

# ***November:* The Month of the Holy Souls**



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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.*

**EDITORIAL**

Editor: Ruari McCallion

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Susanne Kowal, Sue Walsh and  
Adrian Wardle  
Chairman to be appointed.

**COPY DEADLINE:**

8th November, December Edition

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



# Editor's Thoughts.....

## MIXED BLESSINGS

The Holy Father reminded during his weekly General Audience on October 4: "...that's what a real Christian is like... convinced by the power of the Resurrection that no evil is infinite, no night is without end, no person is permanently in error, no hatred is stronger than love."

My October opened with a week of varied news. For those who don't know – and why should you? – I was diagnosed in March this year with prostate cancer. As my Father contracted it at about the same age as I am now and died as a consequence, I think I could be excused for being rather worried.

After a multi-core biopsy, the start of hormone therapy and a course of radiotherapy, on Wednesday 4 October my consultant oncologist confirmed that I seem to be in "full remission" – cured, in other words. Hormone therapy is to continue; weight gain is a side-effect. I may end up looking like Jabba the Hutt but it is expected that I will still be here!

I won't pretend that it was all plain sailing but the radiotherapy part was a salutary experience. In the waiting room, over several weeks, people came and went who were in a much worse condition than I. A few were going through the trauma of chemotherapy in the morning and radiotherapy in the afternoon. In stark contrast, I was able to drive over to Southampton hospital every day and walk unaided. Some of my fellow patients could not even turn over in their beds without assistance. My condition wasn't even visible; I felt a bit of a fraud.

But I remembered my Father, who died. My cancer was caught early and I appear to have been cured. Treatment has advanced enormously and has far

fewer side effects. If you have any concern that you might be affected by this insidious condition, don't delay; get checked today.

The end of that week saw my wife and her family go through some anguish. My sister in law had to have significant surgery on a very unusual condition, one that could have cost her the use of her legs. Her husband is unwell, too.

My wife and I prayed the Novena to Our Lady of Fatima in the run-up to the 13th of October – the 100th anniversary of the Miracle of the Sun. On the evening of the Friday before, the day of my sister-in-law's operation, I went in to the parish Church in Salisbury hoping to attend evening Mass – the first of what I intend to be the Nine First Fridays. I was early; early enough to share in Compline, the Evening Office. It was quite uplifting, despite there being only a few of us.

These things used to be the breath of the Church, the rhythm of our annual life. The Feast Days, Holy Days of Obligation, Compline, the Angelus, Benediction, even the Stations of the Cross – we are very busy these days and these seem to have fallen by the wayside. There is so much beauty in them; I hope this generation may be blessed to rediscover how much.

Anyway, I shall be trying to make my little bit of difference and I hope you will help to stiffen my resolve to complete the Nine First Fridays.

My sister-in-law's operation went well; she has feeling in her feet and her legs, thank the Lord. But we had barely drawn breath – or realised how tightly we had been holding it – when news came through of someone from my College days. He had



gone missing and his family and friends were desperately searching for him. Sadly, they didn't find him in time; his burdens had become too much.

By a strange coincidence I recently came across a prayer, originally by St Augustine but written out in my Mother's hand. The writing was firm and clear, as it was until her declining years. When it seems the world is a pretty tough place, with endless fighting – even infighting within the Church – I found it consoling and like a tap on the shoulder from her, getting my attention and pointing me in the right direction. I'm happy to share it with you.

*God of our life,  
There are days when the burdens we carry  
chafe our shoulders and weigh us down;  
when the road seems dreary and endless,  
the skies grey and threatening;  
when our lives have no music in them,  
and our hearts are lonely,  
and our souls have lost their courage.  
Flood the path with light,  
turn our eyes to where the skies are  
full of promise;  
tune our hearts to brave music;  
give us the sense of comradeship  
with heroes and saints of every age;  
and so quicken our spirits  
that we may be able to encourage  
the souls of all who journey with us  
on the road of life,  
to your honour and glory. Amen*

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We are a not-for-profit organisation, run by a small team of unpaid volunteers and funded entirely by

donations from our friends and listeners. To keep broadcasting, we constantly need funds to cover items such as digital services ad licences, apps, equipment and so on. We'd really appreciate your support for our mission to spread God's love. Even a small amount helps keep us afloat! Visit our website – [www.heavensroadfm.com](http://www.heavensroadfm.com) – and listen to inspiring programmes on the radio, which you can easily access from the front page. Watch Holy Mass, live, every day, from 20 churches across England and Ireland. You can "listen again" to our podcasts and find out what you didn't even realise

you had missed! We hope you will find something inspirational there! It won't take you long to find the "donate" button either, and we sincerely hope you will use it and help us to keep our little ship afloat.

Thank you for any help you can give, and may God bless you for your prayers, support and generosity!

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# DIRECTOR’S CUT

## Plymouth Circle golf day

Province 13 of the Catenians recently held their Autumn Golf Day, at Launceston Golf Club. Father Tim Lewis played as a guest but rose to the occasion and emerged the winner, ahead of Mike O’Sullivan, of Plymouth Circle, and Brian Henwood, another guest for the day.

**Plymouth Circle Golf Day. Left to Right: Father Tim Lewis; John Luscombe (Organiser); Mike O-Sullivan; Mike Fake (Provincial Councillor); and Brian Henwood**



**Plymouth Circle Ladies spent a very enjoyable and informative day at Cowslip Farm, Launceston, a well-known centre for quilt making. They were treated to a talk by the owner and were treated to a “hands-on experience” of a range of articles and finished products. The photo shows the visitors with a ‘full size render’**

# AROUND THE WORLD IN... LESS THAN 8 HOURS?

Our Lady of the Portal and St Piran parish came up with an original idea for an Autumn Equinox outing: a ‘virtual’ round-the-world trip that took far less time than Jules Verne’s famous 80-day hero, Phineas Fogg. More in keeping with a grown-up Enid Blyton adventure, everyone got home in time for tea.

After celebrating the morning Mass for St Matthew on 21 September, 23 intrepid adventurers left the port of Truro bound for the dazzling delights of Falmouth. Included on our itinerary were: India, Norway, USA, the Caribbean and Germany. With the aid of an informative commentary covering the local lore, marine and aquatic life of the river – and the historical and geographical significance of places along the way – the party looked upon various familiar and unfamiliar sights with new eyes.

Well inland from Truro is the Norway Inn, named for the Norwegian timber that was shipped upriver and unloaded at neighbouring quays. Silt in the river rendered finished that trade. Downstream is to be found – of all things – a tea plantation. Tea from the Tregothnan estate Tregothnan tea is renowned and

# Goodbye to Father Pat

On Sunday 1st October St Joseph's Parish, Newton Abbot, said a heartfelt goodbye and thank you to "Father Pat" Costello, who has served and supported the parish and its parishioners for the past 24 years. Father Pat was given several keepsakes during the course of the celebration including a "fingerprint tree" and message book, both contributed to by parishioners, and a poem, especially composed for the occasion. The Mayor of Newton Abbot and her husband also came to express their gratitude for Father Pat's contribution to the local community. A collection of photographs reflecting family and parish celebrations that had taken place over the 24 years was displayed on screen before being presented to Father Pat as reminder of his time with us. He moving down the road to the parish based at Bovey Tracey; in Newton Abbot we are welcoming Father Anthony Onuoha.



exported world-wide, and it grows right here in Cornwall!

