

## Evangelisation in Action

Priory RC Primary School, St Marychurch



**As part of our work on Sacraments, our Year 4 children have been looking into religious life.** Monsignor David Silk, retired Priest at St Marychurch, came to visit us to explain what it was like to be a Priest and his experience of being called by God. We then visited the Filles de La Croix Sisters who are part of our Parish Community. They treated the children to a lovely afternoon and shared with them the history of their Order and explained what it is like for them to serve God. The Sisters were delighted when Year 4 shared some of our hymns with them.

The children had a very informative and inspiring week; here is what some of the children had to say about the visits:

**Ellie:** "We got to ask some questions, talk and have biscuits and a drink with the Sisters. I didn't think that it would be as much fun as it was."

**Letia:** "When Monsignor Silk came he told us about what it's like to be a priest and why he likes being one."  
**Albert:** "We got shown around the home of the sisters. I was surprised that it was so big!"

**Fabienne:** "Going to see the Sisters made me feel joyful."

**Harrison:** "When we went to visit the sisters and when Monsignor Silk visited us we learnt a lot about religious life."

**Emily:** "I think that seeing the Sisters and Monsignor Silk has extended my knowledge of religious life."

**Mia:** "The Sisters helped me understand the difference between a nun and a sister."

**Miss Cathy Lowry**  
Interim Head Teacher



## Celebration Mass and Blessing of Edgcumbe Court by Bishop Mark O'Toole



**Wednesday 2nd March dawned blustery but bright for the long-awaited blessing and formal opening of the Sisters of Nazareth 'retirement village' overlooking Plymouth Sound.**

The new development, built alongside the recently refurbished Nazareth House Care Home with its adjoining Chapel, is the culmination of many years hard work by the Sisters, the Nazareth Care Charitable Trust and their professional advisers. In the presence of Sisters from Plymouth and other Nazareth House communities from around the UK, staff and residents of the Nazareth House Care Home and

Edgcumbe Court, Lord David Owen CH PC FRCP and other invited guests, Bishop Mark concelebrated Mass with priests from the Plymouth Deanery and other parishes in the Diocese.

During his Homily Bishop Mark acknowledged the contribution of the Sisters to the community here in Plymouth over many years through their work of supporting and caring for those in need at all stages of life saying: "the love, compassion, patience, respect, justice and hospitality that are the core values of the Sisters of Nazareth imitate those of the Holy Family in Nazareth." Mass ended with the hymn 'On this house

your blessing, Lord' before everyone gathered outside the new development where Bishop Mark unveiled a commemorative plaque and formally 'cut

the ribbon at the entrance to Edgcumbe Court. A joyful day indeed!

**Felicity Stead**  
Editor





*'Catholic South West' is the monthly newspaper which serves the communications needs of the clergy, organisations and people of the Diocese of Plymouth.*

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Please note that opinions expressed by contributors are not necessarily those of the Publishers, Editor, The Diocese of Plymouth or the Roman Catholic Church.

www.plymouth-diocese.org.uk



## DIOCESAN NEWS



### HCPT Westcountry Region, Lourdes Pilgrimage Preparation Day 2016



**All the helpers and carers from Groups 45, 141, 179 and 706 of the Westcountry Region met at St Joseph's Church, Newton Abbot for a final 'Preparation Day' before the Children's 2016 Easter Pilgrimage.** The day started with morning prayer in the Church, then after a short time of mingling over tea, coffee and biscuits we all got down to business. The hall was arranged café style with small groups sharing tables for discussions and various exercises.

Safeguarding and risk assessing were among the many subjects discussed and Margaret Johnstone who is the Region Adviser on these traveled from Bridgewater to offer advice. Helen Roberts talked to us about how it feels to be a mum handing the care of a child over to a group who then travel off for a whole week to a foreign country; her experience gave us a wonderful insight into how it feels for a parent and just how important our preparation is.

After lunch the guest speaker was Caroline Bennett, an HCPT Trustee who chairs the Spiritual Development Committee and is also Pilgrimage Director. This was the highlight of our day, time spent using artwork, and reflecting on what had been discussed before and how this can be used to enrich the spirituality of The Pilgrimage. Our day ended with Fr Michael Cole leading The Trust Prayer and sending us on our way with a blessing.

For further information about HCPT contact: westcountry@hcpt.org.uk

### HCPT Westcountry Youth Group Sidmouth's Got Talent!



**The first 'Sidmouth's Got Talent' show organised by HCPT Westcountry Youth Group was a sell-out.** Ten acts, each paying £5 to enter, performed to a full house at St Teresa's Hall, Sidmouth. The panel, consisting of Annie Williams, Ashley Leeds and Mick Carney, passed their comments after each performance and then the audience voted for their favourite act. Compare Steve McSmith said: "each act performed to such a high standard it wasn't surprising that the vote was very close." The winner was Joe Roberts and he received the contestant pot of £50 prize money; Beautiful Blue Mac completed the evening's entertainment with a fine set of four songs. Ann Faherty the Youth Group leader said: "not only was it a great night but it also raised over £430 towards the fares of the Youth Group who travel to Lourdes at Easter." Ann also gave a big thank you to the performers and audience who made it such a success.

### HCPT International Military Pilgrimage



**The Plymouth Royal Naval Association recently presented a painting to HCPT 507 Joint Service Pilgrimage Group in recognition of their invaluable support.** Each year the HCPT 507 take ex-service personnel with disabilities on pilgrimage to Lourdes to join in with the International Military Pilgrimage at which more than 20,000 military from over 20 countries gather for a pilgrimage of peace. The painting is of the Virgin Mary overlooking the hats and berets of the armed forces represented at Lourdes.

**Richard Tipping**  
HCPT Group 507

### HCPT Group 179 Fundraising Concert



**This delightful concert took place on Saturday 5th March at Upton Vale, Torquay and opened with a performance by the young people of the Bushell Youth Community Orchestra.**

The orchestra is a community venture with members rehearsing at Coombeshead Academy Newton Abbot. Mr Tyner, the orchestra leader, explained that the aim of the venture is to provide young instrumentalists with the opportunity to play together and that rehearsals take place on Tuesday afternoons. It was especially poignant to have so many young people giving up their time on a Saturday evening and using their talents to help raise money for children with a wide range of special needs to go to Lourdes.

The Torbay Brass Ensemble also gave a light hearted and accomplished presentation of a number of brass classics. The ensemble leader encouraged the audience to sing along and 'sway' with the music. After a short break the evening closed with a

performance from the Torbay Gospel Choir; this hardworking choir do much to put inspirational music at the service of others and their performance was a fitting end to the evening. Our thanks go to the members of Bushell Youth Orchestra, their parents and carers who got them to the concert and their leader Mr Tyner; the Torbay Brass Ensemble and the Torbay Gospel singers for providing such an inspiring evening. Not only were some very special musical talents showcased but we also raised £500 to help send a child with special needs on the pilgrimage of a lifetime to Lourdes.

If you are interested in coming to more of our fundraising events and help support special needs children please contact us on email: group179@hcpt.org.uk

**Hannah Hewson**  
HCPT Group179

#### HCPT

#### Pilgrimages 2016

**Saturday 26th March to Saturday 2nd April:** Easter Children's Pilgrimage to Lourdes. For more information please contact Christopher Woodman email: westcountry@hcpt.org.uk

**Thursday 19th to Friday 27th May:** HCPT Group 507 Joint Services Military Pilgrimage to Lourdes are now taking enquires from veterans with disabilities to join them for next year's pilgrimage. We also welcome enquires for volunteer helpers



of which the veterans wouldn't be able to travel. If you would like to join us as a pilgrim or a helper please contact Richard Tipping for more information Tel: 01752 787697 e-mail: richard.tipping@blueyonder.co.uk.

