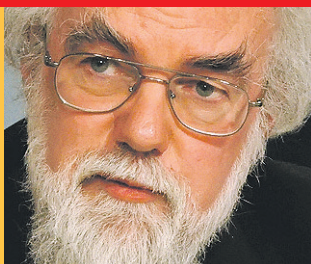




**Tandem couple
get on their
bike**
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**Ex-Archbishop
to speak
in Norwich**
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**Community
kitchen to feed
the lonely**
- page 6



Around 50 people seeking to become members of the Catholic Church, including this group from Peterborough, were personally greeted by Bishop Alan Hopes at the Rite of Election service at St John's Cathedral in Norwich on February 18. Full story on centre pages.

East Anglia to join Rosary on Coast

A Rosary on the Coast for Faith, Life & Peace in the British Isles is set to take place on Sunday April 29, at 3pm and a number of locations in East Anglia have already signed up to take part.

■ England co-ordinator Antonia Moffat, said: "Recently the faithful of Poland and Ireland have responded to what they sense as a movement of the Holy Spirit to gather around the coasts of their nations and pray to Jesus, the Divine Mercy, for a renewal of faith and respect for human life through the powerful intercession of Our Lady of the Rosary."

"Having witnessed this, a number of the lay faithful in the British Isles – England, Scotland, Wales and their isles – have felt the same inspiration and urge to respond. We are now calling on our brothers and sisters to join this day of Pilgrimage and Prayer for the re-flourishing of our faith, for the grace to build a culture of life and for true peace to reign in the hearts of all peoples and nations."

Bishop Alan has lent his support: "I commend wholeheartedly the national

prayer initiative Rosary on the Coast. Our parishes are encouraged to make their way to a location on the coast, and to say the Rosary in union with Catholics around our country's shores, for three purposes: the renewal of the faith in this Dowry of Mary, a greater recognition in our culture of the sanctity of human life from conception until natural death, and finally for peace for our country and the world, in a time of great instability.

"Mary has always been for us the source of our hope and the cause of our joy, for it is from her that we received the Saviour, the Light of the World, whom the darkness cannot overcome."

"I hope a great many of you will have the opportunity to take part in this timely initiative, to prove the truth of that promise Our Lord once made: "Where two or three are gathered in my name, there I am in their midst."

Eight locations have already been organised to join the event across the Diocese of East Anglia. They include

■ **King's Lynn:** The Parish Church of Our Lady of the Annunciation. London Road. To be led by Peter Martin- Provincial Grand Knight of Province no.27.

■ **Wells-next-the-Sea:** from the National

Shrine of Our Lady Walsingham Rosary led by Mgr John Armitage.

■ **Cromer & Sheringham:** led by Fr Denys Lloyd. They are hoping to have groups of parishioners saying the rosary at both Cromer and Sheringham - some on the beach, some in church. St Joseph's Church, Sheringham and Our Lady of Refuge, Cromer

■ **Sea Palling:** The students of UEA Catholic Society will be praying the Rosary at 12 Beach Rd, Sea Palling beach.

■ **Great Yarmouth:** Led by Brian Lafferty KSC at St Mary's Church Regent Road Great Yarmouth NR30 2AJ.

■ **Felixstowe:** Led by the Parish and local NACF families. Meeting at Felixstowe pier at 2.45pm

■ **Hunstanton:** Ruins of St Edmund's Chapel led by Fr Peter Rollings

Cardinal Vincent Nichols has given his encouragement and there is a powerful rallying video produced by Bishop John Keenan.

A 40-Day spiritual preparation began on March 19, the Feast of St Joseph, and is available on the website below.

More details can be found on the website: www.rosaryonthecoast.co.uk or on email: admin@rosaryonthecoast.co.uk

Eucharistic Pilgrimage and Congress

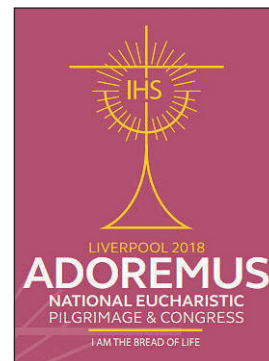
A National Eucharistic Pilgrimage and Congress "Adoremus" is to be held in Liverpool in September including visitors from East Anglia. Rebecca Bretherton and Fr Tony Rogers are acting as Diocese of East Anglia co-ordinators and explain what it is all about.

■ Eucharistic Congresses are gatherings of clergy, religious and laity which promote an awareness of the central place of the Eucharist in the life and mission of the Church, organised by the Bishops' Conference. The last International Eucharistic Congress in England was held in 1908 when permission for a public procession of the Blessed Sacrament was refused.

At the Congress on September 7-9, participants will engage in a series of sessions focusing on different dimensions of the Eucharist and the daily celebration and adoration of the Blessed Sacrament.

On the first day, there will be a Theological Symposium, with workshops for clergy, parish catechists, (especially for those involved in First Holy Communion programmes), RE teachers, Hospital and Prison Chaplains, Seminary Communities and Extraordinary Ministers. This will be based in the Liverpool Arena and Conference Centre (ACC) in King's Dock, and the sessions will focus on: Scripture,

■ **Continued on page four.**



news in brief

Chaplain seeks prison support

■ Rev Susan Carne was the guest speaker at the Norwich Justice and Peace Group at St John's Cathedral, talking about her role as Project Co-ordinator for Community Chaplaincy Norfolk, reports **Sarah Ebelewicz**.

In a very passionate talk, Susan explained how her role is to recruit, train and manage volunteer mentors who offer friendly support to clients, all ex-offenders who want to turn their lives around and reintegrate into society rather than returning to prison. Her role is also to assess potential clients and liaise with prison and probation authority and with the Chaplaincy team within the prison.

CCN is not part of the prison system, it's faith-based but non-denominational using a model established by the Community Chaplaincy Association.

Susan (right) challenged us during her talk in February 1. Why should we care about those in prison and be concerned that the re-offending rate in Norwich is currently at 29-32%.



Susan very clearly described the many difficulties clients faced following their release from prison and the big funding gaps in suitable supported provision especially with accommodation. Many find the prospect of release nerve-racking. For some, aspects of life may have changed whilst serving their sentence, for example with mobile phone and computer technology and they find the adjustment hard.

The volunteer mentors can help in providing support and having met their clients in prison worked on a plan to identify their client's goals. Mentors can accompany clients to appointments, signpost them to voluntary services and meet weekly over coffee to chat and listen.

If you would like to consider donating clothes or money or training as a volunteer mentor please contact Rev Susan Carne on 07645 428456 or email comm.chap.norfolk@hotmail.com

Catholic East Anglia

Newspaper of the Diocese of East Anglia

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Articles and photographs for the next edition are very welcome and should be sent to the editor, ideally via email, by the deadline of Tuesday April 9.

Diocese website: www.rcdea.org.uk

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Norfolk dates for Wakefield choir

■ The St Austin's Choir from Wakefield will be performing at a concert at St Joseph's Catholic Church, Sheringham on Saturday April 7 to raise money for the hungry and homeless.

