



# TYBURN TALK

## CHRISTMAS 2021

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*Dear Friends of Tyburn,*

As we celebrate the Birth of Our Lord Jesus Christ, who came on earth as God and Man to redeem us and free us from our sins by His Sacrifice on the Cross, we can also meditate on why we are on earth and what it is that makes us truly happy, for everything in this life passes away – our true destiny is Heaven.

Everything we do on earth should be orientated with this in our mind, heart and soul.

Here follows an encouraging sermon from the Cure d'Ars (St Jean Vianney): **DO YOU WANT TO BE HAPPY?** Why, my dear brethren, are our lives full of so many miseries? If we consider the life of man carefully, it is nothing other than a succession of evils: the illnesses, the disappointments, the persecutions, and indeed the losses of goods fall unceasingly upon us so that whatever side the worldly man turns to or examines, he finds only crosses and afflictions. Go and ask anyone, from the humblest to the greatest, and they will all tell you the same thing. Indeed, my dear brethren, man on earth, unless he turns to the side of God, cannot be other than unhappy. Do you know why, my friends? No, you tell me. Well, here is the real reason. It is that God, having put us into this world as into a place of exile and of banishment, wishes to force us, by so many evils, not to attach our hearts to it but to aspire to greater,



purser, and more lasting joys than those we can find in this life. To make us appreciate more keenly the necessity to turn our eyes to eternal blessings, God has filled our hearts with desires so vast and so magnificent that nothing in creation is capable of satisfying them. Thus it is that in the hope of finding some pleasure, we attach ourselves to created objects and that we have no sooner possessed and sampled that which we have so ardently desired than we turn to something else, hoping to find what we wanted. We are, then, through our own experience, constrained to admit that it is but useless for us to want to derive our happiness here below from transient things. If we hope to have any

consolation in this world, it will only be by despising the things which are passing and which have no lasting value and in striving towards the noble and happy end for which God has created us. Do you want to be happy, my friends? Fix your eyes on Heaven; it is there that your hearts will find that which will satisfy them completely. All the evils which you experience are the real means of leading you there. That is what I am going to show you, in as clear and brilliant way as shines the noon-day sun. First of all, I am going to tell you that Jesus Christ, by His sufferings and His death, has made all our actions meritorious, so that for the good Christian there is no motion of our hearts or of our bodies which will not be rewarded if we perform them for Him. Perhaps you are already thinking: "That is not so very clear." Very well! If that will not do you, let us put it more simply. Follow me for a moment and you will know the way in which to make all your actions meritorious for eternal life without changing anything in your way of way of behaving. All you have to do is to have in view the object of pleasing God in everything you do, and I will add that instead of making your actions more difficult by doing them for God, you will make them, on the contrary, much more pleasant and less arduous. In the morning, when you awake, think at once of God and quickly make the Sign of the Cross, saying to Him: "My God, I give you my heart, and since You are so good as to give me another day, give me the grace that everything I do will be for Your honour and for the salvation of my soul."



## Now for some of our Community News



On the 15th August the laity joined us for a beautiful Rosary Procession around our little garden. We stopped especially in front of the grotto of Our Lady of Lourdes and prayed a decade in front of the statue. There were quite a few people who attended so that the back of the Procession met up with the front as we went around the garden. Our Lady poured out her Motherly intercession for us all. On the same day our novice oblate



Sr Felisitas of the Transfiguration, (Rita) made her profession as a Benedictine Oblate of Tyburn Convent.

## Mother M. Philip Howard, O.S.B. R.I.P. (Joyce Keedy)

On the 24th October, God took to Himself our dear Mother Philip Howard in the 82nd year of her age and the 47th of her Religious Profession.

Her funeral Mass was on Thursday 18th November, 2021, followed by internment at Kensal Green cemetery. Abbot Cuthbert was the main

celebrant which was very fitting as he had known Mother Philip Howard for a long time. In part of his homily he said, "She became a great personal friend to me. We were both from the north east and both had Canon Fee as parish priest. She never lost that Geordie accent of hers. And when she was worked up about something she would revert to her Geordie accent and become utterly incomprehensible to



anyone south of Doncaster. Once I remember she answered the phone when I rang up here. "Tyburn Convent. How may I help you?" Then as soon as she knew it was me she reverted into her accent and dialect, "Al jus gan doon and see if ah can find a!" May her soul and the souls of all the faithful departed through the mercy of God rest in peace. Amen.

