

The Catholic VOICE *of Lancaster*

The Official Newspaper to
the Diocese of Lancaster
Issue 281 + July 2016

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p10 Surprised to be
Catholic



Can GOD be found in A&E?

“
I didn't learn to read well until I was nine because I had dyslexia. My Head Master told my parents that I would never make it in life, and I should be sent to a school for the education of the sub-normal.
”



A &E Consultant, Ray McGlone, shares with *The Catholic Voice* his thoughts about medicine as a vocation, how faith informs his work, empathy, avoiding burnout, suffering, money, and how he knew he was called to this line of work.

“I had a sense of a vocation to help others. I had a scientific mind. I'm also artistic, and I love history, so my gifts drew me more in the direction of medicine than of social work, but really the call was to help others.

I didn't learn to read well until I was nine because I had dyslexia. My Head Master told my parents that I would never make it in life, and I should be sent to a school for the education of the sub-normal. But my mother said, 'we don't think he's sub-normal because he could play chess at the age of 5'. It was only by her patience and strength of will in teaching me that eventually I got 'take-off velocity' and then got into grammar school at 11. The teachers' jaws dropped!”

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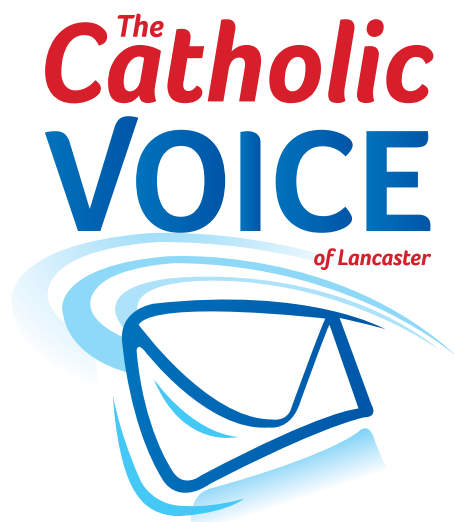
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EDITOR:

Edwina Gillett
01253 736630 / 07969 967268
edwinagillett@hotmail.co.uk
www.catholicvoiceoflancaster.co.uk

ADVERTISING:

Caroline Gonella / CathCom Ltd.
01223 969506
carolineg@cathcom.org
www.cathcom.org

DESIGN & LAYOUT:

Rob Hotchkiss / Hot Creative
01253 730343
rob@hot-creative.co.uk
www.hot-creative.co.uk

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Articles to:

voicenews@hotmail.co.uk

Letters to:

voiceletters@hotmail.co.uk

Postal Address:

FAO Edwina Gillett
99 Commonsides, Ansdell,
Lytham St. Annes FY8 4DJ

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EDITORIAL

"I can do things you cannot, you can do things I cannot; together we can do great things" said Mother Teresa, reminding us that the Church needs each one of us to play our part. Within the Catholic Church today there is an ocean of volunteers each striving to promote the common good within one of the many organisations available to them or perhaps even going it alone sometimes.

These volunteers work at the coalface of social need, offering practical and financial support to those in our local communities or wider afield and the *Catholic Voice* is proud to report on their endeavours. These volunteers are as much needed now as ever as reduced resources from central Government places an added strain on welfare for those at the margins of society.

Helping those in need is truly evangelising work and brings to life the Beatitudes in a positive and gentle way – little gems of self-giving that affect peoples' lives wherever they are that often pass by under the radar and go unrecorded. This is the very model of Catholic teaching, following the pattern of Christ's own teaching.

But should we leave it at that? "...together we can do great things" as Mother Teresa said. So what about the bigger picture – how much coordination and consultation is there between all our

parishes, deaneries and voluntary organisations? Just think what a story we could tell to the wider media if we could just pool all of our endeavours.

How many times do we read, hear, or view the achievements of the Catholic Church reported through the local media? The *Catholic Voice* believes we have a responsibility to improve our media engagement and start to promote the Good News we have to tell. Surely we are missing a great opportunity to promote the successes of the work undertaken under the auspices of Catholic Social Teaching to make the work of Catholic Church known where we are.

If we want to fill our churches again and encourage vocations to the priesthood and religious life the Church has first to become better known and respected in our local communities, this means continuing to chip away at the coalface but it also means raising the image of the Church where we are and being prepared to utilise the social media to spread the message.

We have a great story to tell and therefore the *Catholic Voice* recommends that each deanery clergy conference and deanery pastoral council within our diocese adds the 'media' to their next agenda and thinks about how best to take this story to the wider community.



“Blessed are those who hunger and thirst for righteousness, For They Shall Be Satisfied”

(Mt 5:6)

This Beatitude concerns those who diligently search for true justice, resisting conformity to the wide path of satisfaction offered by the world. We thus see a parallel with the Beatitude of those whose mourn, where the mourners who are blessed are those who refuse to conform to evil, keeping their eyes fixed on Jesus Christ as their sole source of comfort.

The hunger and thirst for justice in this Beatitude, says Pope Benedict XVI, harkens to an attitude found in the Book of Daniel in which Daniel is described as a “*vir desideriorum, a ‘man of longings’*” (Dan 9:23). Such people are not satisfied with the current state of affairs and refuse “*to stifle the restlessness of heart that points man toward something greater and so sets him on the inward journey to reach it*” (Pope Benedict XVI, *Jesus of Nazareth*, 91).

Similarly, in their search for a greater righteousness, the Magi were sensitive to the signs of God Who led them to Jesus. Wisely, they returned home by another way having seen for themselves Truth, Beauty and Goodness. In the Gospel of St John, the thirst of the Samaritan woman leads her to Jacob’s well. There she encounters Jesus who promises that “*whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life*” (Jn 4:14). Further in the text he tells His disciples “*my food is to do the will of my Father*” (Jn 4:34). The full satisfaction of this relentless hunger and thirst for righteousness comes only in finding Jesus Christ. The fitting satisfaction for the people of this Beatitude is that, in the eternal vision, they will see God in His essence.

People travelling the path of “*hunger and thirst for righteousness*” resist those models of behaviour the world pressurizes them to accept “*because everyone does it.*” With patient longing and perseverance they choose a pathway to the happiness of the Kingdom. St Thomas Aquinas teaches that although we can only attain perfect justice in heaven, we can have the desire for perfect justice here.

St Augustine, commenting on Psalm 42:1 (“*As the deer desires the water-brooks, so longs my soul after You, O God*”) asks, “*Who is it then that says this? It is ourselves, if we be but willing!*” He then exhorts us to be people of “*longings*”: “*Run to the brooks; long after the water-brooks . . . Run to the fountain: long for the fountain . . . Let there be no sloth in your running; run with all your might: long for the fountain with all your might*” (Commentary Ps 42).

Adult Faith Formation Talks for July, “Blessed are the peacemakers”: Carlisle Tuesday, 12th July, 7pm (Our Lady & St Joseph Parish Hall) and Lancaster Tuesday, 19th July, 7pm (Education Centre). *For more information please contact Sister Mary Julian Ekman, RSM, PhD Director, Office for the New Evangelisation sistermaryjulian@gmail.com*



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BEING A YOUNG CATHOLIC TODAY! ++++

Keeping your faith alive at university

Keeping up with my faith at university hasn't been the easiest thing to do. The transition from working at a Catholic retreat centre surrounded by young people practising their faith and having a priest on hand and a chapel less than a minute from your room, to not seeing any other Catholics has been a big change.