The Caribbean was represented by three Reefer refrigerator ships, moored and up awaiting the start of the banana season. Tolverne is famous for the many thousands of United States troops stationed here awaiting the D Day landings in France in WW2. Around the next bend, was the imposing Trelissick House, set impressively amid the parkland and grounds sweeping down to the beach in front of the house. It was once the home of the Copeland family and their family business, the famous Spode china (China – you see what they did there?).

Tolcarne beach and Turnaware Point have been used as locations for TV productions including Frenchmans' Creek, Poldark, and the Doc Martin series. A German connection arises because Catherine Cookson novels are regularly filmed here for German cinema-goers. A little further on, past St Just Pool, is the charming St Just Church, which John Betjeman thought it to be "the most beautiful church in all of England".

An enjoyable and informative day out – and with no jet-lag! Heartfelt thanks to Fr John Gilbert for his clever idea of a ‘world cruise in a day’.

# Celebrating 30 years of Voces

Since its inception in 1987 Voces, the South Devon early-music choir, has built a fine reputation for its performances under the leadership of Martyn Warren, founder and conductor. The group was formed with the aim of singing 16th-century choral music in the liturgical context for which it was written; it still sings several times a year at Mass at Buckfast Abbey, its principal 'home', as well as presenting two or three concerts a year at the Abbey. Singers are drawn from a wide area and are chosen for their quality of voice and musicianship, which makes it possible to develop a specific sound and to prepare performances with restricted rehearsal time.

On Saturday 25 November Voces will mark its first thirty years with a celebration programme that reflects the Director's personal choice from music the choir has featured during its life. Since its back catalogue now amounts to over 1,000 pieces of music, it has not been an easy job! Martyn Warren has homed in on just ten works, chosen to be representative of some of the choir's favourite Renaissance composers - Victoria, Palestrina, Byrd, Josquin, Tallis – along with some pieces with specific significance for the choir, such as an Ave Regina by the 15th-century Guillaume Dufay, which featured in its first-ever concert in 1989. It is a difficult piece and that performance was not entirely problem-free, so Martyn is looking forward to doing Dufay proper justice this time around. A glorious Easter antiphon, Dum transisset Sabbatum by John Taverner headed up the choir's second CD, which was produced for English Heritage. An anthem by Maurice Greene, Lord, let me know mine end, and the number of my days – the only representative of the Anglican choral tradition in the concert – is a personal favourite of the conductor on account of both the poignancy of the words and the plaintive beauty of Greene's setting.

The concert starts at 7.30pm on Saturday 25 November: entry is free, with a retiring collection. The Grange Restaurant at Buckfast Abbey will be open from 6pm, and a pre-concert two-course menu can be booked for £19.75. For full details go to [www.buckfast.org.uk/concertdinners](http://www.buckfast.org.uk/concertdinners) or phone 01364 645504.

# Around the South West

## Planning application for a new park

The Diocese of Plymouth has submitted a planning application for a new park for public use and some small scale residential development comprising of 6 carefully designed houses on land to the south of the Ridgeway, Plympton. The Proposal is to open up the field for public use and create a local community park. The new park will provide some informal recreational space together with a small residential development of six homes along George Lane.

## Plymouth Diocesan Youth Pilgrimage, Lourdes 2018

2 – 8 August, led by Bishop Mark. £495 pp incl. Anthony.O’Gorman@prcdtr.org.uk 01637 851697

## Pilgrimage to Cascia, Rome and Roccaporena in honour of St Rita

18th -22nd June 2018. If you are interested, email [ststras@btinternet.com](mailto:ststras@btinternet.com) or phone 01404 42635.

## Ignation retreats at Buckfast Abbey

There is a ‘taster’ retreat 17th – 19th November (cost £140). Details 01548 852670. [Mjbutler6@yahoo.com](mailto:Mjbutler6@yahoo.com)

## Dorset

## Our Lady’s & St Benedict, Marnhull & Gillingham

**FREE: "The Gift"** A series of six programmes that will take place at Sequoia, Brinsley Close, Sturminster Newton DT10 1AX (opposite the library on the same side). All are welcome. Dates:- Wednesday 1st, 8th, 15th, 22nd, 29th November & Wed. 6th December. All at 10:30-11:30 The course helps us to have more of the Joy of the Holy Spirit in our lives. Bishop Mark was pleased that we are once again giving parishioners the opportunity to enjoy this course. Further details from, Heather Johnson 01258 472 392.

The next social event will be the Christmas Grand Draw, to be held on Sunday 3rd December after the 9.30.am Mass at Our Lady's. Tickets will be available soon and we hope everyone will get involved, buying and selling tickets for a plethora of prizes.

## The Most Holy Name and St Edward, Shaftesbury

**ADORATION OF THE MOST BLESSED SACRAMENT:** In November (18th-20th) Fr. Gary Holmes, a member of the Missionaries of the Most Holy Eucharist, will be with us to encourage Eucharistic Adoration in our parish. He will preach at each Holy Mass and teach us, as a parish community, how we can extend this wonderful practice of Adoration which brings so many blessings to us and to the whole world. We are most grateful to Fr. Gary and we look forward to his visit. As we await his arrival let us all ponder the most sublime gift we have been given: Jesus Christ Himself in the Blessed Sacrament.

## WE NEED YOUR PARISH NEWS TO GO HERE!

No parish news? Maybe you should start something!

# CHRISTMAS CONCERT AT SCLERDER ABBEY

Saturday December 9th

On Saturday 9th December, the Chemin-Neuf Community at Sclerder Abbey will welcome The Rotary Club Torpoint Eddystone and their Christmas Concert.

This year's programme will not only offer an evening of local Wit and Humour but it will include entertainment from the well-known Harpist, Elizabeth June Baldry (who can draw more tone from the Harp than any other harpist living in the world today) and the popular Soprano, Janine Wright.

The concert will start at 7.30pm. Tickets £10.00 each; proceeds to be donated to the HCPT (The Handicapped Children's Pilgrimage Trust).



# BAD HABITS

## Norfolk convent welcomes "party girls" for new TV documentary

You may have seen the Daughters of Divine Charity in Swaffham starring in a riveting four-part TV documentary on Channel 5. At the heart of Bad Habits, Holy Orders was a startling idea: send five clubbing and carousing "party girls" to a Norfolk Convent for two weeks.

In what is reported to be the first time in a decade that has seen programme-makers allowed to film inside a Catholic Convent, the five girls gave up their smartphones, alcohol and make-up and helped the Sisters with their community outreach duties.