## Tyburn Raffle

<b>Grand Draw Results:</b>		
<b>1<sup>st</sup> prize</b>	<b>£500</b>	<b>10155</b>
<b>2<sup>nd</sup> prize</b>	<b>£300</b>	<b>06259</b>
<b>3<sup>rd</sup> prize</b>	<b>£200</b>	<b>15327</b>
<b>4<sup>th</sup> prize</b>	<b>£100</b>	<b>21008</b>
<b>5<sup>th</sup> prize</b>	<b>£50</b>	<b>20081</b>
<b>6<sup>th</sup> prize</b>	<b>£50 - Voucher for Tyburn Convent Shop</b>	<b>15798</b>
<b>7<sup>th</sup> prize</b>	<b>£50 Voucher for Tyburn Convent Shop</b>	<b>24017</b>
<b>8<sup>th</sup> prize</b>	<b>Hamper</b>	<b>19413</b>
<b>9<sup>th</sup> prize</b>	<b>Hamper</b>	<b>01488</b>

Thank you so much to all who contributed to buying raffle tickets off us and to those of you who kindly helped to sell them for us. We are deeply grateful for your support and generosity. All the proceeds help with the maintenance and upkeep of Tyburn Convent.



### St Joseph's new Shrine

On Sunday 5th of December . . .just before the end of the year of St JOSEPH, we had a special ceremony for the blessing and crowning of a beautiful 120 year old statue of St Joseph with the Child Jesus that was given to us. An attractive and fitting shrine has been made by a carpenter, Luis, who was present for its blessing and opening. The new Shrine is down near our Mother



Foundresses' tomb outside the Crypt of the Martyrs.

### Tyburn Shop

Our little shop has proved very popular. We sell different religious items ranging from various Scapulars (including the popular but hard to get Purple Scapular!), candles, books, statues, Christmas cards and cribs (while stocks last!), medals, rosaries, etc.,etc.! By word of mouth or by stumbling across it, more and more people are coming to know of the little shop's existence and it's reasonable prices. We also sell pure beeswax candles which are home-made in Lithuania straight from the farmers who have their own supply of bees and beehives. We are able to import them through a kind friend.

We are always in need of plastic bags to pack items in from sales in our shop and are grateful to anyone who saves them for us!



## Two Silver Jubilees!



We had the joy of celebrating 2 Silver Jubilees of Profession within a short space of each other.

First we had Mother M. Gertrudis who celebrated 25 years of profession on the 23rd of October. It was a joyous occasion. Fr Tom Ryan was the main celebrant.

Secondly we celebrated the Silver Jubilee of Very Rev. Mother Marilla (V. Rev. Mother General). This also was a joyous occasion and the main celebrant was Rev. Abbot Hugh. After Holy Mass there were refreshments downstairs and surprise entertainment for VRMother General!

Both our Mothers also received the Papal Blessing which was organized through a friend in Rome.



A BIG thank you to all of you who contributed to the day, especially all your hard work towards the decorations and entertainment . . . and the cakes! may God richly bless you and reward you all!

## PRAYER

**Prayer - the raising of our mind and heart to God.**



"There is nothing more worthwhile than to pray to God and to converse with him, for prayer unites us with God as his companions. As our bodily eyes are illuminated by seeing the light, so in contemplating God our soul is illuminated by him. Of course the prayer I have in mind is no matter of routine, it is deliberate and earnest. It is not tied down to a fixed timetable; rather it is a state which endures by night and day.

Our soul should be directed in God, not merely when we suddenly think of prayer, but even when we are concerned with something else. If we are looking after the poor, if we are busy in some other way, or if we are doing any type of good work, we should season our actions with the desire and the remembrance of God. Through this salt of the love of God we can all become a sweet dish for the Lord. If we are generous in giving time to prayer, we will experience its benefits throughout our life.

