

Our Lady's Ascent Group, Addiscombe

Report on our activities in 2022/23

Our Lady's Ascent Group is part of the Life Ascending movement which is a Catholic Organisation for people in middle and later life.

- It celebrates our faith and the sharing of common experiences of life.
- It encourages friendship between retired people, stimulates thoughts and discussion.
- It helps us to reflect on the purpose of our own lives as we grow older.

We meet fortnightly on a Tuesday morning after the 10 a.m. Mass in term time, generally in the Large Hall. Since the Covid 19 Pandemic, we have not had as many visiting speakers as we used to. However, we still have a varied programme and in particular are grateful for the help and encouragement from the 'Daughters of Mary and Joseph'.

- Sr. Annette gave Meditations on 'The Trinity and Us.' and 'Human Being'
- Sr. Sheila Moloney gave talks on 'Women in the New Testament', 'Advent' and 'Journeying towards Easter.'
- Sr. Sheila Barrett led us a couple of times in 'Guided Prayer'.
- Fr. Jackson gave us a talk on 'The Holy Rosary'

From within our own group

- Joseph led a couple of meetings with 'Images and Quotes on Living a Christian life'.
- Pat arranged for and led four video sessions, produced by (CaFE) Catholic Faith Exploration, about accepting the 'Autumn of Life' and learning how to be 'Beloved Disciples'.
- Sally is always the first one to arrive in the Hall to get things ready and she ensures our refreshments of tea, coffee and biscuits are on the counter before our meetings.
- Dulcie collects the coffee money, annual subs and keeps our accounts, in addition to representing us on the National Organisation of Life Ascending where she is the Secretary.
- Bodil manages our annual schedule and produces a programme for each of our meetings, often related to the Mass readings of the day.
- We are also grateful to the regulars who do the tidying up after every meeting.

On average, 15 people attend on Tuesday mornings after Mass. All our meetings are open to anyone who would like to experience what we do and everyone will be made welcome.

Before the Summer and Christmas holidays we often have a social gathering with shared refreshments.