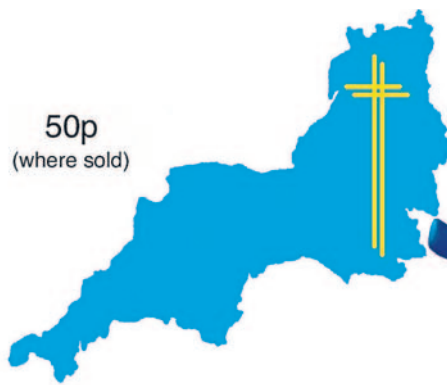


50p  
(where sold)



# Catholic **South West**

*Serving the  
Church in the  
South West*

JANUARY  
2024

## Inside



*The Blessing of  
the Rosaries  
Page 2*



*A sustainable  
Christmas  
Page 4*



*Parliamentarians show  
support for Ukraine  
Page 8*



*What can your parish  
provide for deaf  
parishioners?  
Page 11*



## *New Bishop Appointed*

On Friday 15 December 2023, His Holiness Pope Francis has appointed Canon Christopher Whitehead as the Tenth Bishop of the Diocese of Plymouth.

He replaces the former Bishop of Plymouth, the Right Reverend Mark O'Toole who moved to Wales in June 2022 when he was appointed by His Holiness Pope Francis as Archbishop of Cardiff and Bishop of Menevia.

On hearing the news of his appointment Bishop-elect Christopher said: "With complete trust in the gentle, guiding hands of the Lord, I take up the appointment that our Holy Father Pope Francis has entrusted to me. This is not something I could have ever imagined and willingly give myself to where the Lord has called me to serve and with all I have to offer."

"Like my own diocese of Clifton, Plymouth is such a beautiful part of this country and I am truly happy to have the opportunity to make my home among its great people. Clifton has been my home for the 54 years of my life, and it is where I learned to walk

in the ways of faith and where my priestly vocation was born and nurtured. For that I will be eternally thankful. So too for the teachers and guides who have shown me the way, the priests and religious who have inspired me, and all who have supported me with their love and prayers. I am where I am because of their love, their witness, their example and their kindness."

"As I begin this challenging and exciting journey in the service of God's Church and the People of the Diocese of Plymouth, I ask for the prayers of the children, women and men of my new diocese. I need these and the prayers of my brother priests, and the religious communities, and all people of good will. Please pray that I may have the gifts of courage, wisdom, prudence and discernment, as your servant.

Naturally I feel apprehensive about the ministry now entrusted to me, and so I place myself in the loving hands of our God, knowing he is always faithful. I thank God for his merciful love and pray that God's most Holy Spirit may enable me to

be faithful in all I do, remaining ever attentive to the Gospel and his love. I pray that I be a gentle shepherd to God's people and a loving father to those I have been called to serve – wanting to ensure that the Church in the Diocese of Plymouth continues to be a safe and welcoming space for all."

The Diocesan Administrator of Plymouth Diocese, Canon Paul Cummins, who has been looking after the diocese since Archbishop Mark O'Toole's appointment to Cardiff and Menevia in June 2022 said: "I offer my heartfelt congratulations to Bishop-elect Christopher Whitehead as the news of his nomination by the Holy Father as the Bishop of Plymouth is announced. We welcome him with open arms to this beautiful diocese in the south-west of England. May St Boniface and St Cuthbert Mayne and all the saints and martyrs of the Diocese of Plymouth pray for him. I assure him of my full support and prayers as he prepares to join us here."

**Continued page 3**





# 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:  
CSW - Bellcourt Ltd  
N2 Blois Meadow Business Centre  
Steeple Bumpstead  
Haverhill, Suffolk  
CB9 7BN  
[csw@cathcom.org](mailto:csw@cathcom.org)  
01440 730399

ADVERTISING

To advertise in Catholic South West please contact us on 01440 730399  
[ads@cathcom.org](mailto:ads@cathcom.org)

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

Dear Reader,

It is wonderful to announce the appointment of a new Bishop for the Diocese of Plymouth! There is information on the front page and page 3 about Canon Christopher Whitehead, who will be installed as the 10th Bishop of Plymouth. We warmly welcome and support the new Bishop and keep him in

our prayers as he prepares to take on his new role.

Also, in the paper, there are articles about the Holy Land at this difficult time, and idea about how to have a sustainable Christmas.

Finally there is information about Interactive prayer workshops for the

year of prayer that will be starting in Advert, and a lot of articles about Peace which is so needed around the world at this time - especially at Christmas.

For our part, we hope you have a very peaceful, enjoyable, holy and happy Christmas!

CSW TEAM

# 'The Blessing of the Rosaries at Callington'



Here in Callington, we have a Padre Pio Prayer Group. We join together with thousands of other groups throughout the world to celebrate the Holy Mass with our priest. On the first Friday of every month, at 10am, we come together for Adoration, Devotional prayers, Holy Rosary and finishing with Benediction.

Our Parish Priest is our spiritual director. Before you can start a Padre Pio prayer group, permission must be granted by both your Bishop and your Parish Priest. We here in Callington started a group in 1983 and we are delighted to still be going today. In the words of St Pio 'Prayer Groups become beacons of light in the community'.

When our group leader received a notification that there was to be a blessing of the Rosaries, we responded straight away. Firstly, to make this a very special ceremony, we would need Rosaries. The group leader immediately contacted the Carmelite Sisters at Lanherne Convent and asked them if they would make a number of Rosary Beads. The Sisters produced all of them in just two weeks and in such beautiful colours! Our Parish Priest ordered the prayer cards and now all was ready. On 20 October, following Holy Mass, Canon John Deeny, very beautifully blessed the beads. The community was asked to come forward, to

receive their beads together with a prayer card. This was followed by the lovely hymn which was sung with great gusto.

The 'Queen of the Holy Rosary', the status of the virgin Mary was taken down from her usual plinth and was placed on a small table covered with flowers and candles. She looked so beautiful - how proud we all felt. What a wonderful day - Thank you Canon John for making this day happen and thank you too, to the Sisters at Lanherne Convent.

Val Williams, member of Callington community, Cornwall.

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

Please note that opinions expressed in this paper and on any linked sites or publications are not necessarily those of the Publishers, Editor, any Diocese or the wider Roman Catholic Church  
Every reasonable effort is

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.



# HOLY LAND: Bethlehem Christian – “Without faith I couldn’t continue”

A Christian living in Bethlehem has recounted how war, disease and economic crisis are hitting the faithful in the place where Christ was born.

Speaking to Catholic charity Aid to the Church in Need (ACN) Rony Tabash, a member of a Christian family that has lived in Bethlehem for generations, described how the current conflict is directly impacting the Christian community in the West Bank.

Mr Tabash said: “The situation is terrible, it’s not easy at all. Every day, new challenges arise. I’ve never experienced anything like this before, never! It’s a war, not like a war, it is a war.”

Mr Tabash, the owner of a shop that sells religious items in Bethlehem’s Manger Square, had hoped to finally pay off his debts and recover economically after the COVID-19 pandemic, but he now finds himself confronting a bleak reality.

The absence of pilgrims has left the local economy in ruins, affecting all sectors that rely on religious tourism, from hotels and restaurants to olive-wood craftsmen and souvenir sellers.

He stressed the importance of pilgrims to the Christian community in Bethlehem and added that the lack of visitors has left many families “jobless and hopeless.”

