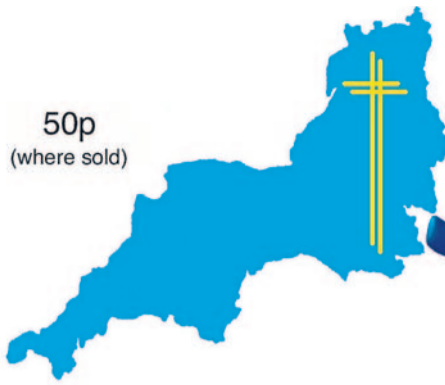


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# Catholic **South West**

Serving the  
Church in the  
South West

February  
2023

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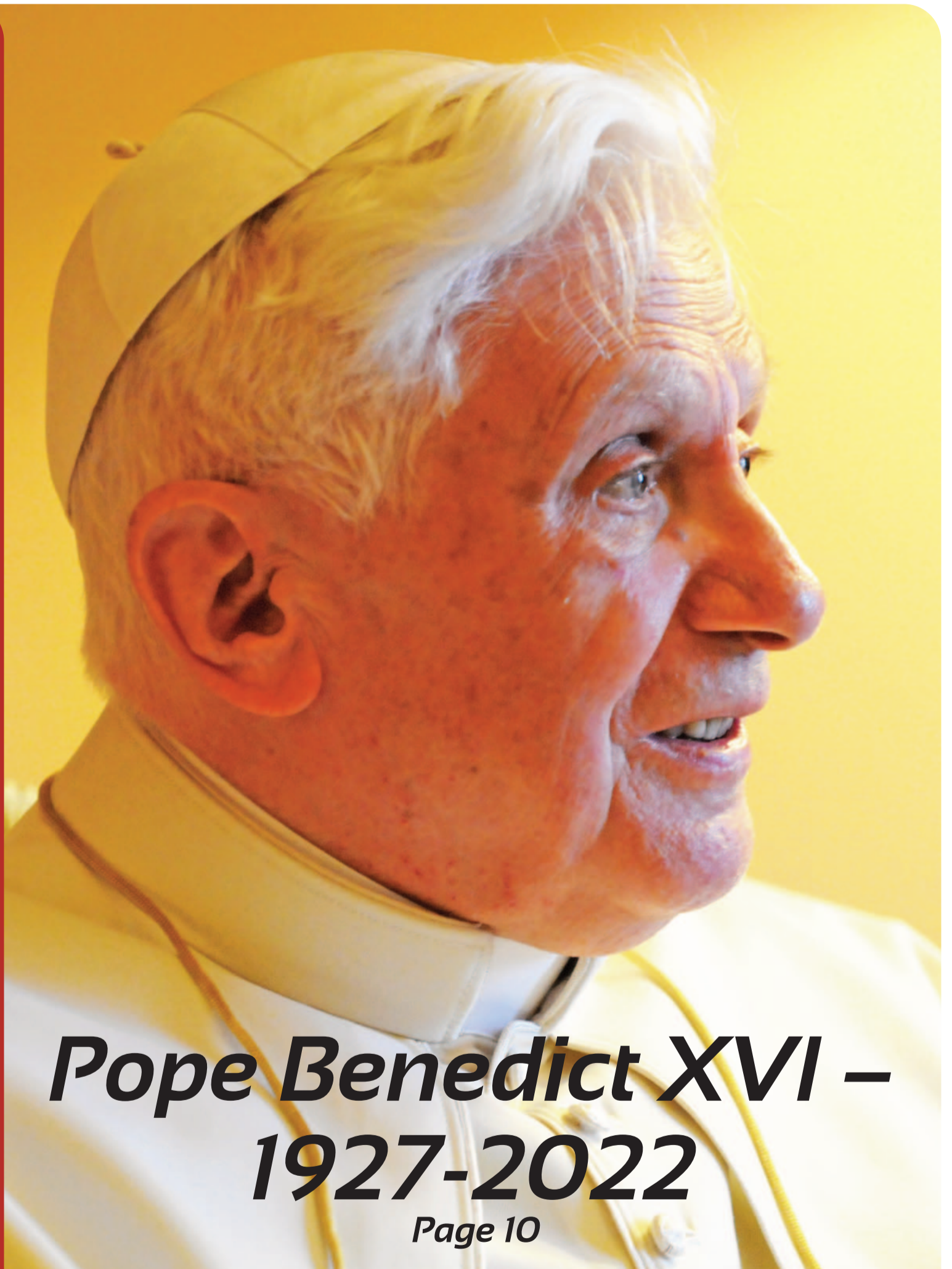
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# Catholic South West CONTACTS & DETAILS

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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01440 730399

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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

Dear Reader

Welcome to the February edition of Catholic South West. In this edition we stop to reflect and give tribute to the life of Pope Benedict XVI who died at the end of December.

We also have lots of articles from around the South West. If you have anything you would like us to include in the March edition do let us know by emailing us at [csw@cathcom.org](mailto:csw@cathcom.org). As we start 2023 - what can we do to bring life to our Church in the coming year? If you

have any thoughts or ideas, do let us know, we would love to hear them.

Wishing you the very best year ahead,

CSW TEAM

## St Mary's Poole lead High Street outreach



Braving the chill on Poole High Street, the Outreach Team of St Mary's Poole organised local churches in asking shoppers "What does Christmas mean to you?" Gathering round the crib, exquisitely crafted by Palestinian Christians, passers-by were invited to take away a prayer card and light a candle for loved ones. In all, 880 of the cards were given out on the two Saturdays before Christmas. Parishioners were joined outside the Spire Methodist church by fellow members of Churches Together in Poole - from Baptist, Anglican, United Reformed and Methodist congregations.

Andrew Williams, St Mary's Ecumenical representative, was delighted with the response "It has been a joy to work together in this way; the stories of how it touched just some of the individuals we encountered are very moving, and so clearly underscore the value of such joint outreach activities."

Photographs show (above) Fr John Webb and Deacon Nick Johnson leading carol singing; (right) The Palestinian Crib; and the Prayer Card given to passers-by.



## 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.

# Podcast series is companion on synod journey

A new podcast series has been produced to support and inspire those travelling on the synodal journey.

“Renewing Church and Neighbourhood – the Synodal Way” has been created by Together for the Common Good, a national Christian charity dedicated to the renewal of the civic ecology by bringing covenantal thinking into church and civic life.

In the series, presenter Sean Ryan asks Jenny Sinclair, founder-director of Together for the Common Good, about what the synodal process means for grassroots Catholics and how it can inspire action at a local level.