Paul Henriksen, Director of Music at Our Lady of Refuge, Cromer, said: "The Parish of our Lady and St Joseph, is looking forward to the concert. The choir will perform a wide range of works from composers including Bruckner, Palestrina, Victoria, Mozart, Faure, Rutter, Granger and Handel. We are most fortunate to have St Austin's choir of 25 members come to sing for us and we thank the Director of Music, Patrick Ganley for agreeing to come."

There is no charge, but there is a retiring collection for the Society of St Vincent de Paul to enable them to continue supporting the Cromer and District foodbank and the temporarily homeless.

In 2012, the choir sang at St Peter's Basilica in the Vatican, Rome and the Pantheon in Central Rome. A further tour was undertaken in 2014 when the



choir visited Paris singing in Notre Dame and three other magnificent churches. A follow-up tour was made to Rome in 2017, which included singing at Santa Maria Maggiore, St Paul outside

the Walls and St Peter's.

The choir will also be at the Sung Mass in the Cathedral of St John the Baptist, Norwich on Sunday April 8.

www.staustinschoir.co.uk

Appeal for tales of unsung heroes

St John's Cathedral in Norwich is putting together an exhibition for the Heritage Open Days in September and to mark the 100th celebration of the ending of the Great War in November and is appealing for help to uncover the stories of unsung heroes.

■ Deacon Patrick Limacher, explains: "We are hoping to feature stories and anecdotes of those who were involved or died during this time of great sorrow and, as a consequence we are appealing to members of the diocese for any information or stories they may have relating to their family ancestors involved in the Great War (World War I) and who lived or worked in what is now the Diocese of East Anglia."

"These recollections need not be exclusively of those 'on the front'. There must be many stories of those who worked in the 'home' arena and not just the men."

We are also looking for stories about the women who may have served in the Land Army or as nurses or even in the munitions factories that



abounded at that time.

"Although many of the exhibitions being planned by others to cover this period are featuring the rich and/or famous we, on the other hand, want to concentrate on those unsung heroes who dedicated themselves selflessly to the war effort without any thought of fame or reward, so your family stories would greatly enhance the image of the 'ordinary' people who contributed so much," said Dcn

Patrick. "We would appreciate a short precis of your family story to allow us to evaluate its possible relevance and contribution to the exhibition. If the steering committee feel that your story can be featured in more depth, then we would be in touch with you to follow up the story in more detail."

"Although we cannot guarantee to feature every story we receive we will ensure that the names of those who died

during this war, if notified to us, will be included on a "Role of Honour" we will prepare for the exhibition."

Help and assistance from all parishes within the Diocese is very welcome.

Stories in the first instance can be submitted to the committee either by post, directly addressed to the Cathedral and marked "FAO The Heritage Open Days Committee", or by email to: heritageopendays@sjbcathedral.org.uk

Parish bans disposable plastic

■ Parishioners at Our Lady of Good Counsel in March have taken the decision to ban the use of disposable plastic in their newly-refurbished parish hall.

Parish Priest, Fr Paul Maddison, said: "At a recent Parish Open Meeting a discussion took place around the subject of plastic waste and how we as a parish community could contribute to the debate.

"It was felt that, since there is a large quantity of cutlery, crockery and glasses in the kitchen; people who hire the hall should not be using disposable items and then sending their waste to landfill. Our terms and conditions of hire will now be amended to reflect this decision.

"We also decided to challenge any of

our suppliers using large quantities of plastic packaging to send their products and, if they fail to respond, to change to alternative providers."



March parishioners showing their support for the plastics ban at the parish hall.

Fr Charles marks 50 years as a priest

Despite the snow and ice, around 70 parishioners from St Edmunds, Bungay braved the elements on March 3 to help Fr Charles Fitzgerald-Lombard celebrate his Golden Jubilee of ordination. Helen Kirby reports.

■ The celebration of 50 years of Fr Charles' ministry began with a Festal Mass in the church, followed by a party in the hall.

Downside Abbey in Somerset supplies priests for St Edmunds and St Benets in Beccles and its Prior General Dom Leo was prevented from attending by the bad weather. His tribute to Fr Charles was read out during Mass by Fr Martin from St Benet's. To add to the celebrations, the choir was accompanied by a solo trumpet played by Lucy Cranfield during the closing hymn, Now Thank We All Our God.

Afterwards in the church hall, refreshments and a light buffet supper, organised by Sonia Montagu, Carole Hunt and Chris Lindsay was provided.

Comments from parishioners, on an interactive smartboard, describing what Fr Charles means to them were revealing and demonstrated huge admiration for



Fr Charles with the hand-stitched banner made by Amelia Heath, right.

our beloved parish priest for the past 12 years, his humour and his hobbies!

A special entirely hand-stitched banner, designed by arts student Amelia Heath, also decorated the hall.

Chair of the PPC, Helen Kirby, paid tribute to Fr Charles saying: "You have drawn us together in worship, helped us deepen our faith, visited us in our homes, baptised our children and, as they grow in faith, ministered the Sacraments of FHC and, on occasions, Confirmation, blessed our marriages, comforted us in our sickness,

supported us in bereavement, shown compassion, and encouraged us to take the initiative and run with projects – even if you thought they were a bit crazy!. Ultimately, you have helped our whole parish community realise God's presence among us. And that must be the ultimate mark of a good parish."

Parish Treasurer, Carole Hunt, presented Fr Charles with his gift from the parish – an electric bike. Brian Lewis, Chair of St Benet's PPC, then presented a gift to Fr Charles on behalf of St Benet's.

Following the presentation

of gifts and expressions of thanks, Fr Charles cut the rather large celebration cake, prepared by 'Queen of Cakes', Aida Shaw.

Aida's son, Benjamin, later entertained us with a performance of 'Stars' from Les Miserables, followed by a rather apposite reading by Andy Parris on the qualities of a good shepherd, taken from the book of Ezekiel.

The evening was drawn to a close with everyone joining in a rousing rendition of 'For he's a jolly good fellow', accompanied by Fr Martin on piano.

news in brief

Launch aims to bring back Latin

■ Graduale Parvum, which aims to bring the essentially Catholic language of Latin back into the Mass is set to be launched in April with the help of Bishop Alan Hopes.

The launch of the Graduale Parvum by the Association for Latin Liturgy (ALL) will take place on Saturday April 21 at St Mary's College, Oscott at an open meeting with Archbishop Bernard Longley, from the Archdiocese of Birmingham and Bishop Alan who is advisor to the ALL.

There will be a short explanation of the GP by Fr Guy Nicholls, after which he will present copies of the book and the CDs to the Archbishop and Bishop. It will be followed, at 12 noon, by a Solemn Mass of Our Lady in Paschaltide, celebrated by the Archbishop. The Proper chants will be sung from the Graduale Parvum.

Lunch and talks by Fr Paul Gunter and Mgr Andrew Wadsworth will follow along with a panel discussion.

ALL Chair, Christopher Francis, said: "Graduale Parvum points the way to bringing the essentially Catholic language of Latin back into the Mass, whether as part of a mixture, with some chants in Latin and others in English, or in a fully Latin celebration.

