

The people of Constance Abbey

Constance Abbey is the home of an intentional community with the Episcopal faith at its core. Like a monastic community, we join together for prayer, study, and action. We support and challenge each other in our common efforts for the well-being of the neighborhood.



Left: Adam N. (staff)

Center: Roger and Margie (founders)

Upper Right: Flak (staff)

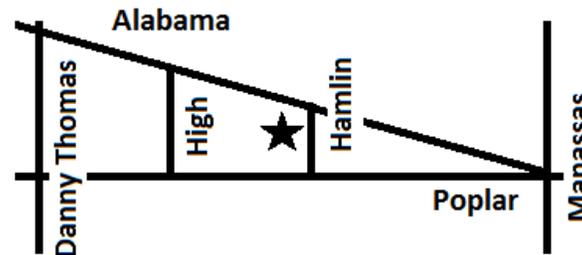
Bottom right: Adam K. (staff)

The role of Saint Mary's

We are nourished in the fertile soil of Saint Mary's Episcopal Cathedral. Its passionate proclamation of the Gospel calls us to action in this neighborhood. Our shared continuous presence in this community enables us to engage our neighbors in meaningful and fruitful relationship. While Constance Abbey exists as an independent 501©3 and does not ask Saint Mary's for financial support, Constance Abbey and Saint Mary's enjoy a relationship of mutual support and teamwork.

Our name

Constance was a nun who was martyred while caring for the victims of the 1878 Yellow Fever Epidemic. She remained in Memphis because of her commitment to the poor who could not leave the affected area. An **abbey** is a place where people pray, work, and live together. We are called Constance Abbey as we pray and work together for the good of Constance's neighborhood.



You can support Constance Abbey by:

- Volunteering
- Donating food, clothing, laundry soap and toiletries
- Donating financially (Constance Abbey is a tax-exempt nonprofit)
- Checks payable to Constance Abbey, Inc.
- Donate online at www.paypal.me/constanceabbey



Contact us:

info@constanceabbey.org

www.constanceabbey.org

Phone: 901-734-6547

CONSTANCE ABBEY



209 & 215 Hamlin Place
Memphis, TN 38105



Constance Abbey is a neighborhood ministry in the medical district of Memphis.

The mission of Constance Abbey is advocacy and service for the well-being of our community.

The daily life of Constance Abbey is founded upon the five promises of our baptismal covenant.

First promise...

to continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers.

We invite neighbors to join our regular Bible studies, meditations, and daily prayers held in the chapel of Constance Abbey. We celebrate the Eucharist in our chapel at least three times per week. We also encourage our guests to “break bread” with us on Sundays at Saint Mary’s Cathedral. (Praying with us never a requirement for receiving help.)



Morning Prayer in our chapel.

Second promise...

to proclaim by word and example the Good News of God in Christ.

Jesus spent time with people—answering questions, healing, and giving hope. Constance Abbey follows Jesus’s model of ministry by spending time with people, listening to them, and seeking the Good News of God together.



Doing the daily laundry for neighbors in need.

Third promise...

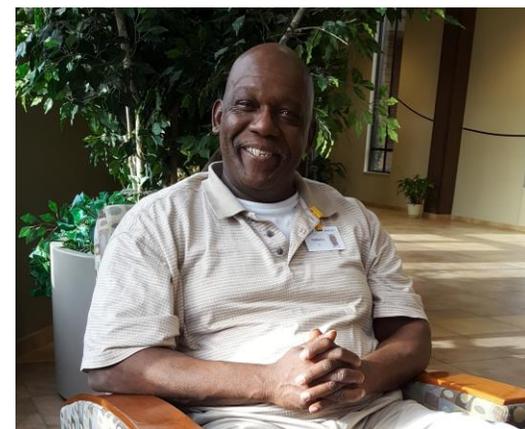
to seek and serve Christ in all persons, loving our neighbor as ourselves.

We invite neighborhood friends to supper, classes, and block parties. Our showers and laundry machines are available. We feed and clothe neighbors in need. We connect neighbors with resources we cannot provide and advocate for them.

Fourth promise...

to persevere in resisting evil, and whenever we fall into sin, repent and return to the Lord.

Many of our neighbors experience the evils of discrimination, addiction, and exclusion. We host recovery meetings and journey with people through the healing process. We stand in solidarity with the oppressed.



Visiting a friend we helped get out of jail and into a recovery program.

Fifth promise...

To strive for justice and peace among all people, and respect the dignity of every human being.

Every human person is created in the image of God. We remind people of their importance and their gifts. Members of our staff and volunteer teams are or were once without homes. By making space for neighbors to serve, Constance Abbey reconnects them to their power to foster well-being.