For the first time in my life, I've had to go to church on my own. Finding the enthusiasm to make the half an hour walk in the rain, to sit on my own in Mass is something that became a bit of a struggle. However, trying to explain to my flatmates why I go and what I actually did in my gap year hasn't been too bad. I am lucky to live with lovely people who accept my faith and encourage me to go to church, promising to put the kettle on for when I get back!

Keeping in touch with my Catholic friends, has also been a key part of keeping my faith alive. University is a whole new world for me, with lots of new situations; so being able to ask Catholic friends for their opinion and advice has helped me so much.

I have been on a couple of retreats this year as well, some run by Youth 2000 and some at Castlerigg Manor which have tightened the rope between me and God. Seeing others practise their faith has given me strength to carry on.

Knowing God is still right beside me wherever I am and whatever I am doing has helped me through my first year, and although I do feel my faith takes up a little less of my day, it's something I am working to improve.

Amy, 19, Barrow-in-Furness



Experiencing God's mercy

– Youth 2000 day of prayer in Lancaster



On Saturday 2nd April, the eve of the feast of Divine Mercy, a group of young adults met at Lancaster University Chaplaincy centre for the first ever Youth 2000 day of prayer in the Diocese of Lancaster. Youth 2000 is an organisation that seeks to draw young people into a personal relationship with Jesus. They do this primarily through weekend prayer festivals, where young people are introduced to the essentials of the Catholic faith: Mass, Eucharistic Adoration, Confession, Scripture, Devotion to Our Lady. These festivals are opportunities for young people to experience the love of God, to receive the grace of conversion and to begin living anew the Christian life.

In the last number of years more and more young people from the Diocese have been attending events led by Youth 2000. We wanted to bring the joy of these events to the Diocese so that more of our young people could experience what Youth 2000 is all about.

Nisha, 19, from Preston, who attended the event said: "I attended the Youth 2000 day at Lancaster University, mainly because I wanted to strengthen my faith and make new Catholic friends – both of which I achieved. I left the day feeling renewed after listening to God's Word, taking part in discussion sessions and singing the best hymns in Adoration. It was also great to see friends after a long time and speak to new people, because having good Catholic friends on your faith journey is so important. I would most definitely do this again and I would encourage other young people to join too!"

We gathered at the start of the day sharing lunch together before moving into a time of prayer. This was followed by a talk looking at both the Year of Mercy and Divine Mercy – to link with our theme of

the day 'Mercy'. We ended the day with a time of Adoration, accompanied with praise and worship – and the chance to receive God's mercy in a tangible way, in the Sacrament of Reconciliation.

Anna, 18, also from Preston said: "The first Youth 2000 Prayer group at Lancaster was a really enjoyable day, with thought provoking discussions and talks on the theme of Mercy. I had a great time catching up with old friends and getting to know many new people. A particular highlight for me was the small group discussions where we talked and reflected on several questions on the topic of Mercy. This was quite a moving experience as people shared how they had experienced mercy in their own lives.

After having such a good time, I feel inspired to get more involved with the work of Youth 2000, in particular future prayer groups and the pilgrimage to Walsingham this summer! I really encourage other young people to come to future Youth 2000 prayer groups and other events as I found it a great way to not only deepen my faith, but to get to know other young Catholics!"

We hope for this to be the first of many Youth 2000 days of prayer that we have in the Diocese. **The next day we are to host will be Saturday 9th July at Lancaster University Chaplaincy to begin at 12:30.** All young people are welcome to attend the event, please keep an eye out for more information in your parish bulletin.

The next retreat led by the National Youth 2000 team will be in Walsingham, Norfolk – running from August 25-29. All information can be found online at: www.youth2000.org/#!/conquerors/b2675

There will be a group travelling from the Diocese of Lancaster, so please get in touch with the team at Castlerigg if you are interested in attending.



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FAMILY WEEKEND 2016

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'This is my body, which is given for you'

For the final May bank holiday weekend, the team at Castlerigg Manor welcomed in 9 wonderful families, to celebrate the feast of Corpus Christi, as part of the annual Family retreat. The weekend began with lots of reunions – old friends back together again, as well as people meeting for the very first time.

We shared a meal together, before heading into the main lounge to play a couple of ice breaker games – learning things like who likes cats, who has been on a plane, and who plays football. After we had broken the ice, it was time to break into family groups to produce family shields. Each family had a chance to get together, to reflect and think about what makes their family special and unique. It was then time to share the shields with the large group, and from there we had the chance to learn about all the families, and their members.

For some families it had been a long day of travelling, so to end the evening we gathered in the chapel, where Anke led us in a peaceful time of prayer and reflection.

The arrival of Saturday morning brought with it beautiful sunshine, so we started the day off outside with a game of hockey, to get everyone moving and awake (*not that most of the children needed that help!*), before heading back inside and starting the day in prayer.

It was then time to split off into groups with the adults staying with Fr John Moriarty for some time in discussion, before heading off for a bit of quiet time in the chapel. Meanwhile, the young people broke off into a couple of groups, to reflect on the Gospel which told of the miracle of the loaves and fishes. They got involved in finger painting, card making, and games to name just a few of the activities, before coming together to make pizzas – they stretched the dough, put on the tomato sauce and cheese, and chose toppings. A very practical way of sharing the Gospel message!

In the afternoon some people went out walking, whilst others went into Keswick town centre, some went to the Lakeside, and some simply enjoyed relaxing at the Manor. We met for afternoon tea on the

front lawn of the Manor, and enjoyed the beautiful weather, as well as the beautiful scones that were on offer! Some of the young people also spent the time making clay sculptures, whilst reflecting on God's love, and produced some wonderful artworks.

The evening led us to a bit of fun, playing an interactive quiz, in which we were able to find out plenty about the skills and talents that lay in the group! Sarah and Bridget then led the group in prayer to finish the evening, thinking about sacrifice and the example of Blessed Chiara Badano. We then enjoyed a campfire, until it was time for bed.

Sunday saw us celebrating the feast of Corpus Christi, which began with Sarah leading a prayer telling us about God's unconditional love for us and sharing God's word to us... "Fear not, for I am with you" Isaiah 41:10. It was then time to break off into small groups to prepare for Mass, with each group taking a different role – some were preparing artworks, some music, some drama. The Mass was a truly joyful celebration, with the families

taking leading roles in the Mass – such as readers, altar servers and musicians. We ended Mass with a Eucharistic procession – bringing Jesus out into the world with us "And I, if I be lifted up from the earth, will draw all things to myself." John 12:32.

All too soon it was time for people to head home, but for all involved it was a wonderful weekend. For adults and young people alike, an opportunity to meet others with similar mind-sets and a chance to form new friendships. But most of all, to spend time together as a family, and to spend time with the Lord. Please contact the team at Castlerigg Manor if you would like to join us next year for the family weekend. Information will be available in due course.

