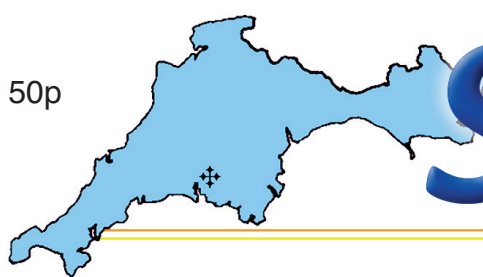


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Catholic *South West*

*Serving the
Diocese
of Plymouth*

Issue 330 December 2016

Celebrating the Young People of our Diocese

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'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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www.plymouth-diocese.org.uk



Proclaiming mercy retreat



As this Year of Mercy draws to a close, these CAFOD retreats will explore how each of us

can continue to live out Pope Francis' call to be "witnesses of mercy" in our families, communities and in our world. Each retreat will be an opportunity to be refreshed and sustained and will allow you to take time out from everyday life to reflect on your own faith journey, in the company of other CAFOD supporters and in peaceful surroundings. Just for one day, take time to be still. Breathe. Be inspired to show mercy to your family, your parish, and our world.

During the day, we will explore the Scriptures and Church teaching together. We will also take time

Catholics encouraged to consider Catholic legacy in their Will

A Catholic group is encouraging the faithful to consider leaving a gift in their Will following analysis which reveals that many Catholic charities are not benefitting from an all-time high level of charitable legacy giving - gifts left in Wills.

Your Catholic Legacy, a consortium of 27 Catholic charities, is working to address the decline in the number of gifts left in Wills to Catholic causes by encouraging people to join this growing way of giving by leaving a gift to the Catholic causes that they feel passionately about.

The research by Smee & Ford Will monitoring service indicates that 37,261 Wills that went to probate in England, Scotland and Wales in 2015 included a charitable legacy gift. However, only around 15% of the total number of Wills that go to probate include this type of gift.

Gifts in Wills make a vital difference to charities, accounting for a substantial amount of income for many charities. But whilst charitable legacies are increasing generally, the market is still dominated

by a handful of charities, with a quarter of all legacy income being received by the top 10 charity brands.

Research by Legacy Foresight suggests that many faith-based charities are struggling to keep up with their secular counterparts in the amount of income received from legacies. This may partly be due to changes in Mass attendance, as well as increased involvement by Catholics in a wider range of causes outside the traditional Catholic charities many have grown up with.

Anne Shewring from the Cardinal Hume Centre said: "Leaving a legacy gift to a Catholic organisation is a continuation of the faith we live out during our lifetime. But if Catholics don't leave a gift in their Will to Catholic causes, then who will? Undoubtedly, the Catholic community are incredibly generous and support a wide variety of areas of need. Your Catholic Legacy is urging the Catholic community to consider continuing this support for the causes they want to ensure will keep doing fantastic work and helping those in need for many, many years to come. Each gift, whatever its shape or size, makes a real and

to learn from each other's experiences and to be inspired and enriched by stories from CAFOD's campaigning and work overseas. The retreats are free of charge with those attending asked to bring food for a shared lunch. All are welcome, whether or not you are already involved with CAFOD's campaigns.

The retreat in our Diocese is on Saturday 3rd December from 10am to 4pm at Hillfield Friary, Dorchester, DT2 7BE. To book a place go to www.cafod.org.uk/cafod-autumn-retreats.

lasting difference – that could be £500 to your diocese to help with church maintenance or to support the retired priests' fund; or a 5% share of your estate to provide practical support and training so that people can overcome poverty, whether at home or around the world."

Pat is leaving HCPT, a member of Your Catholic Legacy, a gift in his Will. He says: "Leaving a gift in my will is faith in action. I have taken so much out of HCPT over the years, it is my way to say thank you".

To find out more about leaving a gift to a Catholic charity visit yourcatholiclegacy.org.uk or call Hannah on 020 7095 5370.

Hannah Caldwell
CAFOD Legacy Officer

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 website: www.cafodplymouth.org.uk

'You are in our prayers'



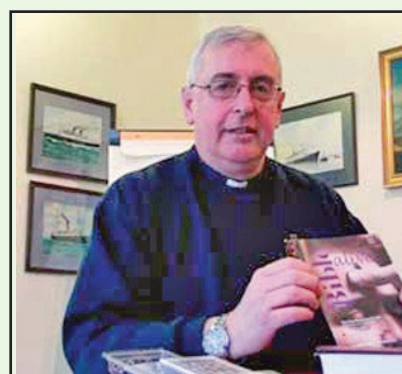
Martin Foley, AoS GB national director, has launched a new scheme to support isolated seafarers at sea. One of the hardest things seafarers face when they go to sea is having to cope with long periods of isolation and loneliness. Spending months at sea on a ship with few colleagues to talk to, and being in the middle of the ocean, hundreds or thousands of miles from land, can be a very isolating and stressful experience.

Most of us get to see our family and close friends regularly. But for seafarers, with nine-month contracts common on many ships, this isn't the case. They accept this sacrifice stoically, as going to sea is often the only way to earn enough money to support their families, who are often in poorer parts of the world, such as the Philippines, India, or Ukraine.

Few ships have internet access, despite ongoing improvements, and using a satellite phone is very expensive. That's why when AoS port chaplains go on board a ship they always carry a supply of mobile phone Sim cards and portable WiFi units to provide free access to the internet on board. And nowadays ships go to sea with a very small crew. For example, the largest British-registered ship, the CMA GCM Kerguelen, which can carry 17,000 containers and is the length of four football pitches, only has 26 crew members.

Rev Roger Stone, AoS port chaplain for Weymouth and Portland, said: "Many seafarers talk to me about feeling lonely on long voyages; they work closely with the same people for a long time, eat in the same place, sit opposite the same person every meal time. The smaller the crew, the less variety seafarers have in their workplace. All it takes is for one awkward or difficult character and the atmosphere changes for the worse."

And the fact that a crew is usually made up of seafarers from different countries can also affect conditions on board, he added: "Sometimes there are culture clashes which can lead to isolation for seafarers. This applies as much to senior officers as it does to junior seafarers. Smaller crews mean it's even more difficult to go ashore and 'be normal' if only for an hour or two."



This is why AoS is launching a scheme to support seafarers who are isolated and feel lonely. Supporters are asked to send Mass cards, Christmas cards, or cards with a message, such as, 'You are in our prayers' to AoS at 39 Eccleston Square, London, SW1V 1BX, and, through port chaplains, they will arrange for the card to be sent to a particular seafarer. AoS believes such a simple gesture can go a long way towards making seafarers feel they are not forgotten and, just as importantly, give them encouragement in doing one of the most difficult and important jobs in the world. We have so much to thank seafarers for. A simple card can be a source of great strength and consolation to them.

Prayer to Our Lady, Star of the Sea
Our Lady, Star of the Sea, bring us the light of your Son,
and show His path in our dark world,
so that we may find our way to Him under your protective mantle.
Protect seafarers and their families and bring them consolation when they are separated.
Help us to show your maternal care for all those who are in need especially the poor and the suffering.
Our Lady, Star of the Sea, pray for us.

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

HCPT Group 539 Pilgrimage 2016



I feel very honoured and blessed to have recently returned with HCPT Group 539 from a pilgrimage to Lourdes although I was exceedingly nervous as I hadn't met the majority of the group before leaving. I simply cannot put into words how quickly the entire group became like my extended family; I was quickly at ease and before long everyone became very close - it was incredible to share everything with this new family.

Hosanna House, in its stunning location in the foothills of the Pyrenees with breathtaking views is a place of peace and calm. We attended many emotional and moving Masses, celebrated by Fr Louis Rieunier in the Hosanna House Chapel and, for me, receiving the Sacrament of the Sick was a wonderful experience.

Our incredible Group Leader, Liz Bettsworth, had organised a variety of trips to visit the many wonders of Lourdes. The immensity of the Pius V Underground Basilica was filled for celebration of the International Mass. Despite the many languages spoken it still felt like everyone present was connected by the love for our Lord. It almost goes without saying that being at the Grotto was fantastic, emotional and uplifting all at the same time. I was very lucky to go to the baths and the experience of walking into that ice cold water is something I will never forget. The Torchlight procession and Blessed Sacrament procession were also highlights of our pilgrimage.

