



CathCom Reach



Someone confident? Someone beautiful?

We all assume we know who someone is, and how they are, just by looking at them. But sometimes there is a world of difference between how we appear on the outside and how we feel on the inside. However beautiful we are, or confident we appear, we won't feel it if we are not comfortable with ourselves. We can appear to be happy but there are so many things that can stop us feeling that happiness inside. Worries, stress and the inability to recognise how valuable we really are, can be a barrier to feeling a sense of peace, happiness and confidence.

None of us are simply what you can see on the surface – there is so much going on inside. Some of our feelings are wonderful and bring life to those around us, other thoughts and emotions can be destructive to ourselves and those we meet. They

can destroy our inner peace and drag us down making life much harder than it should be. We can find that these negative feelings separate the people we are from the image we portray. The person we are gets hidden under an image of who we think we should be. Someone loud, may not be confident; someone dressed up may not feel they are beautiful; someone sociable might be insecure; someone who says they are fine...might not be.

We've all been told at some point: "never judge a book by its cover". This is true. It devalues people by not recognising the depth of their personality, life and humanity. HOWEVER, if we think of ourselves being the book, should we try not to create a cover which gives people a different impression of the person we really are.

If you feel you can only show people your "cover" and not the pages inside, remember, God made you and God doesn't make rubbish!"

Dreaming
of Peace
p3

The Vote in
your pocket
p4

Confident at the
school gate?
p5

Internet
Bullying
p7

Pope Calls
for Peace
p9

**SPEND SOME
TIME ON
PAGE 11**

First day of
School



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?



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



@CathComReach



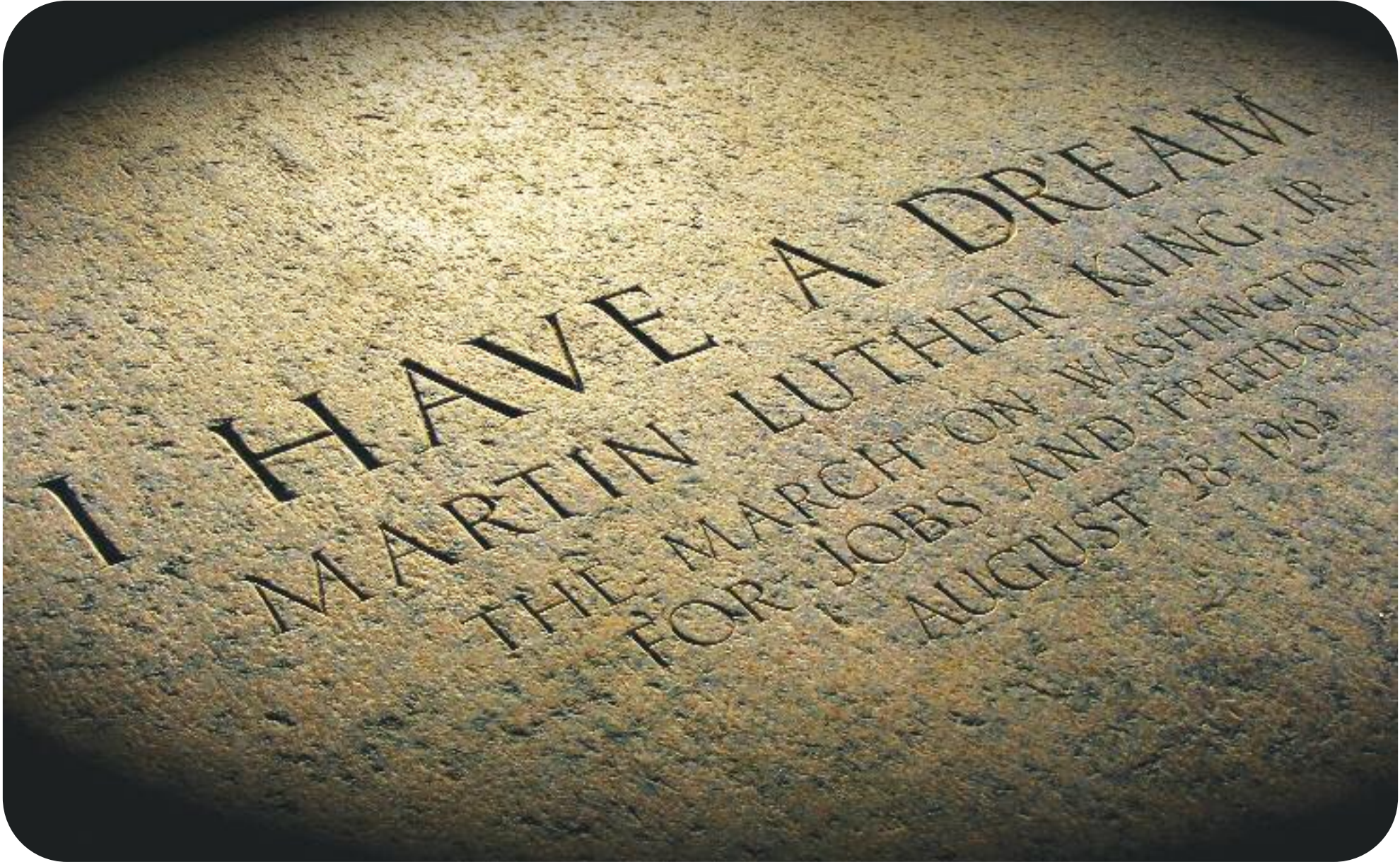
www.facebook.com/
CathComReach



What do you See?

What do you see?What do you see?
What are you thinking . . . when you're looking at me?
A cranky old man,not very wise,
Uncertain of habit with faraway eyes?
Who dribbles his food and makes no reply.
When you say in a loud voice . 'I do wish you'd try!'
Who seems not to notice . . the things that you do.
And forever is losing A sock or shoe?
Who, resisting or not lets you do as you will,
With bathing and feedingThe long day to fill?
Is that what you're thinking?. Is that what you see?
Then open your eyes, nurse .you're not looking at me.
I'll tell you who I am As I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of Ten . .with a father and mother,
Brothers and sisters who love one another
A young boy of Sixteen with wings on his feet
Dreaming that soon now a lover he'll meet.
A groom soon at Twentymy heart gives a leap.
Remembering, the vowsthat I promised to keep.
At Twenty-Five, nowI have young of my own.
Who need me to guide And a secure happy home.
A man of Thirty My young now grown fast,
Bound to each other With ties that should last.
At Forty, my young sons . . .have grown and are gone,
But my woman is beside me . . to see I don't mourn.
At Fifty, once more,Babies play 'round my knee,
Again, we know children My loved one and me.
Dark days are upon me My wife is now dead.
I look at the future I shudder with dread.
For my young are all rearing young of their own.
And I think of the years . . . And the love that I've
known.
I'm now an old man and nature is cruel.
It's jest to make old age look like a fool.
The body, it crumbles grace and vigour, depart.
There is now a stone where I once had a heart.
But inside this old carcass . A young man still dwells,
And now and again my battered heart swells
I remember the joys I remember the pain.
And I'm loving and living life over again.
I think of the years, all too few . . . gone too fast.
And accept the stark fact . . . that nothing can last.
So open your eyes, people open and see.
Not a cranky old man .
Look closer see ME!!