“The focus for us as parishioners should always be on our continuing synodal journey in our own parishes,” says Jenny, who was the keynote speaker at our diocesan synod day last year.

“It’s clear to me, from my own experience of the Synod, that God is working within us, and that lasting change will come from what’s happening at the grassroots, more bottom-up than top-down. I actually believe the national synodal team expect that to be the case too.”



**Together for the Common Good founder-director Jenny Sinclair with Canon Derek Turnham at our diocesan synod day at St Mary’s Cathedral**

Synodality means “walking together” and refers to both a new, and ancient, way of being church, based on listening to the Holy Spirit.

It is intended to foster the vocations of the whole People of God, refresh mission and revitalise the relationship of the local church with the neighbourhood.

Adopting the “see-judge-act” framework, the podcast is designed for individual reflection or to be within a parish or prayer group setting to prompt conversation and develop action on a local level.

You can listen to the podcast by visiting [togetherforthecommongood.co.uk/resources/synod-podcast-series](https://togetherforthecommongood.co.uk/resources/synod-podcast-series).

- The Synod of Bishops’ meetings in the Vatican – originally scheduled to be held next October – will now also take place in October 2024, as part of the same Synod but held in two sessions. Pope Francis announced the extension of the Synod on Synodality when speaking to pilgrims in St Peter’s Square at the Angelus address. The Pope said there are already many first fruits from the ongoing Synod but that more time is needed for them to become fully mature.

## Esmee and Roger Nicholls Diamond anniversary



Roger and Esmee Nicholls celebrated their Diamond Wedding Anniversary on 29th December 2022, 60 years after the snowy winter of 1962/1963. All the guests at the wedding never forgot it as they all had to remain in Weymouth until the following week- snow bound. Even the police came to the reception at the Pier

restaurant to say that no one will be leaving Weymouth because of the snow, we actually had snow until March.

Our parish priest Fr Anthony O’Gorman celebrated mass for us at St Joseph’s Catholic Church Weymouth where we were originally married (even though he

was on holiday) Our daughter and her husband, our granddaughter and partner and our great granddaughter gave us a wonderful surprise by attending the celebration mass.

We also had a congratulation card from King Charles and Queen Consort Camila as shown in the photo.

## Around the South West

### Buckfast Collecting teddies for trauma

The Teddy Trust encourages children in the UK to learn about the suffering of children globally, and how they can help with the simple donation of a soft and reassuring teddy bear.



Commenting on the donation, Buckfast Abbey’s Education Manager, Alison Gagg, said: “Having launched the project at the start of the summer, it’s been wonderful to receive support from so many members of staff here at the Abbey.

### Help over Christmas from Plymouth Cathedral

Christmas may seem like a long time ago, but, the Love in Action Team at the Cathedral had an amazing response to their food appeal to help those families in local schools who are struggling.



Thank you to everyone who helped and donated, they reached 29 families which included 71 children and babies.

### LOUDfence in the Diocese of Plymouth

The Diocese of Plymouth will be holding a LOUDfence at Christ the King



Church in Plymouth starting on Wednesday 15th February at 2pm with an opening ceremony led by Fr Mark Skelton (Clergy Lead for Safeguarding) and concluding on the afternoon of Friday 17th February.

A LOUDfence is a visible display of support and solidarity with those who have been affected by abuse. Attendees are encouraged to tie ribbons around a fence, which could also include a message of support. We want survivors to know that we hear you, we believe you and that we are here to support you. The event is the first of its kind to ever take place in our Diocese. We hope that you can join us!

To find out more information about the event please contact Sophie Scagell – [sophie.scagell@prcdtr.org.uk](mailto:sophie.scagell@prcdtr.org.uk) or 01364 645430.

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

# Caritas in the Diocese: A community cafe with a Christian ethos

Caritas Diocese of Plymouth have recently been collaborating with parishes and associated charitable networks to facilitate the creation of 'warm spaces', where a culture of encounter, welcome and solidarity is nurtured and where people can meet up during the cold winter. It is exciting and encouraging that several parishes across the Diocese have already set up community warm spaces! Peter Schranz, from the Saint Vincent De Paul society (SVP) has kindly shared his thoughts about their warm spaces initiative at Sacred Heart parish, Exeter.

in accordance with Gospel values and the mission of the SVP. SVP aspires to live the Gospel message by serving Christ in the poor with love, respect, justice, hope and joy, and by working to shape a more just and compassionate society. The Exeter initiative is in its early stages but has already become a beacon for what is possible, on a practical and spiritual level, if parishioners unite and commit to the process. Caritas Diocese of Plymouth manager, Deborah Fisher, hopes that every parish in the Diocese will consider supporting local warm spaces.

Their project is a Chatter Cafe which is open to all and offers free tea, coffee and biscuits on Wednesdays 10-30-12.30 at Sacred Heart Church (lower room) South St in Exeter. The idea for the cafe was motivated by a desire to live out our faith

Peter and his team have offered some helpful insights to anyone setting up an initiative:

Work with what you have, both in terms of the space you have and also the people in



your team. Set out clear aims and expectations. Make sure your team feel valued, supported and involved. Assemble a small resource "toolbox" with laminated instructions, supplies, cash book, contact numbers etc.

Something that has worked really well. "Our priests and the parish team have been very enthusiastic and supportive. The parish office has helped with laminated signage, storage space and disseminating information. Our priests extend an invitation to parishioners at Mass to come down and bring their friends. This helps publicise the cafe as well as encourage new volunteers who can help this grow further as a visible parish outreach project."

Hopes for the future. "We hope that our Chatter Cafe will provide a safe hub in our city that welcomes anyone who walks past. We hope that as our team grows in confidence and number we can make a tangible difference to anyone we encounter."

Lessons learnt A few weeks ago, a lady walked into the cafe off the street. She was in a bit of a state, distressed, hungry and agitated. After sitting down with a cup of tea, some soup and a few biscuits she was able to chat and share her

distressing story, one of addiction, abuse and mental illness. Though we had biscuits and soup, we did not have any other food to offer and so one team member went to buy her a sandwich while another stayed and chatted until the food arrived. Since this episode, we have now stocked up our small "toolbox" with a local bakery's gift cards. These can be used to buy sandwiches and hot or cold soft drinks at the local bakers shop, a few yards up the street. We also found out how people can access the food bank. The other lesson Peter shared was "next time don't leave one person alone with a stranger, though I did not feel I was alone. I think the Holy Spirit was there as well."

When speaking with Peter there was a palpable sense of the positive impact that the setting up of the chatter cafe has had on both those who access it and on the volunteers involved. The project is an uplifting and heartening example of faith, hope and love in action and Christian witness in the community. We look forward to hearing more about how the project develops and to share about other new warm spaces in our Diocese!