We had a beautiful day visiting Gavarnie in the Pyrenees. I have never witnessed scenery like it. Our visit to Communita Celecona was possibly the most inspiring for me; hearing the testimonies of young men who have overcome addiction and turned their lives around was a moving testament to the power of community living, hard work, prayer and faith.

Continued on Page 3

A Call to Action (ACTA) After the Synods.....

Around twenty of us gathered at Christ Church in Estover on a blustery Saturday in October. We spent a fascinating half day listening to three speakers who each gave us an informative and challenging presentation on an aspect of current dialogue / action on family life.

Bishop Tim Thornton, Anglican Bishop of Truro, was a fraternal delegate at the second Synod, in 2015. He shared with us the mechanics of the Synod, small group working and the opportunity for all delegates to make a three minute speech before voting on the various draft clauses. Also sharing that this process exposed the tensions and disagreement which were bubbling away. Particularly impressive for Bishop Tim was the impact which Pope Francis made, not by imposition, but by his ability to communicate, his positive gestures, and his encouragement of open/respectful debate and discussion, and focus on a journey rather than a specific outcome. Time is greater than space.

Andrew Hornsby-Smith, a member of the ACTA Leadership Team, then shared the key findings of 'The Smell of the Sheep', a questionnaire to which several hundred responded and the findings of which were submitted to Bishops' Conference as part of the preparations prior to the second Synod. Andrew described the respondents as typically, 'critical loyalists', rather than a representative sample, and, unsurprisingly, the majority responding were over pension age, with very few under 40. Common concerns expressed included the perceived need for a more welcoming, listening and humble church: more lay participation, more engagement with the realities of modern life in order to encourage participation, more on social justice and a review of some church policy. He also referred to other research which interestingly demonstrated how Catholic attitudes to single sex relationships had shifted over the last 30 years, and that several initiatives from Bishops'



Conference were trying to impact positively in areas of concern for questionnaire respondents e.g. "Not easy, but full of meaning - Catholic Family Life in 2004"

Jillian Wilce, a former coordinator for family life in the Diocese then told us about several national and local initiatives, many of which are on-going, which support family life and encourage lay participation e.g. 'Home is a Holy Place', 'Passing on the Faith', 'My Family, My Priesthood'.

The event concluded with a brief prayer service, which included the Andy Flanagan hymn 'We are Blessed' with its chorus:
We are blessed, to bless a world in pieces
We are loved, to love where love is not.
We are changed, to be the change you promised
We are freed, to be your hands, O God.

At the end of November our Diocesan clergy meet to consider Amoris Laetitia (The Joy of Love) and we look forward to seeing the fruits of their deliberation and the positive impact working in partnership can have on our local church, our families, and us as individuals.

If you would like to receive periodic information on future ACTA meetings, please contact Peter Farrell Tel: 01626 369478 Mob: 07730 439 194 e-mail: petane@outlook.com

Continued from page 2

It was a privilege that we were able to buy goods that they had made by hand; the bracelet I bought is very treasured simply because I know its background story. All funds raised go back into the community to help them continue their outstanding work.

Our last night was a Caribbean themed party. An array of colour and costumes filled the house. It was wonderful way of finishing the week: a delicious dinner followed by music, singing, dancing and our very own "Hosanna House has Talent!"

Since returning home I have spent many a moment just remembering my time in Lourdes and feeling privileged to have been there. Bumping into a few fellow pilgrims over the last couple weeks has such an uplifting effect; we all have a special bond and most definitely feel connected.



The entire week was filled with laughter, emotion and spirituality.

Jo Lake

If you know anyone that would be interested in the next pilgrimage to Lourdes, next year in early September please contact Barney Bettesworth Tel: 01803 606807 email: barney@bettesworths.co.uk

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Torquay Celebrate Weekend 2016

This year's joyful event took place, once again, at St, Cuthbert Mayne School, Torquay with the theme: 'Act justly, love mercy, walk humbly with your God' Micah 6:8. Delegates ranged in age from a few months to 80+, and children and young people had their own programme of activities, designed to lead them deeper into their faith.

The weekend programme included 3 main talks, drama from RISE theatre, and praise and worship led by Tom and Emma Bonard, with a wide variety of workshops on both days. We celebrated Mass with Fathers Jon Bielawski, Kieran Kirby and Jonathan Stewart, and thanks to the generosity of local priests and deacons, there were opportunities for Adoration, Reconciliation as well as prayer ministry. The free-flowing coffee and the high quality evening meal provided ample time for chatting with friends old and new.

Our main speakers were David Payne, Director of Catholic Evangelisation Services, who produce the CaFE (Catholic Faith Exploration) DVD and book resources, now serving the UK, USA Canada and Australia; Fr Jonathan Stewart, Parish Priest of Blessed Sacrament church in Exeter, who is particularly interested in the use of images in the contemporary Church, and how we can learn from the treasures of the past; and Maria Heath, a parish pastoral worker in Northampton, who holds a Doctorate in the area of Mission & Evangelisation. Her research considered how parishes can become more missionary.

Here are some of the thoughts that people shared about their experience of Torquay Celebrate 2016:

FIRST-TIMERS

'We were greatly blessed at our first ever Celebrate.'
'The excitement was tangible as people arrived.'
'A big thank you to those who undertook to look after "loners and first-timers"... I was very grateful and felt looked after.'
'It was like getting an IV of fluids and vitamins into my spirit.... a bit like taking a spiritual corset or straight-jacket off.'

TALKS/WORKSHOPS

'Every one of the talks was engaging, encouraging, uplifting, inspiring, instructing, heartwarming.'
'I particularly was touched by Fr Jonathan's talk.'

'I found Maria Heath's talk refreshing, practical and inspirational. Evangelisation in her words is just simple and anyone can evangelise.'
'The workshops were great. I attended the Acorn one on Listening, and the one on Prophecy, both enormously helpful.'



CHILDREN/YOUNG PEOPLE

'One thing that did move me was to see the young people take a lead.'
'I am immensely grateful that my own sons have been given the opportunity to experience the great riches their faith has to offer them.'
'I loved some of the thought put in by the children, with the visual representation of sins being torn up and offered to Jesus very moving.'
'My granddaughter (13) was pleased they had the chance to share their own views but were not judged for them. She loved the music and the songs! And she wants to come again next year!'
'One of the talks was about how we can be robbed of the fruits of the Spirit, e.g. joy, faith, community ... this can happen to Catholic youngsters growing up in our liberal, secular society. Our young people need more spiritual armour.'

MUSIC/DRAMA

'I thought that the drama sections were very good and thought provoking.'
'RISE theatre are always inspirational.'
'The worship was awesome. I loved that. The band and the singers were really good.'

HIGHLIGHTS

'Being with other Catholic families'
'To see young men and teenagers joining in prayer and singing with no embarrassment, which is sadly something we rarely see in a parish church.'
'The Presence of Jesus in the Tabernacle and ... quiet Adoration... and the very joyful Masses.'
'Sitting in the chapel - it was good to sit quietly with the Lord and allow the Holy Spirit time to draw closer.'
'The prayer ministry... I was a little nervous at first but it quickly felt like a comfortable space. It was a powerful-yet-gentle experience.'
'The general feeling of emotional and spiritual safety in that it was okay to "be you".'
'The prayer - which protected, surrounded and inspired everything.'

THANKSGIVING

'A great, joyous and stimulating weekend.'
'I felt so totally blessed being immersed in God's love and feeling a part of His family.'
'God's presence was there in every little moment - you could feel the air crackling with the Holy Spirit.'

'The effects have lasted. I can't thank you enough.'
'Liturgy - heavenly. The kids, the families, the praise and worship, the atmosphere, the Holy Spirit working in and through us all! Can't wait for next year.'

To find out more about Celebrate visit www.celebrateconference.org.uk

Mary Taylor
Celebrate Torquay



Mini Vinnies is coming to the Plymouth Diocese

The first official Mini Vinnies Conference in the Diocese is up and running in St Mary's Primary School, Poole. Started earlier this year the youngest group of the St. Vincent de Paul Society was commissioned in May and has 8 active members. A report of what they've achieved so far can be found on page 7 of this edition of CSW.