Dreaming of Peace



This year we remembered the inspiring words of Martin Luther King from the steps of the Lincoln Memorial. He was speaking from the perspective of one who knew how it felt to be oppressed, marginalised, downtrodden and poor. He, like the ancient biblical prophets, spoke of peoples suffering to God and of God's response to their cry. To hear the cry for justice, to be able to be in solidarity with those who are being silenced and maimed by violence is the task of the Christian.

It all sounds well and good. To be a Christian means to stand for peace, but Jesus invites us to much more. Soren Kierkegaard once said that what Jesus wants is followers not admirers. He is right. To be people of the Gospel we need to make flesh what Jesus said and did in our own time. So, how can I be a 'Blessed' peacemaker? How can I in my own situation breathe out the peace of God in a way that changes society? Martin Luther King famously said that he had a dream for humanity that was different from what he was experiencing. He dreamed of a better future for his children, he dreamed that all people would be treated as equals, that no person is thought of as disposable or something less. He dreamed of a world with no violence, no hunger, and no oppression born of prejudice. He dreamed that human beings could live together in peace and respect. It is a dream that is as yet unrealised but still worth the effort to dream and make it a reality. Recently I was at the wedding of my niece and in his speech my brother in law spoke of the moment when he first held his daughter. He spoke of how he was overwhelmed by love for the bundle of flesh and bones that he

was embracing for the first time and he said that he dreamed of the day he would walk her down the aisle on her wedding day. He thought of many of the possible choices his daughter would make and prayed that they would be the ones that would enable her to flourish best. It struck me at that moment how much love shapes us. When we live tenderness, compassion, mercy, hope, joy, love and peace amazing things begin to take shape in our lives and the lives of those around us. We live in times of division and great need. Each day images of violence and war are beamed into our homes. Unless we evade the news broadcasts or stop reading the press, we know that there is much suffering in our world. People still hunger and thirst for peace. People who have held their own children in their arms and dreamed of a promising future for them are now struggling to feed their child and keep them safe. One of my favourite followers of Jesus was Francis of Assisi. He prayed that the Lord would make him an 'instrument of peace'. He prayed that he would be love where there was despair and hatred. He prayed that he would be forgiving when mercy was difficult. He knew that this would require that he change, that he be moulded into a new way of seeing and experiencing things. We are all called to be peacemakers. Maybe we need to spend some time thinking about what needs to change in our lives for peace to happen. This way peace is not something for others to seek, but something for me to embrace and make space for. **May the Lord make each one of us an instrument of peace.**

BRAND NEW
63 REG CARS
FROM £124 A MONTH



PLUS CHOOSE
FROM UP TO
4,000
USED CARS
PRICE
CHECKED
DAILY

BRAND NEW
PEUGEOT 107 1.0 ALLURE 5DR

| | | | |
|--------------------|------------|------------------------|-----------|
| Cash Price | £10,572.00 | 35 Monthly Payments | £123.98 |
| Deposit | £372.00 | Optional Final Payment | £3,995.00 |
| Balance to Finance | £10,300.00 | Total Amount Payable | £8,707.00 |

**12.03%
APR**
REPRESENTATIVE

Autosave... Serving the Christian
community for over 30 years



autosave.co.uk

Or Call 0845 122 6910

MANY
NEW CAR
DEALS AVAILABLE
ON OUR WEBSITE!

Finance subject to status. A guarantee may be required. Cars shown for illustration only. Finance provided on behalf of Autosave Vehicle Partners Ltd, Two Park, Doncaster, BN4 9PB.

Dear Reader

I hope you have had a good Summer – as soon as the children start school it seems a long time ago!

In response to the Pope's call for Peace we have focused on peace in this issue. Not just peace in the world but peace of mind, calmness – basically the “peace which world cannot give” as Jesus said.

At the beginning of term there seem to be an endless amount of things to buy, co-ordinate, organise and finding the time and the money for all of it can be a struggle. It's not just that life is busy – but it is can be stressful as well. This can all diminish our sense of Peace.

Try and get the chance to sit back and read the paper, particularly page 11 which you may find is actually the best bit!

Do go to our facebook page or go on twitter and get in touch with us and with other readers. It would be great to know what you think of the paper and to use it as a way of building a community – you don't have to be a Catholic, you don't have to know anything about it – it would be great to hear from you!

Also, if you do have questions about Catholicism or about the Church do let us know and we'll see if we can find an answer for you.

Nick



The vote in your pocket

Money is a vote which you can use every time you go shopping.

Food and goods in the UK can be relatively cheap. But while we might be saving money, there's always a cost somewhere down the line.

Buying **cheap clothes** which have been made in sweatshops is a vote for worker exploitation. Buying a **petrol guzzling 4X4**, especially if you are a city dweller, is a vote for climate change.

Factory farmed animals, meanwhile, may make cheap meat but it comes at a price on the quality of life of the animal. When it comes to **supermarkets**, the cost can be to our high streets and local shops.

Even small, everyday purchases, such as **coffee, tea, breakfast cereal, bread** or bin-bags are a vote for something. Favouring organic produce is a vote for environmental sustainability and **fairtrade** is a vote for human rights. As busy parents it is very difficult to find the extra time to educate ourselves about the companies we support. However, as parents who are willing to educate our children in a Catholic environment it isn't really a choice.

Those families whose lives could be transformed by the way we shop have no other options than to rely on us.

Making your vote count

It's often easy to get overwhelmed by the scale of the problem and by the number of changes that you could make. A great source of help and information about ethical shopping and about individual companies is www.ethicalconsumer.org.

By pulling together and evaluating all the different kinds of advice and information that is available from campaigners and companies, Ethical Consumer can present clear conclusions about the best options to take.

As consumers, we have a great deal of power in our pockets. Just look at how the supermarkets and food companies responded on the issue of genetically modified food. Even the threat of withdrawing our custom can change company policy.

