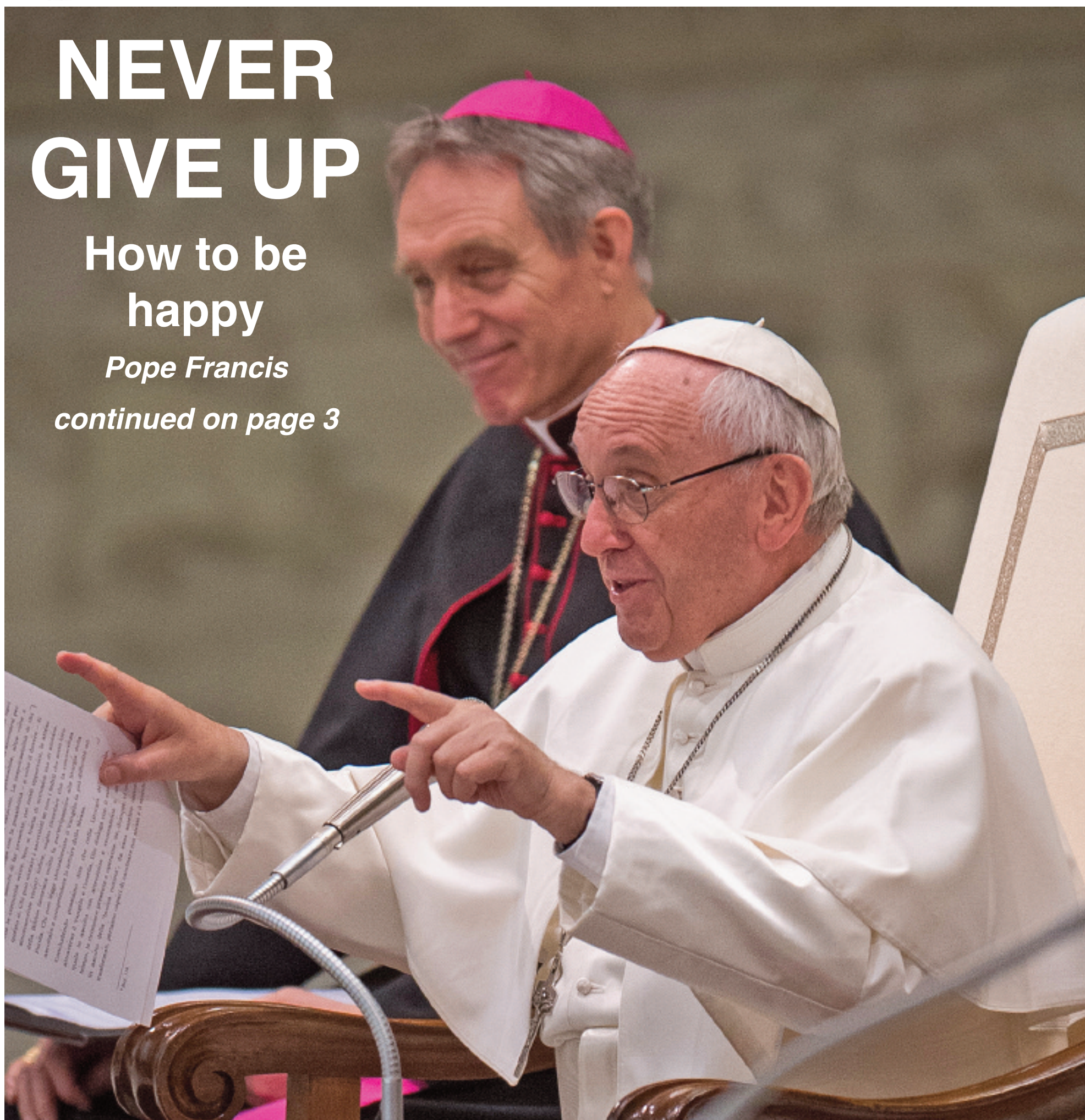


# NEVER GIVE UP

How to be  
happy

*Pope Francis*

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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  
Nick Layton

Your articles are most welcome. Please send by email to [csw@cathcom.org](mailto:csw@cathcom.org) or post to CathCom Ltd, N2 Blois Meadow Business Centre, Steeple Bumpstead, Haverhill, CB9 7BN Please note the previous email address was wrong

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

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1st March, April Edition

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



# WHAT ARE YOU DOING FOR LENT?

*Set aside ten minutes or so for daily prayer.*  
**GIVE A SPIRITUAL RHYTHM TO EACH DAY**



INSTEAD of giving up something for Lent, set aside a little more devotional time by praying at least one of the Hours of the Divine Office every day.

Setting aside ten minutes or so to pray Morning Prayer (Lauds), Evening Prayer or another of the seven Hours from the Roman Office, connects us with God and unites us with Christians all over the world every day in prayer. It links us with our Holy Father in Rome and to pilgrims in Christ struggling in third world countries and people of the South West.

The lovely liturgy starts with an invitation then a beautiful hymn, followed by psalms, scripture readings, antiphons and intercessions. They are all wonderfully co-ordinated in the liturgical themes of the year following a four-week cycle of psalms with scripture readings from the Old Testament prophecies to the birth of Christ.

Here we can follow his ministry of teachings and miracles through to the pascal mystery of his Death, Resurrection, Ascension to Heaven and the coming of the Holy Spirit at Pentecost and special days like Corpus Christi.

The Office is punctuated with the feasts of the year, Solemnities of Our Lord and those associated with

Our Lady and our wonderful saints and mentors from the past.

A FORETASTE OF HEAVENLY GLORY

The Trinity features well in the liturgy, 'Glory be to the Father, Son and Holy Spirit' ending almost every psalm. Every Hour has intercessions asking Christ for worldwide salvation or for our own personal prayers to Our Lord and Father.

The mystery of the Eucharist permeates and transfigures each day in the liturgy of the Hours. They are a foretaste of the heavenly glory extending through the day and sanctifying it, fortifying us with spiritual energy.

If you don't have a Roman Breviary, just download the app or click onto [Universalis.com](http://Universalis.com) and you can easily choose the Prayers for the Day, Morning Prayer, Small Hours or Evening Prayer. Pray in your own private space at home, or in your 'inner cloister' on the bus to work or at lunchtime!

Join a church group for Morning and Evening Prayer (Vespers) or, perhaps, make a new group with friends or pray with a family member. It's lovely to have a prayer partner with whom to say the responses. There are also other versions of the Breviary, like Celtic prayers which empathise with the Trinity.

DAILY PRAYER IN HONOUR OF MARY

For example, The Syon Breviary is very beautiful and one of the most ancient. It is 'The Daily Office of Our Lady' and is a simple weekly cycle of daily prayer in honour of Mary, the Holy Mother of God. This unique breviary has been approved for our private use by our Bishop Mark O'Toole and all his predecessors. Particularly because it has been the daily office for over 600 years of the Bridgettine Sisters of Syon Abbey who settled near South Brent in this diocese. Now published in English for the first time, it is available from the Buckfast Abbey bookshop or online.

