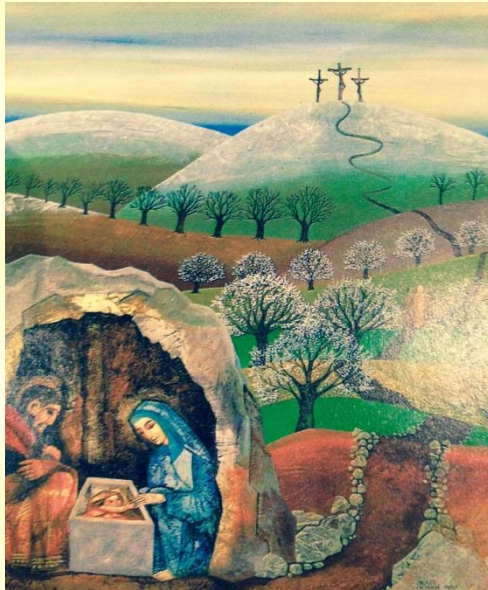


Our Christmas message

“He came all so Still”

*Hail and blessed be the hour and moment
When the son of God was born
Of the most pure Virgin Mary
At midnight in Bethlehem in the piercing cold...*



*“He came all so still
Where his Mother was
As dew in April
That falleth on the grass”*

Anon

*May stillness be our gift to welcome the new-born child Jesus.
Everybody knows that modern day celebration of Christmas is far from
Being a time of stillness. That is why Surrendering in Stillness is such a
perfect gift to offer the Word made flesh.*

Happy Christmas to you all!

*May each of us be encouraged and strengthened in our life of
quiet prayer. May God open our hearts to Love, our minds to Wonder,
our ears to Life, and our lives to the divine Presence.*

With Best Wishes from The Core team of Contemplative Outreach Ireland.