

## Bishop's Column

February for me has always been a month of transition and transformation. It begins with all the signs of winter but already spring is in the making; and if you don't look carefully spring will overtake you! From a spiritual point of view we are either beginning Lent, or, as this year, knowing that Lent is not far away. Lent should certainly be a time of transition and transformation for all of us.

After the feast of the Presentation of the Lord in the Temple, on February 2, which brings Christmas-tide to an end, the next major feast for me is the Feast of Our Lady of Lourdes. As we focus on that special day we cannot help but turn our minds to all our sick brothers and sisters, known to us personally and unknown, but prayed for. We should also remember all those involved in healthcare – first and foremost the families of those who are sick and suffering, and also the doctors, nurses, support workers and volunteers. All should form part of our prayer, particularly on this feast.

Each year the Holy Father writes a message on the world Day of the Sick, February 11, and the theme this year is "Amazement at what God has accomplished: 'The Almighty has done great things for me...'" (Lk 1:49). In his message Pope Francis refers to St Bernadette beneath the watchful gaze of Mary; "The Lovely Lady spoke to her with great respect and without condescension. This reminds us that every person is, and always remains, a human being, and is to be treated as such."

He also reminds us that St Bernadette turned her frailty and sickness into support for others, and in a similar way he comments: "...the infirm and the suffering desire not only to be healed, but also to live a truly Christian life, even to the point of offering it as authentic missionary disciples of Christ." And as a result of this they "have a gift of their own to share with others." Towards the end of his message he concludes, "On this World Day of the Sick, may we find new incentive to work for the growth of a culture of respect for life, health and the environment." And finally he prays for all of us:

*"Mary, our Mother,*

*in Christ you welcome each of us as a son or daughter.*

*Sustain the trusting expectation of our hearts,*

*succour us in our infirmities and sufferings, and guide us to Christ, your Son and our brother.*

*Help us to entrust ourselves to the Father who accomplishes great things."*

We ask Mary who appeared at Lourdes, who is the Health of the Sick and Comforter of the Afflicted, to pray for us all, especially for all who are sick and suffering and those who care for them.

Yours in blessed hope,

+ Terry

**What's  
Inside** Celebrating  
Marriage  
Page 2



**Three Decades  
of Giving**  
Page 3



# Diocese To Welcome Fatima Statue

**Nearly 100 years ago, from May to October 1917, Our Lady appeared to three young shepherd children, Jacinta and Francisco Marto, and Lucia dos Santos at Fatima in Portugal.**

This year, the World Apostolate of Fatima (WAF) in England and Wales will be promoting the centenary of the Fatima apparitions through a programme of visitations to cathedrals by the National Pilgrim Virgin Statue of Our Lady of Fatima and relics of Blessed Jacinta and Francisco.

This will start with a visitation of the statue and relics to Westminster Cathedral on Saturday February 18, where Cardinal Vincent Nichols will crown the statue.

It will continue until October with visits to 18 cathedrals, including St Mary's Cathedral in Middlesbrough from September 9 to 15.

The apostolate's work involves promoting the message that Our Lady gave at Fatima. She spoke of the necessity of personal conversion, penance and prayer, and particularly the importance of praying the Rosary for peace.

She also asked for the Five First Saturdays' devotion of reparation and the consecration of Russia and promised that in the end her Immaculate Heart would triumph and a period of peace would be given to the world. The international World Apostolate of Fatima was officially approved by the Church as a Public Association of the Faithful of Pontifical Right in October 2010.



Crowds in Fatima for the visit of Pope Benedict in 2010.  
Photo courtesy of M.Mazur/www.thepapalvisit.org.uk

The Fatima message is more relevant than ever today, especially for the family. Pope St John Paul II said the Church accepted the message of Fatima because it repeats Our Lord's call: "Repent and believe in the Gospel" (Mk 1:15); and after the beatification of Francisco and Jacinta in May 2000, he said it is "a message of conversion and hope which is the true Gospel of Christ".

In 2006 Pope Benedict XVI expressed the hope that "the message of Fatima will be increasingly accepted, understood and lived

in every community." Pope Francis has also been very supportive of Fatima and is due to visit the shrine in May.

A special centenary crown is being made in Portugal for the statue. It will accompany the statue as it journeys around England and Wales and be used to crown it during the visitations.

**Continued on Page 2**

  
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**NEWS**

Continued from Page 1

# Fatima Statue Comes To The Diocese

Pope Francis has granted a special Fatima Centenary Plenary indulgence, under the usual conditions, until November 26, for those who go on pilgrimage to the Sanctuary of Fatima, or visit an image of Our Lady of Fatima which is being publicly venerated on the 13th of each month from May to October 2017. Those who cannot travel can fulfil the conditions in front of a small image of Our Lady of Fatima.

The Pope's initiative prompts the question: Do I know what Our Lady asked of me at Fatima and am I complying with her requests? The new CTS booklet, *Message and Prayers of Fatima* and also Sr Lucia's Memoirs – *Fatima in Lucia's Own Words*, volume 1 – which they also stock, will help us to respond to these questions. Visit [ctsbooks.org](http://ctsbooks.org).

The centenary year is important since it offers the Church a chance to look again at the message of Fatima – which is really a compendium of the Gospel for our times – and realise that the Fatima message and the Rosary are powerful weapons against modern secularism. The most important thing is not to let the centenary go by without doing something to deepen one's knowledge of Fatima.

More information about the World Apostolate of Fatima and the Message of Fatima can be found on the website of the WAF International Secretariat, at [www.worldfatima.com](http://www.worldfatima.com).

You can see more details about the WAF England and Wales at [www.worldfatima-englandwales.org.uk](http://www.worldfatima-englandwales.org.uk).

**Donal Foley, secretary, WAF, England and Wales**

# Papal Medal For Dedicated Mary

**A Thornaby parishioner has been given a prestigious papal award for her dedicated community work.**

Mary Frankland was presented with the Benemerenti Medal, which is awarded for long and exceptional work in the Catholic church.

The retired teacher was given a standing ovation when she was awarded the medal at Christ the King Church.

Mary's community work includes supporting refugees, asylum seekers and people with special needs and helping the Madeleine Mary Walker Foundation.

Speaking about the medal, Mary said: "Considering Pope Francis' stance on helping the poor and looking for tolerance, I am absolutely delighted with this award.

"I am amazed that people thought I was worthy enough to receive it. It's a great honour. My life has been enhanced immensely by the people I have come across."

Mary has volunteered at the Mixed Ability Club (MAC), based at St Patrick's School in Thornaby, for 36 years.

Speaking about the club, Mary said: "I have seen people grow from children into adults and we have become a family through the immense amount of trust that has grown.

"When people tell me they love me and that I am important in their lives, that's incredible. People were once strangers and now they are telling me they love me.

"Just because somebody has a disability does not mean they do not feel love. They care about people."

Mary's dedicated work also includes a drop-in centre for refugees and asylum seekers and acting as chairperson for JFC United, an amateur football team made up of 18 different nationalities.

She said: "You have to remember we are talking about human beings and hopefully



Mary with Justice Football Club United captain Yacouba Traore

they feel there's someone they can rely on. "We have 168 hours in a week and if you manage to sleep for eight hours a day you are still left with 112 hours. Any activity at all is a massive help to fill your day."

Mary also heaped praise on other members of the community who have helped her.

She said: "I couldn't do what I do without the help of a lot of other people – there are lots of them behind the scenes.

"Hopefully the medal will generate an interest in what has been done. I want it to bring forward the groups I am involved in and what they need."

