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The Catholic  **VOICE** **of Lancaster**

The Official Newspaper to the Diocese of Lancaster

INSIDE: p08 The Pilgrimage to Fatima
p15 New Film on Mary
- for parishes of the Diocese of Lancaster

Issue 297 + March 2018



Our New Shepherd

Canon Paul Swarbrick

Named by Pope Francis as the seventh Bishop of the Diocese of Lancaster



The Catholic Voice asks for your prayers for our Bishop-Elect

Heavenly Father, you sent Jesus to shepherd your people and the Holy Spirit to make your people one.

Send your Holy Spirit to anoint our new Bishop-Elect Canon Paul Swarbrick, that he may continue the work of renewal in the Church and unite our parishes, priests and people in love, truth and wisdom.

Give him a true shepherd's heart like that of Jesus, that he may give strength to the weak, heal the broken-hearted, console the lonely, bring back the wandering and be a power against the evil of our day.

We ask this through Christ our Lord. Amen.

Prayer courtesy of the Diocese of Portsmouth



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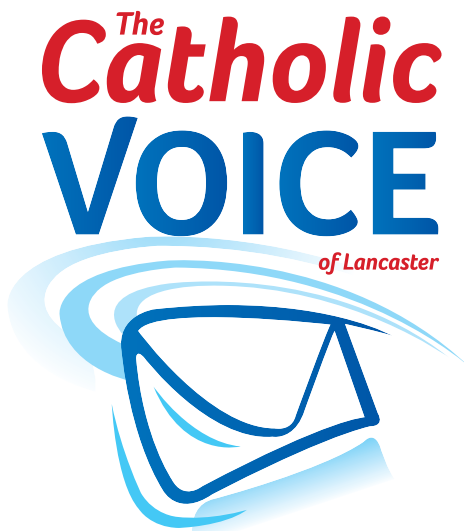
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EDITORIAL

“So then, if you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering” - (Matthew 5:23-24)

Here is a word from Our Lord, a word to be lived, to be put into action. It is a word for us in this season of Lent, this time of Reconciliation and Renewal. Yes, and what a powerful word! Jesus is really saying “**drop everything**” because the most urgent thing is to be reconciled, to be in unity and peace with your brother or sister. This is the necessary first step for everything else to be really fruitful and worthwhile. And doesn't this echo in our own experience? We know that when we are at odds with each other in our families, our parish, or our place of work we know that even the best of schemes, our worship, our good initiatives and even great charitable works can become flawed and fall apart in disunity and ill feeling. How urgently every community or family needs to learn and put into action this word of Our Lord – “**drop everything and be reconciled first**”.

These Gospel words focus our attention on the heart of our calling, to live the life of love, to put into practical action the faith we profess in the way we treat all those around us. On Holy Thursday evening we will see this with great power. We will be reminded in the Gospel Acclamation of Our Lord's words - “*I give you a new commandment: love one another just as I have loved you.*” And then we will listen to the Gospel of Our Lord's washing of feet. And we will carry out this washing of feet with Our Lord's words ringing in our ears “*If I have washed your feet, you should wash each other's feet. I have given you an example so that you may copy what I have done.*”

What does it involve to really live out the commandment of love and to wash feet? Surely it involves loving all those we meet in the servant way that Jesus shows us. This means that we approach others with great humility even if we think we are helping them. We come not as the ‘*Great Benefactor*’ but as the humble friend ready to listen, to understand their situation and walk beside them. In this humble and understanding love we build bridges and heal wounds. Sometimes we manage this for a while with someone we go out of our way to help, but then we come home and argue with those under the same roof.

Even in our noblest schemes we can find the worm in the apple, gnawing away at our best efforts. We need a revolution of love, a daily priority in our life of faith to live consciously looking for the presence of Jesus in every moment. He is there calling us to love this person here and now with humility, thoughtfulness and great respect.

During this Lent could we learn together the profound wisdom of Jesus Our Lord? He promises us that where even two or three are gathered together in his name, gathered together in unity, he will be in our midst.

Let's consciously try to live and build unity by a humble servant love and see the reality of Our Lord's promise. We will find him in our midst, filling the space between us by his presence.

Drop everything, make peace, welcome the Lord!



Isaiah on fasting

Is this not the sort of fast that pleases me - it is the Lord who speaks- to break unjust fetters and undo the thongs of the yoke, to let the oppressed go free and break every yoke, to share your bread with the hungry and shelter the homeless poor, to clothe the man you see to be naked and not turn from your own kin? Then will your light shine like the dawn.

Is. 58: 6-8

A Reflection on Fasting

Blessed Oscar Romero once said: "Aspire not to have more, but to be more". What does this mean for us, particularly during Lent?

The Church encourages fasting and self-denial ("*not having more*") to help us focus on the spirit rather than on the body. Every Lent we talk about "*giving up*" things. This can help us to distinguish what we need from what we want. In reality, our needs are quite minimal, yet the commercial world tries to make us want without limit, peddling affordability as a moral justification....."*you can afford it*".

Reducing our wants is not just good for our souls, it is a matter of justice. Whatever we take from the earth and from humanity that we don't need (*or that we waste*), we take unjustly from our brothers and sisters - it is theft. It is also squandering our own resources that we could use to help others. The Church has always emphasised the strong connection between fasting, abstinence and almsgiving.

What does it mean "*to be more*"? There is an aspect of fasting which is much more important than giving things up - it is developing a spiritual maturity that enables us, in the words of Jesus in the Sermon on the Mount, "*to hunger and thirst for what is right*". This includes actively challenging the practices and institutions that make people poor and keep them in poverty - the so-called "*structural sin*", which Pope Francis condemns in '*Laudato Si*'.

We find structural sin in practices such as trade deals that marginalise the poor; in industries which unjustly exploit their workers or indiscriminately strip environmental assets; and in the use of tax havens which allow the rich to avoid their obligation to contribute to "*the common good*".