Bridget Huddleston



Keep in touch at our website:
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St John the Evangelist Parish of Poulton are Helping Hurting Children in Uganda



Help 4 Hurting Children (H4HC, Registered Charity No 1115936) is a small charity with a big heart. Originally set up in 2006, the charity aims to help sick African children admitted to hospital. St John's Parish in Poulton, including St Martin's congregation in Carleton, have been supporting this small charity in a big way. The congregation got involved when parishioner Kathy Scanlon, a retired Children's nurse now volunteering with H4HC, started some fund raising activities. Father John Walsh and parishioners supported the fund raising, helping with coffee mornings, raffles, car boot sales, selling birthday & Easter cards, Lent offerings and more.

Education

The monies raised are used by H4HC to help sick children by providing resources for volunteer health education teachers to work in Africa – mainly Uganda. H4HC has a core group of 6 volunteers who are experienced Children's Nurses and Lecturers in Child Health. The volunteers aim to pass on their valuable knowledge & experience to colleagues in 'Resource Limited Environments'. The volunteers take annual leave from their full time jobs to go out for 2 week periods to provide free education for health professionals working with sick children in hospital.

The volunteers can work in university classrooms providing formal education to Medical and Nursing staff. H4HC volunteers are also registered to work 1:1 with staff at children's bedsides on the wards, in any hospital situation e.g. emergency care, surgery, medical care, or intensive care. Funds raised go towards resources such as lesson handouts, equipment e.g. resuscitation dolls for students to practice on. Car hire and petrol also have to be funded to get volunteers to the hospitals. A meal is seen as a 'reward' therefore lunch is provided for students, and medical and nursing staff, which is often the only meal they will have that week.

One of the most requested teaching topics is 'How to use Play and Distraction' to help a child in pain. There are often circumstances where no pain relieving medication is available in hospitals. Play and Distraction techniques can be marvelous to help a child cope whilst undergoing hospital procedures.

Practical help

The charity helps in practical ways too. Often hospital pharmacies run out of essential medicines e.g. life saving antibiotics, oxygen cylinders. Parents will

have to go outside the hospital to buy the prescribed medicines. Those parents living in slum areas have no hope of obtaining the money to buy the medicines. H4HC can step in with an Essential Drug Fund for such poor parents. Three children's wards in Mulago Hospital in Kampala City have access to this fund.

On the same 3 wards, H4HC also fund the provision of food packs for parents of sick children from slum areas. On discharge the parent will be given a pack of rice, millet, flour and salt: enough to feed a family for two weeks. The aim is for the child to get some nutritious food to help continue recovery at home and reduce re-admittance. 2300 packs have been given over the past two years.

Equipment

H4HC tries to help staff in practical ways. Funds raised provide staff with Pen torches, an essential item for night duty, when so often the Kampala city electricity supply is shut down overnight, leaving staff with no electric light to continue observing the sick child in the dark. Thermometers and fob watches are given to enable accurate observation of sick children. Hospitals do not provide bed clothes therefore a blanket can be a vital item to keep a sick child warm. Blankets are bought and given to parents from the slums. With a high mortality rate in such resource limited places, a coffin is an essential item H4HC can help buy for a child from the slums.

A recent visit

Father John Walsh joined Kathy and three more H4HC volunteers on a recent teaching visit to Uganda last December 2015. Father John got involved straightaway with Morning & Afternoon prayers. The students also enthusiastically sang the prayers with beautiful harmonies.

Father John joined the Children's Unit Pastoral Team and blessed many seriously sick children. Parents, carers and staff members of all faiths, including Muslims, started to come and ask Father John for blessings and prayers to be said for them and their sick child. Father John helped distribute blankets, clothes, equipment and food packs. All of these items were gratefully received by hospital staff and parents.

Thank you to The St John's & St Martin's Parishioners – They have been tremendous in their support of this small charity. If you wish to donate — please donate via the H4HC web site: help4hurtingchildren.com ...every penny counts

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What will your Catholic Legacy be?

Perhaps we pray for a future where everyone has a safe home to go to, or where no one has to go to bed hungry night after night. Or maybe we hope to see a world where all people have the opportunity to realise their potential, or where all people have the chance to hear the good news of the gospel.

St Teresa of Avila said "Christ has no body now but yours; no hands but yours, no feet but yours." Catholic charities are carrying out essential work. Whether it's developing skills and opportunities for those who are homeless, finding children safe, loving homes, providing practical assistance to struggling families, helping communities overseas hit by conflict or natural disaster, or building up the Church at home and around the world, these charities are a lifeline to many.

Every year hundreds of thousands of people receive a wide range of help and support from Catholic organisations. Much of this work is only possible thanks to the gifts left in Catholics'

Wills. Have you considered making your hopes come true by leaving a legacy to a Catholic cause you care about? A legacy is a sign of compassion and enables our faith and values to live on. We are so grateful for all those who choose to remember our charities in this incredibly special way. 'Your Catholic Legacy' brings together a group of 26 Catholic charities including the SVP, Cafod, HCPT and many more who are working to inspire and encourage the Catholic community to consider leaving a legacy.

Please also remember your Parish and your Diocese in your Will too – Even the smallest sum can help the mission of the local Church: Suggested wording – I Give the sum of £.... to the Parish Priest for the time being of xxxxx Parish (and then the address) for use within the Parish (or state a specific purpose) and/or I Give the sum of £.... to the Bishop for the time being of the Roman Catholic Diocese of Lancaster for use within the Diocese (or state a specific purpose).



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Amoris Laetitia

The Pope's long awaited apostolic exhortation *Amoris Laetitia* on marriage and family life is full of wisdom.

This beautiful document which has emerged from the Synod on Marriage and family life contains helpful and psychologically insightful guidance on marriage and family life. It will repay in-depth study. Here are some extracts from Chapter 4, which is a reflection on love based around 1 Corinthians 13:2-3, since *'the grace of the sacrament of marriage is intended before all else "to perfect the couple's love"' (CCC 1641).*

Love is patient

The first word used is *makrothyméi*. ... It refers ... to the quality of one who does not act on impulse and avoids giving offense. ... Being patient does not mean letting ourselves be constantly mistreated, tolerating physical aggression or allowing other people to use us. We encounter problems whenever we think that relationships or people ought to be perfect, or when we put ourselves at the centre and expect things to turn out our way. Then everything makes us impatient, everything makes us react aggressively.

Unless we cultivate patience, we will always find excuses for responding angrily. We will end up incapable of living together, antisocial, unable to control our impulses, and our families will become battlegrounds. That is why the word of God tells us: *"Let all bitterness and wrath and anger and clamour and slander be put away from you, with all malice" (Eph 4:31).*

Patience takes root when I recognize that other people also have a right to live in this world, just as they are. It does not matter if they hold me back, if they unsettle my plans, or annoy me by the way they act or think, or if they are not everything I want them to be. Love always has an aspect of deep compassion that leads to accepting the other person as part of this world, even when he or she acts differently than I would like.

Love is at the service of others

The next word that Paul uses is

chrestéuetai. ... it is translated as *"kind"*; love is ever ready to be of assistance.

