

ST PAUL'S POST

St Paul's Province Weekly Newsletter: 298

19 December 2022



Our birthday girls over Christmas are:

Carmel Gorman	25 December
Brigid Murphy	28 December
Elizabeth Cahill	3 January
Karen Englebretsen	6 January
Anne Cunningham	8 January



The final cribs from Drumalis.
Another crib made by the people in Larne using local materials; and below you will find 'The Choir'.

Wishing you all a peaceful Christmas and a happy New Year.

The next edition of St Paul's Post will be on Monday 9 January, 2023.



Merry Christmas and a Happy New Year!



PRAY TOGETHER

**MAKING A DIFFERENCE
IN THE LIVES OF OTHERS**

Relatives/friends of Sisters:-

Marguerita's brother, **Pat**;

Eily May's brother, **Tade**,
and her sister, **Mary Philomena White**;

Kay Doran's niece-in-law, **Kerry**,
and her nephew, **Kieran Fitzpatrick**;

Rita McStay's niece-in-law, **Michelle Reid**;

East Holme Nurse, **June**;

Carmel Comerford's sister, **Clare**;

Marcella Roe's sister, **Eileen**;

Noeleen Bermingham;

Eithne's nephew, **Bernard Donoghue**;

Francine's sister, **Rita**;

Vy's brother, **Joseph Tran The Day**;

Marian Langan's niece, **Laura Fitzpatrick**;

Maria, Paschal Somers' wife.

Prayer Updates – helping us to pray more effectively

- * Please remember **Marcella Roe** (Marino) in your prayers, as she was taken into hospital yesterday.
- * Pray also for Anne Hammersley's great, great nephew, **Max**, who has been diagnosed with brittle bone disease.



Thank You

Bereavements

Please remember in your prayers Sister Anne Mary's (Marino) brother, **Michael**, who died in England yesterday (Saturday 17). Our prayers are with Anne Mary and her family at this difficult time.



<https://youtu.be/R7u6luYTVEU>

Click on the link to watch the carol service.

The Briery Carol Service

raised £ 244.65 for HOPE FOR TOMORROW.



**Hope for
Tomorrow**

Bringing cancer treatment closer to home

The new SENSORY HALL at East Holme

It's amazing what ideas can crop up when the thinking caps get active. They did once again here in East Holme. For some time it was all a kind of mystery. We could all guess there was something brewing in room 15!

Then the day came when our staff activity increased and Angela invited us all to line up in the corridor, which we did.

We waited till Sharon joined us with a pair of scissors and proceeded to cut the ribbon on the door of number 15. We knew that at last all would be revealed, as it duly was, and we clapped a welcome to our new and beautiful **"SENSORY HALL"**.

Then began a guided tour of lights, paintings and furniture of all shapes and colours, which leant itself to create a delightful little nook of calm and relaxation for our Sisters and Staff.

What a brilliant idea to take care of our mental as well as our physical needs. So far individuals come and go and Sarah has held her first Yoga session there. I mean **"armchair Yoga"** as we are mostly past wriggling around on the floor!! Big thanks to Angela and Sharon, who continue to explore new possibilities.

Eily May



East Holme



East Holme



OUR
CHRISTMAS
PARTY!

Carmel was
celebrating
Too.

VILLA PACIS CAROL SERVICE,

BUFFET MEAL WITH THE SISTERS, STAFF, AND MEMBERS OF SISTERS' FAMILIES

I would like to thank Sister Majella for the beautiful Carol Service and the staff for preparing and serving the buffet meal. Carol Anne's (the cook) presentation was second to none as can be seen from one of the photographs. Of course the **'Big Man'** (Santa) made an appearance with gifts for all present. We were delighted that Sr Therese CP, the Congregational Leader, and Sr Clare Dawson, a member of the Provincial Leadership team, were able to join us for the celebrations. A great afternoon was had by all; families are hoping this will be an annual event. Attached to the photographs is the reflection we had during the Carol Service: **'My Little Cardboard Box'**. Very apt for cities worldwide.

Margaret



**I drove by a homeless person
and wondered what his
Christmas was like:**

Where do you hang your stocking
in your little cardboard home
which you have insulated
with some discarded foam?