The prophet Isaiah did not mince his words on this aspect of fasting. Jesus echoes the words "*then will your light shine like the dawn*" in the Sermon on the Mount. So what can we do to hunger and thirst for what is right as part of our Lent fast?

Here are some practical ideas:

- Read '*Laudato Si*' - Pope Francis' great Encyclical is a remarkably easy document to read. It is based on sound research and deep spiritual insight. In these days of fake news and constant accusations of bias, we need accurate facts about the condition of the world and about our obligation as Catholics to protect it.
- Challenge people who use stereotypes to de-humanise people - terms such as "*migrants*", "*asylum seekers*", "*people on benefits*" - these are our brothers and sisters, whose main offence is to be less fortunate than ourselves. To accept or to use de-humanising language is to play into the hands of people seeking to promote division.
- Support ethical business and avoid those involved in the unjust exploitation of people or the environment.
- Actively support campaigns for justice by writing to your MP; to newspapers, by signing petitions etc.

How can our "*light shine like the dawn*" on Easter Day if our Lenten fast has failed to bring justice to the poor?

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At the start of January, the Castlerigg team joined other Catholic volunteers, retreat leaders, chaplains and directors from retreat centres from all over the country, for the annual conference in Swanwick, Derbyshire. This gave us the opportunity to meet other people who were doing similar work to ourselves and it meant that we could take a few days just reflecting upon the work we do and our faith before entering in to the New Year.

We met at Castlerigg Manor on the Wednesday and started our day with Morning Prayer. I really liked this because we all knew that we would have a busy and tiring day ahead of us and it was nice to spend a few minutes in prayer. Travelling to Swanwick took us five hours (we did make a few wrong turnings along the way!).

When we arrived, we were split in to our small groups and spent time getting to know each other. We also discussed our experiences in youth ministry. The rest of the evening involved celebrating Mass and getting to know some of the other volunteers.

On Thursday morning, Father David O'Malley and Anita from the Salesians gave the keynote address. We had the chance to learn and reflect upon the

theme of this year's synod of Bishops, "Young People, the faith and vocational discernment." I found this interesting and it gave me a chance to think about my purpose and my vocation in life. This session also gave an insight in to what influences young people the most today, from social media and the news to the encounters we have with different people every day. The thing that stood out to me the most from this workshop was the importance of asking ourselves the question 'Why?' We face so many life-changing decisions, and it is important to take the time to really think and reflect upon the decisions we make each day. For the afternoon, we were given the choice of several different workshops.

The team split up so that we could all learn different things and share our experiences with one another. I chose to attend the CAFOD workshop in which we learnt different games and activities linked with the campaigns that CAFOD runs. I also attended a workshop, led by Fr David and Anita, called 'Signposts and Discernment'. I found both of these workshops very insightful and helpful, and I am really looking forward to sharing what I have learnt.

In the evening, we had a reconciliation service led by St Vincent's (a retreat centre based in Kent). It was a beautiful service

and a good time to reflect upon what I had done throughout the day. After the reconciliation service we all celebrated with a ceilidh. I was so excited for this part of the retreat because I love to dance and the retreat leaders, who had been before, told me how good it is. I had a brilliant time and the whole team really enjoyed themselves!

The final morning started with a morning reflection, led by CAFOD. It was about their new campaign 'Share the Journey'. The aim of the campaign is to raise awareness of people who are forced to leave their homes to flee danger. CAFOD are hoping to walk 24,901 miles, the distance around the world, to help us to think about the journeys that people all over the world have to take to escape danger in their homes. The volunteers at the conference were given the honour of launching the campaign and we all walked one mile on an Emmaus walk, putting more than one hundred miles on the totalizer! I have decided to continue this, this January but instead of walking, I am going to run!

After CAFOD's morning reflection we spent some time reflecting on what difference this conference would make when we returned to our centres, and what we might do after our gap-years. The conference closed in the chapel

with our final liturgy. Each retreat centre received a box and a letter with the address of another retreat centre. We have the task of filling the box with gifts and items from our community and we will send a box to Walsingham house, a retreat centre in Brentwood.

Although all the retreat centres in the country do similar work each one is unique, and throughout the week, we could share and receive ideas from people from the other centres. We also formed new friendships with people who were doing similar work to ourselves and we had so much fun. Conference was a brilliant way to start 2018 and I am looking forward to the rest of the year. We were encouraged to make a little pledge for our community so alongside the mission of the Youth Service we have also decided: "We will not be afraid to ask the question why, to both ourselves and to the young people, to have conviction with our answer and choose to trust in God and each other."

Katie, Castlerigg

The Youth Service are recruiting for next year's gap-year team. If you will be 18 or older this summer and are interested in growing in faith and sharing it with others please get in touch: team@castleriggmanor.co.uk or visit our website: www.castleriggmanor.co.uk

Being a **YOUNG CATHOLIC** today +++

My experience of being a young (ish!) Catholic today has been incredibly varied. I came from knowing nothing of the faith, to living and serving in a Catholic community, to then having the amazing and blessed opportunity to serve as a missionary for the Church in America, to returning home to England and working in a very secular job, to now -where I have returned to living and working in a Catholic community here at Castlerigg Manor.

This all has occurred in the last eight, most crucial, years of my formation as a Catholic. All these experiences have come with their own challenges and have pushed me in ways that I have often tried to run away from. But what has helped me develop a true relationship with Christ and His Church is the consistency which the Church provides.

I have travelled a lot in this time and I have lived in many places around the world, but the thing that remains consistent, when my life is anything but consistent, is the place where we can all find solace and a home. When you move around a lot or your job role changes often it can be hard to pin down where is home and what is it I actually consider as my vocation.