Throughout the text, it is clear that Paul wants to stress that love is more than a mere feeling. Rather, it should be understood along the lines of the Hebrew verb *"to love"*; it is *"to do good"*. As Saint Ignatius of Loyola said, *"Love is shown more by deeds than by words"*. It thus shows its fruitfulness and allows us to experience the happiness of giving, the nobility and grandeur of spending ourselves unstintingly, without asking to be repaid, purely for the pleasure of giving and serving.

Love is not jealous

... This means that love has no room for discomfiture at another person's good fortune (*cf. Acts 7:9; 17:5*). Envy is a form of sadness provoked by another's prosperity; it shows that we are not concerned for the happiness of others but only with our own well-being. Whereas love makes us rise above ourselves, envy closes us in on ourselves. True love values the other person's achievements. It does not see him or her as a threat. It frees us from the sour taste of envy. It recognizes that everyone has different gifts and a unique path in life. So it strives to discover its own road to happiness, while allowing others to find theirs. In a word, love means fulfilling the last two commandments of God's Law: *"You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or his manservant, or his maidservant, or his ox, or his donkey, or anything that is your neighbour's" (Ex 20:17).*

Love inspires a sincere esteem for every human being and the recognition of his or her own right to happiness. I love this person, and I see him or her with the eyes of God, who gives us everything *"for our enjoyment"* (1 Tim 6:17). As a result, I feel a deep sense of happiness and peace. This same deeply rooted love also leads me to reject the injustice whereby some possess too much and others too little. It moves me to find ways of helping society's outcasts to find a modicum of joy. That is not envy, but the desire for equality.

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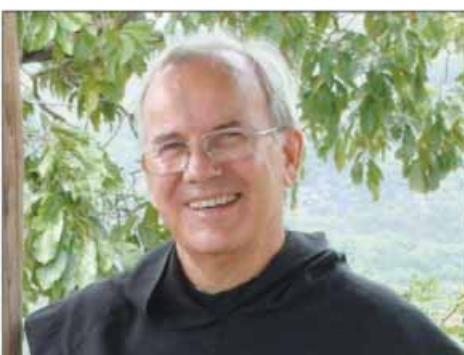
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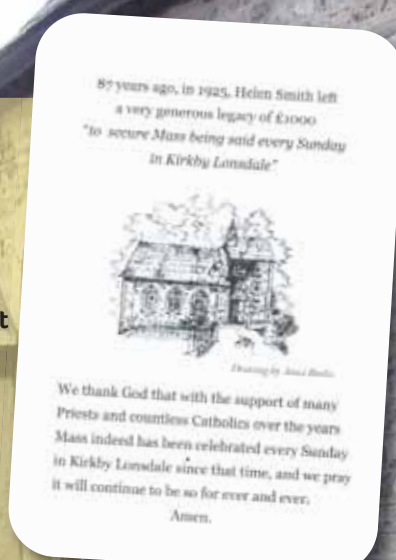
One of the prettiest spots in the diocese, Kirby Lonsdale, nestles the church of St Joseph's which celebrates its golden jubilee this year, though Mass was celebrated for 45 years before this in a little storeroom belonging to a local printing works. Before the storeroom came into use the Catholics of Kirby Lonsdale faced an eight mile trek to St Mary's Hornby: not an easy journey at the beginning of the 20th century.

In July 1966 Bishop Foley visited St Joseph's to bestow his Solemn Blessing in celebration of the opening of the church. Current parishioner and choir member Denise Dew-Hughes still remembers the day with affection.

Despite the clamour for the celebration of Mass more local to the community, attendances had slipped by the early 1930s but post Second World War picked up again with the influx of Irish workers providing seasonal support on the farms, a slightly later Mass time and ever improving transport arrangements.

Today the church of St Joseph is well attended and Mass is celebrated three times a week including Sunday at 9am.

Michael J. Dugdale has written a brief history of Catholic worship in Kirby Lonsdale, it is a fascinating account of all the various characters that have played a part over the years – if you would like a copy please telephone Michael on 07831 837648.



87 years ago, in 1925, Helen Smith left a very generous legacy of £1000 "to secure Mass being said every Sunday in Kirby Lonsdale."



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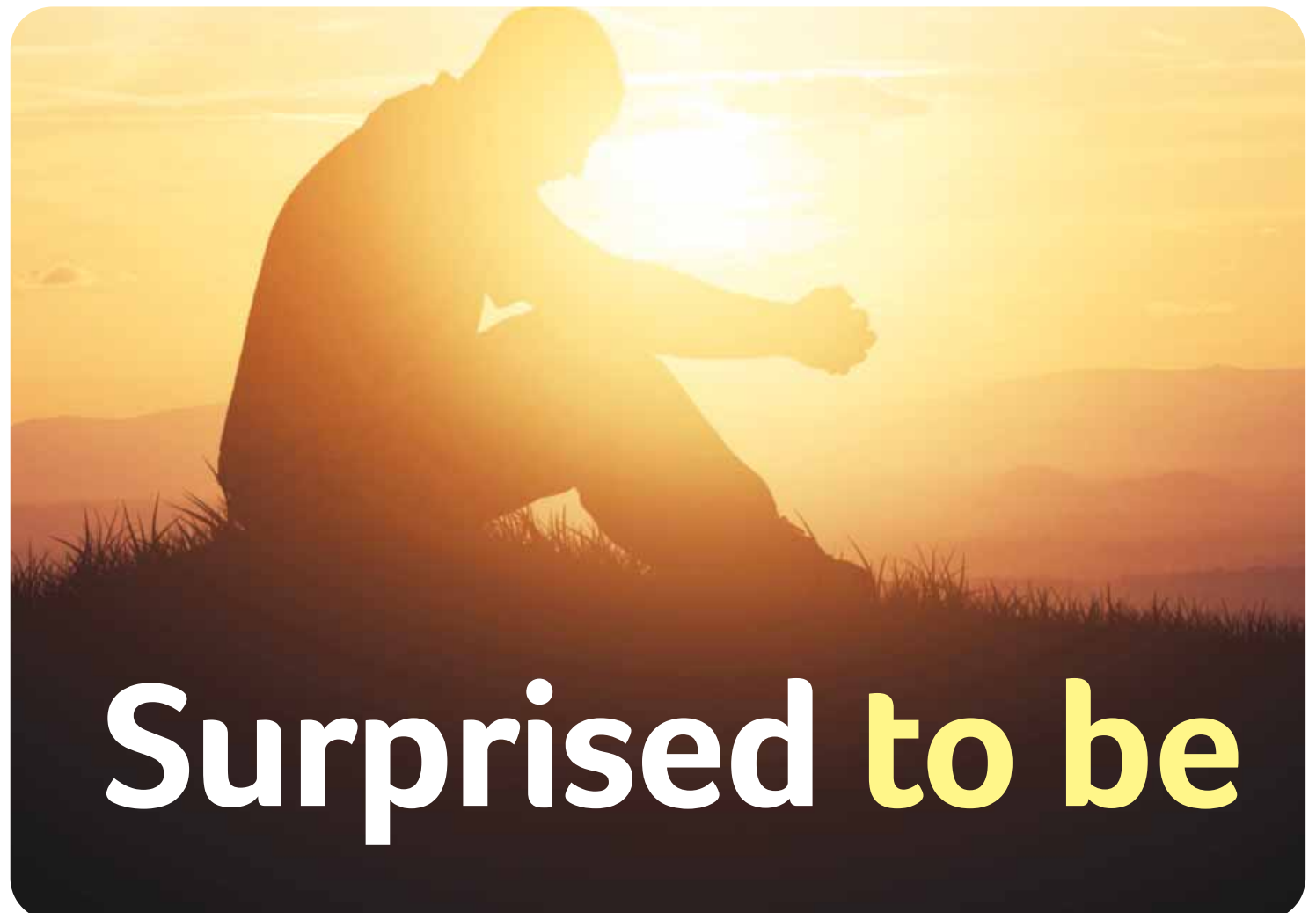
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Surprised to be