**Jonathan Barber**

# Celebrating The Importance Of Marriage

**I recently took up the post of Marriage Preparation Consultant for our diocese and have already been overwhelmed by the positivity and encouragement I have received from everyone I have come into contact with.**

What has been clear is the importance we all share for the crucial place that marriage holds – as a foundation of our faith, a provider of stability in our communities and a place where we can all learn what it is to love each other among all the pressures and messiness of 21st century life.

The main focus for my first few months has been finding out what is happening in our parishes already. This is an ongoing process and is providing a great insight into the spread of marriage preparation provision across the diocese and the involvement of our communities in supporting couples.

It's interesting, but not surprising, that the importance of preparing for marriage is much greater among those couples who have been married for some time rather than those who are about to be married. I guess that is the voice of experience speaking.

Pope Francis, in his apostolic exhortation the Joy of Love, says...

"The complexity of today's society and the challenges faced by the family require a greater effort on the part of the whole Christian community in preparing those who are about to be married."



So the focus for us, as members of our parish communities, is about to be altered. The Holy Father has challenged us – it is no longer enough that we celebrate with our newly married couples and their commitment to each other, we must also be there to welcome and support them as they journey together.

We have an opportunity to try something this month. February 12 to 18 is National Marriage Week and I would encourage all our parishes to consider marking the importance of marriage in celebration of the commitment that couples continue to make to each other every day, whether they have been married six months or 50 years.

This could be a recognition of married couples in your parish during Sunday Mass or a separate event during the week. This is a simple opportunity for us to encourage each other softly and to walk alongside others, wherever their path takes them.

**Micki Coyle**



Marriage Preparation Consultant Micki Coyle, right, with his wife, Nicky

# Award For Three Decades Of Giving

**When Pat McBride heard first-hand the way unemployment can send families into poverty and despair she was determined to do something to let them know many of their fellow Teessiders cared.**

The French teacher worked with pupils at her school to organise 25 Christmas hampers to be donated to local families in crisis. It was the start of something amazing. This Christmas was the 29th successive year Pat has organised hampers for local people living in poverty or short-term crisis.

Over the years Pat and a team of helpers have inspired thousands of schoolchildren to join them in helping to provide well over 5,000 hampers to the most underprivileged Teesside people.

And her incredible voluntary work has been recognised with a Teesside Hero Award, presented by charitable movement, Middlesbrough and Teesside Philanthropic Foundation.

David Carter of Middlesbrough firm Carter Steel, the Foundation's newest patrons, surprised Pat with her award at an assembly with students at Trinity Catholic College, presenting the retired teacher with a trophy and £1,000 for her charity, Catholics Against Unemployment and Social Evils (CAUSE).

Pat, now 73, recalled: "The inspiration for what I and so many others now do was a pastoral council meeting when a young woman called Carol, who I became good friends with, got up and spoke about the impact of her husband being unemployed.

"She told us how they had sunk into depths of despair, but had been lifted out of it by acts of kindness and love. That year I worked with pupils at Newlands School, where I was teaching, and got together 25 hampers."

That number quickly grew to 200-300 hampers a year with 15 schools across Teesside now taking part, helping families nominated by the schools themselves as well as Social Services. This year, for the first time, Pat has taken the campaign onto Facebook with the support of her great niece.

"I totally underestimated the power of social media," laughed Pat. "We have 500 hampers, making it our biggest ever year.

"Many people who remember helping in their schooldays have got back in touch through Facebook to say they wanted to be involved again, as well as many complete strangers helping out."

Within schools, classes 'adopt' a family and compile personalised hampers of food, toys and other gifts. Middlesbrough-born Pat added: "We can't solve their problems or change their lives by giving them hampers but it does show them that we care, and that can sometimes be a light in their life. Sadly, I think the problems are worse now than when we first started nearly 30 years ago.

"I know many don't see it but many Teessiders are desperately struggling for money and food, sometimes long-term and often during a short-term crisis due to a mother or father losing their job or being unable to work due to illness.

"It makes me angry and it makes me sad but it's the



**Middlesbrough and Teesside Hero Award winner Pat McBride (centre) with Lyndsey McGeary, who nominated her, and Middlesbrough and Teesside Philanthropic Foundation patron David Carter of Carter Steel.**

reality. Fortunately, there's a tremendous spirit of generosity out there. Giving in this way brings the whole community together and shows people that we care. Those we help say how much it matters that people they don't know care enough about them and their children to do something like this.

"We all read plenty of negatives about young people nowadays but all those I speak to around the schools say how much they enjoy putting the hampers together for families."

While admitting to being "shocked and overwhelmed" by her Teesside Hero Award, she added: "I've met so many people who are equally worthy of something like this, so I accepted the award on behalf of the team of people who help."

Former pupil Lyndsey McGeary, who nominated Pat, said: "Long before the emergence of food banks, Pat recognised that the effects of poverty in our area meant some children went without food and presents on Christmas day.

"She has coordinated the whole effort selflessly for 29 years, often putting her own Christmas preparations on hold. Her work is entirely voluntary and extremely generous."

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## CAUSE Thanks Donors For Generosity

**Once again we were overwhelmed by the generosity of our donors, which enabled us to help 500 families in need at Christmas. In addition to the individual donations, 15 primary and secondary schools took part, providing beautiful hampers for many of these families.**

Our grateful thanks go to the pupils, their teachers, our donors and many others who helped make up the hampers and with deliveries. Little did we realise when we started this campaign that the need would be as great if not greater almost 30 years on, but due to high unemployment and benefit cuts the requests for help increase.

However, by the grace of God and the generosity of so many we have always been able to meet the demand. On behalf of CAUSE and all those who have benefited from your kindness may I thank you and wish you and your families a happy and peaceful 2017. God bless you all.

Pat Wilson

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**MOSES  
PREPARED  
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TOGETHER  
OFFERING  
DOVES**

**SIMEON  
PROMISED  
BLESSED  
SALVATION  
EYES  
PEOPLE**

**Feast of the Month**



**The Presentation  
Thursday  
February 2  
(Candlemas)**

It was written in the Law of Moses that every first-born son must be presented to the Lord in the Temple. When the time came, Mary and Joseph took the baby Jesus there, together with an offering of two doves.

There was a man called Simeon who had been promised by the Holy Spirit that he would see Christ the Lord before he died. When Simeon saw them in the Temple, he took Jesus in his arms and blessed God for keeping his promise, saying: "My eyes have seen the salvation which you have prepared for all people."

**Missions Focus On  
Call To Serve**

It was a busy start to the academic year for MYMission, with a series of school missions taking place during the autumn term.

"Called to Serve" was the theme for three-day primary school missions at St Paulinus, Guisborough, and the Sacred Heart in Middlesbrough. The pupils explored how each one of us is called to serve God in the ordinary activities of daily life.

There was a focus on the witness and heroic lives of holy men and women from St Teresa of Calcutta to Blessed Pier Giorgio Frassati, which allowed us to reflect upon the particular responsibility we all have to care for the poor and suffering.

In between those visits we delivered a five-day mission across the schools in the St

Oswald's Academy Trust, which involved visits to St Margaret Clitherow's in South Bank, St Mary's in Grangetown, St Gabriel's in Ormesby and St Peter's Academy in South Bank.

Our time together was very much focused upon the mercy of Jesus and how an encounter with this love and mercy is the start of a fruitful life of Christian discipleship. It was a wonderful way to round off the Extraordinary Jubilee Year.

We are looking forward to further school retreats in Scarborough, Redcar and Richmond over the coming months as well as doing some one-day sacramental preparation retreats at the Lady Chapel.