**Friday 16th to Friday 23rd September:** Group 539 Pilgrimage to Lourdes, staying at Hosanna House. Group Leader Elizabeth Bettesworth. For more information please contact Christopher Woodman email: westcountry@hcpt.org.uk



# DIOCESAN NEWS

**CAFOD, the Catholic Agency for Overseas Development, is part of Caritas International, a worldwide network of Catholic relief development agencies.**

## Plymouth Diocese Fundraising for CAFOD reaches new heights

**Elouise Hobbs, CAFOD Regional Communications Co-ordinator, caught up with Brian Bailey from Torquay to see how his 15,000ft skydive for his seventieth birthday is going to help people from across the world to gain access to clean and safe water.** On

April 9, Brian is planning to celebrate his seventieth birthday with a charity skydive to raise money for CAFOD's Lent Appeal. In an added boost, his fundraising efforts will be doubled by the UK Government's Department for International Development up until May.

Brian has been volunteering for CAFOD for many years and alongside his wife Teresa, they help to lead their parish CAFOD group in Abbey Road, Torquay. Brian spoke to me about his birthday skydive, fundraising and volunteering, he said: "It was now or never; I wanted to celebrate my birthday by doing something I have never tried before and I also wanted to celebrate the work that CAFOD is doing for people across the world so I

thought I would combine the two. I have been volunteering for CAFOD for six or seven years but I wanted to try something different and step up to the plate and do something myself. We own a caravan and on a sunny day, you can look up in the sky and see parachutes. One clear day, I saw where they were coming from and I thought, why not do that for CAFOD? I have never been afraid of heights but I have never been up that high! I planned the skydive for mid-summer but when I found out about the Government's match funding, I decided to bring the skydive forward so our fundraising efforts will be doubled. I hope to raise £1,000." You can donate to Brian's Skydive at

[www.justgiving.com/Brian-Bailey3/](http://www.justgiving.com/Brian-Bailey3/)

The money raised for Brian's adrenaline fueled birthday will give children, particularly girls, around the world, a better chance of being able to go to school – girls such as 15-year-old Gut

from Uganda. Gut nearly dropped out of school because there was no clean, safe water and had to walk to the river for water to drink or to wash. CAFOD partners were able to repair the water pump near Gut's school, provided a portable sink and soap for handwashing, and trained teachers to help pupils learn good hygiene routines. This has meant fewer pupils miss school due to illness and some girls are taking high-school exams that only boys took before.

People like Brian, and hundreds of others in the Plymouth community, are all determined to help 'Turn on the Taps' for communities around the world currently without access to clean and safe water. Right now, 650 million people are living without access to clean water. 2.5 billion people lack something as basic as a toilet and sewage system to flush away their waste. It is also estimated that women and girls spend 125 million hours a day collecting water, which means time away

from work, school or playing with friends.

The money raised will enable the taps to be turned on in villages across the world by repairing or providing water pumps and training in order to maintain them. It will also fund hygiene programmes, education in sanitation and the building of latrines. Matched funds from the UK Government will enable access to clean water, sanitation and hygiene programmes to over 300,000 people in Uganda, Zimbabwe and the Democratic Republic of Congo.



## Easter – a season for rejoicing A triumphant simplicity

Triumphant Jesus

You raised Lazarus from dead, saying "Unbind him, let him go free."

You too were bound and laid to rest in a cold tomb, freshened by myrrh and aloes.  
**Unbind us so that we may also go free.**

In sorrow we left you as the dead Jesus and in wonder you returned to us as the Risen Christ.

Untied from the strips of linen, you offered us a new-found freedom.

**Raise us from the coldness of the tomb in which we are trapped.**

With this freedom we are empowered to make choices about our lifestyle and attitudes, But our human frailty prevents us from being courageous by taking those first vital steps.

**Release us from the self-imposed exile of our prejudices.**

Amen.

Tony Singleton/CAFOD

### Doubling your efforts

CAFOD is pleased to announce that, once again, the UK Government will be doubling donations to its Lent Appeal - so any fundraising you do will have twice the impact in making things better for people living in poverty. Donations will be matched between 10 February and 9 May, up to the value of £3.5 million.

If you're not already a CAFOD supporter and would like to be involved please contact Simon Giarchi, CAFOD Plymouth Diocese Community Participation Officer  
**Tel:** 01364 645440

**email:** [plymouth@cafod.org.uk](mailto:plymouth@cafod.org.uk)  
**website:** [www.cafodplymouth.org.uk](http://www.cafodplymouth.org.uk)



## Apostleship of the Sea (AoS)

### Ash Wednesday services for seafarers



**To mark the beginning of Lent, seafarers' charity Apostleship of the Sea (AoS) held Ash Wednesday services for ships' crew at several ports around Great Britain.**

At Southampton Docks and Fawley Marine Terminal, AoS South Coast port chaplain Reverend Roger Stone went on board the Grande Scandinavia and the Venere to administer ashes to seafarers.

Roger said, "The crew were very happy to be able to receive the ashes and be given the chance to practice their faith. One of the seafarers said this was the first time he had experienced a service on board since he started as a seafarer 23 years ago." In King George V Docks in Glasgow, AoS Clyde port chaplain

Deacon Joseph O'Donnell met seafarers from the Burgia and the Endeavour where he held services and imposed ashes.

During Eastertide AoS port chaplains and ship visitors will increase their efforts to bring some Easter joy to seafarers by handing out Easter Eggs, as well as offering practical and pastoral support to those who need them.

Due to the nature of their work, seafarers can spend up to nine months away at sea, separated from their family and loved ones and sometimes working in harsh conditions. In the Plymouth Diocese, AoS' chaplains and ship visitors provide spiritual, pastoral and welfare support to seafarers who arrive at ports in the South West. This includes organising Mass and prayers on board ships as well as helping seafarers contact their families back home.

Please remember in your prayers the AoS Chaplains in our Diocese and those to whom they minister: John Pinhay (Falmouth and Fowey), Ann Donnelly (Plymouth and Teignmouth) and Rev Roger Stone (Weymouth and Portland).

More information about the work of AoS can be found at [www.apostleshipofthesea.org.uk](http://www.apostleshipofthesea.org.uk)

Catholic Children's Society (Plymouth)  
*Putting All Children First*



## THE GREAT BIG DIOCESAN QUIZ



**On Friday 15th April Catholic Children's Society members across the Diocese will be organising the Great BIG Diocesan Quiz to raise fund for the society.** Each event will take place at the same time and the same questions will be asked and answered. Events planned so far will take place in Cullompton, Ilfracombe, Poole, Teignmouth, Torquay, Swanage and West Moors. Full details will be published in each of the parish newsletter so look out for the quiz nearest to you. And, for more information contact the society's fundraising Officer, Claire Warren.

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Fundraising Officer  
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# DIOCESAN NEWS

**PLYMOUTH DIOCESAN YOUTH, LOURDES 2016**  
Part of the Diocesan Pilgrimage

**28 MAY - 3 JUNE 2016 | LED BY BISHOP MARK**

Joe Walsh Tours Pilgrimages | @JWTPilgrimages

**Every year a number of young people from across the Diocese join the Annual Diocesan Pilgrimage to Lourdes and, whilst undertaking their own pilgrimage, offer support to other pilgrims from across our diocese.** This support takes many forms including helping less able pilgrims, some of whom are wheelchair users or just in need of a helping hand, to get to and from the Grotto and the other pilgrimage events that take place in the Domain and around the town of Lourdes itself. The Torchlight Processions every evening are very special occasions in everyone's pilgrimage journey. Support can also be befriending fellow pilgrims – sharing a kind word, a smile or a coffee. The young people also help organise and lead some of the liturgies that take place and, throughout the pilgrimage, are themselves supported by Fr Anthony O'Gorman together with Youth Leaders Jacqueline Mantello and Caroline Roelich.

A highlight of the Youth Pilgrimage is a day-trip to the Pyrenean resort of Gavarnie, high in the mountains, traveling through the magnificent scenery that the area offers. Travelling by luxury coach also gives the young people an opportunity to get to know each other and establish new and long lasting friendships.