No doubt my journey to the Catholic faith began in the mind of God long before I was born. For me though it began in 1977 on the feast of St. Vincent De Paul, in the Ulster Hospital. I was the eldest of three. Born Protestant with no choice in the matter: you were Protestant whether you or your family practised religion or not. It was the same for Catholics.

Growing up as a Protestant in Belfast

My parents (*my mother, a Christian*), with my father's blessing, presented me for Baptism at the hands of her minister at Orangefield Presbyterian Church on the 6th of November 1977. After my rebirth in the sacred waters it was my mother who made sure I had the necessary instruction in the Christian faith and understood my salvation in and through Jesus.

She did this in a number of ways, not least witnessing by endeavouring to live the Christian life in the world as a wife and mother. Chiefly though, it was bringing me with her to Church, enrolling me in the Sunday School; encouraging me to read my bible; getting me to say my prayers before going to sleep, and other ways I have long since forgotten.

The Holy Spirit, in his providence, blessed me in numerous other ways – first and foremost with a strong faith: I have always believed in God and his Son Jesus and my relationship to and with him no matter what life throws at me.

Secondly he sustained and fed his gift of faith in me in several ways. One was the holy words that fell from the lips of my ministers in their sermons and the stories of Jesus I heard from my Sunday school teachers. Another was being brought up in a home free of bigotry, especially concerning how Catholics differed in their beliefs from us.

Many graces were also given to me through my membership of the Boys' Brigade, a Christian youth organization, from the age four/five to eighteen. The witness of the leaders and the order and discipline inculcated was a formative influence in my teenage years. I decided early in my teenage years never to drink, smoke, or gamble. I don't recall this being a religious decision but I'm sure God had a hand in it.

My chief passion, and source of comfort at times, was music. I played piano and trombone. I was in the Belfast School of Music for years and also played in the school orchestras etc.

Parental separation

The first eleven years of my life were relatively uneventful. Then in my final year at primary school my parents separated. This was a sudden, very traumatic experience which affected me and my brothers in many ways. We lived with our mum but had to move to a Loyalist housing estate. This was a stark change in our

environment and other circumstances. My school work suffered and my mood changed dramatically. The anger and hurt in my heart led to me singling out my mother for almost hate at times and my treatment of her for several years was far from the keeping of the fourth commandment.

Then on the eve of my eighteenth birthday, whilst listening to a talk in bible class, we were asked if anyone wanted to commit their life anew to Christ. I felt a rush go up inside me and I raised my hand and stayed behind for prayer afterwards. The Holy Spirit took away all my anger and hate and enabled me immediately, the next day, to change and amend certain areas of my life which I could not have done on my own.

Studying at Lancaster University

After my A-levels and a gap year I attended Lancaster University to read Music. I hoped to compose for a living. While there I joined the Anglican/free chapel for their worship services. Here for the first time I encountered a priest; an altar; a Eucharistic host; wine given in a chalice. The way God was worshipped was new and the drama and beauty of the liturgy called to my heart in a way I had never felt before. At this stage in my life I had engaged in no formal or informal theological reading of any kind. A hunger to learn began to grow within me. I also met my wife Emily who next to his gifts of the supernatural order, has been God's greatest gift to me.

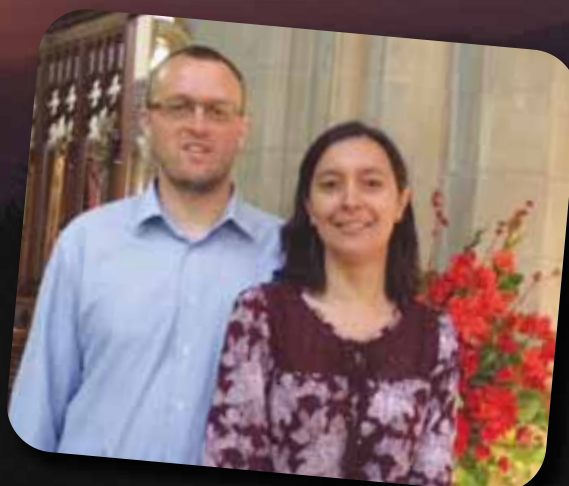
At some point around this time I came across a book on St. John Paul II's visit to Britain in 1982. There was something about the images in that book, and in particular him, that planted the seed of longing for the Catholic faith. My heart was drawn to the Mass, Mary, the saints, Sacred Tradition and all catholic forms of prayer and devotion. I built up a small library of catholic works as I sought to understand with my head where my heart and spirit were leading me. I became an Anglo-Catholic and for many years served on the altar at Lancaster Priory.

Crippled by Depression

However the last eighteen years have been marred by a heavy cross of suffering for Emily and myself. In December 1998 without warning God removed his presence from me. This had a very negative effect on my brain and ultimately I was unable to continue my studies and had to intercalate from university. I had hoped to return but was unable to. I was eventually diagnosed with clinical depression in September of 1999. My father died of cancer in 2001.

All of this resulted in my brain being effectively placed in a wheelchair. I could not maintain any sort of regular plan of study; exercise; social life, or a career. My musical abilities and any other relaxing pleasures were taken from me. I was not in control of my life. I could hardly feel anything; my heart was dead and numb.

Catholic



Failure was my constant companion. Everything I touched seemed to turn to dust. My brain would mentally paralyse me from doing all the things I wanted to do with my life and this it would do seemingly randomly. I spent many hours lying in bed unable to move. All my dreams and desires, including in my spiritual life were continually out of reach. God withheld his blessings. My and Emily's life was on hold for all those years.

The disease also made being a Christian extremely difficult. It was impossible to love God or my neighbour. I could not carry out his will, let alone promptly and joyfully. I was forced into myself, seeing all the ugliness and sin in my heart but the heavens were silent and very few graces were given to me. I knew what I needed God to do for me but no help was forthcoming. A regular prayer life was impossible. However I always believed, through spiritual guidance and reading that God had allowed this for a reason and that he would heal me. I prayed for this every day for those eighteen years, including asking Mary and the saints, although I could feel no help from them.

Then God in his own good time started to act.

Healing from depression and the journey towards Rome

Without warning on Easter Monday 2014 I was, without any noticeable change, given the grace of praying the Divine Office (Catholic) and I have not missed a day since.

