know God keeps us in the hollow of His hand and hides us under the shelter of His wings. Nothing can keep us from God's love...

Sr.Pamela

Volunteering at EACH

Sr. Elizabeth



Anyone who knows me well knows that I love Charity Shops! It came as no surprise then that I jumped at the chance to volunteer in the new EACH Charity Shop (East Anglia's Children's Hospices)

being opened in Bungay way back in 2016. I opened a flyer about it at Recreation one day and when I said I was interested the Sisters encouraged me to apply saying things like "Go for it!", "It sounds just up your street!" and "Looks like just the job for you!" So I applied, went to see the Manageress and started soon afterwards, working 2 - 4 on Friday afternoons.

There are all sorts of things that volunteers can do – either working in the main rooms of the shop as Sales floor assistant,

Cashier, book or bric-a-brac Organiser or behind the scenes sorting stock, checking, steaming and pricing clothing. I had a go at most of them in the early days but as I'm an avid reader the books soon became my particular concern and I spend most of my 2 hours on Friday afternoons sorting, renewing and



refreshing the stock and rearranging them in alphabetical order. You'd be surprised how out of order they get in a week! I've had several appreciative comments saying that the customers value the books being in alphabetical order and also that new books appear on the shelves each week. My being there in habit has led to some surprise and interest in a Nun working in a Charity Shop, and a few deeper questions and now and again requests for prayer.

Charity Shops are a brilliant way of recycling and in the process raising money for the charity concerned. In the 4 years I've been there EACH has been focussing its fundraising efforts on building a new hospice for children called The Nook in Poringland. It's been a privilege to be part of that and, now that it is up and running, to be involved in just a little way in the help that is provided for children who are very ill and often near the end of their short lives, and also in supporting their families both at the Nook and in their own homes. 2 hours once a week may not seem much, but when it is added to all that is done by the Managers, Staff and Volunteers of the 43 EACH shops a little goes a long way and makes a BIG difference.

Facebook Funnies

For those of you that don't know about the Community Facebook page All Hallows, Bungay, here are a few enjoyable snippets from the year:

- Every time we think it's time to trim the Buddleia back, we see activity (insects of various kinds) on the few sprays of flowers there are remaining. Including! yesterday, a Hummingbird Hawk Moth. The last one of those I saw was ages ago, on something just outside the front door at St.Michael's House.
- I had a lovely chance meeting with one of the 6.00 a.m. dog walkers this morning - he wondered who we were (priests? clergy? nuns?) and hoped the wind was strong enough for me (if you jumped, you'd have ended up on the coast this morning)! He's been in Bungay for about 18 years but hails from Lowestoft. A cheerfully human beginning to the morning!
- Celebrating St.Barnabas with a visit from Sister Rachel all the way from Norwich. Midday Prayer under the patio, then go to chippie and bring back fish/pasty and chips and eat under said patio. It's a pity it isn't June 15 or beyond, but it is GOOOOOOD to be able to do this!
- Currently, it is not raining, and the sun came out for a bit. I came back from the Co-op feeling FAR too hot in my jacket and thick shoes; and met Sr.E. en route for the Nursing Home with her scarf round her neck and a woolly hat on. Just as well we're not all alike 😊😊😊😊😊😊

- Washing the car this afternoon. Elizabeth and Rachel. Sister Sheila is told that she is to do the back because that is where she drew a smiley face in the dirt. Well....she maintains that she could have drawn much, much worse, and added some words too! Don't think it is going to work to cite chapel cleaning as an excuse - not the way I do chapel cleaning.
- Elizabeth's whites wash is now sailing round happily on a cold wash because we forgot to set the temperature, and full-length because we forgot to set the "Quick" wash. Still.....! we were watching to make sure everything was doing what it should, and she said "What's that thing dangling down in the front?" There were more "things", too, which baffled us until we realised that they were our feet, etc., reflected in the glass of the "porthole".
- Our dinner today was washed down for Pentecost with a bottle of wine - given as a "thankyou" gift for sharing our drive space, etc., with people doing work on a nearby house. Really touched! I had wine. Sr.E. had a spritzer. We both got out for walks in the afternoon and returned safely. Just saying.
- RIP the smartlock on the front door - for a bit, till we get it sorted. It turned up its nose at NEW (freshly-purchased) batteries, and continued to play complicated music which drove us all crazy until we took the batteries out. At least if anybody gets hold of our entry codes it won't do them any more good than it's doing us at the moment!

News from Sister Rachel



This photograph was taken when a meal out with family was usual, didn't involve thinking about how many could come or how to keep 2 metres apart. It was part of our old style of life that can seem immeasurably distant, but was in fact only last January. Acts that I took for granted then – like standing near to someone – seem almost threatening

now; normal behaviour like taking Communion from the Chalice seem almost impossible to get back to; putting on face masks has become part of life, and touching a door handle without being able to clean your hands after seems potentially dangerous.

That's not to say that the lifting of restrictions and the greater ability to see people again hasn't been a joy. I'm quite happy in my own company, so lockdown wasn't a challenge to me from that point of view. I was a bit concerned as to how rusty my conversational skills might get, but they seem to have survived intact. Exercise was a bit more of a challenge; I got my daily exercise, although it was difficult to get as much as I normally do in one session. I enjoyed exploring different parts of Norwich, and usually combined exercise and prayer. The reopening of libraries has also been a joy; luckily I had several novels which I like to reread to keep me going while they were closed, but access to more reading matter is wonderful! I

managed to get spiritual reading done by moving into podcasts, which I found I enjoyed.