"It is all about five girls who are not satisfied with their lifestyle, drinking, spending too much money on make-up and the 'good life' as it were," said the Convent's Sr Francis Ridler, who is also head-teacher at the associated Sacred Heart School. The girls were told they were going on a spiritual journey, but not told where, and were brought to Swaffham one by one. It was something of a surprise for them when they it was revealed that their destination was a convent.

"We tried to involve them in the life of the convent, in our prayers and community activities," Sr Francis explained. "It is a very down-to-earth film and, although there were some scary moments, we feel it is an honest portrayal and good for the church."

It was pretty much inevitable that the rules would be challenged by a group of girls more used to self-indulgence than self-denial. When one of the girls sneaked out and tried to smuggle a bottle of



vodka back in the reaction of the sisters might have surprised them – and what the girls did would certainly have surprised most viewers!

"We told them it not appropriate and after discussing it with us they took the vodka and poured it down the sink. I was as concerned about the waste as about them bringing the vodka back, which surprised the girls." Was the project a success from the Convent's perspective?

"I am happy with the film as entertainment and we think it will bring the lives of the Sisters into people's homes and help them to understand better what we do and are all about. I think that the producers edited it for an audience that is not used to religion and spirituality," Sr Francis said. Did the girls themselves benefit? "I can honestly say we felt we made a difference to their lives."

"It is a real privilege to be granted access to a convent and to nuns who were willing to share their world," said Elaine Hackett, the series producer. Channel 5 factual commissioning editor Guy Davies explained the idea behind the show.

"It's not a finger wagging exercise at young millennial women. Bad Habits is a really popular and entertaining way of asking some serious questions about how we live our lives," he said.

If you haven't caught the 'buzz' around this TV programme you may have seen reported in the newspapers that the Sisters set up and ran a free 'pop-up restaurant' in Shoreditch, London, in mid-October. What was it called? "Nundos", of course!

<http://fdc-sisters.org.uk/about-us/>



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# TEN TEN WINS INTERNATIONAL FILM AWARD

Ten Ten, the UK-based Catholic theatre, film and educational organisation has been awarded Second Prize in the Best Film category for "Babies", their short film, at 'The 32nd Catholic Film and Multimedia Festival (KSF Niepokalana 2017' in Warsaw for their short film.

"Babies" tells the story of teenagers Annie and Joe, who discover that they are expecting a baby. Their response, and the reactions of their parents, change their lives forever.

The film was written and directed by Ten Ten founder, Martin O'Brien, and created for screenings in Catholic secondary schools throughout the UK as part of their Relationship Education programme. The Festival jury - comprised of an international board of film directors, journalists, actors, film critics, sociologists and psychologists - described "Babies" as 'a very strong short film about life before conception'.

The Grand Prix was won by Polish filmmaker Pawel Woldan for his feature film, "Totus Tuus", which told of Saint John Paul II's devotion to Mary following the attempted assassination on his life. Award-winning Ten Ten, which was established in 2007, delivers a Relationship Education programme for children in primary and secondary schools as well as with parents and teachers. The

organisation has also developed a significant programme of work in prisons and young offender institutions throughout the UK, as well as producing work in mainstream theatres. In 2015, Ten Ten won the award for Best New Play at the Anti-Slavery Day media awards for the production of 'This Is My Body'.

To book a screening of "Babies" in a school or parish, visit: [www.tententheatre.co.uk](http://www.tententheatre.co.uk)



## LISTENING – HEARING THE HEART

by Robin Daniels

Review by Edwina Gillett, Editor of the Catholic Voice of Lancaster

We all think that we do it – listen – that is. But do we?

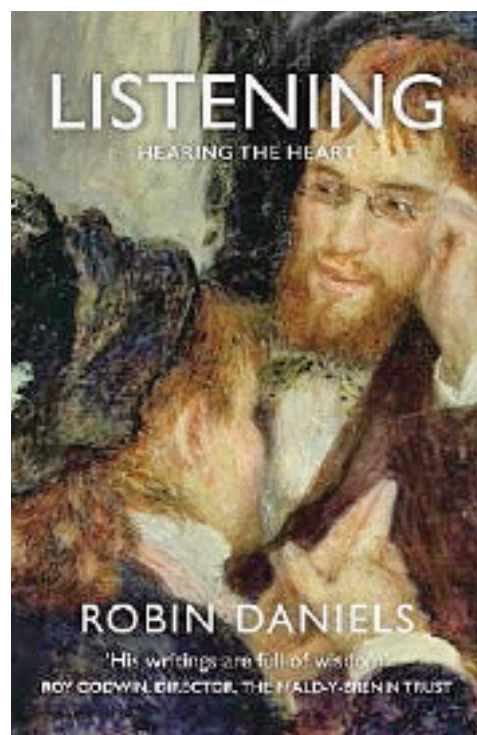
To listen well, we need to fully focus on what is being conveyed to us. But how often do we mentally contrive, simultaneously, to develop our response or counter argument. Nowhere is this more prevalent than in Radio and TV debates and even in Parliament when talking over another (sometimes even shouting, as if this becomes more convincing) seems to be the norm. Does this sound familiar in our own daily lives?

Listening by Robin Daniels takes us out of the daily hubbub and draws on a wealth of his own personal experience as well as writers, poets and scriptural texts to help us find another dimension to listening that is through the heart. And he explores how music can help and the importance of silence in the process.

It is not a long book but it is full from start to finish of helpful material that takes the reader through a variety of situations and techniques that would be helpful to anyone wishing to improve their own ability to listen but especially those involved in pastoral or counselling work.

When God said to Solomon: "Ask whatever you want", Solomon asked for a "heart that listens". Robin encourages us to find within ourselves a heart that listens.

So often we are caught up with what we want to get across and we can become oblivious to what is being said to us. Is that true of our prayer life



too? If so, Robin's book is for you too.

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## Reflections on the Holy Family: Two poems by Joseph O'Shea

### FOSTER FATHER

The great world's stage  
Was not for me.  
From youth to age  
I was to be  
No seer or sage.

No martyr's crown for me,  
No victor's page,  
No pomp or heraldry,  
Merely a working wage  
For husbandry.

I lived most quietly  
To later age.  
Yet they owed much to me,  
Escaping Herod's rage,  
He, the child God, and she.

### MARY

Bride, virgin, mother, human three in one,  
Bright mirror of that brighter mystery  
Wrapped in white splendour of eternity,  
Revealed when life and time on  
earth are done;

Father Creator, great Redeemer Son,  
Whose perfect mutual love so really  
Exists, true Person of the Trinity,  
Strong everlasting Spirit unbegun  
Eternal bride - the Spirit's pure delight  
In this high Father's creature never dies,  
Eternal virgin - true in Joseph's sight  
To God and man, to dreams  
and prophecies.

Eternal mother - in whose Son  
the plight  
Of frail humanity forever lies.



