

# CAnoZest

Pentecost alive!  
Issue 2 | Apr-Jun 2011

## Next Quarter Events

**Jul '11**

**31**

Vocation Encounter | 4—6pm |  
Canossian Formation House  
Contact: Sr Jess 9653 1565

**Aug '11**

**28**

Vocation Encounter | 4—6pm |  
Canossian Formation House

**Sep '11**

**25**

Vocation Encounter | 4—6pm |  
Canossian Formation House

## They Came...They Saw... They Encountered!

The Lord called each by name and recognizing the voice of the Good Shepherd, three young adults heeded his invitation to “Come & See” for 8 wonderful weeks!



*Grace says...*

**“Grow spiritually and give the heart of Jesus to everyone...amongst the many gifts of blessings, these are two precious gems I received during my **Come & See** experience with the Canossian Sisters, and I would like to offer**

these gems back to the Church.

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## ***They Came...They Saw...They Encountered! (con't)***

I never thought I would have a privileged experience of living in a convent! As young girls in Canossa Convent Primary School, my friends and I were always curious about nuns: *why do they wear so much, including stockings, in the hot Singapore weather?*

*Where do they sleep? What do they eat? How is the convent like (it was strictly out-of-bounds to us)?*

Stepping into the convent is almost like a 'childhood dream' come true - absolutely unexpected! -

though participating in the ***Come & See*** experience was not to satisfy my childhood questions (which I actually have forgotten). Being drawn to the community prayer life was particularly why I wanted a taste of convent life.

Interestingly, as I approached the Canossian Community, I was greeted by surprise and warmly by a lovely Sister at the bus-stop which I got off to get to the convent. (Actually, she wasn't waiting for me at the bus-stop but her bus - yet God was hidden in our encounter!). Following a brief chat, she said, "You don't have to be a nun, but grow spiritually". Her words brought

tears to my eyes. I felt the touch of God in my soul - like He knows the desire in my heart and put it in words for me: grow spiritually.

What is prayer? I've never known prayer to be giving the heart of Jesus to another. What a gem given to me by another lovely Sister. As I contemplate on this, we can indeed make a difference in someone's lives through our prayers because we give the heart of Jesus to them... what great love! This is deep and more to contemplate on! The community life in the convent is ordinary - cooking, eating, washing, chatting, throwing rubbish, sweeping, mopping, chilling out, etc. Yet at the same time it is extra-ordinary because as Henri Nouwen says, God is hidden in the ordinaries of everyday lives. I'm thankful that by God's grace, He allowed me to

experience the Him hidden in this community of Sisters and their individual lives - manifested in their love for Jesus, their Spouse, the each other in their community (including my two friends and I on this programme), the ministry God has entrusted them and the world."



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If, then, we have died with Christ, we believe that we shall also live with him.

Romans 6:8



**Gracias says...**



I started the “Come and See” to catch a glimpse of religious life and a desire to know Christ for who He is, not the myopic view of what I make Him to be, but who He truly is. Did I get an answer at the end of the 8 weeks? Yes and no and so much more. YES...

because God showed me love that was born out of the crucified Christ and intercession of the Sorrowful – the service to the poor carried out tirelessly in “love in humility” by the community of Canossian Sisters to make Christ known.

because He put faces to the Crucified Christ on the cross and the sorrowful mother at the foot of the cross, i.e. faces of people whom He put in my path over the years, to make the connection for me. As for the challenge to see Christ in those who are difficult to love, Sr Geraldine has a solution- When we have search for Christ in the other person and can't seem to find Him, let us be the Christ to them. And to be Christ to others, I finally understand that I have to be “Fully Human”.

NO...

because Christ constantly invites us to enter into a deeper relationship with Him. And as I seek to rest in His love more, I will come to know Him more and more, and be surprised by Him at every turn.

SO MUCH MORE...

it was a time of taking stock of my faith journey and coming to accept my humanness and moving forward to learn to love from this imperfectness.

besides spiritual nourishment, we received much nourishment of physical body too- yummy home-cooked cuisine and cooling tea, and the many interesting and hilarious over-the-dinner conversations (After all, Sisters are fully humans too!)

I am grateful for the experience. The 8-week stay marks the start of another phase of my faith journey. I do not know what is ahead but I know that as I keep walking, I am never alone.

**Adeline says...**

“I must say that I am very blessed to have this opportunity to have such close walk with Jesus during this Lent, accompanied by His faithful keepers. This is a very personalized and intensified, yet gentle journey with our SDs as we walk inwards to discover our core beings. Initially I thought I would be merely an “invisible observer” during my stay at CFH, but I was wrong. I was pretty much involved as part of their community in their daily prayers, meals, recreation and even laundry and conversations with the Sisters in community. It is an eye-opener experience for me, showered with much love. Truly, I am really very blessed. May God be praised.”



## EASTER TRIDUUM @ MERBOK

Maundy Thursday. To the world, it was the eve of a public holiday, a time to enjoy the long weekend after a gruelling week of work. To the select few present at the Easter Triduum retreat, it was *the* night they entered deeply into the Paschal Mystery, sharing a Jewish Seder meal as did Christ with His disciples, walking into the thick of the Passion with a night Labryinth, vigil prayers and carrying the Seven Last Words of Christ on Good Friday. Together with Mother Mary, they awaited the dawn of a new era of Grace and Hope on Holy Saturday, contemplating on the Seven Sorrows.





# Easter Triduum @ Merbok (con't)



"The Triduum retreat was a time of recollection and a time of reconciliation with God, with others and with myself. From the Seder meal to the labyrinth walk, the reflection on the last seven words of Jesus on the Cross to the pain and sorrow of the Mother, the personal sharings of everyone present. It was for me an inward journey of healing and affirmation of my belovedness in Him. I came out of the retreat celebrating my **humanness.**" - *Gracias, whose experience is depicted in the artwork above.*





# KOPI-TALK ON VOCATION SUNDAY!



We were invited to do the vocation Sunday in the Nativity Church. Sr Geraldine Lim had all her “angels” to assist her to

set up the place. The team cleaned up the garage, prepared all the posters, drinks etc. Sr Jane Chong provided her best fried beeoon and curry chicken.



By 8am the “Kopi-Talk” was ready. Every mass Father announced to the congregation. At the “Kopi-Talk” there were Brother Jovita, the archdiocesan seminary, Fr Henry Siew, and we Canossian sisters.

Every now and then, there were youth from the church drop by, had something to eat, at the same time



get to have a chat with Bro Jovita and we sisters. There were a couple of working adults dropped by and find out more about religious vocation. On that same day, that afternoon, the women religious vocation team also had a group of girls came to chill out with the nuns. There were 5 participants, all working adults. We had a brief introduction on What is Religious Vocation followed by Q & A. Though it was a very short afternoon, we had a good time together and got to know the ladies.

Watch out for our next issue!

