

May  
2016

FREE

# Catholic East Anglia

Newspaper of the Diocese of East Anglia

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## Installation of Cathedral Chapter of Canons



Bishop Alan Hopes with the nine new Cathedral Canons after their installation Mass. Back row from left, Canon Rollings, Canon Paul, Canon Harkness, Canon George, Canon Bagstaff. Front row from left, Canon Blakesley, Canon Hackeson, Bishop Alan, Canon Minh, Canon Leeming.

# An historic day for the Diocese

It was an historic day in the life of the Catholic Diocese of East Anglia when the Cathedral Chapter was established with the installation of nine Canons at a Solemn Mass at St John the Baptist Cathedral in Norwich on March 17. Keith Morris reports.

A congregation of around 600 travelled from across Norfolk, Suffolk, Cambridgeshire and Peterborough to witness the occasion.

Welcoming the congregation, the Bishop of East Anglia, Rt Revd Alan Hopes, said: "This is an historic day in the life of our Diocese. The Canons will support the life and mission of the Cathedral and the wider Diocese, through their prayers and their dedicated support of the Bishop in their local communities.

"They will also become a College of Consultors, in accordance with a resolution made by the Bishops' Conference of England and Wales in 2009 and would be consulted by the Papal Nuncio whenever there is an inter-regnum in the Diocese and a new bishop needs to be appointed.

"I am delighted that these nine priests have accepted this appointment and I ask you to pray for them that they will be led by the Holy Spirit to serve God faithfully."

Bishop Alan then installed the Provost of the Chapter, Cathedral Dean Fr David Paul, who then in turn installed all the other eight canons who were first vested in a Mozetta (short cape) by their sponsoring priest, and then received a Biretta (square cap) which the Bishop placed on their head.

Those installed in the new Chapter of Canons were: The Very Revd David Canon Paul (Provost), the Very Revd David Canon Bagstaff

(Vicar General), the Very Revd Simon Canon Blakesley (Judicial Vicar), the Very Revd Mathew Canon George Vandalakkunel (Parish Priest of Thetford), the Very Revd Mark Canon Hackeson (Parish Priest of Bury St Edmunds), the Rt Revd Monsignor Eugene Canon Harkness (Chancellor), the Very Revd Hoan Canon Nguyen Minh (Parish Priest of St Luke's, Peterborough), the Very Revd Peter Canon Rollings (Parish Priest of King's Lynn) and the Very Revd Mgr Peter Canon Leeming (Parish Priest of Our Lady and the English Martyrs, Cambridge)

In his homily, Bishop Alan said: "We live in an increasingly secular culture. We have been told recently that in Norwich only 40% of people say they believe in God. So do we crawl into our shells when faced with such a challenge? No. Like St Patrick we must be mission driven, re-evangelising

■ continued on page 9.

## East Anglia is set to celebrate

■ The Diocese of East Anglia is set to celebrate the 40th anniversary of its formation over the next few weeks with a Solemn Diocesan Mass, a Walsingham Pilgrimage, a book launch and a history conference.

The most high profile event is a Solemn Diocesan Mass with chief celebrant and preacher Cardinal Vincent Nichols at the Cathedral of St John the Baptist in Norwich at 6.30pm on Friday June 3, one day after the actual anniversary of June 2. All are welcome and a full cathedral is expected with a large screen in the Narthex garden. Six Bishops plus civic and ecumenical guests will be attending.

A 40th Anniversary Diocesan Pilgrimage is to be held on Bank Holiday Monday, May 2. The event begins with the Crowning of the statue of Our Lady of Walsingham at 12.30pm in Friday Market Place. This will be followed by a procession along the Holy Mile to the Slipper Chapel during which there will be the Rosary and hymns to Our Lady.

On arrival at the Shrine there will be the opportunity for Confessions before the lunch break, during which pilgrims will have the opportunity to pass through the Holy Door. Bishop Alan Hopes will celebrate Solemn Mass at 3pm.

The theme is "Mary, Mother of Mercy" and there will be involvement from young people from the Diocese who will be going to World Youth Day in July.

A one-day conference on the history of Catholicism in Norfolk, Suffolk, Cambridgeshire and Peterborough from the Reformation to the present day is set to take place at the Cathedral Narthex in Norwich on June 11, as part of the celebrations when a book marking the 1,400 years of Catholic history in East Anglia will be launched (see page 4).

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## news in brief

### Craft fair boost for charities

■ A dozen charities have benefited from funds raised at the 2015 Clare Priory Craft Fair. At a special evening event at the Priory on March 4, funds were handed out to St Nicholas Hospice Care; East Anglian Children's Hospice; Clare Seekers; Cavendish Care; Abbeyfield; Action For Children; CLASP; Sam Ward School; Clare Church Extension Fund; Clare Priory; Clare Playing Fields and The East Anglian Air Ambulance.

All money raised at the Fair is given to charity and over the last 10 years it has raised almost £100,000 for local charities, in addition to money raised for building the award winning Clare Church Extension. This year's fair takes place on July 9 and 10.

Visit: [www.clarepriory.org.uk](http://www.clarepriory.org.uk)

### Beccles fund-raisers

■ Two local charities have received over £2,700 from the congregation of St Benet's Minister Catholic Church in Beccles thanks to a fundraising flower festival, market stalls and sponsored walks.

On March 16, cheques for £1361.34 were presented to both Lynne Nobbs, chair of the EACH Lowestoft Friends Support Group and to Lucy Goldsmith from Sandra Chapman Oncology Unit at the James Paget Hospital.

The charity cash was raised mainly from the St Benet's Flower Festival, organised by Rona Baxter; regular Market Stalls led by Pam Storey and sponsored walks.

PPC Chair, Brian Lewis, said: "For 2016, our chosen charities are the May Centre, Beccles and the Louise Hamilton Hospice appeal and representatives explained their work. Over £200 was generously donated during the evening - a great start to our 2016 campaign for these organisations."

**Catholic East Anglia**

Newspaper of the Diocese of East Anglia

EDITOR: Keith Morris  
tel: 01508 488137 or  
07712 787762

Pear Tree Farmhouse,  
Wymondham Road,  
Wrenningham, Norwich,  
NR16 1AT

email: [comms@east-angliadiocese.org.uk](mailto:comms@east-angliadiocese.org.uk)

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# Lahore bombing touches Newmarket Parish

The Easter Sunday terrorist suicide bombing in Lahore Pakistan took the lives of two of the children of Arif Bashir who works as a stable lad in Newmarket.

Arif and younger brother, Nasir, have been working in the UK for over ten years in the racing world and are regulars at the 10.30 Sunday Mass at Our Lady Immaculate & St Etheldreda in the town.

On Easter Monday, Fr Simon Blakesley became actively involved in trying to get them air tickets to enable them to return home for the funeral of his daughters, Suman and Aruj.

In sharing what had happened in this tragedy Fr Simon was immediately helped by a number of individuals involved in racing who

contributed towards meeting the cost of the air fares and adding something for the funeral expenses as well.

He said: "I am truly grateful for the instant and generous response that I have had, and I hope that we will be able to help the family in the future too as they recover from this tragedy."

Bishop Alan Hopes responded with great sadness and a promise of prayer; and, in due time, an offer to come and celebrate a Mass in the memory of the girls and all those who lost their lives in this callously targeted attack.

Fr Simon added: "We may be 4,000 miles away, but we are reminded, at moments like this, that the Church is one body, and when one part suffers, we all suffer too."



Arif Bashir (front left) at his daughters' funeral with his father and brother Nasir.



Bishop Alan Hopes washing the feet of 12 congregation members at Norwich Catholic Cathedral.

## Bishop washes congregation feet

By Keith Morris

Bishop Alan Hopes washed the feet of 12 members of the congregation at the Cathedral of St John the Baptist in Norwich on March 24, in the traditional Maundy Thursday Mass of the Lord's Supper.

Bishop Alan Hopes knelt to wash, dry and kiss their feet following the example of Jesus, who did the same to his 12 disciples at the Last Supper, the day before he was crucified.