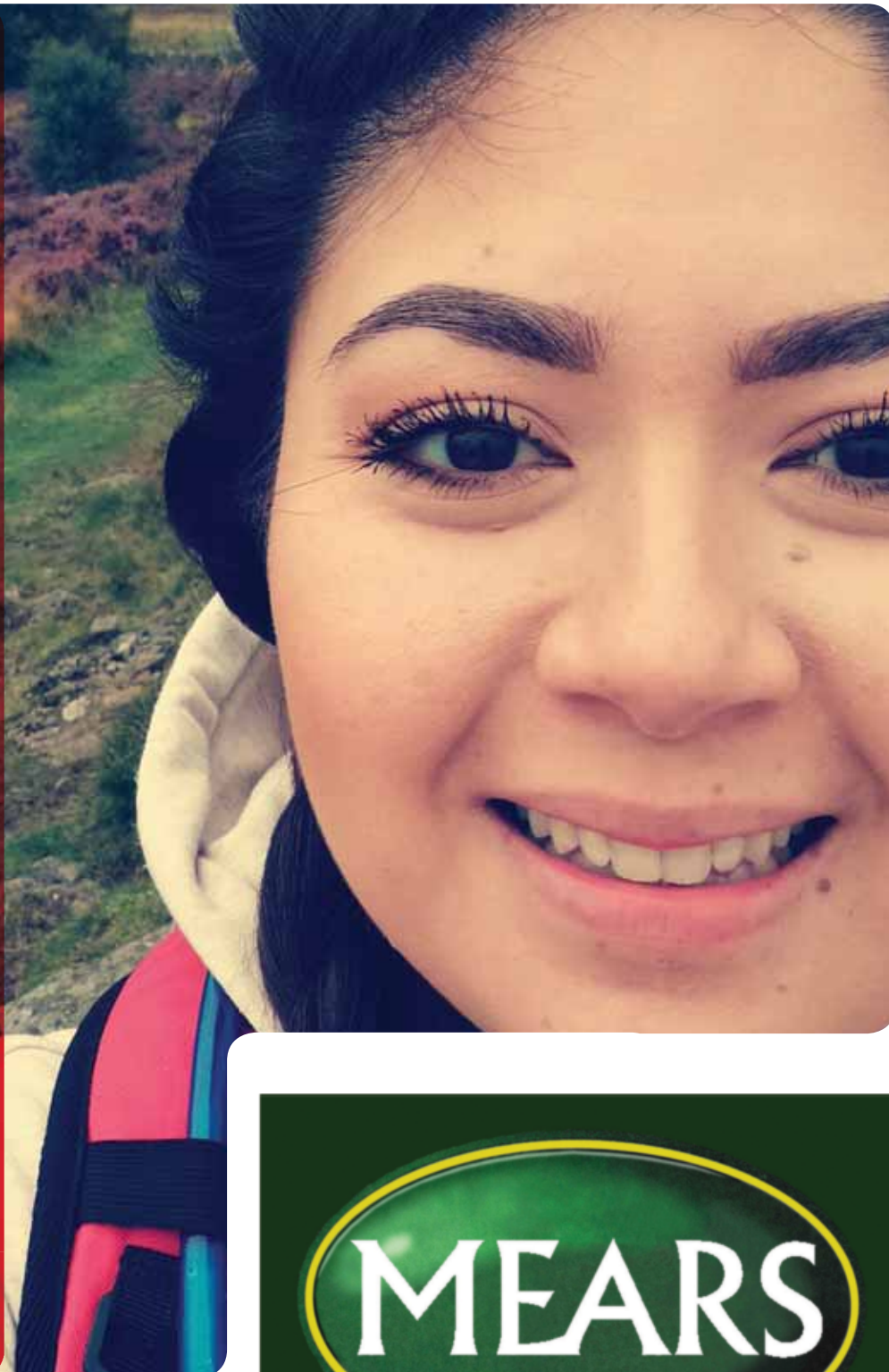
But I have come to realise that life will always be inconsistent, and the only thing I can truly rely on to stay unchanging is the way the Church

and her faithful people will always be there to welcome, comfort and love me in my joys and struggles.

Someone I look up to in my faith is St Therese of Lisieux (*look her up she's pretty amazing*) who said 'My vocation is love' She has a way of putting things so beautifully and simply, and for me simplicity is something I crave when my life seems chaotic and out of my control. These four words she spoke have become something I try and live my life honouring. Because my life and job will probably always be changing but something I am called to do is love, and love well the people God places in my life. Like His love for us, our calling of loving one another will never cease to end, it is something that will remain consistent in a world of constant change.

So, the thing I would like whoever reads this to take away is.....That your life, no matter how much you have planned it out, will continuously evolve and change. The more you trust in God's plan the more adventures (*sometimes scary ones!*) he will take you on, and the more you ask of Him in your life the more He will ask of you in His Church. Be brave. Pray. And love.

Please pray for me for my role at Castlerigg as retreat leader and as I prepare for my next adventure of entering the vocation of marriage with my wonderful fiancé Matthew. Keep the Faith. *Narquita, Castlerigg*



