



"Now, here, you see, **it takes all the running** you can do, to **keep in the same place**.

But somewhere we seem to be moving too!

Dear Ffriends,

A print of this icon of the Annunciation has been by my bed since the summer, but the real thing was here for a few days in November which was lovely, as the print doesn't do it justice, all the black is in fact gold and shone in the light. It was also terrifying as I am as clumsy as ever, as Katharine would agree after I bashed her shin twice in one wash-up.



'I' and then 'we' used it to look at relationships. You can't really see but 'Mary' is very still, attentive, listening, absorbing. The Angel figure is more diffident than in some icons. We have been using it for our relationships between ourselves.

And a joyous weekend in August not only with Catrin and children but also Mair and Cath and Matt, with Anthony and Helen. Catrin would be better for some sleep, both her children are in this photo, but seems to flourish. Mair also, she gets the sleep and has put a new window in her house to be enjoyed by visitors in the guest room overlooking her garden

It has been quite a year, main things in Community have been Health and Safety and a new Rev'd Mother, Sister Katharine.

We elected Katharine to a role she actually finds life giving, which is wonderful. She is brilliant at it but also extremely hard work, full of ideas. So lots of meetings, preparation, writing up, and thought. The group photo was taken at her installation, a wonderful, creative service (Katharine has been in L'Arche for 30 years) which included every single member of our family. So all that is exciting. The other photo is of her in the early 1990s, at Michaelgarth, and she looks and acts just the same. Far too much energy, and has known us a long time.



Joanna was a Postulant when that photo was taken, she is now in a habit and a Novice, also exciting, also frequently uncomfortable for her it; isn't an easy life, but she is a delight.

At the same time Health and Safety caught up with us in a big way, computers, finance, garden safety you name it (well most of you will have done it), and above all the kitchen, which is being rebuilt altogether. One of our Companions has put in hundreds of hours organizing it, so I shouldn't grumble at

what we have to do, meetings and changes, Katharine has many many more. But it has all taken time and most of the computer stuff takes ME time!

We are closing to resident guests for four months from early January, and I have a long list of things to do to fit into that space! Rosalind will be away for those four months. I was looking at a Carmelite website and noticed they didn't take guests, and decided that is not for me, our guests are enriching, and affirming despite our smallness and frailty. But a few months nevertheless will be good, enabling us to be just us, well nearly, together.



I did collapse into a retreat for a week at Noddfa on the North coast of Wales. Spent the whole week sitting doing nothing at all by the sea! A request to my guide, change for a pound – the loo cost 20p!

So we run on ... a Sister from SLG giving a retreat said 'If only convent life weren't so busy but God finds us in it.'

Life everywhere is busy, may God find you in it, this Christmas and after.

Love to all, Lizzie/Elizabeth