"We hope that the Graduale Parvum and the recordings that have been newly made to accompany it will be a help and an inspiration to all choirs who want to bring to their parish liturgy the riches of this extraordinarily significant and uniquely beautiful form of sacred music. We warmly commend this enterprise to our members, to all choirs and choir directors, and indeed to the whole Church."

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NEW EVANGELISATION



A Eucharistic pilgrimage

■ Continued from front page.

Ecclesiology, Eucharistic Language and Catechesis, and Rites and Music for Eucharistic Adoration

The Echo Arena in Liverpool, situated very close to the ACC, can accommodate 10,000 pilgrims, and will be the home to a six-hour stage programme on the second day of the Congress, which will include a Congress Mass, two keynote addresses by Bishop Robert Barron, auxiliary bishop of Los Angeles, known for his Word on Fire ministry and as a noted preacher and evangelist. There will also be a drama highlighting the beauty of reverence and devotion. The day will conclude with Adoration, Benediction and Evening Prayer.

On the final day of the Pilgrimage and Congress, Sunday, there will be pilgrimage Masses and a street procession – open to all.

In his Pastoral Letter to the Diocese of Westminster for the solemnity of Corpus Christi, Cardinal Nichols wrote: "We seek to rejuvenate Eucharistic adoration in our parishes as the source of strength for our lives and for our mission, that of making present the love and compassion of Jesus in our society."

The Eucharistic Congress has been given the title Adoremus (let us adore).

This pilgrimage will bring people together from across the dioceses and further the service of the poor and marginalised in our midst. It will also aim



East Anglian delegates receiving the Eucharist at World Youth Day 2016 in Krakow.

to provide practical resources to develop the mission of the Church in prayer, contemplation and adoration of the Blessed Sacrament.

In due course resource material will be made available to all parishes.

Our own Diocese is a long way from Liverpool, and, in practice, those who would like to go will need to make their own way there, though a coach has been

booked to leave Norwich very early on Saturday morning, picking up in Cambridge, and not returning until very late that evening. The booking is only provisional and we shall wait to see the uptake on this.

Because there are not likely to be huge numbers from the diocese attending the Congress, the weekend of September 7-9 will be an opportunity for parishes and deaneries to focus attention on what is

happening in Liverpool and joining together in a chain of prayer before the Blessed Sacrament.

We are also planning a study day/workshop at the Cathedral, sometime in early summer, to look at the history and theology of eucharistic adoration in the life of the Church.

Further details about the programme and resources may be found on: www.catholic-ew.org.uk



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Public Lecture and reception

On Human Nature Prof. Sir Roger Scruton

18 May, 5 pm

Queen Theatre, Emmanuel College,
Cambridge

Drawing on his book of the same name, Roger Scruton joins us to speak On Human Nature, presenting an original and radical defence of human uniqueness. He argues that human beings cannot be understood simply as biological objects.



CCRS

The Catholic Certificate in Religious Studies (CCRS) is managed and awarded by the Board of Religious Studies on behalf of the Bishops' Conference of England and Wales. The course seeks to ensure that participants have at least a basic knowledge and understanding of the beliefs of the Catholic Faith. It also provides a basis for further study.

Who is it for?

- teachers in catholic schools
- parish catechists and other ministers in the Church
- anyone who wishes to develop their faith

The course is made up of eight modules taught over two sessions on Saturdays and is usually completed over two years.

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Costs:

Each assessed module costs £60

Each non-assessed module costs £45

Starting date: September 2018



Places are limited so please book as soon as possible to avoid disappointment.

For more information about the above courses or to register please email Ela Wolbek on ew263@cam.ac.uk
12 Grange Road, Cambridge, CB3 9DU, 01223 741039 Website: www.margaretbeaufort.cam.ac.uk

Tandem couple raise charity cash

■ Two octogenarian tandem cyclists, from Taverham, have visited 42 different Norwich churches in just six hours to raise almost £400 for Our Lady and St Walstans church in Costessey, as well as cash for the Norfolk Churches Trust.

Parishioners Michael and Paula Hughes rode their well-travelled tandem around Norwich during September's Annual Bike Ride and Walk and the cash has just been received by grateful parish priest Fr David Ward.

Paula completed the ride despite having recently fractured her wrist while attending The Tandem Club International Rally in Germany.

Michael said: "Our six-hour sponsored ride took place within the city. Route planning was the key to fitting so many churches into our route.

"Around 2005, Paula noticed that many of our local hills had become much steeper so we bought an electric 'shopper' bike. As this proved unsuitable for expeditions along Marriott's Way and beyond we invested in a tandem and joined the Tandem Club.

"We have since attended camping rallies at home and abroad, the furthest afield being the rally at Lipno in the Czech Republic in 2015. This involved driving about 2000 miles and undertaking rides of up to 40 miles a day in very hilly country and roads that were so unmade as to merit a Turner prize were it possible to bring them to the Tate Gallery to sit beside 'The Unmade Bed'." The intrepid couple still have one ambition to complete though.

"We have yet to ride to Walsingham and back from our home in Taverham but we are working on it," said Michael. "Our next rally will be an easy one for us as it is based on Market Rasen in Lincs. Our ambition remains the same for every trip – to get back in one piece."



Michael and Paula Hughes with their tandem at a rally in the Czech Republic.

Archbishop to speak at UEA lecture

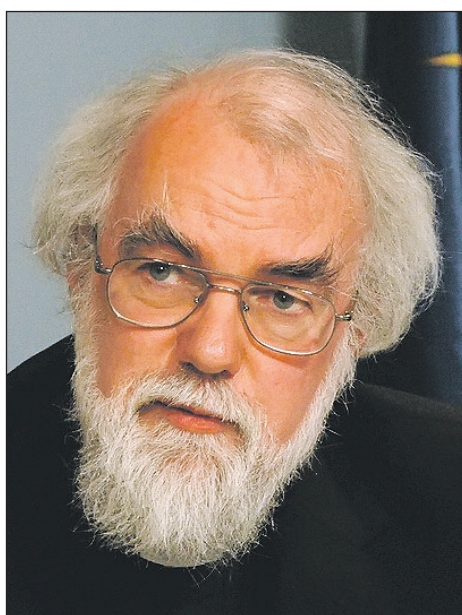
■ A former Archbishop of Canterbury, an award-winning professor and a Dominican Sister will be speaking at this year's Newman Lectures at the University of East Anglia in April.

The lectures, organised by the Catholic Chaplaincy at the UEA, are one of the most popular public lecture series at the university.

The theme for this year's series is 'Holiness', and the speakers are Professor Stephen Bullivant, of St Mary's University Twickenham (April 16); former Archbishop Rowan Williams (April 23); and Sr Ann Swailes of Cambridge University (April 30).

Lectures take place on Monday evenings at 6.30pm at UEA's Julian Study Centre and are free to attend.