Mr Tabash said: “There are no pilgrims – everything is empty, there’s no one. And they say it will last until Easter.” He also expressed concern for the safety of his family and other citizens of Bethlehem.

He told ACN: “These days, there are bombs in the sky over Bethlehem – children are scared, my kids don’t want to be separated from our side.”

Mr Tabash also highlighted the additional difficulties experienced by those who “due to the COVID pandemic, and the absence of pilgrims during that long time in the West Bank, sought work in Jerusalem. Now the checkpoints are closed, and entry permits for Palestinians have been blocked.”

The few who have dual nationality are leaving because they have lost hope.

He said: “A friend of mine who had a small bus business is leaving the Holy Land this weekend.”

He added: “I keep opening my shop every day, I go to the square, in front of the Basilica of the Nativity, and people ask me why I’m going; I’m the only one opening the shop.

“The only thing that sustains me is faith, without faith, I couldn’t continue, not even for a minute. We’ve lost hope – all that’s left is faith.”

Mr Tabash stressed that his family planned to stay in Bethlehem.

He said: “I can’t leave this – I can’t leave my father. Our family has owned this shop since 1927 when it started renting the space from the Armenian Church. My father tells me, ‘Have faith, Bethlehem is a sacred place, it won’t be touched.’ “Yes, I will stay because it’s a sacred



**Shops closed and shuttered in Bethlehem**

place; we’re living in the place where Jesus was born; we can’t leave; if it weren’t for that, I would leave instantly.” “But as a Christian Palestinian my mission is to be here, even though every day new challenges come. The war has to end. We are tired – we want peace, only peace for our children and our families.”.

Speaking to ACN, Mr Tabash made an appeal to preserve the sacred place where Jesus was born.

He said: “Is this place only sacred to me, to my family, to us Palestinians in the West Bank? Isn’t it a sacred place for all Christians in the world?”

“Many people have the desire to come to the Holy Land, and it’s time to help us, to be present in these holy places.”

Due to travel restrictions and the danger in the region, Mr Tabash knows that people can’t physically visit Bethlehem, but he urged them to be present in other ways.

He said: “Come with your prayers, come with your actions asking for peace, come by defending the integrity of these places. The silence scares me. Come, with your support for the Christian families in the Holy Land.”

## New Bishop Appointed

**Continued from page 1**

Cardinal Vincent Nichols, Archbishop of Westminster and President of the Bishops’ Conference of England and Wales said on the news of Bishop-elect Christopher’s appointment: “I am delighted at the appointment of Canon Christopher Whitehead as the next Bishop of Plymouth Diocese. He brings a wide pastoral experience from his years in Clifton Diocese, together with a dedication to the work of evangelisation and education.

“I welcome him to the Bishops’ Conference of England and Wales and assure him of lasting friendships and support from his fellow bishops.

“I assure him of my own prayers, and ask you to keep him in your prayers as he prepares to take up these new steps in his service of the Church.”

The Metropolitan Archbishop John Wilson added: “I was so pleased to hear the good news of the appointment by Pope Francis of Canon Christopher Whitehead as the new Bishop of Plymouth. I know there will be great gratitude for his ministry as a priest in his home Diocese of Clifton.

“The Lord has now called him to be a shepherd in new pastures. In the Advent time, when we think of Our Lady’s generous response to God’s call, I thank God for Bishop-elect Christopher’s generosity in saying ‘yes’ to the Lord. He will receive a warm welcome in the Diocese of Plymouth where Canon Paul Cummins has served so effectively as Diocesan Administrator following the

translation of Bishop Mark O’Toole to be Arch-bishop of Cardiff and Bishop of Menevia.

“I can assure Bishop-elect Christopher of a warm welcome too to the Metropolitan Province of Southwark. As his fellow bishops, and together with the clergy, laity and religious of the Diocese of Plymouth, we will hold him in our hearts before the Lord and as he prepares to take up the example of the Good Shepherd in a new and beautiful way.”

The Bishop-elect’s home Diocese of Clifton’s Bishop, the Right Reverend Declan Lang said: “My congratulations for Bishop-elect Christopher Whitehead as he prepares to take up his episcopal ministry in the Diocese of Plymouth. He has many talents arising from his experiences as a parish priest and one time Director of the Adult Education and Evangelisation



Department. He is also the Director of Formation for the Permanent Diaconate. His singing voice is noteworthy and also his cooking!

“Our prayers and thanks go with him as he leaves the Diocese of Clifton to commence a new journey in the Diocese of Plymouth.”



# A sustainable Christmas

Christmas is the best time of the year for many, but the worst time of the year from an environmental perspective.

On Christmas Day last year, BBC Radio 4 broadcast a programme, “Christmas Recycled” which looked at how we could make Christmas more sustainable and less wasteful in the UK.

They looked at the presents we might buy, the wrapping paper we might use to enclose the presents, the trees and decorations we might choose and the sort of food we might enjoy.

They also looked at companies whose Christmas products are designed to be more sustainable. Where the programme has found one company offering a particular innovative scheme or produce, there must be others, perhaps near your locality.

And remember that recycling is not the best answer to tackling waste – reducing consumption is far better.

### Clothes

They found that Christmas jumpers, so attractive around Christmas time, usually end up as landfill or are burnt, which is both wasteful and polluting. Some companies, like British Christmas Jumpers, offer Christmas jumpers made from recycled materials.

And there are companies that hire outfits, which is a much more sustainable option. The Independent has listed its top 8 clothes rental companies.

And of course, we’re encouraged to donate our unwanted clothes to charity.

### Presents

Presents come with packaging. 114,000 tonnes of plastic packaging will be binned not recycled at Christmas time, according to Wildlife and Countryside Link.

Each year the UK spends £700 million or more on unwanted presents, according to research done by eBay and Wealthify. Find out what people need before you buy. Offer home-baked treats. Arrange a spending limit with family and friends. Check that the items you buy are green and ethical – workers properly paid, not tested on animals, sustainably sourced. Lists of ethical companies can be found by looking online. Best of all, make reciprocal arrangements with family and friends not to buy each other presents. They may be relieved!

Presents for children are an environmental headache, as they are only needed for a while before being discarded and new toys bought, because children grow out of them very quickly. Yet toys can be reused again and again.

There are companies and schemes that rent out toys. You pay a subscription and get a box of toys every month or so. When you send that box back you get another box.

There are also local schemes that take unwanted toys. And national initiatives like Trash Nothing which enable you to give away your unwanted goods – and take other people’s offerings.

### Cards

The Greeting Card Association tells us that 1 billion Christmas cards are sold each year, a huge proportion of which can’t be recycled because of the glitter and plastic they contain.

Organic waste can be turned into cards, which is what Earthbits in Huddersfield is doing.

Or we can use online greetings in place of actual cards, which more and more people are doing.

Do you really need to buy cards for people you see regularly? If you decide not to, explain that you are trying to reduce consumerism. Home-made cards are a great idea – people like the thought and effort that goes into them. You can use up leftover resources – cards, calendars, things around the house etc... A better idea is to send a Happy Christmas email. If you receive cards, recycle where possible, don’t bin them.