In January 2015 while holding a Crucifix in my hands and begging his mercy and help for several sins I had been committing since youth he delivered me completely and I have not committed those sins since.

In March of the same year while still very ill the Holy Spirit led me again to the reading of several books on those who had converted to the Catholic faith. On the eve of the feast of St Joseph I suddenly felt the Holy Spirit convey his will to me that he wanted me to go to Rome. So immediately I knocked on the door of St Joseph's presbytery Lancaster which is less than half a mile from my door. Fr. Jim welcomed me with open arms but it was too close to that Easter to be received into the church.

In December the Holy Spirit gave me the grace to engage in regular fasting and spiritual reading which for many years I had tried to do and failed.

Over the course of the next year I worshipped and attended classes with Fr. Philip our new parish priest. Fr. Philip was very generous and patient with me.

Desperate still for healing I began a novena to St. Joseph and on his feast day (2016) I, with Emily, attended a healing service given by the Cor et Lumen Christi community at a small church

just outside Carlisle. I felt no different during or after the service. In fact this continued to be the worst year I had had in a long time. I believed God could heal me I just wasn't sure it was his will to do so. The following Tuesday I made my first Confession and God surprised me in that I cried from start to finish. Holy Saturday came round and I was confirmed and after waiting a year was able to receive my Lord and Saviour as my spiritual food.

Then Easter Monday without any visions of angels or any noticeable physical manifestations whatsoever I awoke healed.

Everyday has been a blessing since. For the first time in almost twenty years I can feel. I can listen to classical music again. I can study, read, concentrate, remember and derive pleasure from doing all these things. I now can love and cherish my wife and give to her and treat her as she deserves to be treated.

Most important, however, are the blessings of the interior life. I can pray when I want to, and consistently and for longer. He has finally given me the Rosary, although I am still getting to know Mary. The Bible which I now can read every day is a joy and he speaks to my heart, mind and spirit. I can also remember what I have read the next day, which is a first. The Mass is fast becoming the centre of my life and I can feel growing love and devotion for Holy Mother Church in all her beauty.

I feel love for my "neighbour" whoever that may be. My heart joyfully prompts me to serve them when the need arises. I especially love my brothers and sisters in Christ. I now can encounter Christ in them.

All this is owing to God alone so I want to end by praising and thanking him for calling me to the Catholic faith and for healing me. To Joseph, whose name I took at Confirmation, for his intercession and to Emily without whose sacrificial love, patience, unfailing care and support I would not have made it this far.

Finally, the 'surprise' of the title refers not to my being a Protestant from Belfast but to the sudden conversion from the Anglo-Catholic faith in which I thought I would remain. I do not know what is planned for me next but I hope and pray he will use me "Ad maiorem Dei gloriam". Amen.

Neil Turbitt



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Going the Extra Mile in A&E

Continued from page 1: Ray McGlone talks to Katherine Daniels about life in A&E



if they didn't have a faith they were carried along by an ethos of service."

I asked Ray what he feels is most needed in the NHS.

"People always seem to think what the NHS is short on is resources, money. But what is missing is empathy and compassion. I put a Maundy service slide in my presentation to trainee medical students: the washing of the feet. They get the point – that it's about service."

I tell them 'I'm more impressed if I see you giving a glass of water to old folk in a cubicle than if you recount to me the symptoms of a rare disease.'

My daughter, many years ago, was working as a junior doctor on a geriatric unit and the elderly folk weren't getting enough water to drink. So she wrote on the prescription chart 'water'. It was the only way to make sure everyone was actually given the water. Often it was being put out of reach. Some were annoyed with her, but they started giving the patients the water on the drugs round."

Why is the NHS so defensive?

"Everyone is worried about making mistakes, whereas 'to err is human' (Alexander Pope). You're bound to make mistakes because you're human. The best

way to avoid complaints is to be nice to people. If you show you're trying your best, if you do make a mistake they are far more likely to forgive you. I had a young trainee two decades ago who had a nice way with patients. One day he failed to diagnose four fractures in a person's foot. I had to recall the old lady. Her main concern was that 'that nice young doctor' didn't get into trouble."

What difference does being a disciple of Jesus Christ make to the way you do your job?

"Seeing medicine as your vocation means you go the extra mile for your patient – and for your colleagues – because what you give to a colleague benefits the team and the patients."

Bernadette [Ray's first wife who died in 2006] had a vocational sense too (she trained as a teacher). We got married at medical school in 2nd year and had our first child in the 4th year. The gynaecologist at first said to Bernadette, "you can always have an abortion." We were living in a condemned council property. There was mould on the walls, a neighbour had TB, and there were dead rats in the street. If you have love, you can overcome most things and our firstborn is a General Practitioner now."

Late one night a junior doctor had a nervous breakdown, and locked herself in the A&E Office. A member of staff phoned me at 2 am. Bernadette and I both went in. Bernadette had some counselling experience. She spent the next 3 hours counselling the doctor and I worked the shift that the doctor should have been doing. That's going the extra mile. If you haven't got a faith how many wives would go in and counsel the doctor in the middle of the night? Now that doctor is a successful GP. With support people can grow and flourish."

At the start of each working day I pray: 'My Lord and my God, show me your way your truth and your light.'

Does your faith ever come into your work explicitly?

"As a consultant, you can't proselytise because that is certainly not your function, but you can get across where your strength is coming from. I always say 'God bless' to my patients."

I've rarely been asked to pray for a patient. Once a woman whose husband had just died in the resuscitation room asked me. I don't know how she knew I was a Christian. I prayed The Song of Farewell ('May the choirs of angels come and greet thee...') at the bedside, and she said she would remember that for the rest of her life. You can't impose, but if the patient asks you it's ok to pray."

Do your colleagues know you have a faith?

"Oh yes, if you're saying 'God bless' to everyone, they get the idea. I wear a pin

with the letter 'N' (Nazarene) in Arabic on it, made by Aid to the Church in Need. It's the sign that ISIS put on the Christians' doors in Mosul. A few people ask what it is, so it becomes a talking point."

With 23 years heading up A&E, Ray is probably the longest serving lead consultant of one Department anywhere in the country. I wonder how he has kept going for so long without burning out?

"One Consultant said to me 'its only because you've got missionary zeal that you've managed to stay for so many years in such a stressful environment'. A nurse recently asked me why I would want to continue working past 60 (this year). Trying to get across the idea of vocation was really hard. Two days later I was listening to a sermon on Radio 4, which talked about a Frenchman who went off to become a monk and found himself peeling potatoes – fairly menial stuff. But he did it for the love of Christ. It's the same in A&E. There is a lot of mundane stuff. Like peeling spuds. You do it for the love of Christ. But this is a hard concept to get across to the secular community."

Is there anything you would like to say to A&E's service users?

"For patients using A&E, the most important thing is to say a simple thank you because that is what keeps the staff going when it is like a war zone. The service can be taken for granted at times."