If you would like to find out more about setting up a chatter cafe or warm space in your community, please contact caritas@prcdtr.org.uk

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**CAFOD working alongside schools** page 12

## Food For Thought

**A relational church is needed now, more than ever**

By Ann Carran - togetherforthecommongood.co.uk

We need to rebuild our relationships with struggling communities through genuine connections, loving friendship, trust, reciprocity and mutual respect

"Our parish has been popular for church services but had little engagement within the wider neighbourhood. Just a dozen of us met around the table debating the meaning of relational church. The parish priest asked for guidance how can we make a difference within our local community? Our discernment kept bringing us back to the challenges that local families face in feeding and sustaining their young children during school holidays. We prayed together and followed what the Spirit was telling us. We setup Grub Club to help" explained Catherine Brady, Co-Founder and Chair of Grub Club.

Grub Club provides children and their families with a hot meal and fun activities during school holidays. During their first six weeks, Grub Club served 300 meals to children, siblings, carers and volunteers. But Grub Club became more than a service providing. Relationships deepened and beneficiaries got involved. Many neighbouring organisations partnered, creating a rich network of local relationships.

By listening to the Spirit and partnering with the local community, Grub Club is not only providing meaningful support but also building relationships. This is the Common Good approach in action.

Times are tough. Families across the UK are struggling with the cost-of-living crisis right now. They need your prayers more than ever. If you are able to, supporting Together for the Common Good, to support parishes and schools taking part in the challenge is a great use of a Lenten donation.

Donations can be made online at [www.togetherforthecommongood.co.uk/donate](http://www.togetherforthecommongood.co.uk/donate)

**Meaning of the word "Lent"**  
The English word Lent is a shortened form of the Old English word lencten, meaning "spring season"

# Scripture Focus

By Fr Jeremy Corley



## Welcoming New Life

One of the most marvellous sights is to see the face of an elderly person light up on seeing a new baby. When grandparents see their baby grandchildren, it can fill their hearts with joy at the sight of the newborn child.

We see this kind of joy being experienced by Simeon and Anna at the Presentation of the Child Jesus in the Temple. We celebrate the event at Candlemas on 2nd February, forty days after Christ's nativity, and we hear St Luke's account of the scene.

Mary and Joseph have brought the child Jesus to the temple for the traditional Jewish rite of dedication of the firstborn to God (Exodus 13:2). They were also celebrating the so-called purification of Our Lady after childbirth, thanking God for the safe delivery of her baby (Leviticus 12:8). That is why they brought the offering

of the poor—a pair of turtledoves or two young pigeons.

St Luke tells us that two devout Israelites witnessed the scene in the temple: Anna and Simeon. These were faithful older members of the chosen people, who had long awaited the Messiah.

Anna was a widow who had the gift of prophecy and dedicated her life to serving God with prayer and fasting. Inspired by the Spirit, she was there in the temple to see the Christ-child and was filled with joy. After praising God for finally sending the Messiah, she spoke of the child to others who were awaiting divine salvation.

Also present was the elderly Simeon, who had been told that he would not die until he saw the Messiah. Now that moment had come. Seeing the child, he joyfully took him in his arms and gave thanks to God for fulfilling his promise. Despite his old age, Simeon was able to recognize and welcome the new child sent from God.

At this point, Simeon knew that his own life had completed its purpose. He sang his beautiful song (known in Latin as the *Nunc Dimittis*): "Now Master, you can let your servant depart in peace." Simeon realized that he had finally seen the coming of God's salvation.

Although the event took place in the Jerusalem temple, Simeon foresaw the worldwide scope of the baby Messiah's future rule. St Luke emphasizes that God had prepared salvation for all the nations to see. Indeed, in his second volume, St Luke would recount the spread of the Good News from Jerusalem to Rome.

Besides being a light to enlighten the Gentiles, the baby Messiah would be the glory of his people Israel—the crowning glory of the Jewish people and the fulfilment of their Scriptures.

Simeon's words have resonated with many readers and hearers. Within the prayer life

of the church, the Song of Simeon has been used as a fitting canticle at Night Prayer or Compline. In this prayer, we give thanks that God has shown us his salvation through the child born in Bethlehem, who is Lord of all people.

After the tasks and challenges of each daytime, we recognize the closure of this day, foreshadowing the final closure of our earthly life. If God wills, the next morning we will rise again on earth after our night's sleep. But we also look forward to our death, full of hope of the future resurrection to eternal life.

Like Simeon, we entrust our lives to God with trust and thankfulness at the close of each day, knowing that the Christ-child promises us eternal life. Simeon shows us how to complete each day, in the sure hope of seeing God's salvation.

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# St Therese's Little Way - a short-cut to Holiness

On October 19, 1997, Pope John Paul II declared St Therese of Lisieux a Doctor of the Church. That means that this young woman who died at 24 and spent the last ten years of her life in an enclosed Carmel offers a teaching that is perennially helpful and reliable. St Therese said she wanted to spend her heaven on earth making others love God as she loved Him and teaching her 'little way of love' to souls. So what is this little way?

Therese wanted to be a saint, and yet she felt incapable of performing the heroic fasts and penances of the saints of past ages. She reasoned that God would not inspire the impossible. Since the staircase of holiness was too steep, she figured there must be a lift – a short-cut – that would raise her to Jesus. She searched the Scriptures and found these words: "Whoever is a LITTLE ONE, let him come to me". ....

I felt I had found what I was looking for. ... The elevator which must raise me to heaven is Your arms, O Jesus! And for this I had no need to grow up, but rather I had to remain little and become this more and more.

## What does it mean to be little?

### 1. Being Poor in Spirit.

Little children depend on their parents for everything, and in the same way we have to rely on God. This poverty places all the goods of God at our disposal.

### 2. Gratitude.

Therese was continually thanking God, for she knew that nothing was hers, all was gift. She desired to quench Jesus' thirst for love and gratitude.

"What draws the most blessings upon us is gratitude. I know this by experience. Try it and you'll see. I am pleased with everything God gives me, and I prove it to Him in a thousand ways"

### 3. Realising God is your Father

In God, Therese saw, above all, a Father, and one who loved her with infinite tenderness. Receiving His divine life at baptism she (and we) became His adopted children.

God infinitely surpasses the best of earthly fathers: He is infinitely good, generous, all loving, compassionate, powerful and wise. He desires to do you good. If He allows something bad to happen to you it is only because He can bring good out of it. 'GOD IS LOVE'. He cares about the smallest details of your life. How can He forget you when He is so close, that He dwells IN you?

