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FREE

Catholic East Anglia



Newspaper of the Diocese of East Anglia

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Deacon Andrew Eburne, Fr Seelan Arockiya, Archbishop Eamon Martin, Fr David Paul, Bishop Alan, Fr Michael Collis and Fr Padraig Hawkins in the Cathedral garden after the induction

Primate guest at priests' induction

The Cathedral of St John the Baptist has a new ministry team following the induction of Fr David Paul, Fr Michael Collis and Fr Seelan Arockiya by Bishop Alan.

A special guest at the induction was Archbishop of Armagh Eamon Martin, who is also also the Primate of All Ireland.

He had been invited by Bishop Alan as the two of them were students together at Cambridge.

Bishop Alan had also attended Archbishop Eamon's ordination as Archbishop of Armagh and he was returning the compliment, he said.

Archbishop Eamon was chaplain to Pope Benedict before becoming Diocesan Administrator for the Diocese of Derry.

After the induction Fr David Paul said he was delighted to become Dean of the Cathedral and hoped to make a success of that role as well as parish priest to its people.

Many parishioners enjoyed a lunch reception at the Narthex after the Mass and took the opportunity to meet and greet Bishop Alan, Archbishop Eamon, Fr David and the new team.



Fr David Paul with Bishop Alan, above, and with his fellow priests, below



Tweet for Advent

The use of social media is becoming an important part of the work of the Church to get the evangelisation word out to as many people as possible.

The latest step is from St George's in Norwich who will be tweeting for Advent. From 1 until 25 December the parish hopes to offer a 140 character seasonal thought for the day.

Sign in to Twitter and follow the parish @StGeorgeNorwich.

Police medals

Cardinal Vincent Nichols presented a fellowship medal to John Kenny from the Great Yarmouth parish at Mass in Westminster Cathedral to mark the foundation of the Catholic Police Guild.

John said: "The event was organised by the Guild's chairman Andrew Natrass.

"Andrew, a serving Norfolk constable, described himself as 'a humble traffic cop' but his eloquence would have put to shame many a senior officer."

Children on retreat at Cluniac Priory ruin

Sacred Heart School Year 3 and 4 began their retreat at Castle Acre where they visited the ruins of a Cluniac Priory built in 1090 and celebrated Mass in the open on the site of a vast church, pictured right. "This was very special," the children all agreed.

Exploration up flights of stairs to view the almost complete Prior's House was very popular and they also roamed amongst the ruins to remind themselves how this great priory looked in its hey day.



Three women enter pre-noviciate at March Franciscan Missionaries

Three young women entered the pre-noviciate at the Franciscan Missionaries of Mary at their convent in March on the feast of St Francis.

Shona Cahill, Bernadette Lally and Yvonne Ngimbi had already explored the work and charism of the missionaries and have committed themselves to continue in exploring their vocation over the next year to 18 months.

Fr Paul Maddison, parish priest at March, celebrated the Mass during which Sr Philomena Wright, from the Franciscan Missionaries of Mary Provincial Council, welcomed the three into the community where they will live and work as they learn more about the life and work of the order.

On the next day which was Sunday the parish was asked to keep them in its prayers.



Fr Paul Maddison and Sr Philomena with the three women who entered the pre-noviciate at the convent

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News from communities and parishes around the Diocese

Parishes come together at well

The Annual Pilgrimage to St Walstan's Well at Bawburgh near Norwich took place with a definite difference this year.

For the first time since the Reformation a joint pilgrimage was made by Catholic parishioners from Our Lady and St Walstan at Costessey and Anglicans from St Mary and St Walstan at Bawburgh.

The pilgrimage was led by Fr David Ward, Deacon Bill Dimelow and Revd Darleen Platten.

The Costessey contingent walked the four miles from St Walstan's Church to join St Mary's parishioners for a joint evening service at Bawburgh, after which everyone went in procession to St Walstan's Well.

Nick Walmsley said: "Members of both communities had dressed the Well with greenery and flowers, and both the church banner from St Walstan's and the processional cross from St Mary's were displayed.

"After prayers by the well, there was

no shortage of cake at an informal reception in the garden of Church Farm as the venue was hosting 'The Great Bawburgh Bake-Off'!

As the well is now on private property many thanks were due to Alison Greene of Church Farm for enabling the pilgrimage to take place and for hosting the reception afterwards."

St Walstan, Norfolk's 'Farmboy Saint', although born into a noble family at Bawburgh, renounced his title in early boyhood to spend his life as a farm labourer in the Taverham-Costessey area.

St Walstan's Well at Bawburgh is the only one remaining of the three which miraculously sprang up on the route taken by the two white oxen and the cart that bore his body for burial at Bawburgh on 31 May 1016.

The first 'modern' Pilgrimage to St Walstan's Well took place when the great Catholic Congress was held in Norwich in 1912.



Parishioners mingling at Church Farm and the well dressed in greenery



Commitment to justice

Fr Mark Hackeson, parish priest at Bury St Edmunds, is to lead a discussion on how commitment to justice and peace is an integral part of the new evangelisation.

Fr Mark has used his recent sabbatical to reflect on the way in which Christians encounter others in their common activities of promoting justice and peace and will draw on Church teaching and recent messages of Popes Benedict and Francis.

Secretary of the Justice and Peace Commission Bernard Shaw said Pope Francis has written "As believers, we feel close to those who do not consider themselves part of any religious tradition, yet sincerely seek the truth, goodness and beauty which we believe have their highest expression and source in God.

"We consider them as precious allies in the commitment to defending human dignity, in building peaceful co-existence between peoples and in protecting creation.

"A special place of encounter is offered by [places]... where believers and non-believers are able to engage in dialogue about fundamental issues of ethics, art and science, and about the search for transcendence."

