



News from the Shrine of Saint Jude

Welcome

Welcome to the latest issue of *Saint Jude Focus* - updating the friends of Saint Jude on what is happening here in Faversham.

As Fr. Brendan wrote in the recent newsletter: "God's own creation is opening itself anew to the touch of new life." Spring is a season of hope. As the travel writer Ernest Hemingway wrote: "...the river will flow again after it was frozen..." - spring brings forth new life and hope of sunnier colourful landscapes. It is the season of new starts and ideas bursting from the ground like the return of daffodils, blue bells and grass.



Looking Ahead

The Archbishop of Canterbury (our neighbour to Faversham) said in his New Year message: "...when we plant a seed, we don't see the fruit immediately. But under the surface, God is working with what we have planted..."

Integral to living out the Carmelite charism is a commitment by the Carmelite Family to building peace, upholding justice, and maintaining the integrity of God's Creation. The Carmelite Family in Britain and across the world seeks to preach Christ's Good News and build up God's kingdom on earth by living in solidarity with the planet and its people.

The Garden of Hope behind the Shrine Office will soon begin to see the first buds of spring. The seeds planted now will show themselves for all to enjoy. We thank our gardener for his work over the winter making sure it is kept special and truly a 'Garden of Hope'.





Shrine of Saint Jude - a message of hope today
www.stjudeshrine.org.uk

If you want to fast this Lent, Pope Francis suggested that people should consider:

- * Fasting from hurting words and say kind words instead
- * Fasting from sadness and be filled with gratitude
- * Fasting from anger and be filled with patience
- * Fasting from pessimism and be filled with hope
- * Fasting from worries and have trust in God
- * Fasting from complaints; contemplate simplicity
- * Fasting from bitterness; fill your hearts with joy
- * Fasting from selfishness and be compassionate
- * Fasting from grudges and be reconciled
- * Fasting from words: be silent and listen

May mercy, peace, and love be yours in abundance

Letter of Saint Jude, verse 2



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Edited and written by Mr Matthew Betts. All photos, copyright Order of Carmelites. Photo of Saint Theresa and Whitefriars gardens by Federica Holland; sun through trees (I stock photo.com); other photos taken by Matt Betts,

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