Sometimes the choices aren't straightforward – is it better to buy organic vegetables flown in from overseas, or non-organic vegetables from a local farmer? Not everyone will come to the same conclusion – but Ethical Consumer will give you the information you need to make an informed decision about the things you buy.

Four types of ethical buying

Ethical consumerism is just as much about supporting the 'good' companies and products as it is

- withdrawing our support from the 'bad' ones.
- **Positive Buying**
This means favouring particular ethical products, such as **energy saving lightbulbs**.
 - **Negative Purchasing**
This means avoiding products that you disapprove of, such as battery eggs or gas-guzzling cars.
 - **Company-Based Purchasing**
This means targeting a business as a whole and avoiding all the products made by one company. For example, the **Nestle boycott** has targeted all its brands and subsidiaries in a bid to get the company to change the way it markets its **baby milk** formula across the world.
 - **Fully-Screened Approach**
This means looking both at companies and at products and evaluating which product is the most ethical overall.

This is exactly what we do in *Ethical Consumer Magazine* and the **Best Buys** that we recommend are essentially the most ethical, 'fully-screened' products that we can find.

By using your spending power wisely you can help in the struggle towards a better world.

Contact us

CathCom Reach is published in September, December, March, and June.

Editorial Team
Edwina Gillett,
Nick Layton,
Annie Moloney
020 7112 6710
editor@CathComReach.com

Advertising
Alice Jenkins,
01440 730399
ads@CathComReach.com

Head of Finance
Claire Richardson

Subscriptions
Sarah Crouch
sarahc@cathcom.org
– 01440 730399

Website Editor
Daniel Griffiths

Manager
Nick Layton
Religious Advisor
Fr Damian Cassidy

Health Educ. Advisor
Helen Layton

Administration
Tommie Steel

Published By
CathCom Ltd.,
N2 Blois Meadow
Business Centre,
Steeple Bumpstead
Haverhill,
Suffolk CB9 7BN
020 7112 6710
www.cathcom.org

Please send articles for publication by email supplying photos separate to the text (i.e. in jpeg format).

LEGAL DISCLAIMER -----
The information and/or links in this publication are provided for catholic education and information purposes only. The Editor and Publisher (hereinafter referred to as CathCom) will endeavour to ensure that all the content of CathCom Reach is in keeping with the teachings of the Catholic Church. However CathCom is not responsible for the contents of any of the linked sites. Neither does CathCom necessarily endorse and/or support the views expressed by the information contained within those linked sites. A

mention and/or listing of linked sites does not indicate CathComs endorsement of any organization's and/or entity's activities, reports, publications and/or programs. CathCom cannot be held responsible and/or liable for any damages, real, imagined, past, present or future from the information contained on any linked site and/or other sites that it links to hereafter. While we take reasonable steps to check our advertisers and linked sites are bona fide, readers should carry out their own checks before entering into any contract

or arrangement. You may not modify, reuse, reproduce, or publish any content within this publication without the written permission of the Editor.





Catholic Social Teaching

– on war and peace

The Church's social teaching views peace as much more than simply the absence of war. Peace making is viewed as a positive activity: "the fruit of anxious daily care for justice" (Pope Paul VI). Church teachings represent a challenge to many contemporary attitudes and assumptions.

The Church's line is clear – "War is not inevitable and should, apart from the immediate right of self defence within strict 'just war' limits, have no place in the resolution of conflict today. We should work through the United Nations and use all the other nonviolent methods available to resolve conflicts. The rights of conscientious objectors must be respected."

On the most destructive of all weapons the

Church declares that the actual use of nuclear weapons would be 'a crime against God and man' – though deterrence may on a temporary basis be tolerated while active steps are taken to eliminate all such weapons of mass destruction.

The Church describes the arms trade as 'a serious disorder' highlighting the disparity between global military expenditure and the real needs of the poor as a scandal.

The Church calls us all to be peacemakers, building a culture of peace based on justice, which is central to the message of the Gospel.

Bruce Kent,
Vice President of Pax Christi and CND

Confident at the school gate?

A recent study has shown that 10% of parents do not feel comfortable at the school gate – something that, for most people, has to be faced twice a day, every day. In fact, only 5.4% of people said they always felt comfortable at the school gate. One organisation attributes this to the rise of, what they call, "mumzillas" who put pressure on people by judging other parents.

However, the world isn't quite that simple. It's easy to label people as either "goodies" or "baddies" – but by doing that we are becoming judgmental ourselves. It's true, some playgrounds can be a cliquey place

where you don't feel comfortable unless you are in an exclusive group (and by that I mean a group that excludes people by not being open to those outside). However, we have to be careful what judgments we draw from this – labelling others as "mumzillas", or feeling down about ourselves because people don't seem to want to know us is not healthy for anyone. It is easy to assume that everyone around us is completely confident in themselves and this usually is not the case. People tend to form cliques because it's a safer, easier way to be. We can all think of a time at the school gate or at a party

where we've been one of the "in-crowd" and seen someone who appears outside of the group. We have probably all had times when we have thought we should go over and talk to someone who is on their own, but we have made an excuse instead:

"Perhaps they want to be alone."

"Well, I'm only here for a few minutes."

"I haven't caught up with the others for a while."

"I'll definitely do it next time."

Why do we make those excuses? Possibly because we are lazy but probably because we are not all-

confident and it might be awkward or embarrassing.

We will always have groups of close friends, particularly as parents, as we often need to rely on each other to get our children to the endless clubs and social engagements that they have, but it's whether those groups are inclusive or exclusive. It's whether they only look inwards to each other or outwards to those around. Does our group of friends have a positive impact on those around us? If we went over and chatted to someone on the outside would we feel comfortable introducing the rest of our group? Once we have found a safe, easy group to be in, are we going to allow others in or are we going to say "hi" but keep them at arm's length?

Have some courage and step out and speak to someone new – why?

Because there are probably some incredible friendships at that school gate just waiting to be made and it could transform someone's daily life from dreading the school drop off to looking forward to it.



1913 - 2013
The Union of Catholic Mothers
An organisation for women of all ages at a church near you.

Faith - Friendship - Fun
Come along and join us now
all women welcome!

To find out more information please see the website
www.theucom.co.uk
or contact the National Secretary at
ucmnatsec@yahoo.co.uk

Join us for our centenary celebration Mass
Westminster Cathedral - 2.00pm Sat 21st Sept

Bedwetting

Bedwetting, although a common problem in childhood, can be stressful for both the child and parents/carers concerned. The impact of wet beds at a time where everyone in the family needs rest can leave the best of parents feeling exhausted and frustrated.