Even if you had a chance
and it was given you for free
where underneath your bridge
would you put your Christmas tree?

How does it feel to hold your
"Will work for food" sign
as most people drive by
to go home where they dine?

Do you wonder at the people
and think it is so odd
they ignore your desperation
while arguing about God?

Do you know you're like Jesus
and he was just like you?
There is no room in the inn
so he was homeless too.



Villa Pacis



NEWS FROM LEEDS TRINITY UNIVERSITY

I'm pleased to let you know that Leeds Trinity is progressing with its **Strategic Plan 2021-26** (<https://www.leadstrinity.ac.uk/about/mission-vision-values/#d.en.16738>) and ambitions for growth, with plans to establish a new city centre location in Leeds to complement our campus in Horsforth. You can read our news story on our website (<https://www.leadstrinity.ac.uk/news/archive/2022/leeds-trinity-university-invests-in-city-centre-with-new-location.php>).



We are at the very early stages of this journey and have secured a lease on 1 Trevelyan Square, located just off Boar Lane in the centre of Leeds, which is subject to planning approval. The potential of the building is very exciting in terms of opportunities for students and our ability to align with city-based partners and businesses as a career-led University. We anticipate new students using the facility during the 2024/25 Academic Year.

Alongside a new building in Leeds, we remain fully committed to Horsforth and are investing in our campus to make it fit for the future. As part of this, we have introduced new programmes such as **Nursing** and Biomedical Science, which are being designed to respond to key public sector workforce needs in the City Region. You can read about our new programmes [here](#).

We have shared this update externally today and we will keep you updated as our plans develop. I look forward to welcoming you back to Horsforth soon, and to Leeds in the future.

Kind regards,

Charles

Professor Charles Egbu, Vice-Chancellor

A new deal to protect nature has been agreed at the UN biodiversity summit, COP 15. The historic plan will put 30% of the planet under protection by the end of the decade.

There will also be targets for safeguarding vital ecosystems such as rainforests and wetlands.

The UN biodiversity summit has been regarded as a last chance to put nature on a path to recovery. Biodiversity refers to all the earth's living things and the way they are connected in a complex web of life that sustains the planet. *The full report can be found in Science & Environment on Computers. Helen Briggs, the Environment correspondent in Montreal.* **Savio**



Richard Rohr's Daily Meditation

From the Centre for Action and Contemplation

Week Fifty: A Benevolent Universe



Growing Benevolence

Satish Kumar, a former Jain monk, is an activist and educator who has studied both Eastern religions and Western economics and cultures. He writes that recognizing a benevolent universe helps us participate in the flow of generosity:

We live in a benevolent universe. . . .

The benevolence of the soil is endless; it helps one single seed to multiply into millions of seeds for hundreds of years, producing colourful, aromatic, juicy and delicious fruit, feeding birds, bees, humans and animals. The tree celebrates the benevolence of the soil and becomes benevolent in return, offering its fruit to whoever is in need, without condition and without judgement. . . .

The benevolence of the sun is beyond the capacity of words to describe. It burns itself to maintain life. . . . It provides conditions for photosynthesis for the whole plant kingdom to nourish itself and give nourishment to bacteria, insects, birds and animals.

The moon is benevolent. It maintains the cycle of life and cycle of time. Time and tide are sustained by its presence. . . .

Rain is benevolent. It . . . delivers itself to every farm, field, forest, mountain and human habitat, free of charge, without needing any external supply of energy. It moistens the soil, quenches the thirst, fills rivers, ponds, lakes and wells and in partnership with the sun it feeds the world. . . .

Air is benevolent. We breathe, therefore we are. Air is related to the spirit, to inspiration, to spirituality. . . . Air is breath of Brahman, breath of the universe, breath of God. In Sanskrit air is prana, which means life itself. . . .

Space is benevolent. All and everything is held in space and by space. All movements, all changes and every kind of dynamism are sustained in the stillness of space. We always need to be mindful of reducing our clutter and maintaining spaciousness in order to be detached and free.