On St Patrick's Day, March 17th, there will be a special opportunity to find out more of the history of Syon Abbey and to sing parts of the Syon Vespers at St Mary's Church, Dartington. Details on the Syon Breviary website at [www.syonbreviary.co.uk](http://www.syonbreviary.co.uk)

So as St Paul encourages us in 1 Thess. 5:16-18: "Rejoice and pray continuously, give thanks in all circumstances, for this is the will of God in Christ Jesus for you."

Don't delay ... take up your breviary this Lent!  
Joy Hanson, Student, School of the Annunciation, Buckfast Abbey.

## Lunch for Parishioners in Falmouth

A lunch was held recently for those within the Parish who are living on their own. There was a limit on numbers so lunch was served to twenty people.

Members of St Mary's Falmouth cooked and served a meal of Roast Beef with all the trimmings followed by a choice of homemade puddings, coffee and Mints. The Parish hall and tables in the shape of a horseshoe had been beautifully decorated and tables laid with sparkling glassware and floral decorations. The whole luncheon was a very happy occasion for all who attended with lots of laughter and conversation. The waitresses all wore fancy aprons and the Maitre D a tuxedo to add to the atmosphere. Everyone who attended said how much they had enjoyed both the meal and the fellowship. When asked whether they would like a repeat performance the answer of 'yes' was unanimous!



### We need your input!

Please send news,updates and information about events to [csw@cathcom.org](mailto:csw@cathcom.org)

If you don't see anything about your parish in Catholic South West then it's because we don't know about it!  
Make sure we do!

Electronic documents (Word, Pages) and photos (jpegs, png, even gif) are preferred. When sending photos, please make sure they are print ready: at least 200dpi resolution. (If you don't know what that means, ask a 10-year-old!)



# NEVER GIVE UP!

*Pope Francis*

*'Being happy is to thank God for every morning, for the miracle of life'*



"You can have flaws, be anxious, and even angry, but do not forget that your life is the greatest enterprise in the world.

Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments.

To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the

applause, but to be happy in anonymity.

Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to talk about you. It is having the courage to hear a "no". It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us.

To be happy is to let live the creature that lives in each of us, free, joyful and simple. It is to have

maturity to be able to say: "I made mistakes". It is to have the courage to say, "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say, "I love you". May your life become a garden of opportunities for happiness.

That in spring may it be a lover of joy. In winter, a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculptor serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up. Never give up on people who love you. Never give up on happiness, for life is an incredible show."

## Deacon Michael Retires St Catherine's, Wimborne

A celebration was held after 11.00 am Mass on Sunday 11 February at St Catherine's Church to mark Deacon Michael Allen's resignation as Parish Deacon. He was presented with a cheque for a substantial sum and a bottle of malt whisky.

'Ordained in 1993, Michael worked in Ensburry Park and then for over 15 years at St Catherine's, Wimborne. His good humour and character have made him a popular figure, especially with the young and the elderly. He has been involved with regular visits to our primary school, training altar servers. He has also visited the elderly in their homes and at the Magna Care Home with the Blessed Sacrament.

He will still be involved at St Catherine's in a less official capacity so our celebration was a thank you and not a farewell.



### Around the South West

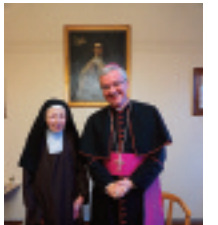
#### 70th Birthday in Weymouth

Anne and Frank Cameron held a party at St Joseph's Hall in the parish of Our Lady Star of the Sea, Weymouth, to celebrate Anne's 70th birthday. She asked for NO gifts but, rather, for donations to the Nest of Hope in San Paelo, Brazil, where the St Patrick's Mission has an orphanage. It was a lovely birthday party and Anne and Frank raised £400 for the Nest of Hope.



#### Carmelite Prioress' Golden Jubilee

Sr Sally Anne, who was the Carmelite Prioress at Sclerder, celebrated her Golden Jubilee on the feast of the Immaculate Conception. Sister is now part of the Carmelite Monastery of the Most Holy Trinity in Nottingham Hill, London. Bishop Mark was principal concelebrant at the celebratory Mass and took the prayers and good wishes of Plymouth Diocese.



#### South Hams Catenians Valentine's Evening

On Monday the 19th February 2018, the South Hams Catenians held a Valentine's evening for their partners and guests from Plymouth and Duchy Circles. The evening supported Brain Tumour Research, a cause close to South Hams President, Tervor Davies' heart as his daughter is awaiting her second brain tumour operation. In total this year £659.75 has been raised for this charity by South Hams.



#### Plymouth Circle Annual Curling Evening

One of the most enjoyable events in Plymouth Circle's Social Calendar is the Curling competition. This year was no exemption with 42 Brothers and Ladies enjoying a superb evening competing and enjoying hot pasties during the interval. The eventual winners were Adam and Eve otherwise known as Kathy Butler and Brother Jim Murphy.



*Picture shows: Keen Competitors Ann Bishop, David Leah, Rachel Shields and Bob Butler*

#### Plymouth Circle Welcomes New Members

Plymouth Circle Brothers welcomed two new members during the January Circle Meeting. Ryan Shaw and Innocent Muzwidzwa are both serving personnel in H.M Forces. Ryan is a gunner with 29 Commando Regiment, Royal Artillery, Plymouth and Innocent is a Chef in the Royal Navy. We wish these two young men a long and happy time with The Catenian Association.



*Picture shows: Ryan Shaw, Brother President Paul Robinson and Innocent Muzwidzwa.*

**WE NEED YOUR PARISH NEWS TO GO HERE!**  
**No parish news?**  
**Maybe you should start something!**





# Anglican and Catholic Bishops jointly bless Chapel at unique Poole School



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The Church of England Bishop of Salisbury and Roman Catholic Bishop of Plymouth have jointly blessed a chapel in a school under the joint management of both Churches.

The new chapel in St Edward's RC/CofE School in Poole was blessed and open during the annual Week of Prayer for Church Unity, kept by Christians across the world. St Edward's is one of only around twenty schools under joint Roman Catholic/Church of England management nationwide.

Michael Antram, Head teacher St Edward's RC/CofE School, said:

"It's really special that both bishops came here to dedicate the chapel as a further expression of unity, especially this week. This was the fulfilment of a promise they made just over a year ago when they both came here to commission me as head teacher.

"St Edward's has always had a chapel, but the existing one doesn't accommodate a whole class, so we decided to convert a classroom into a chapel.

"On Wednesday, the new chapel spent its last day as a modern foreign languages room. People have been working hard to install the Christian

symbols which will mark it out as a place of prayer.

"This original will become a chapel of legacy and foundation, to remember all those students who epitomise what St Edwards is about.

The Rt Revd Nicholas Holtam, Bishop of Salisbury, said:

"It is a particular delight that Bishop Mark and I are blessing the new chapel in this week, as St Edward's is an ecumenical school in every sense.

"St Edward's embraces not only different Christian traditions, but as a comprehensive, it teaches children of all abilities, maintaining academic excellence in doing so."

