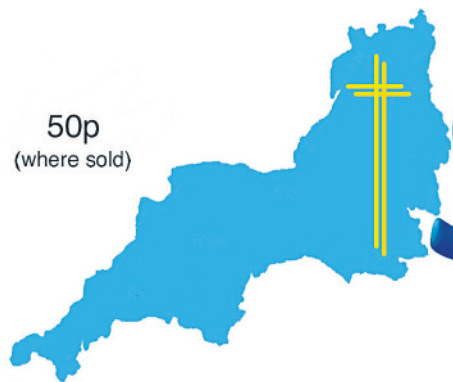


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Catholic **South West**

Serving the
Church in the
South West
February 2020

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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

To send in editorial or to get in touch please contact us at:

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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

The paper that never was!

Unfortunately, the Christmas edition of CSW will not have reached you. We did put together a Christmas edition of Catholic South West - and if it is any consolation it did reach parishioners in a variety of other parts of the country. But not the South West!

The packing company that we use sent copies of CSW all over the place - and haven't given us any explanation of what has happened. We now have a new company for the New Year so we are back on track. We have included many of the articles from last month so you haven't missed out. But apologies to those who sent in Christmas articles as it didn't make sense to include those in February

and to all of our readers and parishes for the inconvenience. We will reimburse the parishes by not charging for one of the issues later in the year.

It is probably a bit late now to wish you a Merry Christmas - but hopefully not too late to say we hope you have a wonderful 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



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.

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.

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 work 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 everyone 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



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.

Stay Awake

Stay Awake is taking place on Saturday 15th February in Dorchester and is an all-day event from 10:00 until 18:00. It is a day full of inspiring talks, praise, worship and workshops, and will finish with Saturday Vigil Mass celebrated by Bishop Mark. Included in the ticket price is light refreshments, unity, fellowship and free Papa John's Pizza! Children who are in Reception to Year 9 will be in streams where they will have their own age-related activities and teaching, looked after by amazing catechists! Anyone in year 10 and above will join the main hall with the adults.



It is an event for anyone and everyone, so please come along! To find out more and to book tickets, please see www.stayawakejc.com

WHAT DOES THE BIBLE SAY ABOUT LGBT+ ISSUES?

A day led by the theologian Jayme R Reeves, it begins at 9.00 for 9.30am and concludes at 4.00pm on Saturday 1st February at St Nicholas of Tolentino Church, Lawfords Gate, Bristol BS5 0RE



Come and bring your questions and concerns to this Day Workshop exploring seriously what the Bible says about LGBT+ issues.

Registration is essential so please contact inclusionforall@cliftondiocese.com or the parish office on 0117-909-0419 if you are interested.

Send us your news
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'.



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"

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Code: 1857

Free copy of Lent calendar and activity sheet included inside

Celebrate Lent 2020
Follow the dove to Easter

Celebrate Lent is a magazine for Catholic kids full of cool activities and fun quizzes. Perfect for 7-12 year olds it will encourage them to think about and grow in their faith while they have loads of fun!

Twenty-two jam-packed pages with puzzles and facts – adults might learn something too!

NOW IS OUR OPPORTUNITY TO END THE SUFFERING CAUSED BY LEPROSY

WORLD
LEPROSY DAY
26 JANUARY 2020



Let's create a leprosy-free world

For thousands of years leprosy has been the scourge of poverty-stricken communities across the world. The disease frequently leads to severe, life-changing disabilities and those who suffer from it are often excluded by their community, and struggle to fend for themselves.



©Medical Missionaries of Mary

124 years dedicated to the relief of suffering

St Francis Leprosy Guild has been dedicated to the relief of suffering caused by leprosy for more than a century, during which time many religious sisters, brothers and priests have made it their life's vocation to care for those with the disease. Today we are determined to build on their legacy and seize our opportunity to help eradicate leprosy once and for all.

A leprosy-free world is now within sight

Just a few decades ago, more than five million people were being diagnosed with leprosy every year, their lives destroyed physically, emotionally and socially by the disease. Today, this number has reduced significantly but remains stubbornly at over 200,000 new cases annually, worldwide. St Francis Leprosy Guild is committed to achieving a leprosy-free world and we genuinely believe

it is possible, if only people like you are prepared to help.

Early detection can stop leprosy in its tracks

By supporting early detection and treatment - before the disease takes hold - you can help to prevent untold suffering. **If you are able to send a donation of just £30 today**, you will help us support ongoing health initiatives, such as the hospital ship that serves patients in the Amazon

region. This initiative has already helped to train 600 local healthcare assistants, and the ship visits remote communities along the river where leprosy is still rife, monitoring people for early symptoms and providing prompt medication.