### 4. Confidence in God

This knowledge gave Therese immense confidence. She could trust Him, she

didn't need to worry about the future, she could live serenely in the present moment. 'Your heavenly Father knows you need these things'. She expected everything from His goodness. 'We obtain from the good God quite as much as we hope for'.

### 5. Loving your weakness

To be little, for Therese, meant never being surprised at her faults (for everyone expects children to fall). She didn't get discouraged, but even rejoiced in her weakness, because she realised it was the guarantee of God's help. In this she was following St Paul who had said 'I will boast gladly of my weakness, so that the power of Christ may dwell in me' (2 Cor 12).

### 6. Trusting in God's Merciful Love

It is weakness that draws God to manifest His love in the form of Mercy. Divine Compassion instinctively reaches out to human misery to raise it up – the more so – the more pitiful the person's state. 'For to him that is little, mercy will be shown.' If we were not weak we'd never experience it.

Therese ends her Autobiography aspiring to copy the trusting confidence of Mary Magdalene: 'even if I had on my conscience all the sins that can be committed, I would go, my heart broken with sorrow, and throw myself into Jesus' arms, for I know how much He loves the prodigal child who returns to Him.' Can confidence in God's mercy apply even to big faults or grave sins? Therese is adamant that it can: 'if I had committed all possible crimes, I would always have the same confidence; I feel that this whole multitude of offenses would be like a drop of water thrown into a fiery furnace.'

### 7. Surrender

'Jesus showed me the road that leads to this Divine Furnace, and this road is the surrender of the little child who sleeps without fear in its Father's arms.' Surrender is basically abandoning yourself to God's will. If we can let go control, He will arrange things for us in the best possible way.

### 8. Humility.

Littleness is essentially humility. Being little means taking the lowest place, going unnoticed, forgotten, overlooked, no one asking your opinion or telling you what is going on. Therese describes a breakthrough moment. 'I understood that it was impossible for me to do anything by myself'.

Not to trust in self is the great starting point in turning to Him for everything: 'Apart from Me you can do nothing'.

### 9. Uniting yourself to Jesus

Therese's secret was to unite herself to Jesus and allow Him to do everything in her. She discovered this need to unite herself to Christ by meditating on His new commandment: 'love one another: as I have loved you, you also should love one another'. This love led Jesus to the Cross. 'Greater love has no man than that he lay down his life for his friends'.

She realised she didn't love her Sisters as God loves them. But she knows God doesn't inspire the impossible, so it must mean that Jesus intends to love her Sisters in and through her.

'When I am charitable, it is Jesus alone who is acting in me, and the more united I am to Him, the more also do I love my Sisters.'

### 10. Acts of Love and Sacrifice

Therese made up for the lack of extraordinary penances by the heroic quantity of little acts of love and sacrifice, things that came her way in the ordinary course of daily life.

'I have no other means of proving my love for you other than that of strewing flowers, that is, not allowing one little sacrifice to escape, not one look, one word, profiting by the smallest things and doing them through love; and in this way I shall strew flowers before Your throne. I shall not come upon one without unpetalling it for You.

These petals she believes will charm Jesus. He will take these petals of sacrifice and pour them out to give the Church graces, to help priests and missionaries, and thereby to save souls.

For example

- She gave up her free time to help others
- She volunteered to work with a difficult character
- She didn't judge others
- She didn't justify herself when misunderstood
- She let go the satisfaction of being proved right
- She ate things she didn't like
- She suffered for the love of God and kept it hidden

### Who should we love?

Therese says we must particularly love those we find least appealing. There was a Sister in community towards whom she felt real antipathy, so she treated that Sister as the person she loved the most – praying for her, doing little services, and not answering back. She was so successful that this Sister thought she was Therese's favourite.

There was a Sister who sat behind her in meditation, and who fidgeted and



scratched her tooth. Therese found the noise excruciating and wanted to glare at her to get her to stop. But she realised that that might hurt her feelings, so she tried to bear it peacefully. She couldn't ignore it, so she tried to like the noise, and offered it as a concert to God.

Her leverage was that she was able to see irritations as diamonds, there to be raked up, to save souls. She says that these sacrifices provide real peace of soul.

### 11. Simplicity

Therese's one aim was to love God and to save souls for Him to make Him loved for all eternity. All her acts have one motive – to please Jesus. Her vocation was – quite simply – love.

### 12. Accepting suffering with a smile

To love is to suffer. Therese herself was literally unpetalled by suffering – first the loss of her Mother to cancer when she was four, then the loss of her substitute Mothers, her sisters Pauline and Marie when they entered Carmel, a nervous illness, scruples, her Father's mental and physical breakdown, the loss of any tangible faith in heaven, and finally the ravages of TB on her young body. All this she accepted without complaint, indeed she found joy in suffering, because she knew it won souls for God, and united her to Jesus and made her like Him. Smiling, she offers it all to God. She died in 1897, a holocaust consumed by Merciful love. Her last words were 'My God I love You'.

To sum up the Little Way involves becoming like a child who knows God as Father: poor, grateful, humble, simple, surrendered, trusting in God, seeing your frailty as His opportunity, uniting yourself to Jesus and letting Him act in you, doing little things with love – in a hidden way – just to please Jesus, and accepting suffering without complaining – all to 'weave eternities' for other people, as she puts it.

Dolgellau Carmel has set this material to images and video clips filmed at Notting Hill, acted by Carmelite Sisters from both Carmels. See [www.carmel-dolgellau.uk/gallery](http://www.carmel-dolgellau.uk/gallery)

# Following the Inspirations of the Holy Spirit

The Holy Spirit dwells within us: 'Do you not know that you are the temple of God and that the Spirit of God dwells in you?' (1 Cor. 3.16). He can be our great Friend. His action is to guide, and teach us everything, to bring to our minds the words of Christ, to pray in us, to console, heal, strengthen, sanctify, reproach and encourage us. Jesus told His disciples: 'He will teach you everything' (Jn 14.26).

The Holy Spirit can give us inspirations about literally anything. We need only read the Gospels (which He inspired) to get a sense of His guidance on any subject, especially in the words of Jesus, since the Holy Spirit is the Spirit of Christ. He will 'remind you of everything I have told you' (Jn 14.26).

His action is to give tailored guidance to the individual in the unique circumstances now at hand. He is the one who makes you turn your life around; He is the one who convinces you that Jesus is the Lord; He is the one who convinces you of Church teaching. He especially guides one to exercise the virtues, to pray, and interests Himself in the minute details of our most ordinary acts and choices.