The Rt Revd Mark O'Toole, Bishop of Plymouth, added:

"As we recall the prayer of Jesus that all his disciples be one, I am delighted to be here at St Edward's School during this Week of Prayer for Christian Unity.

"It is good to be able to celebrate the Joint Service with Bishop Nicholas and to bless the new chapel. St Edward's rightly has a strong reputation for academic excellence and it is good to see that its deep Christian spirit pervades the whole school."





# Golden Jubilee

# St Paul's Tintagel

*The photograph shows (L to R) Fr. Bryan, Bishop Mark, Canon Keith and Fr. Robbie at the concelebration, together with servers Gregory, Sebastian and Dominic and part of the congregation.*

Bishop Mark O'Toole of Plymouth Diocese led the concelebration of Mass on the occasion of the Golden Jubilee of the opening of the church of St. Paul the Apostle, Tintagel on the 28th January, which by a happy coincidence was also the 4th anniversary of his Episcopal Ordination. Fr. Bryan Storey (Priest in Charge), Canon Keith Mitchell (Bishop's Private Secretary and former Parish Priest) and Fr. Robbie Low (Assistant Priest in Bodmin) also concelebrated for an 85-strong congregation, including many visitors from local churches and organisations and some from much further afield. Unfortunately, Parish Priest

Fr. Ciaran McGuinness could not attend owing to family bereavement.

After the Mass refreshments were provided for all in the Social Centre attached to the church. As Fr. Storey wrote in the Jubilee leaflet: "It is a great pleasure to have our Bishop with us on this day when we are celebrating our Golden Jubilee. We give thanks to Almighty God for so much as we look forward to the next fifty years of service to our joyous, merciful and wonderful God."

## Five Minute Help



In our community there are many older or disabled people living along who can no longer drive, have no access to digital media or are reluctant to approach their neighbours for help. This can leave people feeling isolated and depressed.

For some people the smallest jobs can be a huge task, for example – changing a light bulb or a battery, opening a jar, bottle or 'child proofed' medication, posting a letter, opening or closing a

high window, reading instructions. Just five minutes of your time could make a HUGE difference.

Perhaps you could even co-ordinate a group from your parish to identify those that need help and provide the support that they need. You could even research what local services are available from the council/library for those who are housebound.

**You could change someone's life!**


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# ADIEU TO AMANDA

A memorial service was held at Plymouth Cathedral on Tuesday, 13th February for one of the stalwarts of Catholic South West, Amanda Audley. She was the wife of our founding editor Adrian Wardle and had been his loyal supporter and active helper since he launched the publication in 1995.

Although not herself a Catholic, she soon became known to many of our priests because she freely gave her time and the use of her car to deliver our monthly newspaper to most of our parishes, especially in Cornwall and Dorset. This she did without fail for more than ten years, in the course of which she had to write off two cars which were hit by other drivers!

The memorial service was led by the dean of the cathedral, Monsignor Canon Bart Nannery and the music by Christopher Fletcher, the cathedral's musical director together with members of the choir.

It was a service of thanksgiving to celebrate the life of a loving, caring and generous woman for whom the congregation at the cathedral had been praying for many weeks.

In paying tribute to Amanda's many kindnesses and her help on projects at the cathedral, Mgr. Nannery said, "Sometimes, the answer to prayer is not survival but a reprieve from pain, anxiety and suffering. And although we are saying 'Adieu' to Amanda and sharing her loss with Adrian, we thank God that she was spared a far more painful and agonizing death.

"And when we say 'Adieu' meaning 'Goodbye' in French, it can also be written 'À Dieu' which means 'to God' and we can be sure that someone as sweet and kind as Amanda is on her way to God, where she will be welcomed into his eternal kingdom."

*Picture right: Amanda Audley: a loyal CSW volunteer who delivered this newspaper to parishes for more than ten years. May she rest in peace.*



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## What's In A Name? The Plymouth Catholic Choir



The Plymouth Catholic Choral Society was formed by Bishop Grimshaw in 1949 to serve the Diocese of Plymouth. In recent years the "choral" aspect of the choir has diminished to the extent that we have decided to change the name of the choir to The Plymouth Catholic Choir. We will continue to support the Cathedral Choir and organise our own musical events under the baton of our Musical Director Shaun Brady. Sadly, we lost three of our long serving members in 2017, Pat Thurkettle, Roy Bishop and Brian Blades, they are very much missed, and may they rest in peace.

New members are always welcome, for enquiries please contact Rita Joesbury (Publicity Officer) on 01752 896264.

## Marriage Preparation Courses



Marriage Care is providing specially designed, thought provoking, one-day course for engaged couples. The cost is £70 per couple, with a light lunch and refreshments included. The courses take place at St Peter's R.C. Church, Crownhill, Plymouth and each couple receives an attendance certificate after the course. The dates for 2018 are (all Saturdays): March 10th, July 14th and November 17th. Further information about the content of the courses can be found at: [www.marriagecare.org.uk](http://www.marriagecare.org.uk)

For more information or to book a place on a course, couples are asked to email: [appointments@marriagecare.org.uk](mailto:appointments@marriagecare.org.uk) or to telephone 0800 389 3801.

The Latin Mass Society

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Masses in the Extraordinary Form in Plymouth Diocese :

St. Edward the Confessor, Home Park Ave., Peverell, Plymouth, Devon. PL3 4PG

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Blessed Sacrament Church, Fore Street, Heavitree, Exeter, Devon. EX1 2QJ

3rd Sundays at 3pm

St. Cyprian's Chapel, Ugbrooke House, Chudleigh, Devon. TQ13 OAD

4th Sundays at 3pm.

Lanherne Convent, St. Mawgan, Newquay, Cornwall TR8 4ER

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\*Rosary and sermon at 7.30am

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Ash Wednesday 14th February; Wednesday March 14th; Monday April 9th; Wednesday May 16th; Wednesday June 13th; Wednesday July 18th; Wednesday August 15th

Our Lady of Lourdes & St. Cecilia, White Cliff Mill Street, Blandford Forum, Dorset. DT11 7BN

All Masses at 12 noon the following days and dates:

Monday 19th March; Thursday 10th May; Thursday 26th July; Saturday 8th September.

Any questions contact Maurice Quinn (LMS Rep, Devon and Dorset)

on either : Email : [mq018q1057@blueyonder.co.uk](mailto:mq018q1057@blueyonder.co.uk) Mob. 0555536579

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Watch out for special events in your area during Fairtrade Fortnight and show your support. There will be invitations to 'COME ON IN' and try

Fairtrade products and to hear stories about the people who grow the food we like to eat.

Why not make a special effort to add Fairtrade products to your shopping list during Fairtrade Fortnight. You can find Fairtrade products in all well known supermarkets. So, next time you shop, see how many products you can spot carrying the Fairtrade mark

Shop Fairtrade and show you care about fairness.

You have the power to change lives for the better. 3 members from the parish of St Mary Immaculate, Falmouth, belong to Falmouth Fairtrade Steering group. The group works in partnership with Falmouth Town Council and will mark Fairtrade Fortnight by inviting the community to 'Come on In' and enjoy some Fairtrade products.