**Dom Finn**

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**Ged's Quick Quiz**

With TV quiz champion Ged Askins

**Connection question**

1. Which character was played by Ian Lavender in *Dad's Army*?
2. Which four-letter word has meanings including to find fault, quibble and whinge?
3. Which former Leicester City and Celtic midfielder made his only England appearance in 1999?
4. Which modern day phrase describes a userer?
5. Which seafaring character featured in the *Adventures of Tin-Tin*?

**Thinking cap question**

Name the most northerly, southerly, easterly and westerly Roman Catholic cathedrals in England. There are three answers.

Please send stories and photos of what's been happening in your school to catholicvoice@dioceseofmiddlesbrough.co.uk – we'd love to hear from you!

**SCHOOLS**

# Community Award For Reece

Teenager Reece Hewlett was nominated for the Young Community Champion Award after finding a man collapsed on the street and running to Middlesbrough's James Cook Hospital to get help.

Despite struggling to be taken seriously, the pupil of the town's Trinity Catholic College refused to give up until they came to see what the issue was and a paramedic was able to treat the man at the scene.

Pastoral leader Dianne Irwin said: "Reece could have easily saved a life. He is an example to all our pupils and a credit to his parents."



# Book Your Place For Flame

There's still time to book your place for Flame: 10,000 Reasons, the UK's largest Catholic youth gathering, which takes place at Wembley Arena on Saturday March 11. Cardinal Vincent Nichols and Cardinal Charles Maung Bo of Burma will join with a whole host of speakers and young people for a huge day of prayer and inspiration.

The day is aimed at young people aged 14-plus and would be ideal for parish confirmation and youth groups. The day costs £25 for a Flame ticket, return travel by coach to Wembley Arena and a hoody. If over-18s

would like to book places individually or if you'd like more information, please contact MYMission on 01642 850505 or email domfinn@mymission.org.uk.



Dom Boyes playing the role of Zaccheus during MYMission's visit to St Mary's, Grangetown

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# Caritas Members Spread Seasonal Joy

Many groups who are active in the field of social justice and part of Caritas Middlesbrough Network were particularly busy at Christmas as they shared the joy of the season with those in need. Here we report on some of the events they were involved in...

**Middlesbrough's John Paul Centre was a hive of activity as many vulnerable local adults and children received support and good cheer from our local Caritas activities.**

To many, the John Paul Centre is both an important social hub and a sanctuary. The practical activities it hosts go hand in hand with the spiritual work coordinated by Father James Benfield.

Around 50 guests attended a Christmas party thrown by the Upper Room Project. Each guest received a gift bag made up of donations from the children and parents of St Gerard and St Augustine primary schools.

Food was prepared by the Upper Room's regular team of volunteers and there was also a Christmas chocolate goody bag. Additional help came from pupils at the

Middlesbrough College Exclusion Unit, an example of encouraging youngsters with their own problems to help in the community.

Downstairs in the basement the charity Investing in People and Culture gave out hundreds of gifts donated by two North Yorkshire communities to refugees and people seeking asylum. Recipients were invited to choose presents for themselves and their families. They were collected by the organisation 2Dales Action for Refugees, involving people living across Swaledale and Arkengarthdale.

Items of clothing and other presents were also given out from Catholic and Anglican parishes in the North York Moors through the work of Together Middlesbrough and

Cleveland, which is encouraging support from villages across the National Park. More than 80 adults and children benefited from the kindness of the Dales folk and a Tyne Tees TV crew was on hand to record the stories of refugees and their appreciation for the gifts.

Bini Araia, a trustee of the charity Investing in People and Culture, which provides support for a range of Teesside communities, oversaw the distribution of the presents and said they demonstrated the goodwill from local communities towards those who have recently arrived in the area.

"Christmas could be the most depressing period for someone whose family are not around," he said. "It's a reminder that everybody else is dancing and singing and

enjoying themselves. If you're on your own, to have people who are local standing by you and giving you that hope is crucial."

One mother, Aramide, who is seeking asylum, said the gesture had given families some Christmas joy.

"It makes us feel very important that at least we are part of the community and it's lifted the spirits and the mood of other parents and I am one of them so we are really happy," she said.

Caritas Middlesbrough brings together groups working in the area of social justice and care action within our diocese. It is part of a national agency of the Bishops' Conference with responsibility for carrying out the Church's social mission.

## Annual Party For The Housebound At St Stephen's

**More than 120 people attended the annual Christmas party for the housebound at St Stephen's Pastoral Centre in Hull and enjoyed a truly wonderful occasion.**

Margaret Merrison and her committee and other volunteers spent the previous day decorating the hall and Mass was celebrated by Father Clive Birch, assisted by Deacon Brian Morgan and Deacon Chris Larwood.

A delicious three-course Christmas dinner was then served, prepared to perfection by Margaret Moxon and the kitchen team. Entertainment was led by Sister Maria and Sister Teresa, while Doreen White led the singing. Before they left every guest received a present.

We must give a special mention to St Mary's College year eight students Alex, Emanuella and Kelcie, and our thanks to college chaplaincy coordinator Nicky Coyle for bringing them.

The housebound day was started more than 30 years ago by Father Tom O'Neil when he was parish priest at St Stephen's and saw a need to bring elderly people together socially once a month.

Father Pat Day continued the tradition. Since then Margaret Merrison and her committee, Mary Walker, Helen Webb, Jean Campbell, Ann Lawson and Margaret Moxon, have organised a monthly gathering.

Nobody's birthday is forgotten, people who are sick are mentioned and those who have died are remembered regularly. New friendships are made and old friendships strengthened and it's amazing to see new members meet up with people they went to school with many years before and have not seen since.

Students from St Richard's School and St Mary's College help out whenever they can and Father Birch celebrates Mass at the end of each day. There is also an annual pilgrimage to Walsingham.

The St Stephen's Housebound Day is a truly wonderful feature of Catholic life in Hull and the work Margaret and her committee do is a marvellous example of the Gospel message being put into practice.

Chris Cuthill



## Cathedral Opens Doors To Those In Need

**St Mary's Cathedral opened its doors to those who were alone or housebound by welcoming them for Christmas Day lunch.**

Volunteers from the cathedral and Ageing Better worked together to host and serve the food in an entertaining, festive atmosphere. Santa made an appearance with gifts kindly donated by parishioners and there were also prizes to be won.

This event was organised by community projects officer Linda Ford and the team at Ageing Better Middlesbrough working with Monsignor Gerard Robinson and members of the Justice and Peace Group. The organisers would like to thank all who made donations and helped or supported the lunch in any way, as well as all those who came to share this part of Christmas Day with them.

Ageing Better Middlesbrough is continuing its program of activities at the cathedral and responding to suggestions made for new sessions. For more information about the organisation, contact Linda on 01642 232220 or email [lindaford@hope-foundation.org.uk](mailto:lindaford@hope-foundation.org.uk).

You can also visit [www.ageingbettermiddlesbrough.org.uk](http://www.ageingbettermiddlesbrough.org.uk) and [www.facebook.com/AgeingBetterMiddlesbrough](https://www.facebook.com/AgeingBetterMiddlesbrough).

Teresa Lyth



Guests at the St Stephen's party

# Reaching Out To Hull's Homeless

**Fifty-two people were treated to a proper Christmas meal accompanied by carols when the St Charles Drop-in Centre for the Homeless held its annual party.**

It was a joyful occasion thanks to the volunteers who turned up to help. Every guest was offered a shoebox filled with essential items.

The centre, which is in the middle of Hull, has been going for many years and was originally Bishop Kevin O'Brien's idea. He saw that a considerable number of people in the city were homeless and was determined to do something to help them.

