

**CathCom**  
**Reach**

INSIDE INSIDE

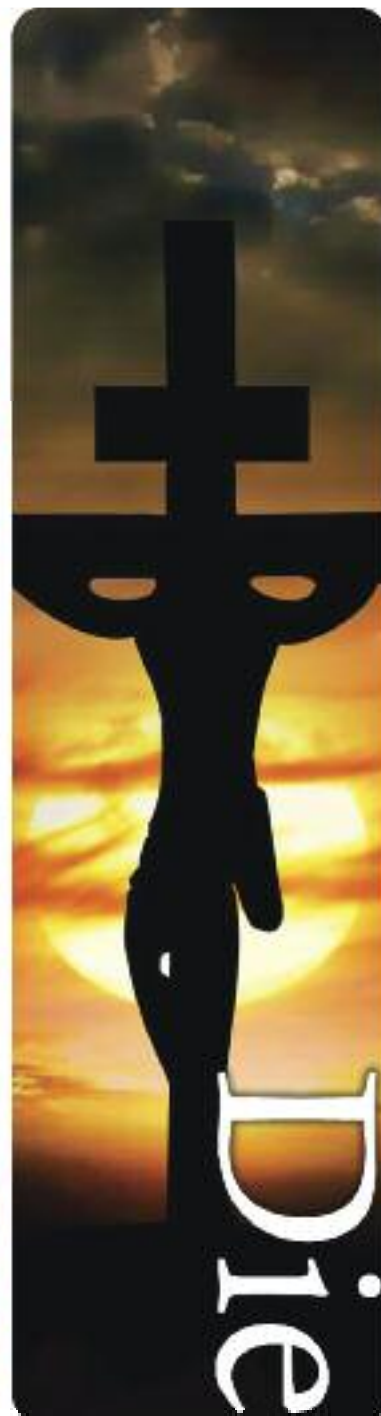
Where is God?  
p3



Iconic moments from Pope Francis' 1st Year  
p6/7



# What a Journey



### What to do with this paper

Teachers: See how you can use the children's section in the classroom and for homework. Look at the classroom resources that are available online.



Ask the children to take the children section of the paper for themselves and take the rest home for their parents.

Parents: Make sure the children get the children's section - if it hasn't been taken out in the classroom already.

Put the paper somewhere where you can pick it up when you have the opportunity. Try and get a bit of space to sit back, relax and read!

Once you've finished with it - why not pass it on?

# Are You Ready?

pages 10 & 11



Something for everyone in this issue - why not start talking about it at ...



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# Remember to put the Bottle Down

A hand is shown holding a stack of several clear plastic water bottles. The top bottle is held upright, while the others are stacked below it. The background is a bright blue sky with soft, white clouds. The text 'Remember to put the Bottle Down' is overlaid on the left side of the image in a large, white, sans-serif font.

A Psychologist walked around a room while teaching Stress Management to an audience. As she raised a bottle of water, everyone expected they'd be asked the "Half empty or Half full" question. Instead, with a smile on her face, she inquired: "How heavy is this bottle of water?" Answers called out ranged from 8 oz. to 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralysed. In each case, the weight of the bottle doesn't change, but the longer I hold it, the heavier it becomes. She continued, "The Stresses and Worries in Life, are like that Bottle of Water... Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And If you think about them all day long, you will feel paralysed - incapable of doing anything....!!!" Remember to put the Bottle Down

# Where is God?



**I think that there are many times in our lives when we are faced with the question "Where is God?" Quite often that question remains unanswered, but when an answer comes it changes our relationship with God. I faced that question for the first time some twenty years ago. I often revisit that moment and it breathes some hope into my life.**

It was early September. I had just begun my shift as a nurse in a busy A&E department when a young boy of 10 was admitted. His body was more broken than I had ever seen. Amazingly he was clinging to life. After a long struggle to stabilise him and prepare him for surgery we were able to catch our breaths. In that moment a nurse colleague said to me, "Damian, I know you believe in God, but where was God in that?" I was stunned and no answer surfaced. In the face of suffering I was mute. Attempting to find words of comfort for the boy's family and others who had been involved was a struggle beyond words. 10 hours later I walked home in a rage. What sort of faith did I really have if it could be silenced by a simple question? Next morning, as I walked to work, the answer came to me. Blessed relief! I saw my friend Sarah and I answered the question she had asked me the day before. The words tumbled out of my mouth. No longer mute, I was full of purpose. "God was there because we were there. He was using our skills and intellect to make that situation better. God was in the broken child, the anguish ridden parents and the sobbing driver who had knocked him down."

Every frustration, concern and emotion we were going through had this vein of God's presence running through it. I just had to open my eyes to see it, and open my heart to believe it.

The season of Lent and the great events of Holy Week confront us with God's care and concern for us. We are a people who long for God. The scriptures recount a people who wander away from him, who are frustrated with life, and who feel that God just doesn't know how hard it is to be human. God's response is ever creative and a constant surprise. He becomes human. He will know, through experience, what it is like to live and breathe, to be loved and rejected, to be misunderstood and taken for granted. He will confront our greatest fear - death. He will die the cruellest of deaths and be buried in a stranger's tomb. He will surprise those who love him most by rising from death and revealing to them a life more vivid than they have ever known. A parent would do anything for their children. The Father has done the same for us. The life we live has an echo in the life of Jesus. He embraced life and death fully for us. Holy Week teaches us that when we are on our own Calvary, when we are living through those moments when death touches us with its long shadow, resurrection waits for us.

**Where is God? Look around you and see Him. You will be surprised!**

May God open our eyes to his presence, and may we know the joy of the Risen Lord!

**Happy Easter.**

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# Dear Reader

Our hope is that this edition of Reach will help us all to pause during our busy lives and focus on where we are and where we are going as we approach Holy Week. I know in the past, life has been so hectic, that by the time I reach Easter I've not had time to think about it and I'm not quite sure how I've got there so quickly! Putting this edition together has helped me take that time to think - I hope reading it does the same for you. Do let me know.

## Help Needed

Last week I was try to sort out an IT problem and I typed into Google "Dealing with..." and immediately it tried to guess what I was going to type. The options it came up with were:

- Depression
- Anxiety
- Stress
- Difficult People
- Grief
- Anger
- Rejection
- Idiots
- Divorce
- Jealousy

I thought that this would be an excellent (but difficult) article for the next issue - if you have any thoughts on any of these topics please let me know or mention it on [www.facebook.com/CathComReach](http://www.facebook.com/CathComReach).

**Nick**

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# Indifferent?

"Think of the starving children in the refugee camps. Just think of them: this is fruit of war! And if you want, think of the great dining halls, of the parties thrown by the bosses of the weapons industry that makes the arms that wind up (in those camps). A sick child, starving, in a refugee camp - and the great parties, the fine life for those who manufacture weapons.