The event venue will be the crypt of St Edmund King and Martyr, 21 Westgate Street, Bury St Edmunds IP33 1QG on Saturday 15 November from 10:30-15:30

For further information and to register, please contact Bernard Shaw (Secretary of Justice & Peace Commission) telephone: 01223 240207, e-mail: bshaw98uk@yahoo.co.uk

Workshop on funeral planning

A workshop on how to plan a funeral has been held at the Holy Family church in Brantham.

Fr Christopher Smith looked at the Christian understanding of death and the hope of eternal life and said it was the principle which lay behind the Catholic practice concerning funerals.

He also highlighted the wide choice available for readings, prayers and hymns.

He emphasised that everyone should make clear their wishes for their funeral as an act of kindness to their nearest and dearest.

He said: "Bereavement is a difficult and stressful business but a pre-planned funeral can considerably lessen the strain."

The workshop session ended with all singing relevant hymns that could be considered for one's Funeral.

Graeme Forsyth from the parish said: "Everyone at the workshop expressed their appreciation to Fr Christopher and said what a benefit it was to have attended."

It is planned to run the workshop again at St Mark's in Ipswich at a later date.



Fr Philip was met at the airport by a welcoming committee from Siem Reap

Working in Cambodia

Fr Philip Shryane is on sabbatical in Cambodia but from his first two blogs it seems hardly a time of rest. On the way out to the parish of Siem Reap which is twinned with St Edmunds in Bury Fr Philip made good time despite delays but his baggage failed to keep up with him and was stranded in Bangkok.

He was met at the airport by a welcoming committee including Fr Panus and the brother of his new minder Ratana who worked at the airport and arranged for the baggage to be delivered to his new home.

This is in rented rooms near the new church and the day that Fr Philip moved in was very busy.

He said he was pleased with his new home. "The area is safe and very friendly, though not much English spoken, sign language is quite helpful.

"The next door neighbour is a lady called Ai, who is known to Ratana, she brought round a pineapple as a gift of welcome.

"We went and did a little shopping for the new room and then it was time to prepare the homily for Saturday evening Mass, which is always in English and will be one of my responsibilities while I am here.

"I guess there were about 80 or 90 people at Mass, a Filipino group provided the music and all went well. The congregation this week included a French family resident here from Lyon, a few Italians, a large group of Australian visitors, the Missionaries of Charity (MC) sisters, some Vietnamese and a few Cambodians."

Fr Philip has also started English classes concentrating in the early stage on pronunciation so the Cambodian students can understand and be understood, he said.

He also celebrates Mass while Fr Panus is away and is gradually fitting into local life.

He said: "One of the things that strikes me about life here is that people have very little personal space or privacy. Yes, there are some large houses, but many are divided up into smaller units and rented, but many people share just one room, like mine and seem to get on very well.

"Much of life is lived outside, everyone can see who is gathered at the table or sharing food together, it is very different to the rather isolated and compartmentalised life we have grown used to."

To read Fr Philip's blog on adjusting to life in Cambodia and fulfilling his dream - he has wanted to work in the country for some time - go to <http://fr-philipincambodia.blogspot.com>



Fr Philip said he will preach at the Saturday night Mass in English

NEW EVANGELISATION

SETTING THE SEEDS OF FAITH

For the third in our series of interviews with women evangelisers, Rebecca Bretherton spoke to Jan Southgate, head teacher of St Laurences Catholic Primary School, Cambridge in July as she prepared for the end of the school year.

Tell us a little bit about yourself.

I became a Catholic when I was 32. As a child I wanted to be Catholic when I saw a crucifix at a jumble sale. I was given one for my ninth birthday. I had other encounters with Catholicism but I was constantly diverted. I married a practising Anglican who declared I would never get him in a Catholic church. Even though I was a Methodist attending Anglican services, I thought: "Oh yes I will!" We chose a Catholic school for our son and I converted as a result of being involved in his school. Then my husband Mike became a Catholic!

How does your faith influence your work in school?

I teach children of the same age I was when I saw that crucifix. I can spot when children see something and want to know more. I share my faith with them. I tell them about my parish. I am involved in the music and I am privileged to be an extraordinary minister of the Eucharist. What I love is that children are very open. It's important that someone listens. They will talk about their worries and we work out the answer. I tell them to ask God for help. Parents also come to talk. I feel honoured that they do this.

School is about developing the whole person. Children are at different stages of their faith journey. Sometimes they don't know they are on that journey. Although we don't know where they are going, we are giving them all the opportunities we can.

Tell us about some of the things you do to help young children develop their relationship with Jesus.



Jan Southgate

At our meditation assemblies for our four year olds, I tell them: "Don't worry about filling your head with prayers. Just empty, close your eyes and allow God to come in."

The more they do it the more relaxed they become. I encourage them to take prayers and say them at home. Children are really good at encouraging adults who may hesitate to pray. Children are very good at praying for others, supporting their friends and being role models.

Reconciliation is very high on the agenda too. When children have problems and fall out, we have the usual school strategies; but here, everyone is promised a fresh start if they are truly sorry. They will be seen again in a new light.

The children write our Passion Play - a very moving mixture of mime and music. It shows that children can understand the messages of Holy Week.

The curriculum is very important. Children understand more deeply than the current syllabus expects. My focus is on children's involvement: writing prayers, taking part in Mass, going on pilgrimage, listening to others. I want RE to have more emphasis on the sacraments and challenge children about what we can do as Christians in the world.

How does the school proclaim the Good News to the wider community?

School is part of a community triangle with home and parish. Family and parishioners join our Masses and are involved in all aspects of our life. School is often a bridge into the parish as it was for me. I would recommend to anyone to get involved in their local school and see what happens next. What I love about St Laurence's is that it is only 88% Catholic and the Catholics come from diverse backgrounds and bring languages and traditions we can all share. Yet if you came into an assembly you would see that everyone takes part in our worship.

