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News from communities and parishes around the Diocese

Bishop's workshop role

BISHOP Alan is to become one of the patrons of St Michael's Workshop at Bowthorpe near Norwich which he visited in January.

This is a traditional honour going back 30 years ago beginning with Bishop Alan Clarke.

The role of the workshop which opened in 1984 is to help people with learning difficulties and physical disadvantages to develop their full potential, staff at St Michael's said.

"Working with wood, fostering social skills and encouraging creative and therapeutic activities form the basis of each week.

"Among our 20 trainees are Downs people, those with autistic traits, others with learning difficulties, those who are registered blind, needing a wheelchair or prone to seizures.

"They attend for between one and three days each week, giving a unique mix of people on each day. Most trainees are involved in the finishing of wood items by hand-sanding, wax polishing and oiling.

"Some have a particular gift for

painting. Others have skills in drawing out shapes and cutting them on a fretsaw. Some have been trained in the safe use of other woodworking machinery such as the band-saw, pillar drill and electric sander.

"It is satisfying for each person to see their work being valued by customers, and to take a pride in keeping standards high."

Half the funding for St Michael's Workshop comes from government via Social Services and the rest from the items the trainees make and sell.

The workshop is the main UK supplier of Godly Play materials used to present Bible and faith stories using simple wood. Godly Play is widely used in schools as well as churches and a variety of craft items, crosses, children's templates to draw round, plus personalised items are made on request.

Half the trustees are appointed by Bowthorpe Church, an Ecumenical Partnership serving the community.

Please contact them if you would like further details or feel you may have a part to play.



Bishop Alan welcomed by trainees and staff at St Michaels Workshop

Invitation to celebrate married life

I extend a personal invitation to all those who have celebrated the Sacrament of Marriage, together with their families, to join me at the Cathedral in Norwich for the annual Mass for Marriage and Family Life on Saturday 21 June at 11.00am.

Those who are celebrating significant wedding anniversaries will be presented with a special Diocesan certificate to record the event.

I would also like to invite any engaged couples who are preparing for their marriage to join us for this joyful affirmation of marriage and family life.

This is a very special occasion and in my first year as your Bishop I look forward to welcoming you to it and meeting you afterwards.

+Alan S Hopes Bishop of East Anglia

Further information will be in parish newsletters and on the diocesan website nearer the time.

Learning together programme

Professor Deacon John Morrill is looking forward to seeing you during the eighth year of the Diocesan Commission for Evangelisation Learning Together Programme.

"All sessions are on Saturdays from 11am – 3pm. The format remains the same. Arrive for tea or coffee at about 10.30am ready for a prompt start at 11am," he said.

"Listen to a lively speaker, and take part in even livelier discussions, in two 90 minute sessions (11.00-12.30 and 13.30-15.00) and in between enjoy the packed lunch you have brought and meet old and new friends from across the diocese.

"We are in venues with plentiful parking and we will try to ensure warmth in the winter and comfortable seating too! We have tried to provide an interesting and varied programme.

"It helps if you can contact us in advance to tell us you are coming, but prebooking is not required.

"Our new email address is learning2014together@yahoo.co.uk or you can write to us at:

Learning Together Programme, Catholic Pastoral Centre, 14 Exeter Rd, Newmarket CB8 8LT.

DETAILS

15 March - Clare Ward:
How can we live the new evangelisation?

Parish Centre in Newmarket

26 April - Dilys Wadman:
Speaking the Truth: spirituality, communication and the Church

Pastoral Centre in Poringland

31 May - Adrian Graffy:
The letter of St Paul to the Romans

Parish Centre Newmarket

21 June - Andrew Bayes:
The experience of pilgrimage and its lessons for the Christian journey

St Luke's Church in Peterborough
27 September - Karen North:
YOUCAT and its use in the home and the parish

Parish Centre in Newmarket
25 October - David McLoughlin:
What does the New Testament tell us about Jesus and family?

Parish Centre Newmarket
1 December - John Morrill and others:

The family in modern Catholic thought

Pastoral Centre in Poringland
And for more on the work of the Commission, please visit the Evangelisation page on the diocesan website.

The Catholic Chaplaincy at the University of East Anglia, in collaboration with the Diocesan Commission for Evangelisation, is also running a series of (free) Newman lectures for Lent
Mondays at 6pm in UEA, Arts 1. Just turn up!

Catholics and English History

10 March - John Morrill:
Dungeon, Fire and Sword: English Catholics in the age of persecution

17 March - John Charmley:

Gladstone and Newman

24 March - Nick Vincent:

Thomas Becket and the Victorians

31 March - Andrew Eborne:

The Passion of Thomas Tresham: liturgical space in the recusant age.

Fr Anthony tells of early life as priest

Fr Anthony Foreman, right, writes about his life in the priesthood in a new book that covers the years 1941-1976.

I had always wanted to be a priest but as with many vocations it did not come as a blinding flash of light.

It was a thought that somehow had always been there and germinated under the influence of the Dominican Sisters and Fathers. However the response to a vocation can wax and wane and has to be taken up anew each day. Seminary life at Oscott 50 years ago did little to prepare me for parish life coming as I did from a quiet Suffolk village and the rigours of boarding school from the age of seven.

The Vatican Council was in full swing and we could all see what the possibilities might be for the future of the Church. We realised that the semi-monastic training of the seminary, with little contact with the outside world, was far from what was needed and the professorial staff were largely bewildered by the turn of events.

Ten years as curate at Our Lady and the English Martyrs, Cambridge – quite a record – with Canons Diamond and Taylor was a rude awakening and I was, at the age of twenty four, thrown in at the deep end of parish life.

The challenges of introducing the revised Liturgy to sometimes hostile groups, the exciting hopes for ecumenism and the multitude of convents, schools, hospitals we had to cover without the aid of deacons, Eucharistic ministers or pastoral assistants provided a steep learning curve. A brief respite at St George's, Norwich with the great Fr



Bob Manley presented new challenges until I received my first appointment as parish priest or Our Lady's Sudbury.

I had kept a daily diary since my last year at school so I considered it would be, as much as my personal experiences, an historical record of those turbulent times. I have entitled the book – 'In at the deep end - the Memoirs of a Catholic priest'.

