



Extended Family Newsletter

Issue 37 - September 2020

News from the EF Core Group

At the time of writing, we are still in the middle of the global Covid-19 pandemic which has dominated our lives and actions since the early Spring. We join with all EF members and Sisters throughout the world in praying for an end to the suffering caused by this dreadful virus.

Sadly, this has meant that we have had to cancel our gathering at Noddfa which was due to take place in November. Our theme was to have been "change". Hopefully we will be able to return to this in 2021. Our Gathering next year is planned for Friday 1st to Sunday 3rd October 2021.

The Core Group would like to express their thanks and appreciation to Sister Catherine Dolan who has stepped down from her role in the Core Group. We are blessed that she is still on hand to offer advice. We welcome to the group Elizabeth Nugent from Barrow. Liz will be a valuable addition to the team.

We have continued to meet as a Core Group and are now conducting our meetings by way of Zoom. As we have representatives from Carlisle, Liverpool and Barrow, this has cut down on our need to travel and also helped the environment! We are, however, looking forward to the time when we will again be able to meet actually rather than virtually!

We are very grateful to John Newby who has agreed to take on the running of the newsletter. We would encourage everyone to read it and to contribute if they are able. Thanks also to Peter Naylor who looked after the newsletter for the last number of years. Peter has been very helpful in the handover.

We received a good number of submissions in support of the revitalisation of the process for the beatification of Fr Gailhac. A summary of these have been sent to Sister Maria do Rosario.

Core Group membership 2020

Sister Moira Lever, John Newby, Kath Nolan, Liz Nugent, Peter and Eileen Silvester, Greg Smith

Greg Smith

A Thank You Message

During the past years the Extended Family has been blessed in having Peter Naylor as the editor of the EF Newsletter. Always positive and encouraging in his request for items for inclusion, he was faithful to the three editions of the Newsletter each year. His fidelity to having the newsletter appear in both languages of the province was an example and source of unity for the Extended Family and Peter never forgot to thank Sr. Thérèse Marie for her excellent translation.

That All May Have Life

Peter's relaxed and generous manner made it easy to ask him to do additional tasks, mostly relating to distributing other communications such as the NGO bulletin and sometimes greetings for days of celebration. Thank you Peter for your graciousness in taking on these tasks in addition to the responsibility of editing and distributing the Newsletter and generously continuing to do so for eight years.

Sr Catherine Dolan

Capacitar – Practices for Wellbeing in Difficult Times

Many years ago, while still working in CAFOD in North Wales, I first came across Capacitar at Noddfa. Sr Mary Jo and Sr Patrice practice this with the carers who come to Noddfa to relieve stress, tension and physical pain with a variety of gentle exercises like Tai Chi, Pal Dan Gum, Hand Mudras, etc. Joining in, I was taken by how these simple techniques had an immediate effect on the healing of body, mind and soul. The other striking fact was that these skills were happily shared with everybody.

I started joining the annual retreats held at Noddfa in June and led by the founder of Capacitar, Dr Pat Cane. Subsequently, I did a year-long course in Durham. Practitioners use Capacitar with groups and individuals, helping them to let go of trauma, without having to relive the suffering which caused this trauma.

Capacitar is an international, grassroots movement, interested in reaching everybody, particularly to bring immediate help in emergencies, especially in countries where emotional trauma is not acknowledged.

You can learn more about Capacitar and their Mission Statement on the International website homepage [* Read It Here](#). They offer a free "emergency kit" translated into 30 languages, 5 pages of simple techniques that everybody can follow: [* In English](#); [* En Français](#). Since lockdown I have found these sheets to be a very useful tool. I have shared them with many people.

There is also a single sheet containing helpful stress relieving and relaxation exercises [* One-page Help Sheet](#).

Capacitar also runs its own You Tube channel [* View it here](#) and Facebook page [* View it here](#).

Capacitar England [* View Website Here](#) offers weekly Zoom sessions to join in live. You will find up-to-date details of the sessions on offer at the bottom of the Home Page.

Living in these unsettling times, it feels hard not to feel helpless. Capacitar empowers the individuals, yet heals the world.

Katja Jewell

Springs of Living Water - Carmelite Thoughts

Aileen Jackson, who is a former pupil of Croslands School, a member of the Furness Extended Family, and a long-term member of the Lay Carmelites, has gathered these simple prayers and quotations to share with us. She hopes that they will bring some comfort and healing as we go on dealing with the pandemic and its impact on our daily lives.