### Wrapping Paper

In Britain every Christmas it is generally estimated that we use 227,000 miles of wrapping paper, at the expense of 50,000 trees. Lots of it is single use. There is no need to throw it away. It can be re-used many times. You can buy reusable bags, and you can buy wrapping paper made from recycled paper, or from hemp (organic hemp is one of the most sustainable fibres you can use). Chirpy in Leeds sells cloth wrapping. One company, Wrag Wrap, sells cloth wrapping made from recycled bottles from post-consumer waste.

Or use attractive and re-usable cloth bought from charity shops. Use ribbon instead of tape for sealing, so that the wrapping can more easily be re-used or re-cycled. The ribbon can be re-used as well, as can any bows used.

### Trees

Millions of Christmas trees both real and artificial are discarded every year in the UK. To cut down on plastic dependence and to offset carbon emissions, buy a living tree, and keep it in the pot in the house or garden when not being used. It can be re-used year after year. Norfolk

pinus are suitable, as they don’t grow large.

Many Local Councils will collect and compost your tree when you’ve finished with it. Or you can take it to the local recycling centre, or compost it yourself in your garden. But burning or mulching trees will release CO2 back into the atmosphere, so a rooted tree is best.

You don’t even have to buy one – some companies rent out rooted trees. One company, Rooted Christmas Trees, rents them, then ‘retires’ them at the end of their decorative life, by planting them in land where they are needed to prevent flooding.

### Tree decorations

There’s no end to sustainable possibilities for tree decorations. Make your own out of unwanted household materials and waste, and/or out of home-baked treats. Use greenery – we could grow our own mistletoe and holly. And use LED lights, as they use up to 95% less energy than traditional bulbs. You can buy craft kits of pre-used, unwanted things like buttons, material scraps etc to make into tree decorations.

### Alcohol

Toast Ale sells beer made from surplus fresh bread from bakeries, which would otherwise go to landfill. This not only prevents waste, but also reduces the carbon and water footprint of beer compared to malt.

Some companies offer a refill scheme for bottles of alcoholic spirits.

### Food

One manufacturer estimates that each Christmas, households bin 270,000 tons of food. The waste figure for producers and supermarkets is much higher – 2 million tons of edible food waste produced each year.

Food waste has the biggest carbon footprint after the USA and China.

FareShare is an organisation that uses food that would otherwise go to landfills, to feed people.

Rotting food creates methane. But it could be used to produce energy and fertiliser instead, if Councils invested in recycling food waste. At least one company in the UK is doing that, Saria Ltd.

There are things you can do at home to reduce waste, such as don’t cook more than you will eat, and freeze leftovers for a future meal/s.

You’ve probably seen headlines like “Tackling the world’s most urgent



problem: meat” (United Nations Environment Programme). Growing animals for food involves destruction and pollution of the land, forests, waters and atmosphere, and takes resources from the poorest people. Include some vegan meals over the Xmas\* period. Vegan meal recipes can be found online – at Veganuary.com for instance – and there are plenty of vegan ready meals in the shops.

### Online

When buying online, add the words “eco-friendly” to whatever you’re looking to buy. You’ll be surprised at the number of sustainable offerings available.

### \*‘Xmas’

You may have noticed that I used the abbreviation ‘Xmas’, and be getting ready to write to the editor in protest. Some Christians feel strongly that one should not abbreviate the word ‘Christmas’ to ‘Xmas’. The abbreviation is seen as an unwanted secular downgrading of the religious season. But the origin is the Greek word ‘Χριστός’, meaning Christ, and Greek was the language of the Christian scriptures.

The first 2 letters of the Greek word for Christ are chi (resembling X) and rho (resembling P), which is why the Easter candle, along with a lot of traditional Catholic art and sacramentals, has the Chi-Rho sign (☩). (No argument about that abbreviation.)

So, whether or not one uses the ‘Xmas’ abbreviation is a matter of personal choice, though some feel that the abbreviation is itself a sacred tradition which should not be lost.

Let’s use Christmas time to move closer to God by thinking about how we can care for His creation. Have a healthy, holy, wholesome green Christmas!

### VB, Laudato Si’ Animators 2023

This article takes much of its information from the BBC Radio 4 programme “Christmas Recycled” [www.bbc.co.uk/sounds/play/m001ghwd](http://www.bbc.co.uk/sounds/play/m001ghwd)



# Scripture Focus

By Fr Jeremy Corley



## Calling Disciples

As we start the New Year, the Sunday gospels tell of Jesus calling his first followers. On the Second Sunday of the Year (14th January), John's Gospel shows how Peter and Andrew first met Jesus.

Previously they had been disciples of John the Baptist, responding to his invitation to prepare the way of the Lord. Now the Baptist points out Jesus, saying that he is the Lamb of God—the innocent one who will suffer to save the world. As a result, Peter and Andrew transferred their allegiance.

On the Third Sunday of the Year (21st January), we hear them responding immediately when Jesus called them to leave everything and follow him. If we only had Mark's Gospel, we might think that the call was sudden, but John's Gospel shows that John the Baptist had already pointed out Jesus.

The timing of this call is significant. Jesus began his Galilean ministry after John the Baptist had been arrested. The forerunner had now finished his

work, and the Messiah would start his public activity.

Foreshadowing Jesus' destiny, the Baptist was arrested or 'handed over,' being put in prison before facing martyrdom. Later in the gospel, Jesus warns his disciples: "The Son of Man is to be betrayed or 'handed over' into human hands." In the passion story, we will hear that after flogging Jesus, Pontius Pilate 'handed him over' to be crucified.

When Jesus came to Galilee, he proclaimed the good news from God, echoing the preaching of Isaiah of Babylon. In saying that the time was fulfilled, Jesus echoed Isaiah's call for the Israelites to return from exile: "Comfort, O comfort my people, says your God. Speak tenderly to Jerusalem, and cry to her that she has served her term, that her penalty is paid" (Isaiah 40:1-2).

Jesus' announcement that God's kingdom was near echoed Isaiah's message: "See, the Lord God comes with might, and his arm rules for him. He will feed his flock like a shepherd; he will gather the lambs in his arms" (Isaiah 40:10-11).

The call from Jesus was simple and direct: "Turn away from sin, and believe in the good news." Every year on Ash Wednesday we hear this summons, at the start of Lent, but in fact this is a daily call to us.

Jesus was looking for workers to assist in his ministry, so he told Peter and Andrew, with James and John: "Follow me and I will make you fish for people." And those first disciples did indeed leave their fishing nets and come after Jesus.

They joined in Jesus' mission and teaching, and later followed him to Jerusalem. But after Jesus had been arrested, they denied him or fled. They were not yet fully ready to be his witnesses.

After the resurrection, however, they led others to follow Jesus. Peter's preaching brought a catch of 3000 people on the day of Pentecost. Following Jesus' command and guided by the Holy Spirit, the various apostles went out in different directions to proclaim the good news of our Saviour.

Whereas Peter became the leader of the apostles, his brother Andrew had a less

prominent role, yet John's Gospel shows him bringing people to Jesus. Just as he brought his brother Peter to Jesus at the beginning, so John chapter 12 depicts him bringing curious gentile Greeks to meet Jesus.

Three of those four first apostles demonstrated their love for Jesus by dying as martyrs. James was the first to die, being beheaded on the orders of King Herod Agrippa (Acts 12:1). Tradition tells us that Peter was crucified in Rome during Nero's persecution, while Andrew was also crucified at Patras in Greece. Only John lived to a good old age.