**Pat Fitzpatrick**  
(St Mary Immaculate, Falmouth)



Lord God, in the fields of the poor  
Even when abundant fruits ripen  
Injustice sweeps them away  
And families hunger  
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From your gracious gifts.  
(based on Proverbs 13:23)

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## PROFILES...

# A fascinating insight into the role of: Diocesan Archivist...



ALTHOUGH MANY OF us may be unaware of it, each diocese in this country houses an exciting collection of records, artefacts, photographs and various memorabilia from its parishes. I was privileged to be given an in-depth tour of the Plymouth Diocesan Archives by Sister Benignus O'Brien. In her role for over ten years, she explained her day-to-day routine and work in this remarkable place...

### SOMETHING NEW

Taking over from Father Chris Smith over a decade ago, Sister Benignus was faced with the enormous and absorbing task of categorising, sorting, cleaning and archiving the thousands of documents, icons and religious artefacts from the Plymouth Diocese. Originally located, albeit temporarily, at Buckfast Abbey, the archives were then moved on a permanent basis to Newman House in Exeter where a number of rooms – formerly offices – are now used to house the entire diocesan collection.

Sister Benignus, who represents the Bishop at the Archives, explained that although some of the work can be repetitive, the thrill of the job lies in the historical value of some of the precious items – some dating from as early as the 1300's – and the fact that there 'is something new every day.' In fact, she states that unlike most of us, she can't wait to get back to work each Monday morning! Her day-to-day work mainly consists of renovating,

cataloguing and archiving documents under the appropriate headings and answering worldwide ongoing enquiries by email and phone from interested parties.

### TOUR

The tour – which lasted approximately two hours – began with an examination of artefacts. The most valuable of these, the seal of Queen Elizabeth I with her condemnation of Saint Cuthbert Mayne was accompanied by the saints own Bible, circa 1500's and a further array of historical treasures such as beautiful reliquaries, (containing relics from various saints), a Bishop's Mitre, engraved trowels and mallets used when opening churches and priories, a travelling priest's missal (circa 1626) and an Ordo for administering the Sacraments, are to name but a few. The next five rooms were bursting at the seams with an incredible collection of historical ecclesiastical documents. Bishops' records including photographs, Catholic Bishops conference of England and Wales and seminaries and formation were contained in the first room, with rare books and sacramental records from parishes filling the shelves of the second room. Rooms three, four and five contained legal administration, diocesan resources, diocesan commissions and pastoral issues, religious orders and schools, colleges and chaplaincy records. It would be difficult to envisage a better organised yet vast selection of ecclesiastical documents.



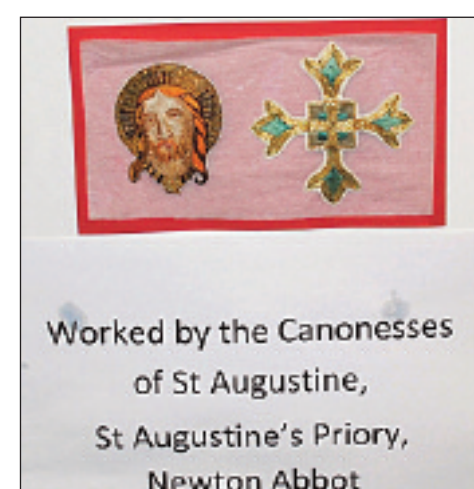
### BREATH-TAKING

Finally, we came to the last two rooms which Sister Benignus willingly admitted were her own personal favourites. These contained some of the most breath-takingly beautiful clerical vestments that could be imagined – and all remarkably well preserved. Some of these fantastic garments date as far back as the 17th century with – incredibly – an orphrey (a large material cross, beautifully embroidered and decorated, which embellishes the back of a chasuble, a priests liturgical vestment), which has a provenance of 1335. It's also worth mentioning that some of these garments owe their present magnificent condition to the ministrations of Sister Benignus, a talented needlewoman!

After this fascinating morning at the Diocesan Archives I was left to ponder on what I had seen and heard. The Archives has been described as 'a sacred museum' and I feel this description is apt. I can only be thankful that such a vast amount of our Catholic Church history has been retained and

thank God for the work and talents of our archivists.

Julia Beacroft



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# BLOWING IN THE WIND

... by Julia Beacroft

IN COMMON WITH many young children, I had a vivid and expressive imagination which especially came to the fore during play times. A princess who needed to be rescued, a wicked witch and an intrepid explorer are to name but a few of the fantasy roles I enjoyed enacting.

And ordinary everyday household items became my props. The staircase easily fitted the bill as a mountain to climb and neither was it difficult to imagine a large upturned laundry basket as an igloo. Naturally, these are merely a couple of examples.

## FIRMLY ON THE GROUND

Yet my favourite, but probably most bizarre role-play centred around the notion that I, like Peter Pan, could fly! Time and again I would climb up onto a chair, steps, table or any other suitably high object and jump! Needless to say I merely landed with my feet firmly on the ground each time! Yet the novelty didn't wear off and March was a particularly favourite time of the year for me. This was because I would go into the garden, climb as usual, and then jump – convinced that the windy March weather would blow me away and I would become airborne, like Mary Poppins!

Yet fantasy aside, the fact remains that March is traditionally a month which experiences high winds and gusty conditions due to meteorological reasons.

During this season of Lent and as we steadily approach Easter, we can be sure, as always, of the working of the Holy Spirit in our lives. Jesus tells us in St. John's Gospel that 'the Spirit http://jmp.sh/LhvQ89b blows where it will' meaning that just as the wind blows wherever God wills, so God's Spirit also blows wherever He wills.

In the same way that people cannot see the wind but can hear the sound of it blowing, so the Spirit of God cannot physically be seen