"Every day, in the newspapers, we find wars, and the deaths seem to be part of a normal day's tally. We are accustomed to reading these things. It seems, as though the spirit of war has taken control of us."

## World War I

"Everyone then was horrified, but today it is the same! Yet rather than one great war, we have small wars everywhere. ... This great war is happening everywhere on a smaller scale, under the radar, and we are not shocked! So many die for a piece of land, for some ambition, out of hatred, or racial animosity.

"Who among us has cried when they read the newspaper, when they see these images on the television? So many dead."

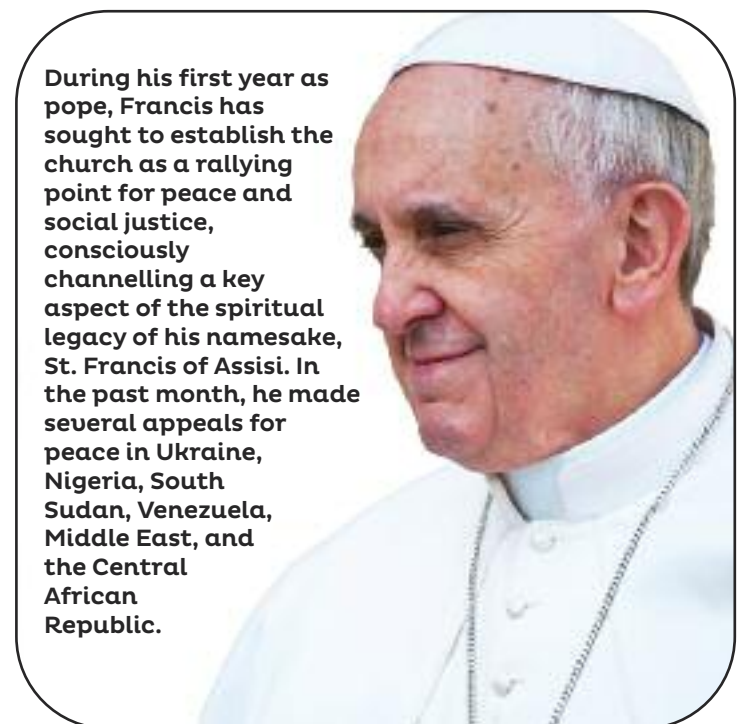
## Pope Francis

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The question for us is:

**"What do we do about it?"**

During his first year as pope, Francis has sought to establish the church as a rallying point for peace and social justice, consciously channelling a key aspect of the spiritual legacy of his namesake, St. Francis of Assisi. In the past month, he made several appeals for peace in Ukraine, Nigeria, South Sudan, Venezuela, Middle East, and the Central African Republic.



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# Making a garden out of a small space



In many places, land is costly or scarce. Many homes and apartments include only a tiny porch, balcony, or patio. Others have a very small garden backing up to the neighbour's fence or the back side of another structure or a smaller part of a larger garden, such as a side alley. But even a single, well-placed container can add personality and colour to a small space. Make the most of it.

## 1 Size up your space.

- Measure it. How much space do you really have?
- What is the climate and exposure in your space? Does it get a great deal of sun or shade?
- Look at the surroundings. Is there something you wish to cover up or conceal, such as a wall, fence, or utility box? Is there something you wish to preserve or incorporate, such as a nearby tree, a view, or other surrounding landscape?
- Check out the soil. If your small space has soil, is it clay or sand? Does it support other plants, even weeds?

## 2 Figure out where water will come from.

Do you have some where to connect a hose to water the plants? If so, consider a self-coiling hose with a nozzle that will turn off the water. Get a hose sized for your space. Otherwise, get a large watering can.

## 3 Choose a purpose for your garden.

- Is it purely decorative, or would you like to grow a few herbs or food plants?
- Decide where you will be when you look at this garden. Will you be out in it or will you mostly view it from indoors? One or two chairs and a small table can make a small garden an attractive retreat in which to sit and read.

## 4 Clear the Clutter.

If you are serious about making a garden here, try to find somewhere else to store the mop.

- If you must store items in this area, such as if this is the only place for your bicycle, at least minimize the size and number of items stored. Discard or remove any items that are not necessary and give yourself space to organize and access the rest.

## 5 Use perspective.

Place larger, brighter specimens closer to where you will be viewing them. Use more muted colours and smaller features (leaves and flowers) further away. This helps to give the illusion of a larger space.

## 6 Disguise the boundaries, or at least soften them.

If a fence or railing is the prominent feature in your garden area, it is very clear how small the space is. Instead, use plants as your boundary.

- Use any plants peeking over the fence. If you can see a bit of a neighbour's shrub or tree over your fence, plant some lower plants in a grouping in front of it. Done right, it can look like all three plants are in your yard.

## 7 Use garden rooms.

You can't always divide the space if it is very small, but if you have a bit of space to work with (say, a small back yard rather than an apartment balcony) don't have all of it showing at once. Have a pathway to another space or area. A small space could be just right for a hidden treasure or for a place to hide out.

- Vary the path or patio material from one room to the next.

## 8 Make a space for people, especially the gardener.

If a path is all you have room for, leave space for that. If you can,

though, add a bench or chair.

## 9 Go up.

Generally, the horizontal space is what's limited. Build a vertical garden, try a taller container planting, or train a climber up a wall or fence. You could also use window boxes or other wall- or fence-mounted containers, or a table or open shelving for more containers.

## 10 Create a focal point,

or one focal point per room, if you have multiple rooms. This could be a colourful chair or bench, a water feature, or an especially showy plant or planting.

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# Iconic Moments from Pope



Pope Francis steps onto the balcony of St Peter's for the first time. Before he blesses the crowds he asks us all to pray for him.



He washes the feet of young Muslim woman in a young offenders prison.



He lives a simple life refusing to move into the official Papal Palace. One of his first jobs is to go back to the hotel he was staying in and pay his bill in person.



Francis' first overseas trip is to the World Youth Day in Rio where he is greeted by 3,500,000 young people from all over the world.

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On the return from Rio he holds a press conference where he is famously quoted as saying: **"Who am I to judge a gay person of goodwill who seeks the Lord? You can't marginalise these people."**

# Little Peace



**INSIDE** Children's Cross Word p2

**INSIDE** Name a spaceship p3

**INSIDE** Easter Egg Design Competition p4



# Holy Week

**Palm Sunday**

This is the Sunday before Easter and the day that Jesus rode into Jerusalem on a donkey. People celebrated and waved palms and called Him their King. Jerusalem was being run by Roman soldiers and they thought that Jesus had come to set them free. They probably expected Him to put together an army and fight the Romans – but instead He had a different plan...

**Maunder Thursday**

Jesus called His disciples together to share a special meal called Passover.