Mini Vinnies are called to serve those in need in their school and the local community; their ages range from 7-11 and they are supported by a Vincentian Co-ordinator in school and also by the adult Conference in the local parish. There are around 200 Mini Vinnie's conferences in England and Wales. The initiative introduced by the Society in recent years aims to provide young people the opportunity to make a difference to their communities in the spirit of St. Vincent de Paul.

Mini Vinnies hold regular meetings to pray, reflect and plan activities that will reach out to those in need in their community. Each conference has a president, treasurer and secretary. The conference offers opportunities for teamwork, leadership, spiritual development but most of all to have fun together. The Society has also introduced groups for 11- 14 year olds, either school or parish based, called Youth SVP, and for 14-19 year olds called B-Attitude.

If you are interested in finding out more about any of the youth ministries of the St Vincent de Paul Society please contact Mike Royles, Youth Development Officer email: mikeroyles@yahoo.co.uk or visit www.minniovinnies.org.uk or www.svp-youth.org.uk

Holy Family Parish, Penzance (with St Ives, Hayle and the Isles of Scilly)

Bishop Mark visits Penzance



Bishop Mark made his first official visitation to Holy Family parish recently. At the end of the Solemn High Mass, Bishop Mark blessed a stone commemorating the conversion of the Old St Mary's School into 5 lovely apartments. Pictured with Bishop Mark are David Gridley, Director of Music, and also Clerk of Works, Mike Banfield the builder, and Fr Philip.

*Fr Philip Dyson
Parish Priest*

Epiphany House



On the outskirts of Truro, Epiphany House was formerly the Bishop's Palace and home of the Sisters of the Community of the Epiphany. There will be an Advent Quiet Day on Monday 5th December from 10am to 4pm led by Revd Canon Simon Griffiths; theme 'The Four Last Things: Heaven, Hell, Death and Judgement'. For more information about cost and how to book contact Lizzie Pridmore Tel: 01872 272249 email: info@epiphanyhouse.co.uk

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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Falmouth & Penryn Churches Together (FPCT) supporting Parishes for Peace

FPCT Justice & Peace group welcomed Della Shenton, Trustee of the charity Parishes for Peace, to their September meeting in St Mary's Church Hall, Falmouth. Mary Bradley J&P Coordinator continues the story: "Della gave us a very moving presentation about the plight of the Iraqi Refugees who were forced to flee their homeland when ISIL took Mosul and Nineveh in 2014. King Abdullah 11 of Jordan immediately offered them sanctuary. Hearing all this from Della was all the more moving because she knows the families personally from her visits to Jordan and her work with the priests and people of the parishes who are doing their best to care for them.

Living in converted shipping containers and portacabins adjacent to the churches or in cramped apartment, the families - there are more than 1,300 UN Registered Iraqi Christian families living in Amman - have no means of support as they cannot work whilst they seek asylum. Many are teachers, doctors or engineers and there are children too, and all have witnessed terrible atrocities. The basic necessities of life - medicines, food and clothes - are provided through the generosity of others.

Della, through her dedicated work and visits to Jordan, founded the charity 'Parishes for Peace' and at the meeting described the many ways in which we are challenged to be alongside these traumatised families. In 2015 Pope Francis said that all Roman Catholic Groups should be prepared to support and look after a refugee family. At the end of the meeting many came forward to ask what they could do to help and immediately offered donations amounting to more than £200. Then, following Della's presentation, Christine Morris decided to organise a Grand Coffee Morning to raise funds for the everyday needs of



*(L to R) Roger and Sue Mills,
joint secretaries FPCT, Mary Bradley FCPT
J&P Group Coordinator and
Christine Morris*

the refugee families. Christine is a fundraising organiser par excellence as she is the leading light (chairperson) of the local group which raises funds for Cornwall Hospice Care.

The morning of Friday 4th November was overcast with a real Cornish "mizzen". However this did nothing to quench our spirits and the church hall was bustling with activity in readiness for the 10am opening. What a lovely occasion it was, helping hands were everywhere, cakes arriving for the cake stall and goods arriving for the 'bring and buy stall' which had handmade bags made by Sr Maria and lots of bargains at unbeatable prices. There were colourful little posies of flowers on each table and soon all the tables were full of folks chatting away and enjoying themselves.

The ever popular raffle had very good prizes, forty in all and the lucky winners went away clutching their bottles of wine, boxes of chocolate and other goodies. Hidden in the kitchen, the ladies graciously provided a never ending stream of teas and coffees. The book stall had an amazing array of 'as good as new' books and I wasn't the only one who went home clutching an armful of really good reading.

The coffee morning raised the total of £780 for the families in Jordan. However, this event wasn't only about money, many people signed Christmas cards and added messages of hope, concern and prayer. The cards will be sent to families in Jordan who will know that St Mary's has a special place in for them in our hearts. May God bless them all.

*Mary Bradley
Falmouth*

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Sister Margaret Mary Chambers SND

60 years in Notre Dame

Sister Margaret Mary celebrated her Diamond Jubilee on 11th September this year with a short Thanksgiving Service at Christ Church, Estover; the following is a brief history of Sister's part in the invaluable work of Order of Notre Dame de Namur: Notre Dame has been a familiar name in Plymouth since the mid-19th Century when the first Sisters came to teach. When Margaret Mary, aged 22 and with a years teaching experience arrived at the noviciate in September 1956 Plymouth was just a name on a map. Once professed she arrived in Plymouth at Easter 1959 to teach at St Boniface Primary School (now known as the Cathedral School). Seven years later she moved across country to Norwich. There, catechesis was an important concern for the community with sisters travelling to outlying parishes each weekend. It was in Norwich that she pioneered Children's Liturgy, ran a Girl Guide company and developed her interest in ecumenism. Her next move was back to Liverpool for a year's study in catechetics.

Her return to Plymouth was to teach at St Paul's and, as well as the school work, she followed her concern for Justice and Peace and became a member of Pax Christi. Then living at Looseleigh Lane Convent in the Parish of St Peter, Sister became aware that the Redemptorists were driving over to Estover each Saturday to collect children for preparation for the Sacraments. No church yet in Estover but a hall and 2 Church Army Sisters living nearby who kindly offered the use of their dining room for Margaret Mary to teach in.

A single site had been allocated at Estover for the churches so five denominations came together to found an ecumenical parish known as Christchurch. Initially, the only place to come together to discuss arrangements was a building hut. For some time Margaret Mary cycled or drove over; after retiring from St Paul's she concentrated on parish duties. She and Sister Marie Nugent moved to Leigham – within walking distance of Christchurch. Teaching and visiting children and adults, a weekly house group and liturgical



Edgcumbe Court

Edgcumbe Court lies within four acres of private landscaped grounds on the edge of Stonehouse peninsula in Plymouth and is one of a new generation of retirement schemes developed by Nazareth Care Charitable Trust. The stunning seafront location, on the former site of the winter villa of the Earl of Mount Edgcumbe, offers panoramic views of Plymouth Sound, within a thriving local community with good links to the city and beyond.



At the official opening earlier this year Bishop Mark O'Toole and guests enjoyed refreshments in the lovely new dining room, conservatory and family lounge areas, as well as tours of the apartments and grounds including our summer house and library. This followed a service in the beautiful chapel, a serene environment for contemplation adjoining Nazareth House care home, where daily Mass and other services by visiting clergy are held. The Sisters of Nazareth also arrange for Holy Communion to be brought to residents unable to attend Mass; they also provide pastoral care and spiritual guidance for Nazareth Retirement Village.

The Edgcumbe Court development comprises 45 one and two bedroom contemporary assisted living apartments with energy efficient underfloor heating, fully fitted kitchens and wet room shower rooms. Making the most of every aspect of the location all have features designed for comfort, security and future needs. Domestic staff provide a cleaning and laundry service, a handy man is available to carry out household jobs and a discreet 24 hour emergency response system, monitored by professional on-site care workers, gives reassurance and peace of mind to residents and their families.

Edgcumbe Court has many of the attributes of a country house hotel and residents are sure to become popular amongst their friends when living in such a lovely seaside location. A guest suite is available which provides additional accommodation for visitors and has proved a great success for those who love



the peace and independence of having somewhere private to stay. Residents and visitors alike also enjoy the short stroll to the restored Royal William Yard which has many seasonal activities in its marina, shops, cafes and restaurants; a bustling and vibrant place to be in the run up to Christmas.