Now I am planning our annual whole school trip to Felixstowe. It's a thank you to everyone in our wider school community; 250 children and 40 adults will be eating ice cream on the beach!. I hope we have set the seeds of faith for the children as they move on from this school. We have to put our trust in God. We have done what we can to give them a firm foundation.

You are also moving on.

Yes, I am taking early retirement. I plan to continue doing school inspections. I would like to train as a counsellor to run play therapy sessions for children. So, still busy but at my own pace and with fewer early mornings!

What's new about the 'New Evangelisation'

Fr Sean Connolly has been appointed Episcopal Vicar for the New Evangelisation and here outlines Bishop Alans three-year plan.

While it is estimated there are about one million Catholics attending Mass regularly in England and Wales, there are at least another three million who for one reason or another do not come to church.

Probably all of us have brothers or sisters, sons or daughters, nephews or nieces, grandchildren and perhaps even great-grandchildren who no longer practise their faith. For many of us it can be a real source of sadness.

Trying to engage with our "lapsed" family and friends is what the New Evangelisation is really all about. It is evangelisation because, as the word itself implies, we are in the business of bringing to others the "Good News" that they are loved by God.

It is new because of the new situation in which we find ourselves. Unlike the first disciples we have a mission to reach out and evangelise already existing Christians who have drifted away from their faith or who feel alienated from the Church.

It is also new in the sense that we now have new tools at our disposal: websites, blogs, twitter feeds, Facebook, Instagram, as well as TV, radio and print media - advantages the first evangelists never had.

So the New Evangelisation can be something as simple as praying every Sunday for our brother and sister Catholics who choose not to come to Mass, to printing and distributing prayer cards to leave about



Bishop Alan at St Marys School with the icon cross

the home and at work, to wearing a purple ribbon during Advent or Lent to provoke a conversation with friends and colleagues.

It can be setting up a welcoming (and working) parish website that as well as sharing Mass times and information about social groups includes ideas for how to pray and what Catholics believe. It can be a

parish mission, updating the census, and organising adult education.

Recently, a number of parishes around the country took part in a pilot scheme called Crossing the Threshold.

This helped them re-think how they organised their ordinary activities (as well as perhaps adding one or two new ones) in order to engage with Catholics who no longer or rarely practise their faith. Most found it challenging but all reported promising results.

It is hoped that next year some of our parishes will join the pilot too and Catholic East Anglia will be able to report on their success.

All of us are called to take part in the New Evangelisation this year, however, with an emphasis on personal renewal.

Already the Youth Cross is making its way around our deaneries with the opportunity for Forty Hours Adoration to help us root ourselves in Christ.

Early next year, ideas and materials will be offered to encourage individuals to deepen their faith and connect with the Gospel.

In 2016, the emphasis will shift to a renewal of parish life: deepening our bonds of friendship, building up community, reflecting on how welcoming, listening, and prayerful we are in order to foster a "culture" of evangelisation.

And all this in order that we might take up our mission more effectively: to bring the 'Good News' to those who have 'lapsed' and anyone else who might be willing to listen.



Demonstrating Japanese culture at the summer festival

Sharing culture at Japanese festival

Two Notre Dame schools from across the globe came together in August to celebrate an Anglo-Japan Summer Festival (Natsu-Matsuri). Fifteen pupils and two teachers from Notre Dame Kyoto in Japan came to Notre Dame Norwich to meet 40 pupils mainly from the high schools year 9, 10 and 12. They had been inspired by the Japan Project in Geography or will start GCSE Japanese this September. Natsue Hayward, NDHS International Parent Group and UEA Centre for Japanese Studies, said: "The afternoon was packed with cultural and fun activities.

"We held a quiz show, J-pop dance, furoshiki wrapping cloth demonstrations, calligraphy with ink and brush, origami, kimono and costume trial, superball-scooping game and Norwich Taiko Centre's Japanese thundery drum performance and workshop. "This was followed by a reception with traditional Japanese and English snacks. "This event was kindly supported by the PTEA, NDHS Japanese families and UEA Japanese students and graduates who have lived in Japan. "Everyone had a wonderful afternoon and we are planning a return visit to Kyoto."

Procession admired in Cambridge



After a Mass to celebrate the beginning of the academic year children from St Albans Primary School in Cambridge walked in procession with the Youth Cross from Our Lady and the English Martyrs to their school passing through Hyde Park CornerB the busiest junction in Cambridge and is where Regent Street, Gonville Place, Hills Road and Lensfield Road meet - hundreds of people looked on at the pupils in procession!

New 1m classroom block to benefit pupils

A new £1m six classroom Sixth Form block is taking shape at St Alban's School in Ipswich. It also has additional study space and a roof top terrace is due to be ready for the start of term in September 2015.

The school's Principal, Colin Walker, said "We are very grateful to the diocese for their expertise and assistance in helping get this project moving. Pupils will greatly benefit from additional space."



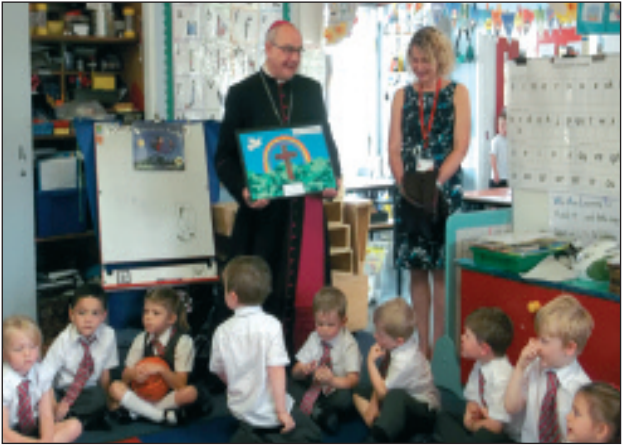
Growing their own

Boys from St Louis Middle in Bury St Edmunds who have English as an additional language have been able to reap the rewards of their gardening skills by sampling radishes, salad leaves and basil they grew themselves.