**If you would like to join this year's Youth Pilgrimage (cost £435pp fully inclusive) and make 2016 a 'special year' for you and for the people you will encounter please contact Jacqueline Mantello tel: 01803 328916 email: [jmantello@btinternet.com](mailto:jmantello@btinternet.com) for more information.**

**Buckfast Abbey Bookshop and Monastic Shop**

The Bookshop stocks a selection of religious books, Christian resources, Cards, Jewellery, CDs and DVDs.  
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## Important news updates from the Diocesan Website

## Towards a Culture of Safeguarding

**The Church has a responsibility to ensure all those who undertake work in the name of the Church are adequately trained in safeguarding matters.** The Catholic Church is dependent on Clergy, Religious and Lay people using their skills and talents to nurture and support the Catholic community. Some will be paid employees, but the majority undertake their work on a voluntary basis. Whilst some will recognise their role as a volunteer, many rightly see their caring and support contribution as part of their Christian responsibility and ministry. But we all have a role to play in safeguarding the young or adults who may be at risk and it is for this reason that the Catholic Church in England and Wales has worked with EduCare to bring you an e-learning package that will raise awareness throughout the Catholic Community in our countries. The e-learning package is part of the Church's commitment to safeguarding, and is available to all members of the Catholic community free of charge. The programme was launched on 30th July 2015.

To download the brochure to see the courses available and how to access them visit:  
**[http://www.plymouth-diocese.org.uk/images/files/brochure\\_educare.pdf](http://www.plymouth-diocese.org.uk/images/files/brochure_educare.pdf)**

What do I need to do to access this training resource?

1. Email [safeguarding@prcdtr.org.uk](mailto:safeguarding@prcdtr.org.uk) to register your interest.
2. Your email should contain your name, email address, the name of your parish/order/congregation, and your role. For example: Priest, Member of the Religious, Safeguarding Representative, Youth Worker, Teacher, SVP or Other Volunteers, Parent/Grandparent/Guardian, or Other.
3. On receipt of your email the safeguarding administrator will register your email address with EduCare.
4. You will receive a Welcome Email from EduCare where you will set your password.

For more information about Safeguarding and the Catholic Church in England and Wales visit

**[www.plymouthrcdiocese.org.uk/safeguarding](http://www.plymouthrcdiocese.org.uk/safeguarding)**

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## DIOCESAN NEWS



COME AND JOIN THE CELEBRATION OF THE FILIPINO COMMUNITY FROM  
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Sunday 22 May 2016

The Parish Church of the Sacred Heart, Exeter, Devon

- 2.00pm Assembly in Princesshay city centre of Exeter
- 3.00pm Crowning of the statue of the Blessed Virgin Mary
- 3.15pm Start of the procession leading to the Church of the Sacred Heart
- 4.15pm Flower offering to the Blessed Virgin Mary
- 4.30pm Celebration of the Holy Mass
- 5.30pm Filipino Cultural Show in the Church
- 6.00pm Salu-salo (Food to enjoy after the celebration in Cardinal Newman Centre)

For more information please contact :

Merlyn McGuire (organiser)

01579 383903 / 07962 875223

Martha Farnican (Exeter) 07871 501298

Myrna Morales (Exeter) 07771 658571

Gary Morales (Exeter) 07917 855 456

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## DORSET DEANERY NEWS

### Ss Mary & Catherine, Bridport

(With St John, Beaminster and Our Lady Queen of Martyrs, Chideock)



At the end of November 2015 our parish church in Bridport closed for 7-months for a programme of extension and refurbishment that will last until the summer of 2016. Grainge Architects of Exeter have drawn-up plans that will see the church extended at the front to provide more room for the growing congregation, and also include new entrances, a meeting room, offices and toilets. The interior will be refurbished making the 1970s building lighter and brighter and new seating provided; in addition new lighting and heating systems will be installed. In February 250 chairs for the refurbished church were ordered and Fr Richard has now moved back into the presbytery at Bridport.

Whilst the programme of work takes place, Masses on weekdays and Saturday evenings are being celebrated either at St John's, Beaminster or Our Lady Queen of Martyrs & St Ignatius, Chideock. And, thanks to the generosity of Canon Andrew Evans, Rector of Bridport Church of England Parish, the main Sunday Mass takes place at St Swithuns, Allington at 11.30am.

**Pat McEvoy**  
Bridport

### CATHOLIC CHILDREN'S SOCIETY (Plymouth)

*Putting All Children First*



### FIVE WAYS TO HELP LOCAL VULNERABLE CHILDREN AND FAMILIES IN 2016

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Organise a simple fundraiser or attend an event such as the Great Big Diocesan Quiz

**LIAISE** with the Society  
And pass on their news to fellow parishioners, friends and family - become a volunteer

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**TORBAY DEANERY NEWS**

**Our Lady & St Patrick’s RC Primary School, Teignmouth**

**Pupils give up lunch hour to help in Lent**

Year 6 pupils from Our Lady and St Patrick’s RC Primary School are giving up their lunch hour on a Friday to help out at the Teignmouth Lent Lunches. The children are carrying trays, taking tea and coffee orders, replenishing bread baskets, clearing tables and offering a friendly smile and company to those attending the lunches.

The Lent Lunches are hosted by the different churches in Teignmouth to raise money for Christian Aid. They take place in the Methodist Church Hall between 12 and 1.30pm every Friday in the run up to Easter. Our Lady & St Patrick’s Head Teacher Sarah Barreto says: “We have asked our year 6 children to think about how helping at the Lent Lunches might have changed their understanding about Lent; thinking especially about how we look at our lives and prepare ourselves for Easter. This means we try to pray more and share more and we think less about ourselves and more about other people. The children have been quite overwhelmed by the welcome they have received.”

This year, Pope Francis has called for a Year of Mercy, to reflect on God’s mercy to us and to share it with others: “As the Father loves, so do his children. Just as he is merciful, so we are called to be merciful to each other.” Mrs Barreto adds: “We are encouraging our young people and the whole school community to pray for each other this Lent, while growing in understanding of the concerns of our neighbours, both near and far, and inspiring us to reach out with mercy to all those in need. What better way to do this than here at the very heart of our own Teignmouth community? One gentleman who was enjoying his soup and a roll alongside three of our lovely young people told me ‘I am 80 years old and I have never experienced such a fulfilling interaction with young people. They are absolutely marvellous and we had a wonderful conversation. Thank you so much for the idea and for bringing them. It’s made my day.’

One of the children helping at the Lent Lunch said: “It’s really making my heart feel good and everyone seems so pleased to see us here. I’d like to do it again next year.”

**Mrs Sarah Barreto**  
**Head Teacher**

**Adrian Maurice Fryer Dove RIP**

**31st March 1926 – 29th February 2016**

**Adrian was a well-known figure in the Torbay Deanery.** His ‘home’ parish was St Joseph’s, Newton Abbot in the town where he lived with his daughter Linda and her family but, when he stayed with his son Christopher in Torquay each weekend, his ‘home’ parishes became Our Lady & St Denis, St Marychurch, Our Lady of the Assumption, Abbey Road and Holy Angels, Chelston. Even as he grew older and became less mobile he attended Mass every day – and sometimes twice at the weekends - in one or another of his ‘home’ parishes. And, in the last few weeks of his life whilst being cared for at home by Linda, his absence from our parish lives was of poignant significance.

Adrian spent most of his working life as a gardener and, we are confident, he is now at peace in the garden of heaven with his beloved wife Peggy.

**Felicity Stead**  
**Editor**



# CORNWALL DEANERY NEWS

## Parish of St Cuthbert Mayne, Launceston (With St Peter's, Bude and Our Lady of Victories, Callington)

### A Pilgrim's Story: A Journey with a Difference



**At 6am on the morning of Friday 5<sup>th</sup> February 8 pilgrims from Callington took the road to Launceston and St Cuthbert Mayne church, where Fr David Annear, our Parish Priest, was waiting for us.** The church was all lit up and Fr David invited us in for a blessing and veneration of the relic of St Cuthbert Mayne before we left for Gatwick Airport to join 23 other pilgrims from Plymouth, East Anglia and Nottingham Dioceses.