Help to beat leprosy for good

The hospital ship is just one of around 60 inspirational partner organisations supported by St Francis Leprosy Guild, which are working with remote and marginalised communities in countries such as India and Brazil. **Please send £30 today to help this essential work continue. Together, let's seize the opportunity to create a leprosy-free world and help put an end to people's suffering at last.**



Winning the battle against leprosy

- 1980s - some 5.2 million cases of leprosy reported annually.
- 1995 - World Health Organisation extends free access to leprosy treatments.
- 16 million people cured of leprosy in past 20 years.
- Today, over 200,000 new cases diagnosed annually, worldwide.
- Early diagnosis and treatment are key to total eradication.

I WANT TO SEE A LEPROSY-FREE WORLD. HERE IS MY GIFT TO HELP.

Please donate at www.justgiving.com/stfrancisleprosyguild or return this form with your gift.

Mr/Mrs/Miss/Ms

First Name

Surname

Address

Postcode

Email

Telephone

Here is my gift of: £30 ☐ £60 ☐ £100 ☐ Other £

DA2010

By Cheque/Postal Order/CAF Voucher (to St Francis Leprosy Guild) Visa/MasterCard/Amex/Maestro (delete as appropriate)

Card no.

Issue no. (Maestro only)

Expiry date

Issue date

Security code

(3 digits on the back of your card, 4 on front of Amex)

THANK YOU!

Name on card

Date

**Please return this form with your gift to:
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London W10 6EJ.**

SFLG ST FRANCIS LEPROSY GUILD

Please fill in your name and address. **We will never pass on your details to any other organisation and will treat them with respect.**

We will use the personal information you have provided to process your donation and to contact you with news of our work. If you would prefer not to receive further communications please tick this box ☐ or you can call us on **020 8969 1345** to let us know which communications you would like to receive. To read more about how we value your privacy, visit www.stfrancisleprosy.org

Scripture Focus

By Fr Jeremy Corley



WELCOMING CHRIST'S LIGHT

On Sunday 2nd February, we celebrate Candlemas—the day when Mary and Joseph presented the child Jesus in the temple. Because he was their firstborn son, Jesus' human parents took him to the temple in Jerusalem to make the required offering.

Even today, the birth of a first child is a milestone in the life of a couple, often stirring up feelings of gratitude (sometimes combined with feelings of concern). I have heard of fathers weeping when they saw their firstborn child. The miracle of new life can be overwhelming.

In Israelite tradition, two rituals following childbirth occurred, both mentioned in Luke's Gospel. A firstborn son would be dedicated to God, as an acknowledgment that all human life is sacred (Exodus 13:12).

In addition, there would be a ritual of "purification" for the mother 40 days after childbirth. If she was too poor to afford a full sheep, she would offer a pair of turtledoves or two young pigeons, as Mary did (Leviticus 12:8).

Some modern readers may regard the idea of a woman's "uncleanness" after childbearing as primitive and negative. In ancient Jewish society, however, it meant that the new mother was not expected to do all the family chores but instead could focus on recovering from the birth and attending to her new baby.

Naturally, the child Jesus did not actually need to be presented to God in the temple. Yet, although we believe that in his divinity Jesus was Son of God for all eternity, he entered fully into our humanity. That is why he was presented in the temple, as Luke describes. Luke then recounts one of the most beautiful episodes in the gospel, involving the figures of Simeon and Anna. These two elderly figures could be considered (in some sense) like Jesus' spiritual grandparents in this scene.

Both Simeon and Anna represent the best among the people of Israel. They have lived their long lives in faithfulness to the divine law, while awaiting the fulfilment of God's promises to send a Saviour. Now—like the shepherds in the previous gospel scene—they come to

recognize that their salvation has arrived.

Prompted by the Spirit, Simeon arrives at the temple. There he sees the child Jesus, being brought in by Mary and Joseph. Taking the child in his arms (like a proud grandfather at a Catholic baptism), he gives thanks to God. His words of thanksgiving are often known by their Latin title (Nunc Dimittis) and are used in the church's night prayer of compline.

Simeon acknowledges that his long life has reached its culmination, and now he can depart in peace, because he has seen the arrival of God's salvation. This young baby will grow up to be a light to enlighten all the pagan nations of the world, as the Acts of the Apostles will begin to describe. Moreover, this Jewish baby will ultimately become the glory of the people of Israel, even if not all recognize it.