For Bishop Alan, it was the first time that women were included in the Rite, following the recent change announced by Pope Francis, who on the same day

himself washed the feet of 12 male and female refugees at a large centre for asylum seekers in Rome. In his homily, Bishop Alan said: "The whole mystery of Jesus Christ is expressed in this simple action of Jesus washing the feet of his disciples. 'This is what the whole of Jesus' life has been about from the beginning, the setting aside of his divine glory, bending down to us in the mystery of forgiveness and love. 'He is the love which

cleanses us. In the sacraments of cleansing, Baptism and Penance, Jesus is continually on his knees, washing our feet, carrying out the service of a slave, the service of cleansing and forgiveness. 'We are not to be passive recipients of his goodness,' said Bishop Alan.

"Jesus tells his disciples: 'If I, your Lord and master, wash your feet, you should wash each other's feet. I have given an example so that you may follow.' 'So he gives us the new commandment: 'Love one another as I have loved you.'"

## Confession drive for 24 hours

People across the Diocese of East Anglia have taken part in a worldwide 'Confession drive' initiated by Pope Francis, as an integral part of his Jubilee Year of Mercy celebrations.

'24 hours for the Lord' ran from Friday 4 to Saturday 5 March and saw teams of Catholic priests available in a handful of churches across East Anglia to dispense the Sacrament of Reconciliation, also called Confession, for the whole 24 hours. Every parish across the Diocese also had opportunities for confession for part of the 24-hour period. Across the world, millions were expected to visit churches for prayer and receive the Sacrament.

In his Message for Lent 2016, Pope Francis, wrote: "By calling for an attentive listening to the word of God and encouraging the initiative '24 Hours for the Lord', I sought to stress the primacy of prayerful listening to God's word, especially his prophetic word. The mercy of God is a proclamation made to the world, a proclamation which each Christian is called to experience at first hand." He added: "Mercy expresses God's way of reaching out to the sinner, offering him a new chance to look at himself, convert, and believe, thus restoring his relationship with him. In Jesus crucified, God shows his desire to draw near to sinners, however far they may have strayed from him."

Across the Diocese of East Anglia, all-night vigils and the opportunity for confession was available for the 24 hours at the Cathedral of St John the Baptist in Norwich, Our Lady of the Annunciation in King's Lynn, St Philip Howard's in Cambridge, St Pancras in Ipswich and St Peter and All Souls in Peterborough.

Fr Michael Collis, at the Cathedral in Norwich, said: "We had priests available for confession and there was private prayer throughout the day. During the night hours the Syro Malabar Indian community led a vigil of prayer. There was also celebration of Masses throughout the day and the Stations of the Cross Devotion."



# Piotr is chosen to serve Pope Francis

■ A Diocese of East Anglia seminarian from Cambridge, Piotr (Peter) Wygnanski, was chosen to serve Pope Francis during a special Mass in Rome in February to celebrate the anniversary of St Peter Chair.

Piotr is currently in his second year of training at the Venerable English College in Rome. He grew up in Cambridge and was an altar server at St Lawrence's Parish for 11 years.

Piotr said: "We were really blessed to serve for the Holy Father, especially on the feast of the Chair of Peter. It was such an opportunity to reflect on our Church and its apostolic roots. As the successor to St Peter, Pope Francis leads us all in the truth that has been handed down to us over the last two thousand years, and seeing his humility and prayerfulness up-close will be a source of inspiration for many years to come."

Piotr studied electronic engineering at Warwick University and worked in



Piotr Wygnanski, left, serves Pope Francis at a special Mass in Rome.

industry in London before beginning his studies in Rome. He was a member of the Diocesan Youth Council for many years and helped to lead pilgrimages to Taizé and World Youth Days.

He regularly returns to Cambridge to visit his family and will be accompanying the East Anglian diocesan pilgrimage to Poland for World Youth Day this summer.

# Honour from Queen

By Keith Morris

Sister Mary Clare from the Daughters of Jesus in Peterborough, has been honoured for her Christian community service by the Queen, who presented her with Maundy Money, along with 179 others from across the country, at Windsor Castle on March 24.

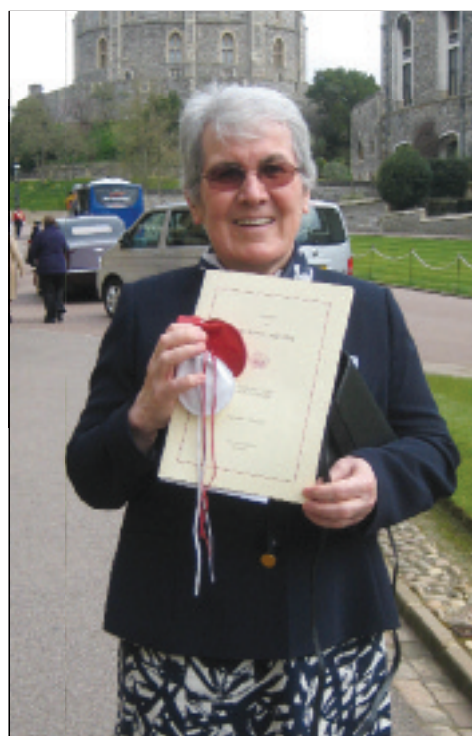
Sr Mary Clare, who was one of three people nominated by the Bishop of Peterborough for the honour, was personally given the Royal Maundy coins by the Queen in the traditional Maundy Thursday ceremony at St George's Chapel.

Bishop of Peterborough, the Rt Revd Donald Allister, said: "Sr Mary Clare is a great servant of the Roman Catholic church in Peterborough, but much more. She is very active in developing friendship and co-operation between different churches and a key player in Christian ministry to prisoners and to the underprivileged in our city. A real saint, and a lovely person."

Sr Mary Clare said: "To take part in this service was a moving experience, very prayerful, even with all the pageantry it contains – it has certainly been an honour which I will remember for a long while."

The origins of the ancient ceremony of giving of alms and the washing of the feet on Maundy Thursday goes back to fourth century Spain and Italy. The first recorded Royal Distribution was by King John in 1210.

The number of recipients is related to the years of the sovereign's life and to



Sr Mary Clare with her purses of Maundy Money at Windsor Castle.

mark the Queen's 90th birthday, 90 men and 90 women were selected from Dioceses across the country because of the Christian service they have rendered to the church and the community.

All recipients received two purses of money, one white, the other red. The white purse contained, in Maundy coins, silver pennies, twopences, threepences and fourpences, adding up to the Queen's

age. The red purse contained a personal gift from the Queen of a five pound coin – marking her 90th birthday and a 50 pence coin commemorating the battle of Hastings in 1066.

The honour is the second for Sr Mary Clare this year, as in February she was honoured for her outstanding contribution to the city of Peterborough with a Community Involvement Civic Award, which was presented at the Town Hall.

Sr Mary Clare, who is based at St Peter & All Souls Church, was given the award for: "Her outstanding contribution to the work of the Fairtrade Peterborough steering group. Her commitment to changing the lives of those in need is demonstrated through her work on the Inter-Faith Council and many other bodies," read the citation.

The Peterborough Civic Awards aim to recognise residents, groups, organisations and businesses that have made a real difference to their local community.

Sr Mary Clare is also an active member of Churches Together in Central Peterborough - Community Group and the diocesan representative for refugees.

"I act as the link between the group and the City Council to see how we can best help those in need - homeless folk, ex-prisoners and those trying to curb their addictions," she explained.

Sr Mary Clare is well-known across the Diocese of East Anglia as a former teacher in Peterborough, King's Lynn and Thetford as well as being a Prison Chaplain at HMP Edmunds Hill and HMP Peterborough.

## news in brief



## Celebration of 150 years of service

■ Religious sisters from across the world visited Clare Priory in Suffolk on March 11 to celebrate the founding of their original Congregation in Paris 150 years ago and to explore ways of working more closely together, following decades of separation.

The 15 sisters, all from the Sacred Heart Federation, come from Austria, Germany, Zambia, France, Scotland, Poland, England and Ireland, speaking eight separate languages.

The sisters were representing three different Congregations whose central houses are now in Versailles, Vienna, and Chigwell in Essex and whose decades of separation were initially caused by the Franco Prussian war.