On our arrival in Rome we were taken to the Villa Palazzola for our 4-day stay in Rome; a beautiful, restful and prayerful place which enhanced our pilgrimage. Saturday was the highlight of our pilgrimage; 60,000 plus devotees from St Pio of Pietrelcina prayer groups from all over the world descended on the Vatican for a very special audience with Pope Francis. It was no easy task finding a place; security was intense and we queued for over two hours before we found a good spot to settle. At 11am Pope Francis arrived in his Pope-mobile and did two laps around St Peter's Square to great applause before addressing the prayer groups which St Pio called 'nursery of the faith, the fertile soil of love.' He said: "This is what prayer groups are! Prayer, in fact, is a true and proper mission which brings the fire of love to the whole of humanity. Padre Pio used to say that prayer is 'a force that moves the world'. Prayer groups are 'centres of mercy'; centres that are always open and active. Padre Pio, who called himself 'a poor brother who prays', wrote that prayer is 'the highest apostolate that souls can exercise in the Church of God'. May you always be joyful apostles of prayer. Prayer works miracles".

After a very active morning full of joy and happiness we headed to Rome's Marian Shrine 'Divino Amore' where Monsignor Bart Nannery, our Spiritual Director, celebrated Mass. The following day we left Rome for Assisi where we visited both the St Clare's Basilica and St Francis' Basilica where Mgr Bart said Mass in the Crypt where St Francis' remains lie. A great privilege! On the penultimate day of our pilgrimage we made our way to the Vatican to pass through the Holy Door and pay homage to St Pio and then Mgr Bart celebrated Mass at Spirito Santo church dedicated to the 'Divine Mercy' by St John Paul II. After another long day we returned to Palazzola for a Holy Hour in the beautiful Chapel during which we all lit a red lamp and placed it on the Altar before the Blessed Sacrament. Each of us brought our lamp back home. On our last day, after an early Mass and breakfast we left for our journey home; sadness at parting but happy in the knowledge that we would meet again at a reunion in Callington in May. Our Mission now begins; that mission is to Him our hands to hold the cup of water to parched lips; to lend Him our hearts to bring the warmth of His love and companionship into the hearts that are aching or hardened by sin; to use our voices to proclaim to the whole world a message that should send a tremor through the earth: that the Lord is truly merciful and forgiving. He is our Father and He loves us with a perfect Love.

**Pilgrim Val Williams and others.**

## Fundraising with a difference!

**Where can you buy clergy, from Popes and Cardinals to bishops, monks and priests; nuns in blue, black and brown, plus Easter chicks and bunnies.... at Holy Family Parish in the far wild west of Cornwall!** Our parish administrator, Christine Pearce, in her "spare time" and with a few helpers, and generous egg donors, knits these items, to be filled with a cream egg and sold for parish funds at Easter. It is a busy knitting factory! The orders come in thick and fast, and needles are clacking at great speed. Not only that, Christine also organises an Easter Egg Raffle, with a range of Easter goodies, drawn on Holy Saturday, after the blessing of food baskets for our Polish parishioners. We hope to beat last year's total of £1,200 as there is always so much work going on with our many buildings.



**Fr Philip Dyson  
Parish Priest**

## Parish of St Mary, Falmouth

**Falmouth & Penryn Churches Together (FPCT), Justice & Peace Action Group**

**We are a group representing 5 denominations who enjoy working together to promote justice and peace, locally and further afield, as part of our Christian mission.** Our first meeting took place in October 2014 when we discussed a wide range of issues including the intimate connection between justice, peace-making and care for the earth. Taking into account the environment, climate change, Fairtrade, migrant workers and human trafficking we decided to

- meet monthly (2pm on the second Tuesday of each month at St Mary's Hall, Falmouth;
- bring to each meeting some positive news;
- have a specific theme and proposal for action each month;
- work/liaise with other Non-Governmental Organisations and Statutory Bodies;
- disseminate information and proposals for action to the churches we represent and to the wider community.

### What have we achieved?

In the intervening months we have increased our numbers – 12 at the last meeting; we attended a Modern Day Slavery Study Day; visited a local food bank; discussed and acted on a number of topics including immigration, human trafficking in Cornwall and Fairtrade.

### What did we do?

Wrote to our local MP about Syrian Refugees; wrote to our MEP about the EU new Common Agricultural Policy and its effects on sugar producers in poor countries; written to prisoners in support of Christian Solidarity Worldwide; and held an 'International Party' to celebrate Cultural Diversity.

**Mary Bradley  
Falmouth**



## Divine Mercy Sunday 3rd April 2016 3pm Our Lady of the Portal and St Piran, Truro



**EVERYONE** is invited to come to the church to pray the Divine Mercy Chaplet, the Holy Rosary and to venerate the Beautiful Image of our Divine Lord.

Confessions available throughout.  
Service will be followed by Cream Tea in the Church hall.

For more information tel: 01872 272291



The Latin Mass Society

www.lms.org.uk 020 7404 7284

Regular Masses in the Extraordinary Form in Plymouth Diocese:

Church of Christ the King, Armada Way, Plymouth PL1 2EN  
1st Sundays at 3.00pm

Blessed Sacrament, Fore Street, Heavitree, Exeter EX1 2QJ  
3rd Sundays at 3.00pm

St Cyprian's Chapel, Ugbrooke House, Chudleigh TQ13 0AD  
4th Sundays at 3.00pm

Exeter University Catholic Chaplaincy  
Fridays (term time) at 7.30pm

Lanherne Convent, St Mawgan, Newquay TR8 4ER  
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New statue of St Rita, blessed by Pope Francis in Rome in 2015

Annual Novena in honour of St. Rita of Cascia

Patron of the Helpless

Starting on 14th May and finishing with Mass at 12 noon on her feast day 22nd May.

After the feast day, blessed rose petals will be sent out to those who request

To join in the Novena please write to:


St Rita's Promotions, St Rita's Retreat & Conference Centre, Ottery Moor Lane, Honiton, Devon EX14 1AP

For more information:

Tel: 01404 42635

Email: stritas@btinternet.com


Visit our Web Site and see our video: www.stritascentre.org.uk




The Grange Restaurant and Tea Rooms

In our refurbished restaurant, with its covered outdoor terrace, you can enjoy tea and homemade cakes or choose from our tasty range of hot meals and light snacks produced by our chefs. We now serve breakfast 9:30-11:15, Monday-Saturday. All in the peaceful surroundings of the Abbey grounds.

Grange Restaurant and Tea Rooms, Buckfast Abbey, Buckfastleigh, TQ11 0EE. 01364645504



EXETER DEANERY NEWS



Catholic Women's League, Devon Branch Retreat

This always enjoyable and well attended annual event took place between Tuesday 2nd and Thursday 4th February. The Retreat leader was Sister Benignus, Filles de La Croix and the Diocesan Archivist, who spoke on the Psalms, Prayer and The Year of Mercy. Fr Gerald welcomed the group with kindness and his inimitable humour, which was much enjoyed.

Tuesday 2nd February: after supper Sister Benignus gave her first talk about the psalms and the place of them in our prayer life; she stressed that they were poems set to music which therefore should be sung but, if that was not possible, should be spoken or chanted in a group with a 'cantor' or split into 2 groups. The psalms fulfil several purposes, praise, intercession, or adoration and also perhaps the purest form of prayer just talking to God. She gave us many examples of psalms that have been absorbed into the fabric of our religious practice and also the life of Christ: Psalm 23 'The Lord is my Shepherd' illustrates the former and, with his dying breath, Jesus quoted Psalm 31:5 from the cross saying "Father, into your hands I commit my spirit." (Luke 23:46, NIV). We ended our first day with Evening Prayer and recited the psalms in two groups.

