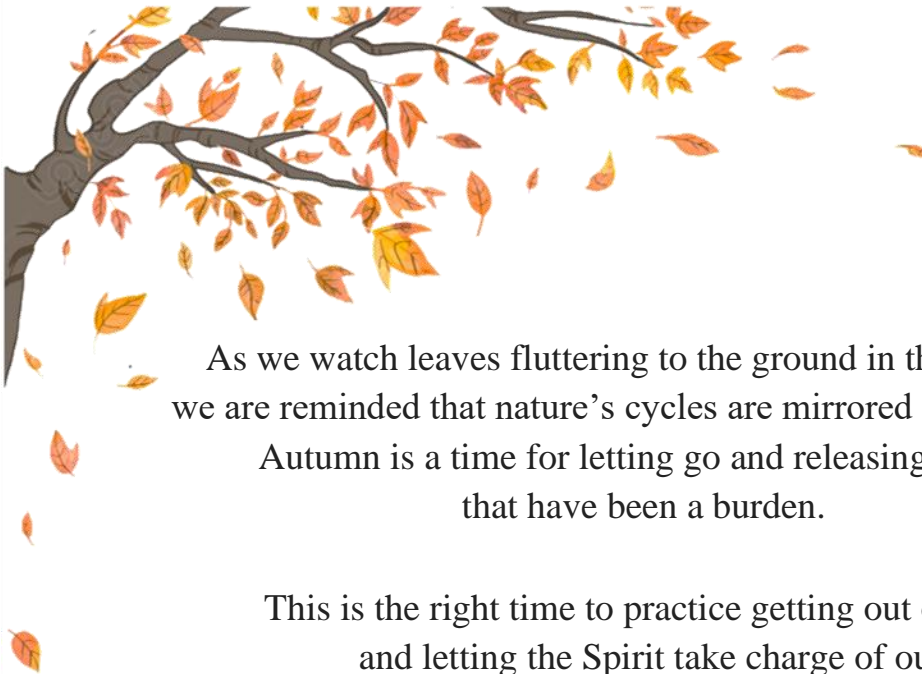




NEA NEWSLETTER



OCTOBER NEWS 2023



As we watch leaves fluttering to the ground in the autumn, we are reminded that nature's cycles are mirrored in our lives.

Autumn is a time for letting go and releasing things that have been a burden.

This is the right time to practice getting out of the way and letting the Spirit take charge of our lives.

Autumn reminds us of the impermanence of everything.

We have experienced the budding of life in spring and the flowerings and profusions of summer.

It also brings home to our consciousness death and the challenge to live every day to the fullest.

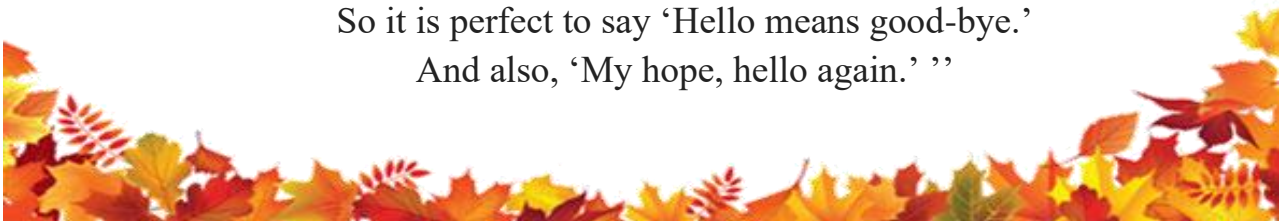
*Cynthia Kneen, in Awake Mind, Open Heart
shares an open heart practice to carry with you into Autumn.*

“When you are brave and have an open heart, you have affection for this world — this sunlight, this other human being, this experience.

You experience it nakedly, and when it touches your heart, you realize this world is very fleeting.

So it is perfect to say ‘Hello means good-bye.’

And also, ‘My hope, hello again.’ ”



From Castlemilk

Margaret Lee sent this account from their recent Parish Newsletter. Well done to all Involved! Here are pictures of some of the stalls:

ST. BARTHOLOMEW'S ANNUAL MACMILLAN COFFEE MORNING

THANK YOU.....THANK YOU.....THANK YOU

A great day last Sunday at our annual MacMillan Coffee Morning. Thanks to each and every one of you who attended and thank you to all who baked and donated cakes, bottles and lots of other other prizes.

Many thank to Rosemary, Margaret and Isobel who made and served the teas and coffee, to John and Brian for persuading people to part with their money, to Nicola and the 2 Caritas students, Callia and Nathan for looking after the tombola and to Sr. Margaret and Angela on the cake/candy stall.

A fantastic total of **£1045** was raised! Thank You.



WISDOM STORIES

TRUST OR BELIEF?

There was once a circus performer who made a living by pushing a wheelbarrow across a high wire that spanned an abyss. The crowds came out in droves to watch him and to cheer him on.

“Do you believe I can do it?” he would ask them.

“Oh, yes! We believe you can do it,” they chorused back in acclamation.

“So, who’s going to get in the wheelbarrow?” he asked.

And silence fell.

*The difference between trust and belief.
How often do we confuse belief with trust?*



ONE GIVES WHAT ONE HAS.



Amanda was handed a beautifully wrapped gift box by her maid. To Amanda's surprise the box contained a big piece of cow dung. The sender was a well-known enemy of the family. In turn Amanda asked the maid to send her enemy a bouquet of a dozen, fresh long-stemmed roses.