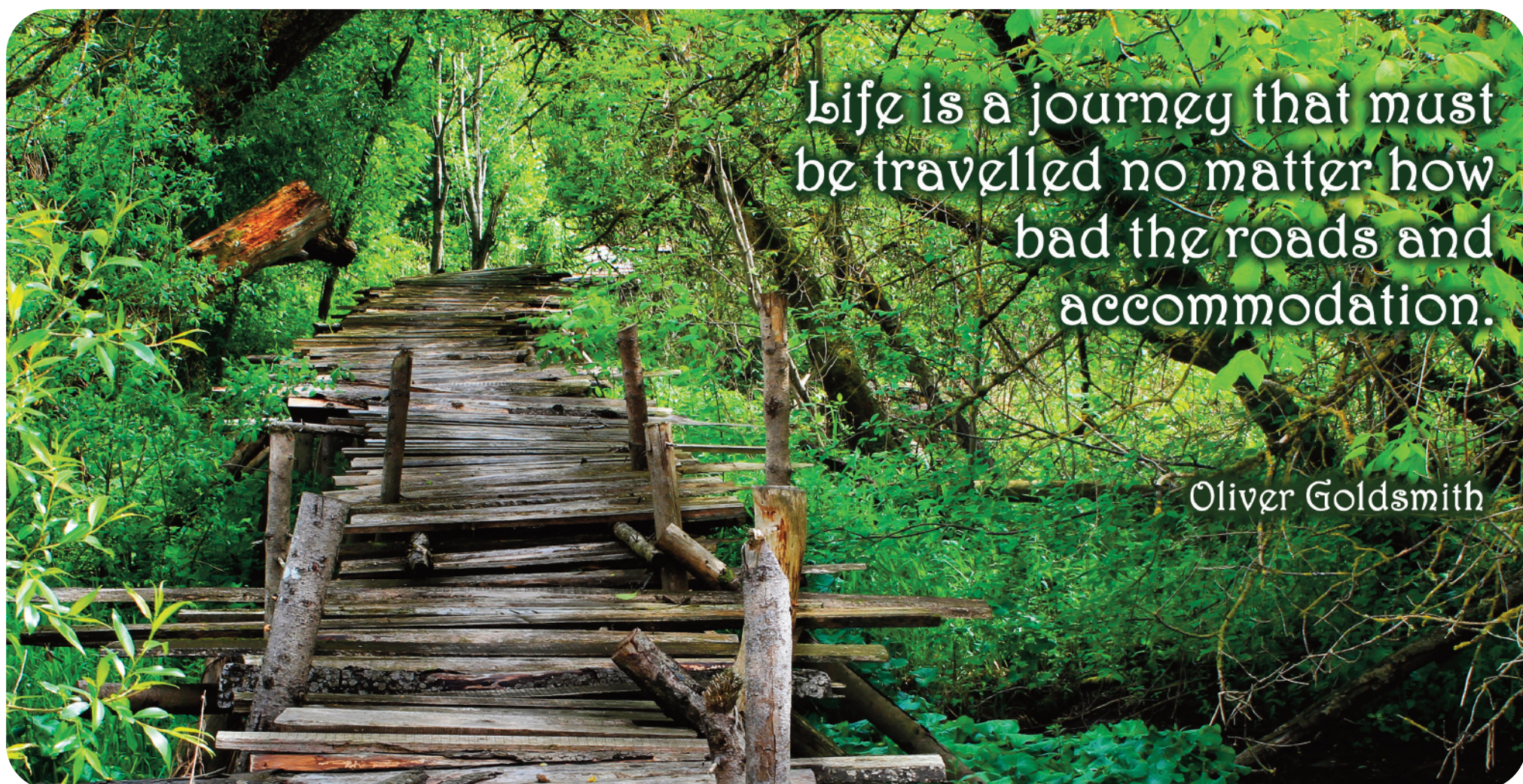
Simeon also warns Mary of a sword that will pierce her soul, because her Son is destined to be rejected as a sign of contradiction. We think especially of the poignant scene near the end of John's

Gospel, where Mary stands at the foot of the cross while her Son hangs on the cross.

Luke then refers to the long-widowed and prayerful figure of Anna. Like a proud grandmother, she cannot stop talking about the new baby. With prophetic insight, she declares that he will be the one to deliver Jerusalem.

Despite all these marvellous glimpses of the baby's wonderful future, Mary and Joseph have to take him Jesus back to Galilee, where he has to grow up like any other human child. In his divinity he will bring salvation to the whole world, but in his humanity he needs to develop like all human youngsters.

This Candlemas celebration recalls the happiness of Christmas for us. We are people who have already received the light of Christ. At Candlemas we light candles to renew our joyful celebration, welcoming the newborn Christ. We can pray that every day will be a kind of Candlemas, when we may gladly receive Christ's light and then radiate it to others.



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

Oliver Goldsmith

INTRODUCING... PENGUINO

AND THE RAIN



Bored!

"BORED!" shouted Penguino.