Wednesday 3rd February: the day's three talks focused our minds on prayer, all the more so as it involved a little art work. Sister acknowledged that prayer can be difficult if not understood properly, but should not be so, as it is a basic activity of all Christians, part of our lives, and fundamentally just communicating with God. Communication is essential in maintaining any relationship, and our relationship with God is no different. This communication strengthens our recognition of God, and in practice is really just talking to God in our own words, in formal prayers or in thought. Scripture illustrates how to pray: don't babble; let your words be few; never give up; ask and it shall be given to you, were given as examples. We were advised to look upon the Scriptures as 'Love Letters from God' and to read them lovingly trying to understand their meaning as they relate to us. Putting this advice into practice Sister offered passages of scripture to each member to read, meditate upon and finally draw what the passage meant to us. Somewhat taken aback, and after protesting artistic illiteracy, the members set to and produced drawings of great meaning and personal significance which were discussed later discussed.


Mass, celebrated by Fr Gerald, was one of the highlights of the day after which the third session concentrated on types of prayer. These included thanksgiving, of which the greatest was the Eucharist; petitions, requesting prayers for ourselves; intercessions, requesting prayers for others; persevering prayer, (the need to keep up our commitment in prayer) and meditative prayer were all explained. We were reminded that worship is given only to God, and that worshippers are led by the Spirit. Pilgrimages and visits to shrines are also forms of prayer. Prayer includes so many ways of communicating with God, to maintain our relationship with Him, that it is possible to spend virtually all of our time in prayer of one sort or another, not forgetting just keeping God in our thoughts.

The final session was dedicated to individual explanations of our drawings of what the Scripture passages meant to us. These were many and moving with numerous insights into meanings which were both impressive and illuminating. One member felt unable to draw, so composed a poem instead which was of equal intensity and interest as the most artistic drawing. Sister ended the session by reminding us to enjoy our Love Letters from God.

Thursday 4th February: we spent a lot of time in prayer including Morning Prayer and Mass and final talk on the kinds of prayer we say as individuals and together in communal worship. All of them are important to God and for us. The main groups not in any particular order are: thanksgiving; petition (which is the most common) and intercession (different from petition in that it is for the good of others and is often public) and meditative prayer (which, in its most perfect form it is just being in the presence of God) and worship (where we concentrate on who God is and is often linked with thanksgiving). Finally we were told about all the events being organised as part of the Year of Mercy

After another delicious and convivial lunch we departed for home physically and spiritually refreshed.

Frances Canning  
Ottery St Mary



Holy Family Parish, Honiton (with St Anthony's, Ottery St Mary)

Betty Johnson RIP

Ottery St Mary in Devon recently mourned the death of one of its more colourful members who died in January this year at the age of ninety two. Betty Johnson moved to Ottery with her husband after they both retired; she was a staunch and active member of the Catholic Women's League giving help whenever it was needed both to the section and in the parish.

Betty was born Elizabeth Erica Marie Lukk in Tallinn, Estonia on 14th June 1924, she was the third child of five born to Gerhard and Erica Lukk. Her father was a great anglophile and a very successful industrialist. Her Mother died when Elizabeth was 5 years old and her Mother's early death inspired Elizabeth to seek out a career in medicine - but World War Two intervened.

Elizabeth's Father insisted that all his children should be taught to speak English, French, German and Russian and thus by the age of seven she was fluent in all these languages. It was a wise decision and was to save Elizabeth's life a number of times in the future. With the outbreak of World War 11, Russia invaded the Baltic States; her home was commandeered, her Father taken away to die in a prison camp and her Grandfather thrown from a cattle truck to die by the side of the railway track. The tide of war moved on and, when the German Forces pushed the Russians out of Estonia, Elizabeth – then aged 17 - escaped to Austria and, because she could speak German, was able to join her older Brother in Vienna where she studied medicine for the next 2 years until the University was closed. As the Russian and Allied Forces advanced she managed to escape into the American zone where her skills as an interpreter ensured that she was able to stay safe and earn a living. In 1947 Elizabeth decided to come to England where nurses were being recruited and trained to staff the new National Health Service. She was helped in this by a kind lady who gave her two pieces of advice for her future success - firstly always listen to the BBC One O'clock News and secondly never marry a Catholic!

From 1947 to 1951 Elizabeth trained as a nurse at St George's Hospital, Hyde Park Corner passing out as an SRN, top of her intake and receiving the Hospital's Gold Medal. An achievement about which her future husband boasted proudly - much to Elizabeth's great annoyance.

Elizabeth, who had been raised a Lutheran, met her future husband Ron in 1947 and wondered why Ron never seemed to be able to meet her on a Sunday morning. When she found out why she visited the Jesuits in Wimbledon to learn more about the Catholic faith and soon invited Ron to join her as she was received into the Church. They were married in 1953, the start of a wonderfully happy marriage which was to last for 62 years. They were blessed with five children, 7 grandchildren and 1 great grandchild.

Frances Canning  
Ottery St Mary



## EXETER DEANERY NEWS

THE BLESSED SACREMENT CHURCH

Heavitree, Exeter



**DIVINE MERCY SUNDAY**

**3 April 2016**

Celebrant: Fr John Watkins

Confessions 1.45pm, Service starts 2.30pm

(Everyone is invited to have tea in the Richard Reynolds Centre afterwards)

## PLYMOUTH DEANERY NEWS



### Plymouth Circle News

#### President's Quiz



L to R (back) David Leah and Keith Preston (front) Jenny Luscombe and Bob Butler

One of the most popular events in Plymouth Circle's social calendar is the President's Quiz. This year it was attended by 33 Brothers and their Ladies and was held at the Westward Inn, Lee Mill, Plymouth. After an excellent supper, the quiz took place with the questions set by President Eric Tope and his wife, Margaret. The questions were varied and very demanding and everyone had to dig deep to try to get the right answer with many funny ones emerging causing much hilarity. Eventually the winning team was Bob Butler, Keith Preston, David Leah and Jenny Luscombe. A very enjoyable evening was had by all.

#### Plymouth Circle Ladies 'Dine Out'



One of the favourite events in the Plymouth Circle Ladies busy calendar is the Annual Dinner at the local City College, Plymouth. Thirty-two ladies enjoyed a splendid evening with an excellent meal served and cooked by the Level 2 Students from the Catering and Hospitality Course. With a wide choice the three course meal would have done any Restaurant or Hotel proud. It was a superb evening thoroughly enjoyed by all.

John Luscombe  
Plymouth Catenians

#### Truro Cathedral Benson Lecture 2016



This year's lecturer is Professor Grace Davie, (Exeter University), one of the most authoritative, balanced and accessible commentators on modern religion in Britain. Her lecture is entitled 'Religion in Modern Britain' and seeks to explain why the vast majority of British people express belief in God, and yet

attendance at religious services and membership in religious organizations continues to flag. In her view, religion is not declining but simply taking a more 'individualised' form. The decline of traditional religion is matched by the growth of a new form of religion. 20 years on, she has significantly updated and revised her thoughts, leading in 2015 to the publication of Religion in Britain: A Persistent Paradox.

The lecture is on Tuesday 19th April at 7.30pm,  
Tickets £5 on the door.

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#### Plymouth Praesidium LEGION OF MARY

**Sending you our Best Wishes For A Holy Easter**

If you are interested in and want to know more about the Legion of Mary, please come along to one of our weekly meetings on

**Thursdays 6pm at the Cathedral Centre**



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

SPUC Branches in Plymouth Diocese send best wishes to reader of CATHOLIC SOUTH WEST for a HAPPY and HOLY EASTER 2016

Defending human life from conception to natural death... for more than 40 years.  
[www.spuc.org.uk](http://www.spuc.org.uk)

#### St Vincent de Paul Society

The members and supporters of the SVP take this opportunity to send you their Best Wishes for a

**HAPPY AND HOLY EASTER**

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Exeter District Council  
Plymouth District Council  
Cornwall District Council



ST VINCENT DE PAUL SOCIETY

'We are only carrying out the instructions of Christ.'