These four first apostles still inspire us by their readiness to follow Jesus, from the time he called them right until their death. They were not perfect, but they pressed on with their faith journey despite their failings. May we be encouraged by their example and prayers to be Jesus' witnesses in the world of today.

£1.80 provides a child with a meal every weekday for a month



Donate now at

[www.reachfoundationuk.org](http://www.reachfoundationuk.org)

Your money goes a long way!

Reach Foundation UK - charity no: 1171521

PLEASE SUPPORT OUR  
ADVERTISERS



*Wishing  
all of our  
Readers  
a very  
Merry  
Christmas!*

*From the  
editor and  
staff at  
CathCom*



## Funeral Services

**RICHARD W. GEGG & SONS**

Roman Catholic Funeral Directors

- 24 hour service
  - Private chapels of rest
- 47 Rolle Street  
EXMOUTH

Tel 01395 224040 or 222444

also serving Budleigh Salterton  
and surrounding areas.

**GOLDEN CHARTER PLANS**  
available as part of our service

**Golden Charter**  
Funeral Plans

 <b>Cotton &amp; Son</b> FUNERAL DIRECTORS Jane Cotton Dip FD Margaret Sherratt Dip FD Nathan Westwood Dip FD Independent Family Business Since 1912 Private Chapel of Rest Tel: (01305) 76 76 76 office@cottonfunerals.co.uk	 <b>Golden Charter</b> Funeral Plans  Milton House • 1 Milton Road Weymouth • DT4 0AZ www.cottonfunerals.co.uk
--	--

To Advertise in the  
Funeral Section  
contact Nick on  
01440 730399  
[ads@cathcom.org](mailto:ads@cathcom.org)



# Interactive prayer workshops commencing in Advent for the year of prayer!

Our Church across the world is excitedly making preparations for the 2025 year of Jubilee. It will be a year of great celebrations! Pope Francis, in order to help us to get ready and be spiritually prepared has decreed that we should begin with “A Year of Prayer” beginning this forthcoming Advent, and all dioceses are being encouraged to take part. You may agree, this heightened awareness will provide a great platform to encourage the faithful to a deepened prayer life, essential for discipleship maturation. This will be a great opportunity for each of us to make a real effort to deepen our prayer lives, and mature in our discipleship so that we can go forth and share the Good News just as Jesus commanded.

To help and encourage locally, our department of Evangelisation and Catechesis have produced a series of Prayer Workshops detailed below. The workshops are 2hrs each. The first hour of each workshop is dedicated to personal prayer for personal evangelisation. The second is that we may be equipped to pray with others in various ways and includes responding to the Holy Spirit, listening and accompaniment skills.

If you would like to book an initial workshop for your parish or discuss the content, please contact as detailed..

**Workshop 1**  
**‘Pray Without Ceasing’ –**  
**An interactive prayer workshop**  
**commencing in Advent and for the**  
**Year of Prayer.**  
**‘Why should we pray?’**

**‘Does God always answer our prayers?’**  
These two important questions are analysed and discussed along with tips to help us to pray. Contemplative prayer and imaginative contemplation are also explored with an opportunity to participate in an imaginative contemplation exercise with feedback and discussion.

Guided group work in helping people to pray with others.

‘Be still and know that I am God’ (Psalm 46)

Contact Julia.beacroft@prcdtr.org.uk

**Workshop 2**  
**‘Praying with the Scriptures–**  
**An interactive prayer workshop**  
**commencing in Advent and for the**  
**Year of Prayer.**  
**‘How can I go deeper with Jesus?’**  
**‘How can prayer help?’**

These two vital questions are addressed as we prayerfully immerse ourselves in the Word of God desiring to understand

His plan for our lives. Our time together in this workshop will be practical and interactive as well as contemplative.

Guided group work in helping people to pray with others.

“For the word of God is living and effectual and more piercing than any two- edged sword; and reaching unto the division of the soul and the spirit, of the joints also and the marrow: and is a discernor of the thoughts and intents of the heart”.

Hebrews 4:12

Contact michele.thompson@prcdtr.org.uk

**Workshop 3**  
**‘The Lord’s Prayer – Roots and Wings’ –**  
**An interactive prayer workshop**  
**commencing in Advent and for the**  
**Year of Prayer.**  
**‘What’s really in the ‘Our Father?’**  
**‘What did Jesus teach us?’**

The revelatory answers to these questions were given to the apostles when they asked ‘Lord, teach us to pray’. We will ‘chew’ on the words that Jesus taught us, to uncover a little more of their flavour through the labour of reasoning, discussion and prayer. The roots are given through Scripture and the aspiration to fly from the Doctor of Prayer. This workshop will be practical, interactive and meditative.

Guided group work in helping people to pray with others.

“Lord, teach us to pray...” (Lk 11:1b)

Contact pippa.worth@prcdtr.org.uk

**WHAT ELSE IS ON OFFER?**  
The Department of Evangelisation and Catechesis is directed explicitly to form disciple making disciples.

Through a rich program of globally respected Catechesis and unique bespoke formation in Missionary Discipleship, you are invited to take a journey which will deepen your relationship with Jesus and come to a new appreciation of the life-giving gifts that we receive through the Catholic Church. Alongside the necessary interior journey, we equip you with the tools to share the faith sensitively and appropriately with family, friends, regular church going Catholics, the lapsed, and those who have no faith background. We encourage a missionary attitude, a missionary vigilance and missionary intention as a reorientation to living out discipleship more fully and authentically. The vision is to find in every parish, the



cloud of believers necessary and foundational to full parish renewal and more, they will become themselves, disciple making disciples, going forth as agents of life and change to share the Gospel for the salvation of souls.

**FOUNDATIONAL FORMATION**  
**• The Genesis Mission – Mission Made Possible**  
Seven- week formation for Missionary Discipleship, personally hosted in parish groups or online for individuals:  
Contact michele.thompson@prcdtr.org.uk

**• Franciscan University of Steubenville.**  
Online Catechesis personally hosted in small groups online. Contact deborah.vankroonenburg@prcdtr.org.uk

**PARISH WORKSHOPS**  
• Prayer and Desire – Designed to set us alight as we grow closer to Jesus. (Michele Thompson)  
• Soul Listening – Learn Intentional Accompaniment. listen deeply, engage with the Holy Spirit, and have meaningful conversations that can lead others to Jesus. (Michele Thompson)  
• Dynamic Discipleship – Living an integrated life. (Michele Thompson)  
• Sharing the Good News – A simple proclamation. (Fr Jon Bielawski)  
• Gifted to serve – Gifts and charisms. (Michele Thompson)  
• Speaking Truth in Love – how to engage without conflict. (Michele Thompson)

• The Eucharist – Refresher training for Extraordinary Ministers or for new ministers (Julia Beacroft)

**PARISH RETREATS**  
Discuss your ideas with our team and we will design a bespoke retreat to help you realise your vision. All will be rooted in scripture and can be tailored to the church season as appropriate.

**PARISH MISSIONS**  
A tested and fruitful combination of spiritual formation and practical outreach designed to help set the parish on fire.