Deacon Andrew Eburne, Catholic Chaplain at UEA, said: "I'm delighted to be able to announce such distinguished and diverse speakers. Stephen Bullivant has won numerous awards for his studies of Catholicism and the new atheism. Rowan Williams will be speaking on 'Modern Urban Saints: Madeleine Delbrel, Dorothy Day, Maria Skobtsova'. Finally, Sr Ann Swailes, who is a very



Former Archbishop Rowan Williams.

popular lecturer and chaplain from Cambridge University, will be speaking on the Dominican idea of holiness.

For more information contact andrew.eburne@uea.ac.uk

news in brief

Jordanian pupils say thank you

■ Young Jordanian students have personally thanked the Cambridge Nazareth Trust (CNT) for its work in supporting the training of teachers in schools within the Latin Patriarchate of Jerusalem (LPJ).

Margaret Waddingham, Chairman of CNT, was thanked by students when she visited the LPJ Jubeiha School in Amman, Jordan in November. The Trust has helped train its teachers over the past six years, using new teaching methods.

Margaret said: "Through education we encourage the Christian communities to play their part in the future development of their lands. Our supporters' donations remind these struggling Christian communities that they are not alone and it gives them hope. Their schools welcome all, Christian and Muslim alike, and are safe havens of peace and justice in these troubled lands."

Two full weeks of the English Project last year were financed with £20,000 from CNT, including a generous donation of £10,000 from Sir Harold Hood's Charitable Trust. The teachers were provided with seminars, workshops and lesson observations and are now sharing ideas with their colleagues and transforming teaching in their schools.

The October training sessions were held in the new Teacher Training Centre in Amman.

Read more about the work at: www.cambridgenazarethtrust.co.uk

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CATHOLIC PARISH OF OUR LADY AND ST JOSEPH, SHERINGHAM AND CROMER TIMES AND LOCATIONS OF SERVICES FOR HOLY WEEK AND EASTER	
PALM SUNDAY Saturday (March 24th) 6pm and Sunday (March 25th) 9am at Our Lady of Refuge, Sunday 11am and Sunday 6pm (Low Mass in the Extraordinary Form) at St Joseph's, Sheringham.	EASTER DAY 9am at Our Lady of Refuge, Cromer 11am at St Joseph's, Sheringham NB There is no 6pm Mass at Cromer on Easter Eve (March 31st)
MAUNDY THURSDAY 7.30pm at St Joseph's, Sheringham.	CONFESSION TIMES BEFORE EASTER: Saturday, 24th March from 9.30am to 10.30am at St Joseph's, Sher- ingham; and from 3pm - 4pm and 5pm - 5.30pm at Our Lady of Refuge, Cromer.
GOOD FRIDAY 3pm at St Joseph's, Sheringham. 7.30pm Stations of the Cross at Our Lady of Refuge.	Friday, 30th March (Good Friday) at 8pm at Our Lady of Refuge; and by appointment (Tel: 01263-822036)
EASTER EVE Saturday at 8pm at St Joseph's, Sheringham.	

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Palm Sunday 25th March:

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08.00 & 10.00am & 6.30 pm

Maundy Thursday, 29th March 7.00 pm
Mass of the Lord's Supper

Good Friday, 30th March. 3.00 pm
Commemoration of the Lord's Passion

Holy Saturday, 31st March. 7.00 pm

The Easter Vigil and First Mass of Easter
Easter Day Masses at 08.00 and 10.00 am

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Warm welcome t

Around 50 people seeking to become members of the Catholic Church were personally greeted by Bishop Alan Hopes at the Rite of Election service at St John's Cathedral in Norwich on February 18. Keith Morris reports.

■ Catechumens and Candidates from across the Diocese of East Anglia gathered at the cathedral with their sponsors to take part in the Rite of Election, an important stage along their journey as they undergo the final stages of RCIA (Rite of Catholic Initiation of Adults) and prepare to be either Confirmed, or to be received into the Full Communion of the Church and receive the Eucharist for the first time, both of which take place at the Easter Vigil.

There were individuals and groups from Cambridge, Peterborough, Ipswich, Norwich, Lowestoft, Great Yarmouth, Gorleston, Ely, Southwold, St Ives and North Walsham.

Catechumens are adults who have never been baptised and seek to become members of the Catholic Church through the Sacraments of Baptism, Confirmation and Eucharist at the Easter Vigil. After being greeted by Bishop Alan, they were invited to write their names in the Book of the Elect.

Candidates are adults who have been baptised in one of the Christian denominations and now seek to become members of the Catholic Church through the Rite of Reception whereby they will receive the Sacraments of Confirmation and Eucharist.

In his homily, Bishop Alan said to them: "Today is a celebration of your hope and trust in Jesus Christ, to whom you turn for salvation. Today you are being elected, chosen, called to salvation. The Church rejoices with you as she numbers you amongst all those who have been called and chosen.

"During Lent, together with the whole Church, you are being called to turn to the Lord. You are being called to deepen your commitment to Him and so grow in holiness. You are being called to become saints of God."



Pictured are Catechumens and Candidates at the Rite of Election service at St John's Cathedral in Norwich. For a full picture gallery visit: www.rcdea.org.uk

Community kitchen which aims



The inaugural community kitchen at Our Lady and St Thomas in Wymondham.

A new community kitchen initiative providing hot meals for scores of local people who live alone has been launched, based at Our Lady and St Thomas of Canterbury Catholic Church in Wymondham.

■ Co-ordinator, Arnie McConnell, said: "Funded by parishioners, the Community Kitchen aims to provide simple meals, coffee, tea and companionship to people in our community who would benefit from this facility in the heart of Wymondham.

"It exists for people of all faiths and the inaugural lunch on February 13 attracted 60 guests and was focused on people who live by themselves in our community."

The church is working with several other faith groups and non-faith organisations in Wymondham to put on the

o the church



Vigil was no pitchforked mob on streets of Norwich

Fr Henry Whisenant reflects on changed perceptions of the 40 Days for Life vigil.



■ “A long way from a pitchforked mob”. That is how the student newspaper for the University of East Anglia summed up the 40 Days for Life vigil held in Norwich, which will have finished by the time you read this.

If you go on their website (the publication is called Concrete, a tongue-in-cheek reference to the campus’ architectural, erm, brutality), you will not find they have any particularly vested interest in speaking favourably of the pro-life movement. The author of the article admits that, “similarly to most students, I have a relatively pro-choice leaning”. But what struck him about the 40 Days was how peaceful it was.

Indeed, over the five weeks the vigil was hosted outside the abortion clinic at the Community Hospital on Bowthorpe Road, others passing by confessed that they expected to find something else. A shouting crowd waving slogans and shoving literature in people’s faces perhaps? Instead, they found groups of two or three people quietly praying next to signs that said things like “Pregnant? Worried? Can we help?”

This is in accordance with the positive vision of 40 Days for Life, expressed on the campaign’s website: “to access God’s power through prayer, fasting, and peaceful vigil to end abortion”.

By now this international campaign has the benefit of 10 years’ experience, and it takes place in cities across all six inhabited continents. This Lent was its introduction to our own diocese.

Who knows what the results will be? To date, 90 abortion facilities have closed and 14,000 mothers have kept their babies because of similar vigils. Even if only one woman felt affirmed and loved enough to change her mind and keep her baby by seeing our witness in Norwich, for me, that would be good enough reason to have taken part.