Part 1 'The way we were 1941 – 1976. Part 2 will hopefully cover my time as parish priest at Sudbury, Newmarket, Stowmarket and beyond.

It is a fairly frank account of those years – but it's not all serious stuff – there are lots of joys as well and sorrows in the priesthood and the book is dedicated not only to my family but also to the extraordinary fellowship of lay people and clergy.

The book costs £10 plus £2 post and packing, 360 pages, and can be obtained directly from me – Fr Anthony Foreman, 'Wheelwrights', Lidgate, Newmarket, Suffolk CB8 9PR.

BISHOP ALAN TO CELEBRATE STATION MASSES DURING LENT

Throughout Lent, Bishop Alan will be travelling around the diocese to celebrate 'Station' Masses with the priests and people of different areas. One parish church from each deanery has been selected to host each event.

For one hour before the Mass begins there will be Exposition of the Blessed Sacrament during which the bishop and local priests will be available to hear confessions.

The celebration will conclude with Lenten refreshments such as soup, bread and cheese, during which the bishop hopes to meet as many of our people as possible.

The origins of 'Station' Masses goes right back to the early Church and the city of Rome. As the Christian community there grew larger, it became the most practical way for the bishop to meet and unify his people. He would celebrate Mass in different churches around the city.

By the end of the sixth century, Pope Gregory had established the practice of Station Masses as a type of pilgrimage in Lent. People would walk to a different church each day, usually associated with a local saint or martyr. By the end of Lent, 40 churches would have been visited.

The churches became known as 'stations' because they were the stopping point for that day's pilgrimage. Once there the people would celebrate Mass with their Pope.



The Pieta at St John the Baptist Cathedral

Pope John XXIII re-established the Roman 'Station' Masses in the 1960s and since then it has become a popular practice for bishops to spend Lent travelling around their dioceses, celebrating Mass with their people.

Bishop Alan will be celebrating 'Station' Masses during Lent in each of the eight deaneries of the Diocese.

It is hoped that as many people as possible from each deanery will attend. They will also have a chance to see, firsthand, the Diocesan Cross, which is to be used in parishes around the diocese later in the year as part of our programme for the New Evangelisation.

The Stational Masses will be celebrated at the following churches:

- Tuesday 11 March:
King's Lynn, at 7.00pm
- Friday 21 March:
All Soul's, Peterborough, at 7.30pm
- Tuesday 25 March:
OLEM, Cambridge, at 6.15pm
- Thursday 27 March:
Sheringham, at 7.30pm
- Tuesday 1 April:
St Mark's, Ipswich, at 7pm
- Thursday 3 April:
Sacred Heart, Southwold, at 7pm
- Tuesday 8 April:
St George's, Norwich, at 7pm
- Thursday 10 April:
Haverhill, at 7pm.

Chrism Mass brings the Diocese of East Anglia together

For a long time now, the Diocese of East Anglia has held the annual Chrism Mass on the Wednesday evening of Holy Week to enable as many people as possible from around the diocese to join in the celebration.

Each year our Cathedral is packed with priests and people gathered around their bishop as he blesses the holy oils for use in parishes during the year.

There is an important symbolism to this gathering in such great numbers. The next three days will see each parish in the diocese celebrates the Triduum: the Mass of the Lord's Supper on Maundy Thursday, the Celebration of the Passion on Good Friday, and the Easter Vigil sometime after dusk on Holy Saturday.

Just before we embark on this great journey, then, into Christ's priestly act of offering himself in sacrifice, we come together as the local Church and express our priestly identity and our communion with each other.



Holy oils are blessed for use during the year to baptise, heal, ordain and consecrate

Gathered around the altar with our Bishop, we make up Christ's body, head and members. What we do and say in the liturgy, then, are not purely human actions and human words. The Mass, whether at the Chrism Mass in Holy Week or on a Sunday in our parish, is never simply a social event in which we gather to give thanks to God.

United, bishop, priests and people, by the power of the Holy Spirit, our sacrificial offering, our prayer and praise, becomes that of Christ's himself as he intercedes for us with the Father.

The renewal of promises the deacons and priests will make at the Chrism Mass is more than just a personal re-commitment to ministry from those involved. It is a reminder to us all that any Christian's life should be imbued with the spirit of service and self-sacrifice of which these promises speak.

And the blessing of oils, which will be used over the next three days to baptise and confirm, and later in the year to heal and ordain and consecrate, helps us remember that we are ourselves an anointed people and thus, quite literally, other Christs, bringing him and his Gospel of love and mercy to the world.



Packed Cathedral expected for the Chrism Mass



All will renew a re-commitment to a spirit of service



Ambassadors speak out about RE



Chaplains at St Bede's in Cambridge set up the prayer stations marking Holocaust Memorial Day, **pictured above**, and enabling students to bring to mind the persecution of the Jews and all those who died in genocide.

Students were invited to cut out a yellow star and write in their own name as an act of solidarity with persecuted Jews in Nazi oppression. They laid stones in memory of the dead, they read stories of courage, bravery, terror and suffering written by survivors of the concentration camps.

Several students said this of the experience: "Thank you for the time and space to reflect in such a welcoming and peaceful environment. The activities were fantastic and really made me think."

"I feel that time to reflect was an important thing to do."

"It makes you think about what really matters to you"

"What happened was so awful. It's hard to believe. That's why we mustn't stop telling people about it."

FIVE Young Ambassadors for RE at St Bede's Inter-Church School in Cambridge received their certificates from Bishop Alan.

Young Ambassadors Ellie Archdeacon, Ashley Burr, Jasmine Habacon, Ben Ashwood and Lydia Hamilton-Rimmer were chosen to represent and promote RE in their school, locally and nationally, after producing a short film about why the subject matters.

Acting head of RE Caroline Venn said: "They have had a busy year with attending the Young Ambassadors Conference, leading

workshops on using interactive prayer spaces with local schools and clergy, writing to the Pope and meeting with the former Archbishop of Canterbury, Dr Rowan Williams.

Recently they were invited to speak at the high-profile 'RE Review' event held at the Institute of Education in London about why RE is important to young people. The Young Ambassadors enthusiasm for RE was clearly evident from their conversations with Bishop Alan.