Edgcumbe Court offers a 'Trial in Style' scheme which allows prospective purchasers to 'dip their toes in the water' and live like a resident before buying. A beautiful spacious self-catering apartment is available for a mid-week break, with a breakfast hamper and four lunch vouchers included. It's an opportunity to talk to residents, join in with social events, explore the surrounding area and take in the view. Tours of leisure areas and remaining apartments can be arranged during the 'Trial in Style' stays and staff endeavour to provide full enjoyment and understanding of the particular brand of assisted lifestyle on offer. A warm welcome awaits and the cost of the stay is refunded if an apartment is purchased.

Chef prepares a delicious three course lunch for residents and their guests in the waitress service dining room every day, including Christmas Day. And, as residents look forward with joyful anticipation to their first Christmas at Edgcumbe Court there will be mince pies served in the coffee lounge and everywhere will be beautifully decorated to celebrate the nativity. With Christmas services at the Chapel, and traditional carol singing from local primary school children, residents and staff are looking forward to a special season of good cheer, good company and good food.

To make an appointment to visit Edgcumbe Court in December to view facilities, stay for a while in our 'trial in style', and plan for a New Year in one of the few remaining apartments please contact Morag Thomson Findlay Tel: 01752 600580 email: morag6@hotmail.com or Kay Knowles Tel: 01752 229534 email: sales@edgumbecourt.co.uk

Felicity Stead
Editor

preparation kept them busy in their ecumenical context. Later Margaret Mary joined the Derriford Hospital Chaplaincy team and for the next 10-years worked many hours over the contracted time. Retiring from there aged 70 she continued to volunteer at Mount Gould. The small team she has built up visit patients weekly and, each fortnight, organise a Sunday morning service.

So, 60-years in Notre Dame, contacts across Plymouth – where to celebrate? Christchurch responded in their usual generous way and Rev Rob Jones preached. They came from far and wide – parishioners of Christchurch, Southway, St Peter's and Mount Carmel, former colleagues together with several clergy and their wives. So

many people Sister had prayed with – in schools, at home, in hospitals and Care Homes. Extra tables went up in the community hall, a delicious buffet was served and gaps of years were bridged as former parishioners and former neighbours recognised and greeted each other. New introductions were made and old contacts renewed. The only pause in the celebrations was when the cake was cut! Sister Julie's spirit of simplicity and getting on with the job in hand was evident that afternoon.

Having now moved into the Efford parish, Sister Margaret Mary and Sister Mary experience the warm welcome of a small parish and the opportunities offered there.

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Do you enjoy singing? Do you enjoy belonging to a group of like-minded people? Look no further, The Catholic Choral Society is your destination! We meet at Our Lady of Lourdes Church in Plympton on Wednesdays from 7:30pm until 9:30pm.

We are part of the Diocesan Choir who assists with the singing in the Cathedral for the Rite of Election and Chrism Mass. Our repertoire also extends to Weddings, Funerals and Baptisms and we are known to partake in the odd meal out from time to time.

We are very lucky to have a great Musical Director in Shaun and an inspirational organist in Ancilla. Come along and give us a try.

You will receive a very warm welcome. No auditions necessary just bring your voice and we will do the rest! Our Advent programme, which we deliver in our own inimitable fashion, is underway and events will take place at:

- Christ Church Estover on Sunday 27th November at 3pm
- St Austin's Priory Ivybridge on Sunday 4th December at 3pm
- Our Lady of Lourdes Plympton on Wednesday 7th December at 7pm

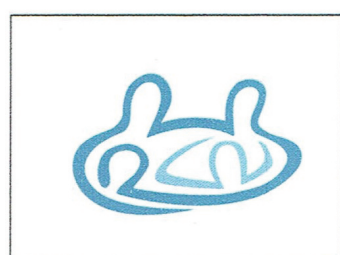
Rita Joesbury
Plympton

South Hams Catenians: Circle 368

At our September meeting we were pleased to enrol Martin Sullivan of Plymouth Circle as a joint member taking the South Hams Circle to 22 members. Martin has been a visitor to the South Hams Circle for some time and, as he feels comfortable and at home with our members, decided to become a joint member. Martin is a retired operations supervisor ABP ports at Millbay and Teignmouth and will be a great asset to our Circle. He is married to Rosemary and they live in St Budeaux.

Trevor Davies
South Hams Catenians

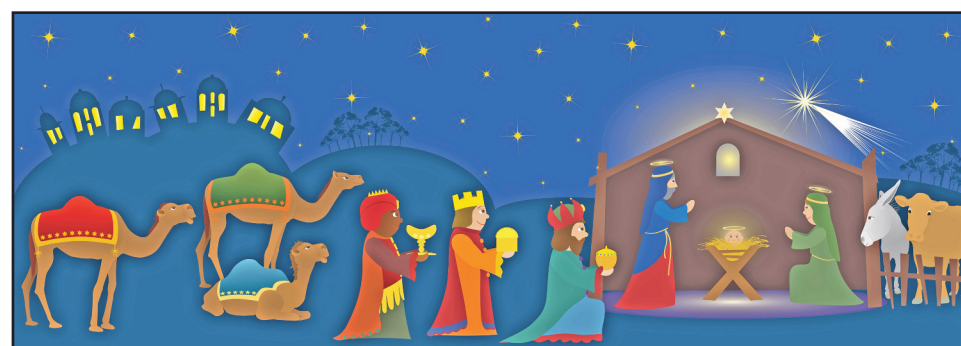
Editor: reprinted – with apologies to Trevor and the South Hams Catenians for the 'missing heads' in the article printed in the November edition.



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

Epiphany CribFest

A CribFest will be taking place at St Joseph and St Walburga, Parkstone, Poole, from Friday 6th to Sunday 8th January. A CribFest involves decorating the church with crib scenes of all shapes and sizes, contemporary and traditional, bought or homemade and from all over the world. The nativity scenes will be loaned by parishioners for the weekend. The church doors will be open to everyone to come inside to enjoy the display and discover the enormous variety in the nativity scenes. It promises to be a heart-warming event bringing everyone together to reflect and celebrate on the true meaning of Christmas.



where they celebrate Dia de los Reyes (Three Kings Day) and exchange gifts.

The event is being organised by Claire Warren, on behalf of the Catholic Children's Society (Plymouth). If you would like to run something similar in your parish and would like some help, advice

or resources, please see the Society website www.ccsplymouth.org.uk or call Claire Mob: 07783 156 284 Office: 01364 645420

It'd be exciting to think that across the diocese people are celebrating the Epiphany 'together' in similar ways.

How many of us really celebrate the Epiphany? For most people, Christmas finishes just as it starts with decorations taken down on Boxing Day and 'Sales' starting in the shops. And for those of us that do observe the twelve days of Christmas we don't actually celebrate Epiphany, unlike countries such as Spain,

2017 Marathons

Places on the 2017 Rome and Parish marathons and the Plymouth Half-Marathon are still available. If you would like to take part and help raise funds for the Children's Society please contact the Children's Society Office Tel: 01364 645420 email: claire.warren@proctr.org.uk

Parish of St Mary, Poole

Poole Mini Vinnies



Canon John Webb (L) and
Fr Colin Groombridge (R)
with the Mini Vinnies

We are the Mini Vinnies from St Mary's Primary School, Poole; we are a small group of Year 5 pupils who are willing to help those who are in need. This year we have helped lots of people. In May we were commissioned at our school Mass. The older members of the St. Vincent de Paul Society were there to congratulate us. They gave us badges and certificates and prayed for us.

We give up our lunchtimes to meet

and are committed to become better Mini Vinnies. Olivia Hall is our amazing president and her two vice presidents are Amelia Carter and Charlize Corbin-Ward. Our treasurer is Elisha Sunny and the other helpful members are Elizabeth Mathew, Sara Mathew, Joeli Reji and Annissa Remy.

Our first project was to do a cake sale for a local care home. We also asked our friends to bring in food for the local foodbank. We have visited older members of our parish when

they meet for Tea and Chat in the church hall. We made scones for them and enjoyed playing games with them, singing and chatting. We aim to be role models in school, taking an active part in school liturgies, looking out for others especially in the playground and around school.