# Daniel O'Donnell

FRIDAY  
**15<sup>TH</sup>**  
DEC 2017

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**Masses in the Extraordinary Form in Plymouth Diocese :**

**Buckfast Abbey, Buckfastleigh, TQ11 0EE**  
Wednesday November 15th 10.30am., Sung Requiem.  
**St. Edward the Confessor, Home Park Avenue, Peverell, Plymouth. 4PG PL3**  
Every Sunday morning at 11.30am (Sung).  
For special weekday Feasts, contact the LMS Rep (see below).  
**Blessed Sacrament, Fore Street, Heavitree, Exeter. EX1 2QJ**  
Every 3rd Sunday of the month at 3pm (Sung).  
December Mass is brought forward to the Second Sunday.  
**St. Cyprian's Chapel, Ugbrooke House, Chudleigh. TQ13 0AD**  
4th Sunday of the month at 3pm (Sung).  
No Mass in December.

**Lanherne Convent, St. Mawgan, Newquay, Cornwall. TR8 4ER**  
Sundays and every day 7.30am inclusive.  
**Our Lady, Old Mill Lane, Marnhull, Sturminster, Newton. DT10 1JX**  
No Mass in November.  
Any questions contact Maurice Quinn  
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# A Million Pray the Rosary in Poland



The organisers hoped that a million Polish people would link up to pray the Rosary together around the borders of Poland on Saturday October 7, the Feast of Mary, Queen of the Rosary. No-one took an exact headcount but there were certainly a lot of people out that day, praying and bearing witness, all round the country. The intention of the organisers of "Rosary to the Borders" was made clear by their motto: "Save Poland and Save the whole world". It was not a 'political' event, in the way it was reported in some quarters; it was a purely spiritual event.

The "Rosary to the Borders" event was organised by the Solo Dios Basta Foundation, which was set up by filmmakers Maciek Bodasiński and Lech Dokowicz, along with their families. The Foundation and the two families are laypeople; they organise retreats and undertake a range of evangelical activities. In 2016 they invited people of Poland to a great penitential prayer for the country's sins; 150,000 answered the call and gathered at Czestechowa, the spiritual heart of the country. As 2017 is the Centenary of the Apparitions at Fatima, they decided to follow Our Lady's call to pray the Rosary, for the rescue of the world.

The event was not a 'crusade'; no-one involved was seeking to start a fight with anyone. The participants were going out in prayer and witness to the whole world, that God's Mercy be not

confined within any border. The world is facing a lot of turmoil right now: wars, threats of conflict and terrorism; the aim of "Rosary to the Borders" was to pray for peace for the whole world. Not just absence of war: the peace of God, peace of the heart. When asked, the organisers stressed that this was not a campaign against 'foreign interests' or 'alien cultures'; they made no attempt to define any people or group as a threat. Praying for conversion and saving the souls of people in Poland and the whole world was their concern. They made clear that their belief in Our Lady is certain and unreserved, that if Poland and the whole world are entrusted to Her, it and they will be saved.

Poland did not stand alone. Dozens of groups across the world joined in with the Rosary to the Borders. It received extensive coverage on TV and radio news and in newspapers and magazines. The coverage was not all complimentary and it was clear that many of even those reporters who were not actually hostile did not understand what was going on. Not that the organisers were in any way perturbed, nor did it make any difference. However many prayed that day, the message reached around Poland and across the world.

*This report was based on material supplied by Dorothy Cummings McLean.*

## Krakow and Malopolska: a new destination for religious tourism?

"Following the Footsteps of the Saint Pope John Paul II" the 1st International Congress of Religious Tourism and Pilgrimages, will be taking place in Krakow, Poland, from 8th to 12th November 2017. Prof Jacek Majchrowski, the President of Krakow, has invited the world to come to the City, which is the official partner of the Congress. His Eminence Cardinal Stanislaw Dziwisz will be attending, as will various dignitaries from government and tourist agencies.

The organisers say that Krakow and Malopolska Region have a great potential as a religious tourism and pilgrimage destination. The last World Youth Day was held in Krakow in 2016 and the region is visited by millions of pilgrims and religious tourists every year. Organiser Ernest Miroslaw says that the Congress will be ideal preparation for the 2018 UNWTO conference, which is also being held in Krakow.

The Congress will be opened on the 9th November by both secular and clerical authorities of Krakow. Holy Mass will be celebrated at the John Paul II Centre, followed by speeches, lectures and a workshop with the representatives of the local sanctuaries and tourist attractions. Visitors will have the chance to visit Krakow Old Town, the John Paul II Centre, Divine Mercy Sanctuary, the Wieliczka salt mine, the haunting site of Auschwitz-Birkenau, the church and museum of Wadowice - Karol Wojtyla's birthplace, the Basilica in Kalwaria Zebrzydowska and of course the Black Madonna Sanctuary in Czestochowa.

Further details and registration forms can be found at the Congress website: www.ICoRTaP.com





# CARITAS ANCHOR HOUSE HOMELESSNESS PROJECT

## 'Big Issue' pioneer praises East London charity's life-changing work on World Homeless Day

Anyone who has ever encountered Lord Bird, the founder of The Big Issue, knows that he doesn't hand out plaudits lightly. When he took the time to attend a reception held in the House of Lords, organised by homeless charity Caritas Anchor House and hosted by Field Marshal Lord Guthrie, he praised Caritas Anchor House for addressing the needs of the whole person, including the reasons they became homeless in the first place.

"Homelessness is not simply because you haven't got a home; it's often because problems become compounded," he said. "Caritas Anchor House is a support system to help people address the reasons why they find themselves homeless, and enables them to move on, have a fuller life, and contribute to society rather than be on the edge looking in. I can see their ambition and desire to change their lives."

Guests at the reception were encouraged to tackle the global issue of homelessness on a local level by supporting charities working to make a difference. Speaking of his own experiences of homelessness and what he has since gone on to achieve, Lord Bird continued: "I entered the House of Lords in order to help dismantle poverty, in order to prevent poverty, but what we need in the meanwhile is organisations like Caritas Anchor House, who do a really sterling job of helping people to help themselves."



**Speakers at Caritas Anchor House World Homeless Day reception. L to R: Field Marshal Lord Guthrie; Patrick, Caritas Anchor House resident and cook; Julie Etchingham, ITN Newsreader; John, Caritas Anchor House resident; Mgr John Armitage, Chair of Trustees**

Caritas Anchor House is a residential and life-skills centre for single homeless adults and also acts as a community empowerment hub in Newham, East London. Its driving mission is to ensure that those who walk through their doors grow in confidence and move towards leading independent, self-fulfilling lives by providing education, guidance and personal rehabilitation. It works with vulnerable groups including those affected by homelessness, unemployment, mental health, substance misuse, domestic abuse and offending. Each year, Caritas Anchor House offers a home and support to over 250 homeless people, helping their residents to break the cycle of homelessness and rebuild their lives. Last year alone, Caritas Anchor House provided a home and support to 254 homeless people, helped 89 into independent living and 38 into employment.

ITV newsreader Julie Etchingham spoke passionately about how Caritas Anchor House raises the aspirations of people who have faced complexities that many of us can only imagine.