Ashley said: "RE opens our minds to the exciting world of theology and philosophy, it teaches us to argue properly and maturely, to think of

the effects and consequences of actions."

Lydia felt that RE had helped her on her faith journey. "RE helps young people to deepen their faith, and grow as Christians.

"It also helps young people who haven't grown up with a faith to explore the important questions of life and to understand others' beliefs."

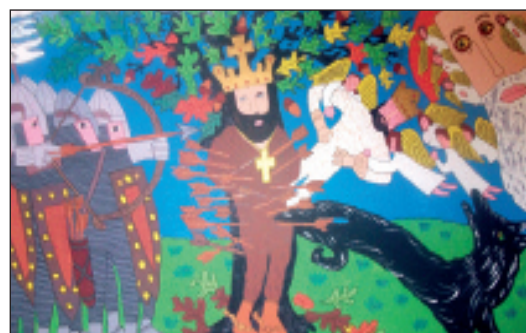
Ashley shared his concerns with Bishop Alan that the subject has been under threat in state education and that without RE young people would not be able to understand different cultures or respect religious traditions.

Cookbook plea

Pupils from years 3 and 4 at Sacred Heart School in Swaffham won second prize of £100 and a commended accolade in Farming and Countryside Education's local food map competition.

Under the direction of Meg Heale the pupils have been collecting and testing recipes for a cookery book which is going to be published for the Sacred Heart School Centenary Year.

The school is looking for help with production costs on 01760 721330 or email info@sacred-heartschool.co.uk



Children at St Edmund's Primary in Bury St Edmunds produced the mural, **pictured left**, during a recent celebration week. Jo Pepper, RE coordinator contacted artist Brian Whelan because they wanted to use his picture as a stimulus. "He very kindly said that they could copy the original. Every child in the school was able to paint some part of it."



Twenty-two children from St Martha's School in King's Lynn, **pictured above**, sang at the town's Holocaust Memorial Service 'Let there be Love shared among us'. They also read from the book of Micah from the Old Testament and lit a candle.

ICT award

Children at St Alban's Primary in Cambridge have been awarded the ICT Mark following an extensive external assessment.

The award recognises the school's success in developing the strategic use of technology in both administration and across the curriculum.

Meteor test on Peterborough field

To begin the new Key Stage Two theme - a Journey into the Unknown - Sacred Heart Primary in Peterborough brought the huge meteor, **pictured right**, to the school field which scientists tested and analysed. The children interviewed the scientists and searched the internet for meteor facts and recent sightings in the area before producing a newspaper report.



Learning about Light of the World



Reception class pupils from Moreton Hall Prep School are pictured left taking part in Candlemas celebrations at St Edmundsbury Cathedral Discovery Centre. The children heard the story of the Presentation at the Temple where Simeon and Anna recognised Jesus. Light from the Cathedral tower flooded down and lit up a statue of Our Lady which reminded the children that Simeon and Anna recognised Jesus as the Light of the World.



All Saints Inter-Church Academy

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www.allsaints.cambs.sch.uk
01354 659000

ACTING HEADTEACHER NOR 220 .. ISR L 12 - 18

We are a happy and successful Inter-Church school situated in the town of March. We have a strong inclusive Christian ethos and celebrate and encourage our children's achievements in all aspects of life.

Due to our Headteacher moving on at half term we are seeking an acting Headteacher to start as soon as possible for 1.5 terms till the end of the summer term 2014 whilst we recruit a permanent Headteacher for September 2014. The successful candidate should have the ambition and ability to continue to build upon our achievements and lead our school.

If you are in current employment please ensure you have the approval of your current Headteacher (if applicable) and Governing Body for this secondment.

We are proud of our school and welcome your visit.

Please contact the school office for more information.

Closing Date: 28th February 2014

The school is committed to safeguarding and promoting the welfare of children and young people and expect all staff & volunteers to share this commitment.



Youth Matters

Planning events and pilgrimages

The Diocesan Youth Council is a group of young adults who meet five times a year to plan diocesan events and pilgrimages for young people (see list below).

Set up over 10 years ago, with the idea “young people know what they want to do better than older people thinking that they know what young people want to do”, the Youth Council has gone from strength to strength.

“We’re really pleased Bishop Alan is supportive of the Youth Council ‘

“Now we know we are continuing, we would like to welcome anyone age 15 – 21 to come and join,” director of youth services Hamish MacQueen

said. “It really is an opportunity to give YOUR ideas and plan events and pilgrimages how YOU would like them to happen.

“Usually the Bishop joins us for some of the meeting and is always keen to hear directly from the young people of his diocese.

“Then we have Mass together, followed by pizza.

“We have usually met in Poringland, but we are now planning to move the meetings around different parts of the diocese.

“If you would like more details or are interested in joining, please contact Hamish (details below).

Diary dates to remember

For more details see www.catholic-east-anglia.org/youth

May 5 Pilgrimage Walk to Walsingham Joining with the Diocesan Pilgrimage.

For young people of secondary school age upwards.

May 31 - June 1 Celebrate East Anglia Faith filled weekend for all ages.

July 26 - August 4 Young Adults Pilgrimage to Taizé

July 5 – 6 To be confirmed

August 4 – 9 New Dawn Conference National family conference in Walsingham.

August 18 – 25 Pilgrimage to Lourdes Joining the Diocesan Pilgrimage. For those aged 17+.

August 21 – 25 Youth 2000 Festival

National prayer festival in Walsingham.

August 25 – 28 Diocesan Summer Camp at Eccles Hall

Faith, food and fun in the heart of the Norfolk countryside.

For those aged 8 – 14.

Contact details

The Diocesan Youth Office, The White House, 21 Uppgate, Poringland, Norwich, Norfolk NR14 7SH

Tel: (01508) 494833

Mobile: (0781) 2004934

Email: dys@east-angliadiocese.org.uk

Leave a message if no answer.

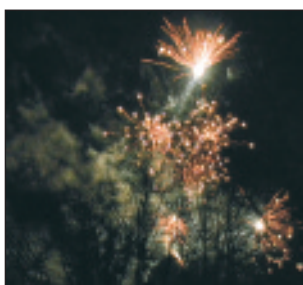
Families celebrate Epiphany

On the eve of the Epiphany, young people from across the diocese joined Bishop Alan for a joyful celebration of Mass by candlelight.

