



Sr Pat Nicholls and her reflections

I was fortunate in having a wonderful Catholic childhood. The Mass and the Sacraments meant so much to my parents and so to me; each night we knelt down to say the family rosary with our own special "trimmings". Thus when I entered with the Dominican Sisters this was just a continuation of my faith life.

The Divine Office in which we pray the psalms and listen to special readings is a great joy for me especially the singing. I have been gifted with a good singing voice and to use it in the praise of God is a blessing.

When we are professed in the Order we take a motto and mine is Vivere Christus Est (to live is Christ). Not an easy one! As I progressed I developed a love for the Trinity and that is my great devotion, more so as I prepare, especially at this stage of my life, to meet Father, Son and Holy Spirit. The Dominican Order has a special love of Mary the Mother of God – each day we sing or say the Salve

Regina after our Evening Prayer – and Mary is becoming even closer to me as one who loves her Son.

The gift of Life Ascending, through my time at Ecce Homo and with groups in England, has more and more opened for me the riches of the Scriptures and the companionship of those who wish to come closer to God through the Movement.

Many people have helped me along my spiritual path and it would be rather intrusive to bring this to a general group so precious has it become.

Live my Triune God, so live in me
That all I do be done by Thee
That all I think and all I say
Be thy thoughts and words this day.



Roy Cooke's Reflections

During my working life I found myself to be heavily conflicted between my work and faith. It often felt impossible to live up to the

requirements of both. Believe me, I tried very hard to do this. The LAA movement has been very good to me with its meeting, sharing on spiritual and faith matters, it has helped me to come to terms with questions that often led to the feeling of an iron cage squeezing and strangling my heart during my working life. An important part of the answer to my questions and to this feeling was often, after much enquiry and investigation, to end up back where I started but with a much better understanding of the questions and a heart much more open to my faith and to others. My wife says that I think too much, but I am sure that in matters of the heart I have learnt much from her as we will learn from each other.