# Obituary



Sister Mary Bridget was born Hilary Joy Cotton on 7th October 1938 in Newton Abbot. She dedicated the greater part of her life to serving our Lord Jesus Christ as an enclosed Bridgettine Sister

## The Good Shepherdess – Sister Mary Bridget Cotton, O.Ss.S. RIP

and made her profession at Syon Abbey, South Brent in Devon on 12th February 1962.

Her Requiem Mass was on 16th October at St Paul's Church in St Budeaux, Plymouth. The celebrant was Fr Tim Lewis, who had got to know her in the last two years of her life since she moved to Waypoints Nursing Home in his parish, after St Peter's Convent Nursing Home in Plympton closed early in 2013.

In his eulogy Fr Tim said: "In her religious life as a Bridgettine Sister was devoted in love to the Most Holy Saviour, and his blessed Passion, suffered for us: a suffering in which she has shared particularly in more recent years with the onset of dementia, and her own gradual decline. We don't know the meaning of this suffering in God's eternal purposes, but we trust that our sister is with the Lord and, freed from the constraints of human frailty, worships him now with full knowledge and understanding."

At Syon Abbey, Sr Mary Bridget was a great asset to the community where for some years she held the

offices of Novice Mistress and Prioress. Sr Anne Smyth, the former Abbess of Syon, says that she was also a talented artist, illuminator, wood carver and gardener and was – for 26 years – the community's cook. She was also the perceptive author of quite a number of published articles on Bridgettine life and Syon's history. Sr Anne tells us: "For many years she kept sheep, including a breeding flock of 25 ewes. In later years she kept a few old sheep as 'mowers' in our field until she moved from Syon in 2011 to be cared for by the Augustinian Sisters at St Peter's Nursing Home."

Sr Mary Bridget's cousins, David and Christopher attended the Requiem Mass. We will keep them in our prayers together with her step-sister Hilary and husband David as well as her Aunt Irene and cousins Rosie and Marion who couldn't get to the Mass. Her body was laid to rest in the peaceful cemetery at Buckfast Abbey not far from the grave of Fr Jack Pack, another of her cousins.

"So it is our prayer," Fr Tim concluded, "that Sr Mary Bridget, who, through her consecration to Christ in the religious life professed her belief in him and desired to serve him ever more perfectly, may now receive from him the abundant rewards which he promised to all who give up everything to follow him. May this blessed hope strengthen our resolve to follow him faithfully in our own chosen vocation until we come to the end of our earthly journey and he calls us home to his kingdom."

Adrian Wardle  
CSW Editorial Panel

*Sister's contemplative vocation centred upon her daily prayer in the chapel of Syon Abbey. Her life of prayer was represented by her copy of the Daily Office of Our Lady, the unique Syon Breviary which rested on her coffin throughout her Requiem Mass*

## Rachel's Vineyard

Healing the trauma of abortion, one weekend at a time

Most women who arrive at the start of a Rachel's Vineyard retreat have already judged themselves as unworthy of love – from either God or themselves.

Over the weekend that follows, the job of the volunteer team members is to ease their crippling burden of grief and guilt by helping them see that God's mercy is a gift for each and every one of us.

Rachel's Vineyard was started in America in 1995 by Doctor Theresa Burke. As a young Catholic woman training to be a psychologist, she carried out some research involving troubled young women and discovered that many had undergone an abortion in the past.

She gradually identified a devastating set of symptoms that can include depression, anxiety, panic attacks, suicidal thoughts, guilt, flashbacks, substance abuse, unresolved grief, low self-esteem, emotional numbness, disassociation, self-hatred, fear and an inability to maintain healthy intimate relationships.

These have come to be known as post-abortion syndrome (PAS) and can be indicators that someone is suffering after the trauma of abortion.

Inspired by her faith, Theresa developed a programme to help people, based on the living words of Jesus Christ in the scriptures. Twenty years on, Rachel's Vineyard now offers more than 750 retreats each year in more than 25 countries.

Part-time teacher Susan Walsh, a parishioner of Ampleforth and a volunteer team member and developer, has seen for herself the devastating impact abortion can have.

"Women – and men – can become isolated and locked in a downward spiral, feeling so far from God and themselves that they can't find any forgiveness, peace or reconciliation," she says.

"Their true feelings are usually suppressed because it's taboo to talk about, their fear being that they would meet the same condemnation from others that they already experience inwardly.

"In this country alone, tens of thousands of pregnancies each year are ended by abortion.

"Women are often coerced into abortion or choose it because they are frightened by the reality of the pregnancy and they don't often consider adoption, for instance, as an alternative way forward.

"If they come to the point where they realise they need help, they might search on the internet and find Rachel's Vineyard. And if they then find the courage to come on the weekend, that's a huge step forward, because so much of the work is actually getting them there. Once there, God's grace can flow by entering into the shared group process, which will allow them to experience their grief with Christ in a safe emotional space."

The team is made up of a facilitator, a counsellor, a priest and other volunteers who work very closely, praying for participants before, during and after the weekend.

"The welfare of each person is treated with the utmost care and confidentiality," says Susan. "The team are also supported in prayer by the extended family of our faith communities." Although the programme is about acknowledging the truth, it isn't a talk therapy. A number of carefully chosen "Living Scripture" passages are

gently introduced and participants are invited to place themselves in the story. After that, they each share their experience of what the events depicted mean to them. Simple props and music are used in conjunction with the scripture meditations to help reveal the truth about their experience.

Theresa Burke says: "Jesus will encounter the wounded soul through the process of the retreat, according to his perfect will and timing. Everyone is invited to trust this process, as it is a gift from the Holy Spirit."

During the weekend, the women have the opportunity to tell their own story – often the first time they have ever done so.

"Some people have never even said the word 'abortion', it's so painful and raw," says Susan. "We lead them towards discovering that their truth is full of painful emotions, such as anger, and these are part of the grieving process. It is then that they can move into a time of grace."

The weekend includes time in front of the Blessed Sacrament and there's always a priest available for the Sacrament of Reconciliation.

"It's a bit like the Easter story – the first 24 hours is entering the tomb and acknowledging the reality and darkness of where they are, naming the emotions they are feeling and discovering that the other participants are feeling them same as them.

"They move through powerful emotions and, after lots of tears, are gradually led into the time of resurrection on Sunday morning.

"By then, they're usually able to begin to see there is hope for their future and that it's possible for

them to live without that burden dominating their lives.

"The job of the team is to be completely non-judgmental, compassionate and nurturing, and to offer ourselves wholeheartedly, day or night, giving unconditional love.

By being alongside them in this way, they began to realise they're not unlovable and that it's not the unforgivable sin because God's mercy is bigger than we can possibly imagine.

"We're facilitating a very personal, face-to-face encounter with Jesus, and that usually happens for everyone at some point on the weekend. Occasionally it doesn't – God sometimes works in other ways and at other times.

"But we've had so many letters saying, 'I can't believe how much my life has changed'. Others have told us Rachel's Vineyard literally saved their lives, because if they couldn't find God or forgiveness, they were going to end it.

"It's about healing and bringing people who feel so unworthy back into a place where they can lead a fuller life, and perhaps have their faith rekindled, or ignited. It's about restoring relationships, with God, and self. That's why we volunteer to do this."

For more information about Rachel's Vineyard, including details of forthcoming events, or to make a donation, visit:

<http://www.rachelsvineyard.org.uk/>



# Diary Dates

April 2016

If you would like an entry for your Parish or Deanery to be included in the Diary Dates section please email details to the Editor at [felicitystead@btinternet.com](mailto:felicitystead@btinternet.com) by the last working day of each preceding month.

## MARRIAGE CARE SOUTH WEST (MCSW)

MCSW remaining preparation course dates for 2016:

### Plymouth

Saturdays 16th July and 19th November

For further local information please contact Clare Danes email: [claredanesuk@yahoo.co.uk](mailto:claredanesuk@yahoo.co.uk)

### Torbay

Saturday 15th October

For further local information please contact Jenny Allen email: [jenny.allen96@btopenworld.com](mailto:jenny.allen96@btopenworld.com)

### Bournemouth

Saturdays 9th April, 4th June and 10th September

For further local information please contact Jacqueline at [marriagecare@hotmail.co.uk](mailto:marriagecare@hotmail.co.uk)

All courses are day courses and lunch is included. Cost of the courses for 2016 is £70.