## He tells one

- what to say, and what not to say;
- where to go;
- what company to keep or avoid;
- what to read or decline to read, write or not write;
- where to go or not go;
- how to witness to Christ.
- It might be that He directed you to particular studies, or talks, or a Church, or a person, a place or job, to a vocation.

His inspirations will always guide one to obey, to serve, to do one's duty faithfully and with care. His action will generally be towards temperance and self-control, rather than self-indulgence. 'Just a little', He says. 'Be generous,' He urges, 'Give'. 'Bear with situations patiently, with meekness'. 'Forgive. Seek unity', 'Don't say anything' or 'be bold, speak up'.

He reveals to us that Jesus is Lord, and through Him, He guides us to the Father, and makes us realise we are His children: 'you received the Spirit of sonship, by whom we cry, "Abba! Father!"' (Rom. 8.15).

He prompts us to pray, and teaches us how to pray: 'We don't know we ought to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed words' (Rom. 8.26).

He tends to inspire contemplatives in the direction of solitude and silence, to simplifying their lives, to 'stay in' rather than 'go out', to 'less' rather than 'more', to stability and quietness, to pray and to serve. His inspirations tend to go against our inclination for ease, rest and pleasure. However He does not always ask us to do the less palatable thing. Sometimes our attraction, e.g. to read a holy book, or make a retreat, is His inspiration.

He inspired Jesus to offer His life for us on the Cross, and He will inspire us to make this same gift of self. Some He inspires to give their whole life to God in religious life.

## How can we become more receptive to the inspirations of the Holy Spirit?

- We can become more receptive to His inspirations if we make more space for silence in order to listen to Him.
- If He finds us alone, He will come to be our guide and Companion.
- If we do not clutter our airwaves with too many stimuli from the Internet, from social encounters and work projects we will be more mentally still and able to hear Him
- If we are detached, we will be more open to recognising His voice and more able to follow it.
- If we love Jesus, we will attract the Holy Spirit to ourselves.
- If we invite Our Lady to be our Mother and guide, she will ask Him to come, and will attract Him to us. 'The Holy Spirit will come upon you' (Luke 1.34). If we say our fiat, He will bring to birth Christ in us, as He did in her.



- Humility is the magnet that attracted the Holy Spirit to Mary, and will draw Him to us.
- Surrender: If we give ourselves to God, we almost force God to come to us.
- If we are faithful in following one inspiration, He will send others.
- Share inspirations with a spiritual director/ confessor to test they are of God.
- Preserve inner peace in order to hear clearly.
- Thank God for every grace, and He will send more.
- Desire and ask for inspirations and for the Gifts of the Holy Spirit. Desire the Spirit Himself.
- Realise that you can't achieve holiness by your own efforts, then He will come and, if you ask Him, take over the main initiative and governance of your life, giving you the strength to fulfil what He prompts you to do.
- Act on the advice given to you by those with authority whose advice you seek.
- To discern what is uncertain, obey in what is certain (Church teaching, duties, commands of superiors).
- Pray and then do what comes to you after prayer.

## Signs of the Holy Spirit

These include the fruits - Love, joy, peace, tranquillity, joy, strength, self-control, justice, generosity, faithfulness, kindness, gentleness (Gal. 5.22). We might add purity, humility, light, constancy and stability over time, and turbulence if we resist, and transparency before those we make ourselves accountable to. When He convicts us or reproaches us, He always follows up with peaceable assurance that we can trust in God's mercy. If we are left overwhelmed, distressed, fearful, ashamed, confused, inclined to secrecy it was not the Holy Spirit. If we are not sure if an inspiration is from Him, we can wait as He tends to persist, whereas temptations tend to evaporate over time. An inspiration will lead us to good things we could never foresee. To neglect an inspiration and follow a temptation instead could lead to jumble of negative consequences that unfold and tie us up in knots. It is therefore best to follow that gentle nudge of God.

The hallmarks of temptations are that we might rather do them in the dark, that they incline us to be covert, to over-complicate, they impose false and pressing deadlines, they force us down lines of reasoning that are convoluted, confusing, demanding. They leave us in knots. One temptation can lead to a problem that leads to a string of pseudo-solutions that only create further problems, until the only solution is to manifest the problem and put an axe to it.

Conversely the Holy's Spirit's voice is gentle, powerful, insistent, pure, clear, a whisper, respectful, not pushing, never driving. It comes when needed. He doesn't swamp us with more inspirations than we can handle. Often however it is not recognising the inspiration that is the difficulty, but acting on it! It is following inspirations that made the Saints saints. Dare we invite Him to take the driving seat in our lives?

Pictures courtesy of Dolgellau Carmel

To see new video about St Therese's Little Way see: <https://www.carmel-dolgellau.uk/gallery> (it is the first video beneath the pictures).

Further Reading  
Pere Jacques-Philippe, *In the School of the Holy Spirit*  
St Francis de Sales, *Introduction to the Devout Life and Treatise on the Love of God*



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 10.00am Sung Mass  
 Monday – Saturday 8am Low Mass.  
 Thursdays 8am Low Mass and 6.15pm Low Mass  
 Confession: Saturdays at 3pm

**St. Edward the Confessor, Home Park Avenue, Peverell, Plymouth, Devon PL3 4PG**  
 Sundays 8.30 am Low Mass. 1st Saturdays 11.30am Mass  
**Holy Angels, Shrine Church, Queensway, Chelston, Torquay, Devon TQ2 6BP**  
 Sundays: 10.45am Sung/High Mass  
 (Confession before and after Mass and every day if required).  
 Vespers & Benediction.  
 Mon, Tues, Thurs, & Friday 7.30am Lauds & Meditation  
 8.30am Mass (Mon, Tues, Thurs)  
 Friday 12 noon Sung Mass, 5pm Vespers, 6pm Adoration & Confession, 7pm Compline  
 Wed 12 noon Mass  
 Saturday 8.30am Mass.

**St. Cyprian, Ugbrooke House, Chudleigh, Devon TQ13 0AD**  
 No Mass at present

**Blessed Sacrament, Fore St., Heavitree, Exeter, Devon EX1 2QJ**  
 No Mass at present

**Our Lady of Lourdes & St. Cecilia, White Cliff Mill St., Blandford Forum, Dorset DT11 7BN**  
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# Wool Parishioners Tackle Climate Change



On 27 November 2022 Canon Tim Lewis, Parish priest, put the finishing touches to planting three brand new trees at St Joseph's Catholic Church in Wool, the Parish Church of the parish of Our Lady Queen of Martyrs & St Joseph.