Professor Pingus, Penguino's teacher glared at him and said "Why do you have to be so impatient? Why can't you think of something to do?"



Penguino looked grumpy, "But it's raining...and it's breaktime! I want to go outside and play pingball! What's the point of rain anyway? It is soooooo wet! Why did God create water? We don't need it - we've got snow and ice which is much more fun!"

Professor Pingus was so stunned by the comment he stood there in silence. Even Frostie, Penguino's best friend, was startled by the slightly ignorant comment as he stared at his friend with a look on his face that said, "SERIOUSLY? Did you actually just say that?"



Eventually Professor Pingus blurted out, "Penguino! You do know that snow and ice is made of water?" Penguino looked from side to side. Having taken in this new bit of information he hesitantly said "Yes! Everyone knows that!"

"THE 3 STATES OF WATER"

said Professor Pingus triumphantly.

"WATER, ICE and STEAM"



Penguino, thought "STEAM???" Penguins don't see a lot of steam in the Antarctic - but he looked around the room, assessed the situation and decided it was best not to ask what steam was!



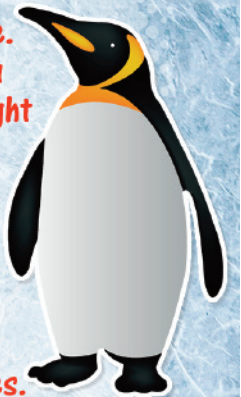
"When water gets cold it turns to ice", Pingus continued until he was interrupted by Frostie... "At 0 degrees Celsius, Sir". Penguino gave him a grumpy look, feeling his friend had made him look slightly more stupid!

Pingus had seen that a number of the little penguins in the class looked confused when he mentioned steam. "And when you heat water it turns to steam, which is a bit like a cloud."

"At 100 degrees Celsius, Sir!"

And God said, "Let there be a vault between the waters to separate water from water." So God made the vault and separated the water under the vault from the water above it. And it was so. God called the vault "sky." And there was evening, and there was morning —the second day.

"Thank you Frostie", Pingus said with a look of surprise. The professor turned back to Penguino, "So why do you hate water so much Penguino?" The little penguin thought for a moment and said, "well ice is so much better, without it we couldn't play pingball" - which is a bit like football but it's played on ice and there is a lot more sliding involved. "We are allowed to play on the ice - but we're too young to go into the sea because its 'DANGEROUS'!" He said it in a way that gave the impression that his mum had told him this a million times. "AND we are stuck in this room BORED because its raining!"



"What about all the good things about water?" Pingus said, leaving a pause to let the little penguin think. "Do you remember the last time you were thirsty and you insisted on licking some ice instead of drinking water. I suspect you didn't like ice that day - and you would have said so if you hadn't had a lump of ice frozen to your tongue! And how did we remove it...warm water!" Penguino looked slight embarrassed and irritated at the same time. Which was made worse when Flo, Sue and Sparkes started shaking with laughter.



"When you think about it," Pingus said, "it's amazing how water, steam and ice are so different when they are made up of the same thing."

"Like God, Sir!" this time Penguino turned to Frostie gratefully thinking he'd taken the pressure off by saying possibly the stupidest thing he'd ever heard!

"EXCELLENT FROSTIE!" Pingus exclaimed whilst Penguino's jaw dropped, "have I missed something?" he thought. Frostie's victory slide across the floor didn't help the situation!



Frostie continued, "well you have God the Father, Jesus who is God the Son, and you have God the Holy Spirit. We see them all as being very different, however, all 3 are made of the same thing."

Penguino was just wondering whether his friendship with Frostie had dragged on long enough, when it occurred to him "actually that's pretty clever!" Unusually for him he sat there for a few minutes in silence. Suddenly the idea of God being 3 people but 1 God seemed to be slightly easier to understand.

He also figured that he couldn't really wish that God hadn't created water when he loves ice so much! "I guess it is quite useful to understand things" he thought to himself as he turned to his best friend and said "WHATEVER!!"