St Charles' parishioners took up the challenge and the work was actively supported by the parish priests who followed Bishop O'Brien, Father Peter Corcoran, Father Des Hanrahan, Canon Gerald Cox, Canon Michael Loughlin and Father Paul Dowling.

It is open every Tuesday and Friday morning from 10am until noon and has an average attendance of around 50 people, although in times of financial hardship numbers have reached 100.

It depends totally on the generosity of the local community, particularly parishes and Catholic schools. The St Charles SVP Conference, under the leadership of Patrick Doyle, has taken on the responsibility of running the centre, but volunteers come from all over the city and from many different backgrounds. Without them the centre could not continue.

During his time as parish priest Canon Cox said we needed to do something more long term. He felt the centre was papering over the cracks of homelessness and we needed a more permanent response that would help people to get off the streets and turn their lives around.

Patrick Doyle took on responsibility for this and after years of hard work, frustration and moments of near despair, The Orchard, a residential centre for 30 previously homeless people, was finally opened in November 2015 by Terry Waite, the national president of the Emmaus Foundation.



**Patrick Doyle at the back with three guests at the St Charles Drop-in Centre Christmas party**

It contains workshops, a café, bookstall and a large furniture store and is the first Emmaus Foundation in the area.

The work of the St Charles Drop-in Centre continues twice a week throughout the year. The Emmaus Centre is now fully occupied and doing great work in reaching out to people who are still on the streets. Both are testaments to the work of people who, through their generosity and selflessness, achieve extraordinary things.

**Chris Cuthill**

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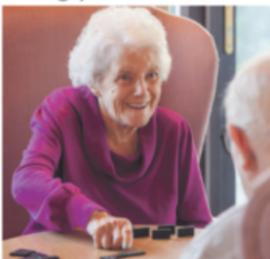
## Advertising Feature

# New Manager is making a difference in Residential care

**Anchor's Middlesbrough Grange residential care home has a new manager at the helm and it's clear that her approach is making a real difference to the residents living there.**

Bev Grimes brings passion and ambition plus a wealth of experience in the care sector to her new role, which spans nearly 40 years including 17 ½ years at the NHS.

The favourite part of Bev's day is chatting to the residents. "They are a real group of characters from all walks of life with amazing experiences" she smiles. "Spending time with them reminds me how much I love my job as Home Manager. On Christmas Day we invited elderly people from the local community for Christmas Dinner and activities so they would not have to be alone. More events like this are being planned for the New Year".



An important part of Bev's approach is getting involved in all aspects of the home. "I like meeting various healthcare professionals

and building relationships in the local community," explains Bev.

The home staff are a great team, who Bev proudly sees as an extended family. "Together we make Middlesbrough Grange a friendly and caring home for all our residents."

This is a view supported by resident Eric Brown, "Everyone is very friendly and the food is lovely."

Resident Barbara Lappin speaks highly of the staff "I love it here; the girls always take care of me. They are my girls."

### Advice for Choosing a care home

The care team at Middlesbrough Grange understand that one of the biggest challenges facing relatives is the anguish and guilt sometimes associated with placing a loved one in a care home.



Bev's advice to anyone looking for care is to ask as many people as possible about their experiences. "Everyone will have a different experience of care and you need to hear a range of opinions. Speaking to the staff is also very important as they will help you make an informed decision."

The home also cares for people living with dementia, taking an individual and person-centred approach to care. The home now has an Active Minds box to promote meaningful reminiscence for the residents, which will especially benefit those living with dementia.

Purpose built Middlesbrough Grange sits in the heart of Ormesby with local shops nearby, and provides en-suite rooms for 45 residents. Anchor is England's leading provider of care and housing for older people and is proud to be named Best Care Home Operator at the Care Awards.

**For more information about Middlesbrough Grange care home, please call free on 0808 102 4134 or visit [www.anchor.org.uk](http://www.anchor.org.uk).**



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**NEWS**



Roger Sutton with leaders from many York churches

# Christians Uniting In York

**Church leaders, youth leaders, catechists and elders from York churches are invited to attend the weekly onevoice prayer meeting in the city.**

Roger Sutton, of national faith network Gather, visited a recent meeting of the informal, warm-hearted prayer meetings, which have sprung up throughout the UK, including Middlesbrough and Hull, and help

Christians focus on worshipping God, evangelisation and serving the community. "God must be at work," says Roger. "All this has happened in the last 20 years, totally unplanned and unexpected, springing up independently in towns and cities here and there. Now there are at least 150 groups." However, Roger feels too few Catholics are

currently involved, although Canon Michael Ryan is a regular participant at the York meetings. The Gather movement now organises national and international unity conferences, to share experiences and encourage praying and working together. Delegations are invited to Methodist Central Hall in Westminster on October 6 and 7.

The onevoice prayer meeting is at 7.45am every Wednesday, usually in the basement of the United Reformed Church at the far end of Priory Street, York, followed by a light breakfast. All Christians, especially those in any leadership role, are welcome.

**Mary Callan**

## A Letter From Madonna House

### God-With-Us In Every Moment

**In the first of a regular series, Cheryl Ann Smith, of Madonna House, Robin Hood's Bay, reflects on the small steps that can lead to big changes...**

"Well, what makes you different from nuns? After all, you live by poverty, chastity and obedience." We're asked this question so often in Madonna House. I suppose the short answer would be, "We live with men!" Actually, we're a microcosm of the Church, embracing young and old, east and west, active and contemplative, men and women, clergy and lay.

But the deeper answer to that question goes back to our roots in the 1930s and 40s. It was before Vatican II and the prevailing sense was that priests and nuns were called to be holy and the rest of the people just lived their ordinary lives. Our foundress, Catherine Doherty, had been married and she was a mother and she knew differently. She knew she was called to a life of profound intimacy with God and she was to live this union in an "ordinary" life.

Before Jesus began his public ministry, he, Mary and Joseph lived a hidden life in Nazareth. Did anyone glimpse the divine in their family? The Little Flower, Saint Thérèse of Lisieux, spent her few years in Carmel so humbly and so hidden that one of the nuns said at her death, "What could we possibly say about her?"

Woven into the fabric of our everyday life is a call to live each moment, perform every task out of love. Here in Robin Hood's Bay we cook, clean, pray and offer hospitality just like anyone else. We are not called to evangelise by running special

programs or giving major speeches, but by keeping our home a welcome refuge for any needing a place to rest their hearts.

We are not involved in the political sphere to bring justice to the world. But we truly believe that by loving, forgiving, opening our hearts in service to all, we are allowing Christ to move through us. That's how we're called to change the world – quietly, beginning in our home. That's how we're called to holiness – through self-offering at every moment, in whatever is at hand. That's a spirituality available to every person on earth.

Not always easy. When we are bored to death with the "same old, same old"; when we feel imprisoned or heartbroken; when we can't find time for anything outside of work and taking care of others' needs, we can despair of finding God or any meaning in our life. But the truth is, God beats in our hearts, His love is trying to break through our blindness, He longs to unite our every breath with His. When we find the courage to believe this, everything becomes alive with new life and purpose. How can we live in union with God? By surrendering to His love and will in every moment of our day, no matter what that moment brings.

We've been offered the chance to write a short monthly column in the Voice. We could call it, "Finding God in the ordinary", or "Called to holiness in the nitty-gritty": how to open our eyes, our ears, our hearts to recognise God-with-us in every moment. He is, you know.



# Creative Fundraising Boosts CAFOD

I was delighted to learn that our supporters found novel ways to fundraise for CAFOD over the Christmas period.