One of the first things Jesus did

before they ate was to wash their feet. For the Jews this is one of the lowest jobs you could do. But Jesus washed their feet to teach them to be humble (to not show off and say how important you are) but instead to serve people around you. Do we look after the people around us – or do we try to make ourselves look important?

After that He shared the Passover meal. This is a celebration of when God led the Jewish people to freedom after they were held as slaves by the ancient Egyptians – which happened 1450 years before. The Jewish people were told to mark their door posts with some blood from the lamb. But at this Passover meal Jesus said that His blood was a new agreement

between us and God and it is poured out to forgive our sins.

Then Jesus went with His disciples to pray – before he is arrested.

**Good Friday**

Jesus is put on trial, they mock Him and then He is sentenced to death. Then the Jewish people are given the chance to release a prisoner, however, they didn't choose Jesus. Perhaps they don't support Him because He didn't fight the Romans – He didn't do what they expected Him to do. Do we expect God to do things our way rather than His way?

The Romans make Jesus walk through the street carrying His cross and then they crucify Him. Then His body is taken to a tomb and laid there. The Romans put guards on the tomb to make sure no one could steal Jesus body.

**Easter Sunday**

The tomb has been rolled away, Jesus' body is not there anymore. He appears to Mary Magdalene and Mary the mother of James. Then He appears to His disciples because they wouldn't believe that He was alive.

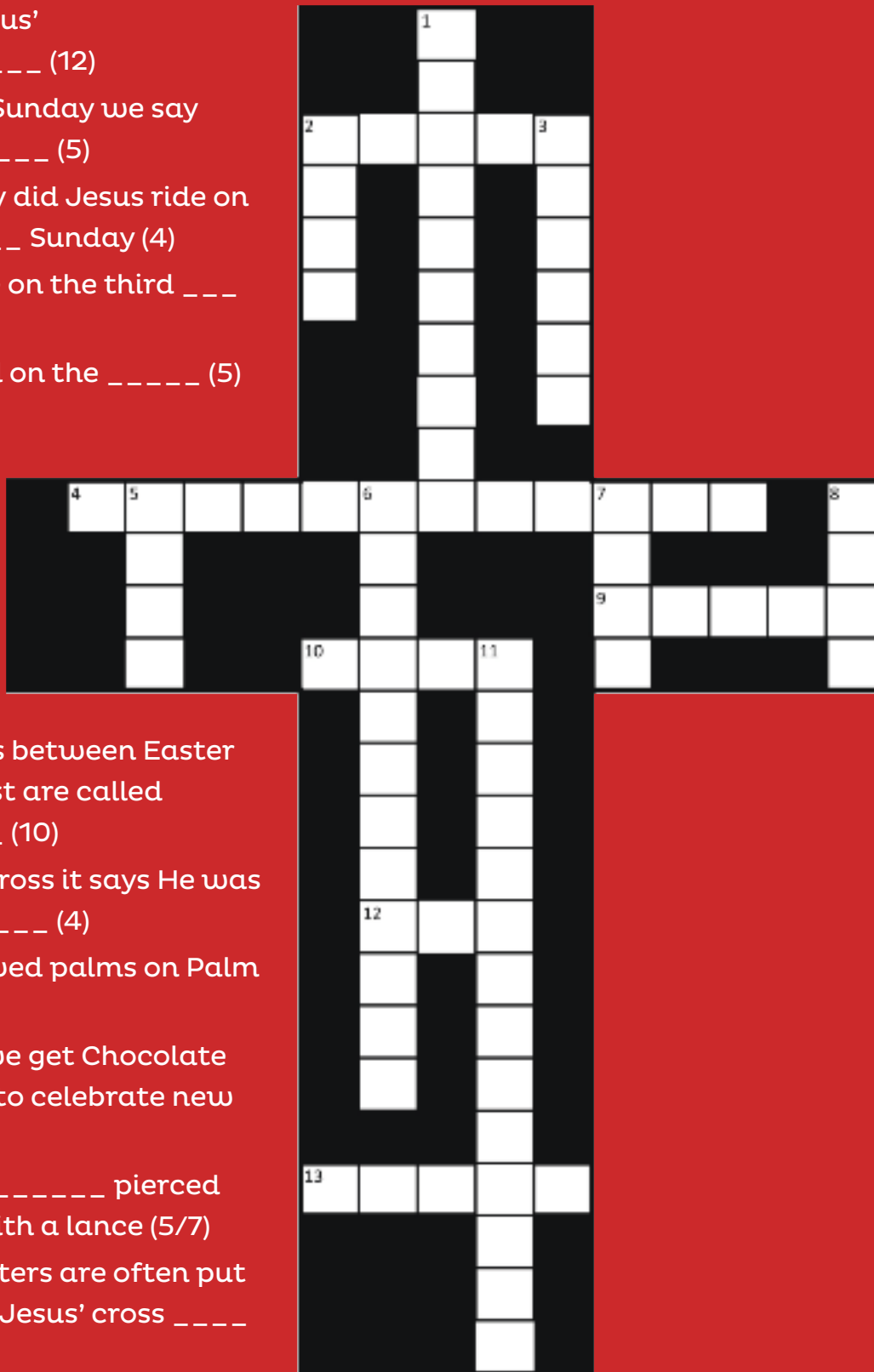
**Do we only believe what we see?**

**Perhaps this Holy Week is a good time to ask God to help us believe.**

# Cross Word

**Across:**

- 2. \_\_\_\_\_ rode into Jerusalem on a donkey (5)
- 4. On Easter Sunday we celebrate Jesus' \_\_\_\_\_ (12)
- 9. On Easter Sunday we say Jesus has \_\_\_\_\_ (5)
- 10. Which day did Jesus ride on a donkey \_\_\_\_\_ Sunday (4)
- 12. Jesus rose on the third \_\_\_\_ (3)
- 13. Jesus died on the \_\_\_\_\_ (5)



**Down**

- 1. The 50 days between Easter and Pentecost are called \_\_\_\_\_ (10)
- 2. On Jesus' cross it says He was King of the \_\_\_\_\_ (4)
- 3. People waved palms on Palm \_\_\_\_\_ (6)
- 5. At Easter we get Chocolate Easter \_\_\_\_\_ to celebrate new life (4)
- 6. A \_\_\_\_\_ pierced Jesus' side with a lance (5/7)
- 7. Which 4 letters are often put on the top of Jesus' cross \_\_\_\_\_ (4)
- 8. When Jesus enters Jerusalem on Palm Sunday the Jews say he is their \_\_\_\_\_ (4)

**Answers:**  
 Across: 2=Jesus; 4=Resurrection; 9=Risen; 10=Palm; 12=Day; 13=Crossa  
 Down: 1= Eastertide; 2=Jews; 3=Sunday; 5=Eggs; 6=Roman Soldier; 7=INRI; 8=king

**Maundy Thursday**

**Reading:**

"The Lord Jesus took some bread, and after he had given thanks, he broke it, and he said, 'This is my body, which is for you; do this in remembrance of me.'"