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

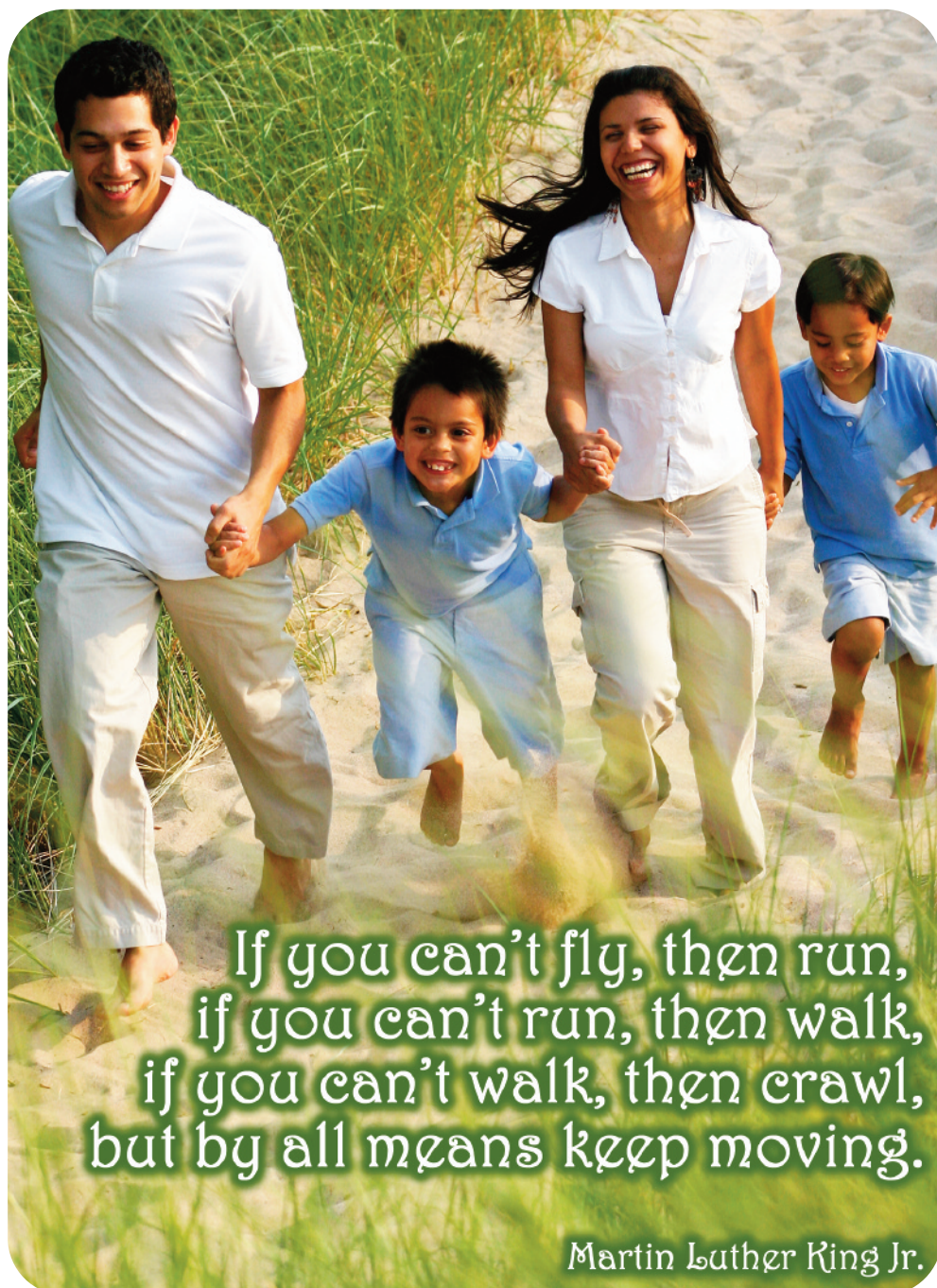
with the entitlement of our 'have it now, spend, overspend' culture.

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

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 m². 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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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.