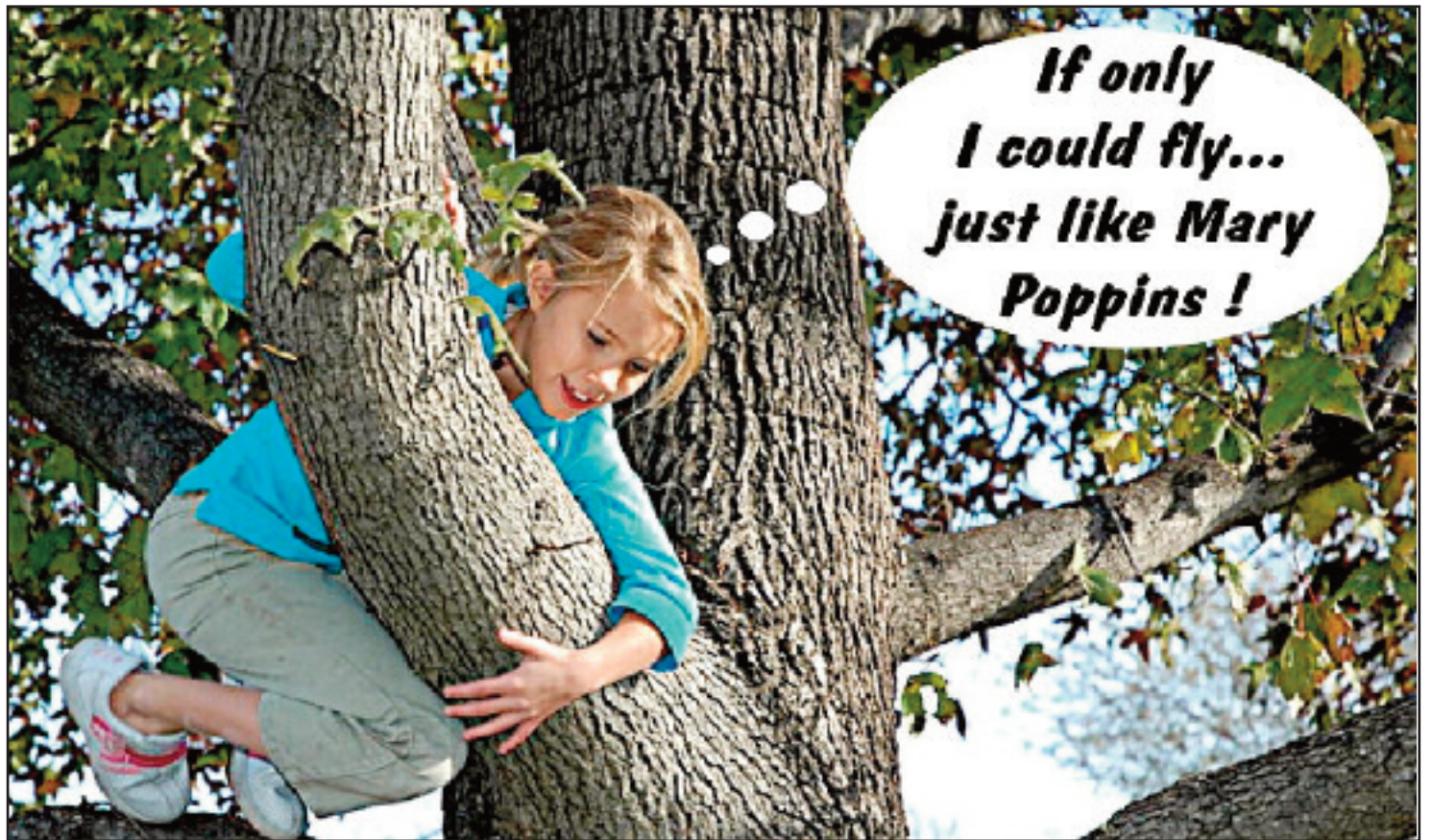
with human eyes but we can perceive its effect on all it touches.

## BOUNTEOUS GRACE

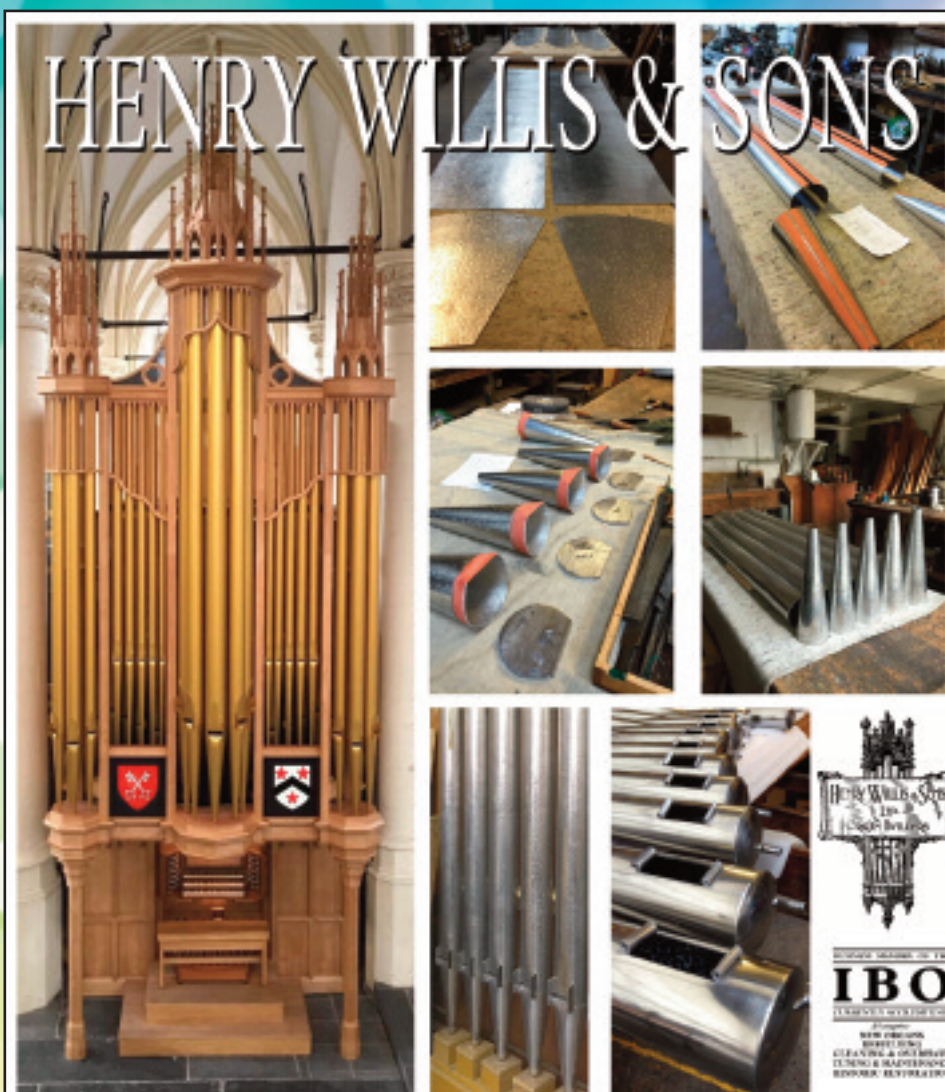
It often seems difficult to envision the Holy Spirit, which like the wind is always felt but unseen. Yet we can be assured that it is alive and active in our world. The Spirit is no fantasy or make-believe, but by

the grace of the Trinity our own spirits fly with joy in praise of the Lord.

So the next time you battle against the wind or struggle to keep your umbrella intact, let it remind you of the Holy Spirit who blows where it will. As humans we may be physically unable to fly, but with the Lord's bounteous grace no mountain is ever too difficult to climb and no height too high to scale.



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# The Christian Life Community

## (CLC) in the South West

The Christian Life Community (CLC) is for people who want understand more deeply how God is at work in their everyday lives.

We meet regularly in small groups to pray and share, supporting one another through the ups and downs of ordinary life. In listening to one another, we grow to understand ourselves, deepen our relationship with God, and discover more clearly how each one of us is uniquely called to respond to God's love.