Most people are quite good. Old folk tend not to abuse the service. But the younger generation can treat it a bit like ASDA 24/7 service – coming in with things that aren't emergencies. An emergency dept can't be all things to all people. If it is, the service suffers. A&E is a barometer for the whole NHS. When the NHS gets a temperature – it comes out in a rash in A&E. When the system is under stress, people react by transferring the risk onto someone else. Beds on Wards close and the corridors fill up in A&E. A&E is the safety net at the bottom. People seem to believe that A&E is a bit like a Tardis: (it is bigger on the inside), but in reality there is no extra capacity. So be grateful to the staff, and use the service for emergencies."

Katherine Daniels



What is a Christian way to handle money?

I asked Ray more about his attitude to helping others and where it began.

An elderly relative of mine would ask me what I had done that day..... if I said what I had done, she immediately said "NO! I meant what have you done for someone else today?" That message got through to me as a child!

I suppose working in A&E has reinforced my belief in service. How blessed am I that I am in a vocation where I can help my fellow man, get paid a good wage so I can help my fellow man again?!

Many years ago, when we had priests going out to Peru and Zambia, Canon Alf Hayes was talking about how in Peru the parish community would support a member of the parish to go and get trained in a skill and come back to help community. So I started helping the Zambian medical students. I decided to support twelve as a memorial to Bernadette. Actually it's ended up being 13, as one died. The 13th will qualify next year.

What gave me the idea of twelve was Edward I. He gets a bad press, but was in fact a bit of a romantic. He took his wife on the Crusades to Acre, he had a poison

in a wound and his wife sucked it out and treated it. (It was a bit like being on the Crusades with Bernadette accompanying me around so many NHS settings across the country). When Edward's wife died in her 40s in the Lincolnshire area, the funeral procession stopped 12 times, and he built a stone cross in every place in memory of Eleanor, his Queen. Charing Cross was one. Unfortunately the Roundheads knocked most of them down.

Instead of stone crosses, these are living crosses. If you give someone a profession – you help them become a doctor – they can help more people, so the gift is amplified. They have all stayed in Zambia. One of the oldest is now working in Zambia's Department of Health, running the AIDS programme".

Ray has only been out once to check on things but there was a diocesan priest (Fr. Swarbrick) then a nun (Sr. Lelia) who have kept an eye on things. Ray and his wife Jackie have also had foreign doctors staying in their house from Bulgaria, Romania, Estonia, Poland, – and currently a refugee from Dafur. It hasn't always been plain sailing, but they all found jobs.

I asked what kind of principles guide him about when and how to give material help?

"What does the Bible say? Matthew 22:36-40. The default position is if someone comes by my way I listen to the Holy Spirit. Am I in a position to help this person?

I used to chair Homeless Action in Lancaster. One Seminarian advised never to give money to the homeless, but instead take them for a meal with you. Then they'll appreciate the time and the meal. Time is the most precious gift any human being can give another. Many years ago there was a homeless chap collecting money after Mass. I took the money off him, put it in the poor box and took him out for a meal. Later he said 'you're right, I would have drunk it'.

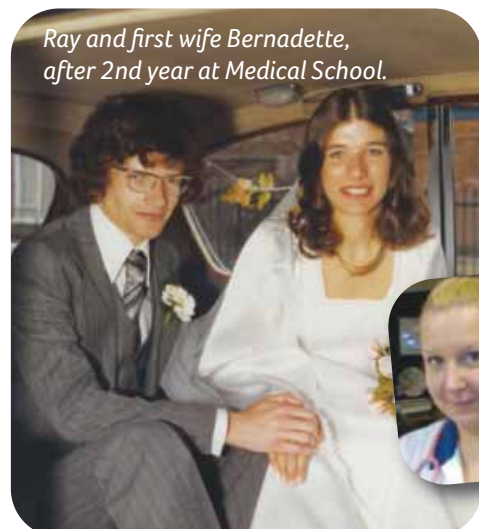
Maybe that doesn't apply if you're a woman, unless the person in need is also a woman. There was a homeless woman I met who seemed to drink a lot. Through the SVP we put her up in a B&B five nights because the weather was so bad. But that is a sticking plaster really, which is one

reason to support Cenacolo, an international organisation who work with young people suffering the strains of life and more often some form of dependency. One of their 60 houses is based in Dodding Green, Kendal and is a foundation for young men.

Poor people give more as a percentage of their wealth than the rich do. If you've been through hard times, you are more likely to see the human need in the situation.

If you approach suffering in the right way you can grow through suffering. One year in the early 1990's my son, my wife and mother all had cancer. My son's cancer made him grow and now he is a doctor in intensive care. It focused the minds of the other children too. You only see you've grown in retrospect. You can't say this to someone who has just lost someone. It's not appropriate. But metal is hardened in the furnace of life."

Katherine Daniels (Editor of The Virgin Eye: Towards a Contemplative View of Life by Robin Daniels. Due for release on 21 October 2016 and available to pre-order on Amazon)



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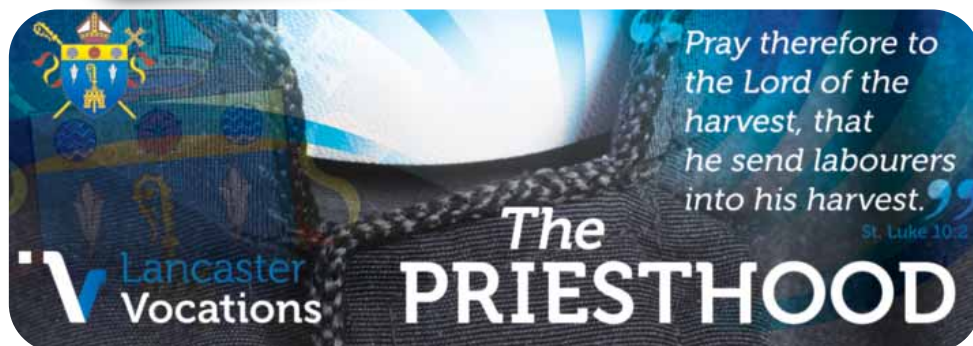
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To enable the Church to live as a community of disciples of Jesus Christ and to witness to his Good News in our world, the Spirit endows it with a variety of gifts and ministries. We have certainly seen this over the last five months with the different priests from our diocese writing about the ministries that they under taken in the building up of the Kingdom of God. This month we hear from Canon Paul Swarbrick who ministered in Zambia for some fifteen years on the missions.

It's over ten years since I returned from Africa. Life has moved on. Occasionally memories re-surface, but they seem mostly to lie buried under heaps of more immediate things. The photographs are there in the bottom drawer of the filing cabinet, a Tonga Bible and prayer-book squeezed amongst books in an unvisited corner of the bookcase, a priest's stole from a celebration commemorating 100yrs of Catholic presence in Southern Zambia, folded away at the back of a sacristy cupboard. Fifteen years of my life, my priesthood. Sounds like they didn't count for much. And yet, they are the happiest years since Ordination. My father died in 2003. Had Mum enjoyed better health I would have been sorely tempted to remain in Zambia longer, perhaps even for the rest of my days, bishops permitting of course.

The Diocese of Lancaster has been generous in releasing clergy to serve the Church outside the Diocese. I went because Monze was short of priests. The young African Church was very good to me. Never have I felt more alive and more useful as a priest, but never have I felt more useless or closer to death, not even in a howling gale on the Isle of Skye's Inaccessible Pinnacle!