Five year seven and year eight pupils from St Patrick's Catholic College in Thornaby remained in school on Tuesday evenings to manufacture, decorate and assemble decorations to sell.

The pupils then attended the Thornaby Bazaar in the Pavillion Library and Stockton Sparkles Children's Christmas Market, where they sold their work. They also sold their products in school and raised more than £1,000 for CAFOD.

Well done to the young people for giving their time so generously and for their remarkable initiative.

Lisa, our new parish contact at English Martyrs parish in York, made a gingerbread house. She raffled this twice, as the first winner re-donated it!

I would also like to thank everyone who purchased World Gifts for their friends and family. As always, I am humbled by your kindness and concern for others during the festive period.

**Carol Cross, Community Participation Coordinator, CAFOD Middlesbrough**

**CAFOD**  
Just one world

## Come And Meet Sister Yvonne

**Sister Yvonne Mwila Mwalula, Mother Superior the Sisters of the Sacred Hearts of Jesus and Mary in Zambia, is coming to visit us.**

You are warmly invited to come and meet her after 6.30pm Mass at St Mary's Cathedral on Thursday February 16 when she will talk about how your support is helping them care for some of the country's poorest people.

The following day, on Friday February 17, she will attend the official opening of our new volunteer centre at the Curial Offices in Middlesbrough where there will be an opportunity for you to learn more about our work locally and overseas.

A light lunch will be served from 12.30pm and the event will end around 3pm. The invitation is for anyone who is interested in coming along.

## Serving A Wheel Need



Francis with Nellie in her first ever wheelchair

**Francis Hannaway, from St Gabriel's Parish, Ormesby, Middlesbrough, lives and works in Basankusu Diocese, in the Democratic Republic of Congo. He is a lay missionary with Mill Hill Missionaries. This month Francis sees a huge need for wheelchairs.**

**One day, Brother Paul, a Congolese brother, came to see me. "I need help with a little project," he said. "A lot of people are disabled because of polio. One young disabled man, called Wakaduku, wants to build wheelchair-bikes to allow these people to become mobile."**

I turned to my Facebook friends and one immediately set up a Just Giving page. In no time at all, the first wheelchair was paid for. I'd posted a video of Nellie on Facebook a couple months before. "I've never had a wheelchair," she said, "I really struggle in life because I can't get about."

Nellie lives with her children in a house made of mud and sticks. She has a vegetable plot just in front and to tend to her garden she crawled through the mud. She was extremely pleased with her wheelchair.

A group of five disabled people were waiting for me the next day. "We want wheelchairs as well!" they said. I felt a new role coming on. The next wheelchair was for a young man called Achilla, who lives opposite Nellie. Then one morning, Pauline, a young woman, arrived by taxi-bike. She was very polite and was trying to complete her education. I told her I'd put her on my list but that Wakaduku was away and she'd have to wait a while.

The next day, I mentioned her to Judith. "Oh yes," she said, "Pauline lives near me." A few

weeks later, Wakaduku returned. We were starting to become frustrated with how long he was taking to make each wheelchair. Another day, Judith decided we should visit Pauline to tell her that the wheelchair was almost ready. As we approached the house I saw a woman.

"That's not her," I whispered. "Yes, that's Pauline," replied Judith. I then realised that there were two Paulines – 'my Pauline' and 'Judith's Pauline'. What could I do? 'Judith's Pauline' had been told she was getting the next chair, so 'my Pauline' would have to wait.

'My Pauline' came to see me a few days later. I started to film her with flip-flops on her hands crawling across the ground at our house. Once again I posted it on Facebook and people from the Diocese of Middlesbrough immediately started sending £10 here and £20 there. We got somebody else to build the chair from scratch. Pauline got her wheelchair within a week.

Next came Soliel. We bought a nearly new wheelchair and changed the wheels to cope with our rough terrain...and now we are already preparing for the next one!

**Follow Francis Hannaway on Facebook. Email: francish7@yahoo.com To support his projects send money via PayPal (type PayPal.me/FHannaway into your browser), or Internet banking: Pay: St Joseph's Society for FM, Ref: F Hannaway Congo, Sort code: 16-00-15, Account: 23114537. Cheques to: Mill Hill Missionaries, St Joseph's Parish Centre, PO Box 3608, MAIDENHEAD SL6 7UX. Pay: "Mill Hill Missionaries – F Hannaway (Congo)".**

## Looking For A New Interest?

**Have you considered volunteering for CAFOD? We're always happy to hear from people who are interested in becoming volunteers to help to promote our work in parishes and schools.**

We would really like to hear from anyone in the York and Ryedale area who would be willing to visit our primary schools.

There is a two-day training course and all applicants would need to apply for an enhanced DBS check and complete CAFOD's Safeguarding course.

The training is free and travel expenses will be reimbursed. Please contact me for further details at ccross@cafod.org.uk or telephone 01642 822301 or 07779 804253.

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**NEWS**

## Exploring The Holy Spirit

All are welcome to attend the first Cleveland Newman Circle talk of 2017 at St Mary's Cathedral in Middlesbrough. The talk will focus on "The Holy Spirit, a Hidden Character in the Work of Salvation". The speaker is Father Phillip Cunnah and tea and coffee is available from 7.30pm, with the talk at 7.45pm. For more details call 01642 645732 or email [tpj.egerton@virgin.net](mailto:tpj.egerton@virgin.net).

## St John's Children Boost Food Bank

Generous children at St John of Beverley Roman Catholic Primary School have been collecting for the Beverley Food Bank. More than 200 items were collected for those in the local area who might otherwise have gone hungry. For their Harvest Festival the school collected £180 for CAFOD. During Advent the Mini Vinnies decided to help those a little closer to home. The group meet regularly in school and discuss ways to try to help others. Their motto is "turning concern into action".

## Trafficking Charity Thanks Readers

Thank you to all Voice readers who generously donated to the work of RENATE in Europe. To date £1,000 has been raised by readers and this will help with vital work to prevent trafficking throughout the continent.

John Hinman, RENATE member

## Catholic Heritage In Focus

Phil Gilbank will give a talk on Pocklington's remarkable Catholic heritage on Friday February 24 at 7.30pm. Titled "From Elizabethan Martyrs to Archbishop Ullathorne", the talk is in aid of St Mary and St Joseph's Premier School Development Fund and takes place at All Saints Anglican Church, Pavement, Pocklington. Admission is £5, which includes a glass of wine and refreshments.

# Eighteenth Century Monks' Favourite Tipple Revealed

**Eighteenth Century monks liked nothing more than a brandy-based cocktail according to two recipes discovered by researchers from Durham University's Department of Theology and Religion.**

The recipes, which describe how to make a punch flavoured with citrus fruits, sugar and a choice of brandy or rum, were discovered by Dr James Kelly as part of his research into English Benedictine monks exiled in Europe.

Dr Kelly explains: "The two recipes found describe how to make a punch and a similar drink known as 'shrub'. Both are flavoured with a choice of orange or lemon peel, sugar, water and up to ten pints of brandy or rum!"

Along with the large volume of alcohol, the recipes also call for several days of steeping and mixing. Dr Kelly said this provides an insight into when this drink would have been enjoyed.

"The quantity, and the time taken to make the drink, suggests this was something to be enjoyed on special occasions by the whole monastic community – not a quick drink for cocktail hour!"

Not only does the recipe give a fascinating insight into tastes of the time, but it also illustrates how, even during exile, monks were keeping pace with trends from home.

Dr Kelly explains: "We know that these recipes were written whilst the monks were in exile in

France, but both punch and shrub were hugely popular in England at this time.