Planting the trees, three River Birch, is the culmination of a project of the parish's CAFOD Group (Catholic Agency for Overseas Development, which is the official aid agency of the Catholic Church in England & Wales). The project also includes a new 24 metre mixed hedge of Hawthorne and Blackthorn which will attract a variety of wildlife species. This is part of parishioners' ongoing support of CAFOD's campaign to fight climate change, which is hurting most people in developing countries who have done the least to cause it. We only need look at current examples: the droughts in Somalia, Ethiopia,

Kenya and South Sudan, and the devastating floods in Pakistan.

Below is a photo of Bishop John Arnold, chair of CAFOD's Trustees, chatting to young adults during the march for climate justice at COP 26 in Glasgow, November 2001.

Bernard White, Chairman of St Joseph's CAFOD Group, says "It is now well known, and supported by climate scientists the world over, that trees absorb greenhouse gases from the atmosphere. Since greenhouse gases are the major cause of climate change, planting more trees and safeguarding them is most important in the fight against it. We will also ask parishioners to consider planting trees in their own gardens."







## *Poole school celebrates positive, ambitious and happy school community following OFSTED inspection*

St Edward's School in Poole was recently visited by Ofsted for its second ungraded inspection since the last full inspection in May 2013 and its first inspection since the pandemic. St Edward's is celebrating the fact that the school continues to be 'Good', with inspectors finding excellent practice on nearly all fronts, and having no concerns about the fantastic quality of provision.

The recent inspection found kindness and hard work to be at the centre of a 'positive learning community' with an 'ambitious and challenging curriculum' which is adapted where necessary. Students are 'happy, friendly and polite' and Ofsted saw 'positive and respectful relationships between staff and students' helping to ensure that 'students felt safe' at the school.

Headteacher, Michael Antram said; "We take great pride in our students and the achievements they secure for themselves each day within our school environment. We continue to secure fantastic academic outcomes due to our excellent teachers and staff who are such a strength of our school. Ofsted recognised the special ethos and values that permeate our school; and the dedication, care, and hard work that our staff put in day in and day out for our students."

The inspection found that teachers have high expectations of every student, and that leaders ensure that the curriculum challenges students academically, ensuring excellent outcomes on a range of fronts.

Mr Antram continued; "We have much to celebrate and will continue to grow and improve to provide our students with academic excellence as well as opportunities for self-development for each individual. I would like to thank our whole school community; students, staff, governors and our families, following this inspection which encourages us to become ever better as a school."

The inspection found that the school has a 'well planned personal development curriculum' with 'helpful guidance' on students' future choices in employment or further education. There is a 'wide range of extra-curricular opportunities open to them' however, it was felt improvement could be made on building a better understanding on the uptake of these opportunities to ensure all students are aware of and accessing the fantastic extra-curricular opportunities available. St Edward's draws on its Christian ethos to inform a holistic educational experience for each of its students, which the inspection reports evidence of across

the board. St Edward's is focussed on the formation of each of its students as a whole person to achieve not only academically but individually too, preparing them to live life to the full. The school, which celebrates its 60th

anniversary this year, is unique being one of the few ecumenical schools across the country; bringing the Catholic Church and Church of England together with the shared values of Unity, Faith and Achievement.

### **THE HOLY FATHER'S NEW YEAR MESSAGE**

**"To all men and women of goodwill, I express my prayerful trust that, as artisans of peace, they may work, day by day, to make this a good year!"**



# A Homily from the Requiem Mass for Pope Benedict XVI

by Canon John Deeny

## 'DEUS CARITAS EST' – God is Love



As the Funeral Mass of Pope Benedict was happening in Rome at 8.30am our time, and we joined our prayers with those gathered at St Peter's for the Funeral, and the many millions who will be watching on screens.

Any one of us could stand here and share their memories of him.

Three of the things that I remember about Pope Benedict:

**First:** that I mentioned last Sunday. He wrote a wonderful encyclical called Deus

Caritas Est, God is Love. One of the things he strongly encouraged was that every diocese in fact, every parish, should have a Caritas presence in it. From that moment wheels started to move in our own diocese. I was appointed Chair of a newly formed Caritas Committee for Plymouth Diocese, a manager was appointed, and it is now well established and doing good work in supporting Catholic and other charities, and initiating projects, and inspiring works; all to aid the isolated and lonely, refugees and migrants, the homeless, and children and families.

While Caritas had already existed in many countries and dioceses, Pope Benedict's message gave a very welcome impetus for this arm of the Church's work to grow. God is love, and the desire in Benedict for the Church to show that love in action, was great.

**Second:** Pope Benedict was the author of many books, including a series of three on Jesus of Nazareth. Although Benedict was an academic and a very learned man, his books were very readable, and clearly came from a heart that knew and loved Jesus Christ. A young person's Catechism, YouCat, was published in his time, which is an excellent resource on the Catholic faith for young people and adults alike. Benedict was a person of great holiness and prayer, whose knowledge and love of God showed itself in many ways, including his writings, his catechesis, and his teaching.

**Thirdly:** Remembering his visit to Britain in 2010. There was constant criticism of him and the Church in the media at the time. It was at the height of the abuse scandal in the church. I remember thinking that there may be very few who would turn out to see him. In fact, hundreds of thousands gathered in the various places to see him, hear him speak, receive his blessing. You may have gone to one of the places yourselves. It is a once in a lifetime chance to have a Pope visit our own nation.

My greatest memory of that visit, as for many, is when he went to Hyde Park where hundreds of thousands of people were gathered, many of them young. There was something of a carnival feel about it. At one point the Blessed Sacrament was exposed, and the huge crowd fell completely silent. There then followed a period of quiet adoration and devotion before the Lord. I couldn't think of any other circumstance where something like that would happen.

It was perfectly appropriate and seemed to capture what the ministry of Pope Benedict was all about: a holy pastor who led us to the person of Jesus Christ.

He was already an elderly man when he was elected Pope and, apparently, took on this ministry of leadership of the Church with some reluctance. Even that itself was an expression of his humility.

Of course, he had his faults and failings.

Today we ask God's mercy for any sins he committed through human frailty. And we give thanks for this servant of God and servant of the Church. A holy and humble Pastor, a great teacher of the faith, a man with a profound love for God and for His people.

May he be supported by the prayers of the Blessed Virgin Mary, and by the prayers of the whole Church.

And may he rest in peace and rise in glory.