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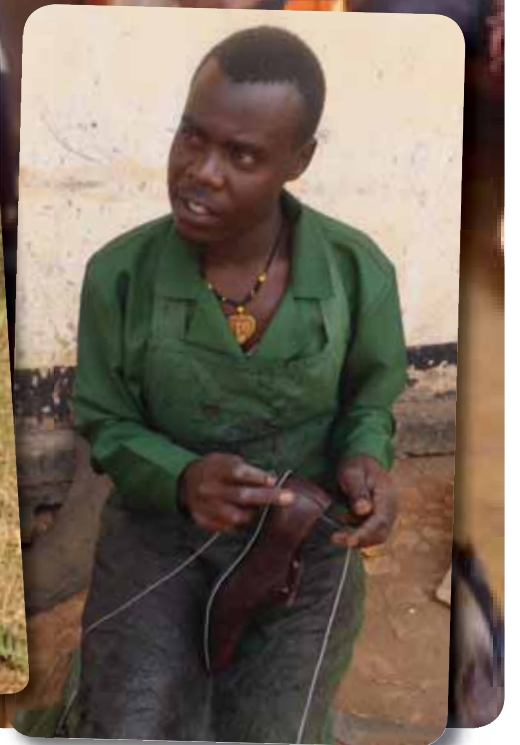
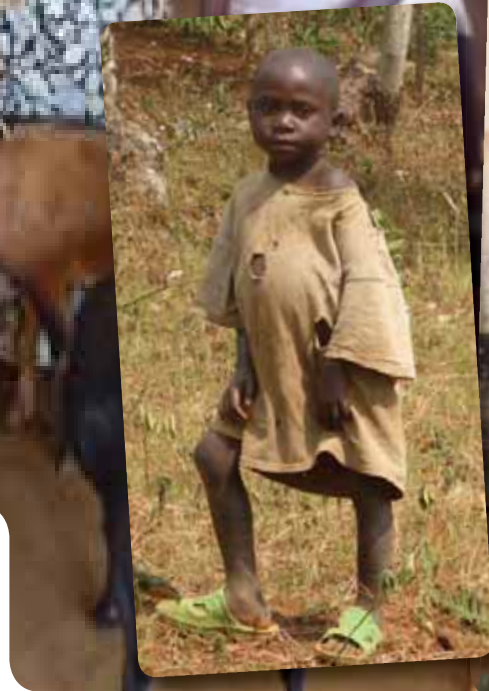
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The Rwanda Group Trust is a Preston based Catholic charity established after the 1994 genocide in Rwanda with the aim of helping the poorest of the poor. Several years ago, the charity celebrated the achievement of raising £1,000,000. The main source of income is our charity shop at 3 Syke Street, Preston, opposite Avenham car park. The shop, which also helps local people by providing a cheap source of useful items, is staffed entirely by volunteers.

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Michael Donlan – 07864990941

michaeldonlan126@gmail.com

Joe Bamber – 07549460017

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- The editor reserves the right to:
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 - publish a response if deemed appropriate

Dear Editor

I am an eighty year old grandmother. I attend Mass regularly at St Mary's, Fernyhagh. I promised to publish a letter if my prayers to St Martha, Our Blessed Lady and the Divine Mercy were answered. I made three requests and each request has been granted.

Yours sincerely
Mrs B.M. Paley, Preston



Dear Editor

Reading Pat Costain's letter in the November edition of the *Catholic Voice* referred to the prejudice she experienced when marrying into a non Catholic family.

This reminded me of the treatment my late father received when he married into a Catholic family which, in those days, was called a mixed marriage. My father had taken a vow to bring up any offspring from the union in the Catholic faith. My brother and I, growing up in the 1950's were accompanied by my father to Sunday Mass. And I can recall his presence in the bedroom ready to prompt us when we stumbled over our night prayers.

There was an assumption by my father's work colleagues in the Treasurers Dept.,

of the Halifax Corporation that he was a practising Catholic. But my father did not convert to Catholicism until many years later. Work colleagues took great delight in reporting my father when they learnt he had a telephone line installed, back in those days the installation of telephone lines was prioritised. This resulted in my father being hauled before his superiors, as a Catholic jumping the queue, and an explanation was demanded.

My father, unlike St Peter who denied Christ three times, did not take the opportunity to deny he was a practising Catholic. The fact of the matter was that priority for the telephone line had been given to my mother who was, at that time, a district midwife on call!

Yours sincerely
Margaret Watkins, Lancaster



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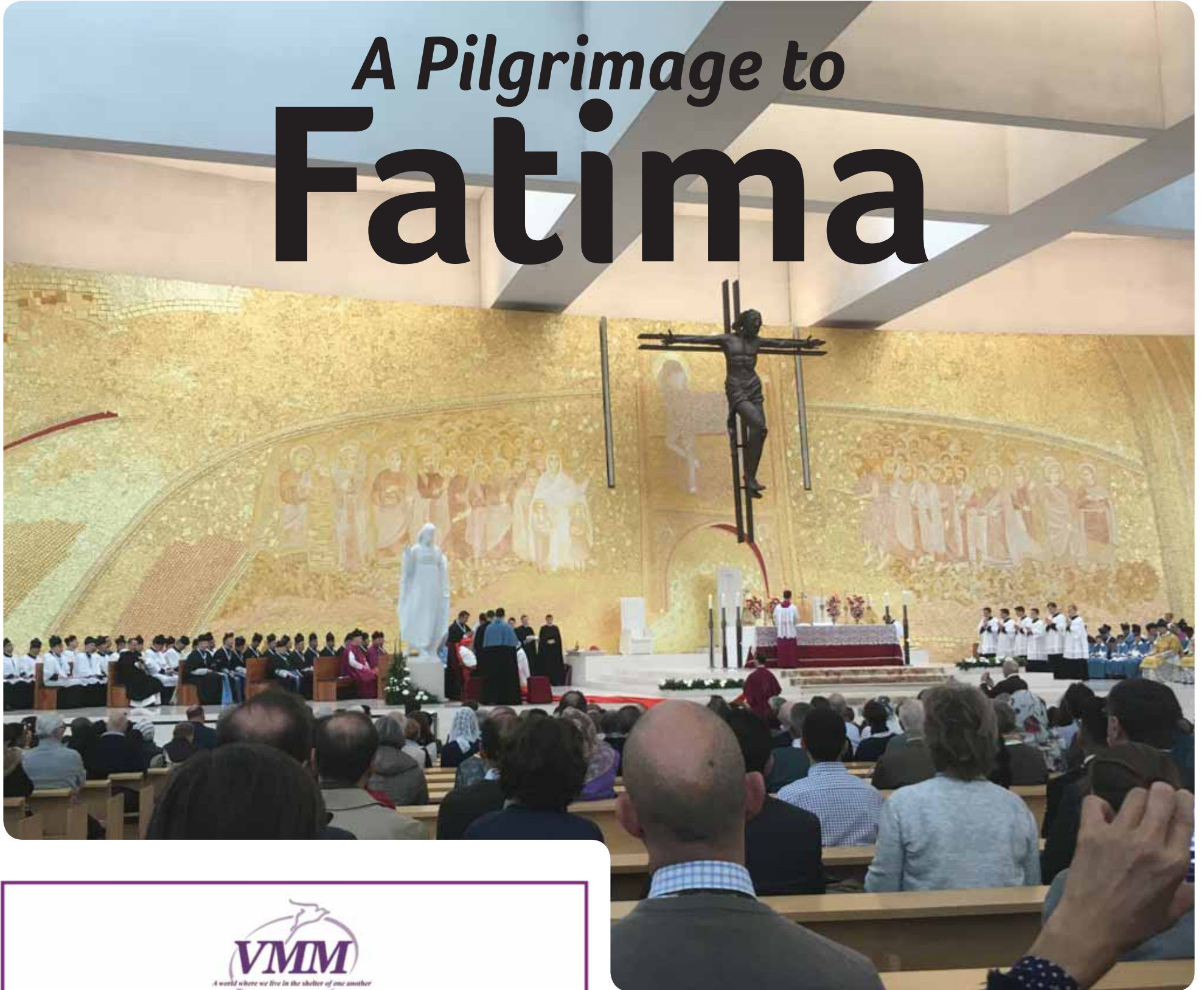
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A Pilgrimage to Fatima