It is so important to remember that the child concerned is not being lazy, bedwetting is an involuntary action that occurs because the child is sleeping and because they're asleep, they don't have the same awareness of their bodies as when they are awake.

The medical name for night time bedwetting is "nocturnal enuresis" and it is more likely to effect boys than girls up to the age of 12. Over the age of 12 years there are proportionally more girls effected than boys. 1 in 12 children, at the age of for and a half, wet the bed regularly (Twice a week).

As children develop, they begin to recognise sensations of a full bladder and learn to hold-on until they reach a potty or loo. Whilst this development varies from child to child, most children by the age of 3 years are able to control their bladder. Nighttime bladder control will often take a little longer.

What we know is that many parents are too embarrassed to admit that their child has nocturnal enuresis and therefore delay in seeking help from health professionals. It is actually quite normal for children even up to the age of 4 years to still be bedwetting at night.

It can happen when children:

- **Lack the ability to wake from sleep**
- **Are experiencing stress or anxiety in their lives**
- **Have an overactive bladder**

- **Have a lack of the hormone vasopressin**
- **Have a Urinary Tract Infection (UTI)**
- **Are constipated – Frequently associated with bedwetting.**
- **Have a small bladder size**
- **Have an inherited tendency to wet at night.**
- **In rare cases have an underlying health problem (ie: Type 1 diabetes)**

There are steps that parents can take to reduce the incidents of bedwetting such as:



Allowing the child to drink plenty of water based fluids during the day – Restricting fluids is not effective as the bladder adjusts it's size to less fluids and therefore holds less.

Offer waterbased fluids not fizzy drinks, tea, coffe or hot chocolate – each of these actually stimulate the kidneys to produce overaverage amounts of urine.

Ensure that the child goes to the loo before bed and completely empties their bladder – Praise and positive reinforcement is far more effective than punitive measures!

Understand that frustration is normal where bedwetting does not seem to be resolving. It can be helpful to seek advice from the school nurse or an enuresis clinic in order to assess the child and look at options and support available. There is strong evidence that treatments for nocturnal enurisis can be very effective and is certainly recommended where it continues over the age of 7 years.

If nocturnal enuresis effects you, never feel that you are alone and maybe take a look at some of information provided by ERIC.

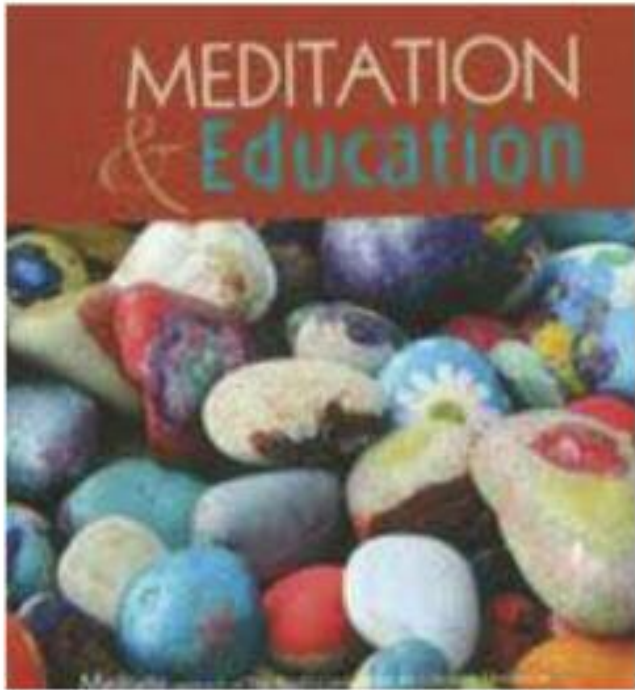
ERIC is a UK based charity which supports those affected by bedwetting. The charity's website provides useful information and advice for both children and parents. ERIC also has a telephone helpline – 0845 370 8008, open weekdays from 10am to 4pm.

CHILDREN LOVE TO BE SILENT AND STILL



Over 150 schools in the UK have successfully introduced Christian Meditation into their classrooms.

This booklet – Meditation & Education - is a short guide for those who want to introduce primary school children to a daily meditation practice.



Contact Charles & Patricia Posnett to find out more. charles@posnett.entadsl.com
T: 015258735
Visit www.wccmmeditatio.org

Cost £2. Order from orders@goodnewsbooks.net
Tel 01582 571011

Born contemplative – children's natural capacity for prayer

St John of the Cross said that the soul is like an unopened parcel. In adult life it is often covered over with many layers of wrapping and string tied with hard knots. In childhood the layers are almost transparent. If we can help children to recognise their natural capacity for prayer at the beginning of their life's journey, we will have gone a long way to fulfilling our responsibility to them and also to remembering that we too were "Born contemplative."

The greatest difficulty is to begin; to take the first step and launch out into the reality of God revealed in Christ. Classrooms are, by and large, places where knowledge is transmitted from the teacher to the pupil. Meditation,

on the other hand, is more a question of teachers meditating with the pupils. So perhaps the first and foremost qualification for teachers or parents in is to learn to meditate yourself and deepen your commitment to the practice. This may be quite challenging for many parents and teachers, but given a certain amount of courage and confidence it is not only possible, but is also highly beneficial for both parties. Children seem to have a natural capacity for prayer and even the noisiest and most active children will quickly appreciate the joy of "just being." If we have enough confidence and courage to start, we learn as much from the children as they learn from us.



