

## Further Notes on the *Memento Mori* Saturday Retreat

The 17th century Anglican cleric Jeremy Taylor (1613-1667) who lived and preached during the turbulent days of the English Civil War wrote a popular book called *The Rule and Exercise of Holy Living* (1650). Even more popular was the book that followed a year later called *The Rule and Exercises of Holy Dying*. In our time a Roman Catholic nun, Sr Theresa Aletheia Noble, FSP, has revived the ancient tradition of remembering death--- encouraged by the Bible, the early Church Fathers, and many saints throughout the ages. She wrote a book for Lent called *Remember Your Death: Memento Mori Lenten Devotional* (January 2019).

Fr Donovan Cain, Rector of All Saints' Church, Jacksonville, was so taken by Sr Theresa Aletheia's book he made it the focus of the Lent 2019 study series in his parish. In the program he led church members through what Jeremy Taylor set forth for instruction in *The Rule and Exercise of a Holy Dying* and assisted them in focusing on the important place of hope in death at the core of our faith in Jesus Christ. It was all devotion, scripture, theology and discussion and had nothing to do with funeral planning.

Our Bishop John Howard was so taken by hearing of Fr Cain's offering that he asked him if he might offer it more widely. So it is this same study that Fr Cain will offer us in the Diocese during Advent on Saturday December 14<sup>th</sup>, under the aegis of the Bishop's Institute and via the hospitality and welcome of our St John's Cathedral. One of the great themes of Advent is 'the four last things', i.e. Heaven, Hell, Death and Judgement. *Memento Mori*: 'remember your death' – but equip yourself with hope, and with faith and with the love of God.

Registration includes the \$12 for lunch that is provided.  
(Discount for parish groups of four or more attending. Limited scholarships available.)