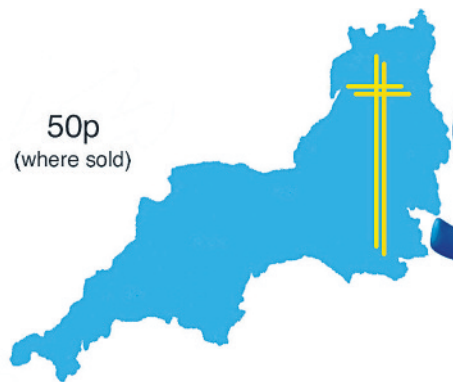


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# Catholic *South West*

Serving the  
Church in the  
South West  
January 2020

## *Inside*



*Poole Supports  
Persecuted Christians  
Page 3*



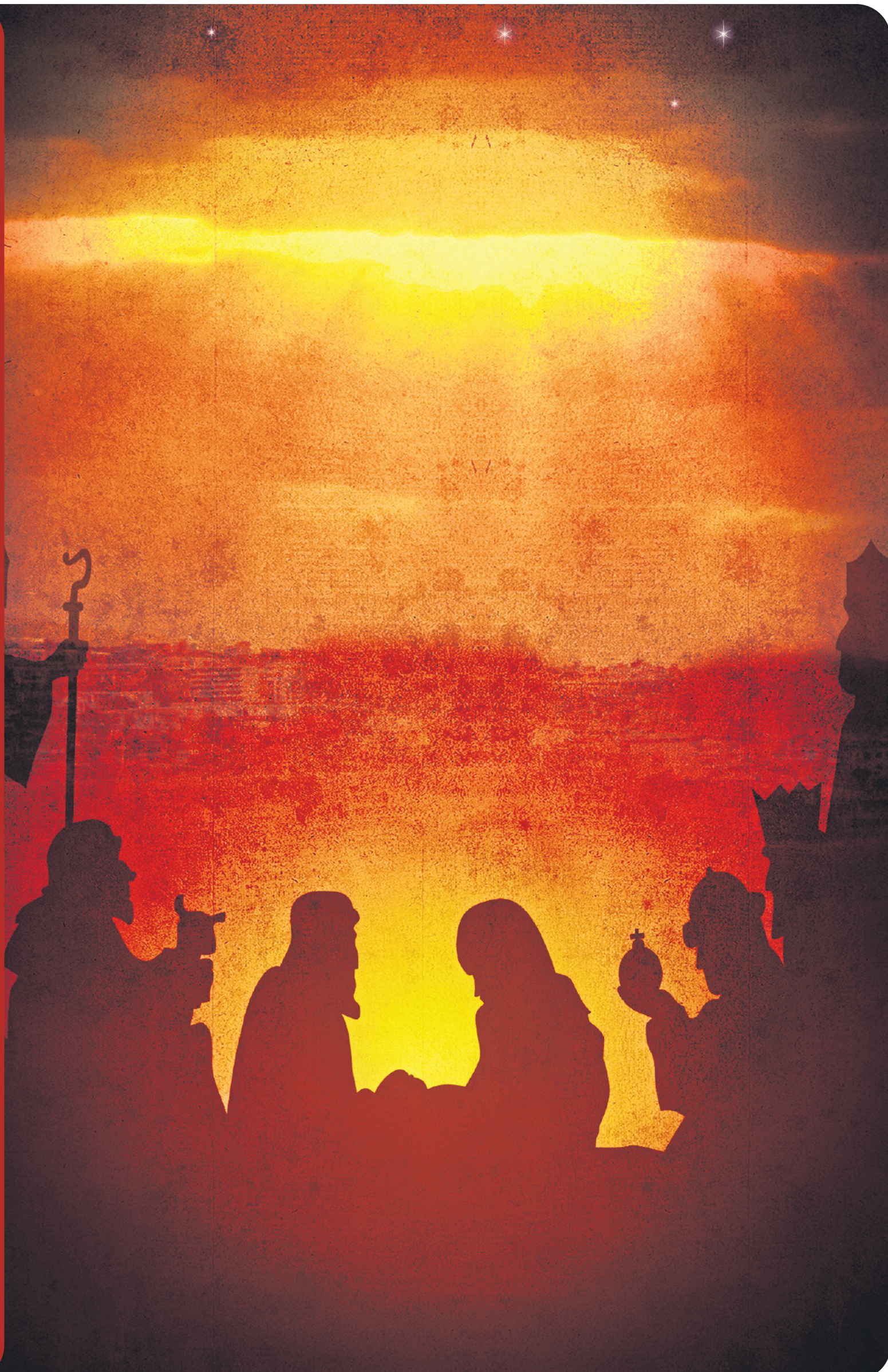
*Smiling is Infectious  
Page 5*



*Caritas  
Page 7*



*Far from Home this  
Christmas  
P13*





## **Catholic South West** CONTACTS & DETAILS

Catholic South West is a monthly newspaper for Catholics in the Plymouth, Clifton and Portsmouth Dioceses. It is published by Bellcourt Ltd

### AIMS

To build community in the South West by sharing stories relating to Catholic life around the South West.

To encourage readers to get more involved in - or start - projects and initiatives in the local area.

To provide thought-provoking articles to help readers deepen their Faith.

### GET INVOLVED

#### We need your help!

Articles: We need your local articles - we can only include what we get. So if you have an article or just a photo with a short description - please send it in.

Ideas: We need your ideas for the paper and we need your ideas in the paper. If you have any thoughts on what we should include - or if you are thinking about starting a new initiative - get in touch - we'd love to support it! Readers: If you can encourage other readers in your parish please do so.

Advertising: We rely on advertising - if you know of anyone that would benefit from promoting their business, event or anything else to parishioners throughout the South West, do let us know.

### SUBMITTING EDITORIAL

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### DATES

Catholic South West goes to parishes on the last full weekend of the month. It is printed around the middle of the month - so if you would like to advertise or send in editorial please do it as early as possible.

## FROM CSW

To all Catholic South West readers... we wish you all a very Merry and Holy Christmas. We hope it is full of the joy of Christ - and we hope it brings you a deeper understanding of the gift we are given in the Incarnation.

Hopefully, this edition of CSW will give you plenty to think

about over Christmas - and it may also give you that chance to take a break from the mayhem at Christmas and think about what it is all about.

We hope you have a wonderful New Year and we look forward to more editions of CSW in 2020!

# A candle-lit celebration at Blessed Sacrament Church, Exeter

The Westcountry region of HCPT (Hosanna House and Children's Pilgrimage Trust) marked the Church's 'New Year', the beginning of Advent, with a lovely candle-lit celebration at Blessed Sacrament Church, Exeter on Sunday 1 December. Leading the celebration was Bishop Mark O'Toole, as the region lies within his Diocese of Plymouth.

The afternoon began with Advent activities for the children, including making a special wreath to use within our liturgy. We then enjoyed a splendid tea, when Bishop Mark cut a huge cake to mark the 50th anniversary of Group 45 (our oldest 'family group' of disabled and disadvantaged children, based in the Plymouth area and first led by Canon Walter Costello) and the 40th anniversary of Group 539 (based around Torbay, one of our adult summer groups that stay at the beautiful Hosanna House, facing the Pyrenees near Lourdes).

The Advent wreath was then brought into the Church in procession, with a central candle that was lit by Bishop Mark. Later four children and adults brought up a candle each and these were placed around the wreath. We prayed as each candle was lit for hope, peace, joy and love. Using a glass jar to show the children how a candle will go out if starved of oxygen, Bishop Mark then explained our Gospel reading which warned us not to hide our light under a tub but to raise it for all to see. All this was accompanied by beautiful music and prayers that captured the magic of



this special time of the Church's year leading up to the celebration of Christ's birth.

It was a very joyful celebration and a lovely

atmosphere, and a great opportunity for more people to know a bit of HCPT. Our other groups are based in Torbay (179), East Devon (141) and South Hams (579) and we are planning to get groups going in Cornwall and Dorset soon.

If you have or know of children or adults who would benefit from a special week in Lourdes with HCPT Westcountry region do please contact [westcountry@hcpt.org.uk](mailto:westcountry@hcpt.org.uk).

**Richard King**  
(HCPT Chair Westcountry Region)



### EDITORIAL GUIDELINES

**1) Think of the readers:** If you are writing about an event, think about the readers that don't know anything about it. Outline what happened, but focus on why people go, why it is important to them, or some teaching that was given. Make sure readers learn something from your

article - they don't just want to know who was there and what snacks were available!

**2) Keep it brief:** Make sure you make your point - but keep it brief and punchy.

**3) Pictures:** Send pictures as they are - even if they are very big to email. Don't reduce them in size or put them inside a Word document. They look fine on the screen but terrible in the paper!