We are supported by Mrs Betts, Assistant Head and Mike Royles the Youth Development Officer for the Society of St Vincent de Paul. We

are looking forward to many more projects this school year including the Virtual Balloon Race!

Below is a photo of Mini Vinnies Commissioning Ceremony at St Mary's Church, Poole. At this service the Mini Vinnies make a pledge to make a difference by caring for others in their school and community, receive a certificate of membership and the Mini Vinnies badge.

The Mini Vinnies, Poole

Angry God or God of Love?



Exploring the Old Testament with Fr Nicholas King S.J. Friday 13th and Saturday 14th January 2017. Fr Nicholas is an internationally renowned scripture scholar and writer and will be leading us through two sessions at St Mary's RC Church, 211 Wimborne Road, Poole BH15 2EG. The introductory session takes place on Friday 13th January from 7pm to 8pm. On Saturday 14th January we will begin with Mass at 10am and two further sessions from 11am to 12noon and from 1pm to 2.30pm.

The cost of the event is £5 person. Tea and coffee will be provided and all attending are asked to bring a packed lunch to share on Saturday. For more information please contact Declan Tel: 01202 661869 email: mconville@ntlworld.com. To find out more about Fr Nicholas visit www.nicholas-king.co.uk

Parish of Our Lady Star of the Sea, Weymouth

Farewell to Sister Mary Aquin



Sister Mary Aquin was a much loved member of the Parish Family of Our Lady Star of the Sea. Sister died peacefully at her home, the Convent of Mercy, Wyke Road, on 6th October 2016 a short 8 months after receiving the devastating diagnosis of a terminal illness. A diagnosis she accepted with grace and dignity.

Sister Aquin was one of 15 children and was born Ellen O'Carroll in Cahirdown, County Kerry in November 1938. She was appointed head teacher at St Augustine's RC Primary School in 1976 and, on her retirement became chaplain to the Young Offender Institution on Portland and also chaplain to St Augustine's.

Sister Mary Cecily from the Convent of Mercy paid tribute to Sister Aquin saying: "for 22 years she put all her energy, strength and ideas into running the school helping to make it into one of the top primary schools in the country. Her dedication was recognised by the many people who sent dozens of cards, letter and messages during the last few months of her life.

May her soul, and the souls of all the faithful departed, rest in the peace of Christ.

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The Virgin Eye: Towards a Contemplative View of Life –

Do you feel weighed down by the pressures of modern life? Is every day a race to see how much you can get done? Would you like to live more meaningfully but feel powerless to do so? The Virgin Eye calls us to a mindful and contemplative approach to life. It encourages us to see the world anew, through the pure eyes of a child, and thereby truly sense God's presence.

A review by Sister Margaret Atkins CRSA, Boarbank Hall: Robin Daniels was a man of wide interests and wide experience. His working life included periods as a music critic, a social worker and a psychoanalyst. His previous books covered sport, music and religion, for example, his Conversations with [Yehudi] Menuhin. He had a deep interest in contemplative prayer and contemplative living. Late in life he married, and became a Catholic just 18 months before his death. The Virgin Eye, edited by his widow, is the fruit of this rich life.

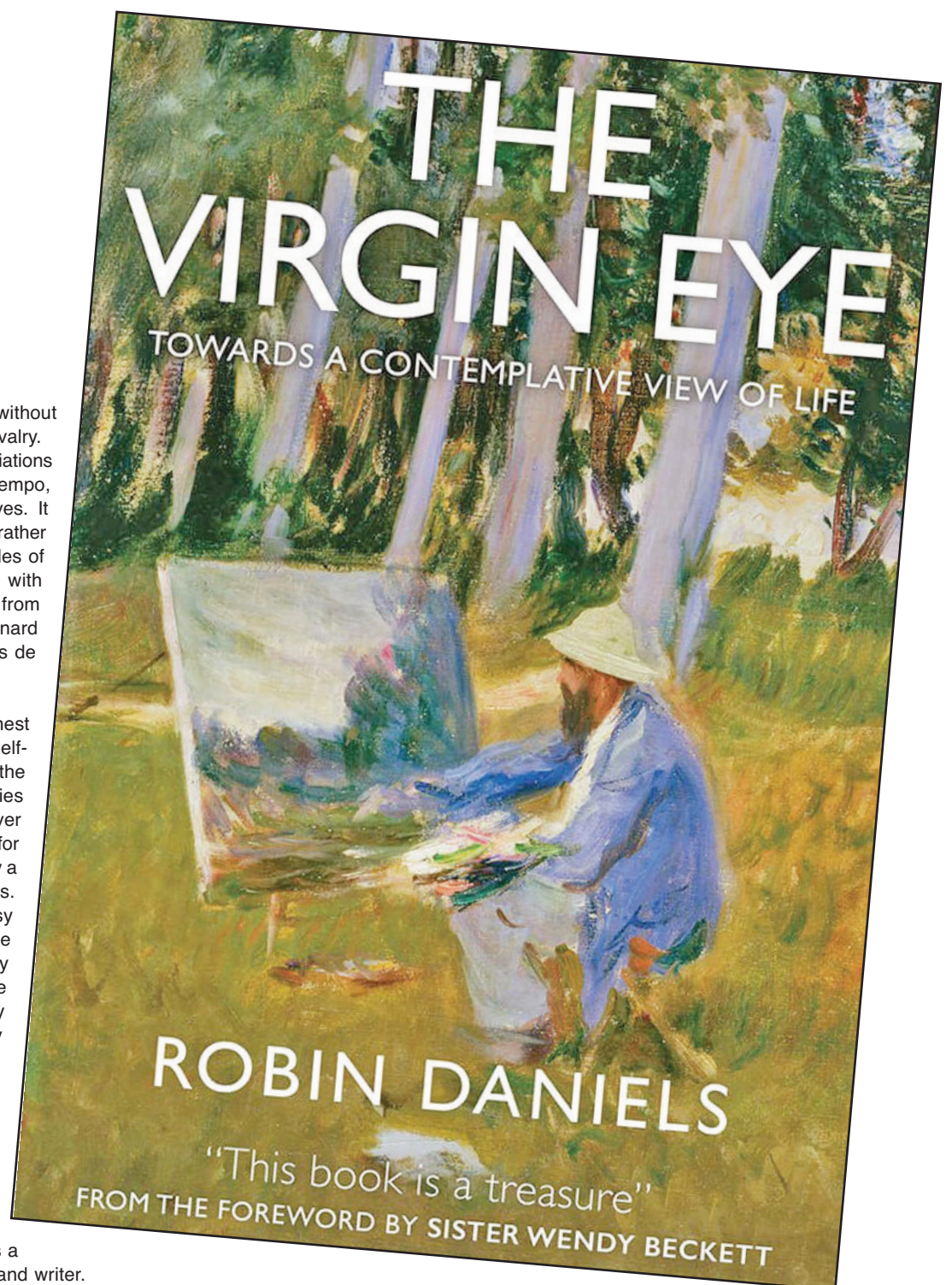
Daniels wants us to practise the presence of God. For this, he says, we need above all to slow down. 'Pause' is one of his favourite words; 'stillness' and 'relaxed' are two others. To slow down and to attend. To see the everyday world as a painter or writer or child sees it, with fresh, innocent eyes, without preconceptions. And then to be grateful and give praise. Daniels' psychotherapeutic experience is evident in his awareness of the pervasiveness of stress in modern life, and in his attention to the ways in which we allow false, often hidden, emotions to drive us along paths we would prefer to avoid. His solution is first to focus on God in prayer; second to focus on oneself in gentle self-correction and re-education ('self-work' is his term); and third to focus on others in generous self-giving. Another theme is lack of possessiveness, related to a delight in letting

others be and flourish, by listening without judgement and encouraging without rivalry. This is a big book, which plays out variations on the main theme at an unhurried tempo, from a range of overlapping perspectives. It is not best read straight through, but rather pondered selectively, following the titles of its short sections. It is packed with quotations, poetry and prose, often from unexpected sources: George Bernard Shaw rubs shoulders with St. Francis de Sales.


Daniels challenges us to the highest standards of self-dedication and self-awareness, in our use of time, of the material world, of the opportunities offered by every encounter, however small or uncongenial. It is not a book for the faint-hearted, or for those with only a casual interest in spiritual progress. There are also passages which busy parents, for example, or those committed to difficult marriages, may find over-optimistic. The Virgin Eye comes highly recommended by authorities such as Sister Wendy Beckett, who wrote the Foreword, Bishop Brian Noble and Fr Vincent O'Hara. If you are serious in your search for a deeper spiritual life, and prepared and able to give this real time and effort, this could be the book for you.