MCSW also offers FOCCUS, a guided questionnaire-based exploration and essential relationship know-how for individual couple with a trained facilitator. For more information contact [mcsw.admin@marriagecare.org](mailto:mcsw.admin@marriagecare.org)

For all other enquiries about MCSW please contact Sue Burridge, head of MCSW centre Tel: 01395 272799

Mob: 07875 161 595 email: [sue@marriagecare.org.uk](mailto:sue@marriagecare.org.uk).

## APRIL 2016

**Sunday 3rd April, from 3pm, Our Lady of the Portal & St Piran, Divine Mercy devotions:** For more information please contact Ben Dytor tel: 01872 272291

**Sunday 3rd April, from 2.30pm, St Mary's Abbey, Bodmin, Divine Mercy devotions:** Exposition, sung Divine Mercy Chaplet, Benediction. Refreshments afterwards in St Mary's Parish Centre.

**Friday 15th April, various locations across the Diocese, Catholic Children's Society (Plymouth) Great BIG Diocesan Quiz:** For more information see this month's Diocesan News or contact Claire Warren tel: 01364 645420, mob: 07783156284 email: [Claire.Warren@prcdtr.org.uk](mailto:Claire.Warren@prcdtr.org.uk)

**Monday 18th April, 10am to 4pm, 'Living by a way of life' a Quiet Day on a Celtic Theme:** Will take place at Haddiport House, Buckland Filleigh, Beaworthy, EX21 5RW. The day will be led by Penny Warren, Spiritual Director and Members' Guardian of the Community of Aidan and Hilda, an international, dispersed Celtic Christian community. For more information contact Penny email: [pennycwarren@gmail.com](mailto:pennycwarren@gmail.com) nor visit: [www.aidanandhilda.org.uk](http://www.aidanandhilda.org.uk)

## MAY 2016

**Sunday 22nd May, from 3pm, Sacred Heart Parish, South Street, Exeter, Flores de Mayo and Santacruzán celebrations:** the procession will assemble at 3pm at Princesshay, Exeter. For more information see this month's Diocesan News or contact Merlyn Mcguire tel: 01579 383903.

## REGULAR EVENTS

### Cornwall Deanery

- New life House Groups focusing on prayer, scripture and fellowship (Acts 2):** contact Sheona Mob: 07790 413 562 for more information and directions or visit [www.newlifecatholiccommunity.com](http://www.newlifecatholiccommunity.com)
  - Wednesdays 10am to 12noon** 13a Pentire Rd, Newquay, TR7 1NX.
  - Wednesdays 7.30pm to 9.30pm (during term-time)** 18A Ferris Town, Truro, Cornwall, TR1 3JH
- Second Tuesdays from 2pm to 4pm, Justice and Peace/Poverty Meeting followed by prayers for persecuted Christians:** St Mary's Church Hall, Killigrew Road, Falmouth.
- Wednesdays & Fridays Exposition of Blessed Sacrament,** after Mass until 11am: St Paul the Apostle, Bossiney Road, Tintagel
- Third Saturdays from 1.30pm to 4pm, Women's International League for Peace and Freedom,** Penzance group: CHYMORGEN, Botallack, St. Just, TR19 7QJ. For more information Tel: 01736/788438 email: [brigittemorrigan@talktalk.net](mailto:brigittemorrigan@talktalk.net)
- Wednesdays, 11.30am to 4pm, Exposition of the Blessed Sacrament - with Rosary at 12noon:** Church of St Mary Immaculate, Falmouth.
- Wednesdays, 3.30pm to 5.30pm, Table Tennis:** Church Hall, Falmouth - parishioners of all ages welcome.
- Thursday evenings at 7.30pm, after evening Mass, Film Evening:** The Church Hall, Our Lady of the Portal & St Piran RC Church, Truro.
- Saturdays, after the 10am Mass, Rosary:** St Cuthbert Mayne Church, Launceston; all are warmly invited to join a small group of parishioners and pray the Rosary.
- Saturdays at 11am, Legion of Mary:** St Paul's Social Centre, Tintagel.

### Dorset Deanery

- First weekend of every month, after weekend Masses, PRAYER MINISTRY for healing or any other need:** Our Lady Star of the Sea, Weymouth. For more information contact Mike Newbery email: [miknewb@btinternet.com](mailto:miknewb@btinternet.com)
- Monday evenings at 8pm, Bournemouth Hebrew Congregation Adult Education:** Murray Muscat Centre, Glen Fern Road, Bournemouth. Admission free and all are welcome. For details of the topic for each session please contact Spencer Nathan email: [spencer.nathan@lineone.net](mailto:spencer.nathan@lineone.net)
- Tuesday evenings at 7.30pm, Inspire 20s to 40s Church Friends Group and Home Group:** St Mary's Church, Poole after the 7pm Mass.

### Exeter Deanery

- Third Saturday of each month, 4.30pm, Kerala Community Mass:** Blessed Sacrament Church, Heavitree, Exeter.
- Monday evenings at 7.30pm, Meditation Group:** Richard Reynolds Centre, Heavitree Road, Exeter.
- Tuesday evenings from 8pm to 9pm, Adoration of the Blessed Sacrament:** Mount St Mary Convent, Wonford Road.
- Second and fourth Thursdays of each month from 7.30pm to 9pm, beginning 14th April, a new Joint Parish Prayer Group for both Exeter parishes:** Richard Reynolds Centre, Heavitree Road, Exeter. For more information please ring Chris and Sue Lee on 01392 432929.

### Plymouth Deanery

- Second Monday of each month from 6.30pm to 8.30pm, Knights of St Columba:** Cathedral Centre.
- Third Monday of each month at 7pm, FOCOLARE – Word of Life Group:** Cathedral Centre.
- Second Tuesday of each month, Patricians - Legion of Mary discussion group:** Cathedral Centre; for more information please contact Raad Binham Tel: 07816 542 349.
- Normally First Friday of each month after the 7pm Mass – St Padre Pio Prayer Group:** Cathedral; for more information contact Rev. Deacon Tony Irwin Tel: 01548 853413.
- Second Saturday of each month, 11am to 12noon – SPUC Anti-Abortion Prayers,** Derriford: For more information contact Christine Hudson Tel: 01752 224018
- Second Sunday of each month, Sunday Lunch Club,** Efford: for individuals, couples or families who would like to come; to book please contact Deacon Simon Fletcher or Suzanne Tel: 01752 667433.
- Tuesday afternoons from 1.30pm to 3.30pm, Union of Catholic Mothers:** Cathedral Centre.
- Tuesday evenings at 7.30pm, Discussion Group:** Jeremiah Centre, Stott Close, Efford, Plymouth to reflect on the liturgical readings for the coming Sunday.
- Thursday mornings at 10.30am (coffee from 10am) Bible Study Group:** Cathedral Centre.
- Thursday evenings from 6pm to 8.30pm, Legion of Mary:** Cathedral Centre.
- Friday evenings at 6pm, Holy Hour:** The Cathedral
- Sunday evenings, after the 6pm Mass – CREDO:** A forum for young adults wanting to deepen their faith and spiritual life in the Catholic Church through prayer, discussion and community. CREDO meets in Cathedral Centre.

### Torbay Deanery

- Third Monday of every month, 7.15pm, South Hams Catenians:** Seven Stars Public House, Kingsbridge. Please note new venue.
- First Saturday of every month (except January) 7.45am for an 8am start, Christians Together in Torquay:** Prayer Breakfast at St Luke's Parish Church, St Luke's Road.
- Every Sunday, Polish Mass:** Church of the Assumption, Abbey Road at 6pm preceded by Confessions from 5.30pm
- Wednesdays from 6pm, Adoration of the Blessed Sacrament** (with Vespers at 6.30pm and Benediction at 6.50pm): Holy Angels, Chelston, Torquay.