**DISCIPLESHIP PATHWAY**  
“Every member of the faithful is called to holiness and to mission” (Redemptoris Missio)

A two- year programme prayerfully discerned and compiled to encourage a new conversion in relationship with Jesus, interior growth, progress spiritually and mature in discipleship to hear and respond to God’s personal call on your life. And, by His grace, become a disciple making missionary-disciple. (Details Michele Thompson)

To contact anyone whose details are not listed, please email info@genesismission.co.uk



# View from the Pew

By Dr Jay Kettle-Williams



## The Prince and the Shepherd

Night after night at their bedtime, I used to regale our two with true story after true story as to how Mummy and Daddy had first met. They'd peep out from under the bedclothes listening in awe at how Dad, a supremely handsome prince clad in bright shining armour, sitting proudly astride his white charger, defeated merciless dragons, demons and devils – in true Christmas panto style – to free their helpless captive. As they galloped away – rescuer and rescued both astride Dad's faithful steed – to the safety of the castle, the hood covering the ex-captive's head would be blown back in the wind to reveal the smiling face of the world's most beautiful fairy princess. Not that the kids always believed me. At times I wondered who was humouring whom. But they would always engage, with willing suspension of disbelief, clamouring for another true story. I don't think I ever came up with a story about a shepherd.

However, the two themes of prince and shepherd do now come together, but not with armour, not with a castle, not with a trusty charger but simply with a humble donkey stumbling under the burden of a young woman about to give birth.

'There's probably room for you round the back. Try the stable.'

Well, they're hardly the most attractive words of welcome and comfort. But that's all there was by way of a maternity unit some two thousand years ago for one couple in particular, the wife heavily laden with child.

Well, Advent is now over. That time of anticipation, preparation, a peaceful and reflective time heralding the launch of the Christian message is behind us. The infant Jesus enters our world.

Thankfully most of us these days don't have to be born in a cowshed, although a lot of society's problems and ills of yesteryear – human rights, intolerance, military occupation et al. – have simply morphed into the ills of the current day. But a lot has changed for the better since the birth of Jesus, since He went on to prove His point: rising from the dead following His crucifixion.

But let's not get ahead of ourselves. It's His birth which we are now celebrating over these twelve days of Christmas, or do I mean Xmas?

I'd always thought, perhaps erroneously, that the term 'Xmas' was a lazy, short-hand, commercialised even disrespectful way of referring to Christmas. That was until it was suggested to me that the shortened format could perhaps refer, albeit obliquely, to the Chi-Rho. Also known as the Monogram of Christ, Labarum or Chrismon, the Chi-Rho is one of the earliest forms of the Christogram. It's formed by superimposing the first two letters chi and rho (i.e. X and P) of the Greek word ΧΡΙΣΤΟΣ (Christos) in such a way that the vertical stroke of the rho intersects the centre of the chi.

Well, Christmas – or Xmas – covers a very special twelve days, a time of joy and happiness, camaraderie and the giving and receiving presents. Who doesn't like getting presents?

In The Spanish Ambassador's Suitcase (Matthew Parris and Andrew Bryson, Viking, 2012) we learn of the US radio station which interviewed several ambassadors in 1946 and asked what they would like for Christmas. The Russian ambassador said he wanted 'peace on earth and understanding between



nations'. The French ambassador said he wished for 'a brighter future for humanity and for the spread of freedom throughout the world'. Then came the British ambassador's response: 'That's very kind of you – a small box of crystallized fruit would be lovely'.

Well, whether your wishes have such macro or such micro implications, it's a Merry Christmas and a Happy New year that I wish you all in the full spirit of this season. Pax vobiscum ... Pax nobiscum.

Acknowledgements and Attribution:  
Texts/References adapted and/or adopted from <http://en.wikipedia.org> under the terms of the Creative Commons Attribution-ShareAlike License 4.0:  
<http://creativecommons.org/licenses/by-sa/4.0/>;  
Photograph © David Bumgardner (Unsplash): Chi Rho.



Dr J L Kettle-Williams is an experienced business communications consultant and wordsmith (tutor, writer, translator).

**SUNSHINE CARE**  
 LIVE IN CARE SPECIALISTS  
 Established in 1998

**An Alternative To Moving Into A Care Home**

Why not have a carer come and look after you at home?

**A Leading Live in Care Agency in the South West**

We can help to plan your care at home, when everyday activities become more challenging

One-to-one care in your own home, the place you feel comfortable living in. With assistance from our live in carers enables you to live the life you want, on your terms. By listening to you and assessing your needs, we will match you with a live in carer who will provide with the appropriate support that is unique as you, in the home where you have all your memories of loved ones.

**"Regularly Supervised & Experienced Staff"**

For Free Assessment visit [www.sunshinecare.co.uk](http://www.sunshinecare.co.uk) or  
**Call us today! 0800 2343520**

---

**THE RETREAT CARE HOME**

Quality of service...  
 Quality of care...Quality of life

**HOME MADE NUTRITIONAL MEALS**  
 Special dietary needs fully catered for

**ASSISTED LIVING**  
 Extra Support Provided

**KEEPING YOUR BODY AND MIND ACTIVE**  
 with recreational pursuits and beautiful places to visit

**BEAUTIFUL EN-SUITE FACILITIES**  
 Extra Support Provided

**Tel: 01752 204044**  
 Email: [hello@retreatcare.co.uk](mailto:hello@retreatcare.co.uk)  
[www.retreatcarehome.com](http://www.retreatcarehome.com)  
 The Retreat, Belle Vue Rd, Hooe, Plymouth PL9 9NR

**Our Lady of Fidelity**

The church needs religious sisters URGENTLY to bring Christ to others by a life of prayer and service lived in the community of Ignatian spirituality. Daily Mass is the centre of community life. By wearing the religious habit we are witnesses of the consecrated way of life.

If you are willing to risk a little love and would like to find out how, contact Sister Bernadette

Mature vocations considered.  
**CONVENT OF OUR LADY OF FIDELITY**

1 Our Lady's Close, Upper Norwood, London SE19 3FA Telephone 07760 297001

**Hookway Surveyors -**  
 proud to support Diocesan Schools and Academies

- Funding Bids  
 - Cost Planning  
 - Condition Surveys  
 - Project Management  
 - Principal Designer Services  
 - Advice on Internal Remodelling

T 0117 955 4545  
 E [info@hookway.org.uk](mailto:info@hookway.org.uk)  
[www.hookway.org.uk](http://www.hookway.org.uk)

**HOOKEYWAY**  
 CHARTERED SURVEYORS

**PLEASE SUPPORT OUR ADVERTISERS**



**Our Lady of Lourdes  
& St. Cecilia**

White Cliff Mill St.,  
Blandford Forum, Dorset DT11 7BN



**Christmas Eve: Sunday, December 24th**  
Confessions at 5.30pm followed by the  
Childrens Mass at 6.30pm


Then Confessions from 10.30pm -11.15pm  
Carols from 11.30pm until Midnight Mass at 12.

**Christmas Day: Monday, December 25th**  
Confessions from 9.00am - 9.30am followed by  
Mass at 10.00am



***Wishing all of our  
Readers a very  
Merry Christmas!***

***From the editor and staff  
at CathCom***



**SPUC Branches  
in the  
Plymouth Diocese  
send best wishes  
to readers of  
CATHOLIC SOUTH  
WEST for a  
HAPPY and HOLY  
CHRISTMAS 2023**

**52 years of  
standing up for  
life from conception  
to natural death.**

**The Society for the  
Protection of Unborn  
Children**

**[www.spuc.org](http://www.spuc.org)**

# *Parliamentarians show support for Ukraine*

A cross party group of MPs and peers visited the Ukrainian Catholic Cathedral in London recently to see firsthand the support being provided to people displaced by the war in Ukraine.