The Church of Our Lady of the Annunciation in Poringland was packed with families for this special Mass, concelebrated by Fr Luke Goymour. Music led by the Cathedral’s music group added to the inspiring and joyful atmosphere.

Bishop Alan invited children to join him around the crib as he explained the significance of the gifts presented to the newborn Lord. The congregation was then invited to place a fragment of frankincense into a burner as a symbol of offering their lives to Christ.

After Mass, all young people received their own Epiphany gift from a lucky dip. The congregation then spilled out into the White House gardens to enjoy hot dogs, jacket potatoes, a bonfire and fireworks.



Epiphany fireworks, above, and celebrating a Youth Mass, below



Invitation to celebrate a Youth Mass

Some parishes and deaneries have regular deanery Youth Masses. So if you live near one, why not go along?

If you do not live near one, why not ask your parish priest about having a Mass in your parish that could be opened out to invite young people from other parishes in the deanery? You could also invite Bishop Alan .

If you want help in putting on a Youth Mass, do not hesitate to get in touch with Hamish in the Diocesan Youth Office. Also if you are having a Youth Mass, let Hamish know and he can publicise it. A list of Youth

Masses is on the diocesan website.

Youth Masses at St. Laurence’s, in Cambridge at 6pm

9 March, 6 April, 1 May, 8 June, 13 July.

And at these Ipswich churches at 6pm

2 March at St Mary Magdalene’s in Norwich Road

6 April at St Mary’s in Woodbridge Road

11 May at St Mary Magdalene’s in Norwich Road

8 June at St Mary’s in Woodbridge Road

13 July at St Mary Magdalene’s in Norwich Road



Fun and faith at Celebrate enjoyed by all



Celebrate EA faith weekend this summer

LAST year more than 200 people came together for Celebrate East Anglia - a vibrant faith filled weekend.

People of all ages (over a third were under 18) were nurtured in their faith through talks, workshops, music, mime and liturgy.

The good news is Celebrate East Anglia is back – this year on 31 May and 1 June.

Hamish MacQueen is inviting all to come and bring family and friends.

If you book before the end of March, there is a discount.

He said: “I thought Celebrate East Anglia was an amazing weekend and I’m so pleased it’s happening again.

“It can really help make faith relevant to young people’s lives. I recommend it to every young person in the diocese, especially those preparing for Confirmation.”

For more information and a booking form see www.celebrateconference.org, click on Celebrate Weekends and then East Anglia.

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PASTORAL MINISTRY OPEN LEARNING SESSIONS

Open Learning Sessions are stand-alone units, open to all members of the public and will be of particular interest to those engaged in clergy and parish roles.

PROGRAMME FOR 2014

Saturday 22 March 2014, 10:15am – 4:00pm
WORKING AND PRAYING WITH ICONS IN A PASTORAL CONTEXT
Dr Joseph Gabor

Tuesday 6 May 2014, 5:00pm – 9:00pm
HEARING AND PREACHING THE WORD:
THE POWER OF THE HOMILY AS DIALOGUE
Dr Dominic Robinson SJ, Dr Con Foley & Dr Duncan McPherson

Saturday 17 May 2014, 10:15am – 4:00pm
ADULT FAITH FORMATION IN THE PARISH
Dr Dominic Robinson SJ

A **Certificate of Attendance** will be issued at the end of each session. The fee for each session is £50.

To **register** for any of the **Open Learning Sessions** please contact the Conference Office on **020 7795 4163** or at campus-services@heythrop.ac.uk

www.heythrop.ac.uk/open-learning

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Bishop Alan Hopes

Bishop Alan's message for Lent for th

For Christians, at the heart of each year is the celebration of the Death and resurrection of Jesus Christ. **In the first years of the Church's life**, it was commemorated every week on Saturday night. Christians met, often in secret, to pray, to sing and to listen to the scriptures. As the sun began to rise and dawn broke, they celebrated the Eucharist.

Every year, they also came together for a special celebration of the Lord's death and Resurrection which coincided with the Jewish festival of the Passover. Central to this Celebration was the Easter Liturgy on Holy Saturday – the day before Easter Day. On this night those who had been preparing to become Christians were baptised and confirmed and received the Eucharist.

Three days of fasting were observed by all to prepare for this Easter Liturgy. These three days later became a week. Then the Holy Week became 40 days of preparation to correspond with the forty days Jesus spent in the desert preparing for his ministry on earth.

Our present season of the forty days of Lent is a solemn preparation for the celebration of the Death and Resurrection of the Lord on the last three days of Holy Week – Maundy Thursday, Good Friday, Holy Saturday.

The Liturgy of Holy Saturday night, exultantly celebrates Jesus' resurrection and is at the heart of our Celebration. Since the Second Vatican Council new converts are once again initiated into the Catholic Church through

Baptism, Confirmation. It is a time of new time of joy and ex

How then can we FASTING

A way of realising slaved to our appet Perhaps we can ab ing Lent; or to fast commemoration of fix our eyes on God alone.

ALMSGIVING A way of re-orde

PARISHES RESPOND TO NE

PEOPLE in parishes across East Anglia are responding to real need they are finding in their communities.

They are raising funds, supplying food banks, volunteering to work in many support organisations, visiting isolated people and responding to emergency appeals.

Many are also working alongside people from other denominations in a strongly ecumenical effort to help people who are suffering distress from unemployment, mental health issues or the effects of the recession.

Liz Giles, from Access Community Trust in Lowestoft - one of the region's more deprived areas, said its work was boosted by support from several Catholic parishes.

The Trust has run a food bank for several years from its drop-in centre in Commercial Road where some 300 people are supported in many different ways.

Late last year the Trust launched an appeal expecting a severe winter and received a combined amount of £655 from The Sacred Heart in Southwold and St Edmund King and Martyr at Halesworth.

Liz said: "Very often the donations will be in the form of a cheque, BACS or CAF payment. Bernard Segrave-Daly, chairman of the Social Concern Commission, also brings in cash donations from many of his network of friends and from events they may hold such as music recitals."