Little Peace



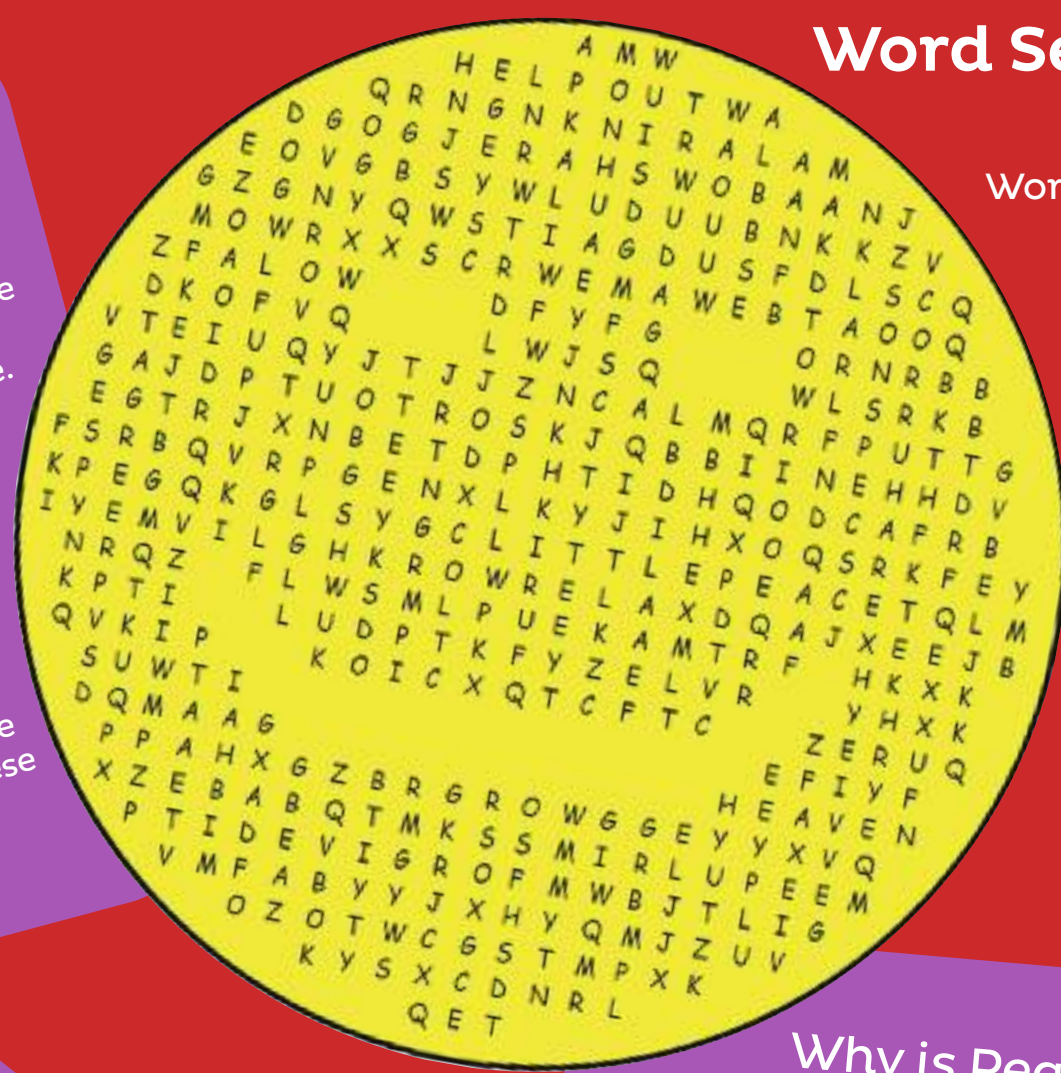
What is Peace?

You might think Peace is not fighting – but it is more than that!
 You might think it is quiet – but it's even more than that!
 Peace is about how you feel inside. If you feel calm, you are not going to be fighting and if you are fighting or you are angry you won't feel Peace inside. It could be quiet but that doesn't mean you feel Peaceful.
 Even when no one is around something might have happened that makes you feel sad, angry, hurt, scared or yucky. It maybe you feel bad about yourself because you've done something bad or because you don't realise how wonderful you are. All these things stop you feeling Peace.

Word Search

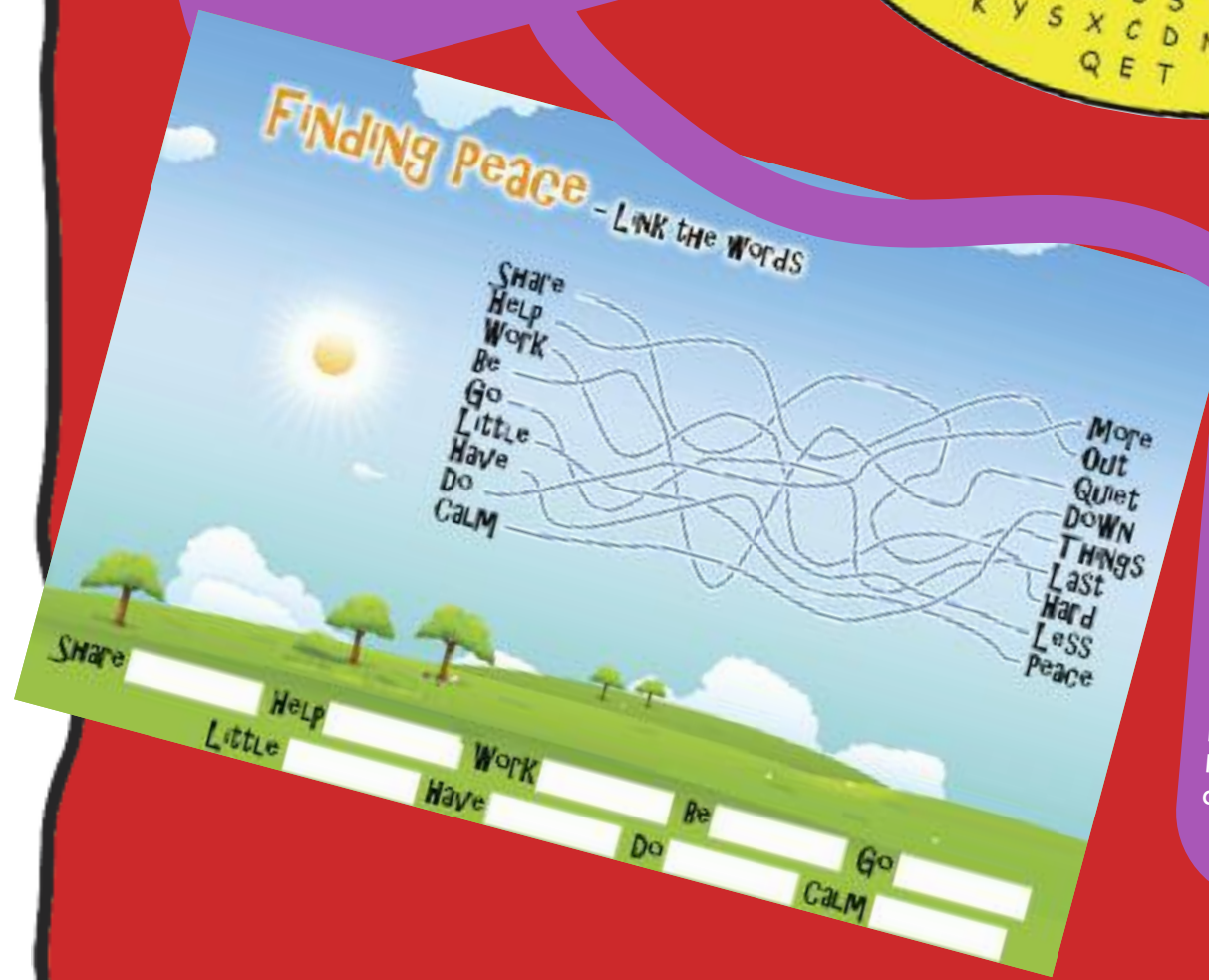
Words to find:

- Share
- HelpOut
- Work
- God
- Quiet
- Forgive
- MakeUp
- Heaven
- Relax
- Agree
- SortOut
- Calm
- LittlePeace



Why is Peace so difficult?