"I have been fortunate to see how Caritas Anchor House gets its results; how lives wrecked by the pressures of living on the streets have been picked up, dusted down, given treatment, love and guidance and a purpose - and have gone out into the world again, literally re-built," she said. "And the bottom line is: it works. Just like The Big Issue, what Caritas Anchor House offers is not a hand out but a hand up. Caritas Anchor House helps 250 adults every year - whatever your background and walk of life, there is something that can be done and someone there who will help."



**Staff, residents and volunteers from Caritas Anchor House**

Patrick became homeless after the death of his mother, who suffered from dementia. He gave up his job as a floor layer to become her full-time carer. He was devastated when his mother passed away, in 2016.

"By then, I was suffering from depression and went into a mental health ward voluntarily to try to come to terms with my grief and mental health issues," he explained. He spent just 12 days in the ward, during which time he got the shattering news that, as his mother was no longer at the property, he was being evicted from the family home. He was referred to Caritas Anchor House where, since arriving in January 2017, he has received support from the charity's staff, been referred to a counsellor and was encouraged to take part in training and volunteering opportunities.

"I started volunteering in the kitchen and it was then that I really started to get my confidence back on track," he said. "My main success is getting Level 2 Food Hygiene and Safety in Catering certificate. That may sound trivial to many, but to me it was a huge achievement. I felt proud and still do, and that's down to Caritas Anchor House. So much so, that I now have a paid part-time job as a Weekend Cook - and it's a job I really love doing."

Patrick was full of praise for the support he has received in his time at Caritas Anchor House. "I now have a very positive outlook for the future, and who knows, maybe a full time career in the catering business. This is all because of the support, belief and trust that Caritas Anchor House has shown me and continue to show me." John, another resident living at Caritas Anchor House, recalled his time sleeping on the streets.

"When you're homeless and do not have anyone to speak to, it makes you wish you didn't see the morning. But I feel every dark night there is a brighter day, and thanks to Caritas Anchor House I now see a brighter day," he said.

"Homelessness is a consequence of many difficult factors in a person's life," Monsignor John Armitage, the charity's Chair of Trustees, said in his address to the reception. "Caritas Anchor House acts as a bridge; a safe environment where people can find the love and support to rebuild their lives. The stories of our residents when they arrive are sometimes hard to hear, but harder for our residents who are living with such burdens."

"When they engage with the love, care and professionalism of our staff," he continued, "and the mutual support and encouragement of other residents who are already a long way on their journey, those stories can and do change. And those inspiring stories are what Caritas Anchor House is all about."



**Monsignor John Armitage, Chair of Trustees for Caritas Anchor House**

The charity needs help to ensure that every person that walks through their doors has access to the best support possible, making the hope of an independent life a reality. For more information, or to make a contribution to turn a life around, please visit [www.caritasanchorhouse.org.uk](http://www.caritasanchorhouse.org.uk) or call 020 7476 6062.

World Homeless Day occurs in October each year and aims to draw attention to the estimated 100 million people who are without a home worldwide. Despite being the fifth largest economy in the world, more than a quarter of a million people have nowhere to live in England alone. In Newham, where Caritas Anchor House is based, an average of 1 in 27 people are homeless - the second highest in the country.

By holding a World Homeless Day reception, Caritas Anchor House hoped to encourage people to tackle this global issue on a local level by supporting the charities working to make a difference, and help stop the escalating levels of homelessness.

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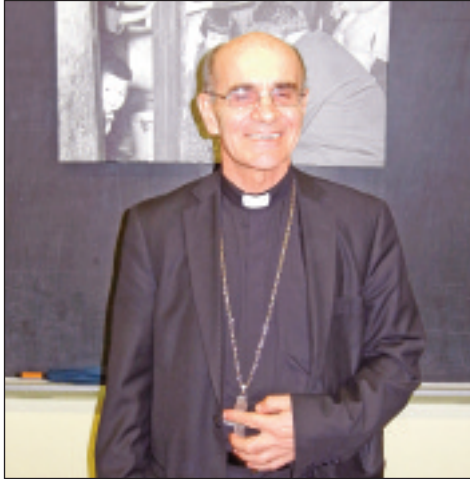
# Aid to the Church in Need – Monthly round-up

*It was claimed recently that the Church is being persecuted now as never before.  
Still it strives in its mission to bring peace and the Word of God to His people.*

## Syria Consecrated to Jesus and Mary in Bid for Peace

CHRISTIAN leaders across Syria have joined with the faithful to consecrate the country to the hearts of Jesus and Mary in a bid to bring lasting peace to the war-torn land.

On Friday, 29th September Christian leaders across Syria joined with the Faithful in prayer to consecrate the country to the Hearts of Jesus and Mary in a bid to bring lasting peace to the war-ravaged country. Ceremonies were held in Damascus, Aleppo, Homs, Latakia, Tartous, Hama and across the country.



**Bishop Elias Sleman**

Bishop Elias Sleman, who helped lead the celebrations in Damascus with Maronite Bishop Samir Nassar of Damascus, said: "The consecration is so important to sanctifying the Syrian people. Peace must begin in our spirit and within us, and then spread throughout our society, to become a national, and social, peace."

Bishop Sleman, who was Maronite Bishop of Latakia, northern Syria during the early part of the conflict but is currently in Lebanon in a senior canonical role, emphasised the need to change people's hearts to bring about a lasting peace.

He said: "The most important factor is the human one. We have to transform human beings. That is the way of the real and permanent peace."

Bishop Sleman's plea for inner conversion echoed the prayers of the consecration: "O Queen of Peace, ask your Son Jesus for our sake, by the power of the Holy Spirit, to heal our bodies and souls, to purify our minds, our hearts and our memory."

"Teach us to forgive, to live according to the will of the Father, for peace, love and reconciliation, to be established, through the intercession of all the saints and the martyrs of this holy land."

The events were jointly organised by several Eastern Catholic Churches including Maronite, Melkite, Syriac and Armenian Catholics; and Orthodox Christians also joined in the prayer ceremonies. The formal act of consecration took place at 7pm (local time) following Mass, Rosary and adoration of the Blessed Sacrament, and after a Novena of preparation. A second Novena followed the consecration, starting on 1 October. [Photo: Bishop Elias Sleman]

## Pray for peace in Iraq

A PRIEST caring for persecuted Christians in northern Iraq has called on people to pray for peace in northern Iraq, amid renewed fears that a return to full-scale war could threaten the survival of one of the world's oldest Church communities. Father Salar Kajo, who cares for Christians in towns and villages in northern Nineveh Plains, highlighted his fears following clashes outside the centre of Kirkuk between Kurdish Peshmerga forces and the Iraqi federal military. Father Kajo warned that numbers of faithful could continue to haemorrhage below 200,000. Father Kajo, vicar general of Alqosh and parish priest of Teleskeof, Batnaya and Bakofa, said to Aid to the Church in Need: "We hope very much that – in spite of the violence we have just seen – a peaceful path will be pursued between the Kurds and the Iraqi

federal authorities. We must pray that, whatever happens, war does not break out. If full-scale war were to return to Iraq, we are afraid that Christians would not survive it."