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The message and the secrets revealed to these three children have been the subject of much debate, scrutiny and controversy throughout the latter half of the twentieth century and they are well documented. We read a book by William Thomas Moss entitled "Our Lady of Fatima" which tells the story in great detail, including the reaction from their families, neighbours and the wider public, as well as their treatment by the church and the authorities. It makes gripping and moving reading.

When, in May of this year, my husband Frank saw an advert in 'The Catholic Voice' for a pilgrimage to Fatima in early November, organised by the Institute of Christ the King Sovereign Priest, now based at St. Walburge's in Preston, we determined to join it. Frank grew

up in St. Walburge's parish as did both his parents and grandparents. He has a great affection for the church and has continued to take an interest in it since the arrival of the Institute, known particularly for their celebration of the Extraordinary Form of the Roman Rite. In addition to wanting to visit Fatima we were both interested in learning more about this group of Catholics who favoured a form of worship that we thought we had left behind in our childhood. As you would anticipate, most of the pilgrims in our group were drawn from parishes run by The Institute of Christ the King Sovereign Priest. We were the notable exception. Frank had attended the inaugural Mass at St. Walburge's and several other Masses and Benedictions.

He had come to know several of the clergy. My work as a school governor at St. Joseph's in Preston had brought me into contact with Fr John Millar, the young diocesan parish priest who has successfully incorporated Latin into the parish and school repertoire. I have admired his enthusiasm and the response of the children. In short, we were both curious about the apparent attraction for the Latin tradition, notably among the young clergy.



The Institute have their own seminary and they have 84 seminarians. The pilgrimage was attended by The Institute's communities from across Europe. When we attended High Mass in the new basilica in Fatima, the enormous altar was literally full of young priests and seminarians. You could not fail to be impressed. What is more, they have a growing order of nuns who wear a very traditional habit. Most are young and they have a waiting list of girls wanting to join. Very recently, the sisters have set up a community at St. Augustine's in Preston.

What is the attraction of Mass in the Extraordinary Form of the Roman Rite? The response to our question was much the same each time. People found the Extraordinary Form more reverent, more beautiful, more awe inspiring and more conducive to personal prayer and reflection. We came away with a great respect for the zeal and dedication of the Institute and its followers. Our time with them enriched and strengthened our prayer life. Is this the future of our Church?

The pilgrims included quite a number of young families, many from France, where the Institute has set up several

schools. Indeed, we are soon to have one in Preston at St. Walburge's. We learnt that the Extraordinary Form was not abandoned or banned as a result of Vatican II.

It continues to be a recognised Rite within the Church. Many Catholics, including ourselves, mistakenly thought that it was forbidden. Since returning home, we have reflected long and hard about both Fatima and the worship that we experienced on our pilgrimage under the direction of the Institute of Christ the King. Fatima is without doubt a holy palace, a spiritual place which draws you to prayer and reflection. Devotion to The Rosary and The Sacred Heart of Mary is central. We participated in Stations of the Cross situated in the olive groves where the apparitions took place, sadly in pouring rain! Nevertheless, it was a moving and prayerful experience.

Mass in Latin, particularly High Mass, celebrated by Cardinal Burke, was a spectacle to be admired. Did we favour it over our English Mass? No, we both share the same opinion. We respect the Latin tradition and feel that it is wrong to be hostile to it but we prefer Mass in our own language. *Emma McGrath*

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++++ Simon of Cyrene +++++



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The Catholic Cathedral in the city of Antwerp has one of the most impressive displays of the Stations of the Cross you are ever likely to see. Each station is in the form of a huge painting measuring up to 9 square metres overall. Each picture includes a lot of detail, much of it focussed on the various individuals caught up in what is happening before them. The sufferings of Jesus thus become the purpose and the pivot for their lives, if only for a moment, with their reaction framed for ever on the canvas.

Lent marks the annual call to each of us, also, to remember and reflect on the sufferings of Jesus. The Stations of the Cross are a wonderful vehicle for this reflection. Indeed, they are so rich in detail and incident, that it is hard to embrace it all. Consider no more than the wide variety of people brought face to face with Jesus on his journey, and the impact this may have had upon them: from Pontius Pilate and Herod to Caiaphas and Joseph of Arimathea, from the servant who helped Pilate to wash his hands to the Centurion in charge of the crucifixion detail, from the man who actually hammered the nails into the Lord's hands and feet, to the sorrowing women of Jerusalem, to Veronica and to Mary herself. Why were they there? What do you think the impact on them might have been?

Take, for example, Station number 5, in which Simon of Cyrene is made to carry the cross behind Our Lord. The soldiers were only too well aware that Jesus needed help; without it, he might die before he reached Calvary. Enter Simon of Cyrene.