**CLC might be for you, if you:**

- are searching for space in your life to deeply reflect and pray
- want to meet and share with others
- are trying to work out how God is calling you
- want to integrate your faith and life more closely
- are interested in Ignatian Spirituality

**What is CLC?**

The Christian Life Community is not so much an organisation but a way of life inspired by the spirituality of Saint Ignatius. We embrace this way of life as a means to enable us to bring together our faith and our lives so that we are aware of God in every aspect of them. Some of us come to CLC without any prior experience of Ignatian spirituality; others come after discovering Ignatian spirituality in various ways, such as weeks of guided prayer or retreats.

**CLC Worldwide**

The Christian Life Community is made up of 60 national communities worldwide. At local level, small communities commit themselves to meet regularly in order to support each other in their lives of prayer and service.

**The CLC Way of Life**

CLC does not have a rulebook, but a set of flexible General Principles, which help to give shape to our lives. These set out the following three characteristics:

**Spirituality: living prayer**

- + We try to pray each day, learning to meditate on the Scriptures and to reflect on the working of God in our lives. This helps us to grow in sensitivity to the ways God is leading us.
- + We see our relationship with Jesus as central to our lives.
- + We grow in our experience of the Spiritual Exercises of St. Ignatius through retreats and by using Ignatian methods of prayer.

**Community: a Spiritual Family**

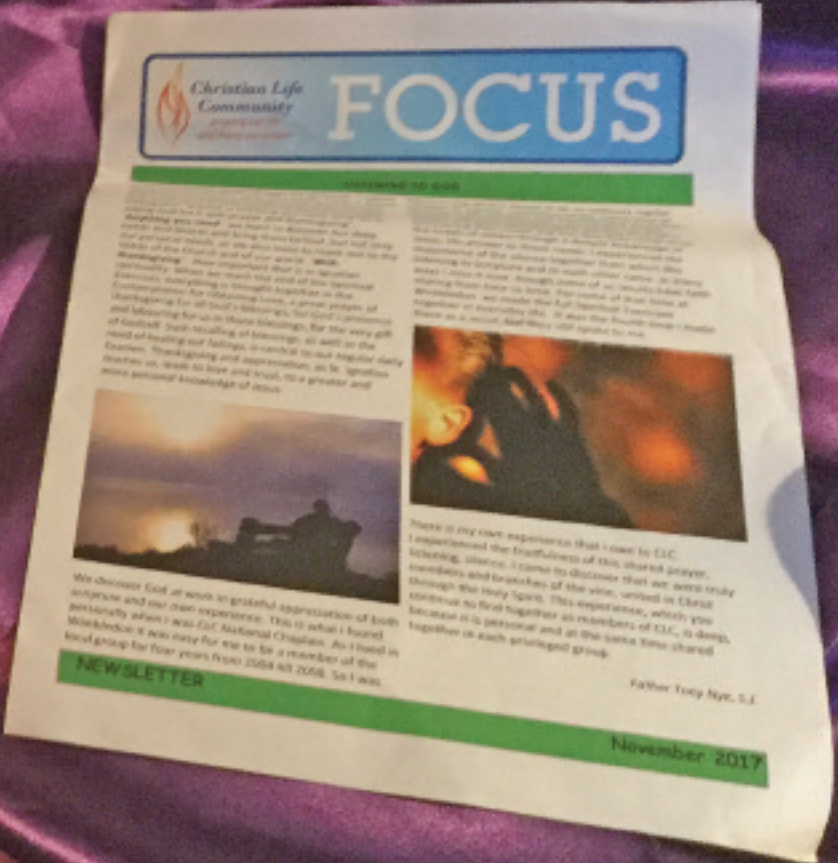
- + In our regular community meetings we listen to how God has been at work in each other, receive support, and are encouraged to persevere in deepening our union with God.
- + At regional and national meetings we are put in touch with the wider community, and we widen our horizons.

**Mission: loving service**

- + We are companions of Christ in his mission to establish the reign of God wherever we live or work.
- + Through prayer and community, each of us discovers the call to serve Christ in the home, at work, in the Parish, in the local community and through wider organisations.

**Where is CLC?**

There are over 50 groups in CLC England and Wales, including Bristol, Plymouth and Falmouth. If you know of a number of other people, possibly in your Parish, or deanery, or among your friends and acquaintances, who may be interested in forming a CLC group in the Plymouth Diocese (perhaps a group of 4-10), contact Elaine Young to arrange an information session: [elaineclplymouth@gmail.com](mailto:elaineclplymouth@gmail.com). For detailed information about the CLC, visit the Christian Life Community 's webpages on the Jesuit website, [www.pathwaystogod.org](http://www.pathwaystogod.org) under the heading: 'My Prayer Life'.



# When the sky turned black with bombs

## Sister tells of narrow escape as bombs "rain down"

By John Pontifex

A RELIGIOUS Sister in Damascus has told how she, fellow nuns and students narrowly escaped death on Tuesday, 20th February when the sky "turned black" on one of the deadliest days of the conflict in the Syrian capital.



Describing the situation at her convent in the Bab Touma district of Damascus's Old City, Sister Annie Demerjian said that a rocket landed very close by and that had it exploded she and some of the university students "would have been wounded or killed".

Sister Annie said that the windows of the hostel where she works were shaking because of the bombs and that in response the students evacuated to the relative safety of the corridors.

Sister Annie, a leading project partner for Aid to the Church in Need, which provides emergency and pastoral help in Syria, described how another member of her congregation, Sister Manal, ran through the streets to dodge the bombs and somehow made it back to the convent unharmed.

Sister Annie's comments come after a sudden upsurge of violence in Damascus including the rebel-held Eastern Ghouta, with reports of more than 250 people killed in the last three days.

Sister Annie said: "Yesterday was like hell. It was raining bombs. There were so many shells and so many people injured."

The Sister quoted unconfirmed reports of up to 51 rockets landing in and around Bab Touma.

Church sources have told ACN that yesterday in Damascus' President Bridge area, Al-Wasa'a, Burj Al Rous and Abbasid Square many were killed and dozens were injured.

Sister Annie said: "I saw people taking their children and running – it was just like Aleppo where I was before the ceasefire there."

"At 3.30pm a rocket landed on the roof of the Patriarchate close to us.

"Somehow it did not explode. If it had done so, we could have been killed."



She said that at about this time fellow Religious of Jesus and Mary nun Sister Manal was running back to the convent in Bab Touma from the school where she teaches.

Sister Annie said: "I had Sister Manal on the phone as she was running. I said to her: 'Don't hang up. Stay on the phone.' She was saying: 'You can't see the sky. It has turned black.' "

Describing the situation today as calmer, Sister Annie said many schools had now closed even though it is not officially holiday time.

She said: "We have to carry on. Life is stronger than death. We don't know how long this violence will continue but it can't last forever.

"The Lord has been good to us. So far, none of us Sisters have been hurt but so many others have suffered.

"Please pray for us. The only way forward for us is prayer."



## FESTIVE DONATIONS GIVE HOPE TO CHILDREN IN NEED

Once again the Feast of the Epiphany was celebrated with Crib Fests in aid of the Catholic Children's Society in Dorchester, Poole and Torquay. From Italy to Peru; Kenya to India, over 100 nativity scenes were displayed across the three events. Opening their doors to everyone, the parishes attracted visitors from around and about and was the perfect example of a welcoming outreach to all.