**Reflection:**

At the Eucharist we hear the words "Do this in memory of me". One of the things we are asked to remember is how much Jesus reached out to others, how he encouraged his disciples to be servants of one another, how he loved even unto death. Through prayer, he was able to say "yes" to God, to give totally of himself. When we receive the body and blood of Christ, can we also say "yes" to God?

**Good Friday**

**Reading:**

"After Jesus had taken the wine he said, 'It is fulfilled'; and bowing his head he gave up his spirit."

**Prayer:**

Jesus, you know what it's like to feel abandoned, lost and afraid. Walk with us, And show us how to walk with others, who live in fear, who face death through hunger or war. Show us how to pray for those we do not know and will not meet, but who are always loved by you. Amen.

**Holy Saturday**

**Reflection:**

Today we watch and wait. We reflect on Christ's death on the cross for us. We prepare for tomorrow and look with hope to the gift of new life in the resurrection.

**Prayer:**

God of life, we look with hope to the resurrection when all things will be renewed. May we renew the face of the earth. Amen.

**Easter Sunday**

Let us go out with joy, for he is risen.  
**Alleluia!**

Source:





# Word Search

I H E S S S R C I R E R S R H  
 E O W U S U D L F E E R I C E  
 F O S O O T W E M S R E I U F  
 R E R I E Y R C U Y R T E M L  
 J C V O R S N R O A U S I W T  
 F A T O M B R N E D L A R O C  
 S T S I G E R P I I E E S T R  
 H O L Y C A N O O R U A F R S  
 G A O T Y C Y O H F N E A F I  
 S I I H T R W I E H P A T O T  
 A O D T A E E Y I H W E O L E  
 N B A V A H E U N M I S W S M  
 E A L T N A K D O O G U N P T  
 B A U D N T A G Y E T E S L A  
 C R E R Z T U H T H M I S O R

Find these Words:

Resurrection Calvary  
 Saviour Easter Friday Jesus  
 Cross Holy Week Good Tomb

## Name a Space Mission

The European Space Agency are giving people the opportunity to name a space mission. The winning name will become the official European name of Tim Peake's space mission and the winner will receive a signed mission logo. It's not just for children so get your parents involved!!

The name should be a word or a short combination of words. The deadline is April 4th - for more information go to:



[http://www.esa.int/Our\\_Activities/Human\\_Spaceflight/Astronauts/Astronaut\\_Tim\\_seeks\\_mission\\_name](http://www.esa.int/Our_Activities/Human_Spaceflight/Astronauts/Astronaut_Tim_seeks_mission_name)

## Competition: Writers Needed!!

Imagine what the newspapers would say about everything that happened in Jerusalem during Holy Week. Why don't you write an article for the "Jerusalem Times" about all the events that week or just one of the days. You can cut out the heading below, put it at the top of a page and then write your article. Send it in to us and the best 3 will get an Easter Egg from the Happy Egg Company!!

### Resource

Go to [www.CathComReach.com/teachers](http://www.CathComReach.com/teachers)

**Teachers:**  
you could ask your whole class to write an article and you can download a blank template for the newspaper.



Jerusalem  
Times

April  
33AD



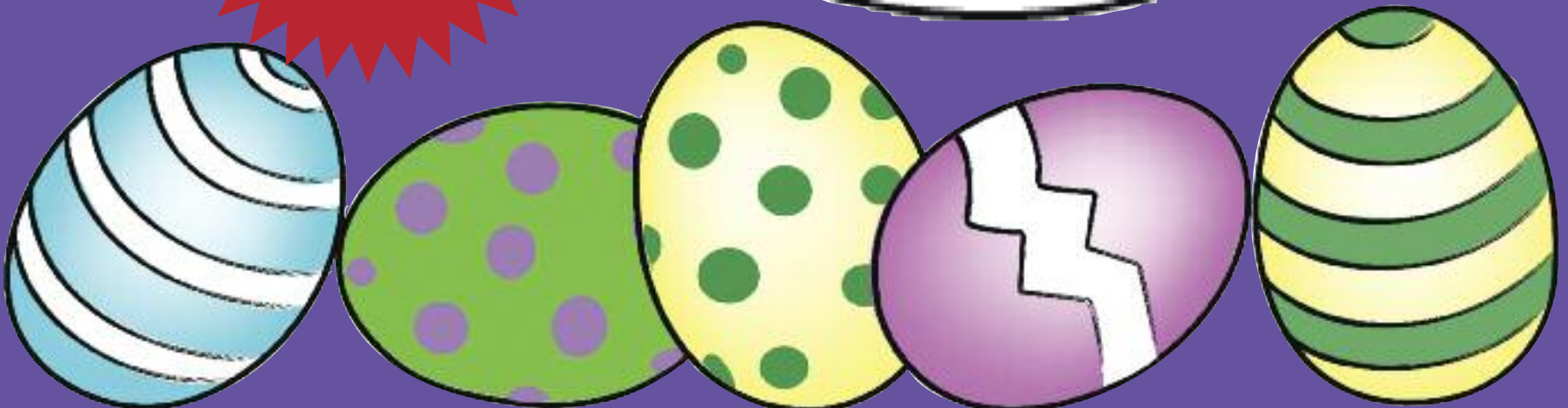
# Easter Egg Design Competition

Design and decorate this Easter egg and the best 3 entries will receive an Easter Egg from the Happy Egg Company. Your design can be anything to do with Easter and you can decorate it however you like.

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will be given for  
doing something  
about Holy Week!"



# Francis' First Year



In response to the crisis in Syria he calls for a peaceful solution. He also asks people throughout the world to join him for a day of prayer for peace. 100,000 people join him outside St Peter's for the largest Peace rally in response to the Syria crisis in the world. Similar prayer vigils happen around the world to pray for peace. His call is also responded to by groups from all other major religions.



The overwhelming message of Pope Francis' first year has been his love of the poor and those marginalised by society. He has not only spoken about it but he has led by example. By stopping to spend time with the handicapped, celebrating his birthday with homeless people and by living a simple lifestyle he has taught more by the person he is than by the things he has said.



At several stages over his first year Francis has made significant steps to clean out the Vatican bank and make it transparent. He also speaks about the dangers of the world's global financial systems.



He sells his Harley Davidson for more than £200,000 and gives the money to the poor.



At the end of 2013 it is revealed that Pope Francis is the most talked about person or topic on Facebook in 2013. On the same day he is named Time magazine's Person of the Year.