**Fr Salar Kajo**

His comments come amid fears that the violence could undo the work of resettlement in which thousands of Iraqi Christians displaced by Daesh (ISIS) have returned to their homes in Nineveh. Father Kajo has overseen repairs to basic services and homes in Teleskeof and Baqofa, enabling the return of more than 1,000 Christian families to the district. Aid to the Church in Need has prioritised help for Christians in Iraq, providing emergency help since they fled Nineveh in 2014 and helping rebuild homes in the region to enable resettlement to get underway. To date, at least 15,000 Christians have returned to Nineveh, with 80,000 or more still in displacement. The charity is also helping to repair desecrated churches in Nineveh, including Father Kajo's parish church of St George, in Teleskeof.



**Mr Stephen Rasche, who oversees Iraqi Christian resettlement programmes in Nineveh**

Father Kajo and Mr Rasche were keynote speakers at ACN events in early October in the North-West of England, and in London's Westminster Cathedral Hall, where the charity held a day of prayer and information on Saturday (14th October).

## Belarus The Catholic Church is not demanding any privileges – only its rights'

A LEADING bishop in Belarus has spoken out against numerous violations of the Catholic Church's rights in the country. Archbishop Tadeusz Kondrusiewicz of Minsk-Mohilev slammed authorities for clamping down on foreign priests, refusing to return churches and interfering in religious education. In a letter sent to Catholic charity Aid to the Church in Need, Archbishop Kondrusiewicz called for the concordat between the Belarus state and the Catholic Church to be signed. Despite discussions beginning in 2008 no agreement has been ratified. The archbishop said that in calling for the concordat's ratification the Church was not demanding "any privileges, but an acknowledgement of its rights in order to be able to

adequately carry out its work."

Archbishop Kondrusiewicz described how foreign priests have experienced problems with residence permits and newly arrived priests have to undergo a lengthy approval process before being allowed to celebrate Mass.



"They are often issued a visa for only three to six months," he said, and added that priests often encounter administrative difficulties when trying to renew them. "That is not conducive to doing any sort of real work as a priest – and the pastoral work with believers and youth formation are suffering from it." The archbishop told ACN that a growing number of foreign priests had been deported under the pretext of minor offences, such as speeding. Even though authorities in Belarus seem to be afraid of foreign priests, it is they who are leading efforts to construct church buildings to serve believers in the country and to launch and organise pastoral and social programmes. Over the past 25 years the number of native Belarussian clerics has grown from 60 to 400, but Archbishop Kondrusiewicz stressed that the work of foreign priests remains "indispensable". Meanwhile, many churches seized during the Soviet era have still not been returned. One eighteenth-century church in his archdiocese that had confiscated by the authorities was renovated by the Catholic Church with its own funds after the end of Communism, but has still not been returned. The Church has to rent the building from the government.

## Lightening the Darkness: Crossing boundaries in Russia

RETURNING from Russia, the UK head of Aid to the Church in Need (UK), National Director Neville Kyrke-Smith, has revealed life-changing ecumenical projects helping drug addicts and women with crisis pregnancies. During his visit, Mr Kyrke-Smith officially opened a shelter for destitute mothers in Stavropol with Russian Orthodox Metropolitan Kirill of Stavropol and Nevinnomyssk, and the town's deputy mayor.



"This project is absolutely vital, as it supports pregnant women who are often left without any assistance from their families," Mr Kyrke-Smith said. "The centre was founded by the Orthodox Church and we are delighted to be able to support this important ecumenical project, helping women in a very difficult situation." Metropolitan Kirill told Mr Kyrke-Smith that there are no boundaries to charitable love and no borders across which God's love cannot reach.

"Thank you and may God bless our dear friends at Aid to the Church in Need. We pray for them," he said.

Aid to the Church in Need has given more than £20,000 (€25,000) to the centre, which provides sheltered accommodation for up to 42 families. It also runs crisis pregnancy telephone counselling, and gives out advice and information about alternatives to abortion. Mr Kyrke-Smith also visited a rehabilitation centre for drug addicts in Sapernoye, Saint Petersburg, near the border with Finland.

Father Sergij Belkov, who runs the centre, told him the rehabilitation course is helping 45 people with drug problems.

Recovering addicts mentor new arrivals for a year of prayer, catechesis and intensive physical work. One graduate of the programme, 23-year-old Alexandra, who is now working as a mentor, told Mr Kyrke-Smith what a difference the programme had made to her.

She said: "This changed everything – everything in life, in relationships and with all people. Now I am a practising Christian. I love my work here and would like to be a volunteer here for a year or more."

Describing the routine there, ACN's UK director said: "Each day begins with 40 minutes of prayer and reflection, there is a discussion on a biblical reading text to think over every week and each day ends with prayer."

He added: "Father Belkov and his team are serving at the foot of the cross – offering the hope of life – and the resurrection."

With high success rates – 80 percent do not relapse into drug addiction – the programme is now being run at other centres in Russia and neighboring countries, several of which are being helped by ACN.

Father Belkov said: "Thank you to the benefactors of ACN for giving pastoral and practical help – you helped with the carpentry machinery here [Sapernoye], the kitchen and store at Torfjanoe and also for the farm at Krasnoarmeyskoe."

"We pray every day for the benefactors, that is a rule."

While the vast majority of ACN's aid is challenged via Catholic Churches, it also supports a small number of Orthodox projects in former Communist countries.

ACN's founder Father Werenfried van Straaten started what he described as the "ecumenism of solidarity" in the 1990s, extending aid to the Russian Orthodox Church after the collapse of communism. This initiative was encouraged by Pope St John Paul II.

Mr Kyrke-Smith added: "It is a privilege for a Catholic charity to support, in some small way, the vital pastoral work of the Orthodox Church in this area."

He added: "We are greatly encouraged by the Russian Orthodox and Catholic Churches' cooperation, particularly on social projects and protecting the right to family and life."

Mr Kyrke-Smith also met the members of a group set up by Orthodox Metropolitan Hilarion of Volokolamsk and Catholic Archbishop Paulo Pezzi of Moscow to promote solidarity with the Middle East's beleaguered Christians.

Last week a joint Russian Orthodox and Roman Catholic delegation visited Lebanon and Syria, on a trip organised with help from ACN.

On 17th September 2017 Metropolitan Hilarion and other Christian leaders from Russia met bishops from Lebanon's Bekaa Valley who are helping Christian refugees who fled war and persecution. The Lebanese bishops they met included Melkite Archbishop John Darwish of Zahle and Furzol who will be speaking about the Church's work with refugees at ACN's Westminster Event at Westminster Cathedral on Saturday 14th October.



# SAVING OUR BACON ...

by Julia Beacroft

WHILE MY SON was at primary school he won a prize. No big deal, you're probably thinking; children win prizes at school all the time. And you would, of course, be quite correct.

However, this prize was notable – not only because it was a poetry prize and my son hated poetry and English in general – but also because of the content of the poem. For reasons best known only to himself, he decided to write his masterpiece about – of all things – bacon! In fact the title of his poem, (and I use the term loosely), was 'The Bacon Rap'. And incredibly, the triumphant ending to his epic verse was: 'Bacon, bacon, comes from a cow!'