Classes in full swing

Bishop Alan met students from last year's Confirmation and Lourdes pilgrimage groups when he visited St Mary's School in Cambridge. After assembly Bishop Alan toured the school, meeting staff and students, and witnessing classes in full swing. After lunch he presided at the school's first Mass of the academic year. Headteacher Charlotte Avery said: "It was an inspiring way to launch our new term." The day concluded with a reception to meet the Bishop.

Quizzed about vocation



Young pupils at St Mary's Primary School in Lowestoft asked Bishop Alan about his vocation to the priesthood. He celebrated Mass with children, staff and parents and each class had a small gift for him. The photo shows the reception class presenting a large card. Head teacher Veronica Short said the day had been very memorable.

Prayer garden blessed

Bishop Alan celebrated Mass with students and staff at St Benedicts school in Bury St Edmunds and blessed the new prayer garden. "I much enjoyed my visit to St Benedict's and was really impressed with the students. Their confidence, openness and purpose of life were evident," said the Bishop, pictured above right with some of the students. The prayer garden is an initiative by students to provide a place of reflection, renewal and personal prayer in a scenic environment, away from all the other pressures and distractions of life. Headteacher Hugh O'Neill said: "Bishop Alan's visit was a great thrill for the children and our staff. "He was highly complimentary of the outstanding results we enjoyed this year for both GCSEs and A levels. "He also thought the pupils' warm welcome and their confident and happy manner reflected well on the school's pastoral strengths."



Bible essays bring merit

Bishop Alan presented four pupils from Year 8 at St Benedict's Upper School in Bury St Edmunds with prizes for essays of special merit in the national 2014 Schools Bible Project. Students to use their creativity to write vivid descriptions of events in the life of Christ. This year Becky Sansum, Elizabeth McCuaig, George Cutler and Amelia Price were proud winners, pictured above.



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Friday Evening Meal / Saturday Lunch / Sunday Lunch

We shall be in touch as soon as possible to confirm arrangements. Thank you.

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Encountering Christ powerfully at Youth 2000 Diary dates for 2015

Hamish MacQueen reflects on the Youth 2000 Prayer Festival over the summer.

Youth 2000 is an initiative to draw young people into a deeper relationship with Christ, especially through devotion to the Blessed Sacrament, Our Lady and fidelity to the Teaching of the Church. They run retreats in different parts of the country, with the biggest (over 1000 young people) at Walsingham each year over the August Bank Holiday weekend.

I have never had the opportunity to go for more than a few hours, until this year. After an introductory session in the large marquee, the Blessed Sacrament was exposed and remained so for the entire festival. At any time day or night, young people could (and did) go and

spend some time with The Lord. It was often during these times people had profound experiences. There was a variety of talks and workshops; praise music and silence; structured activities and time to relax and chat. The Sacrament of Reconciliation was regularly available and Mass celebrated daily.

I was aware in the past some people have expressed reservations so I went with these in mind: Was it old fashioned? No. Were talks obsessed with moral teaching? No. Was everyone a bit strange? No – well only as strange as me! Did it offer young people an opportunity to encounter Christ in a powerful way? Yes absolutely. I (and Bishop Alan) whole heartedly recommend young people go.

January

Epiphany Candlelight Mass for Young People and families, Poringland

February 1

Regional Youth Mass in Peterborough (TBA)

March 7

'Flame' II (National Youth Event), Wembley

May 2 -

Ignite Diocesan Youth Festival, Swaffham and Walk to Walsingham

May 30 - 31

Celebrate Family Conference, Bury St Edmunds

June 1

Regional Youth Mass in Cambridgeshire (TBA)

June 28

Regional Youth Mass in Suffolk (TBA)

July 25 August 1

Pilgrimage to Santiago Compostela (TBA)

August 3 - 8

New Dawn Family Conference, Walsingham

August 27 - 31

Youth 2000 Prayer Festival, Walsingham

Details available from www.catholic-eastanglia.org/youth

Setting East Anglia on Fire

We need the oxygen of the Gospel, the breath of the Spirit of the Risen Christ, to re-ignite in our hearts. Pope Francis.

We are at the start of an exciting adventure, Diocesan Youth Director Hamish MacQueen writes. For the past 10 years the Youth Council has organised numerous youth events and pilgrimages which they continue to do (see Diary dates 2015).

Alongside this vital part of youth ministry, with the appointment of Matt Rennie as Mission Team Leader, we are now expanding our outreach ministry.

Hamish explains the Vision: "Building on the success of our Ignite Festival, and inspired by the words of Pope Francis promoting the New Evangelisation, we have decided to use the name 'Ignite' for our outreach ministry and this currently comprises."

The Ignite Team – a new Diocesan Youth Mission Team starting in the Autumn of 2015 will be going into schools and parishes sharing the timeless Gospel Message in a way young people can relate to.

They will use music, drama, puppets, multi media IT, group work and personal sharing.

In schools the Ignite Team will be available to lead assemblies, retreats and missions.

In parishes they will be available to work with Confirmation groups, First

Communion groups and youth groups.

The Ignite Festival – already running for three years, this is our diocesan youth festival bringing the best in Catholic speakers and artists to East Anglia for an amazing weekend.

Ignite groups – it is hoped that after a visit from the Ignite Team, going to an Ignite Mass or the Ignite Festival, it will stimulate groups of young people to meet together to grow in their faith.

Ignite on Social Media – everything we are doing will be written about on Twitter and Facebook etc.

To make all this happen we need prayer! You might like to come to the **The Ignite Prayer Group** – this is a monthly prayer meeting specifically to pray for the Ignite Team and young people in our diocese.

Everyone is welcome whatever their age. Details available on the website www.catholic-eastanglia.org/youth.

Fr Luke Goymour (acting chaplain to the Diocesan Youth Service) said: "This is an exciting time for youth ministry in East Anglia, this new vision, coming together under the Ignite brand has the potential to reach more young people with the life changing message of the gospel."