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# Eight Tips to Get Your Kids Active

by David Egan, [www.parentsforhealth.org](http://www.parentsforhealth.org)



## Being active is crucial for good health – getting kids active helps prevent obesity and serious illness in later life

Encouraging children to be active helps them to burn off excess energy and will leave them (and you!) in a better mood!

Helping our children to be active is also a vital way to ensure that they lead happy and healthy lives. Regular exercise helps children to avoid illnesses like heart disease, stroke and certain cancers, improves mood, reduces stress and can even help children to do well at school.

### 1. Get Interested

Show an interest in any activities your child likes and encourage them to try out new physical activities. If your kid loves ballet, it's time to suck up any personal reservations you might have and get behind your child!

### 2. Don't Drive so Much

We can all be more active as part of our daily lives. Walk rather than drive and encourage your kids to cycle and walk where possible.

If you're out with the kids on the bus, why not get off a stop early and walk the rest of the way to your destination? Being active throughout daily life by walking and cycling is a great way for your children to achieve their daily 60 minutes of activity.

### 3. Help Kids to be Sporty

Playing sport is a great way for children to be active. If your kids don't like traditional sports, there are lots of alternatives: mountain biking, skateboarding, BMX, mountain climbing & surfing are all excellent and are becoming more widely available.

### 4. Shall We Dance?

Not all kids are into sport, but there are lots of other ways to be active. Hobbies such as dance are excellent ways to get kids moving. Dance is an excellent way to develop fitness, agility, balance and co-ordination. Hip hop dance, street dance, salsa, tap, ballet & Irish dancing are great ways to keep your kids active.

### 5. Take Control of the TV

A recent study found that kids in the UK spend on

average 5 hours per day in front of a screen: watching TV, surfing the web and playing computer games. This amount of screen time makes it really hard for kids to have an active healthy life. Take control of the TV, and ration their screen-time! Find the link below to tips for to manage your child's screen time

### 6. Get Active Yourself!

You are your child's most important role model – so if you are a couch potato, don't expect your kids to be active! Get yourself active – the habit will rub off on your kids.

### 7. Be Active Together

Why not bond with the kids by doing some physical activity together? It's important that you set a good example – you are your child's most important role model – and the activity will improve your own health as well!

- Go for walks or play active games together
- Play a game of ball together
- Join an exercise class together
- Play physical games with family and friends (tag, frisbee, catch, hide and seek)
- Plan a nightly jog or walk
- Play a game of one-on-one basketball or football

### 8. Play Every Day!

When your child has been active, don't undo all the good work by giving them junk food afterwards! All work and no play certainly makes for a dull life. Children (of all ages!) need to play, and adults need to set the scene so that children can lead their own play activities.

Probably the best way to ensure that younger children achieve the recommended minimum 60 minutes of physical activity per day is to let them play. Unstructured and unsupervised play is a great way for children to be active. If you can't let your children play without supervision, try to watch over them from a distance.

## Further tips:

Controlling TV/Screen time:  
[www.parentsforhealth.org/tv-tips](http://www.parentsforhealth.org/tv-tips)

Encouraging active play:  
[www.parentsforhealth.org/play](http://www.parentsforhealth.org/play)

Physical activity page:  
[www.parentsforhealth.org/category/physical-activity](http://www.parentsforhealth.org/category/physical-activity)

*This article is for educational purposes only. You should consult a healthcare practitioner for any health problems you may have.*



# Campaign to reclaim Easter

**A campaign to reclaim Easter through the humble Easter egg has launched. Out of the 80 million Easter Eggs sold in the UK every year, only one, the Real Easter Egg, tells the Easter story, gives money to charity and is Fairtrade.**

The Real Easter Egg is the brainchild of David Marshall. He explains; "In 2010 someone got me a Green and Black's Easter egg. On the side of the box it said: "Easter is the festival of chocolate and loveliness". The line made me laugh, and think to myself there is a bit more to Easter than that. I remember sketching what a meaningful Easter egg might look like. It would be Fairtrade, tell the Easter story and make real the Easter themes of hope and new life by supporting charitable projects. It would be called The Real Easter Egg- just to make the point that all the rest were mostly in it for the money. I founded The Meaningful Chocolate Company in 2011 and 2014 will be our fourth Easter."

It was a real struggle to establish The Real Easter Egg as all the supermarkets turned it down at first. To date, more than 450,000 eggs have been sold with 210,000 sent through the post directly to churches and schools.

David Marshall, speaking for the Meaningful Chocolate Company, explains: "Each year it's a struggle to get the Real Easter Egg stocked in large enough quantities by supermarkets. Last year one national retailer ordered 900 eggs for the whole of the UK. So we send hundreds of thousands of eggs to churches who collect orders from their members and then order directly from us online."

Each Real Easter Egg has a copy of the Easter story in the box. The design is different from year to year so that people can keep giving it as a gift. But the appeal of The Real Easter Egg is very wide as it is also Fairtrade and charitable.

As David explains; "Being the UK's top selling mail order egg means that not only has there been an increase in Fairtrade chocolate sales, but nearly £120,000 had been donated to charity and, as each egg had an Easter story booklet in the box, the core message of the faith was also passed on. It is a gift that offers hope and new life and is very different from the other eggs on the market."

#### The Real Easter Egg Range

This year there are three eggs in the range. A cooperative in Bethlehem is



making tens of thousands of olive wood crosses for a special edition of the Real Easter Egg this year. It is the first time a cross has featured as part of a mainstream Easter gift.

The special edition egg is one of three new designs available, the other two being a sharing box - with 20 smaller eggs and 20 Easter story booklets in the box, and the blue boxed egg which comes with a 24 page Easter story book and some Chunky chocolate buttons.

As the egg sells out every year the advice is to please order early. You can check which shops are stocking the egg or buy it at [www.realesteregg.co.uk](http://www.realesteregg.co.uk)

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07834 320 120

Office:

0845 122 2882

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07092 985216

[david@meaningfulchocolate.co.uk](mailto:david@meaningfulchocolate.co.uk)

[www.realadvent.co.uk](http://www.realadvent.co.uk)

[www.MeaningfulChocolate.co.uk](http://www.MeaningfulChocolate.co.uk)

[www.RealEasterEgg.co.uk](http://www.RealEasterEgg.co.uk)

[www.MeaningfulChristmas.co.uk](http://www.MeaningfulChristmas.co.uk)

**The Meaningful Chocolate Company Ltd.** Broadbent Lodge, 584 Knutsford Road, Warrington, WA4 1JE

**David Marshall**  
Director

## Are You Satisfied?

A grandma and her grandson were at the beach. The boy was playing in the water as she stood on the shore not wanting to get her feet wet. All of a sudden, a huge wave appears from nowhere and crashes directly onto the spot where the boy is wading. The water recedes and the boy is no longer there... he was swept away.