About the author: Robin Daniels was a Jungian Analyst, in private practice, and writer. Throughout the 1990s he was Supervising Psychotherapist at the St Marylebone Healing and Counselling Centre, and in his last years supervised a reflecting group for hospital chaplains. He married

Katherine after six decades of single life. Katherine has edited this work posthumously, in the hope that Robin's testimony will touch many readers and bear fruit in their lives.



For review copies contact Manoj Tel: 07932 463 951 email: info@instantapostle.com




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Joseph of Cupertino Christian Mystic and Saint

St Joseph was born in 1603 at Cupertino, in the diocese of Nardo in the Kingdom of Naples. After spending his childhood and adolescence in simplicity and innocence, he finally joined the Franciscan Friars Minor Conventual. After his ordination to the priesthood, he gave himself up entirely to a life of devotion to the Lord and his church. His deep devotional life led him to the kind of holiness which is forged through humility, voluntary mortification, and obedience.

He was consecrated to the Blessed Virgin Mary and promoted devotion to her among all classes of people as wonderful path to a deeper Christian life and love for Jesus Christ. After an unpromising start in life – he was not a

good scholar, neither was he a skilled worker – even in the most menial of tasks. Eventually he was accepted as a servant at a Franciscan monastery. He was given the friars habit and put to hard work taking care of the horses. About this time, Joseph began to change. He grew in humility and gentleness, fruits of the Holy Spirit at work in a person. He became more careful and successful at his work. He also began to pray more do more voluntary acts of penance. Finally, he was able to enter the Franciscan order and, eventually, study for the priesthood. Although he was a good and holy friar, he had a very hard time with studies.

The Holy Spirit began to work many amazing miracles through St Joseph with many people



witnessing him rise from the ground while offering Mass or praying. Often he went into ecstasy and would be caught up in talking with God. He fell so deeply in love with God that everything he saw only drew him into a deeper union. St Joseph became so famous for the miracles that he was finally kept hidden from the public, but he was happy for the chance to be alone with his beloved Lord. On His part, Jesus never left him alone and took him to his eternal home in 1663. He was canonised by Pope Clement XIII in 1767 and is the patron saint of pilots, air travellers and struggling scholars.

Talking around a new album from ‘The Priests’ ...

by Tony Jasper

Just over two years ago an Irish priest surprises wedding guests and the newly married Chris and Leah O’Kane by singing his version of the Leonard Cohen massive hit song ‘Hallelujah’. Parish priest Fr Ray Kelly’s impromptu contribution makes the BBC news. This, of course, is no ordinary man of the cloth. He belongs to the trio of million selling artists The Priests. Their music recording story goes back a few years, and so it was that in December 2008 they scooped the Guinness World Record for the fastest selling UK debut for a classical act.

The self-titled debut set is followed by Harmony, next comes the trio’s Christmas orientated Noel, and outside of The Best of the Priests here in 2016, Alleluia, with its mix of sacred, classical, traditional and pop. So, you could say there is something for everybody, even younger people who might dare to like a powerful version of You Raise Me Up that was made into a massive pop history for teen throb group Westlife.

Talking with the Priests convinces me that parish work remains their calling. That said they are aware the big music world out there, let alone the massive faith community, would like some of their time. And while on that stream of thought it was laid upon them by me that they should come to the South West and if it was to Cornwall they will find plenty of Irish influence left from long ago, for “No, we’ve never made it there.”

Their version of the classic Beatle song ‘Eleanor Rigby’ comes at the right time since it will draw attention to the album in view of the recent fab four film and album Eights Days A Week. And, of course, the lyric is in part about a Father McKenzie who ministers ‘day in and day out’ to hardly a soul. It comes with a lovely throw-away arrangement and so markedly different from other song treatments that come with big orchestra pounding away. On the less big sound register they sing the Irish hymn ‘Be Thou My Vision’, which Fr Eugene says “brings a sense of comfort and re-assurance and inner calm,” and skip happily through ‘Lord of the Dance’ and take ‘Morning Is Broken’ at tasty piece and so avoid the sentimentality that often pervades this popular hymn.

The parish of the priests lies near Belfast and the once thriving shipyards, and Fr Eugene says it is why they sing an old gospel hymn ‘Nearer My God To Thee’ which yes “it was sung on the Titanic as it went down and the boat was made here in Belfast.” The tune Brother James Air is the music expressive of the 23rd Psalm, and yes “The theme to the popular BBC TV series, The Vicar of Dibley”. There is a choir to help them sing so powerfully the ‘Hallelujah Chorus’, from Handel’s Messiah, once thought of as an Easter piece and premiered in Ireland, and I love their take of ‘Alleluia’ – Pachelbel’s Canon, and a religious surprise the old American gospel song ‘Down in the Rive to Pray’ that has also found its way on to a Kathryn Jenkins album Sacred Arias.

There is Ave Verum - a version of St Thomas Aquinas’ mediation about Jesus, the Son of God and son of Mary. Well, yes, the Father says they have included religious favourites, and the three sing with obvious passion and devotion ‘Ave Maria,’ ‘Jesu, Joy of Man’s Desire’ and the music made for rich sturdy male voices, ‘Panis Angelicus.’ Ah, “We cannot fulfil all requests, it’s finding the right balance.”

I didn’t chase after big statements, or chase a journalists desire for something like “Three hit parade priests attack the songs of Adele” - really it was the case of wanting and having a most enjoyable verbal ride through the songs on Alleluia, and doubtless like many think if only every priest could sing like them, but yes, that’s a passing thought! It’s a fetching album and obviously for many a great Christmas present.

And true when they say “It was all a bit of a whirlwind. We went from obscurity to being very well known”. And yes from hearing Confessions in rural Ireland to visiting endless countries of the world and receiving record company awards to surely the best of all - recording at the Vatican. With them they take undeniable grace and rich humour.

Cornish born Tony Jasper is a freelance writer for a variety of newspapers and magazines.

Cardinal Vincent Nichols’ address to Pope Francis on behalf of the “Santa Marta Group” who are committed to fighting the horrendous crime that is Human Trafficking

Most Holy Father,

Thank you for this privilege of meeting with you today. We recall with joy your presence, on the 10 April 2014, at the first meeting of this Santa Marta Group. On that day, with your encouragement, we gave our commitment to develop partnerships in order to bring to justice those responsible for the horrendous crime of human trafficking and to care for all its victims. You gave your forceful and personal endorsement to this commitment and you reminded us that ‘human trafficking is an open wound on the body of contemporary society - a scourge on the body of Christ.’

Today, in this meeting, the Santa Marta Group brings together from 30 different countries senior law enforcement officers, government ministers, religious sisters, bishops, priests and representatives of other organisations. Today, in your presence, we renew our commitment to fight consistently and systematically against human trafficking.

Today we present to you the Reports of the progress we have made, in our respective countries, over the last two years. These Reports contain much that is positive and encouraging. Indeed, Holy Father, we hope that you will be encouraged by what they contain. They present evidence of practical cooperation and effective responses; they give details of the prosecutions of criminals and of the care of their victims. They tell of growing relationships of trust and of initiatives aimed at the long term prevention of trafficking in the countries of origin of its victims. In these Reports we read of the emergence of good leadership - the wise use of authority; we read of a growing exposure of this great evil, whereby hidden misery is becoming more visible and silent cries of despair are heard and heeded. While the Reports give details of thousands who have been rescued and brought to freedom, they also contain expressions of frustration. This growing sense of frustration is also a sign of progress as it expresses our strong determination to see the elimination of human trafficking given a greater priority and

tackled with more urgency.

In our meeting we are looking in more detail at work being carried out in a number of places and situations which demonstrate some aspect of this work. In Nigeria we see efforts being made to tackle the root causes of human trafficking by developing the creative use of land; in Ireland great strides are being made to stop slavery at sea; we see the international reach of this trade, in Colombia and the United States and the need to set modern technologies against it; from Lithuania and Argentina we have heard of much closer cooperation between the Church and the Police being established. We heard, so distressingly, of the trade in human organs and body parts which is being fought against in Mozambique. We have also studied projects in Australia, the Middle East, Brazil and the Netherlands and see real progress in Germany, Spain and Poland. We have had a positive focus on the importance of legislative change in this fight against modern slavery and on the particular vulnerability of children in our world today.