### LEGAL INFORMATION

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made to ensure that due acknowledgement, when appropriate, is made to the originator of any image submitted for publication. It is understood that those submitting material for publication in CSW either hold the copyright or have arranged for publication with the appropriate authority.



# Poole Parish Support Persecuted Christians

The Parish of St. Mary's Poole recognised the Aid to the Church in Need 'Red Wednesday' campaign on November 27th, highlighting the plight of the estimated 245 million Christians around the world, by holding a special candlelit service of prayer and intercession.

The main altar was floodlit in red and seven countries where persecution is extreme were chosen and named on the altar steps, with a large red candle representing each country. After a brief introduction to the service, the plight of Christians living in each of the persecuted countries was described followed by a prayer petition for that country. Thereafter a member of the congregation came to the altar to light one of the red candles for that country, symbolising our solidarity and intercessory prayers for those that are suffering.



'What life is like' and the horrors persecuted Christians endure were described for Eritrea, Iraq, Nigeria, North Korea, Pakistan, Central African Republic and China.

This deeply meaningful service has now

become a regular event in the parish, attempting to bring a regular awareness of the conditions many Christians endure for believing in Jesus Christ. It was supported with literature and prayer cards from Aid to the Church in Need.

## Around the South West

### Children from the Liturgy Group came into Holy Mass wearing Gold Crowns



Fr Stephen Geddes Parish Priest of "Our Lady Star of the Sea", Weymouth wears his gold crown the same as the Liturgy children on Sunday "Christ The King".

The children from the Liturgy Group came into Holy Mass wearing Gold Crowns as it was the Feast of Christ The King. Fr Stephen Geddes was presented with his own gold crown.

*Esmee Nicholls, Weymouth*

### Do keep the students in your prayers!



Recently, Bishop Mark O'Toole made a pastoral visit to the Catholic Chaplaincy at Falmouth University. Having celebrated Mass with some of the students, he had a tour of the Penrith campus with Fr Anthony O'Gorman and Fran Freeman, who do a wonderful job as part-time Chaplains at the University.

### Preparing for Christmas

Anyone who keeps Advent carefully will get nearer to the truth about Christmas, and have a happier Christmas than one who simply attends church on Christmas day. Nine days of prayer from 17 – 25 December, waiting and meditating on the incarnation, focus our lives on Christmas itself. In Russia there is a custom of fasting and silence on Christmas Eve until the first star appears (the star which shone over Bethlehem). Good luck with that!

### Christmas crib in Heavitree

If you are in or around Heavitree, please don't forget to take a look at the crib in the window of G. W. Key & Shoe in Heavitree. This is organised by Christians Together in Heavitree.

## This summer I was in Mbosho, training the staff in Alignment Therapy

*Ann Evans, November 2019*



This summer I spent two months in the parish of Mbosho, training the staff of the Parish Dispensary in Alignment Therapy so that they could help the local people with their back and shoulder pains from their work as struggling farmers. I was invited to train in this particular place by Father Calistus Msuri Shayo, a young enthusiastic priest who is struggling in this impoverished area to help and work with his parishioners. He and his partner priest, Father Timotei, do not have salaries so they have to create funds with projects in order to service the 7 churches they are responsible for. The 6 outstations are not easy to reach and the parishioners can only give pitiful amounts to help with the fuel needed for the Fathers to get to them.

I stayed in the priest's house with the Fathers and was made most welcome by ev-

eryone there. The training of the Dispensary staff went really well and now they are able to help people who come with their pain. Alignment Therapy is a gentle form of chiropractic and there is no other such treatment available. However, there are many people suffering with acute back pain who are unable to reach the Dispensary and they hope one day to have a mobile clinic for this so that they can reach even more remote villages.

There is a small parish kindergarten in Mbosho but they have no equipment, books or writing materials. They are given a mug of porridge for lunch which the parish provides but it is difficult for the parish to maintain the salary of the teacher, Rosie.

What I would like to see is a link between a

parish or group here to be a support to Mbosho to help them to get onto their feet and become self supporting. Fr Calistus will make people most welcome to stay there and then be able to see the situation and discuss possibilities. At the moment they have pigs, chickens, goats and cows as well as growing crops to make money but all these projects struggle because of lack of food for the animals and the drought of the last rainy season.

I am very happy to come and talk to groups and individuals about the situation and work of Mbosho and put them in direct touch with Fr Calistus.

For more information please get in touch with me, Ann Evans, [annevans40@btinternet.com](mailto:annevans40@btinternet.com)



**Send us your news**  
[csw@cathcom.org](mailto:csw@cathcom.org)



# Bishop Declan launches Year Of Communion in Clifton Diocese



On Friday 22 November 2019, Bishop Declan launched the Year of Communion at Clifton Cathedral. In a celebration of evening prayer he presented to each parish, community and school in the diocese the resources for the Year of Communion starting on the First Sunday of Advent.

In his message, Bishop Declan said that we should be in Communion with one another, with the wider society and with the whole of creation.

As we begin our Year of Communion we will focus on a Spirituality of Communion and how we are called and saved, not as individuals but as God's people. We will build upon existing ways in which parishes collaborate with each other and will encourage the work that has already begun.

The Church of Clifton is called to be a people who believe in Christ, who celebrate Christ, and who live the

way of Christ.

The Church is created by God to live, not for itself, but for others; to be a people who share in the mission of Christ, to proclaim the Kingdom and to make disciples so that the world will be transformed according to God's plan.

Our Parishes and Communities should be places where Christ is celebrated, shared, proclaimed and lived, where everyone is welcomed and valued, and all have a sense of responsibility for the life of the community and the world.

We are called to be disciples who not only know about Jesus but also come to know him in prayer. Our liturgies should be celebrated in such a way that Christ's word is heard, his presence known, and which are so connected to our lives that we joyfully take up the command 'Go in peace glorifying the Lord by your life'.



## PILGRIMAGE ~ HOLY LAND NOVEMBER 2020



**Tuesday 17~24 inclusive**

**Return flights: Gatwick ~Tel Aviv  
Twin Room/Half Board Basis.**

**Staying in Jerusalem 17~20 & Tiberias 20th pm~24th**

**Price: £1,695 includes Flights, taxes, some entrance fees, accommodation as stated, all coach Tours in Israel.**

Not included is personal travel insurance, and some entrance fees.

Attractions include Jerusalem, Mount of Olives, Holy Sepulchre, Bethlehem, Nazareth, The Galilee, Cana, River Jordan, Jericho, Masada, Dead Sea & much more. A busy itinerary with walking each day.

**Contact: Fr. Tom Grufferty,  
13 Halsey Close, Alverstoke, Hampshire, PO12 2PJ  
We are Pilgrims not Tourists**

*This is the initiative of a group of Parishioners in Sacred Heart Parish Hook.*

*For more information relating to the Sacred Heart Parish contact*

*Eileen Cashman, Email [eileen.cashman@pugsley.org](mailto:eileen.cashman@pugsley.org)*

**NB The Pilgrimage is open to all with a limited number of places.**

**£100 deposit required refundable to you until flights are booked.**

**Payable to St. Joseph's Parish Pilgrimage. £500 will be requested prior to a firm booking with the Airlines. Booking form available on request**

**[tomgrufferty1@gmail.com](mailto:tomgrufferty1@gmail.com)**

**Pilgrims will need a valid Passport with a life of six months after arrival back to the UK  
02392520167 M07905949198**

## The Gospel of Life

O Mary, bright dawn of the new world,

Mother of the living, to you do we entrust the cause of life

Look down, O Mother, upon the vast numbers of babies not allowed to be born, of the poor whose lives are made difficult, of men and women who are victims of brutal violence, of the elderly and the sick killed by indifference or out of misguided mercy.

Grant that all who believe in your Son may proclaim the Gospel of life with honesty and love to the people of our time.

Obtain for them the grace to accept that Gospel as a gift ever new, the joy of celebrating it with gratitude throughout their lives and the courage to bear witness to it resolutely, in order to build, together with all people of good will, the civilization of truth and love, to the praise and glory of God, the Creator and lover of life.


*Taken from Pope John Paul II's 1995 encyclical,  
"The Gospel of Life"*



# Poetry Corner

Author Unknown

## Smiling Is Infectious



Smiling is infectious,  
 you catch it like the flu,  
 When someone smiled at me today,  
 I started smiling too.  
 I passed around the corner  
 and someone saw my grin.  
 When he smiled I realized  
 I'd passed it on to him.  
 I thought about that smile,  
 then I realized its worth.  
 A single smile,  
 just like mine could travel round the earth.  
 So, if you feel a smile begin,  
 don't leave it undetected.  
 Let's start an epidemic quick,  
 and get the world infected!

## Facts, Figures and Fake News

In the early 1950s, Sir Hugh Beaver, the then MD of the Guinness Brewery, was shooting with some friends in County Wexford. An argument broke out about which was the fastest game bird and finding no way of definitively agreeing an answer, Sir Beaver decided to create a book that would hold the answers to this and all such future conversations. Thus the Guinness World Records was born. Here are some of the highlights over the years:

Ashrita Furman holds the record for holding the most records! Aged 62, he has set over 600 records and currently holds more than 200.