What do we know about Simon? Not a great deal, but what we do know is instructive. Cyrene was in the western end of Libya, where there was a sizeable Jewish enclave. Simon could have been a devout Jew. The Crucifixion took place at the time of Passover, "a time of special solemnity", when the city was full of "devout men from every corner of the world". The gospels tell us that Simon "had come up from the country", no doubt with a measure of rural simplicity about him, and a desire to be part of the great celebrations taking place in Jerusalem.

We know that Simon had two sons, Rufus and Alexander, both of whom went on to become Christian leaders in their own communities. Station 5 in Antwerp Cathedral has both boys with Simon, two relatively young children, about to have their trip to the big city shattered by the demands placed upon their father to help Jesus.

Simon was probably a man of some physical stature and obvious strength, to be singled out by the soldiers. You can imagine Simon pointing to his two sons, as if to say, "...what about these two?" But the soldiers will have none of it; not their problem; get on with it!

So, Simon picks up the cross at the back of Jesus. The boys are shown upset and bewildered by what their father has been asked to do. But they walk behind Jesus as He struggles on. The image proclaims that, even in extreme circumstances, the safest place for children is always at the feet of Jesus. And they follow him all the way to Calvary.

The Antwerp Stations have one final twist to this aspect of the story. At Station 10, Jesus is stripped of his garments. Simon is seen shepherding his sons quickly off the mountain top; this is one indignity too many; the boys have already seen more than enough. They do not look back as they go down the hill; the younger boy is shown weeping whilst his older brother searches for the reassurance of his father's hand. And you wonder how well they slept, and what impressions were left in their young minds.

So much to be drawn from one small feature of the passion journey of the Lord. It is hard to imagine anyone having close personal contact with Jesus and being left indifferent.

Lent offer us the chance to reflect on the experience of those caught up in the original events, and to see if they can bring us closer to Jesus in our own relationship with the Lord.

Deacon Paul Marley

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 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.

Julia Beacroft is an author, editor, workshop leader and presenter in Catholic faith formation. Her book 'Sanctifying the Spirit' is available to buy from AMAZON, www.waterstones.com or Book Depository. Please visit www.sanciobooks.com for more information.

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Providence – *the unseen kind*



Solemnity of St Joseph is celebrated on 19 March.

Usually when people turn up at Cenacolo in Kendal they do so with a 'bag of providence.' Most people seem to have heard that the men there live on what they are given: food, clothes, toiletries etc. The providence that arrives is phenomenal, God really does provide through the charity of good people. Some people turn up with a couple of bags of flour, some with a pallet of sugar and some with sets of underwear. There are, of course, those who give providence in the way of a regular bank standing order which goes to pay for the utilities bills and other statutory costs. In thanksgiving for all this providence Holy Mass is offered on the first Wednesday of the month for all the benefactors of the Community, and all are welcome to attend this Mass.

important. These groups are channels of God's grace for those still in the darkness of addiction and also for the men in the Community in Kendal and beyond. The members of these groups provide spiritual providence for the Community in ways that are unseen but are of immense importance. Those who faithfully week by week spend time in prayer for the Community are the bedrock of the Community.

But, of course, it is not just at the Cenacolo Prayer Groups that prayer is offered for the Community. No, all those who have the slightest connection to Cenacolo, and none at all, are asked to offer prayer regularly for the members of the Community. It should be the goal of each one of us reading this Newsletter not only to personally pray for the Community each day, but also to encourage others to do the same.

One recent example of God's unerring providence was in the purchase of a minibus for the House. A bus was sourced and a price agreed with the vendor and a date was set to collect the vehicle. During that week a generous, anonymous cheque for almost exactly the cost of the bus arrived with the treasurer. Deo gratias and thank you to the donor.

At present there is a big focus in the British and Irish Houses to pray for those still in the darkness so that they can be welcomed into the Community. In Cenacolo St Joseph is the one they turn to about matters of providence, and so it is natural that a Novena to St Joseph is being offered for this intention. Each night the men gather in the chapel to pray for this intention. We cannot join them physically but we can spiritually. So make your own novena for this intention seeking blessings for the men already in the Houses and also for those that the Lord is calling to join them.

Fr Chris Loughran

St Joseph – pray for us!

Often at Mass, in the prayers after Holy Communion, one or more of the men will pray in thanksgiving for 'providence both material and spiritual.' Spiritual providence is that which is unseen and it is by far the most important providence that the men receive. They rely on prayer to succeed in their 'walk' in the Community; that is why the prayer groups up and down the country are so

Article reproduced courtesy of Cenacolo Community UK Autumn 2017 newsletter The Cenacolo community have 60 houses spread over Italy and Europe. A Christian foundation for young men suffering from the strains of life, drug addiction or alcohol or other substance abuse, is based in Dodding Green, Kendal.



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INVESTOR IN PEOPLE

Novena to St Joseph

Glorious St. Joseph, foster-father and protector of Jesus Christ! To you do I raise my heart and hands to implore your powerful intercession.

Please obtain for me from the kind Heart of Jesus the help and graces necessary for my spiritual and temporal welfare. I ask particularly for the grace of a happy death, and the special favour I now implore (name it).

Guardian of the Word Incarnate, I feel animated with confidence that your prayers in my behalf will be graciously heard before the throne of God.