We are grateful for the way you urged the United Nations to include the eradication of human trafficking in its Sustainable Development Goals and for the role played in securing this by the Holy See together with the United Kingdom and members of the Santa Marta Group.

Holy Father, we want, above all, to thank you for the personal encouragement and inspiration you give to us all, whatever our profession or vocation. In presenting our work to you, we know that all we do is done in the sight of God, who surely weeps at the suffering of so many of His beloved children. Here, today, we know that we are accountable to Him for all our efforts and our failures and ask you, Holy Father, to bless us in His name and strengthen us in our resolve. And we most certainly promise you our prayers and affection today and always.

**+Vincent Nichols
Cardinal Archbishop
Westminster**



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The Parish of St Cuthbert Mayne

24th December, Christmas Eve

Vigil Mass of Christmas Eve at 5pm at
St Peter’s, Bude

Night Mass of Christmas at 9pm

at St Cuthbert Mayne, Launceston

25th December, Christmas Day

Mass of the Dawn at 8am at

Our Lady of Victories, Callington

Mass of the Day at 10am at Bude and Launceston

St. Paul’s Tintagel

*Christmas Masses with
Carols are*

Christmas Eve 17.30

Christmas day 12 noon

**Confessions available every day
on request.**

Bryan with prayers.

Most Precious Blood Sidmouth

Christmas Vigil Mass 7pm on

Saturday 24th Dec,

Midnight Mass at Midnight,

Christmas day

Sunday Mass at 10:30am,

Vigil Mass Saturday

31st December at 5:30pm,

Sunday Mass on

Sunday 1st January at 10:30am

Most Holy Trinity Parish Newquay

Saturday 24th Dec

Children’s Christmas Mass - 5.00 pm

Christmas Eve Carols - 8.30 pm,

Vigil Mass - 9.00 pm

Sunday 25th Dec Christmas Day

8.30 am and 10.30 am,

Monday 26th Dec St Stephens -

9.30 am Saturday

31st Dec New Year’s Eve Vigil - 6.00 pm,

Sunday 1st January New Year’s Day - 10.30 am

Celebrating the Young People of our Diocese

World Youth Day Reunion Kintbury



Exhausted but happy after rock climbing and archery

Thirty-five of us gathered at Kintbury, Berkshire, on Friday October 21st and the whoops of delight at being reunited with fellow pilgrims were a clear sign that this was going to be a blessed time. Diocesan boundaries melted away and we were one special group again reliving the memories.

Our first activity was to create shared memories and it was amazing how many and diverse they were. Common themes were the vibrancy of the crowds in Kraków and the flag waving; the chanting of Papa Francesco and the fact that we all could recall those special, faith filled moments when we knew God's presence. We remembered the crowds, the noise and the long walks. We pictured the candles at the vigil, the sunrise over Campus Misericordiae and the arrival of Pope Francis.

Since our journey some pilgrims had started university and others had started Sixth Form; all had made new steps on their own personal journeys and were happy to share their stories.

As well as our shared prayers and reflection we also had the challenge of archery and rock climbing which filled our afternoon with fun and friendship.

It was great to have so many leaders with us and both our chaplains who came for different parts of the weekend. Being able to share morning and night prayer and a group Mass deepened our bonds. We remembered those who could not join us and kept these absent friends in our prayers.

We were helped and inspired by the young volunteers at Kintbury who afforded us a very special welcome. Great thanks must go to them. Roll on the next get together.

Fiona Hutchings
Plymouth Diocese

Annual Youth Rally

On Sunday 18th September the good Lord was looking down on us giving us wonderful weather for the annual Youth Rally at St Rita's Honiton. Fantastic support from parishes in Exeter, Plymouth, Buckfast, Honiton, Sidmouth, Exmouth, Teignmouth, Bridport, Ilfracombe, Barnstaple, and Okehampton. 130 young people came with their leaders and helpers. The afternoon started with a picnic lunch, followed by the team competitions 'It's a Knockout' and Tug of War, and the individual competitions Netball, Penalty Shooting, Skittles and Trampolining. There was also various inflatables which the children enjoyed greatly. A barbecue and tuck shop was enjoyed by all.

Mass followed the games. Father Darline from Okehampton celebrated the Mass with great enthusiasm and joy. His homily was based on everyone having a role to play in life and we must follow our instincts through the work of Jesus. Father commented after the Mass that he personally felt it was a privilege to celebrate the Eucharist with so much enthusiastic engagement by the youngsters, and the harmonious clapping alongside the music which sounded wonderful. He finished by saying thank you to the entire team for their hard work and have helped to make the rally yet again a wonderful lifetime experience, and memory for



the youngsters, the hope of our future Church.

After the Mass the presentation of the medals and cup took place. The 'It's a Knockout John Woolcott' cup was won by the Lizard Wizard, Exeter and was presented by Rita - the late John's sister. The Tug of War over 12's was won by "Catholics for Trump" and the under 12's by the "Dark Sparks". The medals were presented by Bob Smith from Buckfast.

Many thanks to all our helpers from the parishes who helped to make the day so special. Kezia, a young helper from Sidmouth, said that the whole afternoon was such fun, as it was awe inspiring to see the youth of our parish and other parishes coming together and cheering each other on. The spirit of the Youth Rally is just unbelievable and our parish has been so privileged to be part of it. Emma said that is was fantastic to see so many young people across our diocese meet up in such a fun and friendly atmosphere.

Patrick Morris
Okehampton

RESOURCES IN THE DIOCESE OF PLYMOUTH

MARRIAGE CARE SOUTH WEST (MCSW)

MCSW course dates for 2017 will be announced shortly. All courses are day courses and lunch is included. Cost of the courses for 2017 will follow. 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

For all other enquiries about MCSW please contact Sue Burrridge, head of MCSW centre **Tel:** 01395 272799 **Mob:** 07875 161 595 **email:** sue@marriage-care.org.

Marriage Help

Retrouvaille (pronounced retro-vi) has helped tens of thousands of couples at all stages of disillusionment or misery in their marriage. This programme can help you too. There is no group therapy or group work. For confidential information about Retrouvaille or to register for the next programme visit www.retrouville.org.uk.

NATURAL FAMILY PLANNING SOUTH WEST (NFPSW)

NFPSW offers a service to those Catholics wishing to conceive, space or limit their fertility. We teach the Billings Ovulation Method (www.billingslife.org). This method is morally acceptable to the Catholic Church and is fully in accord with the Church's definitive document on birth regulation: 'Humanae Vitae'. Women are taught to monitor their own individual fertility in whatever situation of their fertile life and apply the rules correspondingly. For further information contact Christine email: chrishud78@talktalk.net

RETREATS

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 or adriantoffolo@yahoo.co.uk.

Welcome to Sclerder Abbey: one place, many proposals

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 and 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.

The Chemin Neuf Community was founded in France (Lyon) in 1973; it is an apostolic Roman Catholic community with an ecumenical vocation. Its members are celibates, singles or married couples, lay and ordained, united by their faith in Jesus Christ and the desire to serve the Church, the Gospel and the world. One of the ideas coming out of the Chemin-Neuf Chapter in 2016 was to encourage all abbeys to be inspired by the monastic wisdom 'Ora et Labora'. To utilise all the gifts and land we have received, in many different ways we are involved in organic farming and agriculture, maintenance work and the development of sustainable energy projects.

Having spent two years in Sclerder Abbey, the Chemin Neuf Community would like to invite you to share this wonderful place that we have received from the Carmelite sisters. By sharing, working and praying together, we will live the monks' Latin saying 'Ora et Labora' which means 'Prayer and Work'. Come and join us on one of our 2017 Retreats from Saturday 10.00 am to Sunday 4.00 pm on: 1st – 2nd April 2017 and 17th – 18th June 2017. For more information and to book a place on one of these retreats please contact Sclerder Abbey **Tel:** 01503 272 238 **email:** sclerder@chemin-neuf.org

REGULAR EVENTS IN THE DEANERIES

PLYMOUTH DEANERY

Second Monday evening of each month from 6.30pm to 8.30pm, Knights of St Columba: Cathedral Centre.