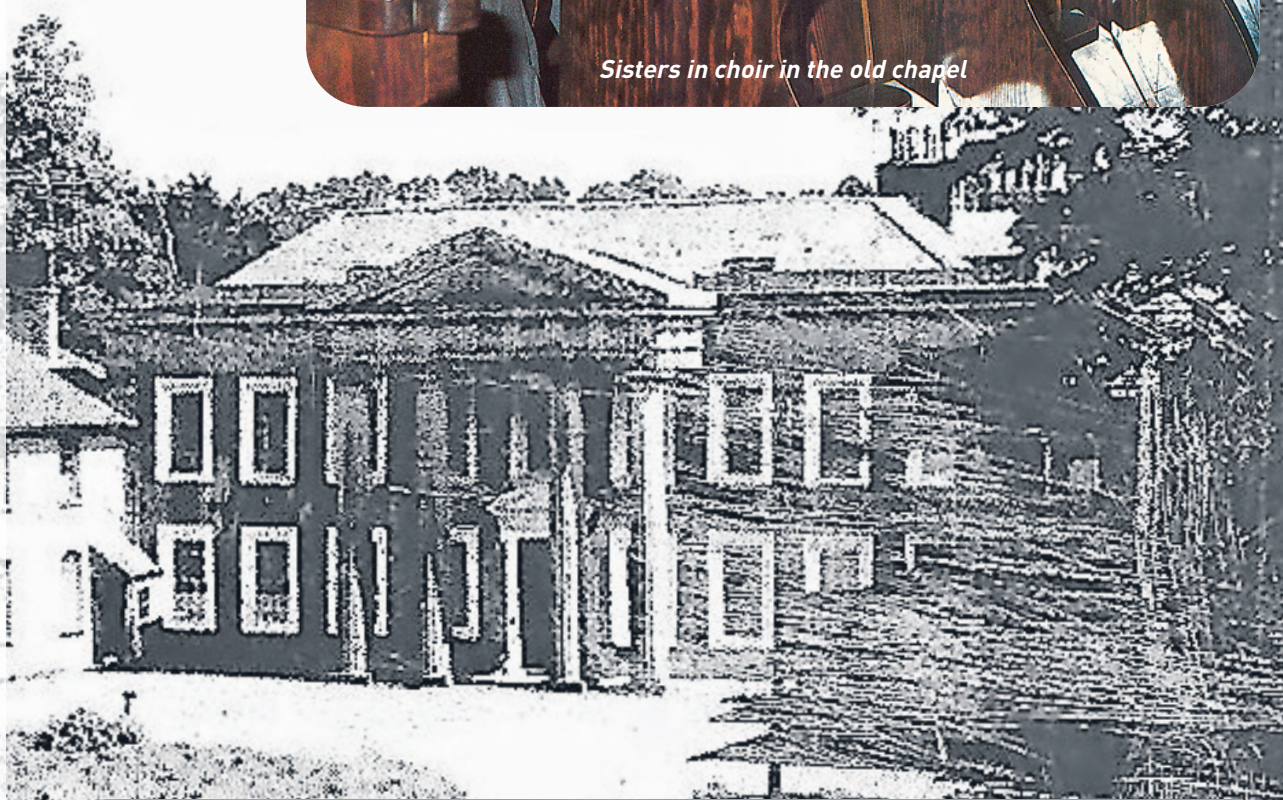
Matins, Office of Readings was at 3.30pm, Vespers at 6 followed by Recreation, then supper at 7 pm when Great Silence began until the next morning. Compline was at 8 pm.

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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Seafarers carry his statue when they are at sea



When Rick Stein visited Lisbon during the filming of his TV series *Long Weekends*, he discovered the city had an annual sardine festival - and the reason for it was St Anthony of Padua.

St Anthony, who was born in Lisbon, is probably best known as the saint people pray to when they lose something. However, he is also patron saint of protecting seafarers from being shipwrecked. That's why many seafarers carry his statue when they are at sea.

Catholic seafarers can feel cut off from the Church when they are on a ship in the middle of an ocean, and might not be going home for months, because of the length of contracts nowadays.

They go without the sacraments and don't have the opportunity to chat to a priest. And if there are any births, marriages or deaths in their family, they are likely to be absent in the church.

When Cardinal Vincent Nichols went on board a container ship during his visit to the port of Tilbury in Essex, it was telling that the first thing the captain asked him was to bless rosaries, prayer cards and booklets that the crew had placed beside a candle on a small table on the bridge.

Stella Maris Apostleship of the Sea port

chaplains provide a lifeline to seafarers, and are aware of the strong devotion many seafarers have to certain saints, especially those with a maritime connection. Apart from St Anthony, there are St Peter and St Andrew, who were both fishermen; St Francis of Paola, proclaimed by Pope Pius XII as patron saint of Italian seafarers; and St Peter Claver, a Spanish Jesuit who ministered to those on slave ships arriving from Africa in Colombia. And, of course, Our Lady, known by her Latin title Stella Maris (Star of the Sea) has long been a source of comfort and guidance for seafarers.

In Sliema in Malta the feast of Our Lady, Star of the Sea, is celebrated with style every August. The town is decorated with coloured lights, fireworks are let off, bands play, and the statue of Our Lady leads a procession through the streets. Elsewhere, in the basilica at Maastricht in the Netherlands a carved wooden statue of Our Lady Star of the Sea has become a centre of great devotion. The statue was originally called Our Lady of Maastricht, but its name was changed around the year 1700 after a number of people were saved following a shipwreck.

Around a third of the world's 1.6 million seafarers are from the Philippines, the most Catholic country in Asia. Filipino Catholicism tends to be expressed far



more devotionally than is now common in Britain, with special devotions and pilgrimage sites. For example, in Quiapo, a district of Manila, millions come each January to venerate the statue of the Black Nazarene, which is carried through the streets.