As followers of the Rule of St Augustine, they are all united with the Augustinian friars who first came to Clare, from Tuscany, in 1248.

"We visited Clare Priory to absorb the spirituality of the oldest Augustinian foundation in the country and to hold a Federal Council meeting to explore possibilities for future collaboration in our work," said Sr Mary Mangan, who is the English Congregation Leader at Chigwell Convent, Essex.

## Virtual prayer line

■ Parishioners in March and Chatteris have set up a "virtual prayer line" where people can send intentions and requests for prayer via email. The requests are remembered at daily Mass and at the fortnightly Prayer Group which has also just been set up in the parish.

Fr Paul Maddison, parish priest, said: "This new initiative was inspired by Pope Francis who reminds us that evangelisation begins 'on our knees'; if we are to be effective in our spreading of gospel joy we should start by becoming people of prayer. We have spread the word about our prayer line to the other churches and faiths in the area and have made it known that anyone, of any faith or none, is welcome to send us their requests for prayer." The prayer line is being well used and prayer requests can be emailed on [marchprayerline@gmail.com](mailto:marchprayerline@gmail.com)

## International stations

■ Five different community groups took part in a truly international stations of the cross at St Peter & All Souls, Peterborough on Good Friday. The different stations were allocated to members of the East Timorese, Daman, Polish, Filipino and Italian communities who all worship in Peterborough.





# NEW EVANGELISATION

## Nightfever - a moment of grace

**Following successes at World Youth Day in Germany and the Olympics in London, Nightfever has come to the streets of Cambridge, thanks to students at Cambridge University's Catholic Chaplaincy. Samuel Trizuljak reports.**

**O**n the evening of March 4, Fisher House, the Cambridge University Catholic Chaplaincy held its first ever Nightfever. You may be familiar with Nightfever from your home parish: these are events when a church - usually in a centre of a town and surrounded by busy streets - opens its doors to parish members as well as to the passers-by who are invited by volunteers to come in.

Parishioners, as well as passers-by, have a wide variety of options available in the church on these evenings: the Blessed Eucharist is exposed, Scripture verses are available for incomers to meditate, candles may be lit, petitions are written down and collected, priests are available for confessions and spiritual conversation, and music goes on non-stop.

The idea to hold such event first occurred to a group of young people from the Emanuel community in Cologne following the World Youth Day in 2005. Since then, Nightfever has become increasingly popular, and frequently held in Germany, France, the UK and elsewhere.

A few students frequenting Fisher House have been familiar with Nightfever from our home parishes, and given the wonderful location of Fisher House right in the centre of Cambridge, had been planning on holding one here for a while. What better time to go ahead with such plan than the occasion when Pope Francis called the Church worldwide to hold 24 Hours for the Lord, as he did for March 4 to 5.

Our Nightfever started at 8.15pm following Mass, with the congregation lighting their candles and singing chants as the Blessed Sacrament was being exposed. For the next three hours, more than 20 volunteers took shifts outside wandering the nearby streets with lanterns, inviting the passers-by into the chapel and then accompanying them there, while others watched the Sacrament inside. Our talented musicians accompanied the evening with Taize and Gregorian chant, while our chaplains were busy hearing confessions. For most of us, the evening ended with Benediction at 11pm, while a small group remained to watch the Sacrament which was being exposed for

the remainder of the night.

This was a long but pleasant evening for the volunteers who came to Fisher House at 6pm for dinner, prayer and instruction and stayed until midnight, sharing their thoughts on the evening. Many of us have gone through inspiring conversations with those who came in, whether they turned out to be non-practicing Catholics, Anglicans, unbelievers or Buddhists.

The uncertainty naturally felt by our volunteers - not many of us are used to inviting strangers into our churches - was far exceeded by our amazement with the courage shown by the strangers themselves in agreeing to enter an unfamiliar church environment.

Many of our passer-by guests expressed their thanks for having the opportunity to spend time in stillness of our chapel. The chance to spend time in prayer with the Blessed Sacrament was appreciated by many Fisher House parishioners who turned out across the evening too.

As our chaplain Fr Mark Langham summed it up, the entire evening was an astonishing moment of grace in the life of Fisher House. For my part, as the organizer, I may only express my hope that this was but first of many Nightfevers to take place in our university chaplaincy.

■ **Samuel Trizuljak is a third year politics student at St Catharine's College, Cambridge.**



Two students inviting people in Cambridge to Nightfever.

### HOW TO...

## Have an evangelising parish fair

**In her series of How to... articles, Rebecca Bretherton says a Parish Summer Fete or Christmas Fair is one of the best ways to reach non churchgoing family members and others in your neighbourhood.**



■ It's an opportunity to show others your Christian community in an informal way.

■ Discuss evangelisation at the planning stage. How can we show we are a Christian community? Who is involved?

■ Include prayer for the event in your discussion; pray for a successful community event; pray that others will find a welcome at the fete; pray that people will encounter Christ at the event.

■ Advertise! This will raise the profile of your Christian presence in the neighbourhood even among those who do not come.

■ Be sure to involve family members and friends who may not come to Mass. Ask them to help! If you don't believe in God you can cook burgers and make friends with people who do believe in God.

■ If your parish needs the money the fair generates, that's still supporting evangelisation. We all need buildings with good

heating to help us invite people to encounter Christ.

■ Perhaps one game or stall could be for a charity supported by the parish. This shows that a Christian community supports others. It gives people a chance to share that experience by contributing to the good cause. It could be an opportunity to show what the parish is doing throughout the year to raise money for charity.

■ Open the parish gift shop. Most parishes already have some form of gift shop. Have a stall at the fete for rosaries, prayer books, missals, cards. Be ready to explain the gifts to visitors. People can buy for themselves or as small gifts to share their faith with others.

■ Especially at Christmas - challenge the parish craft makers to make religious themed crafts for a special stall. These are very popular for the crafters and the cus-

tomers. They also make money. One parish raises over £60 raffling a new version of a knitted crib every year.

### Your Church as part of the fete:

■ Open the church throughout the event: Have a big welcome sign outside and an invitation for everyone to come in and light a candle. Include the Open Church in your pre-event advertising. Encourage parishioners to take their family inside to show them a building that is important to them.

■ Could someone be in church to welcome people or maybe arrange for people to be there to pray and quietly witnessing their faith during the day?

■ Maybe some explanations of the features of the church could help visitors. One option is to have laminated cards with prayers and information on pews for people

to find as they move around the church. There is an example of a set of cards on the Evangelisation resources page on our diocese website [www.rcdea.org](http://www.rcdea.org)

■ Could the school choir sing at some time during the day in the church, or stage a mini concert?

■ Make sure you have plenty of this week's bulletin for people to take home.

### On the day:

■ Have an informal prayer moment with the folk who are setting up. Say the Our Father together for all those involved in the day and for everyone who will visit the parish.

■ Finish the day in church. Maybe Evening Prayer of the Church (Vespers) or include the fair in the intercessions for evening Mass.

■ Then collapse: Well done! It's over until the next one.



# Nobel prize-winning bishop visits Yarmouth

■ Nobel Peace Prize winner and Bishop Emeritus of East Timor, Carlos Filipe Belo, visited Great Yarmouth to spend Holy Week and Easter with the local community.

Bishop Belo was Bishop of East Timor until 2002 when he retired, he now lives in Porto in Portugal and visits communities from East Timor in various parts of Europe.

Bishop Belo is well known to the East Timorese and worked tirelessly with them during their struggles for independence. He won the Nobel Peace Prize for his work in 1996 and is revered by his people for his support during difficult times.

Bishop Belo was formally welcomed at St Mary's Church in Regent Road on Maundy Thursday morning. The whole community came to the Church, many in traditional dress to welcome him with music and drums and a traditional song of welcome.

He was also welcomed by Fr Philip Shyrane, the priest in charge at St Mary's, and by Councillors Kerry Robinson-Payne and Michael Jeal. The Timorese community provided lovely local food for a light lunch in St Mary's Hall. In the evening Bishop Belo joined the parish for the Mass of the Lord's Supper at St Mary's.

