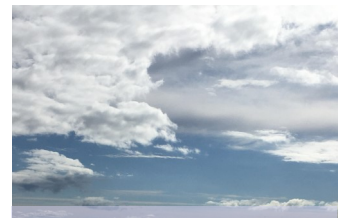


COMMUNITY OF THE HOLY NAME



Winter/Spring 2020
Newsletter

IN THIS ISSUE...

We hear from our Warden, Father Graham Reynolds, and also give thanks for the life of Sister Gloria.

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Editor: Liz Johnstone

A COVID Holy Name by Sister Avrill

On 7th August, C.H.N. celebrated the Feast of the Holy Name, a very special festival for us, up there with Christmas and Easter.

Normally, the heart of our celebration is a joyful sung Eucharist in the Spirituality Centre, the chapel filled with Sisters, Oblates, Associates and friends of the Community, followed by a catered finger-food lunch with all our guests.

Very little of that was possible this year, though our celebration was still joyful. Stage 4 restrictions meant no guests, so it was "just us" – the Sisters currently living in Esther House, with those who could not be with us very much in our thoughts and prayers. The restrictions also meant no priest to celebrate the Eucharist, but we are fortunate in having the Blessed Sacrament

reserved in our aumbry, so were able to receive Holy Communion in a very meaningful service in our Esther House oratory. And although our singing voices are no longer what they were, we enjoyed singing some well-known Holy Name hymns.

A bit of fun followed when we assembled for a group photo, all wearing masks (which of course we don't normally do when at home).

A catered meal was not an option, but we had a special meal nevertheless, Sister Carol having found online a restaurant which delivered. We each chose a dish we fancied from their downloaded menu, and sat down to eat at tables decorated with camellia blooms freshly cut from our garden.

As is our custom, the Feast Day was followed by a 3-day Community retreat – unconduted this year, as the restrictions prevented our retreat leader

from coming, but we had resource materials, and found it a fruitful time.

It was a very different Holy Name celebration from usual, but a happy one and we felt that the Holy Name of Jesus was duly honoured.



THE HOLY NAME OF JESUS

"IHS" traditionally denotes the first three letters of the Greek name of Jesus, "ΙΗΣΟΥΣ", *iota-eta-sigma*, or ΙΗΣ.

"IHS" is sometimes interpreted as meaning "ΙΗΣΟΥΣ

ΗΜΕΤΕΡΟΣ ΣΩΤΗΡ" (*Iēsous Hēmeteros Sōtēr*, "Jesus our Saviour") or in Latin "Jesus Hominum (or Hierosolymae) Salvator", ("Jesus, Saviour of men [or: of Jerusalem]").

English-language interpretations of "IHS" have included "In His Service".

Take your pick!



*IHS gold thread embroidery
by Sister Marie*

Dear friends,

During this time of COVID19 we have been working with Grace Reynolds, the wife of our Warden Graham. Grace is a neuro coach who works with Leadership groups.



You may well ask what we could learn from a person who studies the brain? Well, God created us and gave us this brain, and we know how important it is to our lives. It has been an amazing journey with Grace, seeing how our brain affects our emotions and how we react individually to certain happenings. Functions of the brain keep us safe, conserve our energy, move us away from pain and move us towards pleasure.

All of us in the house could attend, truly a Community meeting together. The lockdown gave us good reason to look at strategies to reduce stress, from which we all suffer at times, and some areas that affect people living closely together who are all strong individuals. One was the Responsibility Game – blaming others, justifying oneself, not being good enough and not my fault. How many times we fall into this. We closed our meetings with the **Wellness Prayer:**

May I/you/we be happy

May I/you we be well

May I/you/we be filled with kindness and peace.

We have been privileged to be able to continue our daily routine of the Offices and to have Communion twice a week from the reserved sacrament. We are learning to order food on-line although often items are not available, so that means a trip to another shop. All in all, we are managing well.

