

# Community of the Resurrection



## St. Albans Diocese Companions Network



### Newsletter 14 – February 2011

#### Quiet Day at Wantage

On Saturday 20 February, nine of us gathered for the group's annual Quiet Day held at the Convent of St Mary the Virgin in Wantage, Oxfordshire, led by Sr Deirdre Michael of the Community there.

The day started with the Office of Terce in the Community Chapel, followed by Eucharist. After coffee in the Welcome Area, we gathered for our first topic, intriguingly titled "*Like a Hazelnut*". This was on the subject of intercessions, the quote coming from Julian of Norwich (see below).

Following the Office of Sext and a silent lunch (with lots of homemade soup and rolls!), we reconvened for our second session entitled "*Chewing the Cud*"; practical steps for approaching different ways of meditating and contemplation, including *Lectio Divina*. Sr Deirdre Michael shared with us some practical steps for approaching Lectio and suggested a passage from Luke, which we were able to pray over contemplatively, using the space and silence of the Convent to aid us.

After the closing session, we all adjourned for tea and Convent made scones and, for those who wished to stay on, the Office of Vespers. As with last year, the time spent in this special place proved most beneficial and we thank the Sisters for their welcome, hospitality and insights.



For more photographs from the day, please visit [www.mirfieldcompanions.org.uk/stalbans/wantage2011.htm](http://www.mirfieldcompanions.org.uk/stalbans/wantage2011.htm)

#### Our next events

**Saturday 5 March** - This year, the image of Our Lady of Walsingham is "on the road" taking the message and blessings of this Holy place to other great places of renewal. As part of this programme, St Albans is being visited and a number of members of the St Albans Diocese CR Companions hope to attend. At 11am, the image will arrive at the West Door of the Cathedral, to be followed by a Sung Eucharist. During the afternoon there will be a number of workshop opportunities, including "*Why Pilgrimage?*", exploring the meaning of this ancient practice in our own day, with Bishop Lindsay Urwin. At 3pm there will be opportunities for healing ministries, including laying-on of hands, Anointing and Sprinkling from the Well at Walsingham. The day concludes with Evensong and Benediction at 4pm.

**Summer Party** - John and Mary Payne-Cook, our hosts for the last two Summer Parties, have offered to host the next one in their new home at Totterhoe, Bedfordshire. Details when available.

You can keep up to date on all the news from the Community of the Resurrection at:

[www.mirfieldcompanions.org.uk/news.htm](http://www.mirfieldcompanions.org.uk/news.htm)

If you have received this Newsletter in paper form and have an e-mail address, please tell us what it is. E-mail us at: [stalbens@mirfieldcompanions.org](mailto:stalbens@mirfieldcompanions.org)

## Update from Mirfield

The Community church has now been stripped of all its interior furnishings; the altars, choir stalls, benches, nave screens and other smaller items have all been removed.

At the Chapter meeting in February it was decided that the planning application for the New Monastery, which had temporarily been withdrawn for future consideration, would be resubmitted. There will be some simplifications to the design (for cost cutting reasons) but the basic facility will remain almost the same as originally proposed.

Some work has been undertaken on updating a couple of bathrooms in the existing Monastery, which were greatly in need of repair and the central corridor of the House has been repainted to look fresh and inviting again.

## The Sale of the Centenary



*Fr John and his Auctioneer Brother George as the pews are removed*

Work continues apace towards the Grand Auction to be held at Mirfield on 22 October, to be conducted by George Gribben, a celebrated Belfast Auctioneer. Please donate items for this. For further information, just e-mail [vgribben@mirfield.org.uk](mailto:vgribben@mirfield.org.uk).



*George II Bureau*



*Silver Home Communion Set*

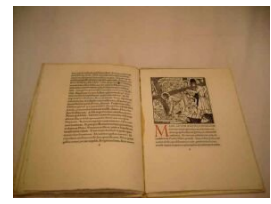
(Photographs of five of the many items which will be included in the sale, all proceeds going towards the Centenary Church Appeal. More items are needed and collection can be arranged if necessary)



*Silver Baptism Cup (1913)*



*Italian miniatures*



*Pasionis Christi*

## This year's Companions Day

This will be held at Mirfield on Saturday 23 July and, as always, is open to all Companions, Friends and anybody who is interested in the Community of the Resurrection and its work. The day will run from 10.00am to 4.00pm and it is planned to include some talks on art, music and poetry.

## A burden-bearer in Christ (from Martin Smith: 'A Season for the Spirit')

"The secret of being a burden-bearer in Christ must lie in the word "exchange". We must bear one another's burdens and we will not be able to do that if we hang on to our own. Those who make their own the cares and sorrows of others must continually hand over their own burdens, so that the heart is light enough and has room enough for a share of our neighbour's and the world's load. This is the sharp significance of the words of Christ which have been worn flat for so many by endless repetition in Anglican worship: 'Come unto me, all ye that travail and are heavy laden and I will give you rest'. Unless we ourselves hand over to Christ through prayer our own guilt and preoccupations, unless we confide in our sisters and brothers and accept their help as fellow-members of His body, our hearts will become congested".

## Julian of Norwich (see earlier)

*He showed me a little thing, the size of a hazelnut, in the palm of my hand and it was as round as a ball. I looked at it with my mind's eye and I thought "What can this be?". The answer came: "It is all that is made". I marvelled that it could last, for I thought it might have crumbled to nothing, it was so small. Then came into my mind "It lasts and ever shall because God loves it".*

## This is YOUR Group!

Please remember that this group exists for you, to enable you keep in contact with others locally who have been touched by, or who are interested in CR and to help all live out their Christian vocation in a way which strengthens, supports and inspires, whilst promulgating something of the charism of the Community, where possible underpinned by a personal rule.

If you would like to see your local CR Companions group continue (and, it is hoped, to flourish), please try to support our meetings.

*If you are not a CR Companion but would like to join in any of our events, you would be most welcome.*