But one immediate fruit of the vigil here was the number of passers-by who came to thank us for doing it. I don’t think we realise the number of people who are silently unconvinced that legalised abortion is in the interests of the child or the mother, or of relationships, families, and society at large. And such public vigils encourage people to know they are not alone. But if convinced people like us hide our lamp under a bushel, how will the darkness of the status quo be ended?

40daysforlife.com

to feed the lonely

lunch including South Norfolk Council, Wymondham Lions and the Town Team who provided transport and the Catholic Women’s League, who cooked a two-course meal.

It was also supported by other local community groups and charities and a local GP surgery referred some guests.

Arnie, co-ordinator along with Teresa Wiseman, said: “We believe that the Community Kitchen project is a small but important commitment to engage with those members of our community who feel cast adrift.”

“Wymondham is not immune from the adverse effects in the age of austerity. With an aging population, low incomes and a curb on benefits, it is vital that we find ways to build our community and care for each other.

“We are reaching out to people of all faiths and none who will benefit from a cup of tea or coffee and

companionship.

“The Community Kitchen is another small step towards building a more supportive Wymondham. Quite simply, we are guided by the concepts of kindness and compassion.”

The lunch was generously sponsored by Waitrose as part of their Community Matters Isolation Campaign

Looking to the future, Our Lady and St Thomas of Canterbury, led by Fr Michael Ryan, has raised £20,000 through the Alive in Faith initiative to create a dedicated space for the Community Kitchen in the Narthex of the church.

The new space will be completed in the next few months and the plan is then to run a weekly community meal.

Further details are available from Arnie McConnell at finance@wymondhamrcchurch.org.uk or through the Parish Office on 01953 603104.



Picture by EDP.

DIOCESAN SCHOOLS IN FOCUS

Frugal meals to highlight the hungry

Two Catholic schools in East Anglia have hosted hunger lunches to draw attention to people across the world who often do not have enough to eat.

■ Pupils at St Mary's School, Cambridge hosted a hunger lunch for Family Fast Day on February 23, to help communities around the world to grow crops and receive better nutrition as part of this year's CAFOD Lent fundraising campaign.

Instead of their usual lunchtime meal, students had the option to enjoy a simple soup lunch which raised nearly £250. This will help fund agricultural training, education, and clean water projects for communities living in poverty.

Daniel Bennett, Head of Religious Education and Director of Christian Life, said: "Our students took a few moments at lunch to stand in a gesture of solidarity with those around the world who go without."

"Students and staff who swapped their usual delicious and generous school lunch portions for a bowl of soup and a roll raised £245. The UK Government will double these contributions to £490."

Worldwide, one in nine people regularly go hungry. Malnutrition kills almost three million children a year. Even for a child who survives malnutrition, their growth can be stunted, and it can cause irreversible damage to mental development.

This Lent, CAFOD is working to combat malnutrition in Zimbabwe by providing seeds and farming training for families and communities so that everyone has enough to eat.

CAFOD's representative in Cambridge, Jane Crone, said: "The Lent appeal is such a great way of bringing people together and raising an incredible amount to help others. We want to say a massive thank you to the students at St Mary's for organising this event and standing in solidarity with communities who are living in poverty."

The funds raised by CAFOD's Lent appeal will reach an estimated 245,000 people in Zimbabwe, Zambia, and Eritrea and enable communities to grow a better future by providing safe water, supporting communities to plant vegetable gardens and teaching them about good nutrition and hygiene.

It will also provide training for families on farming techniques to grow drought-resistant crops.

All donations to CAFOD's Lent Appeal, up to £5 million, will be doubled by the UK government up until May 12.

■ Sacred Heart School in Swaffham (pictured right), held its annual Rich and Poor Meal. Charities Prefect, Catherine Hazel, explained: "During Lent it is important to think about what we have in life and know how lucky we are because there are many less fortunate within our own communities and globally, who suffer daily. The rich and poor meal, and the frugal meals throughout Lent, allow us to reflect on how we can help those in need."



New head Matt Baker (back row middle) with students at St Albans High School, Ipswich.

New head sets out vision to be the best

The new headteacher of St Alban's Catholic High School has set out a vision of it becoming the best school in Ipswich.

■ Matt Baker, 38, the former vice principal at St Benedict's Catholic College, started at the end of February. He said: "We are moving forward and have the capacity to be the best school in Ipswich. There has been a process of healing but we have a very clear and cohesive vision. This school will only go one way. We have phenomenal students and highly-experienced staff. Form is temporary but excellence is permanent. We are in good shape to get back to being outstanding."

He said he was aware of the "massive commitment" students make travelling

from across the town: "I understand the importance of restoring our position in the community and restoring the good name that the school has."

"It is very important that we get that right, for us and the Diocese of East Anglia. We need a flagship Catholic school in Ipswich. Our most powerful thing is a very strong Catholic ethos, which means we are an incredibly close and caring community."

He pledged to put "learning first" and support staff so they can be "slick and robust", with a "broad and fun" curriculum and extra-curricular activities.

"We want students to be proud of their results but also leave as individuals with strong moral principles and values," he said. "But I think we can be the best. We have got all the raw materials and ingredients. When Ofsted come back they'll see the massive impacts, I

promise you that."

Following an undergraduate maths degree, Matt trained as a teacher at the University of East Anglia. On the course, he met his wife, Helen. She is also a teacher, and heavily involved in teacher-training programmes in Essex and London.

Over the next five years, he worked in two Norfolk schools, in various leadership roles and when an opportunity came up in Colchester, Helen's home town, the couple relocated. There, Matt joined the vibrant parish of St Teresa's, Lexden. Three years later, their son was born. Subsequently, Matt has been a senior leader in two Essex schools and in 2012, his daughter was born.

Bishop Alan visited St Albans on March 16 and celebrated Mass at the school.

www.st-albans.suffolk.sch.uk



YOUTH MATTERS

Chance to explore the Easter mystery

An opportunity to experience the Easter mystery is being offered to young adults across East Anglia at a Holy Week Retreat in Walsingham, organised by the Ignite Youth Mission Team.