The simple accompanying note read: *"One gives what one has."*

SONG FOR AUTUMN

In the deep fall
don't you imagine the leaves think how
comfortable it will be to touch
the earth instead of the
nothingness of air and the endless
freshets of wind? And don't you think
the trees themselves, especially those with mossy,
warm caves, begin to think

of the birds that will come—six, a dozen—to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
vanishes, and the white field over which
the fox runs so quickly brings out
its blue shadows. And the wind pumps its
bellows. And at evening especially,
the piled firewood shifts a little,
longing to be on its way.

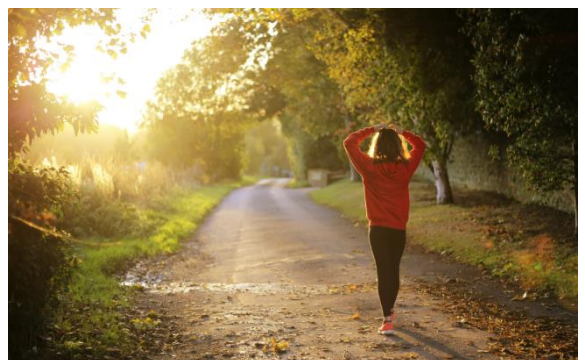
—MARY OLIVER



Walk Don't Run by Robert Bell

Walk, don't run.
That's it.
Walk, don't run.
Slow down, breathe deeply,
and open your eyes because there's
a whole world right here within this one.

The bush doesn't suddenly catch on fire,
it's been burning the whole time.
Moses is simply moving slowly enough to see it.





And when he does, he takes off his sandals.
Not because the ground has suddenly become holy,
but because he's just now becoming aware that
the ground has been holy the whole time.

Efficiency is not God's highest goal for your life,
neither is busyness,
or how many things you can get done in one day,
or speed, or even success.

But walking, which leads to seeing,
now that's something.
That's the invitation for every one of us today,
and every day, in every conversation, interaction,
event, and moment: to walk, not run.
And in doing so,
to see a whole world right here within this one.



THE NEXT CHAPTER by Robert Longley

Where you find your courage
Is largely up to you
Many paths and choices
For things that you can do.

There is no one right answer
Do what you feel is right
Pick the path that suits you
And lets you sleep at night.

Choose a path with purpose
You feel within your heart
God will guide you forward
Once your direction starts.

Prepare now for your journey
Your obstacles await
It is you who writes your story
And you who controls your fate.

Note re: *Laudate Deum*:

As you are aware this is the follow-up Document to Laudate Si released on 4th October this year. You will have received this notice in the AMRI Noticeboard but I am circulating it again in case anyone missed it as it is another WAKE UP CALL for us all to CLIMATE CHANGE and THE CRY OF THE EARTH and an encouragement to continue responding as best we can. Ellen



“Laudate Deum”: the Pope’s cry for a response to the climate crisis

Pope Francis has published an Apostolic Exhortation building on his 2015 encyclical. We’re not reacting enough, he says, we’re close to breaking point. He criticises climate change deniers, saying that the human origin of global warming is now beyond doubt. And he describes how care for our common home flows from the Christian faith.

“Praise God’ is the title of this letter.

For when human beings claim to take God’s place, they become their own worst enemies.”

That’s how Pope Francis ends his [new Apostolic Exhortation](#), published on the 4th October, the Feast of St Francis of Assisi. It’s a text in continuity with his 2015 encyclical *Laudato si’*, which is broader in scope. In six chapters and 73 paragraphs, the Successor of Peter tries to clarify and bring to completion that previous text on integral ecology, while at the same time sounding an alarm, and a call for co-responsibility, in the face of the climate emergency. In particular, the Exhortation looks ahead to COP28, which will be held in Dubai between the end of November and beginning of December.

Read in Full

https://us06web.zoom.us/meeting/register/tZMtde6pqT0oHNMBZHiJiwb_pnupTzCo04e5#/registration

SR COLTRIDAH'S DREAM COMES TO FRUITION

Opening of St Christopher's Skills and Training Centre for Youths with Disabilities in Choma.

Sr Coltridah RSHM has been working on this project for months. It started with four girls (in red). The house they live in will be able to accommodate up to 15 girls. Another hostel is also being built for 15 boys. So far the girls are learning baking, cooking, housekeeping, sewing and crafts. Bags and floormats are being sold. Vegetables are grown as the students develop their gardening skills. A farm is also being developed in Batoka.



On Sunday 22 October a blessing and celebration were held to officially open the Centre.



The girls in white are deaf girls from St Mulumba's school, who danced for the celebration.

Carol Quinton from England is the major donor for this project. Her late husband, Christopher, grew up in the Choma area pre independence. Her son Thomas Quinton attended the celebration.

Congratulations and well done to all involved. May the school be hugely successful and provide untold opportunities for the young participants.



A SHORT REFLECTION/PRAYER AS AUTUMN COMES TO AN END



May we live with the grace of falling leaves, the enthusiasm of the flaming Japanese Maples, and with the serenity of the old fruit trees, whose roots reach deep into the earth...

May we know that living and dying are one, that life is precious, and beautiful, and limited, and that nothing good is ever lost...

This autumn, may we see in the ways of nature a way for ourselves.

Source: Christine Robinson