"The fact that members of an exiled monastic community were making these drinks shows that they were not cut off or isolated from the world around them. Rather they were part of the globalisation of tastes and trends."

Alcohol was commonly enjoyed in religious communities at the time, partly because the cleanliness of water could not be guaranteed and also because it would help to provide some nutrients during times of fasting.

The recipes were written by members of the St Laurence Benedictine monastic community, a group of English Catholic monks who first settled in Dieulouard, France, in the 17th century when the practice of Roman Catholicism was banned in Protestant-ruled England.

The recipes were discovered by Dr Kelly in the archives of Ampleforth Abbey, which was established by the St Laurence's monks following their return to England after the French Revolution.

Dr Kelly discovered the recipes during research for his current project, Monks in Motion, which aims to explore the political and intellectual role of English Benedictines during their time of exile in Europe. The Monks in Motion project is funded by the Arts and Humanities Research Council.

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# Prison Visits Spread Message Of Love

**Following the example of St John XXIII Bishop Terry visited two prisons over the festive period.**

He took time out of his schedule to celebrate Mass for inmates at HMP Kirklevington and HMP Deerbolt prison just before Christmas.

"At Kirklevington we had a really good singer and guitarist so everyone joined in and made it a joyful celebration," said Bishop Terry.

"When I went out to Deerbolt they also sang well and contributed to a very prayerful service."

Bishop Terry explained how St John XXIII began the tradition of visiting prisoners over the Christmas period.

He said: "He wanted to let the prisoners know that even though they were in prison they were loved by God and that the Pope also loved them."

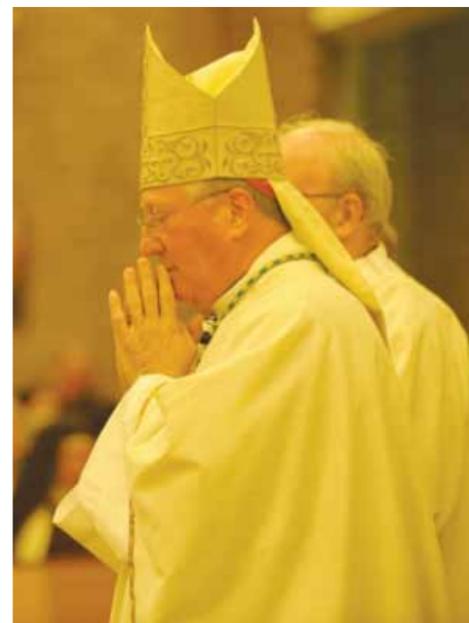
"At one time I used to be able to celebrate Mass for the prisoners on Christmas Day itself. Prison ministry is very much appreciated and very much encouraged as well."

Bishop Terry said that he felt the inmates had really appreciated the visits.

"Like all of us, they are very happy just to have a chat and a little bit of encouragement," he said. "They all want to relate to you somehow and connect."

"I'm glad to do anything I can to encourage them, especially at Christmas when they are separated from their families."

Bishop Terry has also supported initiatives to provide catechisms and Bibles for Catholic prisoners within our diocese.



Jonathan Barber

# Chaplain's 'Humbling' Meeting With Migrant Rescuer

**An Immingham seafarers' charity chaplain has described a poignant meeting with the captain of a ship that rescued hundreds of migrants in the Mediterranean Sea.**

Steve Willows from the Apostleship of the Sea (AoS) boarded the ship, mv Erasmusgracht, when it berthed at Immingham Docks recently. He met Captain Joop van Zadel, the Dutch master of the ship, who recounted how he and his crew saved 393 Syrian refugees in the Ionian Sea in December 2014.

The ship received a call from the Italian coastguard asking them if they could assist a boat with people on board who needed assistance. Wanting to help, Capt Joop turned his ship around and after getting the go-ahead from his company he manoeuvred alongside the boat, which had been drifting for two days with very little water or food. It took the crew 15 minutes to get all 393 men, women and children on board once they had made it safe for them to do so.

Steve said: "As soon as they knew they would be taking everyone on board Captain Joop spoke to the cook and asked him to prepare food, so he made sandwiches and cooked everything they had."

Eventually, the ship took the refugees to a port in Sicily where all safely got ashore.

"Capt Joop said the refugees were still able to smile despite having gone through what must have been a terrifying ordeal," Steve said. "When he came to see them on deck he got a huge round of applause. They were so grateful and joyful for being alive."

"Capt Joop said to me, 'If I was in their situation I would have been terrified so I wanted to help. Sometimes it's more important to think with your heart than your head.'"

Steve added: "It was a truly humbling meeting. Having supported and met many seafarers, I can say for sure that despite their busy and demanding work schedules, they are some of the most helpful and generous people I've come across."

The AoS is a registered charity and agency of the Catholic Bishops' Conferences of England and Wales and Scotland. It is wholly reliant on voluntary donations and legacies to continue its work.

For more information visit [www.apostleshipofthesea.org.uk](http://www.apostleshipofthesea.org.uk), [facebook.com/AoS.GB](https://www.facebook.com/AoS.GB) or [@Apostleshipsea](https://twitter.com/Apostleshipsea) on Twitter.



Captain Joop with a child refugee

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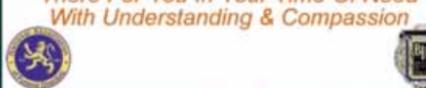
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# Out & About around the Diocese

**BISHOP TERENCE PATRICK DRAINEY ENGAGEMENTS FOR FEBRUARY 2017**

- 1 Attends joint meeting of the House of Bishops and the Conference of Bishops in Birmingham all day
- 2 Attends meeting of Diocesan Trustee Board at Curial Office, Middlesbrough 10.30am
- 3 School visit to Ampleforth College 9.00am
- 4/5 Parish visitation to Helmsley & Kirkby Moorside all weekend
- 6 Attends Rectors' Meeting at Allen Hall, London
- 7 Attends meeting of NOV Board at Eccleston Square, London 11.00am  
Attends NOV Dinner in London 7.00pm
- 8 Attends meeting of CSAN Trustees at Romero House, London 12 noon
- 9 Attends CRC Department Meeting at Eccleston Square, London 11.00am
- 12 Parish visitation to Gilling East All weekend
- 14 Attends meeting of Bishop's Council at Curial Office, Middlesbrough 11.00am
- 15 School visit to St Francis Xavier, Richmond 9.30am
- 22 Attends meeting of Northern Province at Bishop's House, Leeds
- 26 Parish visitation to Catterick Garrison all morning
- 28 School visit to Sacred Heart, Redcar 9.30am

**1 Wed 6.30pm** The Secular Franciscan Order meets at More House, Heslington, York. Contact Mrs Lyn Bradbury OFS, tel (01904) 470041 for details

**6.30pm** Latin Mass, St Charles Borromeo, Jarret Street, Hull

**3 Fri** Dates of events and articles for inclusion in the March issue of Voice must be received by today

**5 Sun 11am** Latin Mass in the traditional form at Sacred Heart Church, Lobster Road, Redcar, TS10 1SH

**12 noon** Sung Latin Mass, St Wilfrid's, Duncombe Place, York YO1 7EF  
**6pm** Sung Latin Vespers and Benediction, St Wilfrid's, Duncombe Place, York YO1 7EF

**7 Tues 7pm** The Knights of St Columba, Council 29, meet at St Mary's Cathedral, Dalby Way, Coulby Newham, Middlesbrough commencing with Mass in the Cathedral Chapel

**8 Wed 10.30am** The LIFE ASCENDING group at Our Lady of Lourdes, Hessle meets after the morning Mass  
**10.30am** The LIFE ASCENDING group of St Leonard and St Mary, Malton meets  
**2.30pm** Prayer Group at the John Paul Centre, 55 Grange Road, Middlesbrough. New members welcome.