On Good Friday he led them in meditations on the death of Christ and then spent a long time hearing confessions; in the afternoon he joined in the Solemn Liturgy of the Passion. Later that evening the Bishop led Stations of the Cross in Tetum, the local language of East Timor and also in Portuguese.

On Holy Saturday, the Timorese commu-



Bishop Carlos Belo and Fr Philip Shyrane with community members in East Timorese dress.

nity held a fund-raising lunch for the Bishop and invited guests before being welcomed at the White House by Bishop Alan Hopes. In the evening he joined the parish for the Easter Vigil.

On Easter Sunday, Bishop Belo celebrated Mass at 2pm in Tetum and Portuguese cele-

brating the Resurrection of the Lord. After three baptisms there was a community celebration with the Bishop and Fr Philip; it was a wonderful community gathering, children singing and dancing, local food prepared by different families, a very joyful close to the Bishop's visit.

## Dean joins in refugee plea

■ A multi-faith Palm Sunday march across Norwich city centre, which began at St John the Baptist Catholic Cathedral, has repeated calls on Norfolk County Council to fulfil its pledge to welcome 50 Syrian refugee families to the city as soon as possible, echoing a plea from Pope Francis.

The 120-strong march, organised by Sanctuary Norfolk and the Mothers' Union (Norwich Diocese), began at the Catholic Cathedral, where Dean, Provost David Paul, said: "Today is Palm Sunday when we remember the Lord's welcome into Jerusalem. For people of all faiths, we believe God's welcomes us all into his life and we want to extend that to those who are in great need. For Syrian refugees that need is more desperate than ever."

"We bear witness to the welcome God wants us to extend to those who have been made homeless, who have fled wars and persecutions. We will be joining together in prayer for the situation and also to ask those in authority to be open and generous and to welcome those who want to come to Norwich to be part of our family here."

Clergy and Christians from several Norwich churches joined others in the March 20 procession.

# Anthony receives Ministry of Lector

By Keith Morris

Diocese of East Anglia seminarian Anthony Asomugha has received the Ministry of Reader from Bishop Alan Hopes in a Mass at Allen Hall Seminary in Chelsea, London.

Anthony, who is 24 and in the second year of training at Allen Hall, received the Ministry of Reader (or Lector) on March 5, along with five others, from Bishop Alan.

"The ceremony was a wake-up call to take scriptures very seriously and to let it mould my mind, heart and life," said Anthony. "Since I received the ministry I have felt an increase in my appetite for reading and cherishing scriptures so it feels like I received some graces."

"In his homily, Bishop Alan spoke about how our knowledge and love for scripture must go beyond what is required for academic purposes. I was really happy to have received the Ministry of Reader from my own bishop. It was great to have my family,



Anthony Asomugha with Bishop Alan at Allen Hall.

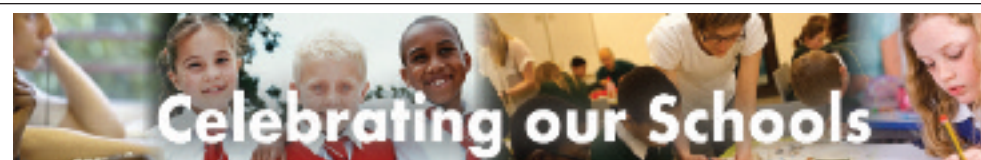
friends from the university and some priests from our diocese with me on that day.

"I am grateful to all who have supported me in several ways and I ask you to continue in prayers for myself and other seminarians in our diocese."

Anthony and his family came to the UK in 2006 from Lagos in Nigeria and settled in a part of London which was in Southwark Archdiocese. In 2011, he went to study Economics at

the University of East Anglia. Anthony attended Mass regularly at the Cathedral and at the UEA chaplaincy and grew to love Norwich. Towards the end of his degree he applied for priestly formation for the Diocese of East Anglia, was accepted and started seminary on September 6, 2014.

"This is the first ministry milestone and is a very encouraging occasion as it all begins to feel real," said Anthony.



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# Sharing a future vision

Almost 100 parishioners in 15 parishes have given generously of their time and talents to ensure the vision for the future of the Diocese of East Anglia is being shared with Catholics across the region in the Alive in Faith campaign.

The early success of these efforts has been very encouraging. From the initial parishes that are leading the way, more than 1,100 parishioners have stepped forward to invest in the life and mission of the Church. As a result, parishes are exceeding their financial goals by 147%, on average. These commitments already mean that:

- Ten seminarians can be trained for the next three years
- Over £900,000 will support a



variety of local parish projects, ranging from capital improvements, investments in people and outreach in the local community

- New and existing works of charity to reach out to those on the margins of society can be initiated and expanded

Speaking about the overwhelming response at Our Lady of the Annunciation, King's Lynn, Edward Chomicz, one of the Alive in Faith parish volunteers, said:

"To share in the wider responsibilities of our Diocese, and do more to strengthen our own parish, we initially set out to raise £115,000. After hearing about Alive in Faith directly from Fr Peter Rollings, Fr Henry Whisenant or a member of our volunteer team, our

parish responded tremendously, committing over £200,000.

"I personally enjoyed meeting parishioners and explaining our plans. It was a great way to get to know others in the parish and talk in detail about the life of our Church. Furthermore, because of our efforts, it is wonderful to know that our parish alone will support one of our students for two years of his studies!"

As 10 more parishes prepare to get started, Mgr Philip Shryane, Chair of the Campaign Advisory Committee, said: "Thank you to all the volunteer teams for their commitment and support. We hope that even more parishioners will assist clergy in making Alive in Faith a great success in their parishes. Working together we can ensure our entire Catholic community remains vibrant and sustainable for the years and decades ahead."

To find out more about this special Diocesan wide initiative, please visit [www.rcdea.org.uk/alive-in-faith](http://www.rcdea.org.uk/alive-in-faith)



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## 40 years on, has the Diocese of East Anglia made its mark?

Fr Tony Rogers reflects on the 40th anniversary of the formation of the Diocese of East Anglia, on June 2.

### REFLECTION

■ In the Bible the number 40 appears nearly 150 times. Forty years in the wilderness, forty days in the desert – a time of testing and probation. So, the fortieth anniversary of our diocese starts from a biblical basis.

As a new diocese, others were watching us. In a way we were on probation. Would we be able to develop as a separate entity from the mother Diocese of Northampton? Would we soon establish a unique identity as the Catholic Church in East Anglia? The answer to both questions has been a resounding 'yes' and our fortieth anniversary is a wonderful opportunity to give thanks to God for our life and growth since 1976, with priests and people working together with four different bishops.

Obviously our Cathedral Church of St John the Baptist will be a focal point for the celebration. St John's, formerly the largest Catholic parish church in Eng-

land, was the obvious choice for the seat (cathedra) of the bishop, and over the years has been the natural gathering place for all of our great diocesan occasions – from the annual Chrism Mass in Holy Week, to the ordination of our bishops.

Invited guests at the Mass on June 3 will include some of our own bishops, as well as civic leaders, school students, religious, and ecumenical guests, but by far and away the largest contingent will come from the 50 parishes of the diocese. The hope is that each parish will try and bring 20 people, so that every corner of our scattered and widespread community will be represented.

Just over a week later, on Saturday, June 11 in the Cathedral Narthex, there will be a study day which aims to give a flavour of the history of the Church in East Anglia. In conjunction with this, and in celebration of the fortieth anniversary, Gracewing Publications, are publishing a history of Catholicism in this part of England.





# 1400 years of Catholic history in East Anglia

**The Diocese of East Anglia is marking its 40th anniversary in June but the Catholic faith can be traced back over 1,400 years in the region, as Francis Young, editor of a new history book, Catholic East Anglia, explains.**



Above, Giffords Hall, Stoke-by-Nayland, home of the Catholic Mannock family and site of East Anglia's first seminary in 1842 and, top right, the Bedingfield family sheltering under the mantle of Our Lady during the English Civil War. The painting hangs at Oxburgh Hall. (c) National Trust.