The grandma holds her hands to the sky, screams and cries: "How could you do this? Haven't I been a wonderful grandmother? Haven't I been a wonderful mother? Haven't I kept a kosher home? Haven't I given to charity? Haven't I tried my very best to live a life that you would be proud of?"

A voice booms from the sky, "All right! All Right!"

A moment later another huge wave appears out of nowhere and crashes on the beach. As the water recedes, the boy is standing there. He is smiling and splashing around as if nothing had ever happened.

The voice booms again. "I have returned your grandson. Now are you satisfied?"

She looks up angrily and responds ... "He had a hat!"

## Where will you buy yours?



Special Edition RRP £9.99

Sharing (20 eggs & stories) £19.99

Original RRP £3.99

**It's time to buy your Real Easter Eggs now.**

You can buy online at [www.realesteregg.co.uk](http://www.realesteregg.co.uk), from Traidcraft and some independent shops. Three supermarket chains have limited supplies.

**For availability list or to buy visit**  
[www.realesteregg.co.uk](http://www.realesteregg.co.uk)



# Holy Week: The Journey

**The journey of Holy Week is an eventful one, which brings together joy, betrayal, division, pain, hurt and finally salvation. It sounds like the makings of an excellent film – except Holy Week is more than that. We are not just invited to sit back and watch, whether we like it or not, we are a part of what happened – but the extent to which we take part is up to us. Holy Week calls us. It calls us to journey with Jesus. To take part. To take our place at the foot of the Cross – and to share in the joy of His resurrection.**

For many of us, the Holy Week story is one we've heard many times before, however, there is so much to take in, and it calls to us in so many different ways. This year it may well say something to us that we have never heard before.



## Palm Sunday

Jesus rides into Jerusalem with the crowds hailing him as King. This sounds like a very simple situation – perhaps like seeing a celebrity being mobbed by fans – however, this situation was far from simple. The Jews were being occupied by the Romans, the political situation would have been complicated, and there would have been anger and tension in their society. Historically, so much of the Jewish culture (and the Old Testament) revolves around them being set free. Many Jews

**One of the disturbing parts of the Palm Sunday liturgy is we move from saying 'Hosanna in the Highest' to 'Crucify him' in a matter of hours. We can be very hot and cold. How does this reflect our lives?**

thought that this was it. Jesus would walk into Jerusalem as King and overthrow the Romans. In our "action movie" version of Holy Week, this is probably the way it would have gone, but for Jesus there was a very different path ahead.

## Maundy Thursday

Jesus calls His disciples together to share their Passover Feast. The Passover is a feast which celebrates the liberation of the Jews from their slavery in ancient Egypt in 1446 BC. The Israelites 1446 year before Jesus were instructed to sacrifice a lamb, and by marking their doorpost with the blood of the lamb they would be saved. In this context, and knowing what is to come the following day, God gives us the Eucharist – the bread and the wine which becomes the Body and Blood of the sacrifice that Jesus makes on the cross to save us. Suddenly, it is clear that this Holy Week is more than just a week – history has been preparing for this moment.



## Good Friday

The Jews had expected Jesus to liberate them, but instead He allowed Himself to be arrested without even a fight – we can see why supporters had walked away. Some, having heard of the miracles he worked, couldn't understand why he hadn't used His "powers" to defeat the Romans. When Jesus was finally put to death, even the disciples must have been left feeling empty, confused and hopeless.

### But Why? Why death?

As a parent, I often see God as a loving parent dealing with children who don't always do the right thing. When our children do something wrong we step in, not necessarily because they were disobedient but because what they have done is bad for themselves or someone around them. If one of our children punches the other (not that our little darlings would do such a thing!) and we say it's all fine, how will the child that has been hit feel. Our "negative" feelings of this punch are actually generated for our love for both children. In the same way, how can God say "it's all fine, you are forgiven" without acknowledging the pain that we have caused to ourselves and to those around us. For me, part of the crucifixion is God's way of taking on the punishment and the pain that acknowledges the results of what we have done, so He can say "You are forgiven".

## Easter Sunday

Through Jesus' sacrifice He has taken on death, and through His resurrection He has won. This new life is not only New Life for Jesus but a promise of New Life for us. In our baptism, we too have died with Christ so that we can rise with Him and have New Life.



### BE A SLEEP OUT STAR ON 10:10:14!

Last year hundreds of school children from Catholic schools raised thousands of pounds to help Depaul UK's crucial work with young homelessness people.

Taking part in the Depaul School Sleep Out is exciting experience for children whether sleeping outside in the school playground or inside the school. It also facilitates discussions and assemblies around the issue of youth homelessness and enables schools to put their faith into action.

For more information about this year's School Sleep Out taking place on World Homeless Day please visit [www.depauluk.org/sleepout](http://www.depauluk.org/sleepout) contact Natalie Wood on 020 7939 1229 Email [Natalie.wood@depauluk.org](mailto:Natalie.wood@depauluk.org) Registered Charity No.802384

Depaul UK is part of Depaul International, a group of charities working to support homeless and marginalised people around the world.

# Holy Week: Are you Ready?

**Lent is a gift not a punishment! We often think of it as a time to give something up – but in doing this we shouldn't become focused on what we have given up but it should clear the way to focus on what will happen during Holy Week. Perhaps in the last few weeks before Easter we could give up some time to pray as a family and prepare for Easter.**

The services during Holy Week are very "theatrical" and allow us to use more than just words, but actions, symbols and Sacraments to take part in the events leading up to Easter.



## The Triduum

This the three days comprising of Maundy Thursday (the Thursday before Easter), Good Friday and the Easter Vigil which flows as one service spread over three days.



## Maundy Thursday

We begin the evening service by seeing Jesus' humility, as the priest washes the feet of 12 parishioners as a visual lesson that we should serve those around us. We then share in the Passover meal, the Last Supper, and we celebrate the gift of the Eucharist – which links us directly with the events of Holy Week. Following this, the bread, which has become the Body of Jesus, is led away to a side chapel – representing His withdrawal to the Garden of Gethsemane to be alone with His disciples. Once Jesus has been taken away the church and the altar are stripped and people leave in silence – there is no formal end to this service.

In the same way that Jesus' disciples went with Him to Gethsemane, we are invited to go with Him to the chapel. This is a very personal moment during Holy Week. Usually there is nothing but Jesus, ourselves and silence – it can be both peaceful and challenging. At some point before midnight there is usually prayer and then Jesus, in the Blessed Sacrament, is taken away – reflecting the point at which He was arrested and taken away from the disciples.

## Good Friday

When we come back at 3.00pm on Good Friday we are met with a Church that has been stripped. We start in silence, continuing from the previous night. We trace the last few hours of Jesus' life and then we are invited to kiss the foot of the cross. We do not have Mass, but we have the opportunity to receive the Jesus in the Eucharist that was consecrated the night before. Again, the service has no formal end and people leave in silence.