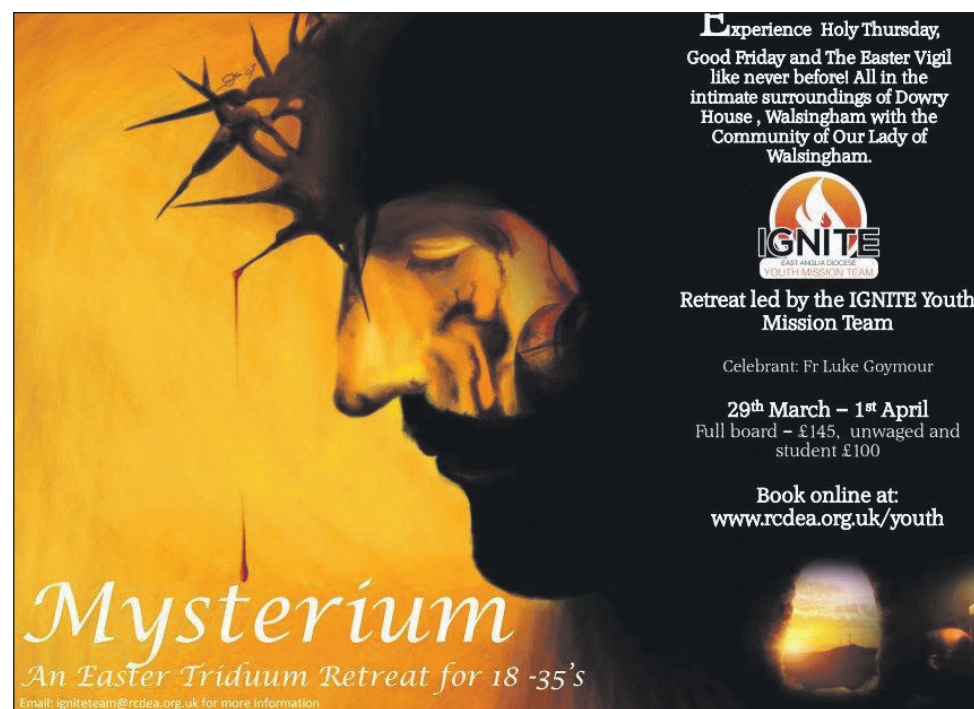
■ During the Mysterium retreat, participants (aged 18-35) are invited to journey through the Easter Triduum as a community of young adults, in the intimate surroundings of Dowry House in Walsingham.

The retreat will begin at 3pm on Holy Thursday (March 29) and conclude with lunch on Easter Sunday (April 1).

Apart from the liturgical celebrations, there will be workshops and space to pray and reflect. The Ignite team are delighted to welcome Christian mime artist Steve Murray on Good Friday who will be performing his mediation on the Passion from the perspective of the centurion.

Youth chaplain Fr Luke Goymour, said: "At the heart of the Christian Faith is the Paschal Mystery: the suffering, death and resurrection of Jesus Christ. Through the signs and symbols of the Holy Week Liturgy the Paschal Mystery finds its richest expression.

"The Holy Week Liturgy, culminates in the Sacred Triduum: Maundy Thursday, Good Friday and Holy Saturday. Over these three days the Church celebrates in



a sense one continuous liturgy. On Thursday evening we journey with Jesus from the Upper Room to Gethsemane. Then on Friday we move to his trial and Crucifixion and finally, after hours of waiting in prayer and in anticipation we celebrate his glorious resurrection in the Vigil Mass on Saturday night.

"The Holy Triduum is a liturgical celebration like no other, and rightly is the central celebration in the Church's year. Yet, for many, this liturgy is often skipped

over or only partially understood. Work and other commitments often do not allow for people to attend all of the liturgies – and so even with the best will in the world something is lost from the Easter celebration."

The cost (full board) is £145, or £100 for unwaged and students. Places are limited and filling fast.

To book your place please go to www.rcdea.org.uk/youth and follow the link to the online form.

Key 2018 dates

■ **March 29 - April 1:** 'Mysterium': Triduum Retreat for 18-35s, Walsingham

■ **May 5 - 6:** Ignite Diocesan Youth Festival, Swaffham

■ **May 7:** Pilgrimage Walk to Walsingham. All ages welcome

■ **June 2 - 3:** Celebrate East Anglia Family Conference, Bury St Edmunds. Details at: www.celebrateconference.org

■ **July 24 - 29:** Youth Summer Pilgrimage to the North of England and Scotland. The 'Northern Saints Pilgrimage,' is for 16 - 35s.

We will be visiting Lindisfarne, Durham and Iona amongst other places with a focus on the saints who lived in these locations and what they can teach us. To register your interest please email dys@rcdea.org.uk.

■ **July 30 - August 3:** New Dawn Family Conference, Walsingham

■ **August 24 - 31:** Pilgrimage to Lourdes

■ **August 23 - 27:** Youth 2000 Prayer Festival, Walsingham, for those aged 16+

■ **August:** Summer Camp (location and dates to be decided), for those aged 8-14

For more details of each event, please see www.rcdea.org.uk/youth

Chance to join the Ignite team

■ The Ignite Youth Team is recruiting for full-time members for the 2018 - 2019 academic year.

For further information and an application form, contact Ignite Team Leader Cat Williams at igniteteam@rcdea.org.uk

Youth contacts

Tel: 01508 486236

Email: Ignite Team enquiries
igniteteam@rcdea.org.uk

All other enquiries: dys@rcdea.org.uk

Facebook: www.facebook.com/igniteyea

Twitter: @igniteyea

Web: www.rcdea.org.uk/youth/



A busy time exploring Reconciliation

Ignite team leader Cat Williams reflects on a busy time exploring Reconciliation in the context of Lent.

■ Since jumping back into action at the start of September it feels like our feet haven't really touched the ground, in particular since the start of 2018.

We have been up and down the Diocese visiting various parishes for youth masses, confirmation classes and First Holy Communion sessions, and going into schools for assemblies and RE Classes.

Ciaran, who joined the Ignite Team for a gap year, visited Jamaica on a mission trip with the Missionaries of the Poor in January; his feet briefly touched the ground before we, as a team, took advantage of a brief break over the February half-term to make a trip to Rome.

Since coming back, it has been a flurry of time in parishes and schools, predom-

inantly exploring the theme of Reconciliation in the context of Lent. Our aim in our work is to teach the young people we meet that they are created and loved by God, a God who wants to have this close friendship with them.

Through times of prayer and reflection our hope is that an opportunity, a space, for an encounter with God is made, and doing this around the time of Lent is particularly poignant as it is a time particularly for remembering the sacrifice God made for us to share in this relationship.

Lent is this time of preparation for Easter, but also, as I've been pondering it more, in a way it is a preparation for life. In primary schools at the moment, we teach the children a song called 'Be Ready,' with the main message of the song being, of course, readiness to receive Christ, which translates well into the opportunity Lent provides, but also how we should be living out our lives day-to-day.

Lent is that chance to stand back and re-evaluate our lives: where we are going,



Cat Williams.

what choices we are making and to seriously ask ourselves the questions, am I following Christ in my day-to-day life? Am I truly living out my faith? The call to holiness which we, as Catholics, should be striving for? It is this time of close examination of ourselves, and our relationship with Jesus.

We talk in schools about the

'three pillars of Lent' which are: prayer, fasting and almsgiving. These three things we should do anyway, but particularly make an extra effort in throughout Lent. Our Lenten observances should be born out of love. Love for God and for those around us.

It is a beautiful time to reconcile ourselves to God, especially through the Sacrament of Confession, a moment of intimate encounter with the mercy and love of God our Father, a chance to acknowledge his faithfulness the fact that we haven't always been so.

We are now in the final week of this time of preparation for Easter. We may feel like our Lent has gone fairly well, that we've managed to stick to those resolutions we made in the areas of prayer, fasting and almsgiving but some of us may feel that we haven't! So in this final time before Easter, let us strive all the more to be reconciled to God and to one another and remember that, "nothing can separate us from the love of God."