**T**he first Diocese of East Anglia was founded in the 7th century by St Felix, a Burgundian monk who was invited to preach the Gospel by the first committed Christian king of the Anglo-Saxon Kingdom of East Anglia, St Sigebert.

St Felix's see was at Dommoc, which may have been Dunwich or Walton Castle (since swallowed by the North Sea). In 676 the diocese was split in two, with Dommoc as the see for the South Folk (Suffolk) and Elmham for the North Folk (Norfolk).

to Norwich and began what is today the Anglican Norwich Cathedral.

In 1559, Elizabeth I outlawed the Mass and Catholics became recusants, 'refusers' who would not attend Protestant worship. Recusants were served by priests ordained under Queen Mary until the 1570s, when seminaries on the Continent began sending Englishmen to England as priests. This led to a government clampdown and imprisonment of priests in Wisbech Castle. This period of persecution gave the Church in East Anglia several of its martyrs, including St Henry Walpole and St Robert Southwell.

The Pope finally appointed a Bishop for England in 1625, and in 1633 William Petre founded the Jesuit College of the Holy Apostles, a network of Jesuits who took charge of the mission in Essex and East Anglia. Catholicism was mainly confined to small pockets around the homes of important recusant families, including the Bedingfields at Oxburgh, the Jerninghams at Costessey, the Gages at Hengrave and the Huddlestons at Sawston.

Catholics were hit hard by the English Civil War (1642–49) as East Anglia was a strongly Puritan area and Catholics were seen as being in league with King Charles. Catholics' property was confiscated and many were forced into exile. Two mar-

tyrs from this era are St Henry Morse, the 'priest of the plague' (d. 1645) and St Alban Roe (d. 1642).

The outlook briefly improved for Catholics in the years 1685–88 when Charles II's Catholic brother succeeded him as James II. Public Catholic chapels opened in Norwich, Cambridge and Bury. St Edmunds and East Anglia became part of the Midland District. However, James was overthrown in a revolution and the backlash against Catholics sent them back into hiding again.

During the 18th century, there was a small trickle of Irish immigration but Catholics were in danger of dying out. The turnaround came with the French Revolution, which changed British attitudes because the public was sympathetic to priests, monks and nuns persecuted by the revolutionaries. Three orders of nuns took refuge in East Anglia in the 1790s along with many French priests, who provided much needed relief for the overstretched English clergy. At the same time, in 1791, Catholic chapels became legal for the first time.

In 1829, Catholics were finally granted civil rights and in 1840 East Anglia became part of the Eastern District, with a Bishop at Northampton. In 1850, with the restoration of the hierarchy, this became the Diocese of Northampton. However, East Anglia was



a 'poor relation' to other areas and was a region sparsely populated by Catholics, even though the Shrine of Our Lady at Walsingham officially became England's national shrine in 1934.

Yet the Catholic population increased after World War Two and in 1969 Alan Clark was appointed 'Bishop of Elmham', an auxiliary in the Diocese of Northampton with special responsibility for East Anglia. Following recommendations of Vatican II, discussions began about creating an East Anglia diocese.

In March 1976, Pope Paul VI finally issued the decree Quod Oecumenicum, establishing the Diocese of East Anglia, with the magnificent church of St John the Baptist in Norwich as its cathedral. In June, Alan Clark was enthroned as Bishop of East Anglia: for the first time since the Reformation East Anglians had their own bishop.

Since then, the Diocese has seen three more bishops – Peter Smith, Michael Evans and Alan Hopes – and East Anglia's Catholic population continued to grow.

An important moment for the Diocese came in December 2015 when Pope Francis established the Shrine at Walsingham as a minor basilica; it was fitting that this was on the eve of the Diocese celebrating its fortieth birthday. In reality, however, the Diocese can celebrate over 1,400 years of the Catholic faith's endurance and survival in this region.

**■ Catholic East Anglia: A History of the Faith in Norfolk, Suffolk, Cambridgeshire and Peterborough**, edited by Francis Young, is published by Gracewing in June 2016, priced £12.99. It will be launched at the Catholic East Anglia history conference which takes place on June 11 at the Catholic Cathedral in Norwich.

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## news in brief



### Saintly pilgrimage

■ Parishioners in Diss, marked the feast day of their local saint on February 1 with a special pilgrimage to the place where Henry Morse SJ, one of the Forty Martyrs of England and Wales, and the saint to whom the parish's new church is dedicated, died 370 years ago to the day.

"To come on this pilgrimage is a beautiful thing to do, journeying from his birthplace – or very close to it – to Tyburn, where, just a few yards from here, he was executed on this day in 1645," said parish priest, Fr David Bagstaff, in his homily during Mass at the shrine. "He had a passionate love for God, and it's an opportunity for us to renew our love for God today."

Henry Morse was one of 105 Catholics hanged for their faith at the Tyburn Gallows. He lived in turbulent anti-Catholic times, was found guilty of treason for being a Catholic priest, and died a traitor. The shrine is the resting place for the martyrs' relics, and the altar a miniature replica of the gallows, or Tyburn Tree, as it was known.



### Dramatic Bible stories

■ Members of St Benedict's Catholic Community, Sawtry in Cambs, have joined with Anglicans and Methodists to give school children the chance to see and hear stories from the Bible.

Parishioners from St Benedict's are taking part in the 'Open the Book' project, which offers primary school children an opportunity to hear Bible stories taken from the Lion Storyteller Bible.

Each presentation is given in the form of a ten-minute play. All costumes and props used in the plays are produced by the volunteers.

The group perform once a fortnight during term time at Sawtry Junior School and encourage children to take part in the performance whenever possible.

The group is organised by All Saint's Curate, Imogen Falvey and includes parishioners from St Benedict's Catholic Community, Sawtry Methodist Church & All Saint's Parish Church.

Pictured above is the group after performing "A Special Promise". The story of Noah and The Ark.

# Chrism Mass has special place in life

## A significant

**Around 1,000 people marked a "significant moment in the life of the Diocese of East Anglia" on March 22 at the annual Chrism Mass at the Cathedral of St John the Baptist in Norwich, during which priestly promises were renewed and sacred oils blessed. Keith Morris reports.**

**B**ishop Alan Hopes, welcomed clergy and laity from parishes right across the Diocese while asking people to pray for those who lost their lives and those who had perpetrated the earlier terrorist acts in Belgium.

"This Chrism Mass is always a very significant moment in the life of our Diocese," said Bishop Alan. "We are united in our Catholic faith and in prayer as we prepare to celebrate the passion, death and resurrection of our Lord."

"At the heart of the Chrism Mass is the blessing of the three holy oils," said Bishop Alan in his homily. "Oil is an outward sign of the Holy Spirit. When we are anointed with it, it is a sure sign that the Lord has touched our lives in a very powerful way."