Saint Theresa of Avila

1. Pray as we can, not as we can't.
2. Prayer is a silent, loving glance towards God.

3. I'm not asking you now that you think about him or make long and subtle reflections with your intellect. I'm not asking you to do anything more than to look at him.
4. Prayer is an intimate sharing between friends.
5. Imagine that our Lord Himself is at your side and see how lovingly He is teaching you and believe me you should stay with so good a friend for as long as you can before you leave Him.
6. The Lord walks among the pots and pans.
7. If you are suffering trials or are sad, look upon him on his way to the Garden.
8. The soul's progress does not lie in thinking much but in loving much.
9. To be alone, with Alone.

St Therese of Lisieux

1. I have only to cast a glance in the Gospels and immediately I breathe in the perfume of Jesus' life.
2. A poem

YOU, knowing I'm as small as I can be,
 Are glad in stooping down, YOU little too;
 White Sacrament, I love. Oh come to me,
 Come to me, for my heart aspires to YOU -
 And (after such a favour) grant that I
 May die of love – I beg you – and depart . . .
 Hear, Jesus, as in tenderness I cry;
 "Come to my heart!"

Aileen Jackson

SHM EF Prayer Circle and SHM EF Chat

These are two EF messaging services, set up using the WhatsApp application on Mobile phones.

The Prayer Circle was set up after the 2018 Noddfa Gathering as means for members to ask the whole of the NEP Extended Family to pray with them for any intention that they might have. The original intention was that messages would be limited purely to requests for prayer, with no other discussion or communication. This was meant to make it easy to see for whom or for what prayers were being requested, without having to search through many other messages. Understandably, responses were being made and the prayer requests were getting buried among all the other communications.

To help clear out this clutter, another WhatsApp Group - SHM EF Chat - was set up as a vehicle for members to be able to communicate with the person requesting prayers, to let them know they were being supported or for sharing general messages with the EF community. It has also been used for 'progress reports' and news of people who are being prayed for.

So, when you next see a prayer request on the Prayer Circle, please try to remember to reply using the Chat Group. I know how hard that is, having committed a few 'faux pas' myself, needing then to delete and re-post items. Please help to keep the Prayer Circle uncluttered.

A User Guide has been produced, aimed at new users but is a useful reminder for us all.

[* Read the User Guide Here](#)

John Newby

News from the Extended Family in Furness

Lockdown has hit us, like everybody else, and stopped us from gathering together for our monthly prayer meetings and for the Foundation Day Gathering with our friends in Carlisle. So, again like many other people, we have ventured into the world of Zoom-based virtual gatherings. After a shaky start, we now seem to be running much more smoothly as we get to grips with the technology. Sadly, though, this means that some of our regulars, who are not online, miss out. We need to work out how we can reach out to them if we cannot soon get back to meeting in real life. Let's hope and pray that there will soon be an end to the pandemic and that lives can return to normal (different though that may be) and we can be together again in groups, celebrating our love of God and all that brings to us.

John Newby

What do you want from your Newsletter?

The Newsletter has been going out 3 times a year for a long time now, initially produced by Patrick Black and then by Peter Naylor. Feedback on how it is received out there in each community is quite a rare thing. So, as the new editor, can I please ask you some questions?

- What sort of content do you like best and what least?
- What would you like to see more of/less of?
- Do you think it is too long or too short?
- Do you think there is anything missing from the usual content?
- How do you get on with using the links and viewing linked articles?
- What do you think we should be using the newsletter for?

Please have a think about how we can make the Newsletter better for you individually or, perhaps, for your local EF group members, and then let me know what you think by emailing your answers the EF Newsletter email address on the last page. Any other comments you might have would also be welcome.

I will let you know what general feelings emerge from your responses in the next issue.

John Newby

As always thanks to the contributors and to Sister Thérèse-Marie for her work on the translations to and from French.

The newsletter is published in English and French versions. If you (or someone) else would prefer to receive the French version then please get in touch.

Could you contribute an item to the newsletter? Photos and articles – no matter how short – are always welcome and will be held for the next available newsletter. Don't delay - exercise your literary talents now! Contributions in English or French (both, even!) are equally welcome to the email address below.

Similarly, if you would no longer wish to receive the newsletter, please inform the editor at the address below.

E-mail: efnewsletter@outlook.com