It can be hard to make Peace – for two people getting angry or for two countries fighting. We hear about countries far away having a war – but we also see people much closer to us fighting and getting cross. Sometimes, it is us who gets cross or even fight. So...why is it so difficult for there to be peace all the time?
 One reason is that everyone is different – and that is good!! We don't always agree – and that isn't a problem – but what do we do when we don't agree? Do we try to sort it out or do we get cross?
 The best thing to do is sort it out – and that sounds quite easy. BUT...sorting it out usually means not quite getting what you want! It might be you have to do things you don't want to do: Thinking of others and helping them to be happy brings peace into our world
 If we are cross with someone perhaps we can try and STOP, CALM DOWN, think about HOW THEY FEEL, then see if we can SORT IT OUT!!!



Start

Little Peace Board game

60
FINNISH

What you Need to



1
IF you didn't get
cross because you
got a one - go
ForWard 4 Spaces

12
CHILL out
- enjoy
MISSING a
turn and
relax

13

24

25

36
Got cross
With
Friend
MISS a t

2

11

14

23
CHILL out -
enjoy
MISSING a
turn and
relax

26
Do the
Little Peace
Challenge

35

IF you didn't
argue about
WHICH coin
you Had go
ForWardS 4
Spaces

10

15
Do the
Little Peace
Challenge

22

27

34
Make u
With a
Friend -
Move
ForWard
6 Space

4

9
Said Sorry to
Someone,
Move
ForWardS 5
Spaces

16

21

28
IF you Have
Landed on
CHILL Out and
you didn't
comPLAIN take
another go

33

5

8

17
IF you Have
Landed on
CHILL Out and
you didn't
comPLAIN take
another go

20
Go
ForWardS
6 Spaces

29

32

6
IF you
Laughed at
anyone
because you
got a 6 go
back to Start

7

18

19

30

31
Go back 10
Spaces - IF
you
get cross
back another
5 Spaces

you have
boasted
out being
front go
back 12
spaces

58

57

Do the
Little Peace
Challenge

56

55

54

CHILL out -
enjoy
MISSING a
turn and
relax

53

play



RULES:

1. CHOOSE a COIN each
2. take a TURN each and MOVE around the board
3. IF you LAND on the Little Peace Challenge - Read the pink box
4. DON'T ARGUE!!!

cross
a
-
TURN

37

5

38

p
-
IS
S

Roll again but
Share your
moves with
another player
(if it is an odd
number give them
the most)

3

40

2

41

you go
er

CHILL out -
enjoy
MISSING a
turn and
relax

42

43

Do the
Little Peace
Challenge

45

IF you have
landed on
CHILL Out and
you didn't
complain take
another go

Little Peace Challenge

Roll the die and do the challenge below...

- 1) If you have made another player sad or cross today say "sorry".
- 2) STOP, RELAX and stay CALM for 20 seconds.
- 3) Choose a player that needs help, (happily) move back 2 spaces and move them forwards 6 OR if you are last, move forwards 6.
- 4) EVERYONE has to be calm and silent for 20 seconds
- 5) Swap your coin with someone that wanted your coin. If no one wanted your coin go forwards 3 spaces.
- 6) Do or say something nice to another player.

Roll again but
Share your
moves with
another player
(if it is an odd
number give them
the most)

50

IF you haven't
been angry
during the game
go Forwards 10
spaces.
IF you argue about
it go back 5.

48

47

Thinking point...



Where do you wish there was more Peace?

In the classroom?
In the playground?
with brothers and sisters?
with parents?
with relatives?
with friends?
with people I don't like?
when I am playing?
when I use the computer?

How do you get your Peace back?

If something has happened that makes us feel bad and we feel yucky inside – we need to sort it out to feel at Peace. BUT HOW?

There's no easy answer – BUT...there is an easy first step – GO AND TALK TO SOMEONE!!

First person you can always talk to is God! Perhaps when you are lying in bed, think about what makes you feel bad and tell God about it and ask Him to help. Then think of someone you trust – a parent, a teacher, a friend – find a GOOD MOMENT to talk and tell them about it.

If you can talk to someone you trust you will feel better and they try to help you get your Peace back.

Resource

Go to www.CathComReach.com/teachers

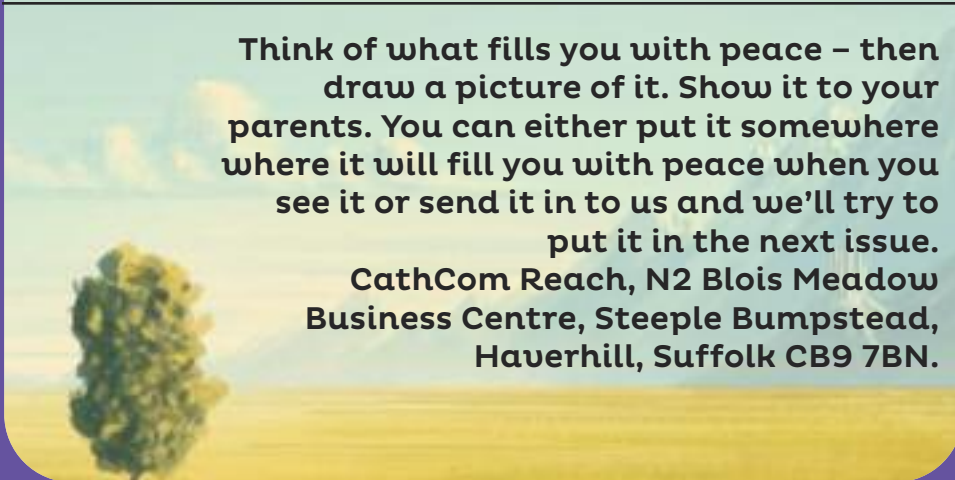
Classroom activity to help children see where arguments in the class may happen and how to reach a fair agreement to avoid conflict



Activity Zone

Think of what fills you with peace – then draw a picture of it. Show it to your parents. You can either put it somewhere where it will fill you with peace when you see it or send it in to us and we'll try to put it in the next issue.