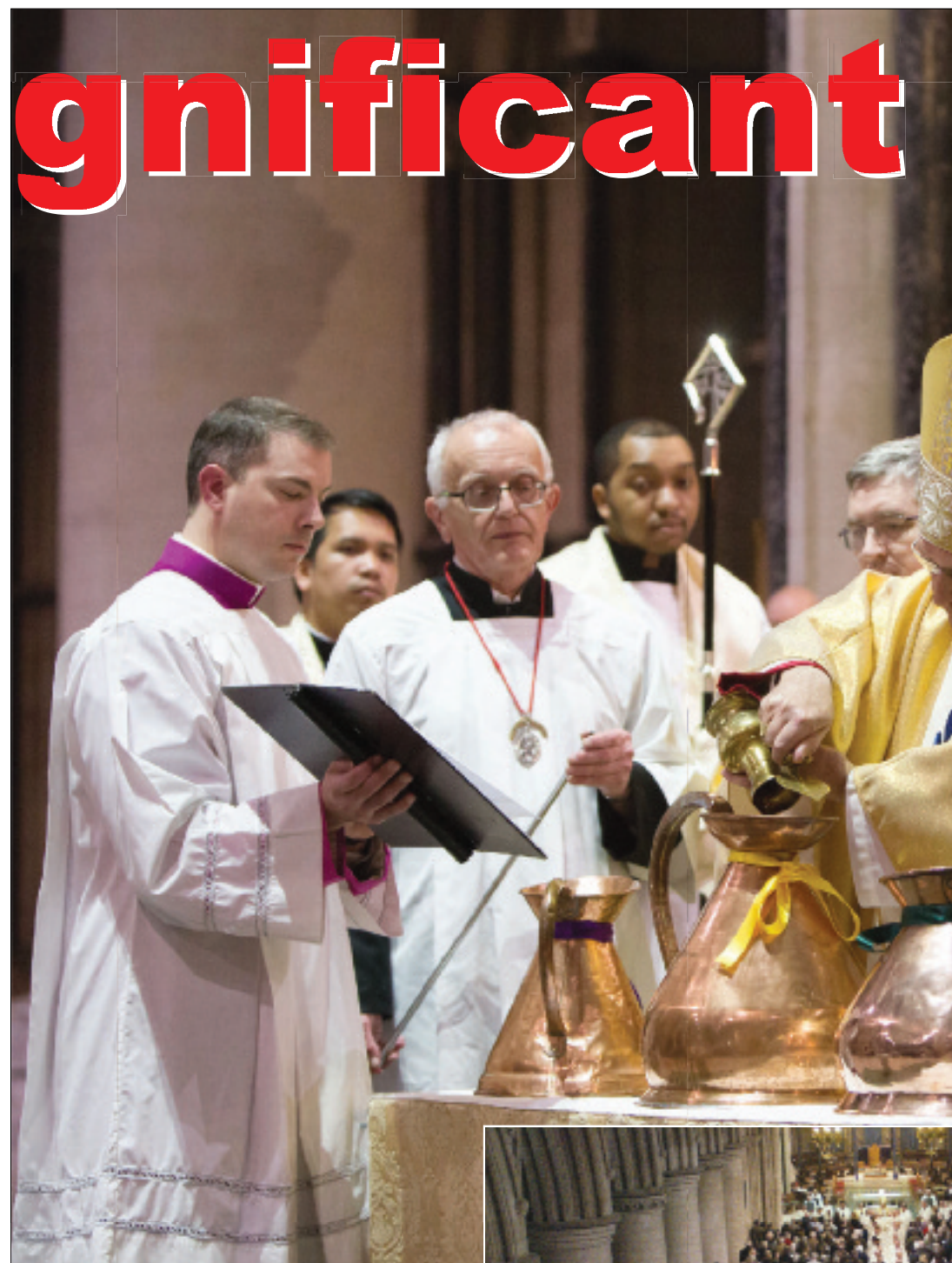
"Oil also speaks to us of the very person and ministry of Jesus Christ – the title Christ means 'the anointed one'. Jesus is anointed with the Holy Spirit in a unique way and is strengthened so that he may carry out his Father's work and redeem the world through his Passion, death and resurrection."

"We too are the anointed ones. Christians – people who belong to Christ and share in His anointing and have been touched by his Holy Spirit," said Bishop Alan. "Each year, these holy oils remind us of what being an anointed one must mean for us."

"The Oil of Catechumens is used during the sacrament of baptism. Through this anointing, which takes place just before we are plunged into the baptismal waters, we are touched by Christ and by His Spirit."

"It reminds us that it is not only we who are seeking God but God Himself is already searching for us – which is why God became man and shared in our humanity even to the point of death."

"In the anointing of the Oil for the Sick, we are touched by Christ's Holy Spirit and the sacrament gives strength and healing to the sick and broken



lives. From the beginning God entrusted his church with this special ministry.

"The church is called upon to bind up the broken-hearted and to bring healing to body, mind and spirit. The oil reminds us that we all need that healing touch of the Lord in our lives."

"The sacred Oil of Chrism is a mixture of olive oil and sweet smelling oils and has been used since Old Testament times to anoint those who God commissions to make him known in the world. It is used in the sacraments of confirmation, baptism and ordination," said Bishop Alan.

"God gives us the same commission as he gave to the Jewish people, to make him known in the world and to draw other people to him. Let us all commit ourselves to living out our vocation as the Lord's anointed ones with a renewed sense of joy and hope."

The renewal of priestly promises was then followed by the blessing of the three oils which were, at the end of the Mass, collected by the seven diocesan Deans for distribution to their parishes.

All were invited to have a hot drink and a hot cross bun in the Narthex before leaving.

■ For a full picture gallery of the Mass visit [www.rcdea.org.uk](http://www.rcdea.org.uk)





# e of Diocese of East Anglia

# moment



Scenes from the Chrism Mass at Norwich Catholic Cathedral.



## An historic day for the Diocese

■ continued from page 1.

even the members of our own Catholic communities. Then we will not be just cultural Catholics but we will be intentional Catholics.

"We will be men and women who have embraced the faith in all its fullness, ready to bear witness to it in a culture which leaves less and less room for God and the things of God. And we do so with confidence, knowing, like St Patrick that God the Holy Trinity stands by us, just as he did by that holy bishop. Like St Patrick we also need to find innovative and imaginative ways of proclaiming the faith, without watering any of it down.

"This year, we enter the 40th anniversary of the establishment of our Diocese on June 3," said Bishop Alan. "We shall celebrate our wonderful Catholic heritage that goes back not just to 1976, but to the days of another bishop, St Felix of the seventh century. Felix, like St Patrick, was a missionary bishop. He faced all the challenges that we face as we seek to proclaim Christ. Like Patrick and Felix we too need to be missionaries for Christ."

A reception was held in the Cathedral Narthex and garden after the Mass.

■ See a full picture gallery of the installation at: [www.rcdea.org.uk](http://www.rcdea.org.uk)





# Diocesan Schools in Focus



## School's double celebration

St Mary's RC Primary school in Lowestoft has marked a double celebration with a colourful Palm Sunday Mass and a new headteacher.

Alex Savage has just been appointed Headteacher at St Mary's RC Primary, which overlooks the sea at Kirkley Cliff. His previous role was as Assistant Head at Notre Dame High School in Norwich.

"Starting a new job as the headteacher of St Mary's has been a truly amazing experience," said Alex. "Just like our pupils, every day I have new skills to learn and challenges to solve. The role is amazingly diverse, from balancing our budget to leading singing, website design to digging the garden! The children's energy and thirst for learning is infectious and keeps me going until the end of each day.

"The school was delighted to be judged 'Good' at its recent Ofsted Inspection. We now aspire to becoming 'Outstanding' by setting high standards and ensuring that every child has the mindset to be the best they can be," he said.

"We're strengthening links with our local

Parish, celebrating Palm Sunday together. We are also working with a group of schools in Suffolk and Kenya to enable our pupils to learn about life and culture in different countries.

"Life in St Mary's is all about celebrating where we are and discovering what's over the horizon. But then you'd expect that from a school that looks out over the sea!"

The Parish of Our Lady Star of the Sea, part of the Diocese of East Anglia, invited families from St Mary's Primary to share the experience of a special celebration for Palm Sunday.

Mass started with a colourful procession including Fr Paul, Fr Neville and Deacon Stephen accompanied by the children showing them in confetti and waving palms.

After communion, the pupils of St Mary's led the singing of 'The Servant King', which is clearly one of their favourites, as they raised the roof. Alex said: "After Mass many parishioners commented on how well this celebration enabled the parish and school communities to prepare for Holy Week together."

## Small change makes big change

The pupils of St Francis Primary School, Norwich, were challenged to collect the small change from their Christmas shopping to produce big change for the children of Sitima Parish in Southern Malawi through the Christian charity Network for a Better World. N4BW chairperson, Andrew Clark, is pictured above collecting a cheque for £368.50 from the Year 3 children.

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# Diocesan Schools in Focus

■ Congratulations to St Mark's RC Primary School in Ipswich for achieving the National Pupil Premium Award for two years in succession. Connor and Esther, the head boy and head girl, proudly hold up the certificates."



## Quartet in maths final

A team of four pupils from St Louis Catholic Middle School (pictured right) will be competing against teams from across the United Kingdom for this year's UK Team Maths Challenge Trophy.

The team finished in first place at the Regional Final held at Framlingham College on Friday March 4 and won the opportunity to compete in the National Final at the Royal Horticultural Halls in London on Monday June 20.