Thank you to everyone who worked hard to create these memorable events and for all the donations made to the Society across the festive season. In addition to the Crib Fests and the traditional crib offerings in our parishes – ten schools and numerous children's groups across the Diocese took part in our Advent appeal and to date have raised over £1500. Holy Cross Primary School in Plymouth alone raised £427, after running a competition to see who could return the heaviest collection box!

### You made this possible

Thanks to everyone's donations the Society have been able to give a great start to 2018 year for 29 children including brothers Karl, Christof and Jacob\*

Late last year, they were living with their mum and dad in a flat with no working kitchen. There was no cooker, not even a microwave; no fridge let alone a freezer. They were eating cold food every evening with the occasional cuppa soup and noodles from the kettle but it is not the diet for three growing boys. Their health was suffering - the boys were hungry, they could not sleep properly and could not concentrate at school.

The boys' parents had been struggling to provide for them since being re-housed. Their previous landlord had ended their tenancy and the only flat they could afford was one without facilities. They were hoping to save but with a low income, bills and the cost of looking after three young children it was going to be a long time before they could afford a new cooker and fridge.

Following a meeting with a parent support worker at the boys' school they appealed to the Society for help. Within a couple of weeks, a new fridge freezer and cooker was delivered to the family home and they are now enjoying meals together. The boys are happier and healthier and there is a sense of stability once more in their lives.

YOU MADE THIS POSSIBLE. THANK YOU

*\*names and some details have been changed to preserve anonymity*



Children from Keyham Barton Catholic Primary School and fundraiser Claire Warren, with crib collection boxes full of coins for the Catholic Children's Society

Stock photo [www.dreamstime.com](http://www.dreamstime.com)

## FRIDAY 13 APRIL IS QUIZ NIGHT *You have to be in it to win it!*

The Great Big Diocesan Quiz is back; on Friday 13 April the Catholic Children's Society invites you to join with groups from across the diocese to answer the questions set by the Society and form one great big quiz! Since the inaugural event in 2106 seventeen different parishes, schools and groups have participated in the event with the most successful evening being in April 2016 when eleven individual quizzes took place on the same night. Let's make the 2018 bigger and better!

To organise your quiz night you will need a venue, a question master and as many teams of six people as you can muster together. Ask friends and

family, parishioners and clergy – it doesn't matter how many teams you have as you are all part of the bigger quiz taking place at the same time on the same day right across the Diocese. The Society will supply the questions and answers, your teams just need to answer them and at the end the evening the team (from across the diocese) with the best score will be declared Diocesan Quiz Champions!

For more details and to sign up call Claire Warren on 07734 503363 or email [claire.warren@prcdtr.org.uk](mailto:claire.warren@prcdtr.org.uk)

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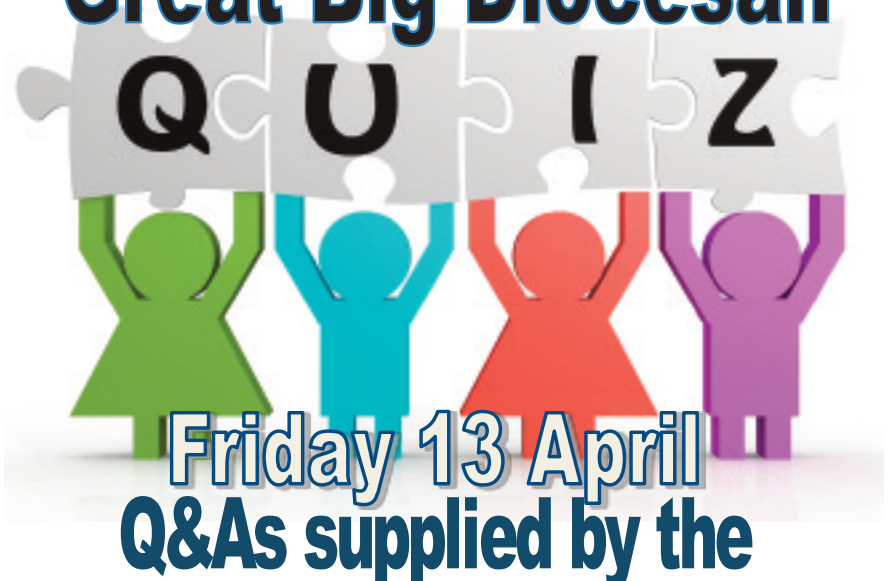
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## QUIZ NIGHTS NEEDED for the Great Big Diocesan



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**Organise a quiz night and join in with a number of other quiz nights answering the same questions at the same time across the Diocese**

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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 Cleric's right sanctimonious, putting it about he's in Rome (6)
- 4 Tabitha gets to bag one of the Stewarts – it's all coming back (6)
- 9 Hammers leaderless England in Test series (5)
- 10 Trade regulated the firm's style (3,4)
- 11 Oriental orchestra's at home in Tonga/ Melanesia territory (7)
- 12 Sub-continent flower's big business with attempt to export (5)
- 13 Rocky road when rare looting runs riot? (6,5)
- 18 The French volte-face comes in good time for the Celts (5)
- 20 Do these characters sometimes have no aspirations? (7)
- 22 Good French girl, she, not those around the queen (7)
- 23 Eulogy after time for a Jew who could see again (5)
- 24 Philistine king, after church, is one hard to follow (6)
- 25 Historian's put a veneer on past that knows no bounds (6)

CRYPTIC Down

- 1 Called with an afterthought about road accidents (6)
- 2 Aaron's boy lispingly asked, 'Is a sheep backward?' (7)
- 3 Fibre is put in salad without publicity (5)
- 5 Outstanding bluff, hearing story-teller get marching orders (7)
- 6 Belief about, getting involved in even, last month's odd turnover (5)
- 7 Ultimate in words and music associated with a great river – the Mersey, man (6)
- 8 Adam and Eve's issues seen in a balanced way (4,3,4)
- 14 Distraught GP loses John among others (7)