Little did the Trust know how important these donations would be as the North Sea tidal surge in December inundated the centre's hostel for homeless single people. The Trust's Bridge View Drop-in Centre manager Stuart Jennings said it would be uninhabitable for more than six months.

Amazing resilience

"Many residents of the hostel lost personal belongings, some linking them to families they are no longer in contact with, in the basement that was flooded."

The residents have been rehoused as the Trust has leased a closed down hotel in the town so all 27 residents were back under one roof for the winter.

Stuart said: "It was amazing the resilience these people showed in the face of all the flooding. It shows that the work we do to build people's confidence and to support them can work."

The Trust provides many support services for people in distress as well as running training programmes to help them back into employment.

The drop-in is also an important social gathering place for lonely people of all ages but they rely on donations and other financial help to provide the extras that people need to



Fr Denys Lloyd with trustees Malcolm and Tine Nicholas and Kevin Willimott

face up to distress.

Food banks which alleviate in the short term the distress of families and individuals are now a vital part of support services for people under pressure across the diocese.

The community around the parishes of Cromer and Sheringham was inspired to join Christians of other denominations in setting up a food bank from scratch.

Foodbank trustee Michael McMahon said they adopted the Trussell Trust model which provided a framework and management system which enabled them to get up and running quickly.

"The foodbank is strongly supported by all local Christian communities and churches, including Our Lady and St Joseph in Cromer and Sheringham, and the Sacred Heart in North Walsham.

"We opened our first distribution centre in Cromer 18 months ago, and since then we have opened centres in Sheringham, North Walsham, Aylsham and Holt. To date, we have issued more than 2,500 three-day emergency food parcels.

"This part of Norfolk is thought of as prosperous, but there is a great deal of unseen deprivation, with many people in crises caused by redundancy, low pay, long-term sickness, benefit cuts and delays, and a shortage of full-time jobs. We have come across people living on the streets or in their cars, and parents who have not eaten for days so their children could be fed."

The foodbank is finding an increasing number of clients who have no money to pay for fuel to cook the food supplied. The

foodbank is not able to hand out cash, but it works closely with the SVP, which – supported by a significant grant from the St Edmund's Fund – has been able to buy gas or electricity credit for those in need.

"The need is great, but so is the generosity of donors including churches, schools community groups, as well as countless anonymous individuals," Michael said. "At one of our supermarket collections last year, a man gave us two trolleys full of food. Last Christmas, a woman turned up with her car boot filled with chocolate treats."

The support, prayers and work of the people in the parishes are gratefully received by those working in the support organisations and food banks.

Prayer given prominence

Bishop Alan addressed the AGM of the Social Concern Commission and said the work should be done ecumenically and hoped more people would take part.

Margaret Edmonson and Alison Wagstaffe from Ipswich, where there is a nightshelter and a foodbank, sent their thanks for support for their Christmas Appeal.

"Over the Christmas period we packed and distributed 1,143 Christmas hampers filled with food and festive goodies as well individually wrapped presents for each family member. "These amounted to 1,300 presents for children 0-16 and 1,070 for adults," Alison said.

"All this as well as our other work can only be accomplished with the tremendous support

of churches, schools and are extremely grateful

"Disabled Maureen I the organiser for 21 ye added the food bank to

Ipswich winter night greater prominence th giving one hour or mo to prayer and contemp

Catholics in North S Gunton Baptist Church of 1,200 food boxes com family for several days measure. June Love, th husband, organise and said Our Lady Star of

second strongest supp

Pat Bedford has been Peterborough Food Ba meeting with the city

Working with mosqu

With Sr Mary-Clare M management board an distribution centre sta

"We opened our door 2012 with just three di local church premises

two Methodist church

"We now have nine C Trussell Trust food ba erate through a local m

"We are able to be op the mosque opens on S opened we have fed 3,3 children from mainly

predominantly the 25-6 "The main crisis typ benefit changes and de also an issue. We deal

cies and voucher distr local probation service dependency charities, and children's services

The scale of the prob more help in the way o is needed.

In Norfolk from Apr banks fed a staggering almost the same as the Aylsham (6,016 popula and Attleborough (10,5 foodbank fed 1,700 peo Mid Norfolk (1,674), No (1,502), Waveney (797) (1,203 - only recently o

The hope is that mor making contact with th

The Diocese of East Anglia

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d - to love and serve him for himself

ring our relationships with others.

This calls us not just to give donations to one of the two
Diocesan Lenten projects. It calls us to give of ourselves –
our time and our talents – to someone who is alone; to
a local cause which helps the homeless, the hungry or
the poor; to someone we have fallen out with or to a re-
lationship that is going wrong.

PRAYER

A way of giving time to develop our longing for God. Set aside a little time each day to be still and to wait upon Him. Then bring to him all the people and situations that we hold in our hearts.

May God help you to keep a good Lent – and remember to pray for to support and to welcome all those who will come into the full communion of the Church this Easter!

EDY

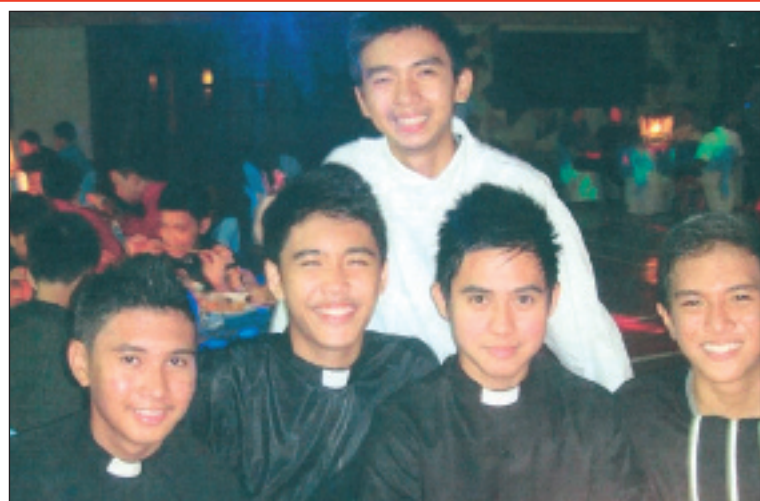
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Stuart Jennings and Liz Giles at the Bridge View Centre, above, where people receive support and computer training, below



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e people will respond by
their local food bank.