The oldest known land animal is Jonathan – a tortoise who was born in 1832 before Victoria became queen. He is 187 and lives on the island of St Helena in the South Atlantic.

The tallest living man is Sultan Kosen of Turkey who measures 251 cms or 8ft 2.8 inches.

The largest pizza in the world had a surface area of over 1200 m<sup>2</sup>. And it was gluten free!

The most expensive hot dog (which is commercially available) is priced at just over £80. In case you should think this is horribly expensive – it is garnished with foie gras, truffles and caviar!

Bruce Masters of the UK holds the record for visiting the most pubs! His tireless dedication to the cause has seen him visiting over 46,000 drinking establishments since 1960.

*Fake Fact: The most expensive hot dog actually costs over £100 not £80!*

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# Scripture Focus

By Fr Jeremy Corley



## MARY AND JOSEPH

We are familiar with St Luke's version of the Christmas story: Mary gives birth to Jesus in the stable, because there is no room for them in the inn. We often give less attention to St Matthew's version of the nativity. Whereas Luke focuses on Our Lady, Matthew focuses on St Joseph.

The opening of Matthew's Gospel presents Christ's genealogy as son of Abraham and son of David. In this way, Matthew connects Jesus with his Jewish ancestors. Because he lived in a patriarchal society, Matthew's genealogy focuses on the male line. Hence the family tree does not trace Jesus' biological line through Mary, but rather his legal ancestry entitling him to be called "son of David."

Matthew's mention of King David highlights the messianic hope for the coming of God's kingdom on earth. Many Jewish contemporaries would have known the prophet Nathan's promise that God would establish an eternal kingdom for David's descendant: "I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom" (2 Samuel 7:12).

At the time of Jesus, many Jews were wondering when and how this prophecy would be fulfilled. Some sought to restore God's kingdom using military means, by fighting against the Romans. Others waited patiently for God to intervene. Matthew's genealogy shows that Jesus has a legal right to be recognized as King David's descendant.

On Palm Sunday, when Jesus rode into Jerusalem on a peaceful animal (a donkey) rather than a war horse, the crowds greeted him: "Hosanna to the son of David." However, they did not understand that he was also the Suffering Servant who would have to die. Despite the rejection of Jesus, the charge pinned to his cross was: "King of the Jews."

But Jesus was sent not only for the Jews, but also for the Gentiles. Although Jesus went first to the lost sheep of the house of Israel, he is the Lord of all. Hence Matthew's Gospel ends with Jesus sending out his disciples to bring the gospel to all nations.

When Matthew's genealogy calls him "son of Abraham," it echoes God's promise to Abraham: "In you all the families of the earth shall be blessed"

(Genesis 12:3). After Abraham has shown his obedience by being willing to offer his son Isaac, the angel says: "By your offspring shall all the nations of the earth gain blessing for themselves, because you have obeyed my voice" (Genesis 22:18).

After the genealogy, Matthew's account of the virginal conception of Christ emphasizes mercy above law. When the text says that Mary was betrothed to Joseph, such a betrothal was nothing casual but rather a serious commitment in ancient Jewish society.

Yet while she was betrothed to Joseph, Mary was found to be pregnant with a child not his own. Since he was a man of honour who kept the Law of Moses, Joseph knew what he was meant to do. If Mary had been unfaithful, he should have brought her to her father's house and had her stoned to death (Deuteronomy 22:23-24).

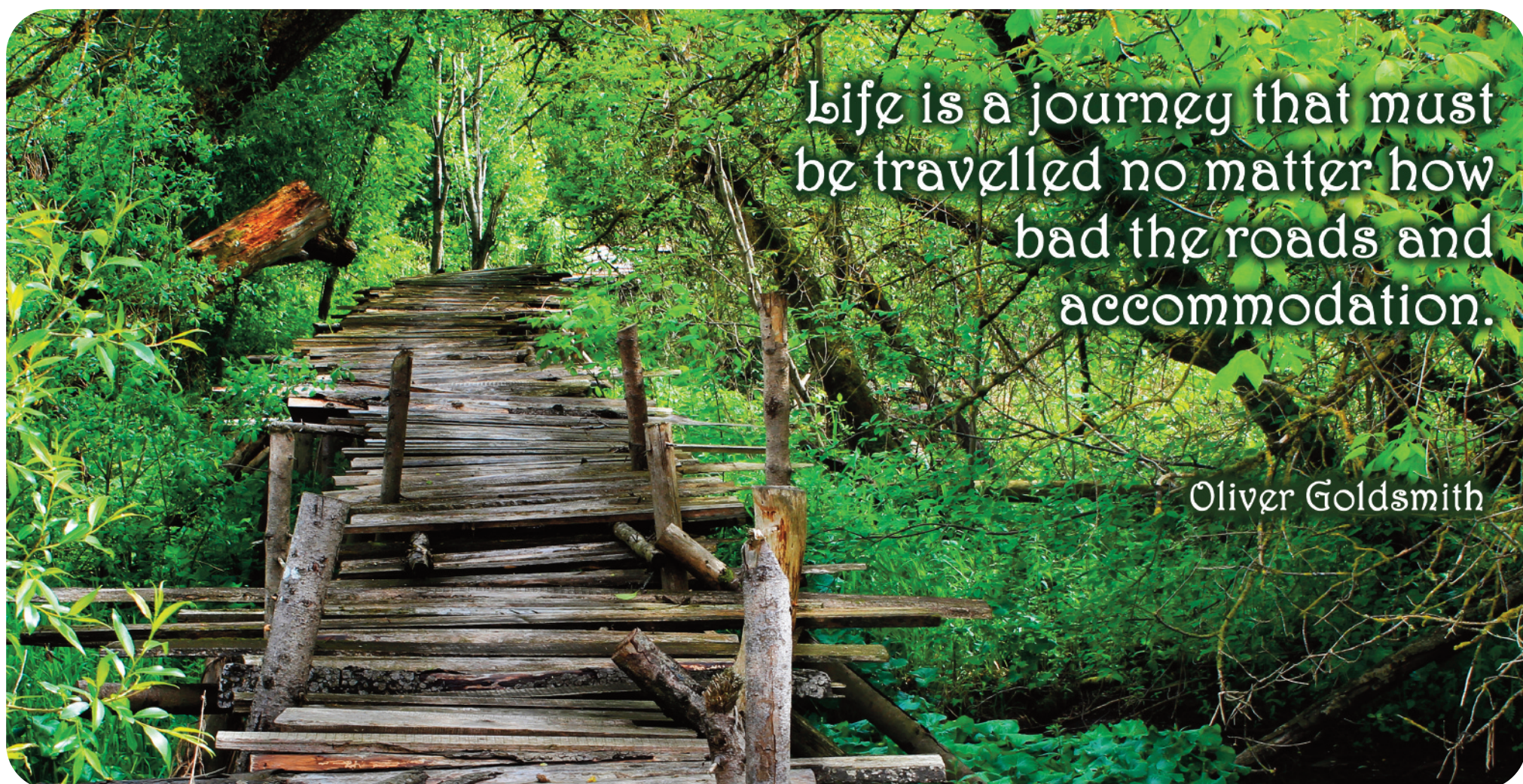
But Joseph did not judge by appearances and obey the law, as others might have expected. Instead he was open to hearing the strange news that Mary had conceived her child through the power of the Holy Spirit. As a result, he showed mercy and took Mary to his

home.

When he grew up, Jesus did not judge by appearances, but instead understood the Law of Moses in a new way. Already as a child he would have learnt Hosea's words: "What I want is mercy, not sacrifice." Later, Jesus did not condemn the woman taken in adultery, but forgave her.

As a well-trained scribe, Matthew brings out of his treasury what is old and what is new. We see the old in Matthew's emphasis on Jesus' belonging to his own people. But we also see the new in the refusal to judge by appearances and the willingness to go beyond the demands of the Law of Moses. In his dealings with Our Lady, St Joseph allowed mercy to prevail over a rigid interpretation of the Law.

For us today, we celebrate the old: the traditional feast of Jesus' birth 2000 years ago. But we also celebrate the new: Jesus' offer of a new way of life for each of us, not judging by appearances but going beyond our human limits and expectations. As we rejoice in Christ's birth, let us take comfort from the familiar story, but let us also be open to his call for us to follow him in new ways.



Life is a journey that must  
be travelled no matter how  
bad the roads and  
accommodation.

Oliver Goldsmith



# Share the Journey and expand the horizons of your heart this Christmas

An Advent message by Cardinal Luis Antonio G. Tagle



**"Can we imagine ourselves being on their journey?"**  
Cardinal Tagle

**Rajida,  
Bangladesh**



Matthew 2: 13-21

An angel of the Lord appeared to Joseph in a dream. "Get up," he said, "take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him."