Tuesday afternoons from 1.30pm to 3.30pm, Union of Catholic Mothers: 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.

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.

Normally First Friday evening 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 morning 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.

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.

DORSET DEANERY

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

Tuesday evenings at 7.30pm, Inspire 20s to 40s Church Friends Group and Home Group: St Mary's Church, Poole after the 7pm Mass.

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

First Thursday of each month from 10.45am to 11.45am, St Swithun's Church Hall, Allington, Dorset: St Swithun's Church Community welcome members of all churches to join their monthly community coffee mornings

CORNWALL DEANERY

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, 10.30am to 1pm, Exposition of the Blessed Sacrament: Church of St Mary Immaculate, Falmouth.

Wednesdays & Fridays Exposition of Blessed Sacrament, after Mass until 11am: St Paul the Apostle, Bossiney Road, Tintagel

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.

Third Saturdays from 1.30pm to 4pm, Women's International League for Peace and Freedom, Penzance group: CHYMORGEN, Botallack, St. Just, TR19

For more information **Tel:** 01736/788438 **email:** brigittemorrigan@talktalk.net

TORBAY DEANERY

First Sunday of every month, 4pm, Torbay Hospital Chapel: Mass celebrated by Fr Kieran Kirby, Hospital Chaplain. All are welcome to join Fr Kieran and members of the Chaplaincy Team to pray for all patients and staff in the hospital

Third Monday evening of every month (except August), 7.15pm, South Hams Catenians: Thurlestone Golf Club. Please note new venue. **Wednesday mornings, 9.40am, Our Lady Help of Christians & St Denis, St Marychurch:** All are welcome to join parishioner before the 10am morning Mass to pray the rosary for vocations to the Priesthood and the Religious Life.

Wednesday evenings from 6pm, Holy Angels, Chelston, Torquay: Adoration of the Blessed Sacrament with Vespers at 6.30pm and Benediction at 6.50pm.

Sunday evenings, 6pm, Church of the Assumption of Our Lady, Abbey Road, Torquay: Polish Mass with Confessions from 5.30pm.

EXETER DEANERY

Monday mornings, 10am to 12noon, Richard Reynolds Centre: Toddler Group, all welcome.

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 Thursday evening of each month from 7.30pm to 9pm, a 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.

Third Saturday afternoon of each month, 4.30pm, Kerala Community Mass: Blessed Sacrament Church, Heavitree, Exeter.

GIFTS AND GRACE ...

by Julia Beacroft

I always think that buying presents for people can be quite tricky. The questions of what to get – will they like it and will it fit? – are some of the most common worries which we encounter. Yet we can receive such joy and satisfaction when we do get it right and the recipient is thrilled with their gift. Christmas, as we know, is the prime time of the year for carrying out this ritual and the December shopping crowds bear testimony to this.

STUNNED INTO SILENCE

Some years ago, when my adolescent son was indulging his latest mania for skateboarding, he begged his father and I to buy him a new skateboard for Christmas. We weren't averse to the idea and there was little doubt as to how thrilled he was to receive it.

To our surprise, he later he produced a video of himself and his friend performing their 'tricks' at the local skateboard park. As a family, we were enthusiastically invited to watch the wonders of 'Kickflips', 'Heelflips' and the mighty '900'. We settled down expectantly to watch, but it's fair to say that we were all stunned into silence by the fact that neither boy showed any aptitude whatsoever. In fact they were hopeless!

Eventually my daughter started to giggle and this, in turn, led to every one of us howling with laughter. Fortunately my son took all this in good part and has never been allowed to forget his skateboarding video to this day.

Gifts come in many ways, shapes and forms. There are those which we give to others, there are our own natural gifts and talents and there are the gifts of the Spirit. However, it's vital to remember that all gifts are important – whether they're talents and abilities, material or spiritual ones.

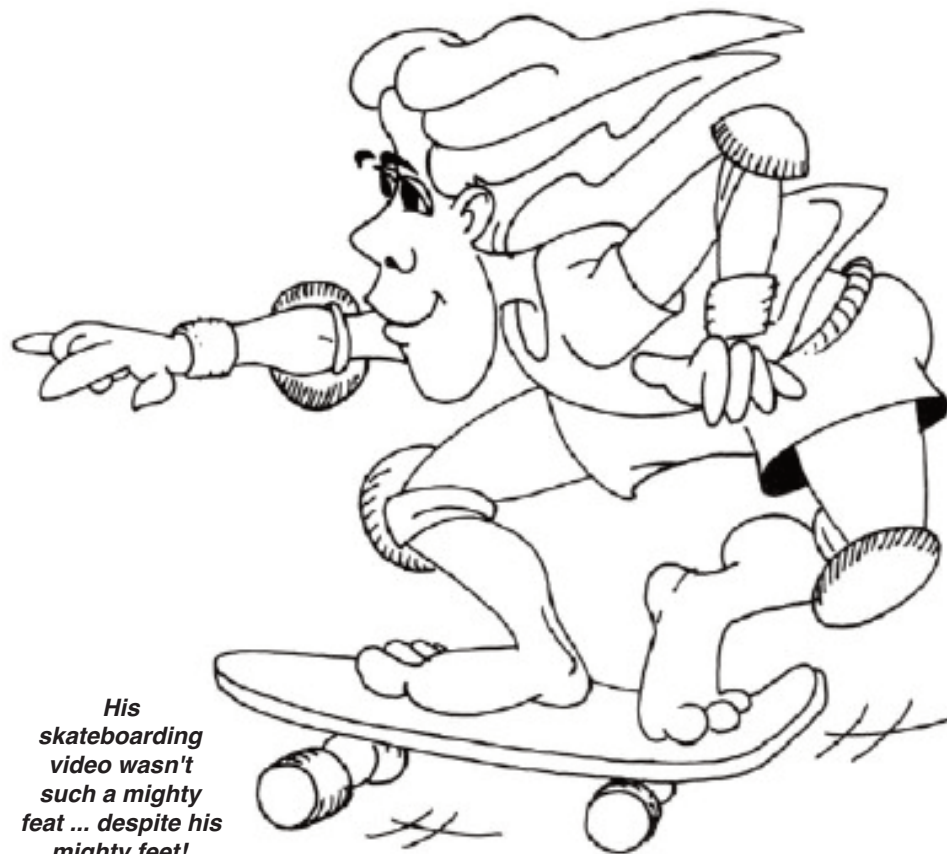
When we receive a present, it means that someone has been thinking of us, which is a sign of love. If we are gifted in any other way, this is a special grace bestowed on us by the Lord.

SANCTITY

In my son's case, he apparently had no special talent for skateboarding, but he treasured his Christmas present and made good use of it. In the same way, we should remember the great gift of our Lord Jesus Christ, who came to us at Christmas over two thousand years ago, in the most humble of ways. I pray that we too can make full use of this great gift.

St Therese of Lisieux believed that there is sanctity in doing ordinary things extraordinarily well. But for those of us who aren't perfectionists, maybe there's the same sanctity in just trying hard. Even at skateboarding...

Julia Beacroft is a popular and experienced speaker and workshop leader. She will be happy to give a talk to your group or society. Please visit www.sanciobooks.com for more information.



His skateboarding video wasn't such a mighty feat ... despite his mighty feet!

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Best Wishes for a

HAPPY AND HOLY CHRISTMAS

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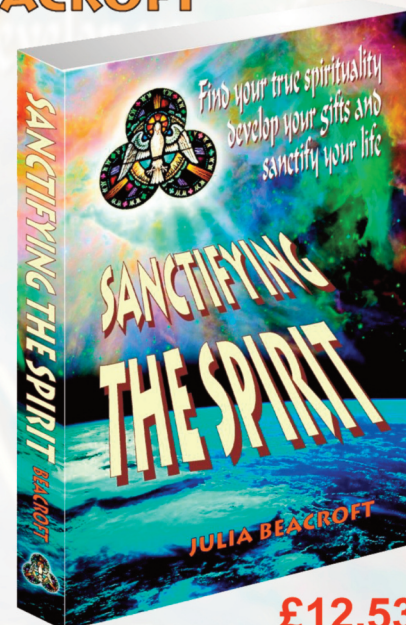
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