CathCom Reach, N2 Blois Meadow
Business Centre, Steeple Bumpstead,
Haverhill, Suffolk CB9 7BN.



Internet Behaviour and Bullying

When we were young, if you were bullied at school – however, traumatic it was, you could at least escape. However, now that so many of our children have access to online

gaming, the Internet and mobile phones our children can find themselves unable to escape from bullies – even at home where they should feel safe.



Last time we looked at Internet safety and the importance of knowing what our children do online and if they speak to strangers. However, with cyber-bullying, we may see them talking or playing with people from school on a website that appears safe, but that does not necessarily mean they are in place that is good for them. They may be on a website to see what is being said about them rather than to join in a chat with friends. New research by national charity Beatbullying reveals, more than a quarter of a million primary-age children are persistently bullied online by their peers – and for many they don't feel they can tell their parents.

As well as protecting our children from online bullying, it is important that we teach our children about the impact of their behaviour online. It is much easier to be a part of cyber-bullying because it can be done at the click of a button and you don't necessarily see the victim's reaction. Therefore, children could easily contribute to the bullying without even realising it. Sometimes all it can take is "liking" a negative comment about someone or putting "lol" when someone says something hurtful and the victim can feel that your child is one of the bullies as well.

Prevention

Tell your children to be careful what they say online! You don't know who is going to read it, how it will spread and what reaction a comment might have.

Make sure your child knows not to be drawn into doing something online or when someone is filming with their phone. Anything that is filmed, even in a web chat, can be shared.

Be careful what you "like" and what you are a part of. If you don't like the way someone is treated and you don't feel able to say anything – leave the conversation so you don't appear to support a bully.

Diagnosis

Be aware of your child's mood and find opportunities to see if they are alright.

Let them know they can talk to you and you will work with them to resolve the situation. You won't over-react – even if they have done something they shouldn't have.

If they see someone else being bullied online make sure they tell you or the school so you can do something about it.

Treatment

Reassure your child that not everyone who appears to be involved is supporting what is going on. The chances are most people are thinking bad things about the bully not about them – and they are not saying anything because they don't want to become the victim. If your child is being bullied online – there are a lot of websites that give advice – simply search "online bullying".



St Bede's Catholic College

Long Cross, Lawrence Weston, Bristol, BS11 0SU

Email: contact@stbedescc.org

Website: www.stbedescc.org

Telephone: 0117 377 2200



St Bede's Catholic College is committed to serving families by:

**Promoting Catholic Values
Securing and Celebrating Achievement
Developing High Esteem and Confidence**

Providing learning opportunities which will prepare pupils for their future

Governors of St Bede's invite parents and pupils to our

OPEN EVENING

Thursday 26th September 2013 – 6.30pm

Morning visits are welcomed throughout the year, by appointment

"This is an outstanding school where pupils' achievement is excellent and where their personal development and well-being are of the highest order" (Ofsted)



"This is an outstanding Catholic school where Gospel values are explicitly promoted and practised and which underpin all aspects of school life" (Diocese)



St Benedict's, Ealing

Independent Catholic Day School

Teaching a way of living

Co-education from 3 years through to 18



OPEN MORNINGS

Nursery & Reception: 19 September, 3 October

Junior School: 8 and 16 October, 7 November

Senior School: 17 September, 4 and 14 October, 21 November

SENIOR SCHOOL OPEN EVENINGS

26 September (Sixth Form), 17 October

SCHOLARSHIPS AND BURSARIES IN THE SENIOR SCHOOL

To book a place at an Open Event or for more information please contact:

T: 020 8862 2254 E: enquiries@stbenedicts.org.uk

W: www.stbenedicts.org.uk

We respect the dignity of all and welcome students of other faiths.

WHAT WE'VE BEEN UP TO

Running for Bone Cancer



Next week our very own Claire is running the Royal Parks Half Marathon for the Bone Cancer Research Trust. With her friend Rob Jeffs, they hope to cover is 13.1 miles, she said 'I'm nervous about it but am excited to be involved in raising money for such a

brilliant cause'

Bone Cancer affects around 450 people per year and so is one of the rarer forms of cancer. It mainly affects children and young people and because it is rarer than other cancers, there isn't as much research done into the causes and treatments of the illness. The Bone Cancer Research Trust exists to help raise funds for clinical trials, it raises awareness of Bone Cancer and provides information and support to those affected.

This cause is particularly close to Rob's heart as a very close friend's daughter, Jess Gower, was diagnosed with Bone Cancer when she was just 12. Tragically she didn't see her 15th birthday and since then, Team Jess has raised over £30,000 for the Bone Cancer Research Trust. If anyone would like to sponsor Claire and Rob, please go to <http://www.justgiving.com/Robert-Jeffs1> Any donation you can make will be very gratefully received.

And wish us luck!

Building a better future

The church of St Joseph in the village of Ansdell, Lytham St Annes was built over 100 years ago and to celebrate the parish decided to raise enough money to build another community church where one was needed.

In partnership with the Bernardine Sisters, the parish set out to help a small spiritual community in Bafor, Burkina Faso, one of the poorest countries in the world. Having raised over £30,000, they have built an electric mill to assist in the processing of crops. And the new church, for which construction started 3 years ago, is now almost finished.

The building work has also provided jobs for local Christian and Muslim firms and has helped build up inter-religious dialogue in a very practical sense.

Edwina Gillett, one of our editorial team and a member of the fundraising team at St Joseph's is planning to visit Burkina in October when the new church is consecrated. She said: "This is a memorable year for both the community in Ansdell and in Bafor. It is a terrific legacy for the 'Year of Faith'. Our centenary celebration dream of helping to build and furnish a new church has become a reality."

Projects like these are going on in lots of our parishes throughout the UK making a difference to the lives of those less fortunate than ourselves.



WHAT ARE YOU UP TO?

If you are doing something for charity why not let us know and we'll try and put something in the paper, or why don't you let us know on our facebook page.

Entertaining the Children this Autumn



Looking for new and different ways to entertain the children this Autumn. Then why not try some gardening – whether you have a garden, windowsill or a balcony – you can do great things with plants this Autumn!

Challenge them to clear the leaves

During autumn, the outdoors can begin to look messy and unkempt as fallen leaves cover the ground and begin to rot. Put the children to work and challenge them to pick up as many leaves as they can. Can they find leaves in five different shapes?