I did the things in Zambia that a priest does anywhere: preach Christ's Gospel, teach the Faithful, celebrate the Sacraments, tend the flock. The only difference was the scenery, climate and circumstances. The Lord was the same, the message was the same as anywhere else. Obviously, being foreign – from outside the culture – was a handicap, as was not speaking the language. I was a poor missionary, and that poverty became a gift. In a rural parish the size of Cumbria, with no proper roads and no telephones (pre-dating mobile phones and internet) there were obvious challenges. For the first eight months we had no vehicle, and when we did get one it was unsuitable for reaching the furthest bounds of the parish. So, we walked. And this proved

such a fruitful way of 'putting ourselves in the hands of our parishioners' that we often continued to walk in preference to using the vehicle.

The language came slowly, helping us build a relationship with our flock. Learning how to respect their culture came slowly too, how to greet (*hugely important*), how to value and use proverbs (*age-old natural wisdom passed down through generations*), how to pace things (*'Europeans have watches, Africans have time'*). Learning to enjoy their hospitality, their food, their humour and traditions all served to teach me how fortunate I was to be there. They taught me Gospel values and ways of living the Scriptures, hope, trust, charity.

In those early months I recall meeting with other priests serving there as missionaries or as indigenous clergy. I recall being struck by elderly Jesuit missionaries, gaunt old men in their final years, gaunt, burnt, wrinkled but with an air of serenity and joy undimmed by the hard years behind them, their lamps burning more brightly than ever. Men of encouragement, of prayer and patience, living histories of the Gospel, ready to hand on their legacy to the younger generation of priests and religious. They had been through their dark days and were living evidence of fruit born of patience and prayer.

I'm more than ten years home now, amongst so much that is at once familiar yet very much different from England pre 1990s. What worked in Zambia will surely work in Lancaster, Patience and prayer. The Lord is faithful. I have seen it.

Canon Paul Swarbrick

Do you have a desire to be a priest?

Maybe you can't explain why you have this desire; it's a part of you, like falling in love. You just know that this is what seems right. You imagine yourself as a priest and it seems to fit, even if it makes you afraid or you think it would be impossible. There is a joy and excitement when you think about it, a sense that this is the right path. The idea keeps coming back maybe in your prayer, your daydreaming, your imagination. Some scripture passage or sermon seems to be directed at you to think about the priesthood, or the call of the disciples, or service. These passages seem to stand out for you and have a kind of clarity; as if a light comes on; or it warms your heart; or it feels as if someone is pointing at you. God calls many men to the priesthood, unfortunately only a few respond to that call. Consider your future, **THINK PRIESTHOOD!**

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Sundays: 10.30 am; Sung Mass
Friday 15th July at 7.00 pm
St Henry, Sizergh Castle Chapel, Sizergh, Nr Kendal
Sunday 17th July at 10.30 am
Ninth Sunday after Pentecost
Pontifical Low Mass celebrated by Bishop Michael Campbell
St Walburga, Preston
Sunday 24th July at 3.00 pm
Tenth Sunday after Pentecost
St Mary's, Hornby
(NB No Mass at Hornby in August)
Monday 15th August at 7.00 pm
Assumption of the Blessed Virgin Mary
Traditional blessing of herbs & fruit followed by Sung Mass & procession
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Mass is also celebrated every Sunday at 8.30 am at St Mary Magdalene, Leyland Road, Penwortham and 11.30 am at St Catherine Labouré, Stanfield Lane, Leyland.
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Children's author Caryl Hart delivered workshops in the new library.

Children at St Pius help design and stock school's new library



Pupils began a new chapter in their school life when they welcomed a children's author into their classrooms.

But Caryl Hart was not at St Pius X Preparatory School in Fulwood just to run creative workshops; she was also guest of honour for the opening ceremony of the school's new library.

The event marked the culmination of several months of work by the pupils who not only suggested the project in the first place through their student council, but also helped choose the design and raise money for new books.

Head teacher Bridgeen Banks said: *"The children knew exactly what they wanted and were involved at every stage including meeting representatives of three different companies and looking at colours and designs."*

"They also organised a series of events in school and raised £1,000 towards buying new books for the library."

Miss Banks said that parents and friends of the school had also responded with tremendous generosity by donating additional books.

She said: *"The new library looks wonderful and the children love it. As well as providing a lovely bright, vibrant environment it is an excellent learning space and is in use by one class or another every day."*

Caryl Hart is a prolific award-winning author of children's picture books and young fiction. One of her best-known characters is Whiffy Wilson, the wolf who wouldn't wash, which won favourite book award in the preschool category of the Lancashire Share a Story Awards.

After cutting the ribbon to open the new library she spent a day in the Garstang Road school leading a variety of creative workshops with pupils.

Miss Banks said: *"It was a wonderful day. Caryl was very impressed by our library and we all enjoyed having her with us for the day."*

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Help for Those at Sea

Peter Barrigan quipped that the biggest challenge he faces as Apostleship of the Sea ("AoS") port chaplain to the Tees, is remembering to go home.

"My work in the port is so varied and so rewarding the time just disappears. From meeting the guy on security as I board the ship to meeting the rest of the crew and officers I have no idea what will come up in conversation."

"If I ever make the mistake of saying to myself, 'Ten minutes should do it on this ship,' I'm always proved wrong as someone from the crew will ask, 'Sir can you help me I need.....' and you are caught up in the needs of that one person or with a group."

This month [July 10] is Sea Sunday when the Church asks us to pray for and support the work of AoS, whose chaplains and ship visitors provides pastoral care and spiritual support to seafarers.

"The challenge for me is to be open to whatever comes in that conversation or that request for help," Peter said. *"It can range from the need to sort a personal problem on board, help in dealing with bad news from home, or just being prepared to listen as they want to chat about family."*

Unlike Peter, most of us have probably never met any seafarers. Yet they play an important part in our lives since so many products sold on the high street (fridges, oranges, coats, iPhones) are transported by ship.

Peter is there to offer practical help and pastoral care. *"Often I will leave a ship and feel the seafarer has ministered to me. It may be in the way they have expressed how they feel about their faith and the importance of the faith items we take on board to help them during their time at sea."*

"Or it could be in a sharing of their family situation back home and realising how many of their family members rely on the seafarer's salary. I often leave the ship with my spirit lifted."

Peter is supported by a team of volunteers, including John Wordsworth who has been visiting ships on the south side of the Tees for ten years. *"John will often organise Mass for a crew. We see seafarers who have not had the opportunity to get to Mass for months so that when John suggests this they are delighted. When you see the crew taking part in the Mass and the reverence with which they receive Holy Communion it makes me realise how lucky I am to be able to get to Mass any day of the week."*

Peter praised the generosity of those parishes that support AoS. Some put together shoe boxes at Christmas.

"When I became port chaplain, I expected a few dozen shoe boxes from a few parishes. How wrong I was. Once the calls started it was difficult to cope. We got literally hundreds from different parishes."

Reflecting on his role as a port chaplain, he said, *"I have little control over who I meet and I can't plan too much of my day. I just need to be open to the needs of the seafarers I serve."*

Greg Watts



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