Fr Gordon – whose faith did not fail

Fr Gordon Cordy, who had the unique distinction of being ordained in both of Norwich's cathedrals, died peacefully on January 21 at the age of 88. Fr Michael Johnstone paid tribute in his homily at a Requiem Mass at St John's Cathedral on Friday, February 16.

■ From almost his earliest days, Gordon was enfolded in the Christian faith. From his earliest days of schooling at the age of eight at Norwich School - hard by the Anglican Cathedral - it would have been difficult for Gordon not to have been deeply influenced by the faith it represents, stands for and proclaims.

But it doesn't just stand there as a presence - or witness - it is also the de facto School Chapel; and it is the place, where Gordon learnt to pray and to believe. Together with that - and the encouragement of a Catholic-influenced chaplain - the impression made on him must have been soul-forming.

Not that school, and Norwich's Anglican Cathedral, were the only influences on Gordon's incipient spirituality. For the whole of his family - living in nearby Hingham - were regulars at services in the Anglican Parish Church, where

elements of Catholic theology were also preached. There Gordon became deeply involved - as server, choir boy, Lay Reader - and even - when the elderly organist went absent-without-leave - the substitute organist.

In both places, he learnt of the promises that faith in Christ brought with it. These beliefs would stay deep in Gordon all his life.

So Gordon was brought up imbibing the richness of our faith, and knowledge of God's intimate love for him personally.

And these influences went very deep into Gordon, leading in due course, when already in his early 30s, for him to believe he was called to full, rather than simply part-time, ministry in the Church of England. And thus he set off for three years of theological study.

He cannot have found it easy after more than 10 years away from school - and with a young wife and children - to return to academic work. He had already lived with God in his life. But the call to serve Him full-time to the end of his days, with all his energy, overcame whatever insecurity he may have felt at transferring to full-time study, and ultimately being an ordained minister in the service of his Lord. For he had found that his soul was thirsting for God.

So in his mid-30s he was ordained in



Fr Gordon in 2016.

the very cathedral that had been his school chapel, first as deacon and a year later as priest.

After a brief stint in Norfolk, he was drawn away for many years to parishes in Gloucestershire and Hertfordshire. Distance from the area in which he had

his deep roots must have been difficult both for him and for his wife Mary.

However, even after their return to their roots in Norfolk - life was to become a deeper challenge for Gordon. First, there was the wrench from their well-established position in the Church of England, and the decision to be received and ordained into the Catholic Church at the age of nearly 70 - but it was a step that with his deeply-formed conscience he and Mary knew they had to take.

This, however, was only the prelude to an even more testing challenge. For it was not long after that that Parkinson's disease attacked Gordon.

What a trial those long years of pain and suffering, of occasional renewed hope, and then gradual worsening of his condition, were for both Gordon and Mary. But they knew that nothing could come between them and the love of Christ.

And, I'm sure, that Gordon accepted that trial fully and faithfully.

As a child, as a youth, as a young man - as in old age, Gordon accepted God's will for him. And his faith did not fail.

Gordon's faith, nurtured throughout his youth, maintained and strengthened in middle age, remained strong through great trial, and to the end.

Fr Gordon was husband to Mary for 66 years and much loved by sons Colin, Timothy and Julian, daughters-in-law, eight grandchildren and nine great-grandchildren.

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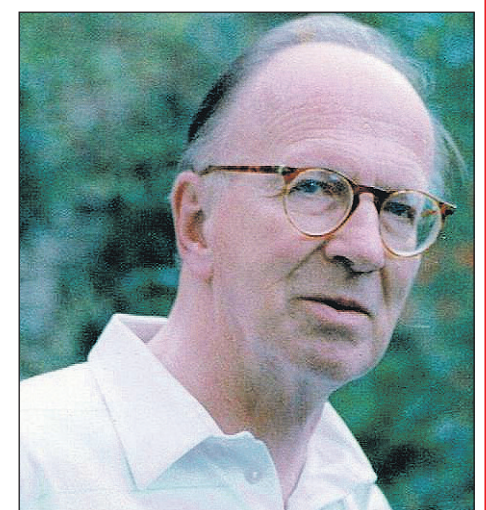
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A scholar and a writer

Fr Emmanuel Sullivan SA, who served in the Diocese of East Anglia for a number of years, has died aged 91. Friend Nicky Murphy from Redhill pays tribute.



■ Born in 1927, in Upper New York State, USA, Fr Emmanuel entered the community of Franciscan Friars of the Atonement, at Graymoor, Garrison, NY, when he was 15; professing his Final Vows in 1952 and being ordained to the priesthood in 1955.

He achieved a PhD from Catholic University USA, and taught as Professor of Philosophy at St Joseph's Friary in Saranac Lake, and later at St Pius X Seminary, Graymoor. He undertook pastoral work in British Columbia and Massachusetts, and was appointed Ecumenical Director at St Francis Friary in London from 1968 to 1974.

From 1974 to 1977, he was a part of the Ecumenical Community at Hengrave Hall, Bury St Edmunds, and visiting scholar at St Edmunds House of Studies at Cambridge in the late 70s.

In 1983, Fr Emmanuel returned to New York to assume the role of Director of The Graymoor Ecumenical Institute until 1989. He then served as Director of the Christian Education Centre in Crawley, for one year, and after a period of sabbatical leave, was appointed in 1991 as Diocesan Ecumenical Officer for the Diocese of Arundel & Brighton, by the then Bishop Cormac Murphy O'Connor. During this time he served as Priest in Residence at St. Joseph's, Dorking, with parish priests Fr Martin Thompson

and later, Fr Matt McInerney, and was actively involved in parish life.

He retired from active ministry in 1999 and returned to Graymoor serving on the Community Ecumenical Committee from 2002 until 2007. He received the Franciscan Peacemaker Award in 2007.

Though a scholar and writer, Fr Emmanuel was humble by nature. For him, people came first, and while a man of gravitas, there was often a twinkle in his eye. During his life he worked ecumenically at strategic and grass roots level. His message to different denominations and faiths was "Do what you can do together while respecting each other's differences", but he also knew that the best way towards Christian unity was to work from the top down.

His order, the Franciscan Friars of the Atonement, continue to work to facilitate Christian reconciliation and renewal, and also interreligious dialogue.

Fr Emmanuel died on December 19.

To advertise Phone Janet on

01440 730399 or 07931 836907

BUILDING BRIDGES

International Women’s Day of Prayer

■ International Women’s World Day of Prayer was celebrated in Wisbech on March 2 at Our Lady and St Charles Catholic Church, with an ecumenical congregation of around 25.

The material was put together by the Women of Suriname, located on the NE coast of South America. Hilary Finlay, from Our Lady, led the service. She said: “This is another opportunity to show solidarity with those, particularly women, in differ-

ent countries, and to cement the good work working relations shared by the local Wisbech churches. Thank you to all those, men and women, who supported this annual event.”

Bharat Khetani and his wife Pritty, from the Wisbech Interfaith Forum, said how uplifted and challenged they had been by the service.