Help for typhoon-hit seminarians

The UCM at the Sacred Heart and Margaret Mary parish in Dereham has responded to a call from the men in a seminary in the Philippines badly damaged by super typhoon Haiyan. Some of the survivors of the Sacred Heart Seminary at Palo are pictured above and one of them is Joseph Gregory Lagapa, the nephew of Dereham parishioner Myrna Kemp.

Brenda May of UCM said: "Our church responded to the national appeals from CAFOD but the need was - and is - still overwhelming.

"Myrna, who also has other relatives in the Philippines, suffered many days of silence before she eventually heard her family was safe. During that time, we all supported her in prayer.

"The church and hospital in Palo, South Leyte (near Tacloban), where her parents live, were badly damaged.

"Our Union of Catholic Mothers members decided to reserve £100 from our Cake Stalls to give to the seminary - a drop in the ocean of their need, but it's a start!

"Myrna sent the donation direct and rounded it up, so that they received a of 10,000 pesos. I am sure they would welcome any other donations, no matter how small!"

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NEWS
from
THE CATHEDRAL OF ST JOHN THE BAPTIST



Fr Owen O'Donnell with Andrew Clark and some of the children



The Cathedral was packed with family, friends and representatives of many Catholic charitable organisations for the Requiem Mass of Frank Devany, pictured above, a stalwart of the parish for many years.

Foremost among them were the brothers of Norwich Circle of the Catenian Association who paid tribute to Frank and his work for charity.

Frank was born on 9 September 1926 in the Norfolk village of Gooderstone, the second son of quite elderly parents. He grew up in Oxborough and attended Downham Market Grammar School.

After war service he applied for an ex services grant to study history at Sheffield University where he indulged in his passion for cricket by playing for the university team.

He taught at schools in Yorkshire and Suffolk playing cricket for various teams as he moved around.

He was appointed head of St Edmund's Catholic Secondary School in Gorleston in 1963 from where he retired in 1986.

He was a great socialiser and a past President of Probus. He took part in many pilgrimages to Walsingham, Lourdes, Rome and the Holy Land.

He was a member for 51 years of the Society of St Vincent De Paul.

He was the recipient of the 'Pro Ecclesia et Pontifice' medal.

He leaves his wife Brenda, seven children and seven grandchildren.

Help for poor in Malawi

CATHEDRAL parishioners Mary and Andrew Clark, are well aware that there are many links with Malawi throughout the diocese.

Not only do many individuals have connections with the country but also several parishes have established links with this very poor country.

Since returning from two years volunteering in Kenya and Zambia with Volunteer Missionary Movement (VMM), Mary and Andrew have helped start a charity - Network for a Better World.

In the charity's first full year it provided resources for UEA medical students visiting Cambodia as well as placing an agricultural worker in northern Malawi.

Andrew said: "We also distributed locally purchased mosquito nets and blankets and paid local tailors to provide school uniforms in Mua, Malawi. Most significantly, the charity entered into a partnership with the Diocese of Zomba in Southern Malawi.

"The diocese is administered by the Montfort Missionary Fathers and in the picture you will see Andrew with one of the last 'ex-pat' SMM Fathers, Fr Owen O'Donnell.

"Fr Owen is based in the parish of Sitima and it is there that Network for a Better World is building a house for volunteer workers to stay. The house will be finished by Easter and it is hoped to place the first volunteers by September.

"The intention is that the volunteers will assist local community leaders and women's groups in education, health promotion and agriculture," Andrew said.

Alongside the volunteers, the charity is providing basic equipment and items for the poorest families.

In addition, to prevent a child being 'chased away' from school for not having a school uniform, the charity has negotiated - through Fr Owen - a price of £1.50 per metre from a local tailor.

The charity is run by volunteers who have all spent several years working in various African countries. At the heart, and head, of the charity is Alice Davidson OBE who was so instrumental in helping Dr Anne Merriman start the Hospice Africa movement in 1990.

More information about the work of the charity is available on their website www.n4bw.org.uk.



Children singing for CAFODs work

The voices of 400 children filled Norwich's Catholic cathedral in a landmark concert which raised more than £1,000 to help the world's poorest people.

For the first time, all six Catholic feeder primary schools for Norwich's Notre Dame High School (NDHS) - from Norfolk and Suffolk - performed together.

Every child who performed presented a filled collection box for CAFOD's World Gifts fundraising scheme, which enables people to buy gifts to improve the lives of people in developing countries.

The money will buy gifts such as tools for an apprentice so that a young person fighting poverty can gain skills and craft a better future for themselves. The money will also buy

vaccinations and fund care and post-natal care for mothers and babies.

The primary schools were St Francis of Assisi in Norwich, St Mary's schools in Gorleston and Lowestoft, St Augustine's in Costessey, St Benet's in Beccles and St Edmund's in Bungay.

Bishop Alan, pictured above, blessed everyone at the concert and praised the children, adding that the money through CAFOD would help "look after people who are not as fortunate as we are".

Alex Savage, NDHS assistant head, said: "Some parents had travelled a really long way for the concert and the children gave a very professional performance. It has been great to have CAFOD at the heart of it".

Thanks to everyone who sends in material most of which is printed. Please send pictures as files and not included inside documents.

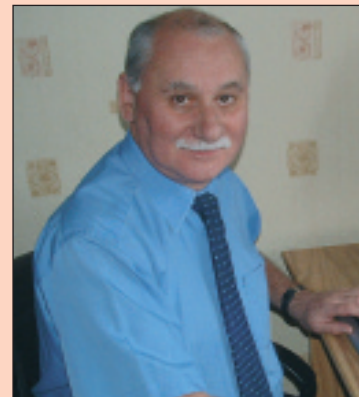
Please give documents a descriptive name rather than just labelled diocesan article or news.

Send material to Patrick Byrne The Editor, Our Diocesan Family,

The White House, 21 Ugate, Poringland, Norfolk NR14 7SH. Tel: 01603 627409 and email: patrick.byrne5@virginmedia.com

Deadlines: Our Diocesan Family is bi-monthly and printed early in the month.

Material must arrive by 28 February for the MAY 2014 issue.