"Pray for Ignite, pray for Hamish, pray for Matt and pray that young people will answer the call to serve on a full time mission team!"



Hamish MacQueen and Matt Rennie

Thinking of a gap year? Want to share your faith with other young people?

The diocese is looking for people to join the first IGNITE TEAM – the brand new full time Diocese of East Anglia Youth Mission Team.

- For those age 18 (by August 2015) – 29.
- Develop your skills in music, drama and tech.
- Gain valuable experience working with children and young people.
- Gain a recognised youth work qualification.
- Living in a community with other young people.
- Accommodation food and all living expenses provided plus a monthly allowance.
- From the end of August 2015 – July 2016.



Invitation to WYD

Bishop Alan is inviting all young people age 16+ by July 2016 to join him on Pilgrimage to Krakow, Poland for World Youth Day 2016 with Mass celebrated by Pope Francis

Booking is now open please see www.catholic-eastanglia.org/youth



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*"Dear young people,
do not bury your
talents, the gifts that
God has given you!
Do not be afraid to
dream of great things!"*

Pope Francis



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Flags from many nations across the globe were displayed at the Walsingham shrine, above left, Bishop Alan celebrated the Mary Pilgrims Mass for the first time, above. He is shown receiving the Offertory gifts from representatives of one of the nations that attended what has now become an international event at Walsingham, above right.

Cultures and countries from across globe united at Walsingham

Dowry of Mary brings 5,000 pilgrims to shrine

More than 5,000 people representing Catholic communities across the globe now living in England came to Walsingham to take part in the Dowry of Mary Pilgrimage in September.

The annual event was led for the first time by East Anglia's Bishop Alan Hopes who extended a warm welcome to one of the largest gatherings of 2014 at the popular Catholic National Shrine to Our Lady.

He remembered in his opening prayers the plight of Christian communities under threat of persecution and martyrdom in Iraq, Syria, northern Nigeria, Pakistan and other war zones.

He asked for the pilgrims to remember them in their prayers.

The day of celebration had begun with a presentation of the flags of the countries represented at the pilgrimage which has been growing in numbers over the past decade to become one of the largest and important international events at Walsingham.

Catholics from China, the Philippines, South Asia, India, Pakistan, Sri Lanka, several African countries, Eastern Europe, South America and Britain celebrated in unity and many expressed their own culture during the liturgy and throughout the day.

In his homily Bishop Alan spoke of the importance of Our Lady, a young woman from Nazareth, who conceived and bore a son.

"But this was no ordinary event - not simply the birth of another child. God is making a new beginning for

the whole of His creation.

"The Holy Spirit comes over Mary and God's plan in Jesus Christ and He enters His own world in a unique and powerful act," Bishop Alan said.

The bishop asked all to reflect on Mary's mission as she always led people back to her son.

He asked the pilgrims to pray the Rosary, sharing their thoughts on Jesus and open their lives to him. "Mary shows us the pattern of prayer for Christ in communion with His Church.

"She reminds us that we can't go it alone but live in communion with the Holy Father, Peter's successor, the bishop and fellow believers," Bishop Alan said.

After Mass and a shared lunch the pilgrims walked along the Holy Mile to the village of Walsingham for Benediction in the Abbey Gardens - an annual pilgrimage for those attending the Dowry Pilgrimage.

Along the way groups reflected in their own way. Some prayed the Rosary, others sang hymns, some in silence.

Many of the African groups beat drums, sang and prayed in ways that displayed the richness of their own culture.

The pilgrims, who had appeared to grow in number along the way, were met at the village by the Eucharist and gathered for the Benediction in the ruins of the abbey destroyed in the 16th century.



Each group presented their own culture in dress, song or dance



Passage to India in 'Connected Classrooms'

By Amy Aviss, Year 1 Teacher
St Martha's Catholic Primary School, Kings Lynn

Jackie Bunting, a learning support assistant, and I set off on an adventure to Kochi, in Kerala in India. This was a return trip in our 'Connected Classrooms' project through the British Council. We had already hosted Mary Sabu and Fr Varghese, successfully in June, sharing teaching and learning techniques and practices; and enjoying special Masses with them.

Our trip was different. Naipunnya Public School is a Catholic school, run by the Archdiocese of Ernakulum-Angamaly. It is a pioneer school for the diocese which is teaching through less formal methods. The school is a bright, bustling hive of incredibly smart and polite young people.

The staff and parents were so welcoming we felt like royalty, especially as the week we spent there was dur-

ing their important Keralan festival of Onam.

Onam is a festival which has no boundaries, all religious groups, castes and classes are welcome. All are part of a story of a heritage celebrated in a wide variety of colour, drama and song.

We were dressed in saris, invited to sit in VIP seats, given special attention and even asked to give out prizes! It was an absolute honour for us to be there at this special time.

We did also get the opportunity to see other parts of Kochi, such as the famous backwaters on a lovely house boat, the bathing of elephants on a Sunday morning with the local Catholic Mass being sung on the other side of the river.

We also saw the hill station of Munnar where rain fell precipitously and spices like cardamom, pepper and cloves grow next to rows and rows of tea plantations. We also visited the very special Providence

House orphanage.

117 girls and women, all with physical disabilities.

It is run by 11 nuns from the Providence Sisters.

They have no money, apart from charity donations and Naipunnya.

The place was full of girls and women, overwhelmed by the love they received from the nuns and open. We were all moved.

It was a true privilege to visit India, a country I can now recommend the programme as a truly international experience.



Amy Aviss and Jackie Bunting during their visit to India



the Dowry of
many na-



Bishop Alan celebrates the Pilgrims Mass, above.

As the pilgrims made their way to the village of Little Walsingham each group celebrated in its own way often drawing inspiration from the culture of its home country.