The visit was organised by the All-Party Parliamentary Group (APPG) on the Holy See with the support of the Catholic Union.

The group of twelve parliamentarians visited the Cathedral near Bond Street in London on 28 November. The Cathedral has become a focal point for efforts to support Ukrainians who have come to Britain since the full-scale invasion of their country began in February last year.

Bishop Kenneth Nowakowski, Eparchial Bishop of the Ukrainian Catholic Eparchy of the Holy Family of London, welcomed the group to the Cathedral. He showed them the Welcome Centre which has been set up to provide help to Ukrainian families – including access to computers, a play area for children, and a place to cook and eat together.

The group, which included the Lord Speaker, Lord McFall, also had a private meeting with Bishop Nowakowski to discuss the latest developments in Ukraine and what more the UK Government can do to help.

Earlier this year, the Catholic Union welcomed Bishop Nowakowski to Parliament for a meeting with the APPG in Westminster. The visit to the Cathedral was a return invitation offered by Bishop Nowakowski and taken up by the group's Chairman, Alexander Stafford MP.

The Catholic Union will continue to support parliamentarians in their efforts to keep the conflict in Ukraine on the agenda at Westminster as the country faces its second Christmas under invasion. Bishop Kenneth Nowakowski comments: "It was a great joy to welcome MPs and members of the House of Lords to the Cathedral. Visits like this help to remind our politicians of the impact this terrible war is having on people's lives and the need to support the Ukrainian people. I appreciated the opportunity to pray with the group and to thank them for their continued support. Sadly, you do not need to look far beyond Ukraine to see other parts of the world where peace is badly needed. My message is simply – please do not forget Ukraine. We will need your prayers and support all the more as another year of this conflict approaches."

Catholic Union Deputy Director, James Somerville-Meikle comments: “We are extremely grateful to Bishop Kenneth and the team at the Cathedral for making this visit possible. As this terrible conflict continues, we must not forget the people of Ukraine and those who are helping them. The work of the Cathedral and the Welcome Centre shows the Church at its best – providing a place of prayer and practical support to those seeking refuge. Thanks to all MPs and peers who took part in the visit and helped to promote this brilliant work.”

Online donations to support the Ukrainian Welcome Centre can be made on their website  
[www.ukrainianwelcomecentre.org/donate](http://www.ukrainianwelcomecentre.org/donate)

# Monthly National Catholic Newspaper

**National and  
International News  
from a Catholic  
Perspective with  
thoughtful articles to  
deepen Faith**

# The UK's first Carbon Neutral National Catholic Paper



**Subscribe@catholicpost.co.uk**  
**01440 730399**  
**www.catholicpost.co.uk**



# A Reflection on PEACE



## Peace be with you!

In preparation for Christmas, we are invited to reflect on peace and recognise the real and urgent need for peace within our families, community, our country and throughout the world. The book of Isaiah chapter 9 verses 6 and 7 says that 'For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.' Prophet Isaiah foretold the righteous reign of the coming King as the Prince of Peace, who is Jesus. Due to various reasons, humankind has lost that sense of peace, and everyone needs peace

in their lives, especially those countries who are at war. In this time of preparation, it is the right time to try to make peace with one another, to share our joy, love and support and to commit to cultivating forgiveness, which sometimes involves sacrifice. God is the source of all grace and we need to approach him to pray for this special grace to share with one another, and for peace within the countries where there is terrible fighting and senseless killing. As we prepare for Christmas, let us surrender ourselves to God and let us pray.

**Abba Father,**

We thank you for all of your blessings in our lives and know you are always with us, especially as we continue to struggle and look for a peaceful life. At this time, we remember and pray for the countries at war and for all of the people who are affected.

Be with them and console them and grant them your peace.

Give us your endless peace and help us to be promoters of peace where there is strife and bitterness. Amen  
May the Prince of Peace be with you always.

**By Fr Ignatius Raj**

## People with disabilities are among the most fragile among us

**The Pope's Video for December centres on the disabled in our communities. He says:**

People with disabilities are among the most fragile among us.

Some of them suffer rejection, rooted in either ignorance or prejudice, which then marginalizes them.

Civil institutions need to support their projects through access to education, employment, and places where they can express their creativity. Programs and initiatives are needed that promote their inclusion.

Above all else, big hearts are needed who want to accompany.

It means changing our mentality a little and opening ourselves to the abilities and talents of these people who are differently abled, both in society as well as in the life of the Church.

And so, creating a completely accessible parish does not only mean eliminating physical barriers. It also assumes that we stop talking about "them" and start talking about "us."

Let us pray that people with disabilities may be at the centre of attention in society, and that institutions offer inclusion programs that enhance their active participation.

Listen to Pope Francis' words for yourself at [thepopevideo.org](http://thepopevideo.org)





# Book Reviews



## Another Fifty Catholic Churches to See Before You Die

Elena Curti

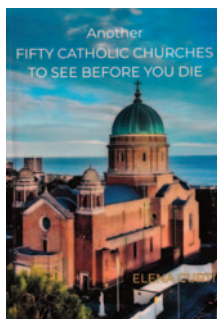
£14.99

ISBN 13: 978 0 85244 999 8

[www.gracewing.co.uk](http://www.gracewing.co.uk)

Some of the finest Catholic churches in England and Wales are winning recognition and a new lease of life. Some of them feature in Another Fifty Catholic Churches to See Before You Die, written by Elena Curti.

This beautifully illustrated book continues Elena's exploration of historic churches, and her mission to make them better-known and appreciated. It is a follow up to her best-selling volume, Fifty Catholic Churches to See Before You Die, published in 2020.



That book proved very popular. But there was a problem. The fifty selected churches did not include any from the Diocese of Leeds!

The new publication puts that right with the inclusion of two of our Grade II\* Listed Churches: The Cathedral Church of St Anne in Leeds, and St Edward's, Clifford.

Elena Curti said: "Once again, exploring the Catholic churches of England and Wales has been a revelation. I have stood where the martyrs themselves celebrated Mass, visited early legal post-Reformation chapels with their understated exteriors, then seen the creations of wealthy patrons in the nineteenth century, who dreamt of the conversion of England.

"The great churches of the 1950s and 60s capture the excitement of liturgical change in the air, and with it a spirit of adventure in church design."

Elena, a journalist at The Tablet for many years, has chosen 50 more personal favourites which, taken together, give the backdrop to the story of Catholicism in England and Wales. The churches are listed alphabetically by location, with history, architecture, and artistic highlights.

Each has a compelling story, featuring courageous old Catholic families, visionary priests and religious orders, local patrons, and poor Irish migrants who contributed their pennies, and often their labour, to raise their places of worship.

At the end of each entry Elena lists many more places of worship in the vicinity that are 'worth a detour'. Also included are biographical notes of the principal architects and artists, and a glossary of architectural terms.