So he got up, took the child and his mother during the night and left for Egypt, where he stayed until the death of Herod. And so was fulfilled what the Lord had said through the prophet: "Out of Egypt I called my son."

When Herod realized that he had been outwitted by the Magi, he was furious, and he gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi. Then what was said through the prophet Jeremiah was fulfilled:

"A voice is heard in Ramah, weeping and great mourning, Rachel weeping for her children and refusing to be comforted, because they are no more."

After Herod died, an angel of the Lord appeared in a dream to Joseph in Egypt and said, "Get up, take the child and his mother and go to the land of Israel, for those who were trying to take the child's life are dead."

So he got up, took the child and his mother and went to the land of Israel."

If you look at Christ's birth and death with today's eyes, you could think he was a loser; born in a stable and thirty-three

years later crucified by his own people like a common criminal.

Despite his lowly birth and his humiliating and agonising death, through the events in his life, this man of very humble origins revolutionised how we see the poor and marginalised, how we think of power and who we deem to be "winners" and "losers" in our world.

Christ's journeys – while in the womb, during his life as a preacher, to the cross, to his heavenly Father – tell us about how to face our own journeys as individuals and communities today.

## ***Imagine yourself on a journey***

Let us just take a moment this Advent to reflect on how many times we see news images of pregnant migrant women crossing deserts or getting off unsafe boats, with no home to go to.

Can we imagine ourselves being on their journey or on Joseph and Mary's migrant journey to Bethlehem? The town was not equipped to welcome or accommodate them. It could not offer the care a pregnant woman needed. The Holy Family was one family too many for this small place. Can we put ourselves in the shoes of the shepherds who went to visit the Christ child? They were uneducated outcasts in their society and yet the angels appeared to them, not to a rich landowner, and said, "Do not be afraid."

The human response might be to hide away in fear when something unexpected and unexplained happens, but the shepherds went to look for the child and then they spread the Good News to everyone about what they saw.

## ***We are all called on journeys***

Like Jesus, Mary and Joseph, the Shepherds and the Magi, we are called on journeys which require strength, perseverance, humanity, wisdom and courage.

On these journeys, we meet people who we may be tempted to prematurely label or judge as a "winner" or a "loser" in life, without knowing their full story nor understanding their significance to our lives.

The one person who does not appear to go on a journey in the Nativity is King Herod. He stays in the security of his palace and gives orders to kill all boy children in Bethlehem. He tries to keep hold of his kingdom by using his power to spread fear and mistrust.

The Holy Family again draws the "loser" card and becomes a refugee family in Egypt. When Jesus as an adult tells us "the kingdom of God is within you", he is asking us to open our eyes to a new way of seeing a world where there are no people who are considered "losers". It is in the small and filthy places where our kings are born, not in palaces. The poorest and most marginalised people in our societies deliver true messages of hope to us.

## ***Expand the horizons of your heart this Advent***

As we prepare our hearts and minds for Christmas, let us remember that hope, like the migrants and refugees of our world, is always on a journey forward. By opening our eyes and reaching out to others, we will find our hearts carried forward by a great wave of love and our destination will be peace. That will be when no person nor country will say "there's no room for you here".

Have a blessed Advent journey!

## ***Closing prayer:***

Lord of Salvation,  
When we reach out to help,  
let it be your hand we reach with.  
When we comfort the afflicted,  
may it be your heart we comfort with.  
When we serve the stricken and the grieved,  
Let it be your bounty we serve from.  
And when we work side-by-side with refugees  
Rebuilding what has been lost  
Let it be your foundation we build on.  
A foundation of justice, a foundation of hope.  
A foundation of newness and love  
Stronger than the mightiest cataclysm.  
Amen



# Brush Strokes

By Fr Tom Grufferty



## The Sacrament of Initiation in one important piece of art

If you want to become a famous artist, it appears that the best place to start is your home turf where the locality is familiar to the creator. In 1442 this is where Piero della Francesca began his very famous career in the art world. He was originally a town Counsellor with little or no interest in painting.

When he began to take up the tools of the artistic world in the early Renaissance period, he and others quickly discovered a real talent. Very quickly he was commissioned to create various works of art by the famous people in Tuscany.

His first major work is the Baptism of Jesus in the Jordan. (Feast on 12th January 2020). In the background is the hometown and the local landscape of Piero. The central figure is Jesus. If you can get a close up of the face, there are lovely features but there is in the entire figure a great combination of humility with the majestic stance of a person of importance. Notice the Praying hands.

Immediately above Jesus is the Holy Spirit. The Spirit is not unlike the clouds in the sky. The Spirit could be descending from the Heavens and from the tree at the same time.

John the Baptist is the next important person and clearly, he has been fasting in the desert.

Behind the Baptist is another slim figure taking off his shirt while he bends over. For me he is a mystery. In every famous work of Art there is at least one item that causes us to ponder more deeply, to delve into the mind of the creator. Sometimes it is far from wise to do so. The other mystery is the overgrown walnut tree. Then I did some research only to find this famous tree relates to the crucifixion. Here is yet another artist who at the age of 27 knew his New Testament. NB, with the young man taking off his shirt reminds



me that this painting could be used in a deeply spiritual way for all those preparing for the great sacrament of initiation.

Look further into the painting and you see distant figures in the background. There are three angels to the right of Jesus. The middle one is astonished at what is happening. As often happens with us humans the other two are extremely indifferent. It is good to know that angels are like us!

It will come as a surprise that these angels are holding hands. This may well be the artist's reference to the major question of the time, the unity of the Eastern Church with the Western Church. (The Council of Florence in 1439). If so, Francesca is also reflecting the times.

This wonderful piece of art was originally commissioned as an Altar piece for the Church, now a Cathedral, in Sansepolcro in Tuscany and fortunate for us now hangs in the National Gallery in London.

It would be very remiss of me not to highlight Piero other famous painting of The Duke and Duchess of Urbino with whom he had a special friendship.

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# View from the Pew

By Dr Jay Kettle-Williams



## Happy New Year!

I've been caught in a time warp. At the time of me writing these few words, the nation is preparing to go to the polls. At the time you read this piece, you'll already know the outcome. With my fingers hovering over the keyboard, I'm wondering whether we will take a step towards greater European integration, further contributing to bringing the congerie of 28 member states en masse towards a common standard - That's not a bad Christian thing to do! - or whether we'll be looking simply to raising standards by a few notches among our own compatriots? That's not a bad Christian thing to do either! Yet to do both is out of the question. Yes, charity begins at home. And I view 2019's General Election as the nation deciding where its home lies.

My grandparents were brought up to make do. They evolved into my parent's 'never-never, radio-rental' generation not owning many luxury goods outright, if any at all. Holiday travel overseas was largely a dream, like a trip to the moon. The term 'recycling' wasn't on people's lips but they returned milk bottles, paid deposits on lemonade bottles and sent food scraps to pig swill. Jam jars were practically a currency. Expectations were not as short-lived as nowadays: 'Work towards something, save up and one day you'll have enough to buy and enjoy.' Things lasted. Built-in obsolescence was as unimaginable as meeting the man in the moon. It's different these days