Leukaemia failed to dampen Freya's life

SACRED Heart Convent school has paid tribute to a former pupil Freya Barlow, pictured right, who was an inspiration to so many young people.

Freya lost her struggle with leukaemia aged 22, but in her short life she achieved so much like gaining high grades at GCSE and A Level exams.

She was also accepted as a medical student, worked as a voluntary medical orderly for AIDS patients in Ghana, scaled Ben Nevis, gained her gold D of E Award, ran a marathon during her illness and organising the Freya Barlow Trust for cancer patients and so much more.

Sr Francis said: "She was a quiet, reserved young lady with an inner strength and a power to influence all around her.

"As a popular girl at Beeston, Sacred Heart and Gresham's Schools, many sought her counsel because she was kind hearted and selfless. She was admired for her musical, artistic and sporty talents and her ability to encourage others to succeed, for one of her great passions besides medicine was education.

"She was a deeply spiritual person and loved her Catholic faith. She described her World Youth Day experience in Australia as one of her most memorable experiences.

"When she knew that she was dying she worried more about her friends and family than she did about herself, and how they would cope after her death.

"Two days before her death she spent three days at the Sacred Heart Convent with her sister organising her own funeral and seeking the Sisters' help to prepare her family for her death and the difficult time she foresaw lay ahead



for them.

"She wanted to renew her faith and said that she felt nearest to God at her former school and convent.

"Her wish was that through her Trust teenage cancer patients would be able to experience a quiet reflective period with faith activities.

"The Diocesan Youth Event, Ignite, held annually in June at the Sacred Heart, appealed to her as a possibility.

"Brought up on Bishop Michael's slogan 'Faith, food and fun' she was insistent that everything be done to give teenage cancer patients of whatever faith or none the opportunity for a time to reflect in a place that had brought her so much peace and joy."

Over 500 young people at her funeral in Ely Cathedral prayed for her and themselves as they celebrated her life and prayed for her at the Requiem Mass.

"Every detail of the Mass was organised with the Sisters and Fr Michael Johnstone, who celebrated her Requiem Mass.

The Sixth Form at Greshams formed the choir, while family and friends read the lesson and gave the eulogies," Sr Francis said.

Tributes to SVP founder member in King's Lynn

A founder member of the SVP in King's Lynn has died at the age of 93 and the conference has paid tribute to him and his work.

Pauline McSherry from St Mary's SVP Conference at the Church of Our Lady of the Annunciation said David Harvey, pictured right, died on 12 January.

"He was born in Scotland and for many years lived in King's Lynn. His Scottish roots meant much to David, and like St Peter, his accent betrayed him.

"What a great man he was!" she said.



"David was one of the founder members in King's Lynn and with his SVP brothers he did outstanding work

to aid the victims of the 1953 floods in the town."

David was awarded the Benemerenti Papal Medal in 2002 in recognition of 50 years' service to SVP.

"His faithful devotion to the Society will live on for ever in the history of this parish," Pauline said.

"David was a friend to many, most especially if you were a Celtic supporter and spoke his language!

"To his three sons and their families we extend deepest sympathy.

"David was loved and admired by us all. Now may he rest in peace," she added.

Timorese celebration

All Souls in Peterborough added another International Mass to their Christmas Day Schedule in 2013. Along with Masses in Italian, Portuguese and Lithuanian, Mass in Tetum was celebrated for the first time

Thanks to Celso Oliviera, the East Timorese rep in the parish and city, Fr Nelson Freitas, an East Timorese priest, studying in Rome, spent 10 days in Peterborough with the Community.

His visit was a packed one, as he met with the parents of families, the young people and the women's group as well as blessing homes and hearing confessions.

The highlight of his visit was Mass on Christmas Day with traditional dance forming part of the offertory procession. Then there was a get together in the parish centre.

Before returning to Rome, Fr Nelson celebrated Mass for the Community on New Year's eve.

Over 120 people attended both Masses, a sign of how this community is growing and integrating in to parish life as well as City Life.



Timorese people packed the church to hear Mass in their own language



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News from communities and parishes around the Diocese

World of music at workshop



Learning new hymns for schools and churches

ALISON Adam from the Iona Community joined musicians from schools and churches across the Diocese for a workshop to learn new hymns from around the world.

Despite the chilly weather outside, everyone soon warmed up by singing songs from South America, South Africa and even Cambodia, said the organiser, Alex Savage, leader of the Notre Dame Schools Cluster.

It was aimed at helping music groups to discover and share a wide variety of hymns to enhance liturgies.

Those taking part will teach the hymns to the pupils in preparation for their annual Pilgrimage to Walsingham in June.

"After a day of singing, eating a delicious bring and share meal and enjoying each other's company, everyone agreed with St Augustine that to sing, is to pray twice!" Alex said.



On St Stephen's Day at St Felix' Haverhill the altar servers celebrated Mass and renewed their promise of service. This year Fr Michael Teader presented silver medals, for 10 years service as members of the Guild of St Stephen to John Batty and Katrina Williams. Six new members entered the Guild after completing an induction course and demonstrating their commitment. Marc Alexander, Lauren Falconio, Nathan Falconio, Kacper Jozefowicz, and Kacper Woligora were enrolled on St Stephen's day and Anna Berry the following Sunday at the parish Mass. The parish is blessed with a large number of young people who regularly serve at Mass and, in addition to those present on St Stephen's day, there were another 12 unable to attend.



The 50th anniversary celebration for the 17th Norwich scouts from St George's church in Norwich came to a conclusion with a Gang Show (see right).

Gillian Hanley, chairperson of the executive committee, said: "We started last February with a celebration Mass and parade followed by a reception complete with a cake for the parish to enjoy.

"During the year, we have enjoyed a

Founders' Day meal, themed events, outings and camps.

"In June we held a reunion and activity day which was a great success.

"Our Gang Show was appropriately named a Journey Through Time with Beavers, Cubs, Scouts and leaders of all levels taking part.

"It was a memorable occasion and true finale for the year. We went out on the crest of a wave." she said.