## With Him...in Him

Father Jonathan Moore

£5.78

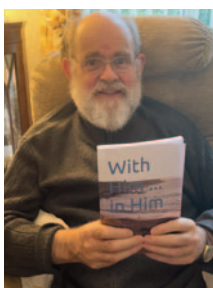
Kindle £2.99

ISBN-13: 979-8860547001

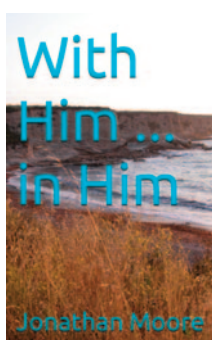
[www.amazon.co.uk](http://www.amazon.co.uk)

A spiritual preparation for Christmas

Monsignor Moore, or Father Jonathan as he is known to the parishioners of St. Mary's church, Marple Bridge and the Annunciation Church New Mills, (both within the Diocese of Nottingham) has written a book. The book is called, 'With Him...in Him' and is a reflection on the Gospel and starts with the 1st Sunday of Advent.



Monsignor Moore a Catholic Priest retired due to ill health but he makes himself available to celebrate Sunday Mass within the parish when he is needed. Also, during the Pandemic he was a lifeline to parishioners who could join him in his 'virtual online parish' to celebrate Holy Mass. Father Jonathan is a thoughtful and spiritual guide. He sends his reflections on each Sunday's gospel and his weekly homily to many people throughout the world, as far away as Australia, America and Uganda.



It has had very good reviews.

## Paul of Tarsus

Pope Benedict XVI

£14.99

CTS Product Code: B718

Please refer to this code when

ordering over the phone

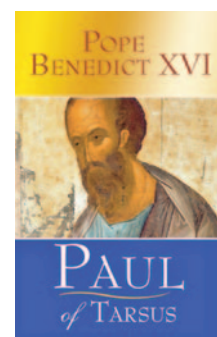
IMPORTANT: This UK ONLY

ISBN: 9781860825774

Pope Benedict XVI turns his attention as a theologian and scripture scholar to one of the most important figures in the history of the Church: St Paul.

Pope Benedict XVI turns his attention as a theologian and scripture scholar to one of the most important figures in the history

of the Church. Reflecting on St Paul's life and times, his indefatigable missionary activity and the most important events of his life, the Holy Father then goes on to explore the most important themes and theologies of St Paul's writings including the incarnation, the cross, works, faith, and the sacraments.



## Towards a Full Presence – A Pastoral Reflection on Engagement with Social Media

£4.95

CTS Product Code: DO966

Please refer to this code when

ordering over the phone

ISBN: 9781784697679

[www.ctsbooks.org](http://www.ctsbooks.org)

"Towards a Full Presence" is a thought-provoking guide that explores the impact of social media on our relationships with others. The Vatican's Dicastery for Communication offers practical strategies for cultivating neighbourliness on social media and building community in a fragmented world.

With an emphasis on self-reflection and pastoral care, Catholics are encouraged to examine their social media habits and consider the effects on those they encounter. From fostering meaningful connections to pausing to tend to the wounds of others like the Good Samaritan, this document provides valuable insights and actionable steps for finding harmony in the digital age.

For priests, for those working in ministry, and for all who use social media, this reflection offers a refreshing and much-needed perspective on social media engagement.

"The following pages are the result of a reflection involving experts, teachers, young professionals and leaders, lay persons, clergy, and religious. The aim is to address some of the main questions involving how Christians should engage social media. They are not meant to be

precise "guidelines" for pastoral ministry in this area. The hope, instead, is to promote a common reflection about our digital experiences... How much of our digital relationships is the fruit of deep and truthful communication, and how much is merely shaped by unquestioned opinions and passionate reactions? How much of our faith finds living and refreshing digital expressions? And who is my "neighbour" on social media?" (TFP 5)

## Catholic Social Teaching

Raymond Friel

£11.95

Product Code: 1969

ISBN: 9780852316405

[www.rpbooks.co.uk](http://www.rpbooks.co.uk)

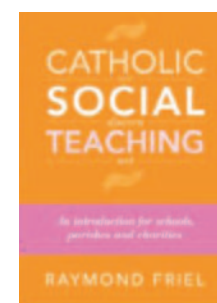
Catholic Social Teaching (CST) is sometimes referred to as the Church's best kept secret, perhaps because it's so radical. Catholic Social Teaching, as found in the letters and exhortations of popes since 1891, shows us a Gospel-inspired pathway to a society reconciled and in harmony through justice and love.

Raymond Friel, in his latest book, provides an introduction to this treasure of the Church. The book is aimed at those who don't know much about CST and are looking for an accessible guide to the main principles, with helpful references to scripture and the key Church documents.

There's a section on Catholic Social Action, to make it clear that all this teaching is meant to inspire people to build a better world founded on truth, justice and love. With moving examples from frontline charities and schools, readers will see what CST looks like when it hits the streets.

The final section of the book includes a CST calendar, with suggested dates throughout the year to celebrate some of the key figures and milestones in the long struggle for social justice.

This book is suitable for staff working in Catholic schools, or charities, or volunteers in parishes. It will motivate and inspire anyone who wants to make a difference, who believes that we are all in this together, one human family in a common home.



For all your advertising requirements please contact Nick on 01440 730399 [Nick@cathcom.org](mailto:Nick@cathcom.org)



# What can your parish provide for deaf parishioners?

"There are no Deaf people in my Diocese" - a response given by a Diocesan deacon when I asked him about provision for Deaf people in his area. I was on a pilgrimage to Lourdes some years ago and that response has stuck with me. Of course, his response was utter rubbish, there are definitely Deaf people in his Diocese (which for the purpose of this article should probably remain nameless!) There are Deaf people in every Diocese, there are Deaf people in all walks of life and if we do not see Deaf people in our parishes and Dioceses, then it is us that needs to change and make sure that our places of worship are welcoming and accessible to Deaf people.

The synod contained significant feedback from the Deaf community on the need to open the life of the church up to them. Deaf people have a huge amount to offer the wider Catholic Community and we all have a great deal we can learn from the Deaf people. Whether it is about our faith or about other skills, like learning to adapt quickly, problem solving and educating others; issues that Deaf people

deal with every day - we can learn a huge amount, if we are open and welcoming. There are many skilled Deaf, deafened and hard of hearing people throughout every Diocese. Maybe amongst those people is someone who can help you in your parish? Imagine you are looking for someone to help with the parish online newsletter. When you announce at Mass you are looking for someone to help, you don't have an interpreter present, the request is not included in the written newsletter and the hearing loop is not switched on. In those circumstances, approximately 1 in 6 people within your congregation will not know you have made that request. There are many roles in the parish that Deaf or hard of hearing people could volunteer for, if you make your request accessible.

**So what can you do in your parish?**

- Make sure that your hearing loop is working and that everyone who speaks uses the microphone. Having a loud voice is not substitute for an effective hearing loop. When using the microphone, keep your head still; if you move your head

from side to side, when speaking using a fixed microphone, those relying on the hearing loop will only hear part of what you say.