**10 Fri 7-8.30pm** Divine Mercy Prayer Group meets in St Anthony's Church, Beverley Road, Hull. Contact John (01759) 380415 for details.  
**7.30pm** Marian Evening at the John Paul Centre, 55 Grange Road, Middlesbrough – Rosary, Holy Mass, talk, witness. Contact Marie Bedingfield, tel (01642) 530739 for details.

**7.30pm-9.30pm** Bible study in the Church Hall, English Martyrs Church, Dalton Terrace, York looking at one complete set of Sunday readings (first, second and gospel). Contact Marek Lichtarowicz, tel (01904) 795605 for further details

**12 Sun 11am** Latin Mass in the traditional form at Sacred Heart Church, Lobster Road, Redcar, TS10 1SH  
**12 noon** Sung Latin Mass, St Wilfrid's, Duncombe Place, York YO1 7EF  
**6pm** Sung Latin Vespers and Benediction, St Wilfrid's, Duncombe Place, York YO1 7EF  
**6pm** Mass in the Malayalam language at St Joseph's Church, Marton Road, Middlesbrough. Contact tel (01642) 818203 for details

**13 Mon 7.30pm** Justice & Peace meet at St Bede's Pastoral Centre, Blossom Street, York. Contact: Nan Saeki, tel (01904) 783621 for further details

**14 Tues 12.45pm** Hull and District Catholic Women's Luncheon Club meet at the Kingston Theatre Hotel, Hull  
**2pm-4pm** LIFE ASCENDING Group, York West meet at Our Lady's, Acomb, York in the Fr Kelly Room  
**7.30pm** The Knights of St Columba, Council 95, meet at the Council Chambers, English Martyrs Hall, Dalton Terrace, York

**15 Wed 7.30pm** Cleveland Newman Circle 'The Holy Spirit, a Hidden Character in the Work of Salvation' talk by Fr Philip Cunnah at St Mary's Cathedral  
**8pm** The Knights of St Columba, Hull Council 45, meet at St Joseph's Church, West Hull

**17 Fri 7.30pm** Aquinas Reading Group in the Upper Room at St Wilfrid's, York. A guided reading of the Summa Theologiae. Contact Steve Evans, tel 07800697975 or e-mail: steve\_evans21@tiscali.co.uk. Further details at <http://readingthesumma.blogspot.com/>

**18 Sat 8pm-11.30pm** Sacred Heart Parish Dance (Tony Ford), Erimus Club, Cumberland Road, Middlesbrough TS5 6JB (contact Eddie White (01642) 860227)

**19 Sun 11am** Latin Mass in the traditional form at Sacred Heart Church, Lobster Road, Redcar, TS10 1SH

**ADVANCE NOTICES:**

Novena to Our Lady of Perpetual Help takes place every Wednesday after the 9.30am Mass at St John's Church, Beverley  
**16 March** (Thursday), 7.30pm, Sacred Heart Parish Dance (Sean Kelly), Erimus Club, Cumberland Road, Middlesbrough (contact Eddie White (01642) 860227)). Admission ticket only.  
**19 March**, 3pm, St Gabriel's, Ormesby – Catholic Fellowship Mass  
**22 March**, 7.30pm St Mary's Cathedral, Cleveland Newman Circle 'Christ at the Centre: Catholic Education Today' talk by Mr Andrew Gardner  
**26 April** Cleveland Newman Circle at 7.30pm St Mary's Cathedral: Pete Widlinsky and Kath Sainsbury 'The Refugee Crisis: Helping Those for Whom Life is Endless Exile.'

**MADONNA HOUSE PASTORAL CENTRE**  
The Madonna House Community is one of the new ecclesial communities in the Church, founded by Catherine de Hueck Doherty. We are an international community made up of about 200 laymen, laywomen

**12 noon** Sung Latin Mass, St Wilfrid's, Duncombe Place, York YO1 7EF  
**3pm** Catholic Fellowship Mass, St Joseph's, Tanton Road, Stokesley  
**6pm** Sung Latin Vespers and Benediction, St Wilfrid's, Duncombe Place, York YO1 7EF

**22 Wed 12.45pm-3pm** LIFE ASCENDING group, York Central meets at St Wilfrid's, York in the Upper Room after the 12.10pm Mass

**23 Thurs 7.30pm-9pm** The Pastoral Support Group for carers especially of people with mental ill health meets in Middlesbrough. Contact Margaret, tel (01642) 865668 for venue and other details

**24 Fri 7pm** Marian Prayer Group, St Anthony's Church, Beverley Road, Hull. All welcome. Contact Pat (01482) 802483 for details.  
**7.30pm** 'Pocklington Catholic Heritage ... from Elizabethan Martyrs to Archbishop Ullathorne.' A talk by Phil Gilbank, tickets and information from Rowan Blake-James, tel (01759) 302519.

**26 Sun 11am** Latin Mass in the traditional form at Sacred Heart Church, Lobster Road, Redcar, TS10 1SH  
**12 noon** Sung Latin Mass, St Wilfrid's, Duncombe Place, York YO1 7EF  
**6pm** Sung Latin Vespers and Benediction, St Wilfrid's, Duncombe Place, York YO1 7EF  
March issue of Catholic Voice available from church

**First Week of March**

**1 Wed 6.30pm** The Secular Franciscan Order meets at More House, Heslington, York. Contact Mrs Lyn Bradbury OFS, tel (01904) 470041 for details  
**6.30pm** Latin Mass, St Charles Borromeo, Jarret Street, Hull

**5 Sun 11am** Latin Mass in the traditional form at Sacred Heart Church, Lobster Road, Redcar, TS10 1SH  
**12 noon** Sung Latin Mass, St Wilfrid's, Duncombe Place, York YO1 7EF  
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**ST BEDE'S PASTORAL CENTRE**

**Mondays** 7.30pm City Prayer Group  
**Wednesdays** 7.30 pm-9.00pm Christian Meditation

The Pastoral Centre is in Blossom Street, York. Contact: Tel: (01904) 464900 or e-mail: admin@stbedes.org.uk for full programme of events

**BOOKS**

# Amanda's Journey From Trauma To Wholeness

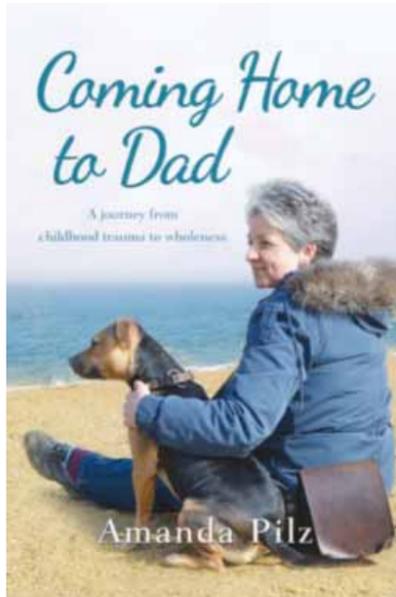
**Coming Home to Dad is the true story of a woman's journey from the trauma of family breakdown to experiencing the healing power of God's love.**

It presents a child's perspective on divorce and separation, tracing the trajectory of Amanda Pilz's life and how she was led on a path to wholeness.