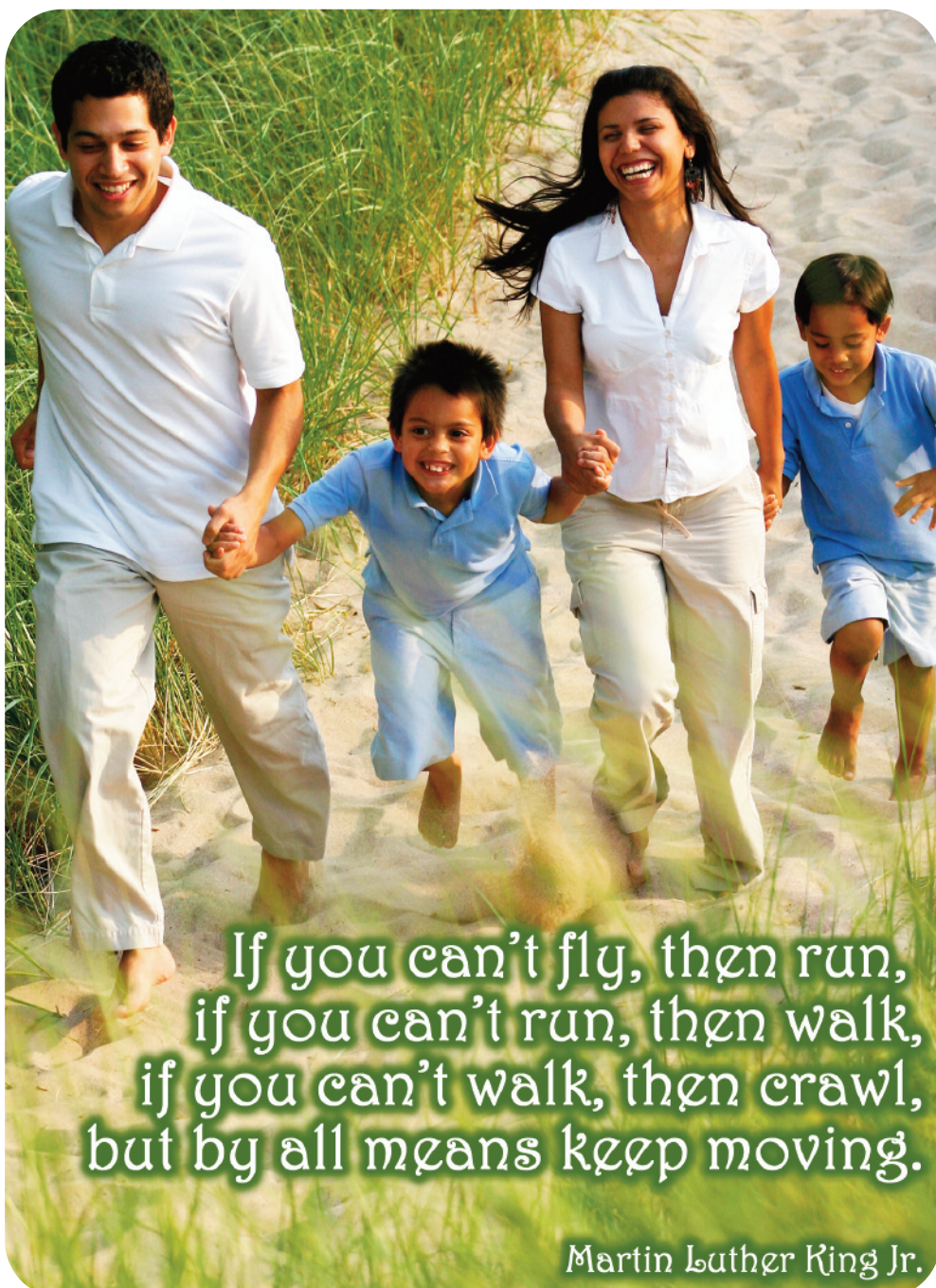
with the entitlement of our 'have it now, spend, overspend' culture.

Are we tying ourselves up in the strangling knots of perceived, personal need and the expectation of immediate entitlement? Where is a person's responsibility to self and others? The ever-growing demands placed by individuals on micro or macro groups within society are increasingly impossible to fulfil. The NHS is a prime example. The NHS, the 5th largest organisation in the entire world, employs 1 in every 19 of the population of the UK, itself the 21st most populous country. Yet the NHS cannot compete with demand. That's an insoluble mismatch, a seemingly inviolate imbalance.

Is our society sick? In mind, body and soul?

In today's 'go with it culture' espousing the common denominator, is it any wonder that the younger wander aimlessly away from whatever positive norm. Well, that must be where we, in our Church, with its discipline yet in defiance of clericalism, need to step in as honest brokers and reach out. That'll make the new year happy.

*Note: One in five UK Catholics in the UK was born elsewhere; 1 in every 12 people in the UK is Catholic; there are 67.6m people in the UK; some 32% of the nation's Catholics are recorded as attending Mass once a week ... [Figures approximate].*



If you can't fly, then run,  
if you can't run, then walk,  
if you can't walk, then crawl,  
but by all means keep moving.

Martin Luther King Jr.



# St Nicholas The Wayfarers Church - Kilton

## A Drop-in Prayer Day-Time Retreat Centre

### Continued from December 2019



In 2004 Kilton's St Nicholas was scheduled to become a controlled ruin with roof removed and walls capped. By chance the warden of St Nicholas' neighbouring parish, Stringston, drew future plans for St Nicholas to my attention. As neither of us were familiar with the present state of St Nicholas' interior, out of curiosity we made a visit.

Appalled that such a substantially sound building would be left as a ruin, a project was devised to use the church in some other way, such as a Drop-in-Prayer / Daytime Retreat Centre; this option was discussed with the local vicar; several meetings with him and the Redundant Churches Committee followed. As parishes are autonomous, this course of action drew a blank. However, the idea would be supported if other means became available. In due course private funding became available for the project to proceed. A Trust was formed in 2017, hence the future of St Nicholas became ensured.

Between 2005 - 2016 St Nicholas was lovingly restored: the 4 turning bells, dating from the 14th, 18th and 19th century, which had remained silent for over 50 years, rang out again; a computerised system means they ring the hours from 8.00 a.m. to 8.00 p.m. and the Angelus at noon. Besides essential roof and interior restoration, all but one of the boundary walls needed rebuilding (a major task). The copse, where a church hall had once stood, became a car park, and the grounds and churchyard brought under control. To date +/- 8000 visitors have visited; approximately 600/650 a year.

St Nicholas was kept open for visitors during its restoration. A nationally recognised footpath crosses the churchyard, part of a circular walk from Kilve, the closest village. The route leads along the cliff and over farm land attracting many walkers. Many have come from both



home and abroad to visit graves; records of which back to the early 17th century. A regular service for those tending graves is held on the second Sunday of Advent. Followed by a high tea this 'Gathering', now in its tenth year, has brought family members together, understandably many offspring have grown up, the children are now contributing to this family service, reading, playing instruments and helping to finalise the Advent scene set in front of the large oak altar table. A recent group included a half hour period of Adoration in their day of retreat; was this the first at St Nicholas since the reformation?

The panels of the Reredos above the altar feature events from the gospel according to the five stages of life; it forms the primary focus of attention. Some of the stained glass in the chancel dates from the 14th century, others later periods, the three of the East wall are identical to those of St Andrew's at Stogursey. The pulpit has 13th century trimming and the six wall texts, have been restored to their original colouring. Conversion of the tower now provides a preparation space for receptions with a mezzanine above acting as a social area or a quiet, bright area for personal reflection. Disabled facilities are

readily available.

An evolving library compliments a considerable amount of readily available information, much of which may be taken away. A display featuring well over 60 charities has been established which serves to highlight the important role of each individual in the world order of social, educational and hospitality service; which the church seeks to give through its members and teaching.

There is much to be seen, found and considered within St Nicholas' walls; its peace, so often commented upon in the visitor's book, readily understood through Catholic teaching, is reflected in the saying - where the Eucharist has been celebrated there the Presence remains. Little time has yet been given to seeking the early years of St Nicholas' past, that availability is understandably sketchy; with only the mention of two gold chalices dating back to the mid 16th century being referred to; their whereabouts remains unknown.

The grounds are a bonus; seating offers a variety of quiet spaces for individual reflection or family picnics; dogs welcome.



Visits by groups are being promoted as also are the holding of short retreats. Provision of opportunity for individual / group use is actively recognised and promoted as of great importance, for quiet reflection or as a break in the often tiresome pace of everyday life.

An understanding of Universal Christianity is actively promoted. All people are to be welcomed at this Drop-in-Prayer Daytime Retreat Centre; the opportunities, its "Presence" are there to be sought, shared and discovered. With the future of St Nicholas now ensured the Trustees are able to offer a warm welcome to all those able to join them in sharing the peace this restored church now offers. To come, is a journey well worth making.

St Nicholas is affiliated to: The Quiet Garden Movement, Retreat Association; Friends of Friendless Churches Ancient Monuments Society. Open daily: 10.00 a.m. (or earlier) until 4.00 p.m.. Summer. 5.00 p.m. or later .

St Nicholas; "To the greater glory of God through its people".

**Sr Annette Stapleton MA OCV 2019**





# Christmas Around the World

## OUR CHRISTMAS

Most of us are looking forward to Christmas - but some children in the UK will have to rely on help from those around them.

Some children will be separated from their family and some will be aware of big family arguments.

No one's Christmas is going to be perfect - but perhaps it is a good time to think about the good things we do have.

Remember the gift of giving, praying, sharing and above all caring for those around us - no matter who they might be.

A single act of kindness could change someone's life.

Dare to be different.

Dare to change a life this Christmas

Write who you could help or what you could do at home.

## CHRISTMAS IN MALAWI

It is just like a normal day to a poor child who has nothing new to put on and nothing to eat, not even an ordinary meal. No chocolates for them. They just see people celebrating. Those with parents go to church to worship God, but many children just sit outside their muddy houses watching people moving up and down celebrating Christmas. There are no Christmas parties.

For those children with parents at least they will eat rice and beef and a bottle of soft drink. They receive new dresses for girls and new shorts and shirts for boys but they still walk bare footed because they cannot afford shoes.

However, the poor vulnerable child puts on their usual rags. Nothing new for them. No food, no drink, no chocolates. They are more miserable on a Christmas day. They need people to help them celebrate Christmas.

Write what you could do to help those who have less than you.