The flag which drapes the altar (pictured right) is the national flag of Suriname.



Visit strengthens links with Cambodia

Links between East Anglia and Cambodia are going from strength to strength and the latest visit in February saw 15 parishioners, mostly from St Etheldreda’s Ely and St Peter’s Gorleston-on-Sea, accompany Frs Tony and Philip Shryane. Stella Fox and Mary Durkacz report.

■ As well as learning about and visiting sites which show the terrible recent history of Cambodia, when three million people were systematically murdered by the Khmer Rouge, the group’s main focus was to support with donations, prayer and practical help a number of projects new and old.

The first visit was to an inner-city school run by Salvation Centre Cambodia to support the education of its very deprived inner-city community. The group then went to Banteay Prieb which was founded in 1991 to provide training and work for those with disabilities, predominantly land-mine and polio victims. The Missionaries of Charity in Phnom Penh offer a refuge for those suffering from Aids and HIV, those with mental health problems and those rejected by society and the group was welcomed to morning prayer and a gentle stroll through the project.

The group was made up of singles, couples and a family including a delightful ten-year-old from Southampton. His passion for football was met when the group were press-ganged into attending Fr Panus’s match against the local CROAP agricultural centre, by chance their next visit.

The cathedral of the Prefecture of Battambang is in Battambang itself. Fr Manoj met the group and over the next few days took them



Children at Ta Om performing the Blessings Dance for their East Anglian visitors.

around the campus kindergarten, training centre and student centre. The visitors had collected a large number of items to take to the medical centre, including drugs, bandages and unused medical equipment and everything was gratefully received.

While eating at the diocesan cafe, the group were delighted to bump into Bishop Kike, just back from Central America. They met again after Mass the following day when acquaintances were renewed and news exchanged.

The group enjoyed visits and meals at a range of churches and projects: the beautiful, hexagonal St Joseph’s Church at Kompong Chnang with its depiction of Jesus and his disciples as Cambodians; Bishop Kike’s parish and hostel, Ta Hen; the new church at Nikkum; St Theresa’s Chom Nam, the site of Bishop Michael’s bridge; Ta Om, where the roof was rebuilt through the generosity of East Anglian parishioners; the retreat centre at CROAP

where Mr Kim does acupuncture free of charge; the student hostel of St Francis Xavier, where students and visitors dined and danced together; Kompong Thom where there is a wonderful craft shop; the Jesus Farm; Kompong Kleang, where the houses and the church are built on stilts which are metres high; and, of course, Prek Taol, twinned with Ely and lovingly supported by parishioners year-round.

There is a wonderful new state-of-the-art Jesuit School at Svay Sisiphon. It now has a spectacular outdoor arena, a sports hall and dining area in addition to many classrooms which include dedicated music and art rooms. Once complete its complement will be 1,400 students.

St John’s Siem Reap has eight satellite church centres, one of which is St Andrew’s Prek Taol, served by Fr Totet Banaynal and his curate, Fr Luis. Fr Totet and his team showed the group Rice Feeding programmes at Ta Om,

Old Pheasnang and Kompong Kleang. The rice soup is fortified with chicken and protein powder and is given to the children once or twice a week, transforming children with distended bellies and blank stares to naughty, bright, energetic kids, as many of the group have been delighted to witness over the years they have been visiting. This is a wonderful testament to the work being done locally, supported by donations from East Anglia.

It will be another two years before the next official parish visit, probably in January 2020. However, in the meantime, relationships and friendships will be fostered and maintained through prayer, liturgy, phone calls, emails and social media.

Those who support Cambodia meet twice a year and there are two Cambodian Masses each year in April and October. The next will be at St Etheldreda’s Ely on Friday, April 20 at 7pm. Everyone is welcome.

Can you help build bridges?

The two current Diocese of East Anglia Building Bridges projects are support for the salary of a kindergarten teacher in the Holy Land and a new formation centre for children, youth groups and adults at Battambang in Cambodia.

If you would you like to support these projects, cheques should be made payable to the “RC Diocese of East Anglia”.

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News picture gallery from parishes around the Diocese



■ Acle Churches Together (ACT) held its traditional annual prayer walk on Sunday February 18, stopping at significant community locations in the East Norfolk village to recognise and pray for the work done by the staff within each building.

The walk was led by Church of England Rector Rev Martin Greenland, Methodist Minister Rev Steve Cullis and Roman Catholic Deacon Rev Peter Glanville, a retired BBC Radio Norfolk producer who conceived the original idea of the walk about 14 years ago as a useful tool to encourage ecumenism

among the villagers.

A cross-section of denominations joined together to recite relevant prayers outside St Edmund's Church, the Police Station, Barclays Bank, the Veterinary Hospital, the High School, the Cemetery, the Recreation Centre, the Medical Centre, the Library and finally the Methodist Church where the group enjoyed refreshments arranged by Steve Cullis.

Pictured above, in the centre of the group outside Acle Police Station are, Steve Cullis, Peter Glanville and Martin Greenland. (Photo by John Kenny)



■ The Ash Wednesday service at St Nicholas at Pakefield near Lowestoft was a special occasion with most of the large First Holy Communion group attending. Kathy Fallon said: "They wrote their Lenten Promises on a paperchain which is now on the pulpit and will remain there until Holy Week. As it was school holidays, we were delighted that so many of the children and their families attended. The children start their journey in September and this year we have 24 who will be making their First Holy Communion."



■ Our Lady's Parish, Stowmarket, celebrated its annual World Food Day at The Cedars Hotel on Sunday February 4, reports Simon Millyard.

The World Food Day format has been running for over a decade now and was started to celebrate the international diversity of the parish where parishioners are invited to cook a dish to share which is representative of their country.

The event is generally held on the Sunday before Lent and breaks the post-Christmas gloom of long cold nights and avoids a feast during Lent. After the Sunday 10.15 Mass, the parish make their way to the hotel to enjoy tea/coffee on arrival and a selection of freshly baked cakes and biscuits, all provided by members of the parish.

Willing cooks who are happy to prepare a dish for about 10 people set up their dishes on tables around the edge of the hall and after Grace from parish priest, Fr David Finegan, everyone takes a small plate and samples a little from each table.

Typically we have around 12 catering nationalities and the quality of the food is always excellent.

Pictured above are the international array of cooks from the Stowmarket World Food Day.



■ The after dinner speaker at February's meeting of Norwich Circle of the Catenian Association, held in the Refectory of the Great Hospital was journalist Keith Morris (pictured above, left, with John Kenny) who delivered a very informative talk on his career to date.

Keith, who is a graduate of Leicester University, is Director of Communications for the Diocese of East Anglia and editor of both Catholic East Anglia and Good News for Norwich and Norfolk newspapers.

He was also corporate communications manager for local media group Archant for 16 years and a former EDP journalist. He has been publisher of the www.networknorfolk.co.uk website for the past 12 years.

During his work has met a number of famous personalities including explorer Sir Ranulph Fiennes and four different archbishops. Keith's speech was received with warm applause by the 20-strong audience led by Circle President John Kenny.