Born in Bridlington, Amanda lived in Marton, Middlesbrough, and attended Captain Cook Primary School. Separated from her mum at the age of six and having a difficult relationship with her stepmother, Amanda learned at a young age to depend on no one. Although living under the same roof, her father was distant and uninvolved. Eventually she was sent back to live with her mum on a tough council estate, becoming increasingly estranged from her dad until finally, in her 18th year, he disowned her.

Driven by questions about the meaning and value of her life, and coming to terms with her brother's schizophrenia, Amanda began asking searching questions about identity that led her on a life-changing journey.

Amanda, who has lived in Hornsea, Scarborough and York, now has degrees in English Literature, History and International Relations, and has studied at All Nations Christian College. A qualified teacher, she



has worked in Christian ministry, further education and teacher training roles and is now a successful freelance writer. She lives in London with her husband and two sons aged 11 and 12.

Her story raises issues of justice surrounding family breakdown and mental health. It is relevant not just to those personally caught up in family breakdown but to those who seek to help them.

"I hope this book will give insight into the impact which the fracturing of families can have on all concerned," she says. "The effects on children are often downplayed as they might not be immediately obvious, but are nonetheless real and begin to be played out in children's lives into adulthood and can last a lifetime.

"As a result of my experiences I am committed to doing all I can to ensure my sons are raised in a safe, happy environment. I hope Coming

Home to Dad will comfort the fatherless, give them hope and encourage them to seek their true home with God as Father."

**Published by Instant Apostle, Coming Home to Dad (ISBN: 978-1-909728-55-4) by Amanda Pilz is available in paperback from Christian book shops, bookstores and online retailers priced £8.99.**

# Slowing Down For God's Presence

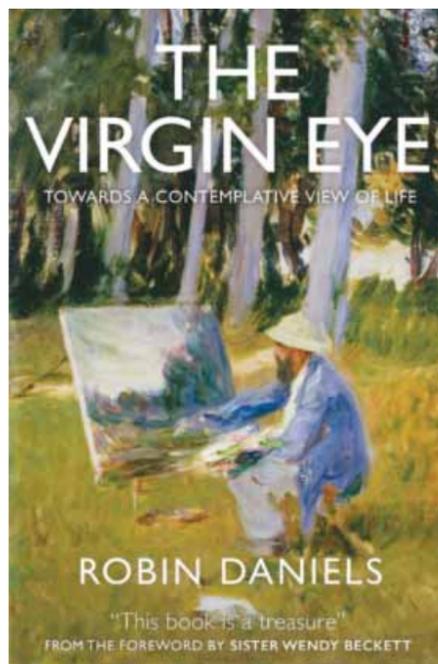
**Robin Daniels, author of The Virgin Eye: Towards a Contemplative View of Life, was a man of wide interests and wide experience. His working life included periods as a music critic, a social worker and a psychoanalyst. His previous books covered sport, music and religion.**

He had a deep interest in contemplative prayer and contemplative living. Late in life he married and he became a Catholic just 18 months before his death. *The Virgin Eye*, edited by his widow, is the fruit of this rich life.

Daniels wants us to practise the presence of God. For this, he says, we need above all to slow down. "Pause" is one of his favourite words; "stillness" and "relaxed" are two others. To slow down and to attend. To see the everyday world as a painter or writer or child sees it, with fresh, innocent eyes, without preconceptions. And then to be grateful and give praise.

Daniels' psychotherapeutic experience is evident in his awareness of the pervasiveness of stress in modern life, and in his attention to the ways in which we allow false, often hidden, emotions to drive us along paths we would prefer to avoid.

His solution is first to focus on God in prayer. Second, to focus on oneself in gentle self-correction and re-education ("self-work" is his term): and third to focus on others in generous self-giving. Another theme is lack of possessiveness, related to a delight in letting others be and flourish, by listening without judgement and encouraging without rivalry.



This is a big book that plays out variations on the main theme at an unhurried tempo from a range of overlapping perspectives. It is not best read straight through, but rather pondered selectively, following the titles of its short sections. It is packed with quotations, poetry and prose, often from unexpected sources – George Bernard Shaw rubs shoulders with St Francis de Sales.

Daniels challenges us to the highest standards of self-dedication and self-awareness, in our use of time, of the material world and of the opportunities offered by every encounter, however small or uncongenial.

It is not a book for the faint-hearted, or for those with only a casual interest in spiritual progress. There are also passages which busy parents, for example, or those committed to difficult marriages, may find over-optimistic. If you are serious in your search for a deeper spiritual life and prepared and able to give this real time and effort, this could be the book for you.

**Robin Daniels, *The Virgin Eye: Towards a Contemplative View of Life*, edited by Katherine Daniels, published in paperback by Instant Apostle, £9.99. To order a copy visit [www.mindfulnessforchristians.com](http://www.mindfulnessforchristians.com)**

**Sr Margaret Atkins CRSA, Boarbank Hall**

# Copy Deadline

Copy and photographs for inclusion in the Catholic Voice should be sent to:

The Editor, Middlesbrough Diocesan Catholic Voice, Curial Offices, 50a The Avenue, Linthorpe, Middlesbrough, TS5 6QT. Tel (01642) 850505, E-mail [catholicvoice@dioceseofmiddlesbrough.co.uk](mailto:catholicvoice@dioceseofmiddlesbrough.co.uk)

**By Friday 3 February for the March 2017 issue**

**By Friday 3 March for the April 2017 issue**

**Where possible, please email copy as an attachment in Word or a similar programme, with photos as jpeg attachments.**

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# Help The Homeless This Lent

Homelessness charity Depaul UK is appealing for support from church communities this Lent. "Forty nights of Nightstop" is aiming to raise £7,500 to provide 500 bed-nights of safe emergency accommodation for young people affected by homelessness.

Just £15 provides a safe night for someone in desperate need of a bed – and by raising £600 you could pay for bed-nights for the homeless in your area right through Lent.

Nightstop North East Manager Kester Young said: "Sadly, homelessness across the UK has increased significantly in recent years and an average of 38 North East people every night have no shelter at all.

"Countless more are vulnerable, sofa surfing or sleeping in unsafe places. The majority of the time people become homeless for reasons that are little fault of their own – family problems, relationship breakdown, poor coping skills in the face of a crisis, and as a result of low or no income.

"We're inviting churches across the North East to raise money to provide one, seven or 40 nights of Nightstop emergency accommodation."

Depaul UK, which has its roots in the life and work for St Vincent de Paul, is inviting churches to join the campaign and raise money to keep young people safe and warm.

For more information or to sign up, please visit [uk.depaulcharity.org](http://uk.depaulcharity.org) or email [fundraising@depaulcharity.org.uk](mailto:fundraising@depaulcharity.org.uk).

## Quiz Answers

### Connection question

1. Private Pike
2. Carp
3. Steve Guppy
4. Loan shark
5. Captain Haddock.

Connection: Fish

### Thinking cap question

Newcastle (northerly), Plymouth (southerly and westerly) and Norwich (easterly).

# Singers Entertain In Saltburn



The Links Singers at Our Lady of Lourdes Church, Saltburn, with accompanist Janet Barnett on the left

The Links Singers entertained an audience of 70 at Our Lady of Lourdes Church, Saltburn, in what is becoming an annual fundraising event. Led by musical director Lisa Harding, the singers are based at Cleveland Golf Club in Redcar and stage annual concerts in aid of Redcar RNLI.

Lisa said they started in a small way around 30 years ago

and have grown in recent years. Women members wear large rosettes and men are smart in identical outfits. The accompanist was Janet Barnett. The concert organisers thanked all who helped with and supported the event, which raised £658.20 for church funds.

Mike Morrissey

# Diocesan Suppliers Section

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