Over 1,700 schools entered the competition and 88 have qualified to take part in the Final.

The National Final of the Team Maths Challenge, which is run by the UK Mathematics Trust, involves teams of four pupils from Year 8 and 9 (England), Years 9 and 10 (Northern Ireland) and Year S1 and S2 (Scotland), competing in: a group circus involving hands-on maths problems;



a series of shuttles in which the answer from one question feeds into the next; a crossnumber (mathematical crossword); a relay race

combining physical and mental agility; and a separate poster competition based on a mathematical subject.

## news in brief

### Bishop visits school

Bishop Alan Hopes visited St Joseph's School in Sudbury recently. Justine M N from Samson Class Year 6, reports.

■ On March 8 Bishop Alan visited us. We had Mass and he talked about a bishop's role, which is to be an apostle, a shepherd and a teacher.

The Bishop wore a special hat, called a mitre, which has two long pieces that

hang down the back; these represent the new and old testament. The mitre is also shaped like a flame to remind the Bishop that the Holy Spirit came down upon the disciples at Pentecost so they would have the strength they needed to be apostles.

The Bishop also carries a crook to remind us that he is like a shepherd looking after his flock - us! During the Mass, some of the children had the bread and wine and some received a special blessing from the Bishop. When we shared in Holy Communion where we remember Jesus at the Last Supper. After the Mass we sang our last hymn, which was chosen by Mrs Price our Head of School, because it is one of her favourites.

After lunch the Bishop visited every classroom and all the children were given the opportunity to ask questions. Before the Bishop left we all thanked him for coming to St Joseph's and we hoped that he enjoyed the day he spent with us. For us it was a real honour to have a visit from our Bishop and to learn about him and the job he does in our East Anglian Diocese.



### New students' home

■ St Mary's School, Cambridge, the all-girls' day and boarding school, has acquired 15 Brooklands Avenue to provide a new home for its boarding students.

The building, formerly Hope Nursing Home, owned by the charitable order the Sisters of the Holy Family of Bordeaux, was acquired following a five-year search for the right residence for the school's boarders.

Bishop Alan Hopes welcomed the news: "This new home for the boarders will give the students the opportunity to grow as a community giving them space to further promote the bonds which are already enjoyed. This strong familial environment is an important source of strength and stability for students as they move through their formative years and become young adults."

Headmistress, Charlotte Avery, said: "We take pride in our school's facilities and are committed to providing our girls with the best possible environments in which to live, learn and grow, and this substantial, yet prudent, investment is testament to this aim."

■ St Mary's has also announced the appointment of Matthew O'Reilly as its new Head of Juniors. Mr O'Reilly takes over the reins from Christopher Hald, the outgoing Head of Juniors.

Having completed his teacher training at Homerton College, University of Cambridge, Mr O'Reilly has been working at St Mary's Junior School, Cambridge for the past five years and has a strong interest in integrating technology into classroom teaching.

Mr O'Reilly has introduced a Development Education approach to the curriculum, whereby pupils gain a greater understanding of global inequalities, why they exist, their own situation in the world, and what can be done to improve (or develop) the situation.

## Charity walk to remember Ashwin



■ A group of over 20 members of staff from Sacred Heart RC Primary School in Peterborough have completed a 5km charity run/walk in memory of former year 3 pupil Ashwin Abraham who recently died from a brain tumour.

Teaching, office and support staff met on March 12 to run around Ferry Meadows Country Park.

Teacher Sarah Nash said: "Ashwin was a very special young man. He so

inspired staff with his courage and determination through his illness that we wanted to do something special in his memory. He was a huge inspiration to us all at the school. He was always cheerful and wanted to come regularly to school, even during difficult times. His smile lit up the room and cheered up all those around him."

"Everyone was in good spirits and proudly wore their 'Run for Ashwin' t-

shirts. Ashwin's parents, Linda and Janu and younger brother, Aron came to support the group and celebrate with coffee and cake at the end. The run has raised over £2,450 for East Anglia Children's Hospice) whose nurses supported Ashwin at home in the final weeks of his life."

You can still donate at: [www.justgiving.co.uk/sacredheartrun](http://www.justgiving.co.uk/sacredheartrun)



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# Ignite team, plus puppet, on Lent tour

■ Following the success of the Advent Tour, the Ignite Team (together with a puppet called Zac) embarked on a Lent Tour, visiting nearly every Catholic primary school in East Anglia.

With Matt Rennie on guitar, Ben Nazareth on drums, Judith Turner on keyboard and vocals and Hamish MacQueen on vocals, the assembly was based around a selection of songs that explored what we do in Lent and why.

Between songs, Hamish spoke about different aspects of Lent and how, because what happened at Easter was so amazing, the Church gives us a special time to prepare.

Many teachers commented on how the assembly had given children a different perspective of what Lent was about, and some were moved to tears by Judith's rendition of the song 'How long will I love you'. The other songs were more upbeat and had actions, which the children enjoyed learning, and in some schools continued to sing all day!

As well as working with primary aged children in schools and with First Com-



■ Places are still available at the Ignite Youth Festival to be held at Swaffham on April 30 – May 2. Find out more at: [www.ignitefestival.co.uk](http://www.ignitefestival.co.uk)

Hamish and Ben from the Ignite team on their Lent Tour.

munion groups, the Ignite Team also work with teenagers running school retreat days and working with Confirmation groups. For more details, email [igniteeam@east-angliadiocese.org.uk](mailto:igniteeam@east-angliadiocese.org.uk)

## Faith and mercy focus

Faith and Mercy was the theme of Catholic Youth Ministry Federation's (CYMFED) 2016 national leaders' conference on Saturday February 6 in London.

People involved in youth ministry from across England and Wales, including a group from East Anglia, gathered to focus on the theme of Faith and Mercy.

The opening Liturgy was led by East Anglia's very own Ignite Team. Throughout the conference, One Hope Project led praise and worship.

Rise Theatre performed some touching dramas to show that God's mercy breaks our chains, that God is present in our lives at all times even if we fail to see Him, and that God takes away the baggage we carry. The keynote speaker was Fr Andrew Small, who is the National Director of the Pontifical Mission Societies in America. Fr Andrew spoke about mercy as God's ID card, the foundation of the Church's life, and a call to action.

In the afternoon, Fr Paul Farrer launched the Faith in Action Awards, an award scheme to "value the immeasurable." It encourages young people to live out their faith as servants to others by partaking in a project of their choice, while also helping them to reflect on that experience. The conference ended with a moment of prayer and reflection, sending everyone out refreshed and inspired.

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### youth contacts

**Tel:** 01508 486236

**Email:** Ignite Team enquiries  
[igniteeam@east-angliadiocese.org.uk](mailto:igniteeam@east-angliadiocese.org.uk)

All other enquiries  
[dys@east-angliadiocese.org.uk](mailto:dys@east-angliadiocese.org.uk)

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# Celebration weekend

Around 300 people from across the Diocese of East Anglia and beyond enjoyed a lively Catholic Charismatic Renewal weekend in Bury St Edmunds on April 9 and 10. Keith Morris reports.

The family conference, based at St Benedict's School, saw lively praise and worship, keynote speakers including Charles Whitehead - founder of Celebrate, former Eurovision Song Contest winner and Euro MP Dana, Director of Catholic Faith Exploration - David Payne and mime artist Steve Murray.

There were also workshops, children's streams and a visit by Bishop Alan Hopes, who celebrated Mass on the Sunday. The Ignite youth team helped to run activities for teenagers, youth director Hamish MacQueen co-hosted the weekend and Fr John Warrington from Ipswich celebrated Mass on the first day.

The theme of the weekend was "Act justly, love mercy, walk humbly with our God." (Micah 6:8)

Organiser, Philip Walters, from Norwich, said: "Celebrate is a family conference for Christians of all ages. Our vision is to offer a faith-filled and fun event which combines good Christian teaching, inspirational speakers and celebration of the liturgy, where young and old alike join together in a vibrant atmosphere to celebrate the love of God."

During an impromptu lunchtime concert, Dana said: "God asks us for a physical, spiritual and emotional yes - he asks for everything we have - so say 'yes to God.'"