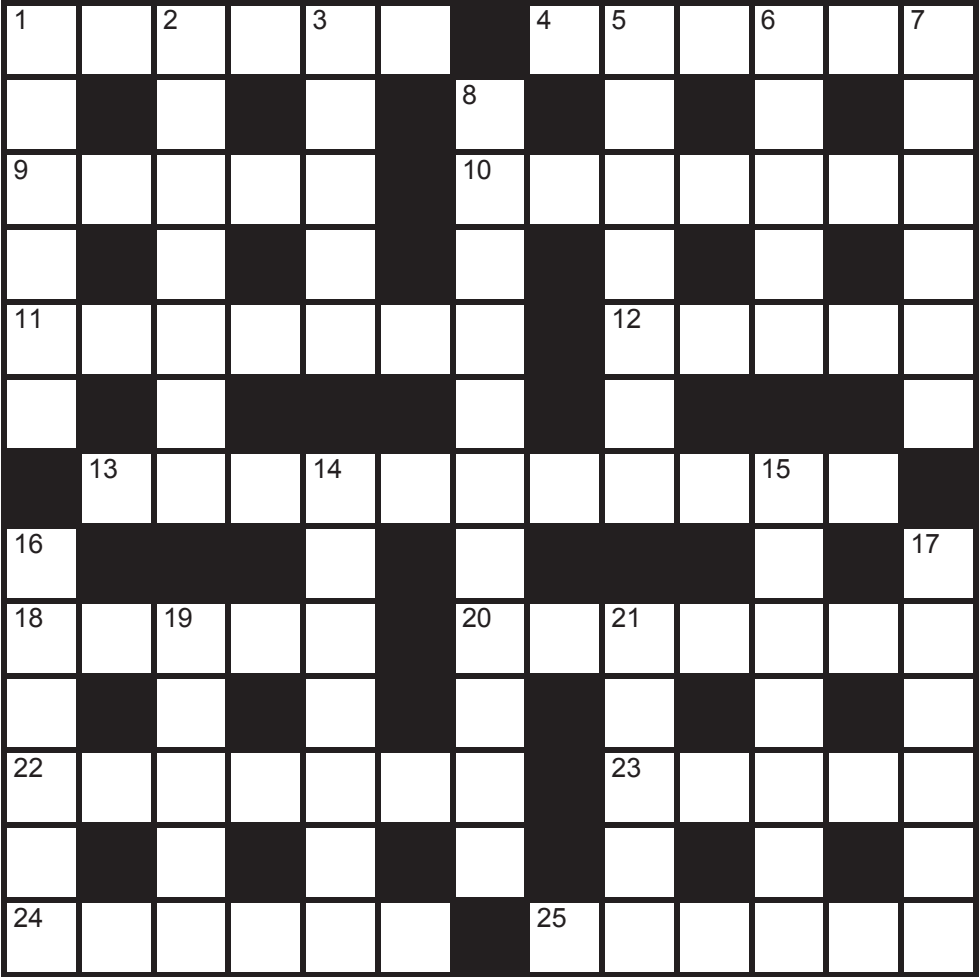
- 15 One detects something whiffy in African country relative to Eli (7)
- 16 Martyred virgin was, unofficially, a crime writer (6)
- 17 Asti is wretched in its present form (2,2,2)
- 19 Nineveh's lad is (one ever the hypochondriac) in the end, close to death (5)
- 21 All to play for – it's down to impatience voiced (5)

QUICK Across

- 1 Religious teacher, 'elder' in NT Greek (6)
- 4 Alternative name for Tabitha, a woman known for her good works in Acts (6)
- 9 Remains of burnt palm crosses which give their name to the first day of Lent (5)
- 10 Architecture and design movement of the 1930s (3,4)
- 11 Traditional Indonesian percussive orchestra, with xylophone, chimes and gongs (7)
- 12 Major river of Pakistan (5)
- 13 Route in the 1840s used by settlers crossing the Rockies to the West Coast (6,5)
- 18 Highlanders, for instance, and other Erse-speaking Celts (5)
- 20 H, H, H, H, H? (7)
- 22 Ste ----- of Lisieux, 1873-1897 (French spelling) (7)
- 23 Apocryphal book to Protestants, confirmed as canonical by Catholics at the Council of Trent (5)
- 24 Philistine king who twice gave David refuge from Saul (6)
- 25 Saint, 6th century British monk and historian (6)

QUICK Down

- 1 (Car) crashes, bumps (6)
- 2 Youngest son of Aaron and Elisheba (7)
- 3 Fibrous agave plant used for rope, named



- after a Mexican port (5)
- 5 Younger exposed rock formation, isolated among older rocks (7)
- 6 Words to live by (5)
- 7 Liverpudlian, and a kind of broth associated with one (6)
- 8 Murder One, they figured? (4,3,4)
- 14 The Synoptics and John in the NT (7)
- 15 Son of Phinehas (7)
- 16 Virgin martyred in Catania (6)
- 17 Like now (2,2,2)
- 19 Alternative biblical name for a son of Nineveh and the ancient Mesopotamian city of Uruk (5)
- 21 Piece of music for the whole orchestra (5)

Solution

EXPLANATIONS Across: 1 P(r)ietest, 4 sac+Rod [all rev], 9 (-b)Ashes, 10 anag of 'trade'+Co, 11 hidden word in 'Tonga/MELANesia', 12 Indus(-try), 13 anag & pun, 18 Ga(l[re]v)s, 20 pun, 22 Th(ER)ese, 23 t+obit, 24 A+C+H+is+H, 25 Gild+(-p)as(-t). Down: 2 'lith'+a+ram [rev], 3 'is' in 'sal(-ad)', 5 homophone of 'Out, liar!', 6 even letters 'r+e' in odd, rev letters 'D+E+C', 7 S+c+Ouse, 8 anag, 14 anag, 15 1+Cha(BO)d, 16 double def, 17 anag, 19 last letters + 'h', 21 Tutti. 6 Creed, 7 Scouse, 8 Cain and Abel, 14 Gospels, 15 Ichabod, 16 Agatha, 17 As it is, 19 Erech, 21 20 Aitches, 22 Therese, 23 Tobit, 24 Achish, 25 Gildas. Down: 1 Prangs, 2 lithamar, 3 Sisal, 5 Outlier, 18 Gaels, 13 Gamelan, 12 Indus, 13 Oregon Trail, 18 Gaels.

# NEW FILM ON MARY FOR THE CATHOLIC SOUTH WEST PARISHES

Catholic Faith Exploration (CaFE) have been producing TV-quality film courses on all aspects of the Faith since being launched by Cardinal Hume in 1996. Many parishes have run CaFE courses in the Diocese to great effect over the years. A new course and book on Mary for parishes and individuals called LET IT BE has recently been launched. Cardinal Nichols is one of the well known experts who powerfully share about Mary's vital role in our discipleship today. The inspiring travel journey through Mary's life past and present begins at our National Marian Shrine in Walsingham, where Monsignor John Armitage sets the scene, before the five session series takes viewers to the wonders of the Holy Land filmed at all the key Marian sites. After that, the traditional place of Mary's older life in Ephesus is explored before visiting Rome, Montserrat near Barcelona, and Knock. One of the highlights is the beauty of Lourdes with filming of the Cardinal and several diocesan pilgrimage. Let It Be also features moving testimonies from Mary's Meals, ex-gangster John Pridmore and many others from around the UK plus an interview with the Papal Preacher, Fr Raniero Cantalamessa. Full details of the very affordable five session film & book plus a short trailer are available at [www.faithcafe.org](http://www.faithcafe.org) or by calling CaFe on 0845 050 9428.

David Payne, the film's director, says; "The time is ripe for a fresh and inspiring film about Mary's life, her inspiring witness of faith and her powerful intercessory prayers. We need all the help we can get."



Cardinal Nichols says; "Mary's 'Let it be' was a clear, deliberate and definitive act - powerful, strong, free and life-giving. It was Mary's commitment to the Word of God as the supreme value of her life which needs to be at the very core of our discipleship today."



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