*Excerpts From Homilies of St John Chrysostom (Hom 6 on Prayer)*

### **Don't have any time? Ejaculations only take seconds to pray!**

We can pray short, powerful prayers of adoration, praise, and penance any time, anywhere throughout the day. The beauty of this kind of prayer is that it allows us to turn to God during work, or any other activity. Ejaculations are easily memorized and don't require anything else besides a heart open to God's love. When prayed in faith, they can raise our souls from the mundane cares of life to the spiritual heights of grace. And this practice has the potential to sanctify our lives.

Below are a few ejaculations that can be easily memorized. If you are new to ejaculations or "aspirations", you might write a few of your favourites on a card to keep in your pocket or purse as a reminder, until you get accustomed to praying this way. After a few weeks you'll find that it is almost second nature for you to pour out a bit of praise and raise your heart to God.



**IN DIFFICULTY AND TROUBLE:**

In all things may the most holy, the most just, and the most lovable Will of God be done, praised, and exalted above all forever.

'Be gone, Satan! Suggest not to me thy vain things. The cup thou profferest me is evil; drink thou thy poison.' (Jubilee Medal of St. Benedict)

'Lord Jesus Christ, Son of God, have mercy on me, a sinner.' (Known as The Jesus Prayer)

Most Sacred Heart of Jesus, I place my trust in

'May I die rather than ever offend Thee again.'

'God, come to my assistance; Lord, make haste to help me.'

'Thy Will be done!'

"All for Thee. dear Lord."

'Hail, Mary, my Mother.'

'Make me all Thine before I die.'

'Holy Virgin Mary, Mother of God, pray to Jesus for me.'

O Jesus, who for love of me, did bear your cross to Calvary, in your great mercy grant that I may live for you, and in you die.

'Mother of God, remember me.' -- Saint Francis Xavier

Most Sacred Heart of Jesus, have mercy on us.

'Jesus, I trust in

Heart of Jesus, burning with love for us, inflame our hearts with love for you.

'My God, I wish for Thee alone, and nothing more.'

'Stay with us, O Lord'

'My God, I offer you all my work'

'My God, I love you'

Jesus, Mary, and Joseph, I give you my heart and my soul. Jesus, Mary, and Joseph, be with me when I come to die. Jesus, Mary, and Joseph, let me breathe my last at peace with you.

'My Jesus, have mercy!'

Jesus, Mary, and Joseph, I love you! Save souls!

'Thou didst give Thyself all to me; I give myself all to Thee.'

'Jesus, Mary, Joseph, be my Salvation.'

'My God & my all!'

'May I die rather than ever offend Thee again.'

'Sacred Heart of Jesus, I have confidence in Thee, boundless confidence for everything.'

'May my only happiness be to please Thee, O Infinite Goodness.'

Jesus, meek and humble of Heart, make our hearts like yours.

**AN ACT OF FAITH**

O my God, I believe in you and all that your Church teaches, because you have said it, and your word is true.

**AN ACT OF HOPE**

O my God, I hope in you for grace and for glory, because of your promises, your mercy, and your power.

**AN ACT OF CHARITY**

O my God, because you are so good, I love you with all my heart, and for your sake I love my neighbour as myself.

## *Thank You!*

We are very grateful to all of you, our benefactors whom we pray for everyday. You have all been contributing in different or sometimes multiple ways: praying for us, volunteering time to help out in various ways, bringing food, cleaning items, donations, . . . and even some major maintenance work by a very kind benefactor without charging us a penny! We continue to pray for all our benefactors even when they have passed over to eternal life . . . so, as you are a benefactor you will never be a "forgotten soul"! We are also very grateful to some kind benefactors who left something for us in their wills. We did not know until being informed by the executors. May their souls and the souls of all the faithful departed through the mercy of God rest in peace. Amen.

We wish you all a Happy, grace-filled and peaceful Christmas. Holy Mass will be offered as usual on Christmas Day for all our benefactors living and deceased.

*The Tyburn Nuns*



Celebrations at the reception after  
V.Rev.Mother General's Silver Jubilee Mass

*Please pass Tyburn Talk on to a friend!*

**Donations for Tyburn Convent can be made by cash,  
cheque (made payable to Tyburn Convent)  
or through our website:**

**<https://www.tyburnconvent.org.uk/conventdonations>**