## RETREATS IN THE DIOCESE OF PLYMOUTH

Silent and individually guided retreats by members of the Plymouth Diocesan Ignatian Spirituality Team: offering each person the opportunity for space, SILENCE and prayer with a spiritual companion to help you pray and reflect. All 2016 Retreats will take place at Southgate Retreat House, Buckfast Abbey. Contact details for bookings and general information post: The Presbytery, 19 Fosse Road, Kingsbridge, TQ7 1NG Tel: 01548 852670 email: [mjbutler@yahoo.com](mailto:mjbutler@yahoo.com) or [adriantoffolo@yahoo.co.uk](mailto:adriantoffolo@yahoo.co.uk).

- Friday 17th to Sunday 19th June: Weekend retreat**
- Monday 20th to Friday 24th June: Mid-week retreat**
- Friday 17th to Friday 24th June: 6-day retreat**
- Friday 14th to Sunday 16th October: Weekend retreat**
- Monday 17th to Friday 21st October: Mid-week retreat**
- Friday 14th to Friday 21st October: 6-day retreat**
- Friday 18th to Sunday 20th November: A 'taster' weekend retreat** (For anyone who would like to try and retreat for the first time)

Chemin Neuf Community, Sclerder Abbey, Looe, Cornwall: Formed in 1973 and established internationally in 27 countries the Chemin Neuf Community specialises in Marriage & Family days, youth work, evangelisation. For more information about events at Sclerder Tel: 01503 272238 or visit the website [www.chemin-neuf.org.uk/annuaire/united-kingdom/sclerder-abbey](http://www.chemin-neuf.org.uk/annuaire/united-kingdom/sclerder-abbey).

## 2016 PILGRIMAGES IN THE DIOCESE OF PLYMOUTH

**Friday 18th to Sunday 27th March 2016 STUDENT CROSS:** is a cross-carrying pilgrimage, not just for Students, which takes place in. Eleven groups of people walk from different parts of the country to Walsingham where they arrive on Good Friday and celebrate Easter together. Come and enjoy a wonderful experience of friendship, community, worship, music, prayer, plenty of fun and a mountain of cake! For more information contact Helena (email: [helena.wilding@bnc.oxon.org](mailto:helena.wilding@bnc.oxon.org)) or visit the website: [www.studentcross.org.uk](http://www.studentcross.org.uk).

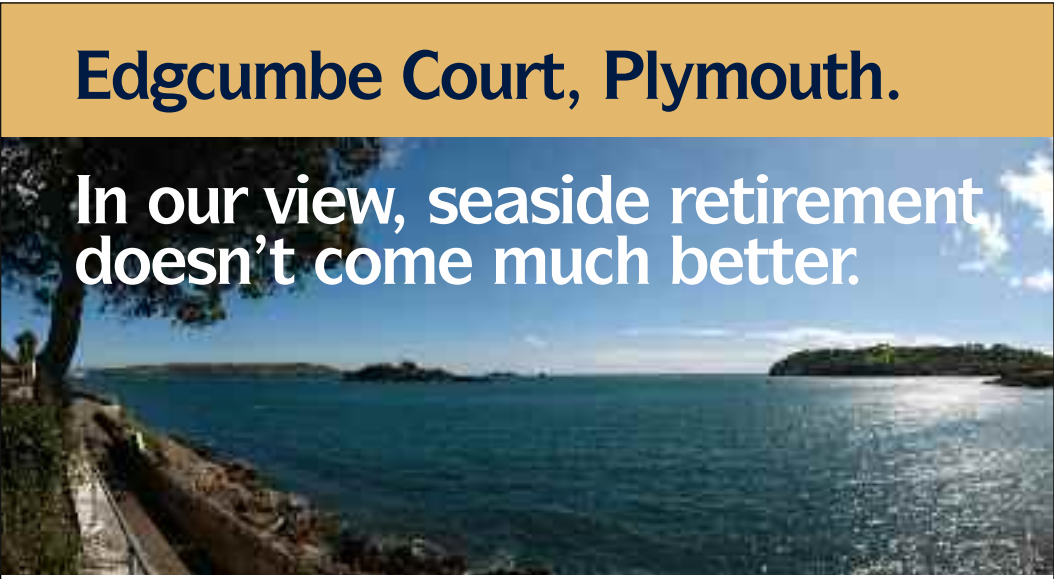
**Saturday 30th April to Saturday 7th May: Medjugorje Pilgrimage** flying from Bristol with Joe Walsh Tours (ATOL Bonded). Fr Tony McGrath will be Spiritual Director and Tony Allbright Group Organiser. Cost £539 (single room supplement +£126). For more information please contact Tony Allbright Tel: 01736 362925 email: [tobright@btinternet.com](mailto:tobright@btinternet.com) or visit the website [www.maryqueenofpeace.info/2016](http://www.maryqueenofpeace.info/2016)

**Saturday 28th May to Friday 3rd June: Plymouth Diocesan Pilgrimage to Lourdes,** under the leadership of Bishop Mark O'Toole. Pilgrims will stay at Hotel Chapelle et Parc, very close to the Grotto. Enquiries to Pilgrimage Director Fr Kieran Kirby Tel: 01803 294142. Bookings via Joe Walsh Tours Tel: 0203 468 0617 email: [info@joewalshstours.co.uk](mailto:info@joewalshstours.co.uk). Online Bookings [www.joewalshstours.co.uk](http://www.joewalshstours.co.uk). For information about joining the Youth Pilgrimage please contact Jacqueline Mantello Tel: 01803 328916. Special Assisted Section those needing 24-hour nursing care join with the Society of Our Lady of Lourdes Tel: 0208 848 9833.

**Thursday 7th to Thursday 14th July: National Pilgrimage to Fatima:** Spiritual Director Rev Fr Gerard Kelly, Group Organiser Mike Daley, Leader Timothy Tindall-Robertson (Plymouth Diocese). For more information contact Mike Daley tel: 01793 829381 email: [AoFSwindon@hotmail.com](mailto:AoFSwindon@hotmail.com)

**Sunday 9th to Saturday 15th October: Cornish Pilgrimage to Walsingham:** More information will be published in the May edition of Catholic South west.





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## 'A Birth is Announced'

'As the mother of four adult children, I have had my fair share of announcements from them – both good and bad. Starring roles in plays, sports achievements, exam results and career changes to name but a few. However, as announcements go, none could top the one which I got during my final pregnancy. During a routine scan, I was quite worried when the sonographer fetched a more senior member of her team to look at the image on the screen. Then certain questions were put to me: "How many children do you already have?" I was asked. "Two," I innocently replied. "And do you have any twins in your families, on either side?" came the next question. "No, none." I answered, puzzled. And finally the announcement: "Well, that's unusual, because you're definitely expecting twins this time! Congratulations!"

And there was more to come. When I attended my next scan some weeks later, my husband then announced that he was quite disappointed that they didn't discover a third baby – which would have meant triplets!

**Highly favoured:** Needless to say, he was only joking, as our joy and contentment was as complete as our family and has remained so right up until this present day. We know that Our Blessed Lady received her own incredible announcement from the Angel Gabriel. She was told that she was so highly favoured in the eyes of God, that she was invited to be the mother of our Lord Jesus Christ. Mary, of course, had expected no such proclamation, but despite her initial amazement responded in the most positive way possible: "I am the handmaid of the Lord," she said. "Let what you have said be done to me."

**Precious Child:** The revelation which Our Lady received was the greatest of all time and as we know, resulted ultimately in our redemption. Mary was to carry and give birth to Christ the Lord. Unlike myself, her great tidings told of only one baby to be carried and born, rather than two or even three! Yet never before or since, has an expected child been so sublime, precious and perfect. That child which is our one true Lord and Saviour, Jesus Christ.

**Julia Beacroft  
Torquay**

St Mary's University Twickenham London

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