With the Spirituality Centre closed, we have had some work done. We now have tri-fold doors on the servery to give the cook some privacy and cut down on noise from the dishwasher. Leaking windows have been fixed, both in the prayer room and upstairs. NBN is now connected to the Hermitages and the Spirituality Centre. Anne, our Manager, has been extremely busy and at times frustrated with NBN, as many people are. Anne has been a real asset to us and brings many skills from her time working with a government department in Canberra.

Some sisters have had health issues, not related to coronavirus, but are now on the mend.

Our prayers have gone out to all those affected by the virus, especially those unable to visit loved ones in nursing homes and hospitals. It is a time in our history most of us have never seen before. We all have to play our part, being sensible in our actions and obeying the restrictions put in place for our protection.

Keep safe and well.

With my love and prayers

Carol CHN

Greetings from the Warden



Revd. Graham and Grace Reynolds

At this time, it is hard not to be consumed by the COVID-19 pandemic and the effects it has on us all. We are all enduring this time of isolation, missing the physical contact with loved ones, coping with working from home, home schooling and so forth. I particularly missed not being able to attend Holy Name Day, and it was a very different celebration for the Community as well.

Our church life has changed in many ways. Presently I am Priest in Charge at St Peter's Ballarat. As soon as the first lockdown took place in March, I met with my Wardens and Pastoral Care leader. The tone of the meeting was set by my Rector's Warden who asked the question: "Well, what are the opportunities?" And we went from there.

I quickly learnt the various ways we could use the internet and You Tube services. We set up an email group which has a daily reflection, etc. and we developed a phone roster, so everyone is

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Sister Valmai's story

I was born in Bathurst but my family moved to Kelso, a small village on the other side of the river, where I began my schooling at the little two teacher Kelso Public School.

Our family quickly became involved in the life of the historic Holy Trinity Church, one of the oldest consecrated churches in Australia. With a group of friends, the church was the centre of our lives with an active youth group and church choir.

In my twenties I worked as a receptionist at a Dental Surgery but began to feel a strong desire to, in some way, be more fully involved in church work. My Rector put before me various options, Deaconess, missionary, Church Army but none of these appealed. When he mentioned the Religious Life, I could not discard it although I had never heard of Anglican nuns. My Rector connected me to the Mother Superior of the Community of the Holy Name in Melbourne and I began a correspondence with her. I also began reading books on the Religious Life such as Brother Lawrence's *The practice of the Presence of God*, Geoffrey Moorhouse's *Against all Reason* and others. I came to Melbourne to stay with the Community to learn more about its life. Sadly, while I was in Melbourne, I learned that my father had a serious illness that necessitated being confined to bed for 12 months. All thoughts of leaving home had to be put aside as for the following 2 years my family needed me for support. After 2 years my father was well enough to return to part time work so it was then I told my family and friends that I would be going to Melbourne to test my vocation with CHN. It was distressing to see the pain and bewilderment this caused but I believed that this was what God was asking of me and I had no choice.

I began my life in the Community in 1958 and made my Life Profession in 1961.



Young Sister Valmai in Papua

I was sent to the Babies' Home in Darling straight after I was Professed. The little ones were loveable but with no gift for relating to small children, it was not a happy beginning to my Professed life. My next move

was to the Mission House in Fitzroy where I worked as a Court Sister and Probation Officer. In 1966, I returned to the Mother House in Cheltenham and later moved to the Retreat House. In 1968 I was sent to join Sister Helen at a jungle site outside Popondetta in Papua. For 3 years, Helen had been laying the foundation of a Religious Community for Papuan young women. Our living conditions were primitive and the tropical heat was oppressive, so it was an adventure of the like I had never before experienced. I quickly grew to love the Papuan people and especially the young women in our charge. After 3 years together, Sister Helen returned to Australia leaving me as Sister in Charge. It was now my responsibility to guide this small Community of the Visitation, as it had been named, to a model of Religious life that was not a copy of CHN but one within the Melanesian culture. Sister Avrill joined me for 3 of the 10 years I was there and was a great support as being a trained teacher, she was able to be responsible for the teaching programme for the Sisters. It was an interesting time to be in what became Papua New Guinea as the nation moved through Self-government and then Independence. The Community moved along a similar path and before I left in 1978, had functioned under the leadership of their own elected Guardian. My years there were at times lonely and difficult but were also incredibly interesting and an enormous privilege. We continue to have a strong link with the CV Sisters and exchange visits whenever we can.