Make your own compost

Put those leaves to good use and encourage your children to become environmentally friendly by making a compost bin – even if it is just a small box on a balcony. Fill the bin with the dead leaves, plant debris and dead heads collected from the garden and don't forget the fruit and vegetable peelings. Within a few months you'll have the perfect natural feed for all your spring plants.



Plant spring flowering bulbs

Get the children growing during October and November and get your window box or garden ready for spring. Autumn is the perfect time for planting spring flowering bulbs and will encourage your children to be patient in waiting for their colourful results. Why not let the children decide a colour planting scheme and draw pictures of how they'd like your space to look. Once they've decided the design, you can choose from a range of spring bulbs in every colour of the rainbow to make their vision a reality.



Plant vegetables

We know how much children enjoy their food, and how they love to eat things they've grown themselves. Why not try growing something different this year to encourage them to try new tastes and textures? Broad Beans are a fantastic vegetable to sow in the milder autumn months.



Decorate a plant pot

This is a really simple way to keep idle hands busy and create something special for children to plant in. A simple terracotta pot can be transformed into a work of art with just a few paints and a brush.

Why not get them to plant a tree in their newly decorated pot? Conkers are fun to collect and easy to plant in small containers – just make sure you remember to move it into a bigger pot as it grows!



Feed the birds

This is a great activity to work on children's observation skills and get them interested in wildlife. Choose a variety of garden bird feeds, from fat balls and seed mixes, to attract a variety of birds and challenge the children to spot as many different species as they can; can they find Mr Magpie and Robin Redbreast!

Pope calls for Peace



On September 8th Pope Francis held the largest Peace rally in the West with 100,000 people attending outside St Peter's, Vatican City. But it was more than that – it was part of a call for peace and a call to pray for peace. It was a call that was clearly answered – not only by Catholics, but by other Christians, Jews, Hindu's, Sunni and Shia Muslims who held prayers in a unified call for peace. Various other secular groups who usually take an anti-religious stance have also support the call and the pressure that the Vatican is putting on the World's leaders.

"This evening, I ask the Lord that we Christians, and our brothers and sisters of other religions and every man and woman of good will, cry out forcefully: Violence and war are never the way to peace! May the noise of weapons cease! War always marks the failure of peace, it is always a defeat for humanity."

Whilst Pope Francis has condemned the use of Chemical Weapons in Syria, he has appealed directly to world powers at the G20 who met in Russia, urging them to abandon the "futile pursuit" of a military solution in Syria and work instead for a negotiated settlement. This is not the first time a Pope has got involved in politics to work for peace. Pope Paul VI famously uttered the words "War

never again, never again war" at the United Nations in 1965 as the Vietnam War raged, a refrain that has been repeated by every pope since. Pope John Paul II sent an envoy to President George W. Bush on the eve of the 2003 U.S.-led invasion of Iraq urging him to stand down – to no avail. However, one strong card that the Church has up its sleeve which has not been played yet is that everything the Church warned would happen in Iraq that night in 2003 has come true – and the idea of a new, free and safe country is a long way from the dangerous reality today.

Since September 8th there has been a shift in direction – which has stopped an attack on Syria which, by all accounts, should have been well under way by now. The US and Russia have come to an agreement to dispose of Syria's Chemical weapons.

There is still a long way to go in Syria and in so many other parts of the world and continuing to pray and to push for peace throughout the world is essential.

"The search for peace is long and demands patience and perseverance! Let us keep praying for this!" Pope Francis.

Prayer for Peace

Lord Jesus Christ, we praise

You:

Bring peace into the world

By bringing Your peace into the hearts of us all.

Help us to turn away from sin

And follow You in love and service.

Glory be yours for ever and ever...



I was shocked, confused, bewildered
As I entered Heaven's door,
Not by all the beauty,
Nor the lights or its decor.
But it was the people in Heaven who made me gasp-
The thieves, the liars, the sinners.
The alcoholics and the rest,
Even the girl who stole my dinners.
There stood the boy from seventh grade
Who swiped my lunch money! Twice.
Next to him was my old neighbour
Who never said anything nice.
Tom, I always thought
Was rotting away in hell,
Was sitting pretty on cloud nine,
Looking incredibly well.
I said to Jesus, 'What's the deal?
I'd love to hear Your take.
How did these sinners get up here?
There must be some mistake.
'And why is everyone so quiet,
So surprised – give me a clue.'
'Hush, child,' He said, 'they're all in shock.
No one thought they'd be seeing you.'
JUDGE NOT.

JUDGE NOT



Going away?
**Find the local
Mass Times...**
www.catholicdirectory.org



The Family Chest

The Children's Crackers Christmas Quiz
Don't let the kids get bored at the dinner table this Christmas; fuel their knowledge of all things festive with our Christmas Quiz! From favourite Christmas films to classic carols, get the competition going with over 100 questions for children aged four to ten.
£2.50 plus p&p

The Ultimate Christmas Quiz
Ever wondered what the most expensive Christmas dinner cost? Or how many times Santa would have to stop on Christmas Eve to deliver all the presents?
Then fuel the competition this yuletide with the Ultimate Christmas Quiz. With over 200 questions about all things festive, quiz your family and friends Christmas and get the competition going!
£4.00 plus p&p
Contact: thefamilychest@aol.com

We wanted to fit an article in here...there is a lot to say

We could have filled this space with an advert here...to bring in some money. Just because we have some space doesn't mean we have to fill it. It turns out that this page is probably the most important page in this paper. If it's quiet and you are not going to be disturbed why not spend 10 minutes on this page enjoying the space? If it's not the right time or place turnover, but promise yourself you'll open up the paper when you get the chance and give yourself some space.

Perfect Picture of Peace

A competition was held to paint the perfect picture of Peace. After much deliberation there were two paintings put forward to the judges. One picture was of a calm lake. The lake was a perfect mirror for peaceful towering mountains all around it. Overhead was a blue sky with fluffy white clouds. The judges felt this was the brilliant picture of peace.

The other picture had mountains, too. But these were rugged and bare. Above was an angry sky, from which rain fell and in which lightning played. Down the side of the mountain tumbled a foaming waterfall. Whilst the judges liked the second picture they didn't feel it reflected peace at all. Then they looked closely and saw, behind the waterfall, a tiny bush growing in a

crack in the rock. In the bush was a mother bird building her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest - in perfect peace. Peace is not about being in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in your heart. That is the real meaning of peace.



>>>>>> **Enjoy the NEXT ISSUE** <<<<<<