Naturally, despite the prize from the school, he's never been able to live down the joke to this day! However, although hilariously funny, this event served as an excellent means of communication to us and to the school. It announced loudly and clearly that he certainly loved bacon!

TAKEN OFF

Today, communication has become increasingly important and is readily available in a veritable plethora of means and methods. Social media, in particular, has 'taken off' in a way that no-one could have anticipated. It has actually become an integral part of our lives, with Facebook, Twitter and Instagram being universally used as an excellent way of keeping in touch with others and sharing ideas and opinions. In fact, the Pope himself tweets on a daily basis. Facebook and Twitter are particularly good at suggesting 'friends' and 'followers' as a way of putting people in touch with each other and connecting them.

In the same way, as we attempt to spread the Gospel message, we ourselves are connectors – we connect others to the providential love and grace of God. In so doing our methods of communication are all important, whether this involves talking about our faith, listening to others or helping our neighbour. Even such a basic action as a smile, greeting or kind word to another person is hugely important. It is surprising the way that such small moments of kindness and friendliness can make an enormous difference to the lives of others, and in so doing possibly plant a seed of faith which could germinate and grow. When we behave in this way, we are living the Gospel in action. And although there can, and have been problems with social media and that sometimes trivia or even nonsense have been posted on it, let's not forget that it is also an excellent medium or connector for evangelization, as it reaches out to the whole world with ease. Ironically, Pope Francis tweeted recently: 'A Christian's mission in the world is splendid, it is a mission intended for everyone, it is a mission of service, excluding no one!'

CONNECTORS

In today's technological world our communication systems are more advanced than ever as we e-mail, Skype, Snapchat and routinely use social media. Rightly or wrongly, letters and former written methods of communication are rapidly becoming an anachronism. Yet conversely our role of connecting others to our Christian faith remains essentially unchanged. May we always embrace any method of communication to bring others to the Lord, so he may take his place in their lives and 'save their bacon'.



## The Cornish Christmas box



This is a scheme which has been running quietly for about fifteen years, initially from an evangelical church base is now open to any group of people from any source or even large families. However one member of the group may need computer access (this could include the Public Library facility).

Groups of people purchase foods in tins, packets or plastic bottles against a list supplied and then assemble them in one carton covered with decorative paper. Each box should provide sufficient Christmas food for a family of 4 - 6.

The boxes must then taken to specific collection points, by 12th December, from where they will be taken to local Council Offices on 13th for distribution to local needy families in their area by one of several Cornwall Council bodies.

For complete details see <http://cornwallchristmasbox>. or Facebook

It is estimated that each box will cost the donors £30 - £40. It must NOT include Alcohol, Tobacco products, fresh foods, glass bottles, vouchers or cash – BOGOF items O.K. Do not include any printed matter except a Christmas card – no advertising or 'promotions'

Encourage recipients to recycle containers via the Council scheme.

This document has been prepared by me and the scheme is recommended, but for health reasons I am not otherwise involved. Primrose Peacock. [pearose@mypostoffice.co.uk](mailto:pearose@mypostoffice.co.uk)

Helping local needy families for Christmas.

Primrose Peacock

## Homeless in Torquay – The Demise of Margaret Clitherow House

Torquay has lost a great Catholic, Christian and Social institution, for ever. Margaret Clitherow House, for many years a much-loved care home in St Marychurch, has closed its doors.

The difficulties of running care homes in the current financial climate have received much attention in the national media but the situation is particularly acute in Torbay. A care providers meeting was told by a senior officer that there were too many care homes in Torbay. It became apparent that Margaret Clitherow House was trying to swim against the prevailing policy tide – and it was also clear that local authorities are not in a position to pay the economic charge for residents' placements; something that they blame on national government.

Until recently, Margaret Clitherow House was doing very well. A senior Torbay Trust officer remarked that he would be very happy for his mother to live there and a senior social worker said she would be very happy to retire to it as well.

From a Catholic perspective its achievements were at least as impressive. Every morning, a number of residents would walk along a short corridor into the adjoining parish church of Our Lady Help of Christians and Saint Dennis, straight into the celebration of Holy Mass and the Real Presence of Our Lord.

Margaret Clitherow House seemed to be successful, so what went wrong? We were hit with what you could call a 'double whammy. Firstly, it received a Care Quality Commission (CQC) report that seemed harsh, in the context of the widespread satisfaction with our overall performance but, as a result of the CQC report, the local authorities were reluctant to place residents. Expectations of further financial assistance and placements were not always realised, and

negotiations to secure a new contract for intermediate care took a long time to complete, and the anticipated number of new residents did not materialise.

Not all problems were external, the Trustees acknowledge. The Home experienced an unusually high number of deaths from January to October 2016, mostly of privately-funded residents, which led to a severe drop in income. But such challenges are part of running a care home and can be dealt with.

The Trustees make the point that there is no process to appeal a CQC report. The system requires that an institution that gets an adverse report must advertise the fact on its website and its front door; the outcome is also detailed on the CQC website. This impacts heavily on the numbers of new residents being placed in a home. Even as a not-for-profit organisation, Margaret Clitherow had to maintain its income above a certain critical level. It was unable to do so.

If there is to be any progress in how we as a nation can address the problems of care for the elderly it is too late to help Margaret Clitherow House. We felt approaching the charitable and religious sectors would take us into a comfort zone. In the past donations had been forthcoming and we had always had the blessings of the Diocese. But we live in different times and no financial help could be provided although prayers were always promised. Unfortunately, those prayers have not been answered in the way the Trustees desired and even our patron, St Margaret Clitherow, appears to have been able to assist.

This report was based on material supplied by Edward Canning, Trustee, Margaret Clitherow Housing Association (in Liquidation)



# 25 Years of the Catechism



The autumn of 2017 marks the 25th anniversary of the publication of the Catechism of the Catholic Church (Fidei Depositum October 11, 1992). And the Guild of Our Lady and St Joseph, in Association with the School of the Annunciation, wanted to mark this significant milestone with a lecture by the Chair of the Department of Evangelisation and Catechesis of the CBCEW, Bishop Mark O'Toole. The lecture was held at St Patrick's Church, Soho, London on Monday 2nd October 2017.



## Cornwall District Annual Meal



On Saturday 3rd June at Epiphany House Truro, the Truro Conference hosted Cornwall District's annual meal. Our guests were CC President Simon Coombs and Marion, his wife; Father John Gilbert of Truro; Father Ciaran McGuinness of Bodmin; and Father Cadoc Leighton of Camborne. The 16th Century Epiphany House has an Anglican background but is now devoted to ecumenical activities.



