

Greetings to all of our dear *Becoming Neighbours Friends*



We are being invited to enter more fully into the grace-filled blessings of these Autumn days yet we also need to acknowledge that we continue to receive stories of the verging crises of the increasing number of people testing positive for COVID, many of whom are people we know. It is important for us to slow down and with a contemplative gaze “regain a sense of pause and being” delving deeply into appreciating what has emerged and continues to emerge from our world and from within ourselves brought to our knees by this devastating virus. God’s love is impelling us to respond to life as we are now experiencing it, in courageous, daring new ways often beyond what we could have imagined.

With this emerging consciousness of mutual transformation, we are pleased to offer you this Fridge Notes for Companions.

→ Two timebound items to bring to your attention found on page three of this Fridge Notes:

- CARAVAN OF MOTHERS OF DISPLACED MIGRANTS is scheduled for tomorrow evening 8pm-9:30pm (ET) Wednesday October 20.
- BOOK LAUNCH of BECOMING NEIGHBOURS: FIVE VALUES FOR A WORLD OF WELCOME is scheduled for tomorrow evening 8:30pm (ET) Wednesday October 20.

→ We are pleased to share that BETTY LOU KNOX, CSJ will display her paintings of landscapes at Presentation Manor beginning this Friday October 22. These moments of beauty will hopefully bring each viewer back to memories in which nature has delighted their heart.

(Betty Lou is companion with Nuria and Helena)



→ IMELDA POOLE, IBVM was named a U.S. Department of State Trafficking in Persons (TIP) Report Hero in July for her anti-trafficking work in Albania. [Click here](#) to learn more.

*May we, too, be inspired to be MORE.
Abundant Peace and Blessings to each one of you,*



Atunnan Aiyadurai



Lois Anne Bordowitz, FCJ



Peter McKenna, SCJ