V. O glorious St. Joseph, through the love you bear to Jesus Christ, and for the glory of His name,

R. Hear my prayers and obtain my petitions.



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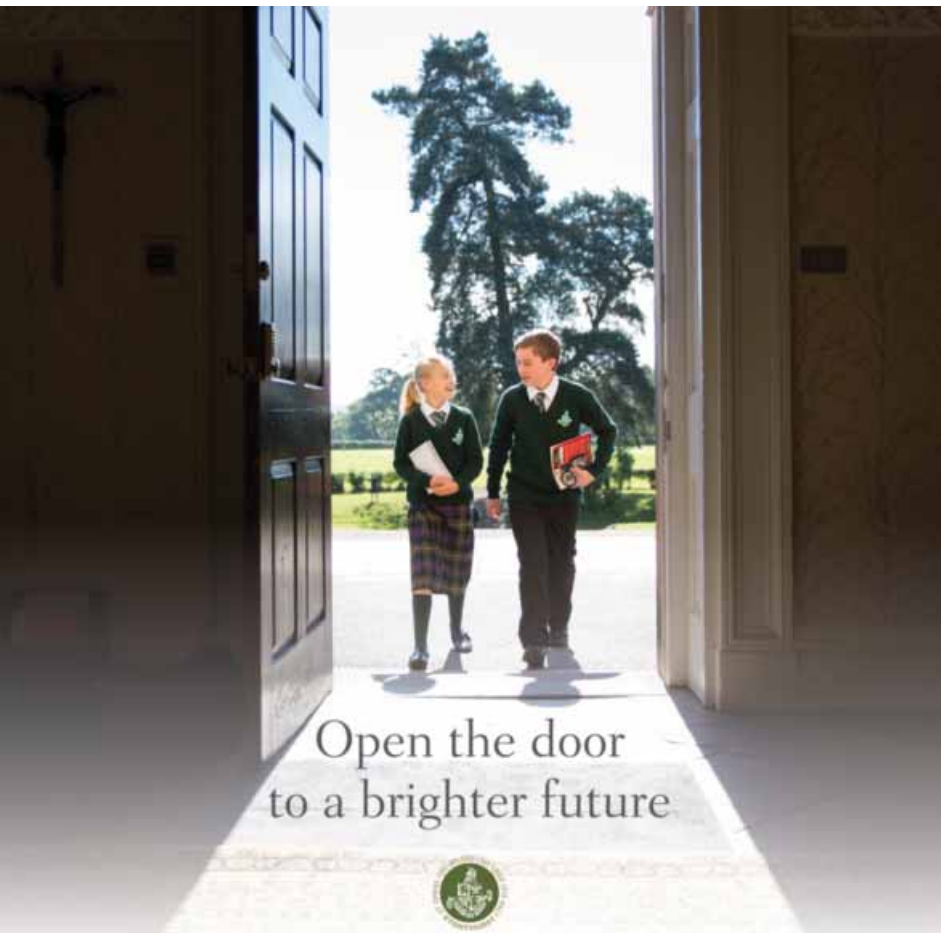
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 Sundays: 10.30 am, Sung Mass
 Shrine of the English Martyrs, Preston
 Mondays – Fridays: 12 noon, Low Mass
 Saturdays: 10.00 am, Low Mass
 Sundays: 9.00 am, Low Mass
 Sunday 18th March at 3.00 pm
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For many years I have kept a small motor sailor, AQUILA, at Fleetwood and often go out into Morecambe Bay and beyond during the summer months. Piel Island, on the other side of the Bay with its castle built by the monks of Furness Abbey but now in ruins, is very popular with local sailing enthusiasts and we often go there.

One evening last autumn I was returning from Piel to Fleetwood and although it was already dark I had no worries because nowadays we all use satellite navigation a rather wonderful thing which uses waypoints to guide us. I had entered the landfall buoy off Fleetwood, known as Fairway Buoy and sure enough a line appeared on the screen leading to it which I simply had to follow.

Unfortunately, two ships crossed my intended track as I neared the Fleetwood side of the Bay causing me to alter course. Coming back on track, the screen suddenly went berserk and I did not know where I was - out there in the dark on a sea suddenly turned hostile and the landfall buoy nowhere in sight.

A great many lights could be seen all along the Fleetwood coast of all colours, but disguising the flashing white light of the landfall buoy I really wanted to see. The screen then corrected itself

and showed me the landfall buoy well off to the right which I headed for with immense relief - then it failed again!

I carried on, hoping for the best and there it was, the flashing white light that I sought and behind it the red and green lights of the Fairway Channel, long and tortuous with rocks and sandbanks on either side of it leading to the harbour and safety.

Only later did I realise an inner meaning of this, touching on Christianity. We are on a hostile sea with many lights to be seen but only one which can be trusted to guide us into the correct channel and on to a safe harbour - for it has been the case with myself. There is only one true channel and Jesus himself shows us where it is - and that is why we follow the Christian Church.