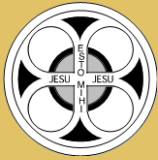
Returning to CHN, I had little time to recover from exhaustion and the culture shock of adjusting back to my own Community, as with a crash course in Care of the Aged, I found myself in charge of the Ellerslie Home for the Aged in Hawthorn. I was there for 2 years until it was closed and sold by the Mission to the Streets and Lanes. I loved my time there.

I then returned to The Retreat House, a place I loved. I was not there more than a few months, when Elizabeth Gwen, our new Mother Superior, asked me to be her Assistant. A role I enjoyed for the 13 years of her being in Office. Much of that time also involved being Novice Mistress and Conventual in charge of the Community House.

In 1994, I was installed as Mother Superior, though we had stopped using



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OBLATES' NEWS by Sister Valmai



My mind went into 'lock down' when I was asked to write an Oblate contribution to the Newsletter. With the possibility of the whole of the Melbourne programme being cancelled because of the pandemic, there seemed little to report.

Disappointedly the Lent Quiet Day which the Reverend Robyn Boyd was to take was the first cancellation, but we hope Robyn may be able to take one of our Quiet Days next year when life returns to normal!

For our Annual Retreat (18-20 September), Father Ken Parker has sent his addresses by email or print. This is not ideal but it is a way Oblates will be able to share these days as best as is possible. We are grateful to Ken for providing this helpful material.

Two more events were arranged for the Melbourne Oblates this year, one being the Advent Quiet Day on 5th. December and the other a catered lunch on the 13th. October to celebrate the 60th. Anniversary of the founding of the CHN Order of Oblates. Both of these are dependent on the Spirituality Centre being open and able to take day groups and this is impossible to predict at this time (mid-August).

During the first lockdown, as a way of keeping in touch, our three Office Bearers conceived of the idea of inviting any Oblate who wished to, to send a poem, prayer, personal story, photos or anything that could be shared. There was a good response to this and the assorted collection was sent to all the Oblates, much to their delight. We have also discovered the value of a phone call or email to keep in touch in these strange times. I think most of us have learned of new ways of being aware of God's Presence and upholding love in spite of being church-less. We should be grateful though for all our parish clergy for the creative way in which they have made available Zoom services for those who are able to link into them.

News from Adelaide Oblates... Over many years, Oblate Joan Durdin has taken on the organising of meetings for the small band of Adelaide Oblates, but has now moved into Hostel accommodation and has asked to be relieved of this role. Oblates Carol Cornwall and Jenny Francis have agreed to share this leadership. The Oblates now plan to meet three times during the year for prayer, lunch and fellowship. The next and final meeting for this year will be on the 31st October. When the State borders open, Sister Carol and I will spend a weekend with them.

Greetings from the Warden, contd.



kept in touch. We have Zoom meetings and Bible study. For those without the internet we do a weekly snail mail. Some worried that our older parishioners would struggle with the technology, but many use it to keep in touch with their children and grandchildren scattered all over the place.

We had a very unusual Holy Week and Easter, but we had lots of people viewing our services, not only in Ballarat, but all over the country and overseas as well.

What have been the benefits? I believe we are a much better-connected community of faith; each one is looking out for the other. Who needs what assistance, who needs a regular phone call, who needs some shopping, etc?

We have been stripped back to what is essential, our faith in Jesus Christ together with the hope and the love which is found in Him. Even when we are physically separated, we can have a vibrant spiritual fellowship. Spiritual Communion is as efficacious as receiving the bread and wine.

We are still Church, God is present with each of us and bringing us through this crisis.

Romans 8:38 comes to mind: *"For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."*

May God Bless each one of you, **Fr Graham Reynolds, Warden.**



ASSOCIATES' NEWS

Dear Associates and friends,

In one way or another our lives have all been impacted by the rapid spread of COVID-19, and for some it has been much worse than for others. Our hearts go out to those who are suffering from the disease, unable to have loved ones near, to those who have lost loved ones, those suffering mental and emotional stress through isolation, those at increased risk of domestic violence, those suffering economically and in so many other ways.