In Indonesia, they have Christmas Cookies such as 'Nastar' a butter cookie with pineapple jam filling, cheese cookies called 'Kastengel' and 'Putri Salju' or 'Snow White' cookies, a butter cookie covered with powdered sugar and cheese! Some people also have Christmas trees made of chicken feathers!

In Egypt, Christians (called Coptic Christians) fast for 43 days before Christmas. They don't eat any meat, fish, eggs, cheese or milk. They go to Church at about 10.30pm on Christmas Eve which normally finishes at midnight but some services go on until 4.00am! On Christmas Day they have a huge feast to celebrate!

Christmas in Russia is normally celebrated on January 7th. The date is different because the Russian Orthodox church uses the old 'Julian' calendar for religious celebration days. They also celebrate Advent but it starts on 28th November so it's 40 days long.

In Brazil many people go to Midnight Mass and in big cities there are fireworks afterwards. Because Brazil is in the Southern half of the World it is Summer at Christmas time. Many people go to the beach on Christmas Day.



# A Day in the life of a Sister at Syon Abbey

*With the kind assistance of  
Sister Anne Smyth OSsS last Abbess of Syon Abbey*

Our Sisters were contemplative, founded by Charter of Henry V to pray the daily office of our Lady in praying for the well being of the King's family. Also, to pray for the souls of all who have governed England, and the souls of all those who have died.

Their day began early, rising to don their grey habits, black veils and unique crowns with the five red points signifying the wounds of Christ, then going down to the chapel at 5.30 am for personal meditation, prayer and reading some sacred writings.

Lauds began at 7 am, praying for the intentions of those who had written to Mother Abbess and for current concerns. The sisters were kept well informed by newspapers and letters received. After breakfast, Mass followed at 9am then Terce.

These prayers were sung in Latin from the Syon Breviary, and had been revealed to St Bridget herself in Rome in the 14th century. They included psalms, hymns, readings and beautiful antiphons to Mary, and differed from the Roman Office prayed by other communities. They were translated to English in 1970s then typed out into folders. Only in 2015 was the beautiful book of prayers with illustrations published in English by Sr Anne Smyth O.Ss.S edited by our Adrian Wardle in South Brent, and is available for all to buy from Buckfast Bookshop or Amazon.

The daily chores of cooking, cleaning, admin etc interspersed the Offices, with periods of recreation, also opportunities to stroll or chat. Some Sisters did handicrafts. This pattern of 'ore et labore' followed by monastic communities was healthy and allowed for reading prayer and manual work. Lunch was eaten in silence as all meals were, listening to reading of the Rule or sacred writings.

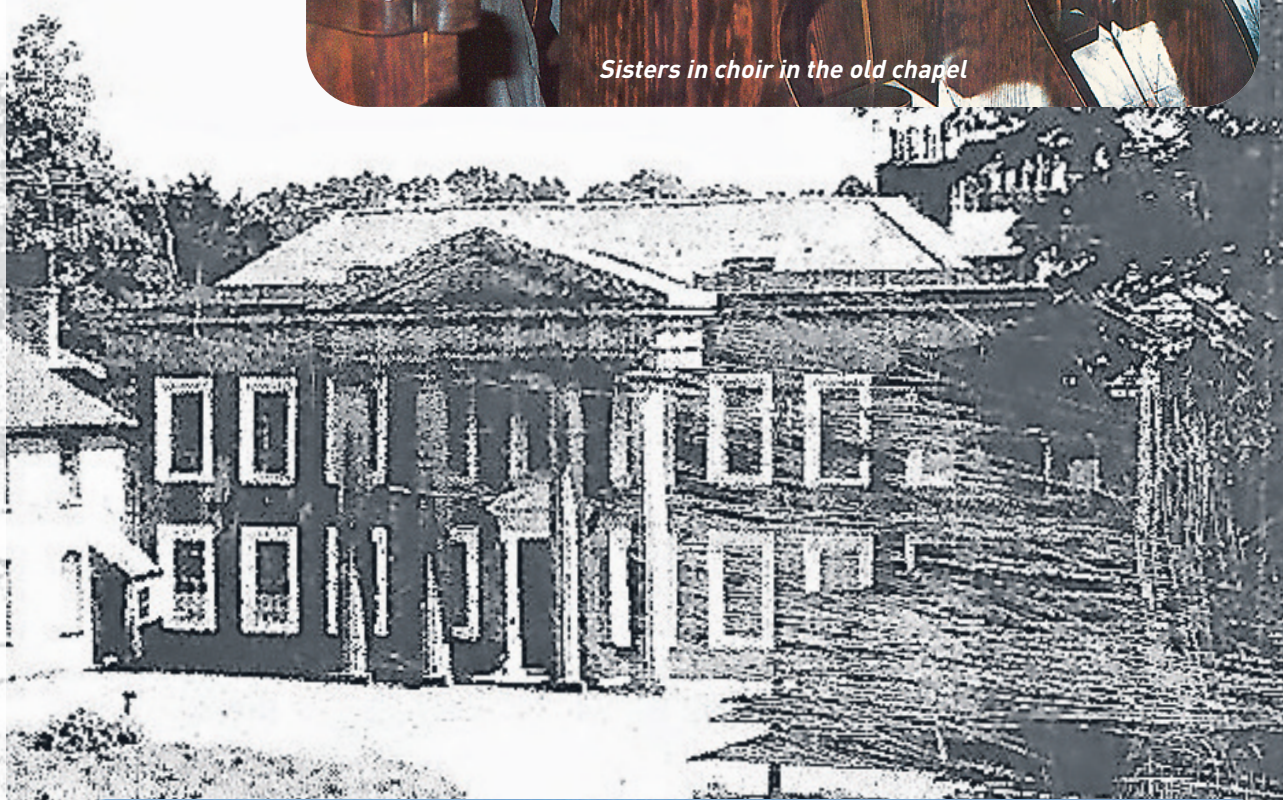
Matins, Office of Readings was at 3.30pm, Vespers at 6 followed by Recreation, then supper at 7 pm when Great Silence began until the next morning. Compline was at 8 pm.

Some people did not understand that the life of the enclosed Sisters was so busy and so fruitful. They looked after each other and their animals, which in earlier times, included goats, pigs and chickens, as well as helping on the farm. Sister Bridget kept sheep until the three Sisters left in 2011.

Most of all Syon Abbey, just on our doorstep was a Power



*Sisters in choir in the old chapel*



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## Prayer to St Martin De Porres

Most humble Saint Martin whose burning charity embraces all, but especially those who are sick, afflicted or in need, we turn to you for help in our present difficulties and we implore you to obtain for us from God health of soul and body and in particular the favour we now ask ....

May we, by imitating your charity and humility, find quiet and contentment all our days and cheerful submission to God's holy will in all the trials and difficulties of life.

Saint Martin pray for us  
That we may be made worthy of the promises of Christ.

LET US PRAY

O God, who exalts the humble and Who brought St Martin, Your confessor, to the glory of heaven, grant through his merits and intercession that on earth we may imitate his humility as to deserve to be exalted with him in heaven.  
Through Christ our Lord Amen

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# Far from home at Christmas



If you're a seafarer from the other side of the world who has to spend Christmas anchored in one of the ports along the Devon and Cornwall coast, it can be a lonely experience. You're not with your family and you can't share in seeing the excitement on the faces of your children when they tear open their presents.

When we are doing our Christmas shopping, most of us probably never think of where those items on the shelves in the shops and supermarkets come from. Many – electronic items, toys, clothes, various foods – will have come from overseas and have been brought to the UK by ship.

Typically, seafarers sign nine-month contracts, which means many miss out on key family events, such as births, birthdays, school concerts, and Christmas. A third of the world's seafarers come from the Philippines, with many others coming from India and Eastern Europe.

The job of Apostleship of the Sea (Stella Maris) port chaplain Ann Donnelly and her team of ship visitors, who cover Plymouth and Teignmouth, is to try and bring some of the festive spirit to the seafarers they meet.

Ann said it can vary from year to year as to how busy the ports are over the Christmas period. "There are often a few ships in before and after but sometimes we can get a couple in between Christmas Eve and Boxing Day. The good thing is they tend to stay put for a couple of days so the chaps can have some down time.

"We did not have any ships in port over Christmas Eve and Christmas day last year but the year before we took some of the Filipino crew to Mass and visited the vessel next day with presents and mince pies.

"We will be giving out presents that have been donated by parishes and Stella Maris supporters from December 12th onwards and continue into January to celebrate the Russian Christmas, the Epiphany.

"It is incredibly hard for seafarers to be away from their families at this time. They really appreciate the easy access to Wi-Fi in the seafarers' centre in Plymouth. They also appreciate receiving the donated presents and Christmas cards. We also decorate the seafarers' centre and leave mince pies etc for them."