Life this year has been one of continual adjustment; my mother died of cancer in the early hours of 1st January, bringing with it relief that she was no longer in pain and the grief of losing her. Then I moved to a new flat in mid-March. (with thanks to the Trustee, who did all the work!) This is very similar to my old one, so I soon settled down, but minor things like lightshades had to wait a few months as we went into lockdown. (I think there were shops selling them, along with essential items, but I figured they weren't essential). With lockdown came the added interest of seeing whether the supermarket had what I wanted to buy (mostly). Also came the shutting of churches and the arrival of online services. I didn't find this as bad as I expected. Once I discovered YouTube, and the presence of many Sunday services throughout the following week, I tuned in to one daily, which I found helped, and also meant I got lots of hymns and more sermons than normal. Mostly this meant different hymns, but occasional weeks found everyone choosing the same one.... The sermons were all different though. Then came the releasing of restrictions and all of a sudden I found myself having to adjust to seeing people again, albeit outside and 2 metres apart. I much enjoyed the opportunity of catching up with Sisters, family and friends. One of my favourite memories of this time is sitting in Chapelfield Gardens with my sister and her daughter, who was only a few months old, when the baby turned and gave me this gorgeous smile. Whether she was smiling at me, or merely in my direction, I don't know, but, either way, it was lovely.

As time went on, more was opened up and life changed again. We were privileged that the cathedral was able to open for services as soon as they were allowed – I am grateful for the huge amount of planning, work and expense that went and still goes on to enable this to happen. It did take a definite decision to go back, as I had got used to lockdown style worship, but I am glad I did. Services are necessarily very different, but we are worshipping together (even if 2 metres apart), and it feels safe. I have also gone back as a door steward in the hostry – this has also changed, with lots of Covid related safety rules to pass on, but it is lovely to welcome visitors back. We have had Ploddy, the Cathedral's Diplodocus puppet, sharing the hostry with us for the past few months, which has been unusual, as well as interesting seeing the reactions of visitors. Dippy, who should have been here this summer as part of the Natural History Museum's tour, wasn't able to come, but should be coming in the New Year.

Changes like we have all experienced this year can give an opportunity to re-think the direction of our lives, although personally I find myself more rooted in where I am. As part of my research into the history of our earlier Sisters, I discovered two who also had a change in circumstances, which I wonder may have contributed to their decision to join CAH, although it is impossible to know for certain. I discovered that Sr Mary Rose and Sr Alice shared the same surname, then that they were also born on the same place. Further research on Census returns confirmed that they were birth sisters, the daughters of Mark Edward Wade and his wife Louisa. In 1851 Mark is the owner of 500 acres and occupier of 305, employing 13 labourers and several servants, including a governess. In 1861, the family are living

elsewhere, seemingly having moved into the village, with several members registered in other places. As far as I can gather, Mark went bankrupt, and it is tempting to think this may have led these two Sisters to think about Religious life. In any case, it led to a very different way of life; in 1861, Mark is registered as 'farmer', his eldest daughter is now governess to her younger siblings, and both parents and eldest son emigrated to Canada later; I'm unsure how many of the family went with them. Sr Mary Rose spent many years at the House



of Mercy, and served as Reverend Mother between 1899 and 1917. Sr Alice, who used her middle name, was at the Orphanage in 1871 and the Community House [convent] in 1881. She left the Community in 1885 – not a decision that would have been taken lightly – and I think joined her family in Canada. It is intriguing to have these glimpses into the lives of past Sisters, who, all too often, are merely names on a board or photos in an album; in the case of Alice, only a name in a book.

Whatever happened to the Wade family, it is important not to ignore the human suffering behind their story; not just for the family themselves, but for their employees who may have become unemployed as a result, and who would have had fewer resources to manage on. The same holds true today: whatever our individual stories this year, there are many for whom it has caused increased distress and suffering, increased anxiety about the future. Ongoing issues, such as climate change and racism, have also been brought to the fore. While we cannot solve these, we can be aware of others' suffering, of our own reactions and unconscious bias. Whatever we do about them, I find myself brought back time and again to prayer.

A message from Sr. Edith Margaret

I've been here nearly 3 years now, since January 2018. When I first came it was All Hallows Nursing Home but now it's called All Hallows Care Home with Nursing. It is run by Norse Care. Lots of things have changed. We don't have a weekly Eucharist any more. Fr. Brian used to come to celebrate for us every Thursday and I miss that. Reg Kirkpatrick took over when Fr. Brian retired.

Another change I've noticed is that the doctors from the surgery next door don't come over to see us. They used to come twice a week. I suppose that may be because of covid. Another change that has definitely happened since covid is that no visitors have been allowed and we can't go out

anywhere. Most appointments like the dentist have been cancelled anyway.

I missed Sr. Elizabeth's being able to come and see me every week and bring me Communion. For a few weeks now she has been able to visit me again. I sit in the doorway of a Day Room with a visor on and she sits just outside in the garden with a mask on. When the weather gets colder we'll have to meet somewhere inside where we can keep the right distance apart.

I enjoyed my birthday when Sr. Rachel, Sr. Elizabeth and Sr. Sheila all came to see me one after the other. Only one resident got the virus and that was quickly contained and nobody else got it. We are all tested regularly and the Staff are tested every week. We have a new Activities Organiser and she is trying to get things up and running for us. I watch the News and Look East on the television and a few other programmes too, mostly in the afternoons. On Sundays I enjoy watching Songs of Praise and I used to watch the Sunday morning service till they stopped it.

I can't live my spiritual life like I did back at Ditchingham but I do manage to say 3 of the 4 Offices and have my prayer-time each day. I read Fresh from the Word to help me with my Bible Reading and that counts as Spiritual reading for me too. What would I hope for next year? Definitely some Eucharists in chapel please, even if they have to be different from how they were. I've just heard a service of Thanksgiving for Harvest will be held soon. That will be good.

Sister Margaret (behind a perspex screen)



Sister Elizabeth



Sister Rachel

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