- Provide a printed copy of all the announcements and the homily too. If your parish priest does not write his homily beforehand, maybe someone in your congregation knows shorthand and could provide any Deaf or hard of hearing people with a transcript?
- Make sure there is good lighting so that anyone who is lipreading can clearly see people's faces. Lights should not be behind people's heads as this creates a shadow; make sure the light is on the face of the person speaking or reading.
- Have a BSL interpreter at Mass; BSL is a beautiful language to pray and worship in. An interpreter at Mass means Deaf people can be part of the Mass. Have a Deaf person sign a reading or the bidding prayers (interpreters change BSL into English as well as English into BSL!) Many hearing people find having signing at Mass enhances their experience. Children at Mass love to learn their prayers in sign language. Deaf people in your parish will

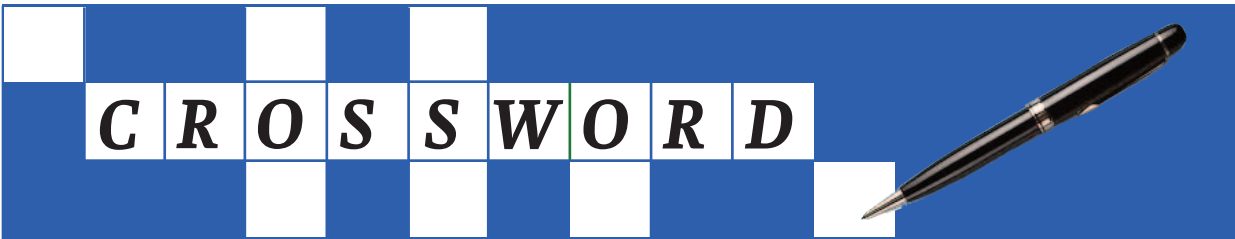


Image courtesy of Caritas Deaf Service

be happy to share their language with you all.

As many have experienced from the recent Synodal process, listening to others has a positive and humbling effect, and strengthens people's faith. This Christmas, if you are deaf or hard of hearing, visit youtube and search for either Deaf Service or Catholic Deaf Association UK. Both have many videos including signed BSL Masses.

**Michelle Roca,**  
Director of Caritas Deaf Service



You can use both sets of clues to solve the puzzle: the solutions are the same.

**CRYPTIC Across**

- 5 Sports two letters from Paul (11)
- 7 Log all chocolate that's eaten around Christmas? (4)
- 8 Naive can, strangely to medieval Schoolmen, be an influence (8)
- 9 Building that appeals for Indian ruler to 'go back in time' in retrospective (7)
- 11 This kind of hell hole's diabolical (5)
- 13 Levi's sister's anger initially follows row with husband (5)
- 14 Golden premier of chap being inducted into a mysterious religion (7)
- 16 Note a retrogressive toilet's showy façade: a parable that highlights greed (4,4)
- 17 'No union, no strike' letters initially given to women with habits (4)
- 18 Bernstein, or alternative name for the Premonstratensians (11)

**CRYPTIC Down**

- 1 He composed a tune ultimately the navy embraced (4)
- 2 Key number among Poles eroded benefice's income (7)
- 3 Some in macho Irish group getting vocal when together (5)
- 4 Horse old Persian tracks to a town fortified by Rehoboam (8)
- 5 Means of executing Rugby's capacity to bind individual's attachment to one across? (11)
- 6 Solomon's greatest hit? Perhaps not... (4,2,5)
- 10 ...Eucharistic Prayer heard in Athens maybe a rap Noah composed (8)

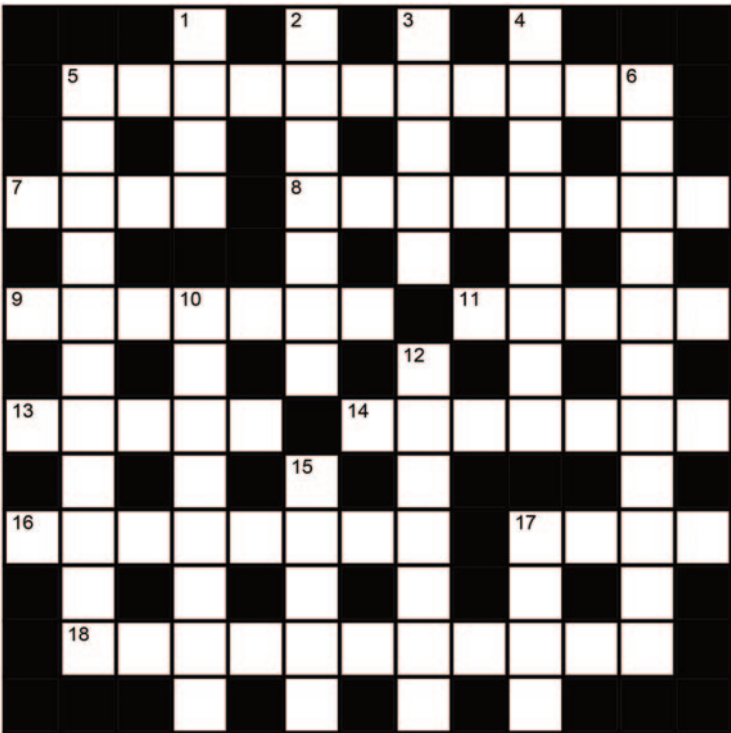
- 12 Abbot's story is written up following Rector's recording outside (7)
- 15 She was unfaithful to OT chap; married an all-round raver (5)
- 17 All over English meet with French negativity, which produces zilch (4)

**QUICK Across**

- 5 Either of two books of the NT (11)
- 7 Archaic term for Christmas from a 12-day heathen festival (4)
- 8 Muslim philosopher who influenced the medieval Schoolmen... (8)
- 9 ...and a pillar of Islam? (7)
- 11 Word appearing in the OT meaning the underworld or place for departed souls (5)
- 13 Daughter of Jacob and Leah (5)
- 14 Ancient Greek set of religious beliefs associated with Hades (7) 16 A ---- -: parable appearing in Luke (4,4)
- 17 Females who have taken their final vows (4)
- 18 Alternative name for members of the Premonstratensian Order (11)

**QUICK Down**

- 1 Composer of two oratorios, but more famously Rule Britannia (4)
- 2 First year's revenue of an ecclesiastical benefice, passed to the Crown in 1535 and abolished in 1926 (7)
- 3 Part of a church containing the seats of the clergy (5)
- 4 Town fortified by Rehoboam for which Micah prophesied disaster (8)



- 5 Means of Christ's death as recorded by all four evangelists (11)
- 6 OT anthology of love poems, alternatively called 'Canticles' in some Bibles (4,2,5)
- 10 Word in the Eastern Church which equates to the Eucharistic Prayer (8)
- 12 High-ranking ecclesiastic (7) 15 Hosea's unfaithful wife (5)
- 17 The last of the 'Little Hours' of the Divine Office (4)

**SOLUTION**

12 Prelate, 15 Gomer, 17 None.  
4 Marashah, 5 Crucifixion, 6 Song of Songs, 10 Anaphora,  
18 Norbertines. Down: 1 Arre, 2 Annates, 3 Choir,  
11 Sheol, 13 Dinah, 14 Orphism, 16 Rich fool, 17 Nuns,  
Across: 5 Corinthians, 7 Yule, 8 Avicenna, 9 Minaret,



**SIGN UP  
& GET YOUR  
FREE PACK**

# THE BIG LENT WALK

*WALK WITH FRIENDS,  
FAMILY, BY YOURSELF  
OR YOUR SCHOOL!  
AND HELP FIGHT  
GLOBAL POVERTY*

**SCAN**  
to sign up



Join hundreds of people, schools and parishes as we take on the Big Lent Walk!  
Raise money to help people as they overcome poverty.

**Take on a challenge like no other this Lent!**

**[walk.cafod.org.uk](http://walk.cafod.org.uk)**