Father Paulo Prigol, Stella Maris Apostleship of the Sea port chaplain in Manila, said, "It is very common for seafarers to make novenas and tridiums, and visit churches and shrines. Last week, I met a seafarer who when he had received news of his next deployment asked for a candle and lit it in front of the image of Mama Mary."

Having been shipwrecked in the Mediterranean on his return from evangelizing in Morocco, St. Anthony of Padua understood the dangers facing seafarers. One of the prayers he wrote includes the lines, "We pray you then, our Lady, star of the sea, that you shine upon us when we are buffeted by the raging of the sea. Guide us to harbour, defend our going out with your watchful presence."



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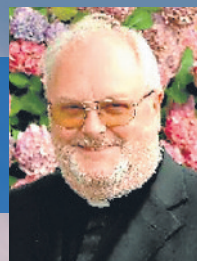
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Prayer

by Fr Denis Blackledge



ON THE MOVE

Loving Lord,
whatever else you are,
you are a God who is on the move.
There are so many signs of life,
movement, freshness, newness.
What a wonderful gift it is
to belong to a pilgrim people
led by a Pilgrim God!

Loving Lord,
you are the Still Mover.
always source and resource,
the still point,
the gentle centring factor,
the provider of balm and calm.
Always egging us all on
to greater things, to more,
to better love and service
of you and our sisters and brothers.

Loving Lord,
you are our Good News.

you are constantly making the
first move,
and that move is always towards us,
graciously inviting us to tag along
and throw in our lot with you
as friends and followers.
Your first move is always
a drawing closer to each one of us,
but never as a threat.
Trouble is, so often we misread
your motives.

Loving Lord,
as the first mover,
you are also the giver of motive-power.
You are the one who gives us
what makes us tick.
You are the gentle
pressure-to-goodness
that underpins and gives sense to our
lives.
You give us the power

to feel our way to you,
because you are always coming
to meet-and-greet each one of us.

Loving Lord,
as we look back on this past year
and look forward to a new year
we can rest and remember gratefully
and notice all those ways
in which you have moved us along
closer to you and to one another,
sometimes in spite of ourselves.
And we can look forward eagerly
to your moving us on a little more.

Loving Lord,
keep us always aware
that you are with us
every step of our pilgrim way.
Keep us all moving closer
to you and to one another.
Amen.

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St Cyprian's Chapel, Ugbrooke House, CHUDLEIGH, Devon TQ13 0AD
4th Sundays 3.00pm Sung Mass.
Lanherne Convent, St Mawgan, NEWQUAY, Cornwall TR8 4ER
Sundays & Days of Obligation 8am Sung Mass [1]
Mon – Sat inclusive 7.30am Low Mass.
Our Lady's, Old Mill Lane, MARNHULL, Dorset DT10 1JX
12 noon Thursday 13th February Low Mass
Our Lady of Lourdes & St Cecilia, White Cliff Mill Street,
BLANDFORD FORUM DT11 7BN
Every Saturday Low Mass 8am.
12 noon Thursday 19th March (St. Joseph) Low Mass.

[1] Preceded by Rosary and at 7.30am

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



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.

Monsieur Claude's Great French Adventure

By Julia Beacroft



Format: Paperback
Pages: 38 pages
Category:
Modern & contemporary fiction (post c 1945)
ISBN: 9781528905862
£10.99

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

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

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

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 will 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

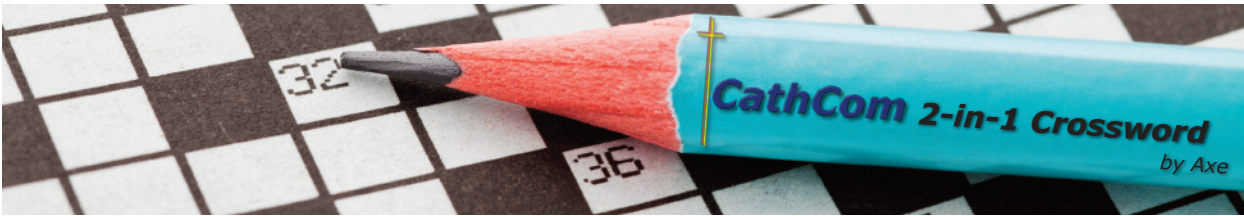
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You can use both sets of clues to solve the puzzle: the solutions are the same. So, if you want to try the CRYPTIC puzzle, for instance, but are unsure, use the QUICK clues to help you work out the solution. Similarly, if you try the QUICK clues, use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