James Hewitt

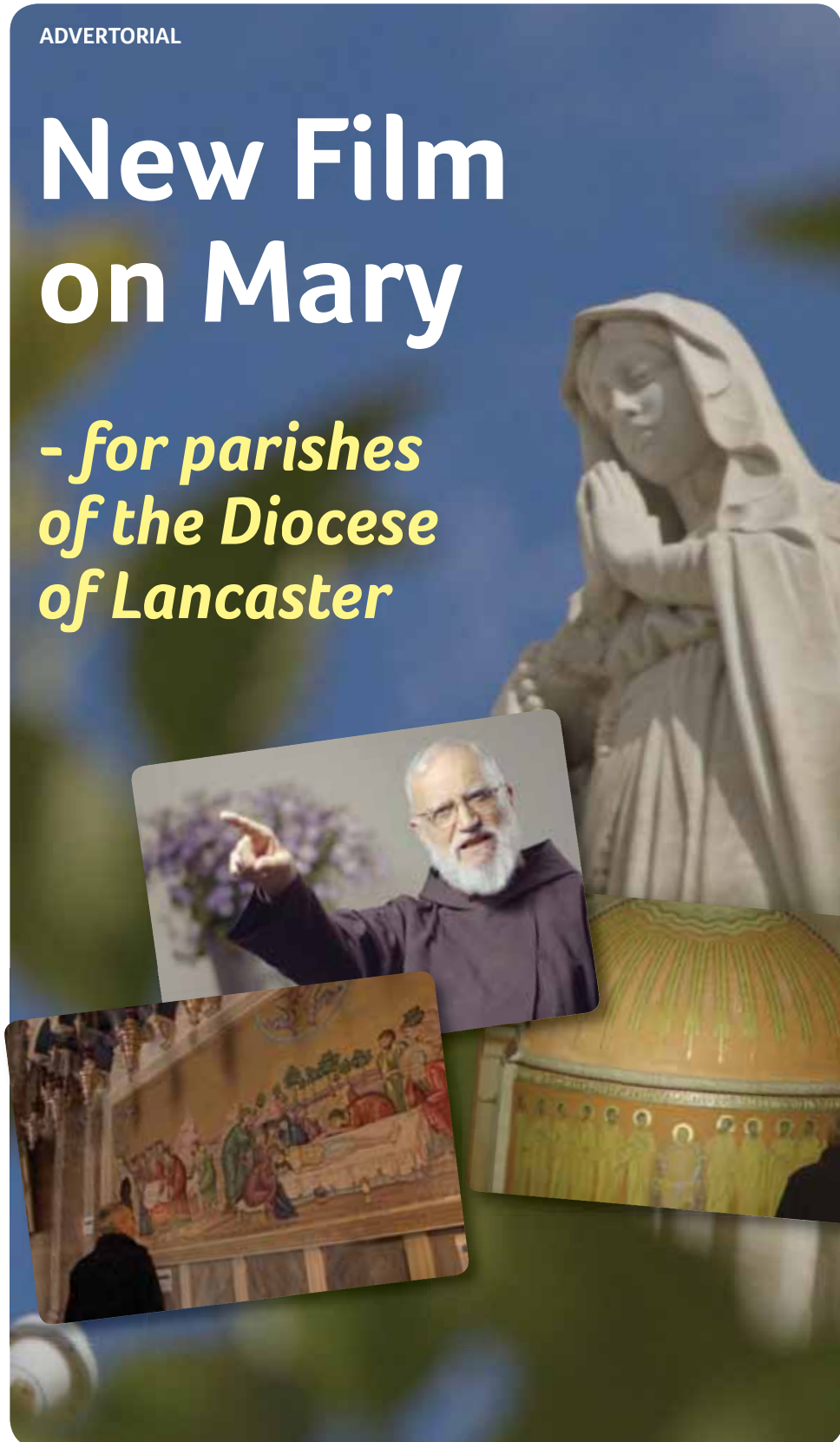
Prayer for Seafarers

O God, Who brought our fathers through the Red Sea and carried them safely through the deep as they sang praises of Thy name, we humbly beseech Thee to guard Thy servants who travel by sea, and having repelled all adversities, bring them to the desired port after a calm voyage. Through our Lord, Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Ghost, world without end. Amen

ADVERTORIAL

New Film on Mary

- for parishes of the Diocese of Lancaster



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Catholic Faith Exploration (CaFE) has 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 pilgrimages.

Cardinal Nichols said:

"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."

'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.

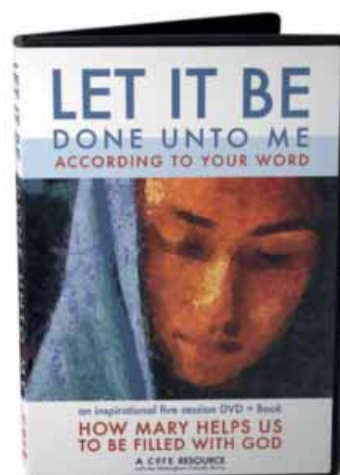
Msgr Armitage said:

"It's very important to have a resource like 'Let it Be' to help us to do more than just go through the motions. It will help us grow in our prayer and give us a deeper relationship with our Blessed Mother Mary."

Full details of the very affordable five session film & book plus a short trailer are available at www.faithcafe.org or by calling CaFE on **0845 050 9428**.

David Payne, the film's director, said:

"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."



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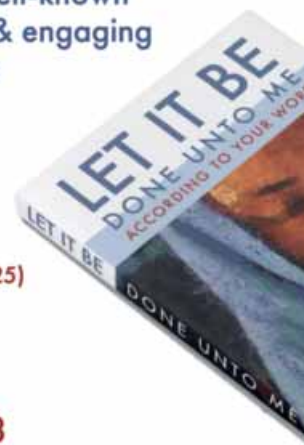
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HOW MARY HELPS US TO GROW IN FAITH



Fleetwood Bags It!

Inspired by amongst other things including Blue Planet II, the parishioners of St Wulstan and Edmund's, Fleetwood agreed to make a collective New Year resolution to avoid using plastic bags, except in dire necessity. However, as the SVP pointed out, they rely on plastic bags to give food to our clients at the Food Bank we run.

So, what to do?

The solution was to start an eco-bag making campaign. This is now fully underway and the creativity and ingenuity of those making them is truly mind-blowing. Thelma Salthouse started the ball rolling with bags made out of pillow cases, cushion covers, table cloths, and my particular favourite, a man's shirt. Since then, our Parish Crafts Club, Cardinal Allen High School and quite a few parishioners have taken up the challenge. Each bag will be emblazoned with the SVP logo on one side and 'A Vinnie Glad Bag' on the other. In addition we will encourage our clients at the Food Bank to help make them and to bring them with them each time they come to the Food Bank.

Rev. Canon A T Hayes



Corpus Christi Catholic High School's annual Advent Appeal last year involved fundraising to help finance the purchase of warm clothing to fill as many rucksacks as possible for the Metanoia Project, a charity project run by Joe and Ruth White. The charity has been co-ordinating efforts to support and give assistance to the many homeless people in Preston.

The schools chaplaincy pupils presented Joe and Ruth with 20 tightly packed rucksacks at a specially organised presentation.

The rucksacks were distributed to local homeless people over

the Christmas period. A special card, designed by Year 10 pupil Julia Gonera, accompanied each rucksack and signed by all pupils from each fundraising form.

Head of RE, Mrs Stacey said 'Together we have succeeded in making a difference to help many homeless people in need. Providing clothing that includes winter socks, jumpers, hats, gloves and scarves together with many essential toiletries will help the plight of many homeless people. Our school would also like to convey a special thank you to Marks and Spencer for their donation and to Sports Direct for their discount, in aid of the appeal.'

John Scarborough

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