It seems there is no aspect of life which this virus has not touched. Our prayers go out to all as we do whatever we can. It may just be a phone call, but never underestimate the value of this.

Our CHN Spirituality Centre had to close in mid-March, and then, just when we were making plans to re-open, the second Coronavirus wave hit and here we are, with the Spirituality Centre now closed until further notice. The first Associates' event to be cancelled was our Lent Quiet Day with the Revd Emily

Payne on 4th April, followed by the combined Oblates' and Associates' meeting with Bishop Brad Billings on 9th May. However, on the bright side, Bishop Brad has kindly agreed to speak at next year's combined meeting on 5th June.



Now we have one more Associates' function booked this year - our Corporate communion on Saturday 14th November with the Revd Colleen Clayton, Vicar of St Matthew's, Cheltenham. It has not been cancelled yet, but with the future so uncertain it unfortunately seems very doubtful that it will be able to take place. If you have any questions do give me a ring.

My love and prayers are with you all. May you keep safe and well. *Avrill CHN*

God Only: Retreat with the Writings of Evelyn Underhill by Carol O'Connor

**Prayer are but the body of the bird;
desires are its angel's wings. *Jeremy Taylor***



King Parrot by Carol O'Connor

Last year Sr Avrill invited me to lead the CHN Associates' Retreat on Evelyn Underhill at the end of July 2020. Little did either of us know then the strange and fraught path that this year would invite us all - locally, regionally and globally - to travel through. Evelyn Underhill, born in 1875, lived through periods

in history of great uncertainty and she experienced many changes in the world during her own lifetime. Her writings provide a helpful map to navigate this rocky path of 2020.

There seem to be many competing forces in our world about the nature of God. Underhill's writings place God central in our lives. For her, God is an affirming source not a competing element. For her the Christian God of Love is expansive and inclusive, close alongside each one of us in creation, personal yet transcendent. She understands a wholeness in God; One who is sacramental and in Christ helps us integrate the many different parts of ourselves, psychological, emotional, intellectual. Her well known works today, aside from her major books on Mysticism and Worship, are based on retreats, broadcasts, and talks she gave not only to Anglican retreatants, but many interdenominational groups throughout the 1920s and 30s.

When Sr Avrill and I could see that a 'regular' weekend retreat at CHN would not be possible for the Associates, I suggested that I offer one online. I called it God Only: A Six Day at Home Retreat with the Writings of Evelyn Underhill. There were no Zoom meetings or attempts to do far flung technological tricks. Some Associates requested the material to be

God Only: Retreat with the Writings of Evelyn Underhill by Carol O'Connor (contd.)



Evelyn Underhill

sent out in hard copy because they didn't have email access. For the others, around 6.30am each day I sent a winged messenger in the form of an email which carried a picnic basket of spiritual nourishment for the day. Each post was bookended with a short prayer, followed by a passage from one of Evelyn Underhill's works, some brief words of biography. Each day had a particular theme: the centrality of God in our lives; how we use language; conversion to God; the homeliness of God; catching the love of God; and the dark night of the soul. This daily theme was pondered upon in a reflection, and echoed by brief points for meditation. Finally, a reflection question and practice for the day were suggested. In preparing the retreat I had recently stayed along the Great Ocean Road. God's revelation not only reaches us through thought and word, but via all our senses. So, each day a photo of God's beauty in the natural world or ordinary circumstances of life was appended.

Evelyn Underhill's life was prodigious. She became the first woman to lecture at Oxford University, giving the Upton lectures in 1921-22. In 1922 she attended her first retreat at Pleshey, the Anglican Retreat House at Chelmsford where subsequently she gave 7 or 8 three-day retreats most years until 1934. She said going there was like 'coming home.' As well as being a Spiritual Director, writing copious letters, reviews, articles and books, in 1925 Evelyn Underhill led a clergy conference at Liverpool and up until 1934 presented lectures and retreats to Methodists, Baptists and Quakers, but mostly Anglican clergy and women. In 1927 she was the first woman to lead a retreat in Canterbury Cathedral at which there were fifty women and that same year King's College formally received her as their first woman Fellow. In 1938 Underhill was awarded an Honorary Doctorate (DD) from the University of Aberdeen. She died during the Second World War, in 1941.