Some of the groups from Africa sang and danced on the way to the Abbey Gardens



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ge. The Providence house is a home for men (and one man) with severe mental disabilities. Sisters of the Little Servants of the Di- e. o government aid and no other help, itable donations such as those from us s absolutely spotlessly clean, and the n were excited by our visit. We were y this visit; the tenderness that the girls hese extraordinary women was vast ere determined to help. onour for us to have the opportunity nce in a lifetime event. We thoroughly British Council connecting classrooms a way for other schools to link up inter-



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NEWS

from

THE CATHEDRAL OF ST JOHN THE BAPTIST



Bishop Alan welcomed the people involved in tourism and leisure

Narthex venue relaunched

The Narthex has been re-launched as a social event venue as well as an asset to St John's the Baptist Cathedral.

People from Norwich's tourism and leisure businesses came to an evening reception in September to hear about the advantages of holding functions in the Narthex and many were greatly surprised.

Few of them had visited the cathedral before and were given a tour of the building and its garden which Xana Davidson had laid out.

A special information pack had been prepared to present the Narthex as a premier events venue with "flexible space to create an experience to suit a range of event requirements

and budgets".

It is suggested that the building was appropriate for meetings, conferences, AGMs, fetes, exhibitions, evening classes, talks and recitals.

Bishop Alan launched the new venture and invited the guests to explore the building and discover its many amenities.

He said the Narthex was a valuable asset for the cathedral's education programme run by Jo Anderton, with the many displays decorating its walls.

The venue was also ideal for family events such as anniversaries, birthdays, christenings and wedding receptions.



The attractive garden at the Cathedral and a demonstration of how it can be set out for a wedding



Hundreds see secret Cathedral

Hundreds of people came to St John the Baptist Cathedral during September's Heritage Days and a large proportion made the effort to climb the tower to see the wide sweep of the city of Norwich and further.

As well as the sweeping vistas from the heights the visitors also ventured into the cathedral's "hidden places" and were fascinated by the woodchip heating system, the Duckett Library, the gallery chapel out of view of the congregation in the Nave and many other "secret features".

The memorial chapel in the south transept was decorated in remembrance of the First World War which was marking its 100th anniversary.

Contemporary posters and a film sequence projected onto the floor on the approach to the chapel fascinated many.

The aisle of the chapel was strewn

with poppies in remembrance of the conflict and an altar set that had been used for Masses celebrated in the war zone on the Western Front was on display.

But visitors were also able to see displays of the work of the Cathedral.

Parishioners working to supply food-banks, fundraising for twin parishes in South America, the embroidery team, altar servers, SVP and many other groups were represented.

This was an insight into the life of the cathedral parish often hidden from view from the rest of Norwich.

A new guide to the cathedral was also produced to help visitors coming for the Heritage days.

It is hoped that many will return to explore and to enjoy the catering at the newly relaunched Narthex.

Cathedral parish commitment to food bank

New parish banner



Peter Martin with the new banner for the Kings Lynn parish. By tradition it is carried at the head of processions at Walsingham because the parish helped to restore pilgrimages to the shrine. The banner is the third to be produced since pilgrimages were restored and bears many of the elements, symbols and prayers of previous ones. It was blessed by parish priest Fr Peter Rollings just days before the Dowry of Mary Pilgrimage where it made its debut and was paid for by the Knights of St Columba.



A popular feature for visitors to the Cathedral during the Heritage Days was the decorated Memorial Chapel which marked the 100th anniversary of the outbreak of the First World War. Items from the battlefield included an altar set used to celebrate Mass during the conflict.

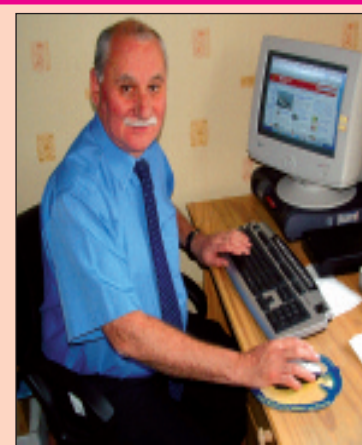
We are aiming to produce a Christmas edition in December so deadlines are shorter this time than usual - Please note the date below.

The newspaper is now on the web and can be accessed from the diocesan site. But please remember when sending photographs of children to make parents aware they may be used in the newspaper and on the website.

If you would like us to identify a child by name, written parental permission

must be obtained for this. Send material to: Patrick Byrne The Editor, Catholic East Anglia, The White House, 21 Ugate, Poringland, Norfolk NR14 7SH. Tel: 01603 627409 and email: patrick.byrne5@virginmedia.com **Deadlines: Catholic East Anglia is bi-monthly and printed early in the month.**

Material must arrive by 15 November for the CHRISTMAS 2014 issue.





Fr Damian Kramarz, hospital chaplain Fr John Minh, Bishop Alan, Fr Thomas Walton and Fr Waldi Smialek with Mary Metcalfe



Bishop Alan, Revd Mike Jones (Anglican chaplain), Lesley Crosby (assistant director of nursing and care quality) and Myles O'Hanlon (Catholic chaplain)

Bishop visits city hospital chaplains

Bishop Alan and the recently inducted priests from St Peter and All Souls with other Peterborough clergy recently visited the City Hospital chaplaincy team.

Patients, staff and parishioners from the Peterborough parishes gathered together for Mass at the hospital.

Bishop Alan and the priests then joined members of the chaplaincy team for lunch in the hospital cafeteria.

Later in the afternoon Bishop Alan visited the wards where he talked to

and prayed with the patients.

"It was a very special and memorable day for the chaplaincy team, the patients and their relatives," Frances Swanson said.



CWL 25th year celebration

The Thorpe St Andrew Section of the Catholic Women's League recently celebrated their 25th anniversary with a Thanksgiving Mass celebrated by Fr Sean Connelly in Our Lady Mother of God church.

