



*Courage
and Trust in God!*

*May the Peace and holiness
and joy of Our Infant Lord
be with you,*

this Christmas, and in the new Millennium.

*Every day, we, the Monks and Nuns,
pray for you.*

*We pray, also, for those you love most -
both living and dead.*

In your charity, pray that we will

Always

be here for you to stand by you!

*Pray that our Monasteries will always
be a source of light, life, and refreshment
for you in the New Era.*

May your faith and ours always be strong.

Do not be afraid!

*+ Edmund Healdine, O.S.B.
Abbot*