A number of local parishes, including St Mary and St George, Totnes, The Holy Family, Honiton, and St Josephs, Newton Abbot, are involved in collecting toiletries, confectionery, and woolly hats for seafarers, Ann explained. "We have a wrapping party in early December and then distribute the gifts to each ship as they visit the ports."

To help seafarers feel part of the Christmas celebrations, John Pinhay, Stella Maris port chaplain in Falmouth and Fowey, distributes shoe boxes.

These contain items such as socks, chocolate, toiletries, and woolly hats, and are put together by volunteers. Parishioners

at St Mary Immaculate in Falmouth and St Augustine's in St Austell have been doing this for a number of years.

The four Catholic schools in Cornwall, where John sometimes gives talks or leads assemblies, also get involved in supporting seafarers by making Christmas cards.

When seafarers are given the shoe boxes they often receive them with an air of disbelief that someone actually cares. In some cases, the shoeboxes will be opened when they are at sea, with the crew gathered in a circle on Christmas morning, opening the boxes one at a time, just to make the occasion last a bit longer.

"We always let the seafarers know that these gifts have been donated by local parishes," said Ann. "We could not do our work as ship visitors and chaplains without the support of the parishes.

"It is so important that the seafarer understands that they are not alone, this is what Stella Maris does. We are here to accompany them along the way, no matter which port they are visiting anywhere in the world."

[www.apostleshipofthesea.org.uk](http://www.apostleshipofthesea.org.uk)



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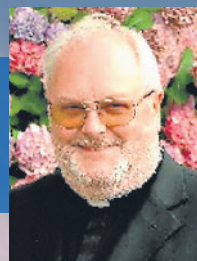
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# Prayer

by Fr Denis Blackledge



## NEWS OF GREAT JOY



Do not be afraid.  
Listen,  
I bring you news of great joy,  
a joy to be shared by the whole people.  
Today a saviour has been born to you;  
he is Christ the Lord.  
And here is a sign for you: you will find a baby  
wrapped in swaddling clothes and lying in  
a manger.' [Lk 2.10-12]

Loving Lord,  
whoever would have thought  
that the first people to hear about your  
amazingly simple and simply amazing  
coming among us as one of us,  
as a weak and vulnerable human being,  
would have been a bunch of dirty smelly  
shepherds  
(men who incidentally had a reputation for  
being thieves). And yet that's exactly what  
you did.  
What a God of surprises you are!

Loving Lord,  
let me just stop for a few moments and  
ponder this story. Let me jump into the  
frame and become a shepherd.  
No wonder they were terrified out of their  
wits:  
why should God be interested in them,  
such ordinary and sinful and messy  
human beings?  
No wonder they needed to be told: 'Do not  
be afraid'. Perhaps that's part of my prob-  
lem, Lord.  
Do I really believe that you love me as I  
am,  
warts and all?

Loving Lord,  
you don't wait till I'm perfect (whatever  
that might mean)  
before you say you love me.  
Help me to believe that staggeringly sim-  
ple and simply staggering fact. Come to  
think of it, my whole life and purpose is  
built  
on the 'news of great joy'  
(a 'joy to be shared by the whole people')  
that I'm hearing just now as a shepherd.

Loving Lord,  
I get inundated with so much so-called  
news every day  
on the television, on the internet, on the  
radio, in the papers: yet how much of the  
media message gets across  
that Good News – that 'news of great joy'.  
Oh, I forgot, I'm a shepherd in imagination  
just now.  
There was no television, no internet, no  
radio, no daily paper then. Perhaps that's  
why they were more able to listen.

Loving Lord,  
'Listen' was the first thing they were  
asked to do.  
You asked them to stop, to ponder, to  
marvel at  
what was happening all around them.  
You asked them to open the eyes of their  
minds and hearts so as to hear in the  
depths of themselves  
and to make living sense of  
the 'news of great joy'.

Loving Lord,  
and that news was not for tomorrow's  
world –

it was precisely for 'Today'.  
Here, now, for you, for me, for all the peo-  
ple:  
news to be spread and shared and en-  
joyed.  
So, I'm listening, Lord, what do I have to  
do now?  
The answer is so simple that I can miss it.  
'Here is a sign for you: you will find a  
baby...'  
In finding Jesus my Saviour, our Saviour,  
precisely as a baby  
I am healed of so much that is non-sense  
in my life.  
In bringing myself before this infant who  
is so vulnerable and so dependent and so  
– human – and so innocent  
I am faced with the challenge of really lis-  
tening  
to the impact this Christ-Child  
is just now having on my life.

Loving Lord,  
let's face it,  
I'm just as scared as those shepherds.  
If I really do take this child to heart,  
if I really do begin to believe in and to  
share  
this joy to be shared,  
this good news to be spread  
today, here, now, whoever I am and wher-  
ever I am, then that could threaten the  
way I'm living my life, couldn't it?

Loving Lord,  
give me the courage this Christmas  
to get on the knees of my mind and heart  
and begin to put you at the centre of my  
life. Let me put Christ into Christ-mas.  
Amen.

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### Novena Prayer to the Infant Jesus of Prague for a Special Favour

O dearest Jesus, tenderly loving us, Thy  
greatest joy is to dwell among us and to  
bestow Thy blessing upon us! Though I  
am not worthy that Thou should behold  
me with love, I feel myself drawn to  
Thee, O dear Infant Jesus, because Thou  
dost gladly pardon me and exercise  
Thine almighty power over me.

So many who turned with confidence  
to Thee have received graces and had  
their petitions granted. Behold me:  
in spirit I kneel before Thy miraculous  
image on Thine altar in Prague and  
lay open my heart to Thee, with its  
prayers, petitions and hopes. Especially  
the affair of (*Name your request*)  
do I enclose in Thy loving Heart.  
Govern me and do with me and mine  
according to Thy holy will, for I know  
that in Thy Divine wisdom and love  
Thou wilt ordain everything for the  
best. Almighty gracious Infant Jesus,  
do not withdraw Thy hand from us,  
but protect and bless us forever.

I pray Thee, sweetest Infant, in the  
name of Thy Blessed Mother Mary, who  
cared for Thee with such tenderness,  
and by the great reverence with which  
St. Joseph carried Thee in his arms,  
comfort me and grant my petition,  
that I may bless and thank Thee  
forever with all my heart. Amen

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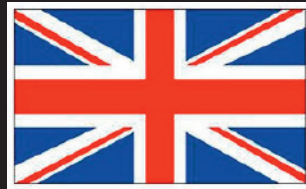




## Pistachio and Chocolate Biscuits

### Ingredients

140g plain flour  
70g unsweetened cocoa  
1/4 tsp. baking soda  
1/4 tsp. salt  
110g unsalted butter, at room temperature  
100g caster sugar  
2 tsp. pure vanilla extract  
1 large egg  
75g shelled unsalted pistachios, chopped



### Method

1. Combine the flour, cocoa, baking soda and salt in a medium bowl.  
2. Beat butter and sugar (definitely easier with a mixer) until light and fluffy, this should take about 3 minutes. Add in the vanilla and egg to combine. Add flour mixture and beat until just incorporated.  
3. The dough will be quite sticky at this point. Divide it in half and dollop each bit onto cling film. Then wrap the cling film around it and roll the

dough into logs. Unroll from the cling film and roll in pistachios to evenly coat, then wrap back up and refrigerate until firm. This will take at least an hour.  
4. Heat oven to 175°C. Line 2 baking sheets with parchment paper. Slice dough into rounds and transfer to prepared baking sheets. Bake until tops feel sandy to the touch, 11 to 13 minutes. Cool on sheets 2 minutes, then transfer to wire racks to cool completely.

## QUOTES

It's a little chilly outside so we thought it would be timely to get some wise words on the cold.

“

What good is the warmth of summer, without the cold of winter to give it sweetness.

John Steinbeck

Shut the door not that it lets in the cold but that it lets out the coziness.

Mark Twain

“

One thing about cold weather: it brings out the statistician in everyone.

Paul Theroux

Laughter is the sun that drives winter from the human face.

Victor Hugo

“

To shorten winter, borrow some money due in spring.