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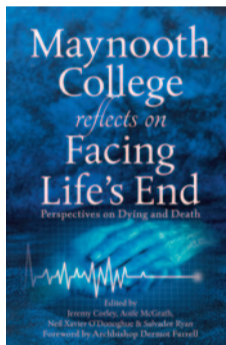
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# Book Reviews

## MAYNOOTH COLLEGE REFLECTS ON FACING LIFE'S END

*Perspectives on Dying and Death*  
 Edited by Jeremy Corley,  
 Aoife McGrath, Neil Xavier  
 O'Donoghue & Salvador Ryan  
**£12.95**  
[www.messenger.ie](http://www.messenger.ie)

This is a twenty-essay volume on dying and death, written with great tenderness, clarity and compassion, along with deep pastoral and theological insight. It revolves around four practical sections: facing with care; facing goodbye; facing challenging questions; and facing suffering with hope. The contributors all have experience in palliative care, healthcare chaplaincy, philosophy, theology, and pastoral care. They bring their rich experience together, knitting a rich pattern that enlivens and enlightens the significant issues surrounding death and dying.



I remember an undertaker once reminding me that an anagram of "funeral" was "real fun", and this comes to life vividly in the chapter on the "wake", tinged with gentle humour. There's a beautiful humanity in the piece, which sets a delightful tone on the whole project. This contrasts with the delicate dealing of a stillborn or perinatal baby death, and the trauma involved for parents and staff alike.

This is a rich mine from many perspectives. The dignity and beauty of death is highlighted, as well as the profound mystery surrounding the death of each individual human person. It is a timely volume in our age which so often shuns the ultimate topic none of us can avoid.

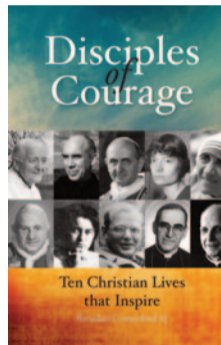
Maynooth staff are to be congratulated on this excellent kaleidoscope, bringing light and hope to the process of dying and death.

Father Denis Blackledge SJ

## DISCIPLES OF COURAGE

*Ten Christian Lives that Inspire*  
 Brendan Comerford SJ  
**£18.95**  
[www.messenger.ie](http://www.messenger.ie)

Here we have a very varied group of individuals who lived their lives exceptionally in loving service to Jesus, and to their sisters and brothers. They are Christians aged from 39 to 90, with martyrs among them, and canonized saints, who lived most of their lives in the last century. Three are women of very mixed backgrounds: Edith Stein, Dorothy Day and Mother Teresa. Likewise, seven men tell their unique story: Dietrich Bonhoeffer, Thomas Merton, Oscar Romero, Pedro Arrupe, Roger of Taize, John XXIII and Paul VI.



The writer does his job well, with deft choice of key incidents and snippets of their writings, in the life of each, sketching a clear picture of how each grew in their key relationship with Jesus, and how circumstances led them to even greater loving service of their fellow women and men. Two of them ended up dying at the hands of the Nazis in the Second World War. Two turned out to be great ecumenist popes, who initiated and completed the Second Vatican Council. One survived Hiroshima and became leader of the Jesuit order. One was shot dead as he offered the Eucharist. One was stabbed to death as he prayed with thousands. One was a brilliant Jewish scholar, now a Patron of Europe. One wrote his memoirs of how his life was turned round by Jesus. Two gave their lives to the radically poor, one in America, the other in India.

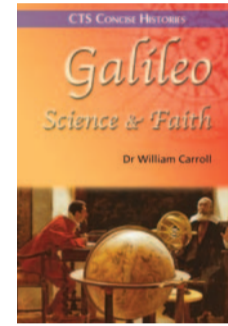
In no more than a dozen cramped-with-information pages or so, the reader is privileged to meet these giants of the Christian world, with all their beauty and struggles, and the author has provided a rich insight into the hearts and minds of ten of the best-known courageous disciples of recent times. A gem of a volume!

Fr Denis Blackledge SJ

## GALILEO: SCIENCE AND FAITH

Dr William Carroll  
**£1.75**  
[www.ctsbooks.org](http://www.ctsbooks.org)

This booklet explains the facts of the Galileo case, the famous clash of Faith and Science, and traces the subsequent development of the myth that the Catholic Church has always been the enemy of science.



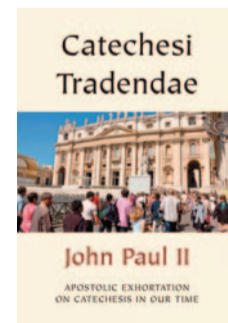
Is the Church against Science and Reason? The Galileo controversy has become a paragon of faith's supposed hostility towards science. Galileo believed that the earth rotated around the sun but did not have sufficient evidence to prove it. The Inquisition believed that unless such evidence existed the sun should continue to be considered to rotate around the earth.

This booklet explains the facts of the Galileo case and traces the subsequent development of the myth that the Catholic Church has always been the enemy of science. This history proves that even in the Galileo case, the Church remained true to its belief that faith and reason belong together.

## CATECHESI TRADENDAE

*Pope St John Paul II*  
**£1.75**  
[www.ctsbooks.org](http://www.ctsbooks.org)

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**This article is an extract from Dr Paul Dixon's forthcoming book, *The Road Pilgrim*. Over the coming months we shall be publishing extracts. For more details, email: [info@theroadpilgrim.com](mailto:info@theroadpilgrim.com)**

# The Road Pilgrim

## Part Ten - Tyres & Wheels



**Contact patch:**

The contact patch is the tyre area in contact with the road at any one time; it is only a few inches. Without it, a car cannot go, stop or turn. The contact patch sets limits and creates possibilities. It also provides feedback for the driver, helping vehicle control.

Wheel alignment can get out of line due to hitting a kerb or driving over potholes. Similarly, bumps, knocks, and careless 'driving' can affect our spiritual alignment on the highway of life. Is your spiritual tracking out? Are you in agreement with God's angle and direction for your life?

**Punctures:**

Has your car had a puncture? If not, you'll get one eventually. Tyres inflate and deflate. We do too. The evil spirit deflates, and the good spirit inflates. God permits our spiritual deflation to bring forth good, such as building up the virtues of faith, hope and love. Due to the self-sealing nature of tyres, it is possible to drive many miles without noticing a puncture, though the leakage eventually becomes apparent. In life, too, we might not know we are leaking graces. We'll deflate if we don't pay attention and deal with our spiritual puncture(s). Are you aware of holes in your spiritual life?

On the highway of life, our contact patch is the present moment. The more we bring our true selves to this, the more contact we have with reality, with God. The contact patch also symbolises prayer. Prayer ought to empower our many starts, stops, and turns on the highway of life, the possibilities we explore, and the limitations we accept. Prayer gives us vital feedback too. Find God where the rubber meets the road.

