



A WONDERFUL VISIT TO ANTIGONISH!

It is always wonderful to wake in the morning and to give thanks for a new day! Today I awoke in Antigonish and looked out the window of the hotel to discover a snowy mess on the car, with continued wet flurries making the ground quite slushy! Oh dear, I thought, this might be a tricky ride home to Cape Breton!

The previous day, Sunday, October 27, had been a glorious day to drive up to Antigonish! A cool, but sunny day, with just enough colour left on the leaves to appreciate the beauty of Autumn! I was travelling to visit

our newest Martha Associate Group on Sunday evening, and I was looking forward to the visit!

The new group has been gathering monthly now for almost a year. They have been forging a wonderful bond under the capable coordination of Sr. Sandra Cooke, along with the assistance of Sr. Brendalee Boisvert. Sr. Claire MacNeil has also volunteered to journey with the group.

Upon arrival at Martha Place, I received a warm Martha welcome from Sr. Sandra Cooke! As our journeyers and Sisters arrived in the multipurpose room, I continued to receive warm welcomes, hugs and smiles!! The group has 10 journeyers who attend regularly. On this night, 8 journeyers, along with one new "Come and See" person, our three Marthas, and myself, were in attendance.

Since October of 2023, the group has had the opportunity to learn, discuss and share on several topics. Some of these topics included: the history of the Sisters of St. Martha and what it means to be a Martha Associate. The group also spent a special evening with Sr. Dorothy Moore.

On my evening with the Antigonish group, I selected a prayer written by Sr. Joyce Rupp which included a short meditation on the sacredness of a tiny rock. Several journeyers in the group shared that they loved to collect rocks! I was amazed at how the rocks "spoke" to each person! I am always humbled at the many ways our God surprises us!!!

*Bethany Centennial Garden in
Antigonish*



MARTHA ASSOCIATES UPDATE



The gathering continued with a short walk through the history of the Martha Associates, followed by some sharing on what it means to be “Carriers of the Charism”. An attempt was made to sing the “Hymn to St. Martha” composed by Sr. Mary Gouthro. (We will do better next time!!!) The gathering closed with our “Martha Associate Prayer”, followed by a time of fellowship. It was truly a blessed evening!

Driving back home today, through the wet, the slush, the heavy flurries, and the

occasional rays of sunshine, (REPEAT) , I felt a deep sense of gratitude and hope for our Sisters and for our new group! And..... finally, I was able to breathe a deep sigh of relief as we pulled into our driveway at home.

No more trips in October without the snow tires on the car!!!

God Bless,

Julia Townsend

Director Martha Associates

October 28, 2024