Charles Whitehead, part of the Pontifical Council for Promoting Christian Unity, has met Pope Francis, both when he was Cardinal Bergoglio in Buenos Aires and at an Italian Catholic Charismatic rally with 50,000 people, when the Pope gave his six expectations for the Charismatic Renewal. They are, Charles told his audience: "Conversion to the love of Christ, sharing with the whole church the Baptism in the Holy Spirit, evangelization with the Word of God, spiritual ecumenism with all churches who believe in Jesus, being close to the needy and seeking unity in the renewal."



Celebrate East Anglia included, top lively praise and worship and guests including Steve Murray, left, and Dana, below.



For further information about the Celebrate conference and weekends visit: [www.celebrateconference.org](http://www.celebrateconference.org)

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## More than just a Red Box

Last year the Red Box helped Fr Charles in Malawi buy a van. That van is saving lives. Fr Charles is able to celebrate Mass in distant communities and brings comfort by visiting the sick and housebound. Earlier this year it got a mother and baby to hospital just in time. **Thank you.**



If your Red Box hasn't been emptied for a while, please take it to church between 4-12 June or call **020 7821 9755** or give online at [missio.org.uk/RedBox](http://missio.org.uk/RedBox)

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## Family retreat in countryside

■ Parishioners from St John's Cathedral spent three days during the February half-term at Ringsfield Hall near Bungay on a retreat for catechists, young people and their families.

There were talks on the Amazing Gift of the Mass, Baptism, Confirmation and the Eucharist and active story-telling workshops with Rise Theatre.

One evening was spent around the camp fire eating roast marshmallows and the youth stream performed a skit.

Father Seelan, Mary Cordeaux and Shelagh Tubby led the group on rambles around the countryside with lots of mud.

There was plenty of artistic creativity: painting pictures, making Jerusalem candles, rosary bracelets and decorating little prayer pots. The group also made Easter gardens and brought one back to the Cathedral garden.

# A decade of prayer

A Catholic Daytime Prayer Group in Norwich celebrated its 10-year anniversary when 26 members gathered for a thanksgiving house Mass following by a meal together.

Sisters Helen Savelli and Monica Barnham, who started the Prayer Group ten years ago, said they could hardly believe that a decade had passed since they started the group: "We are so thankful for all the graces and blessings received in that time."

The group started in February 2006 with just six members and now has nearly 30. It attracts members from across the parishes in Norwich and meets every Monday during term time. Its members are a mix of ages from young mums to retired people. In fact one member went into labour on the morning of Prayer Group and so the group were able to pray for the safe delivery of her baby girl who is now school age!

The Prayer Group is a traditional one, meditating on readings



Members of the Norwich Catholic Daytime Prayer Group.

and psalms, praying the rosary and intercessory prayers for people who have requested prayers as well as intentions for the world. They have an annual pilgrimage to Wals-

ingham in the summer and always welcome new members.

New members are welcome. Ring Helen on 01603 623858 or email [day-timeprayergroup@hotmail.co.uk](mailto:day-timeprayergroup@hotmail.co.uk)

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## BUILDING BRIDGES

# Jamaican journey for mission to poor

Six church members from across the Diocese of East Anglia visited Jamaica in January to volunteer with the Missionaries of the Poor and its work with the poor, destitute and elderly. Katie Johnston reports.

I journeyed to Kingston in Jamaica in January to volunteer with The Missionaries of the Poor, not realizing quite what the experience would be – or how it would affect me!

The Missionaries of the Poor (or MOP) are a Religious Community of Brothers and Sisters, founded in 1981 in Kingston by Father Richard Ho Lung. The Community works in eight countries around the world helping the poor, destitute and elderly, with a charism similar to that of Mother Theresa and her Missionaries of Charity.

The MOPs take in individuals who have been abandoned by their families and by society in general, housing them in residential 'centres', providing food, shelter, housing, medical care and a sense of family. The Daily Office is followed by the Community, and many of the residents get together for Sunday Mass – which is quite a sight with all the residents dressed up in their Sunday best, with an interesting collection of hats worn by many of the lady residents! And with Caribbean style singing and exuberance.

The Missionaries open their doors to volunteers, to help them look after the residents and share in the lives of the brothers and sisters. This year, Fr Michael Johnstone, from South Creake, again led a small group from East Anglia to Jamaica where the Motherhouse and Novitiate are based. There are 200 brothers there, and another 350 across the world.

The volunteers shared precisely the lives of the brothers, starting with Mass, Morning Prayer and Exposition of the Blessed Sacrament



Above, two happy young girl residents and, left, (from left): Fr Michael Johnstone, Sue Perrott, Katie Johnstone, Ruth Harris, Myles O'Hanlon and Debbie Fox.

cleaned and her dressings changed. She was in pain, such that silent tears were running down her face. But her faith in God and trust in the sisters had given her the grace of patience to bear the suffering and see purpose in it, 'we share his suffering, so as to share his glory' (Romans 8:17); she offered up her pain.

We began to understand more about sacrifice: one brother, upon the discussion of the difficulties of Religious life (they have only eight days off a year and a visit home only every ten years), said: "It gave him joy, as I know that my sacrifice would be the salvation of many souls in purgatory."

The opportunity to travel to Jamaica and live in solidarity with the poor was a blessing and an experience, which is definitely worth pursuing.

We all experienced the transformative nature of the experience, and can understand why people go back year after year.

The group comprised Fr Michael Johnstone; Sue Perrott (North Walsham); Katie Johnston (Wymondham); Ruth Harris (Poringland); Myles O'Hanlon and Debbie Fox (All Souls, Peterborough).

at 5.45am, ending with a cup of tea after Night Prayer at 9pm! The days were spent working at one of the six residential homes, where around 600 people live. The majority of residents have learning and developmental difficulties, some are disabled, some suffer illness and some are elderly.

The residents range in age from a few weeks old to 107! They are all living full-time in the centres as there is no one else to take care of them. The volunteers' work involved keeping the residents company, helping with basic health tasks (filing nails, applying moisturiser, feeding) and helping maintain the centres (making beds, sweeping floors, serving food).

Although we all went to help others, I think the whole group felt that we received far more than we gave. I was struck by how much the residents really appreciated you being there. They wanted to talk to you, to talk about old

times or get your opinions on Jamaica. They appreciated the effort made to keep them well fed and clothed and were joyful, often breaking into song – even though these people had nothing – no personal belongings, limited entertainment, no personal space. A true representation of "I have come so that they may have life and have it to the full" (John 10:10).

I also understood far more about dignity in suffering. I saw the best example of giving up your suffering that I could ever hope to see.

One resident, who had been admitted to the Holy Innocent Centre (Run by the Sisters of the Missionaries of the Poor), was paralysed from the waist down and had been in hospital with kidney problems. During her stay in hospital she had lost a lot of weight and had developed large open wounds. Her muscles were in spasm from being bed-bound. I held her hand and talked to her whilst her wounds were being

## Can you help build bridges?

The two current Diocese of East Anglia Building Bridges projects are a youth basketball project in Beit Sahour in the Holy Land and a new formation centre for children, youth groups and adults at Battambang in Cambodia.

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

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# News picture gallery from parishes around the Diocese



Above, a warm welcome was given to Student Cross walkers in March on their way to Walsingham, and, right, St John the Baptist Cathedral Youth Group organised a first ever Bake Off to raise funds for the group, a family retreat and the First Holy Communion.



Above: Polish families gathered with Fr Krzysztof Nowak for Swieconka, the traditional blessing of their baskets of Easter food at St Henry Morse, Diss, on Holy Saturday morning.

Left: the Easter Vigil Mass at the Church of St Henry Morse, Diss, Bob Honnor and Mary Rose Mann (centre) were received into Full Communion.

Large congregations attended Easter services at St John the Baptist Cathedral in Norwich including a Lenten Station Mass (right), Solemn Liturgy of the Passion of the Lord on Good Friday (below right) and Easter Vigil on Easter Saturday (below).



Palm Sunday at Our Lady Star of the Sea in Lowestoft.