Afterwards a buffet supper, cooked and served by the members was held.

Marie Drew said: "In his very moving homily, Fr Sean spoke of the mutual love, support and fellowship among CWL members, which extends into their work for the Church & the wider community."

Guests included the Branch President Teresa Wiseman, Branch Secretary

Jenny Birchall, members from Ipswich, Lowestoft and Wymondham, representatives from the Norwich Union of Catholic Mothers and local Mothers' Union.

Ted and Penny Doe from the local Baptist Church, joined the celebration and provided the musical entertainment.

Pictured with the anniversary cake, made and decorated by Gill Bannon, are seven of the founding members of the section. Linda Warrington, Rose Melnyk, Brenda Billington, Eva Plane, Gill Bannon, Marigold Quinhampton and Mary Hogan

East Timor community evening



East Timor people in Peterborough, many of whom are parishioners at St Peter and All Souls, held a cultural evening in October with about 300 attending from many parts of the diocese, Ireland and Europe.

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News from communities and parishes around the Diocese



Sr Nuala, Sr Margaret Pole, Sr Barbara Brent and Sr Judith Mary in front of the new house in Ipswich

Sisters move into new convent

The convent at St Mary's parish in Ipswich, which is the home of the Sisters of the Congregation of Jesus and Mary, has been extended and updated.

Four sisters have moved in already and between them have a lot of history to recount in a parish where the order has worked since the 1860s founding an orphanage, a parish school and a boarding school.

The sisters each have their own story of how their vocation was formed, tested and fulfilled.

Sr Barbara Brent, the youngest, celebrated the 40th anniversary of her profession last year, entered the order after the Second Vatican Council when religious life was undergoing massive changes.

She has worked with the order across the world and her most adventurous time was teaching at a boy's school in Beirut during the Lebanon civil war.

As a teenager she knew she had a calling but was forbidden by her parents to join the order until she was

over 18 years old. When she qualified as a teacher she came to Ipswich and joined.

Sr Margaret Pole won a scholarship to the convent school and also felt she had a vocation. She trained as a teacher and spent 40 years at St Mary's School in Ipswich eventually becoming head teacher.

She has written about the order, its commitment to educating young women.

Sr Judith Mary came from a Methodist family but accompanied the girl next door to the convent school and developed a vocation. She became Provincial and worked with the Congregation at the Second Vatican Council. She said: "It was a great time to be in Rome."

The first of the new sisters to arrive was Sr Nuala whose family were living at Great Yarmouth and became a border at the school in Ipswich. She studied to become a teacher at Dublin University and spent many years on the staff at the school in Milton Keynes.



Stalwart Ron's life and pilgrimages remembered at his Lowestoft funeral

A stalwart of the annual diocesan pilgrimage to Lourdes and Our Lady Star of the Sea parish in Lowestoft has died.

Ron Thornton's proudest moments were when he carried the diocesan banner at the head of the pilgrimage.

Ron, pictured left, had another story which was related at his funeral by Bernard Segrave-Daly to the Knights of St Columba and parishioners. Ron was brought up in Yorkshire where his parents were tenant farmers but when they died he was unable to take over.

He came to Lowestoft to live with a relative who died leaving him homeless.

He ended up in the night shelter for a while before getting back on his feet and finding a flat.

Among the many stories that Bernard related was an attempt to hitch hike to Lourdes as Ron felt the parish had done enough to sponsor his trips.

He managed to get to Paris and even as far south as Perpignan after adventures on motorways and with French police.

He was given his fare to return to Eng-

land and never made it to Lourdes that year. During the visit to England by Pope John Paul II he headed for York to pray with him but had to walk all the way back to Lowestoft. He injured his feet on the journey and had to have toes amputated.

Ron's generosity was legendary and it was said he often used his fortnightly benefit money to stock up the church shop.

Bernard said he was greatly missed but had a special place in heaven.

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PRAYER AND SUPPORT FOR WAR ZONES

Parishes and people raising money and praying for Christians caught up in conflict

For this edition we are concentrating on the plight of Christians in Syria and Iraq where unbelievable atrocities are being reported - we hope our readers can help through prayer and aid for the agencies working in the war zones.

Prayer groups across the Diocese of East Anglia have been focused on the plight of Christians caught up in the war zones of Iraq, Syria, northern Nigeria, South Sudan and Pakistan.

Most prayer is being directed towards those under siege or captures by the Islamist militants in Kurdistan where terrible atrocities are happening.

Lay Dominicans of the Cambridge and Laxton Fraternity, with the Justice and Peace Group at St Laurence's, Cambridge, are organising a 12-hour prayer vigil for the persecuted people of Iraq and Syria at St Laurence's, Milton Road, Cambridge from 7pm on Friday 7 November. Information about the situation in these countries and ways in which people can support aid work through various agencies will be discussed.

Many parishes also responded to the call by Pax Christi "to join with others in solidarity to fast and pray for peace in the Middle East" for one or more 24 hour periods in September and October. These events are continuing as war increases in intensity.

Antonia Moffat, from the Walsingham parish, has been working with the Congregation of Jesus and Mary convent at Felixstowe to arrange an afternoon of prayer. The Maronite Archbishop of Damascus Samir Nasser was to have led the day and meet sisters he had worked with in the Lebanon.

He was denied a visa to travel by the Syrian authorities. Antonia said that prayer was one of the most powerful weapons at the disposal of the people of the diocese to counter the evil that was going on in the Middle East, Africa and Asia.

She said: "It is time to rally to prayer and to plead with Lord incessantly that people will recognise the evil at work."



Ely Parishioners are among many who responded

Many people across the diocese are responding both with prayer and with fundraising for the refugees fleeing the fighting and facing a harsh winter. Much of this activity is being co-ordinated by CAFOD and its Regional Manager Stephen Matthews said: "The persecution of minority groups, including Christians, in Syria and Iraq, is unacceptable and despicable.