Leading an online Retreat meant I could open it up and invite other participants who were not Associates. I didn't want there to be too many, that

could become unwieldy, and in the end we had exactly 40 retreatants. Three times a day I invited us all to sit in prayer (9am, 12pm and 6pm) - wherever we were and in whatever way that was most comfortable for each retreatant. I suggested half an hour. Whatever else happened in this prayer time we would all include three things: pray for one another on this retreat (I sent a list of first names), say the Prayer for the day (taken from the Prayer Book For Australia), and as well remember the specific prayer cited on the email for the day. Doing this I hoped would help build a silent time that helped us sense that even though we were not physically together, we were each linked together in God's kingdom through the Spirit.

It was a strangely moving sensation early each morning to send off the day's prayer messenger into the pixilated ether. I missed very much seeing faces, breathing the same air and sharing the same physical space with other people. I missed the rhythm of daily retreat togetherness, and the sharing of the Eucharist. I thought of each of us to be like an anchorite carefully placed in our spiritual prayer cell. But later, one Associate said to me that she felt as if she were on the grounds of the Community of the Holy Name that whole week. I knew that Sr Avrill was there, anchoring us into the community's prayer time, but these words gave much encouragement that though spatially apart we could collectively be held together, in time and place, by God's Grace and Spirit.



Great Ocean Road by Carol O'Connor

Rest in Peace, Sister Gloria

By Sister Carol

Gloria was born in Canberra on the 22nd of August 1948. She was a trained nurse and later she was Lay Chaplain in Canberra Hospitals and Aged Care Facilities. While living in Hobart she was also the Anglican Lay Chaplain in the Hobart and Calvary Hospitals and Aged Care Facilities.

She was professed in Triennial vows on the 24th August 2017.

Gloria had a very full life and has been connected to the Community since 1998 when she was made an Oblate. She was fully committed and was treasurer for many years. She first heard about the Community through Cursillo.

Gloria felt a very strong call from God to join the Community following the death of her husband Owen. She spoke to me and was aware that sometimes following the loss of a loved one you can look for comfort in other places.

She went on a cruise to really give herself time away from family and the Community, to discern this call from God. Eventually she joined us. It is not an easy journey when you have been married, had a responsible job, raised a family, to all of a sudden be in a position where you are at the bottom of the ladder. Thankfully things have changed and there are no longer the restrictions that there were. Sisters are encouraged to keep contact with their families especially when there are grandchildren and in some cases great grandchildren.

Gloria thought she knew the sisters but it wasn't until she came to stay with us as an Alongsider and then later joined she really knew the sisters. As we know it is not until you live with someone that you really know them.

I am going to use some of Gloria's own words when as a Novice and she was asked to answer questions about her journey in the Community.

"It was hard having to ask permission and not to use my own initiative and there were a few times when I felt I was walking on egg shells as I tried to do the right thing but not overstep the mark. There were strong feelings of being junior and having many different suggestions offered on how to cope and what to do."

"I acknowledge my own words or behaviours are also a challenge to others at times. I have tried to deepen my understanding of myself and become more mature in temperament and behaviour as I endeavour to grow more fully into the individual woman God created

me to be. I seek to be a woman of service and an instrument of peace and harmony."

Gloria was very open to hear the truth about herself and to work on change. She knew she had little ways that could at times annoy others.

As a Novice Gloria visited several churches to see where she thought God was calling her for pastoral ministry. She decided that it was St. James Dandenong where she was until she was diagnosed with cancer. She valued her time there, as did Jeff, the minister, and the congregation value Gloria and it enabled her to have contact outside the Community. She left the Parish to begin working in the Spirituality Centre and also was a parishioner at St Augustine's Mentone.