Soul is benevolent. Compassion, kindness, generosity and inner luminosity are the qualities of the soul. Mind, intelligence, and consciousness are held in and processed by soul. Soul is the seed of life. Feelings, emotions, sentiments, intuition and reason pass through soul and manifest in the world. . . . It is not only humans who have soul; animals, birds, insects and microbes have soul. Soil, trees, rocks and rivers have soul. . . .

The world is how you see it and what you make of it. **If you look at the world with benevolent eyes, the world reciprocates with benevolence.** If you project suspicion and self-interest, you get the same in return. Trust begets trust and fear begets fear. Recognizing the benevolence of the universe is not to deny the shadow side, but seeing nature as red in tooth and claw and people as selfish and greedy makes us respond in similar vein. If we sow seeds of malevolence, malevolence will grow; if we sow seeds of benevolence, benevolence will grow.



Satish Kumar, *Soil, Soul, Society: A New Trinity for Our Time* (Brighton, UK: Leaping Hare Press, 2017), 160, 161–162, 163.

Image credit: Benjamin Yazza Untitled - Sandia Mountains (detail), 2022, photograph, Albuquerque, used with permission. Jenna Keiper & Leslye Colvin, 2022, triptych art, United States. [Click link to enlarge photo](https://cac.org/wp-content/uploads/2022/11/A-Benevolent-Universe_WP.jpg) - [https://cac.org/wp-content/uploads/2022/11/A-Benevolent-Universe WP.jpg](https://cac.org/wp-content/uploads/2022/11/A-Benevolent-Universe_WP.jpg)

Image inspiration: when i began photographing birds during the pandemic it was meant to fuel a creative need. as i continued it began to fuel a life need, a missing connection to nature. i not only felt a need to see different birds but to see the change in nature around me. a connection to my own heritage - wondering again and again if my ancestors roamed the same fields, came across the same animals or took meditation in the same plots.—Benjamin Yazza (photographer), Albuquerque, New Mexico.

Explore Further. . .Read CAC teacher Barbara Holmes on indigenous cosmologies:

[https://cac.org/daily-meditations/holistic-knowing-2019-08-27/?](https://cac.org/daily-meditations/holistic-knowing-2019-08-27/?utm_source=cm&utm_medium=email&utm_campaign=dm&utm_content=Reference)

[utm_source=cm&utm_medium=email&utm_campaign=dm&utm_content=Reference](https://cac.org/daily-meditations/holistic-knowing-2019-08-27/?utm_source=cm&utm_medium=email&utm_campaign=dm&utm_content=Reference)

Learn more about this year’s theme **Nothing Stands Alone.**

<https://cac.org/daily-meditations/2022-daily-meditations/>

Meet the team behind the Daily Meditations.

[https://cac.org/daily-meditations/about/?](https://cac.org/daily-meditations/about/?utm_source=cm&utm_medium=email&utm_campaign=DM&utm_content=DM_Explore-Further)

[&utm_source=cm&utm_medium=email&utm_campaign=DM&utm_content=DM_Explore-Further](https://cac.org/daily-meditations/about/?utm_source=cm&utm_medium=email&utm_campaign=DM&utm_content=DM_Explore-Further)

Story From Our Community

I’m inspired to live the truth of St. Therese, the Little Flower. Therese writes that when she read about the lives of the saints, they were full of great deeds and important people. She knew that she was too small to do great things, and so she decided to do little things with great love. Every day, I have opportunity to do little things: forgive someone who was rude, forgive someone who hurt me, and of course, forgive myself. —Catherine F.

Share your own story with us.

Prayer For Our Community

God, Lord of all creation, lover of life and of everything, please help us to love in our very small way what You love infinitely and everywhere. We thank You that we can offer just this one prayer and that will be more than enough, because in reality every thing and every one is connected, and nothing stands alone. To pray for one part is really to pray for the whole, and so we do. Help us each day to stand for love, for healing, for the good, for the diverse unity of the Body of Christ and all creation, because we know this is what You desire: as Jesus prayed, that all may be one. We offer our prayer together with all the holy names of God, we offer our prayer together with Christ, our Lord. Amen.

[Listen to Father Richard pray this prayer aloud—https://cac.org/daily-meditations/2022-daily-meditations/#prayer-recording](https://cac.org/daily-meditations/2022-daily-meditations/#prayer-recording)