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BUILDING BRIDGES in The Holy Land

Twining has brought funds to benefit Christian communities in many different ways

Our diocese has been twinned with the Latin Patriarchate of Jerusalem for over 12 years now, and a significant sum of money has been raised to support various projects which benefit not only our Christian brothers and sisters in the Holy Land, but also the wider community. These projects bring not only material comfort, but they also bring hope to a region of the world where daily life is so difficult and different from our own.

However, our twinning programme has not just been about raising fund and supporting projects, important as that is; it has also been about "encounter". To visit, stand with and learn about Christians in another part of the world is something very special and strengthens not only our own faith, but our understanding of what it means to be part of the "...one holy, catholic and apostolic church."

Part of our twinning has been to allow Fr Paul Maddison to step out of pastoral ministry for the last three years to establish a registered charity which facilitates pilgrimages to the Holy Land and to share our faith with the living stones of the region – our Christian brothers and sisters.

Over 2500 people have been to the Holy Land through Palestine Pilgrimage and many who have been are asking either: "Can we go again?" or: "Where else do you go?" Responding to these questions has seen the charity grow, needing more staff and bigger premises; all to support and facilitate pilgrimages that go beyond mere whistle-stop package tours.

To this end we now offer pilgrimages to Poland, Spain, Turkey, Rome and France; all with their profits going to support our projects in the Holy Land. If you are reading this article, how about asking your priest to think of organising a pilgrimage? We will do everything we can to support you.

As our destination list has grown, so we have outgrown our original name and will be changing the name of the charity to: "Pilgrimage People" to reflect that we arrange pilgrimages that support not only the people who are on pilgrimage, but the people who are supported by our twinning with the Latin Patriarchate.

Another part of our work is to assist those who wish to spend some time volunteering in the institutions we support. Only a few weeks ago a student returned from working in the Bethlehem Arab Society for Rehabilitation hospital in Beit Jala. We have had students working on parish summer camps, teaching sport in refugee camps, working as language assistants in schools, and participating in music projects. If you know someone who might like more information on volunteering, ask them to get in touch.

To the parishes and schools who are linked with the Holy Land, it sometimes can be frustrating that contact is sporadic and slow but your support and encouragement is appreciated. If you would like to explore the possibility of a link, please do get in touch. We would be delighted to help, and also to come and do a presentation in your parish or school, or suggest ways in which you could help.

The change of the charity name is, in some ways, cosmetic; what really matters is that the incredible support that we, the people of East Anglia, offer to



Visits have helped people from East Anglia to make lasting friendships with people under pressure

the living stones of the Holy Land will continue and grow, bringing hope!



Help has also gone to young people and schools

CAN YOU HELP?

Our two 'Building Bridges' projects this year are renovating the Taybeh Old People's Centre in the Holy Land and a new formation centre for children, youth groups and adults at Battambang in Cambodia.

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Remember the Pope's theme

THE Justice and Peace Commission is asking groups organising events around the anniversary of the death of Archbishop Oscar Romero, right, to remember the theme set out by Pope Francis - A poor Church for the poor.



Bernard Shaw, from the Commission, said this theme resonates powerfully with Archbishop Romero's ministry.

"This year's special Romero Week speaker is Martin Maier, a German Jesuit priest and theologian, who studied and worked as a parish priest in El Salvador and is the author of books and articles on Romero and the Salvadoran martyrs.

"He will be speaking at Fisher Hall, Cambridge CB2 3NH on the Pope's theme - A poor Church for the poor - Romero's Witness to the Joy of the Gospel' on Friday 21 March at 7pm.

"Julian Filochowski, who chairs the Archbishop Romero Trust and first met Oscar Romero in the 1970s, will chair the event."

Further details from Bernard Shaw. The Norwich Justice and Peace

group will continue the tradition of hosting an annual Romero Lecture.

Jan Graffius will speak on "Blood and Sweat: the Witness of Romero's Relics" in the Narthex of the Cathedral of St John the Baptist NR2 2PA at 7pm on Friday 28 March.

Jan Graffius is the Curator at Stonhurst College and has worked on the conservation and display of the relics and personal possessions of the archbishop and of the six Jesuit theologians of the University of Central America.



Dennis given Papal award

Dennis McGarry, former head teacher of St Albans Catholic High School in Ipswich, has been awarded the Cross of Honour for service to Catholic education.

Dennis retired from St Albans at the end of the spring term in 2013 after 17 years of service as head teacher.

He still serves on the Diocesan Schools Commission and is an extraordinary lay minister of Holy Communion in the parish serving at the Church of the Holy Family and St Michael's in Kesgrave.

Fr John Warrington, parish priest, celebrated Mass at the Holy Family and St Michael's during which Dennis, pictured above, received the medal known as Pro Ecclesia et Pontifice, literally meaning "For Church and Pope".

The award is the highest honour and medal that the Pope can bestow upon laity and religious and is given for distinguished service to the Church.

On one side is a cross with the image of Leo XII imprinted.

Benemerenti medal for Mary

Pope Francis has awarded the Benemerenti Medal to Mary Patrick of Thetford parish, pictured right, for her outstanding service to the Catholic Church.

Mary has been living in Thetford since 1964 and married at St Mary's in 1966. For the past 30 years she led a team of volunteers that arranges the flowers, cleans the church and runs the repository. She has been a Eucharistic minister for the last 22 years. Since 1990 she has been organizing regular fundraising events to raise money for the Street children of Bolivia and Haiti which so far has raised more than £60,000. Being a chef by profession she has organized several meals to raise money for such appeals as the Care Home in Bangaluru in India. Ft Mathew George presented the medal.




Icon of Our Lady unveiled

Our Lady of Good Counsel and St Peter Church in March, Cambridgeshire, unveiled an icon created by Fadi Mikhail for the church. He painted the icon on the Royal Mail Christmas 2013 £1.88 stamp.


"The icon of Our Lady of Good Counsel respects Catholic tradition while sharing the artist's own Coptic heritage of iconography," said Rebecca Bretherton, chair of the parish pastoral council.






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Catholic

Marriage Enrichment Seminar

"Every couple needs this; it should be a refresher course at least every 5 years." Former participant

St Joseph's Pastoral Centre, Hendon
London NW4 4TY

Sat 21st & Sun 22nd June 2014
Sat 18th & Sun 19th October 2014



£90 per couple 2-day non-residential

Information & Registration
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