## Easter Vigil

This is one of the oldest services in the Church – usually on the Saturday night – it starts outside the Church in silence with a fire burning in the darkness. The fire is blessed and the large Easter Candle (Paschal Candle) is lit – bringing the first sign of the "Light of Christ" into the world. This candle leads people back into the Church. During the first part of the Easter service each person has a candle and this light is shared from person to person spreading this light. During the service there are many readings which track the journey of the Jewish people which sets the scene for the Holy Week story. It starts with Creation and tracks the cycle of God leading his people out of slavery and into freedom. Finally, at the Gloria, the bells are rung, the lights come on, the music plays and we start our celebration of Easter.



### Can't go to the Triduum – buy some tea-lights?

As parents it not that easy to go to all the Holy Week Services – especially evening Maundy Thursday and Easter Vigil services. So why not try this...

**On Maundy Thursday** share a meal together and talk about the Passover. Later you could light a candle and tell the children about Jesus going away to the Garden of Gethsemane and have some quiet prayer with them, and then talk to them about Him being arrested.

**On Good Friday evening** you could make/draw a cross and each person in the family could put a candle in front of it in silence. If your children are small they could put an unlit candle in front and then you could light it.

**On Saturday evening** you could give each member of the family a candle and then sit around a candle with the lights dimmed. You could say the prayer below and while you are doing it you could light the candle in the middle. Then you could light your candle from the middle and use it to light the next person's – and so on until everyone's candle is lit. You could talk about how the news that Jesus had risen had been passed from one person to another in the same way that you are passing this light on to each other. You could also point out how much brighter the room is each time the next candle is lit.

This will tie in very well with the Easter Mass the following morning and you will be able to point out that the big Easter Candle that will be at the front of the Church was just like the one you all sat round the night before.

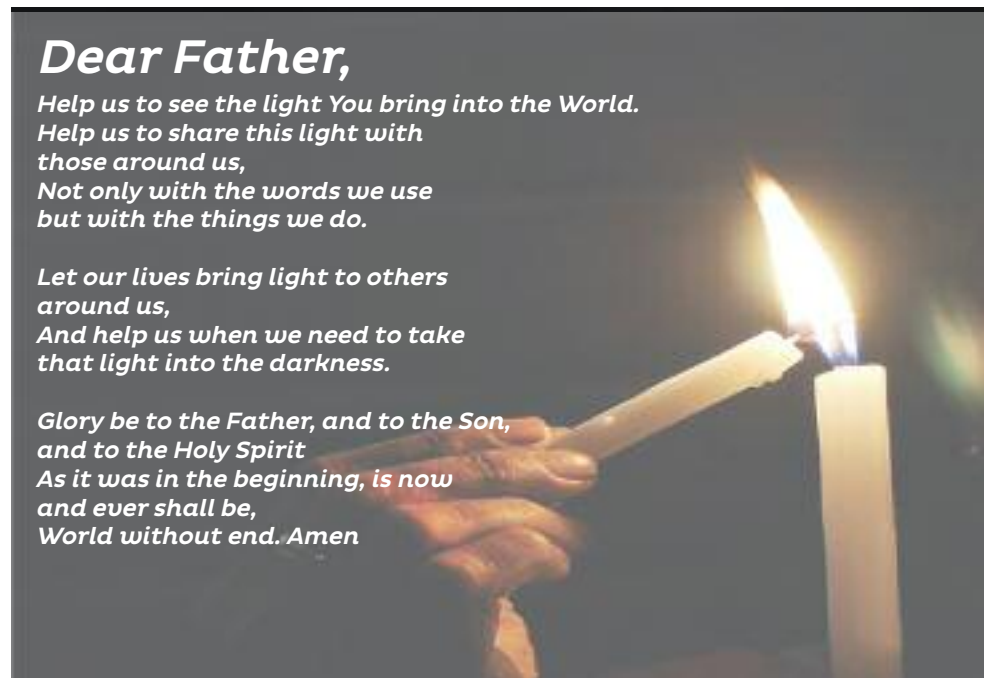
NB – always be careful with candles, never leave them alone or with children and always supervise children carefully.

### Dear Father,

*Help us to see the light You bring into the World.  
Help us to share this light with  
those around us,  
Not only with the words we use  
but with the things we do.*

*Let our lives bring light to others  
around us,  
And help us when we need to take  
that light into the darkness.*

*Glory be to the Father, and to the Son,  
and to the Holy Spirit  
As it was in the beginning, is now  
and ever shall be,  
World without end. Amen*



# 'If it starts, I'm turning Catholic.!!'

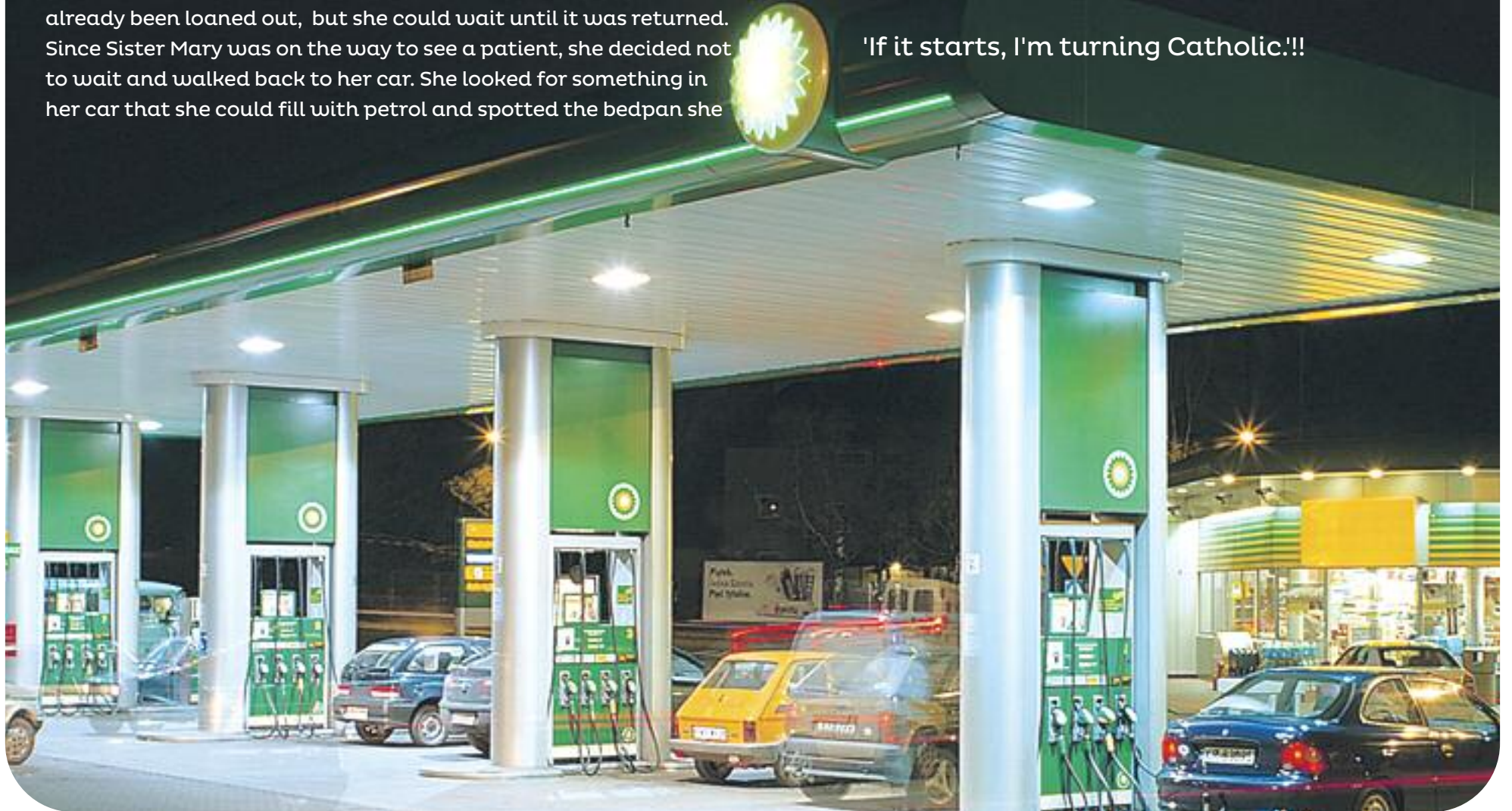
Sister Mary worked for a home health agency. One day she was out making her rounds visiting the sick when she ran out of petrol. As luck would have it, a petrol station was nearby.