**Tracking (wheel alignment):**

Tracking refers to a wheel's angle and direction, as set by the manufacturer. Uneven tyre wear can indicate that the tracking is out; if so, you might feel the car pulling left or right. We can often sense when our spiritual tracking is out too.

Advanced tyre technology has relevance to the spiritual life. Self-inflating tyres (SIT) sense low tyre pressure and re-inflate via components built into the wheel. A Tyre

Pressure Monitoring System (TPMS) has low tyre pressure sensors. In addition, run-flat tyres resist the effect of deflation via their reinforced tyre walls. Similarly, advancement in the spiritual life—this supernatural gift from God—increases sensitivity to spiritual leakage. It also provides resilience in times of desolation, enabling re-inflation by drawing upon God's grace within one's inner core. One doesn't stay flat for long. Is God waiting to upgrade 'your' spiritual technology?

there are downs. The medieval 'Wheel of Fortune' (Latin: Rota Fortunae) symbolises life's changing fortunes. At the top—a king (I reign), at the bottom—a pauper (no reign), to one side—a person climbing (will reign), the other side—a person falling (have reigned). Life goes well; at different times, it does not. Things get better, at other times, worse. Christianity places Jesus Christ at the centre of the wheel of life. By living at the centre, we gain the peace of Christ; we are detached (indifferent) to changing circumstances. Don't be an air cap on the rim; live humbly on the hub.

**Wheels:**

Are you an air cap on a revolving car wheel? Life turns: there are ups, and



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

**CRYPTIC Across**

- 5 German heretic Diaspora hit badly (11)
- 7 Arkwright: name of American hospital at first (4)
- 8 Its English, eccentric, retro style introduces these biblical people (8)
- 9 Barker's part of this universal UK institution (6)
- 11 Persian god, legend says, is meeting with one in Egypt (6)
- 12 Turkeys lord it in the oven? (3)
- 13 Aramaean maybe investing a Welsh girl with a little time (6)
- 14 Horse or pig meat that's served up in a Canaan town (6)
- 15 Distress bearings found in the sea off Dover (8)
- 17 Women's headgear, providing it's firm at the front (4)
- 18 Into pit come the sporting opposition (11)

**CRYPTIC Down**

- 1 One from India to look out for, they say (4)
- 2 This recipient of a letter is a kind of record: he's a Scot (8)
- 3 Part of Malta's no-go 'zombie' sector (4)
- 4 Religious type – one to find in York, for example (8)
- 5 One Coptic play that turns out to be prophetic... (11)
- 6 ...notice Earth in turmoil? (3,8)
- 10 Fuming after Ulster's reversal over weapons (2,2,4)
- 11 Place in Gilead's a goal for leading actor's come back (8)
- 16 What you used to be is there – just get rid of the radical element (4)

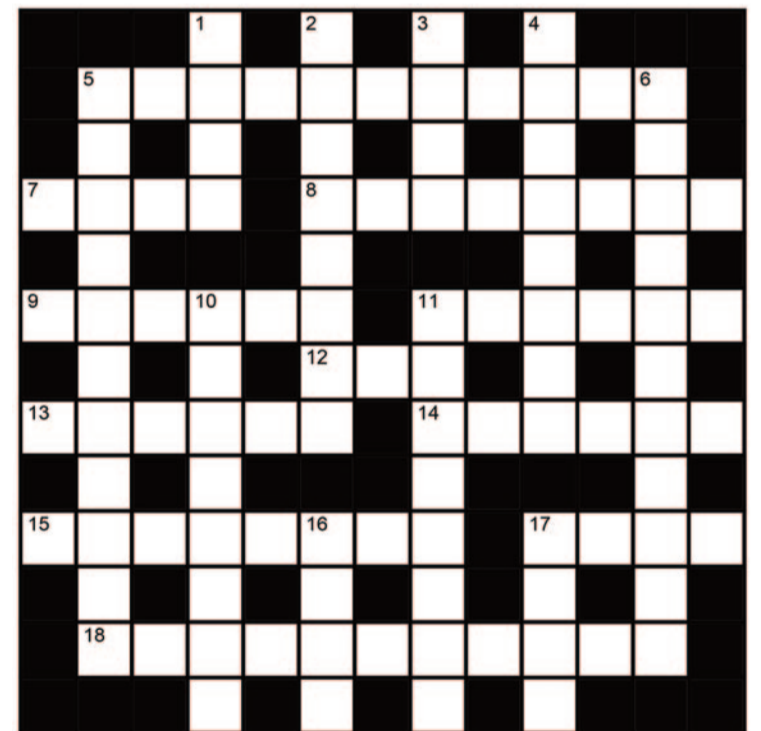
- 17 There's a tiny number in jail, brother, for murder (4)

**QUICK Across**

- 5 Member of a 16th Century German protestant sect condemned as heretics by Luther (11)
- 7 Along with Daniel and Job, one of Israel's three righteous men (4)
- 8 Bible people from southern Dead Sea area (8)
- 9 Domestic dog, aka Persian greyhound (6)
- 11 Ancient Persian god of light and truth (6)
- 12 --- Khan, spiritual head of Ismaili Muslims (3)
- 13 Native of a middle eastern Arabic republic (6)
- 14 Town in Canaan which after the Conquest was given to the tribe of Judah (6)
- 15 Restrict; impoverish (8)
- 17 Cap worn by fundamentalist Mormon women (4)
- 18 Formal sporting event, tournament (11)

**QUICK Down**

- 1 Adherent of a monotheistic religion established in the 15th century by former Hindus (4)
- 2 Recipient of one of Paul's epistles (8)
- 3 Mediterranean home of the Giant's Tower, the world's oldest man-made religious structure (4)
- 4 Clergyman, as usually called in Protestant churches (8)



- 5 Significantly prophetic (11)
- 6 Part of Genesis featured in Haydn's landmark oratorio of 1798 (3,8)
- 10 Strongly protesting; actively rebelling (2,2,4)
- 11 Where Jacob saw angels before reuniting with Esau (8)
- 16 Biblical pronoun (4)
- 17 First child of Adam and Eve (4)

**SOLUTION**

**Across:** 5 Adiphorist, 7 Noah, 8 Edomites, 9 Saluki, 11 Mithra, 12 Aga, 13 Syrian, 14 Hornah, 15 Straten, 17 Coff, 18 Competition. **Down:** 1 Sikh, 2 Ephesian, 3 Gozo, 4 Minister, 5 Apocalyptic, 6 The Creation, 10 Up in arms, 11 Mahaim, 16 Thee, 17 Cain