"Eighteen months after CAFOD launched their appeal the humanitarian crisis in Syria continues. This summer, the violence in Iraq escalated, with religious minorities including Christians, Yazidis and Turkmen, singled out for attack."

This summer, Alan Thomlinson, CAFOD's Emergency Programme Manager for Syria and Iraq visited St Etheldreda parish in Ely and told them of the help being given to those people who had fled in fear to Lebanon, Turkey, Jordan and Iraq.



Christian families brought icons and holy pictures

When CAFOD launched their appeal, three million people were in urgent need of food aid and thousands were fleeing into neighbouring countries.

Parishes across the Diocese of East Anglia have responded to appeals and were generous in their response, donating over £118,000, Stephen said.

By the time Alan visited Ely parish in July, the death toll in Syria had reached approximately 162,400 and around seven million people had fled from their homes. The number of Syrians registered, or waiting to register as refugees outside Syria stood at 2.8 million.

Bishop Alan said: "The people in South Sudan, Syria, Iraq and Gaza have had a terrible summer. Families have seen their homes destroyed and hundreds of thousands have been displaced.

"Through CAFOD we have been able to respond with donations and stand in solidarity with our brothers and sisters with our prayers and petitions. Thank you for your support."

Parishes are asked to remember the refugees in bidding prayers, in prayer groups and to hold special services.

One of the largest groups working in the war zones is Aid the Church in Need a papal organisation providing support and finance.

Dr John Newton, from the organisation, said: "More than 70,000 Christians are currently seeking sanctuary in Erbil in the Kurdish region.

"The Church has done its best to accommodate those it can in halls, sports centres, and wherever they can find space, but many are still sleeping in parks and public spaces as there simply isn't the capacity to house them all.

"Two meals a day are being provided for these displaced families by the Church.



Mothers with young children have fled their homes

"If anyone would like to help the Catholic Church's efforts to help look after those driven from their homes they can send a donation to aid to the Church in Need, asking for it to go specifically to Iraq."

This reveals that as well as the prayers of people in East Anglia the refugees will need food and shelter to survive. With the help of CAFOD, Aid Church in Need and parishes who are already raising funds much help is reaching the refugees who face almost unimaginable horrors.

And across England and Wales, from individuals and parishes, donations to CAFOD have reached over £2.7 million.

Please donate to support CAFOD's work in Iraq and Syria by calling 0500 858885 and to Aid Church in Need on www.acnuk.org



Tents being erected in preparation for the refugees

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Cookery book author Pauline Curran

Friday meals book raises money for poor

A cookbook of tasty meat-free meals for Catholic families who observe Friday abstinence has been written by Pauline Curran from Bury St Edmunds parish.

Friday Suppers provides inspiration for meat-free family meals and is helping to raise funds for CAFOD.

Pauline worked for two decades testing recipes for best-selling cookery writer Delia Smith.

The £6.99 book, which includes a foreword from Delia, contains 40 meat-free recipes that have been written with value for money and availability of ingredients in mind.

It was launched to coincide with CAFOD's Harvest Appeal which asks

supporters to make a place at their table for those with less food to eat, and all proceeds raised from sales will support the charity's work helping communities across the world that live in extreme poverty.

Pauline, 78, said: "I know that when Friday evening comes around after a long week, a lot of people are stuck for easy meal ideas.

"With that in mind, I put together this simple, family-friendly recipe book. And of course, I couldn't pass up the opportunity to include an East Anglia favourite – Norfolk crab sandwich!

"I admire greatly the work of CAFOD so I'm so pleased my recipe book is con-

tributing to their work."

Long-standing CAFOD supporter and cookery writer Delia Smith said: "When Pauline opened the boot of her car and nonchalantly unloaded masses of the most delicious food for one of our parish parties, I recognised instantly that she had a very special talent.

"She has a deep faith, and like many of us is concerned so many people in the world do not have enough to eat."

"Please buy as many copies as you can and tell your friends."

Copies of Friday Suppers call 0300 011 5680 or visit CAFOD website and look for fridaysuppers

Lourdes nurse received into Church

Anne Fryer, a nurse who has worked as a volunteer for many years on the Diocesan Pilgrimage to Lourdes, was received into the Church by Bishop Alan Hopes this year.

She was baptized and received the sacraments at the Diocesan Mass at the shrine. Anne said that this was very appropriate as Lourdes was where her journey began.

Fellow nurse Frances Presgraves said: "Anne, who was inspired by the warm welcome she experienced from fellow pilgrims on her first time in Lourdes, had been looking forward to this for some time.

"As a nurse she had to work shifts, so found it difficult to regularly attend the RCIA programme, but her local priest Fr John Minh gave permission for former catechist and fellow nurse Frances to help to prepare her when their off-duty coincided."

The pilgrimage always welcomes



Bishop Alan baptizes Anne in Lourdes more pilgrims and volunteers, who are advised to contact our Diocesan Pilgrimage Director, Rev Deacon Clive Brooks.

For more information please see our Catholic Association website at www.catholicassociation.co.uk with which the diocese is linked.

Walk in honour of St Felix

Three parishes went on pilgrimage to Dunwich on the Suffolk coast to honour St Felix, the first bishop of East Anglia who was associated with the sea.

Dunwich was a great city in the Middle Ages but has now disappeared under the sea because of coastal erosion.

Parishioners from Bungay (with Harleston), Beccles and Southwold joined together to hear Mass in the ruins of the Leper Chapel, next to the parish church of St James at the end of July.

Building work going on nearby but stopped as the craftsmen looked on to see Dom Charles Fitzgerald-Lombard and Fr Martin Gowman celebrating Mass assisted by Deacon Tony Felton.

Mary Kirk said: "After Mass the



banner of St Felix was carried by the young people (pictured above) in procession to the ruins of the Franciscan friary where everyone gathered for a picnic lunch."



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