W.J. Vogel

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Available online at Amazon, Book Depository And Austin Macauley Publishers - £10.99p

Monsieur Claude, the 'Beanie Baby' crab, is upset and worried. His family lives in France and he would dearly love to visit them because his mum hasn't been well. His owner, Jamie, is going on holiday to Paris but only two of Jamie's 'Beanie Babies' can go with him. And Monsieur Claude isn't chosen to be one of them... However, the rest of his 'Beanie Baby' friends devise a cunning plan to smuggle Monsieur Claude into Jamie's backpack! But disaster strikes at the airport when Monsieur Claude falls from the bag! Will he be rescued? Will he ever see his owner again? The little crab has a thrilling series of adventures along the way, but will he ever be re-united with his mum?  
Age 6-8 years

### The Parish of St Cuthbert Mayne

Tuesday 24th December, Christmas Eve  
Vigil Mass of Christmas at 5pm at St Peter's, Bude  
Night Mass of Christmas at 9pm at St Cuthbert Mayne, Launceston  
Wednesday 25th December, Christmas Day  
Mass of the Dawn at 8.30am at Our Lady of Victories, Callington  
Mass of the Day at 10.30am, St Cuthbert Mayne, Launceston

### CHRISTMAS MASS TIMES

TUESDAY 24<sup>th</sup> December - CHRISTMAS EVE  
5.00 pm - Christmas Children's Mass - Most Holy Trinity, Newquay  
7.00 pm - Christ the King - Perranporth  
8.30 pm - Christmas Eve Carols - Most Holy Trinity, Newquay  
WEDNESDAY 25<sup>th</sup> December - CHRISTMAS DAY  
8.30 am - Mass - Our Lady Star of the Sea, St. Agnes  
10.30 am - Mass - Most Holy Trinity, Newquay  
WEDNESDAY 1<sup>st</sup> January - NEW YEARS DAY  
11.00 am - Mass - Most Holy Trinity, Newquay



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### Most Precious Blood Sidmouth

Christmas Vigil Mass 7pm on Tuesday 24th December  
Midnight Mass at Midnight  
Christmas Day Mass at 10:30am  
Vigil Mass  
Saturday 28th December at 5:30pm  
Sunday Mass on 29th December at 10:30am

### The Latin Mass Society

www.lms.org.uk 020 7404 7284

#### Masses in the Extraordinary Form in Plymouth Diocese :

St Edward the Confessor,  
Home Park Ave, Peverell, PLYMOUTH PL3 4PG  
Christmas Day: 11.30am Sung Mass.  
Sundays 11.30am Sung Mass.  
Blessed Sacrament Church, Fore Street, Heavitree,  
EXETER EX1 2QJ  
2nd Sundays of the month 3.00pm Sung Mass (refreshments afterwards).  
St Cyprian's Chapel, Ugbrooke House, CHUDLEIGH, Devon TQ13 0AD  
4th Sundays 3.00pm Sung Mass.  
Lanherne Convent, St Mawgan, NEWQUAY, Cornwall TR8 4ER  
Christmas Eve: 10pm Confessions then Sermon 11.30pm, followed by Midnight Mass at 12 midnight with veneration of Child Jesus.  
Christmas Day: 7.40am Sermon with Mass 8am Sung Mass  
Our Lady's, Old Mill Lane, MARNHULL, Dorset DT10 1JX  
Thursday December 19th Low Mass 12 noon (free social lunch after Mass).  
Our Lady of Lourdes & St Cecilia, White Cliff Mill Street, BLANDFORD FORUM DT11 7BN  
Every Saturday Low Mass 8am.  
Monday 6th January 2020 Epiphany Low Mass at 12 noon - (free social lunch after Mass)

Any questions contact Maurice Quinn (LMS Rep, Devon and Dorset) on either : Email : devon@lms.org.uk Mob. 07555536579



SPUC Branches in the Plymouth Diocese send best wishes to readers of CATHOLIC SOUTH WEST for a HAPPY and BLESSED NEW YEAR 2020

Standing up for life from conception to natural death. Will you stand with us and be a voice in defending innocent unborn life in 2020?

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You can use both sets of clues to solve the puzzle: the solutions are the same. So, if you want to try the CRYPTIC puzzle, for instance, but are unsure, use the QUICK clues to help you work out the solution. Similarly, if you try the QUICK clues, use the CRYPTIC clues to help you prove the solution

CRYPTIC Across

- 7 Judge disheartened Vatican scholar (6)
- 8 Jordan valley where a local chap finds a leader among Hittites (6)
- 9 Part of the church is in a Dublin avenue (4)
- 10 Jack has a nasty turn at home earlier – he's put in charge of the Ark (8)
- 11/12 Chilean had my workings: he's a composer of masses (7,5)
- 15 Bishop shortly is to run against boy – or not (2,3)
- 17 Flock's built-in bearings are leading one along the Nile (7)
- 20 Female's first out: instead is about to spin on ice, being a gymnastic type (8)
- 22 Muslim one imprisoned Persian leader contracted (4)
- 23 To infuse divine grace, nation must change (6)
- 24 Biblical canon police popularized? (3,3)

CRYPTIC Down

- 1 Receive a boost after a hitch? (3,1,4)
- 2 Carreras, with Egyptian leader seen in the wings, is one that worked there (6)
- 3 Old Hindu city almost turned to a god of war (7)
- 4 Language of the masses, or the elite? (5)
- 5 Jews are besieged here, which is through Christmas, a danger (6)
- 6 Bubbly Spanish-American states? (4)
- 13 Gershwin passes on English bit of the Requiem (4,4)
- 14 Communists at summit, many angry over international support Tibetans seek (7)
- 16 Serpent turned a little girl white (6)

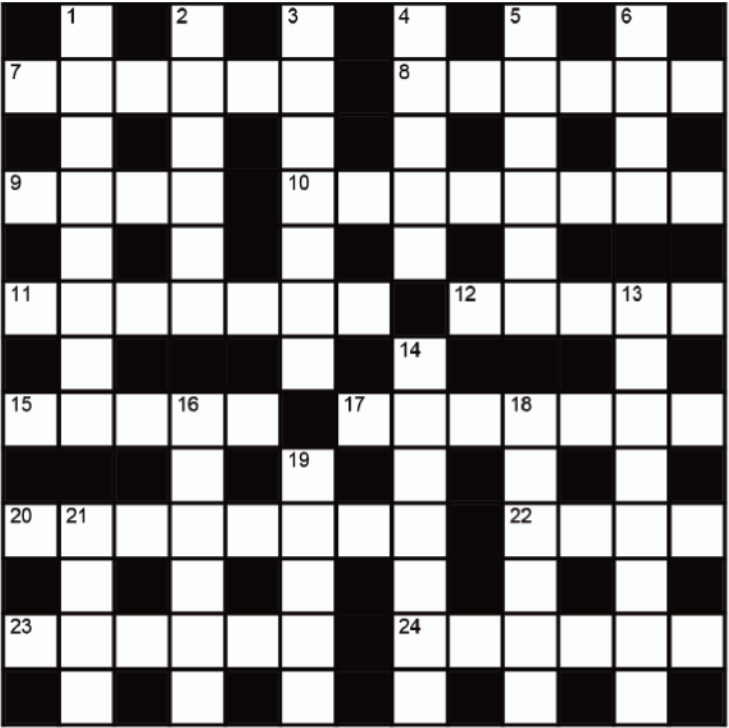
- 18 Religious celebration oriental found pointless (6)
- 19 Paul's epistles, perhaps, as sent today? (5)
- 21 Gold's next, after dropping half off by Sword Beach's river (4)

QUICK Across

- 7 Christian scholar; saint and Doctor of the Church (347-420) (6)
- 8 In OT the name often used for the Jordan Valley and Dead Sea (6)
- 9 Main part or body of a church (4)
- 10 Man in whose house the Ark was temporarily stored (8)
- 11/12 Composer whose Requiem in C minor was played at his more famous brother's funeral in 1809 (7,5)
- 15 Bish? (2,3)
- 17 Any of twelve Egyptian kings between 1315 and 1090 BC (variant spelling) (7)
- 20 Nadia -----: multiple Olympic champion, 1976-80 (8)
- 22 One of the two main branches of Islam (4)
- 23 Consecrate (6)
- 24 God's instruction on moral, social and spiritual behaviour laid out in the Pentateuch (3,3)

QUICK Down

- 1 Receive a boon; raise the spirits (3,1,4)
- 2 Eleventh son of Jacob (6)
- 3 Former name of the holy Hindu city, Varanasi, on the Ganges (either spelling) (7)
- 4 'Vulgate' language of 7 (5)
- 5 Ancient mountaintop fortress where the Romans besieged the Jews for a year in 72-73 AD (6)



- 6 Spanish fizz (4)
- 13 First words of a medieval 4 hymn describing the Last Judgment (4,4)
- 14 Chinese communists, acolytes of the thoughts published in the 'Little Red Book' (7)
- 16 Highly poisonous snake family which includes the cobra (6)
- 18 Oldest and most important Christian feast (6)
- 19 Passages from the Bible and other religious works used as subjects of sermons (5)
- 21 River of Normandy which flows through Caen (4)

SOLUTION

Across: 7 Jerome, 8 Arabah, 9 Nave, 10 Abinadab, 11/12 Michael Haydn, 15 Rt Rev, 17 Rameses, 20 Comaneci, 22 Shia, 23 Anoint, 24 The Law. Down: 1 Get a lift, 2 Joseph, 3 Benares/Benaras, 4 Latin, 5 Masada, 6 Cava, 13 Dies Irae, 14 Maoists, 16 Elapid, 18 Easter, 19 Texts, 21 Orne