She walked to the station to borrow a petrol can and buy some fuel. The attendant told her that the only petrol can he owned had already been loaned out, but she could wait until it was returned. Since Sister Mary was on the way to see a patient, she decided not to wait and walked back to her car. She looked for something in her car that she could fill with petrol and spotted the bedpan she

was taking to the patient. Always resourceful, Sister Mary carried the bedpan to the petrol station, filled it with petrol, and carried the full bedpan back to her car.

As she was pouring the fuel into her tank, two builders watched from across the street. One of them turned to the other and said,

'If it starts, I'm turning Catholic.!!'



Sponsored Feature

## School and Church furniture with a futuristic feel

Fullers Finer Furniture introduces The Canterbury and York Lecterns. These lovely pieces have something about the shape of things to come as they have both been designed with a fully adjustable gas strut height control, internal wiring to take a microphone and even an LCD monitor for use during presentations, hymn singing, for sermon notes and the like. As more and more schools and churches are using IT equipment these days, this kind of product is a must not just in the future but right now. The award winning Canterbury and its larger sister The York are available in a range of finishes and you can even have your school or church logo on the front. Both lecterns are on castors for easy movement around your school or church.



'The Rose of English Furniture'



The Canterbury and York Lecterns

The Old Coach House,  
53h Rear Oxford Street  
Weston-super-Mare,  
Somerset BS23 1TR

Tel/Fax: 01934 618111

Email: [info@fullersfinerfurniture.co.uk](mailto:info@fullersfinerfurniture.co.uk)  
[www.fullersfinerfurniture.co.uk](http://www.fullersfinerfurniture.co.uk)

## Could YOU help the next generation be inspired to aspire to lifelong matrimony?



*Inspiring the young to hope for lifelong marital union*

### First, the bad news...

The UK is the divorce capital of Europe as well as the highest rate of teenage pregnancy.

The financial cost of family breakdown to the public purse is calculated at a staggering £46 billion per year, in social services, legal costs, healthcare, and housing etc. We spend almost as much to run our Armed Forces!

Worse still is the human and emotional cost of family breakdown upon people, most especially upon young people. It is widely recognised that divorce is probably the most traumatic experience any child will ever have to live through. Conclusive research shows the negative after effects are frequently long lasting. In a recent survey, 89 per cent of people agree that 'if we want to have any hope of mending our broken society, family and parenting is where we've got to start'.

### ...and now the good news!

The Charity, EXPLORE, was set up in the year 2000 to help young people. It works like this:

Explore takes married couples into schools to share their actual experience of married life in response to questions posed by students, aged between 14 and 17 years.

Although there is provision for 'relationships' education within PSHE (personal, social and health education) classes; teachers know the subject is difficult, if not impossible to teach.

What EXPLORE addresses is the importance of lasting relationships. In a sensitively managed environment with a trained facilitator, and usually a teacher, students are invited to ask the couple anything they wish about their marriage.

Results are measured by asking each student to complete a form after the session seeking their reactions, and inviting them also to state what they feel helped them. Their replies are not only extraordinary but show how inspired they are by what the couples say. 90% of the students frequently rate the sessions as good, very good, or excellent.

EXPLORE is a force for good! And its methodology works, time and again. It shows young people how relationships can be formed and for better for worse last all life and happily despite the statistics.

As we expand this urgent work in the Diocese we need couples prepared to volunteer to join us.

### Be Part of this Force for Good!

If you are reading this and feel you might be able to participate as a married couple, we would be delighted to hear from you.

The only qualification needed is a willingness to share experience in your own words of the ups and downs of married life and how staying together is possible and fulfilling in many cases without making any judgement on the difficult plight of others. No training is required but there is an opportunity to meet experienced volunteers to learn more about what is involved.

Experience shows clearly that the students are fascinated about how you deal with disagreements and upsets, when and how you first met, how long you've been married etc. Frankness and honesty really appeals to young people which they deeply appreciate and respect in the volunteers.

Here are just a few comments typical of what most couples themselves say:

- We couldn't believe how polite and courteous the young people were.
- It was amazing to see how thoughtful they were.
- Our marriage has been enriched by taking part.
- Couples usually volunteer for no more than two or three times a year. You can always do more if you wish. No one has to visit schools where they live.

### WHAT TO DO NEXT?

- Look at our Website. [www.theexplorexperience.co.uk](http://www.theexplorexperience.co.uk)
- Talk it over with your husband or wife.
- Please get in touch with us via email. [edmundadamus@rcdow.org.uk](mailto:edmundadamus@rcdow.org.uk) or telephone 020-7798-9363 at the Office for Marriage and Family Life.

For more information, please visit:-  
[www.theexplorexperience.co.uk](http://www.theexplorexperience.co.uk)  
and email to [info@theexplorexperience.co.uk](mailto:info@theexplorexperience.co.uk)