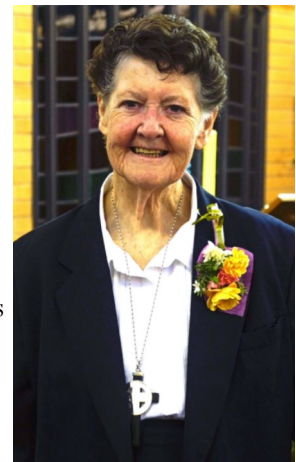
Gloria found it quite lonely when she first came to the Community as she had left many of her friends and family interstate but with her friendly and vibrant personality she soon found another circle of friends who were very supportive of her and gave her a social life.

Gloria's wish was that she could be fully professed before the cancer really took over and with the permission of our Visitor, the Archbishop of Melbourne; we worked outside the Constitution and brought her Profession forward. She was professed on the 10th May and although her family and friends were not able to join her physically they did through Zoom. It was a very happy and special day for Gloria and all the Sisters. She felt she had truly answered God's call to her and had experienced that life he promises to us – to have life and to live it to the full. She was professed 4 days short of 5 months.

As the cancer progressed Gloria was not one to give in easily. She would say to me "The doctor said that I should take it easy and rest." My answer was "What have I been telling you". She would just smile at me. It was very important to her that she could continue to contribute in small ways.

God's call to Gloria was not for her works but her being; not for her gifts but for herself and that is what she gave.

Rest in peace Gloria.



Tribute to Sr Gloria from the Order of St Luke

Sr Gloria [Dowling], was known and loved throughout the Order of St Luke. She and husband Bishop Owen Dowling began a new Chapter, Longford-Cressy in Tasmania and later transferred to Canberra, ACT, where she was, for a time, Convenor.

Gloria was a great encourager, particularly in matters of ministry and was always ready to reach out when she perceived a particular need. One of her great joys was to minister with Owen, where their differing gifts complemented each other effectively. She was readily available to those in need and her God-given insights were valuable tools in her overall ministry.

Members of the Order appreciated being part of healing prayer teams with her and often admired the wisdom she displayed when dealing with those coming for ministry. She leaves a gap in the lives of those who valued her friendship and Christian witness.

Jean Coates, National Lay Chaplain, Order of St. Luke the Physician, Australia



The Order of St Luke the Physician, or 'OSL Healing Ministries', derives its name from St. Luke, 'the beloved physician' as he is described in the bible (AV). The order began in Australia in the 1950's. Its aim is 'to promote the understanding and practice of the healing ministry according to New Testament teaching, and to help to restore this ministry to the normal stream of Church life. It seeks to work with all Churches and to offer a disciplined fellowship which focuses on healing as an essential part of the Gospel and integral to the Church's mission.'

Sister Valmai's story, contd.

that title except in official documents. During my time in Office we had many changes. We sold or moved out of a number of our houses, including our house in Adelaide and the Sisters there moved back to Melbourne. We also left the Mission House in Fitzroy and those Sisters were divided between houses we bought in Footscray and Sunshine and the unoccupied Vicarage at St. Philips, Heidelberg which meant that our presence was able to be more widely spread.

In 2004, following an invitation from the Reverend John Davis, the Vicar of St. Peter's, Eastern Hill, I began to live and work in that parish as a Pastoral Assistant. Being a city-based church, the parishioners came from far and wide which meant when they moved into care, visiting them meant lengthy travels, so I in my little Barina spent many days visiting and taking Communion and parish news to widespread suburbs. I loved my time at St. Peter's and the interesting assortment of parishioners there.

Returning to the Community House, I became Guest Sister looking after the many women and sometimes men, staying in our Guest Wing. Our ministry of hospitality was always important to me, so that was a fulfilling ministry.

CHN has gone through many changes in the 60 or so years I have been privileged to be part of it. The latest being the building of Esther House as the residence for the Sisters, and the new ministry in the old Community House, now the Spirituality Centre.

Through it all, I believe it has not lost its vision established by Mother Esther of hospitality and giving support to any in whatever need they may have.

Our numbers are now small but I am not anxious about the future. God's love is infinite and we continue to be richly blessed and we and the future belong to God.