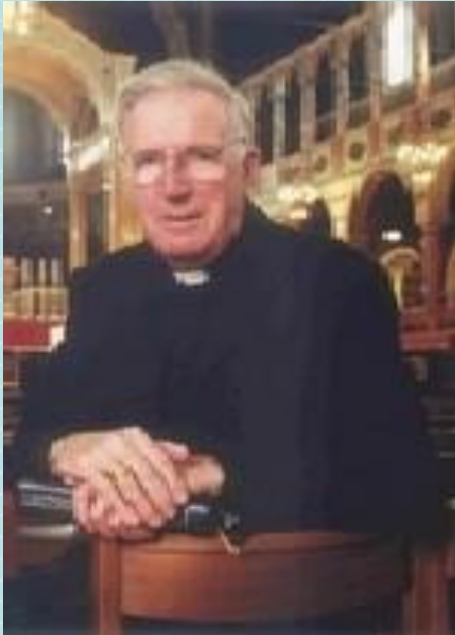


HOLLINGTON

A photograph of a residential area, likely Hollington, with snow-covered roofs and trees. The image is used as a background for the text.

A SMALL URBAN OFFSHOOT

6th January 2003



- Whose idea was this?
 - It began with the desire of Cardinal (then our Bishop) Cormac Murphy O'Connor for a Poor Clare presence in a struggling district of the diocese.

- How has it developed?

- It began in 2003 as an inter-Franciscan venture with a Poor Clare heart, and at that time included two Friars Minor and a Franciscan Missionary of the Divine Motherhood.



Very soon there was also a fraternity of the Secular Franciscan Order who meet at the Convent. The day the SFO began their novitiate.

In 2009 the community became just four Poor Clare Sisters.





- the silent space of their house is shared with those who come to pray in the community chapel
- or for prayer afternoons twice a month

. . . or for spiritual accompaniment. Because of the nature of Poor Clare life, any ministry we offer is home-based and must be compatible with our contemplative vocation



In the garden, a small, self-catering caravan enables people to make private retreats and have days of quiet and reflection.

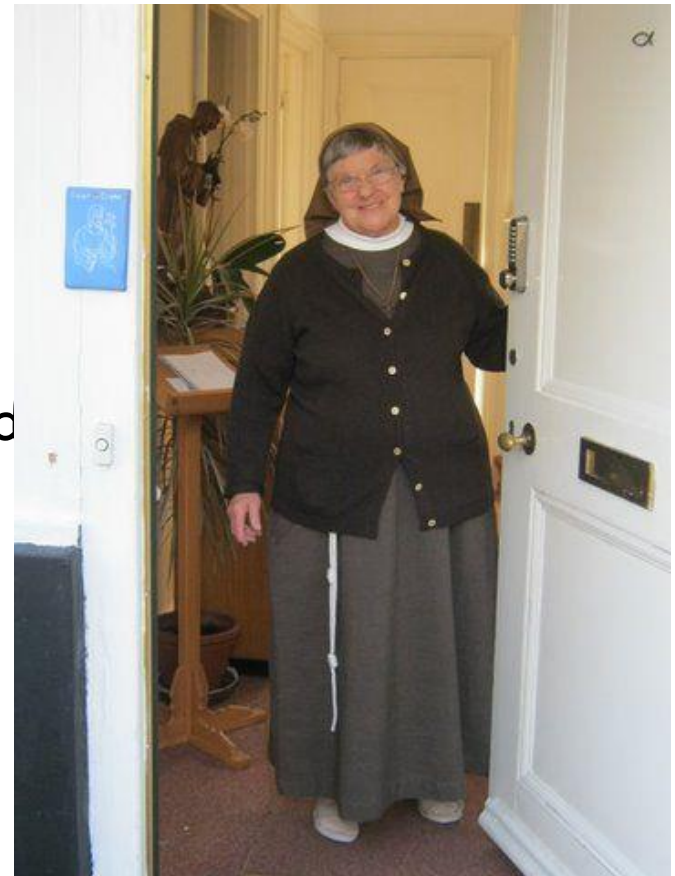




Work in the spirit of Francis and Clare

Clare and Francis tell us
to work in such a way
that we do not
extinguish the Spirit
of holy prayer and
devotion. (Rule 7.2)

Above all else we should
desire to have the
Spirit of the Lord and
His holy manner of
working (Rule 10.9)



- What ministry do the Poor Clares offer?
 - Because of our contemplative calling our ministry is always home based where we pray for the Church and the world;
 - and we welcome all who come, especially those at the margins and beyond.





We do all we can to
make the garden a
wild-life sanctuary,
growing native wild
flowers which
entice
the insects and
especially our bees...



Who pollinate
the vegetables
which
entice the
birds
who eat the
pests -
a very
Franciscan
arrangement!





- Once or twice a week two, three or four young lads come to help in the garden.
- They are either still at school or are unemployed.
- Here they receive and therefore give, respect.
- They work hard and are beginning to learn about growing vegetables and flowers, and about ecology.
- We give them a small wage which they certainly earn.



**Aspects of the lads work with us
All Creation bless the Lord**

- What do the people think?

- The welcome given the community is warm and generous
- The parish appreciates the contemplative vocation and includes us whenever possible
- The local young people are curious and interested. Our neighbours are becoming friends and welcome the chance to meet each other in our house occasionally.

- Those in need are learning that we will help when we can:
 - Especially by sharing, spiritually and materially
 - We are getting skilled at filling in forms
 - We try to offer sisterly support in a way which is compatible with our own vocation
 - We always take these concerns into our prayers

We share our major celebrations, each year we invite guests to a Christmas dinner



Our Timetable of prayer and work

Like that of our founding house, Arundel, our timetable falls into three parts:

The Prayer of the Church, which is sometimes called the Divine Office and which punctuates our day with hymns, psalms and spiritual canticles, as St Paul recommended

Our personal time alone with God. There are four hours set aside for this each day, which will include lectio divina and spiritual reading. Our hope is that the whole day will be filled with prayer.

Our specific intercession for the needs of the Church, of our friends and those who contact us asking us to support them with our prayer. This takes place specifically at Morning and Evening Prayer and at many private moments throughout the day.

This is our daily timetable

5.00	Rise
6.00 - 8.00	a time for personal prayer
8.00	Morning Prayer, the Prayer of Praise to God
8.20	Exposition
10.00	Holy Mass in the Church next door
11.00	Work
12.30	Lunch of soup, bread and cheese, fruit - a meal which is open to all who come
1.15	A short Prayer written by Francis of Assisi
	Some free time and then work with a tea break
5.30	Evening Prayer
6.00 - 7.00	an hour of personal prayer
7.00	Community meal together followed by Compline or Night prayer which closes our day.

Poor Clare Convent
22 Upper Church Road,
Hollington
St Leonards, East Sussex, TN37 7AS
Tel: 01424 751214
email: francesteresa.downing@gmail.com



To anyone who has visited this site - know that
you are remembered in our prayers.

May the Lord bless you and give you peace.