CRYPTIC Across

- 6 Lewis maybe one sub-editor here? (5,8)
- 8 Limit is reached during daytime temperatures (4)
- 9 Incomplete article Scotsman's written about reversing vehicle is Greek to some (8)
- 10 Tabitha Stewart's bag both see making a comeback (6)
- 11 Speed embraced by the Big Apple's young beauties (6)
- 13 Laurel planted among the first and last acacia here in old Kazakh capital (6)
- 15 Systematic way brickie's mate faced frontage (6)
- 16 Time to attack revised Authorized Version with Dean visit angrily axed (4,4)
- 18 Ananias, for instance, reviewed protest (4)
- 19 End up in trouble in minestrone country? (4,2,3,4)

CRYPTIC Down

- 1 Banquo's fee he settled, being an anonymous royal (5,2,5)
- 2 Brussels and US security people follow directions to a synod site (8)
- 3 Sea goddess both sides in Troy write articles about (6)
- 4 Snapping off edges of chocolate bar, not looking at first for Uranus' moon (6)
- 5 Element of mining company that's putting last first (4)
- 7 One appearing in Philippians a prudish poet found dissolute (12)
- 12 Padded part of a short book on Braid (8)

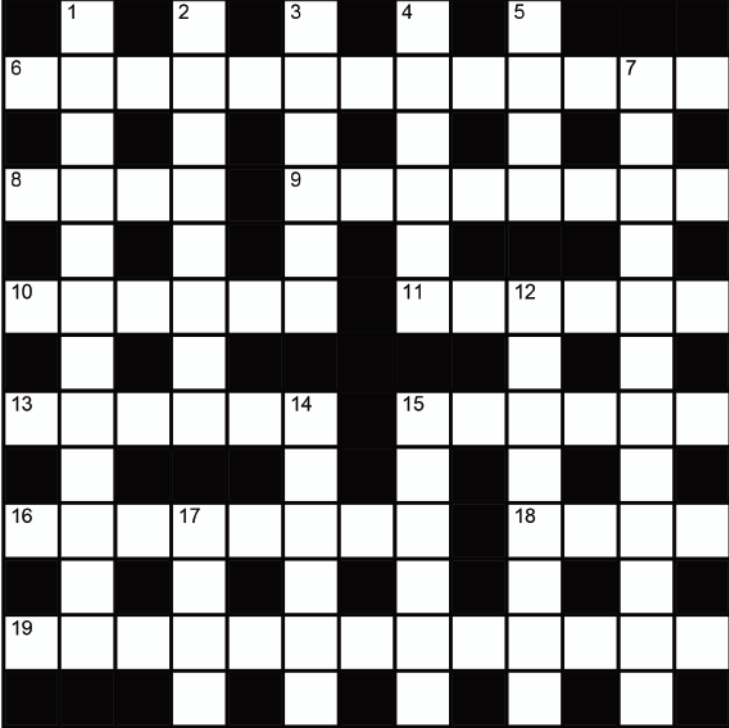
- 14 Dresses up for a sailors party before going to sea (6)
- 15 Spoil, almost, yon Bethany woman (6)
- 17 Bookie's prices are quirky close to Classics (4)

QUICK Across

- 6 Archipelago which forms part of Scotland's Western Isles (5,8)
- 8 Measure; dispense (4)
- 9 One from an ancient country now swallowed up by Greece, Turkey and Bulgaria (8)
- 10 Alternative name for Tabitha in the NT, a woman famous for her good works (6)
- 11 ----- and Shepherds: song by Purcell and others (6)
- 13 Kazakhstan capital's former name, changed to Nur-Sultan in 2019 (6)
- 15 Modus operandi (6)
- 16 Exact time (eg for launching an attack) (4,4)
- 18 Balustrade; racetrack fence (4)
- 19 Find oneself in difficulties (4,2,3,4)

QUICK Down

- 1 Unnamed ruler of an African or Arabian country who visited Solomon (5,2,5)
- 2 Seaport from which Paul and Barnabas left with John Mark for their first missionary journey (8)
- 3 Geological ocean and a Saturn moon, both named after a Titan daughter of Uranus and Gaia (6)



- 4 Fairy king in medieval and Renaissance literature (6)
- 5 Element, a component of brass (4)
- 7 Apostle sent by Paul along with his letter to the Philippians (12)
- 12 Palliasse (8)
- 14 Prettifies; trims (6)
- 15 Friend of Mary whose brother Jesus restored to life (6)
- 17 Likelihood of something occurring rather than not occurring (4)

SOLUTION

Across: 6 Outer Hebrides, 8 Mete, 9 Thracian, 10 Dorcas, 11 Nymphs, 13 Astana, 15 Method, 16 Zero hour, 18 Rail, 19 Land in the soup. Down: 1 Queen of Sheba, 2 Seleucia, 3 Thetys, 4 Oberon, 5 Zinc, 7 Epaphroditus, 12 Mattress, 14 Adorns, 15 Martha, 17 Odds.