

Too Tired to Pray?

At this stage in term, many of us are feeling a little weary – to say the least. Revision, exams, and the attendant late nights and/or early mornings all take their toll, and we may be feeling more than usually in need of a helping hand to get us through the day. And we tell ourselves, piously enough, that we ought to pray more, that God who is the source of the peace that the world cannot give will calm our frazzled nerves and give us new energy for the tasks ahead. But there is a problem. We try to pray in our distracted state, and we hit a brick wall: just because we are so run down and so worked up, we can't settle to prayer as we'd like to, and end up feeling guilty and dissatisfied, worrying that here is one more task on our to-do list we've failed to complete. Is there anything we can do to break this most vicious of vicious circles? A couple of things spring to mind.

First, if you've not yet done so, do consider coming to Lauds, celebrated every morning at 8am in our chapel, and followed, of course, in true Fisher House style, by breakfast. It's a wonderful way to start the day: you don't even have to think of what words to use to talk to God, because these are provided for you in the psalms of Morning Prayer and that can be a real bonus when you are so tired you can barely think. And there is a quiet power in the experience of praying aloud in unison, a beautiful sense of being upheld and supported by each other, especially when we remember that this is the prayer of the whole Church, that when we gather for Morning Prayer in Cambridge, we do so in solidarity with our brothers and sisters throughout the world.

Secondly, it can be useful to remember --that with prayer, less is often more. If all that we can do at times of stress and strain is to mutter – or even scream - “Lord help me”, then that is the best kind of prayer for us right now. God is not some celestial examiner, about to mark us harshly for the lack of articulacy and sophistication with which we address him. This week, let's reflect on the wonderful fact that in this area of our life, at least, there are no targets to be achieved, no skills to demonstrate, and thank God for it.

Sr Ann



FISHER HOUSE NEWSLETTER

SUNDAY 22 MAY - TRINITY SUNDAY

CALENDAR - TERM WEEK V

Morning Prayer (Lauds) 8.00am Monday - Saturday

Sunday 22	TRINITY SUNDAY		
	9.00	Sung Latin Mass	
	11.00	Sung English Mass	
Monday 23	12.30	Mass	
Tuesday 24	1.05	Mass	
Wednesday 25	1.05	Mass	St Bede the Venerable
	12.30	<i>Exposition of the Blessed Sacrament</i>	
Thursday 26	1.05	Mass	St Philip Neri
Friday 27	1.05, 7.30	Mass	St Augustine of Canterbury
Saturday 28	1.05	Mass	
		in Extraordinary Form (Tridentine)	
	4.30—5.30	<i>Confessions</i>	
	6.00	Vigil Mass of Sunday	
Sunday 29		CORPUS CHRISTI	
	9.00	Sung Latin Mass	
	11.00	Sung English Mass	

FR MARK LANGHAM - SR ANN SWAILES OP - FR PHILIP MOLLER SJ

SENIOR MEMBERS' DISCUSSION GROUP

If you are a senior member interested in joining a discussion group to consider the Pope's exhortation *Amoris Laetitia*, please contact Fr Mark (ml709).

SR ANN'S OPEN OFFICE

Cast off the shackles of revision, and take a few minutes' break. Sr Ann's office is open at 3.00pm on Friday to feed your mind and body with tea and cakes.

FLAME CONFERENCE 2017

Fisher house is hoping to send a contingent to the FLAME conference on 11th March 2017 (in the Wembley arena). Details at cymfed.org.uk/flame2017/. If interested, sign up on the sheet outside the chapel (just to indicate interest). Estimated cost is £18 + transport (to be confirmed at a later date). Questions to Justin Ng (yhjn2).

UNIVERSITY OF KENT

Students from the chaplaincy of the University of Kent, based in Canterbury, will join us for Mass next Saturday.

MARRIAGE PREPARATION COURSE

There will be a marriage preparation course at Fisher House on Saturday 4 June, 11.00am to 4.30pm. Such a course is a requirement for all those intending to marry. Please see Fr Mark for more details.

GRADSOC CHEESE & WINE

On Wednesday at 8:00pm in the Fisher Room, and costing £5. For catering purpose please contact Michael (mpal2) or indicated via this form:

<http://goo.gl/forms/HUiQLamSdmgxz6Zf2>

WONDEOS

If you are travelling this summer, and looking for accommodation, try www.wondeos.com - a site developed by one of our students which finds hotel rooms at the lowest possible rate, but also donates to charity - in this case Mary's Meals (for information see www.marysmeals.org.uk). It is a wonderful way to donate to charity.

ECUMENICAL SERVICE

Jesus College will hold an ecumenical service of music and readings, based on the the Taizé community, on Thursday 2 June at 6.15pm. All are welcome.

OUR LADY OF WALSINGHAM

This week will bring a significant addition to Fisher House - an icon of Our Lady of Walsingham. Walsingham is the major historical shrine to Our Lady in England, and East Anglia is especially entrusted to her care. This ikon, which interprets the traditional shrine image in a new way, has been painted in Russia by Philip Davydov and will, hopefully, become a popular point of devotion.

MORNING PRAYER

Morning Prayer (the Office of Lauds) is celebrated at 8.00am in the chapel, followed by breakfast in the Fisher Room. This is a great way to begin a day's study, and is highly commended to you. It replaces our normal lunches.

COMPLINE

This has been a very worthwhile development in the life of Fisher House. We wish to continue it, and are asking for a rota of people to lead it - please sign up on the list outside the chapel.

THE GRADUATE WOMEN'S GROUP

The Group meets every Saturday in Sister Ann's room from 11.30am. Exposition in chapel from 11.00am.

GARDEN PARTY

Fisher House Garden Party. Thursday 16 June, 3.00pm, at the Margaret Beaufort Institute of Theology, Grange Road.

COLLECTION COUNTERS

We need a new rota of counters for the Sunday collection—just one person per week to work alongside our office staff. Please sign up, or contact Fr Mark (ml709) if you can help.

DOMINICAN STUDY WEEK

27 June to 1 July at Buckfast Abbey, a week of Theological Investigation led by Dominican Friars and Sisters (including Sr Ann!). See Fisher Society FB page for more details.

BAPTISM

Congratulations to John, son of Matthew and Anna Cleevly, baptised at 11.00am Mass this weekend.

SVP

Reaching out to the homeless and marginalised in Cambridge. Meeting in the Fisher Room, Friday 6pm.

COLLECTION LAST WEEK

£471:36

Thank you!