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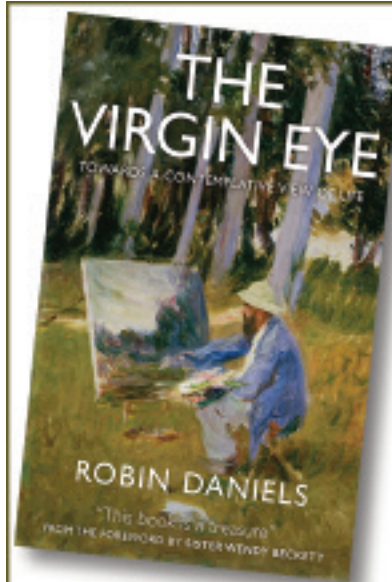
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## THE VIRGIN EYE by Robin Daniels

**The Virgin Eye by Robin Daniels inspires us to see the world anew through the innocent eyes of a child, so as to become more aware of God's presence in everyday life and encounters.**

This book offers insights into contemplative prayer and mindfulness; making wise decisions; enjoying a creative relationship; slowing down; and managing change and stress. Daniels demonstrates how we can put St Paul's challenge request to 'pray without ceasing' into practice. He explores how we can turn suffering and trial into opportunity and growth, as we learn to see God, ourselves and other people with a pure heart and a pure eye

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**Robin Daniels**

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**This book is a treasure.**

Sister Wendy Beckett, Art Critic, BBC's Sister Wendy's Odyssey

**I wish it had been available years ago. It should be required reading.**

Roy Godwin, Executive Director, The Field-y-Brenin Trust and author of The Grace Outpouring

**Highly recommended!**

Brian M. Noble, Emeritus Bishop of Shrewsbury

**It is less a book and more a journey which will not fail to transform your relationship with God, self and others.**

Teresa Onions, Director of Pastoral Care UK for the Association of Christian Counsellors

**It will be a blessing for all into whose hands it happens to fall.**

Canon John Udris, Spiritual Director, St Mary's College, Oscott

**This wonderful book is a fount of wisdom.**

Fr Vincent O'Hara, OCD, Director of the Avila Centre





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

CRYPTIC Across

- 1 Angel of the bottomless pit's one rotten fellow (7)
- 5 Check car's tyres at the front (5)
- 8 Picnic things are put in this stylish container (4,3)
- 9 Poke around firm in Israel (5)
- 10 It amplifies the matter of fruit on the turn (5)
- 11 Within visual range for observation (7)
- 12 Total lack of interest to cross a yard by track (6)
- 14 Zambia's evacuated, following small brown lines on a page (6)
- 17 Say farewell to lion-hearted after salute... (7)
- 19 ...awards partly leave them mystified (5)
- 22 The rise of Southwell? (5)
- 23 Rat one that double-crossed (7)
- 24 Somewhat dark Welsh river seen in a wasted day (5)
- 25 James' and John's dad, retiring bishop, drifted away during last Letter from America (7)

CRYPTIC Down

- 1 Racing here is one from an Aberdeen, perhaps (5)
- 2 Bother with navy getting deck out (5)
- 3 Judge's board he upset (7)
- 4 Note number on top have the spirit to support head (6)

- 5 How meats are cooked in France, on Sunday, in early summer months (2,3)
- 6 One of ten sides last month suffering no end (7)
- 7 Dorcas the Greek gets to name it on headgear, but not all (7)
- 12 Charged with using cue cards, Rabbi pulled out (7)
- 13 On English vessel find a set forever young (7)
- 15 Jesus Christ the Gambler, said John? (3,4)
- 16 Conquistador, the first in Colombia with, surprisingly, zero time in there (6)
- 18 The event to broadcast? (5)
- 20 Greek character with very little English, Theodorus, is turned down (5)
- 21 Eastern wrap snacks are easily tucked into (5)

QUICK Across

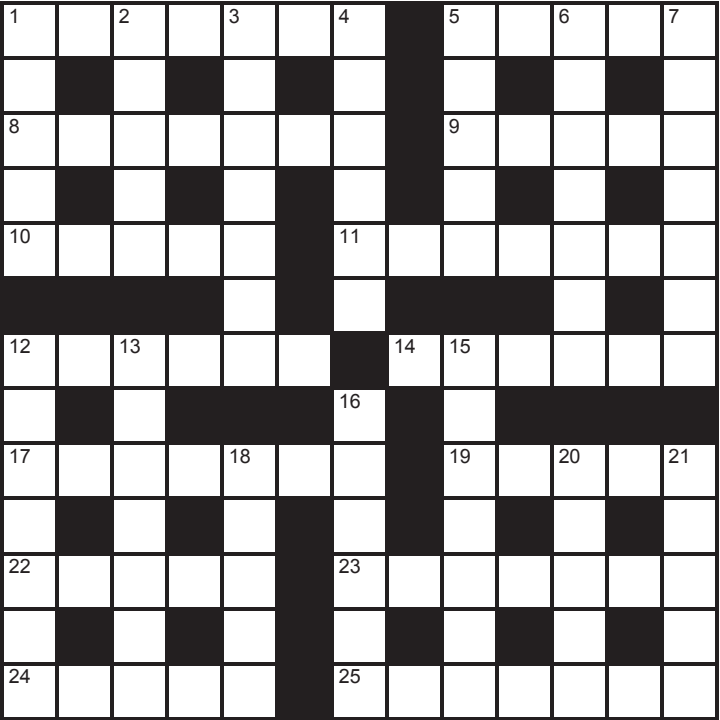
- 1 Hebrew version of the Greek Apollyon (7)
- 5 Inspect (5)
- 8 Insulated container which keeps food cold (4,3)
- 9 Progenitor of the Israelites (5)
- 10 Electronic receiver that detects and de modulates and amplifies transmitted signals (5)
- 11 Perception (7)
- 12 Absence of emotion or enthusiasm (6)
- 14 Group of lines in a poem, play, etc (6)

- 17 Toodle-pip! (7)
- 19 US TV Awards (5)
- 22 Increase in size, magnitude, number, or intensity (5)
- 23 Someone who be trays his country (7)
- 24 Dark-skinned (5)
- 25 Father of apostles James and John (7)

QUICK Down

- 1 Racing venue in Berkshire (5)
- 2 Festoon (5)
- 3 In the Book of Judges, the only female judge (7)
- 4 Small measure of spirits; mug (6)
- 5 Of meat cooked in its own gravy (French) (2,3)
- 6 Ten-sided figure (7)
- 7 Woman in Acts, from Joppa (7)

- 12 Defendant in a criminal proceeding (7)
- 13 Eternal (7)
- 15 Euphemism for Jesus Christ in John (3,4)
- 16 Hernando -----, 1486-1547, conquistador (6)
- 18 Pass on (5)
- 20 Subdued (5)
- 21 Ranees wrap (5)



SOLUTION

Across: 1 Abaddon, 5 Audit, 8 Cool bag, 9 Jacob, 10 Tuner, 11 Insight, 12 Apathy, 14 Stanza, 17 Cherio, 19 Emrys, 22 Swell, 23 Traitor, 24 Dusky, 25 Zebedee. Down: 1 Ascot, 2 Adorn, 3 Deborah, 4 Noggin, 5 Au Jus, 6 Decagon, 7 Tabitha, 12 Accused, 13 Ageless, 15 The Lamb, 16 Cortez, 18 Relay, 20 Muted, 21 Saree.

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